



CBTS NEWSLETTER

March 2018

Children, School, and Violence: What Parents Can Do

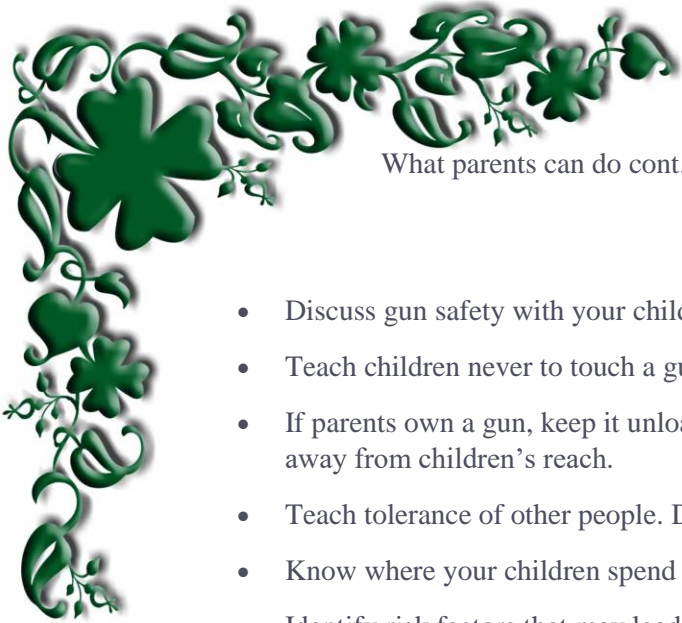
Violence, unfortunately, is part of our world today, but there are many things parents can do to help prevent youth violence. Homes and schools should be safe havens for children. The following guidelines help parents reinforce children's positive behaviors and reduce aggression. Using these tips, parents can teach their children to be nonviolent and to communicate their feelings.

Early warning signs help parents identify children who may become violent and address their needs before problems escalate. Parents teach nonviolence by setting an example, demonstrating good problem-solving skills and communicating with their children. In addition, spending time together helps parents build loving relationships with their children, which reassures children that parents will do everything they can to keep them safe.

Reducing Violence Begins At Home

- Maintain a supportive, loving relationship with your children. Spend time with them on a regular basis.
- Reinforce your children's positive behavior with praise.
- Build your children's self-esteem. Children who feel good about themselves are better able to stand up for themselves in tough social situations.
- Set limits, such as "No hitting or name-calling."
- Do not use physical punishment, use alternatives such as time-out, consequences or withdrawal of privileges.
- Set an example by being nonviolent and patient with your children. Learn to manage your own anger, and your children will learn from your example. Express your feelings in words, and teach your children that when they're upset they can use words instead of hitting.
- Teach problem-solving by remaining calm, involving children in discussions and working together to resolve conflicts. When you remain calm in tense situations, your children will learn to control their strong feelings too.
- Talk to your children and acknowledge their feelings. When parents listen, their children are less likely to resort to aggressive behavior.
- Limit your children's access to media violence. Explain that the violence they see on TV shows is make-believe, and discuss the consequences of violence in real life.
- If children hear about violence in the news, allow them to talk about how it makes them feel. Take time to listen to their feelings of fear, sadness or confusion. Reassure them that you will help keep them safe.
- Monitor children's use of TV, Internet and video and computer games.

(cont.)



What parents can do cont.)

- Discuss gun safety with your children.
- Teach children never to touch a gun and to let you or an adult know if they see a gun.
- If parents own a gun, keep it unloaded and locked separately from ammunition. Keep firearms far away from children's reach.
- Teach tolerance of other people. Do not discriminate.
- Know where your children spend their time after school, and get to know their friends.
- Identify risk factors that may lead children to become violent.

Identify Violent Behavior Early

Early warning signs enable parents and schools to address a child's needs before problems escalate. If you notice warning signs, talk to your children about any problems they may be having. Consider getting professional help for them. Talk to their teachers or school administrators.

Warning Signs

- Any dramatic change in a child's normal behavior
- A noticeable decrease of interest in school or social interaction
- Feels alone, rejected or withdrawn
- Has access to firearms/guns in the home
- Feels picked on or has been a victim of bullying/violence
- Makes threats of violence or is overly aggressive – hitting, bullying or being verbally abusive
- Cannot control anger
- Expresses violence in drawings or writings
- Is cruel to pets and animals
- Has a history of behavior problems
- Is prejudiced or intolerant of differences
- Frequently fights
- Watches a lot of violent television programs or plays many violent video games
- Uses drugs or alcohol

(cont.)

(What parents can do cont.)

To guide parents through difficult discussions about school violence, the National Mental Health Association offers the following suggestions:

- **Encourage children to talk about their concerns and to express their feelings.** Some children may be hesitant to initiate such conversation, so you may want to prompt them by asking if they feel safe at school.
- **Talk honestly about your own feelings regarding school violence.** It is important for children to recognize they are not dealing with their fears alone.
- **Validate the child's feelings.** Do not minimize a child's concerns. Let him/her know that serious school violence is not common, which is why these incidents attract so much media attention. Stress that schools are safe places. In fact, recent studies have shown that schools are more secure now than ever before.
- **Empower children to take action regarding school safety.** Encourage them to report specific incidents (such as bullying, threats or talk of suicide) and to develop problem solving and conflict resolution skills. Encourage older children to actively participate in student-run anti-violence programs.
- **Discuss the safety procedures that are in place at your child's school.** Explain why visitors sign in at the principal's office or certain doors remain locked during the school day. Help your child understand that such precautions are in place to ensure his or her safety and stress the importance of adhering to school rules and policies.
- **Create safety plans with your child.** Help identify which adults (a secretary, trusted teacher or approachable administrator) your child can talk to if they feel threatened at school. Also ensure that your child knows how to reach you (or another family member or friend) in case of crisis during the school day. Remind your child that they can talk to you anytime they feel threatened.
- **Recognize behavior that may indicate your child is concerned about returning to school.** Teens and adolescents may minimize their concerns outwardly, but may become argumentative, withdrawn, or allow their school performance to decline.
- **Keep the dialogue going** and make school safety a common topic in family discussions rather than just a response to an immediate crisis. Open dialogue will encourage children to share their concerns.
- **Seek help when necessary.** If you are worried about a child's reaction or have ongoing concerns about his/her behavior or emotions, contact a mental health professional at school or at your community mental health center



TAX INFORMATION

It's that time of year...again! The following information hopefully will assist you in understanding the tax laws and credits that apply to proctor families. I suggest you consult your tax advisor for complete and up to date information prior to filing.

Question: Do I have to declare proctor care payments as income?

According to IRS Publication 525 "payments you receive from a state, political subdivision, or a qualified foster care placement agency for providing care to qualified foster individuals in your home generally are not included in your income." See <http://www.irs.gov/publications/p525> for more information.

CBTS will not be sending you a W-2 or 1099 form.

Question: Can I claim an exemption for the children in care in my home?

According to IRS Publication 17, an eligible foster child or adopted child may be claimed as a dependent if the child meets the rules of a "qualifying child." Some of these rules include: being "under the age of 19 at the end of the year, under the age of 24 and a full-time student, or any age if permanently and totally disabled. The child must have lived with you for more than half of the year and the child must not have provided more than half of his or her own support for the year." See <http://www.irs.gov/publications/p17> to see if your child qualifies.



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FREE MARCH EVENTS

- March 1 Drawing Club Hunter Library 4740 W. 4100 So. 6:30 – 8:30 p.m.
- March 1, 2 Tax Return Assistance Sorensen Center 1383 So. 900 W. 10:00 a.m.
IRS certified volunteers will file your state & federal taxes for free
- March 3 Tech Fest Viridian Center 8030 So. 1825 W. 1:00 – 4:00 p.m.
Interactive technology extravaganza showcasing what teens can do with
Technology
- March 6 Youth Mental Health First Aid Murray Library 166 E. 5300 So.
6:00 – 8:00 p.m. Learn how to identify & support an adolescent experiencing
a mental health or substance use crises – this training is for adults
- March 6, 13,
20, 27 Parenting the Love & Logic Way Viridian Center 8030 So. 1825 W.
6:30 – 8:30 p.m. Teaches parents how to raise responsible kids
Registration required www.healthyrelationshiputah.org/class
- March 10 23rd Army Big Band Swing Dance Viridian Center 7:00 – 10:00 p.m.
- March 16 West Jordan Symphony Solo & Ensemble Viridian Center 7:00-8:30 p.m
- March 17 St. Patrick's Day Parade 10:00 a.m. Starts at 200 So. 500 E. moving west
& concluding on State Street Dancing & music at the Gallivan Center after



MORE FREE MARCH EVENTS

March 19	Family Movie Night “Coco”	Tooele Library	128 W. Vine	6:00 p.m.
March 23	Games Group	Tooele Library	128 W. Vine	3:30 – 5:30 p.m.
Learn how to program computers & play various types of games				
March 31	Bboys: Urban Dance & Hip-hop	Viridian Center	8030 So. 1825 W.	3:30 – 5:30 p.m.



IRISH NACHOS

Ingredients

- 1 1/2 Pounds russet potatoes (cleaned, and sliced 1/4 inch thick)
- 2 Tablespoons olive oil
- 1/2 teaspoon dried rosemary leaves (crushed)
- 1/2 teaspoon dried thyme leaves (crushed)
- sea salt & fresh ground black pepper (to taste)
- 1 cup shredded sharp cheddar cheese
- 4 - 5 Slices thick-sliced bacon (cooked and chopped)
- Greek yogurt or sour cream
- pico de gallo, salsa, or diced tomatoes (optional)
- 2 minced green onions
- 1 Tablespoon chopped cilantro leaves

Preheat oven to 450 degrees. Wash & dry potatoes, leaving skin on. Slice potatoes into 1/4" rounds & place in a large bowl. Drizzle olive oil, rosemary and thyme over potatoes. Stir to combine. Place potatoes in a single layer on a baking sheet. Bake for 20 minutes, turn over, and continue baking for an additional 20 minutes. Remove potatoes from baking sheet & place on a flat sided cast iron skillet, slightly overlapping the edges. Sprinkle with cheese and bacon & return to the oven for 3-5 minutes or until cheese is completely melted. Sprinkle with green onions & cilantro and serve with Greek yogurt or sour cream.

