

CBTS NEWSLETTER

April 2018



15 Ways to Stay Connected With Your Teens

1. Listen. Pay close attention to what your teen says. Teenagers often communicate much more than what they may seem to be saying on the surface. Read between the lines and pay attention to tone and body language.
2. Create little rituals to connect. Maybe you always give a hug along with the car keys. Or you always go for pizza together on Saturday night. Or you get your nails done with your daughter. Find things that work, and make them happen regularly. Your teen will come to expect and rely on those moments of connection.
3. Be their sounding board. If you're a good listener, your teen will share his or her problems. Your teen doesn't want you to step in and solve problems – that makes her feel incompetent, and dependent, so she needs to push you away. What she wants is for you to listen, and ask a few good questions, so she can sort out how she feels and think about the best solutions. She'll leave that conversation feeling closer to you.
4. Ask your teen how their day was, every day. Teens can be guarded, but simply asking how the school day or a club meeting went will help them realize that you're actually interested in their day to day experience, not just their grades and achievements. Be specific in your questions to encourage real answers:
5. Hug them every day. No matter how old you are, everyone needs regular attention and love from those they love. Giving your teen a hug and saying *"I love you,"* is one of the easiest ways to stay connected.
6. Show up to their events. After-school activities are often a large part of a teen's life, so taking an interest in their preferred hobby is a great way to connect. Make time in your schedule to go to a game or play and enjoy sharing in your teen's talents. But remember, you're not there to help them get better at their activity; that will be perceived as a criticism, and they'll dread riding home with you. You're there to appreciate! Just say *"I love to watch you play!"*
7. Going on a car trip together? Let your teen be the DJ! Teens are developing their tastes and many times the books, movies and music they enjoy are a big part of their emerging identity. Let your teen choose the playlist. Even if you don't particularly enjoy the music, their taste in tunes is a telling window into their thoughts and emotions. At the very least, it gives you something to talk about.

(cont.)

(15 Ways to Stay Connected cont.)

8. Work out together. If your teen is into working out, ask if you can join her. If your teen unwinds by shooting hoops in the back yard, go out and join in, even if you haven't played basketball in years.

9. Watch movies or a weekly TV show together. Get the popcorn popped and enjoy some down time with your teen. Let them choose the movie rental or Netflix flick. Don't try to make this a regular Friday night thing, or your teen will feel like you're trying to keep them from social events.

10. Try something new together. Sharing in a new experience with your teen is a fantastic equalizer.

11. Have fun together. It's essential that you and your teen find ways to enjoy each other's company. Since your teen won't necessarily think what you want to do is fun, that means you'll have to pay attention to what they think is fun and join them. Having fun together makes it more likely that your teen will want to talk to you.

12. Volunteer together. Teens want to make the world a better place, and they want to see that they can make a difference. It will mean a lot to see that you share that commitment.

13. Don't compare them to their siblings/cousins/friends. This is a sure way to alienate and frustrate your teen. Teens want to feel like individuals with special and unique qualities that you recognize and appreciate regardless of how good their brother is at basketball or the perfect grades their best friend gets.

14. Forget traditional discipline. Instead, use "misbehavior" or poor judgment as an opportunity to get closer to your teen and help him develop good judgment. Most of the time when a teen acts out it's because like any person they are going through an emotional upheaval. Getting to the root of the issue and then helping them problem-solve how to deal with their emotions better will go much further than locking the door and throwing away the key.

15. Remind them how special they are. You don't need to shower your teen with compliments but occasionally reminding them how proud you are of their unique personality will always bolster their self-esteem. Avoid only praising big accomplishments, take notice of when they're working really hard on something even if they're struggling, and commend their effort and perseverance.



QUESTIONS YOU CAN ASK YOUR CHILDREN

If the role of a parent is to try and bring children up to be as well-rounded and responsible as possible then it is helpful to at least try and make sense of how they see the world. You can do this by asking the right questions which encourage positive change and nurtures the confidence and resilience they already have inside them. One way of doing this is by asking the right questions. Ask your children thoughtful questions which inspire conversation and a healthy curious mindset.

Open-ended questions are a brilliant way of finding out how someone else is thinking. This will not only enhance your relationship with your children but also help you bond with them, while learning to better understand them.

1. What five words do you think best describe you?
2. What are the five best things about being you?
3. What do you love doing?
4. What makes you feel happy?
5. What makes you feel sad?
6. What makes you feel angry?
7. What do you want to be when you grow up?
8. What is the best thing that has happened to you?
9. What is the worst thing that has happened to you?
10. If you had three wishes what would they be?
11. Out of all the things you have learnt as a kid what do you think will be most useful to you as an adult?
12. If you could travel back in time what would you do?
13. What are you most grateful for?
14. What scares you?
15. What do you think your life will be like in the future?
16. Which of your friends do you like the most and why do you like them?
17. What is the nicest thing a friend has ever done for you?
18. If you could grow up to be famous what would you want to be famous for?
19. If you could be anyone in the world for a day who would it be and why?
20. How could you change the world if you could?





CBTS

234 East 3900 South #1

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau

Owner

Mobile: 801-634-5379

cbts@xmission.com

Dawn Grames

Specialist

Mobile: 801-558-5668

dgrames@xmission.com

Brittani Neto, LCSW

Clinical Supervisor

801-268-4044

Questions you can ask your children cont.

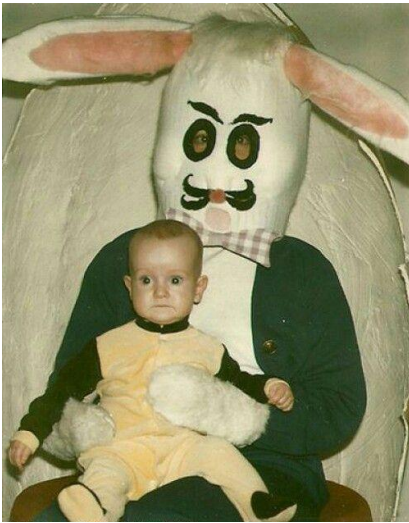
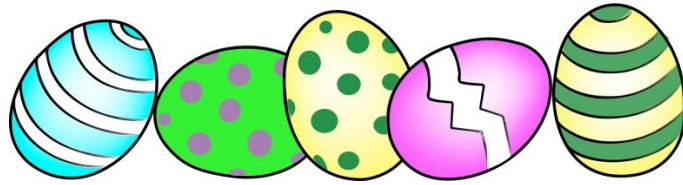
21. What are three things you have learnt today?
22. Who are your three best role models?
23. If you could make one rule that everyone in the world had to follow what rule would you make and why?
24. What is the hardest thing about being a kid or teen?
25. When was a time that your feelings got hurt?
26. If you could time-travel, who would you visit and why?
27. If you could have any superpower what would it be?
28. What is the best gift you have ever been given? Why was it so special?
29. If you could invent something that would make life easier for people what would you invent?
30. What is the most important decision you will ever make?
31. What does success mean to you?
32. What is your biggest worry?
33. What is your biggest dream?
34. Is there anything you have always wanted to ask me but didn't? Do you want to ask me now?
35. What do you think is the meaning of life?



FREE APRIL EVENTS

- April 2 “The Tempest” Utah Cultural Celebration Center 1355 W. 3100 So. 7:00 p.m.
- April 3 Vintage Dance Class Viridian Center 8030 So. 1825 W. 8:00 – 10:00 p.m.
- April 4, 11, 18, 25 Parenting the Love & Logic Way 10873 So. Redwood Rd. 6:30 p.m.
Learn how to raise responsible kids and end power struggles
- April 5 Youth Mental Health First Aid Murray Library 166 E. 5300 So. 6:00-8:15 p.m.
Training for adults Help prevent youth suicide by learning how to identify & support an adolescent experiencing a mental health or substance use crisis
- April 7 “The Breadwinner” SLC Public Library 210 E. 400 So. 11:00 a.m.
Story of an 11 year old growing up under the Taliban in 2001 when he father is wrongfully arrested she disguises herself as a boy in order to support the family
- April 8 Madeleine Festival Concert Cathedral of the Madeleine 331 E. So. Temple 8:00 p.m.
- April 19 Hands only CPR WVC Fire Station 5545 W. 3100 So. 6:00 or 6:30 or 7:00 p.m.
Registration required wvc-ut.gov/1685/hands-only-CPR
- April 24 Rock & Mineral Workshop Viridian Center 8030 So. 1825 W. 7:00 – 8:30 p.m.
- April 26 Spring Fest 2018 Centennial Park West Pavilion 5415 So. 3100 So. 5:30-8:00 p.m.
Family fun & activities
- April 28 Kids Fiesta Viridian Center 8030 So. 1825 W. 12:00 – 2:00 p.m.
Music, pinatas, crafts, bounce houses





Worst Easter Bunnies ever!



Dear Easter Bunny,
this year could you please fill
my eggs with
health and happiness
and deliver them
to everyone that
I love.
Thank you.

