



# CBT'S NEWSLETTER

June 2018

## 5 Questions To Ask Before Rescuing Your Child From Consequences

Being a “good parent” usually means being involved in your child’s life and “doing” things for your child, like volunteering in school, attending their sporting events, and teaching them values and skills. Allowing your child to experience natural consequences is often painful for parents because it requires us to do *less* or to *not do* something. Inaction can leave you feeling like a “bad” parent.

You may want to rescue your child from natural consequences of their behavior to prevent your child from feeling pain, to keep your child happy, or to make sure your child likes you. Or you may intervene in natural consequences to ease your *own* pain. It’s hard to see your child struggle with difficult emotions like disappointment, failure, and loneliness.

If our job as parents isn’t to keep our kids happy, what is our job? It’s to do what we can to raise responsible children who grow up and contribute something positive to society. Our job is to encourage self-awareness and sensitivity to others so they can grow up to create fulfilling adult relationships and healthy families. Before rescuing your child from the natural consequences of their actions, consider asking yourself these five questions:

### 1) Is my child in immediate danger?

If “no” then let natural consequences play out. If “yes” then intervene and use other ways of teaching. Examples of immediate danger are a toddler running into street, teen driving drunk, tween chatting with a stranger online. Generally, these situations are the exception in everyday parenting. It’s the small situations that are sometimes the trickiest to work through, like a child forgetting lunch, fighting with friends, breaking a household rule, because they don’t seem like a big deal individually, but they add up over time.

### 2) Whose problem is this?

Who owns the problem? If you “pick up” the problem and hold on to it, your child will let you and allow you to be in charge of their problem.

(cont.)

### 3) What is the most loving thing to do?

Doing the “loving” thing isn’t the same as being nice or choosing a path that results in the least amount of relational conflict. The loving thing may at first seem to be rescuing, but being loving is actually doing what’s in your child’s best interest. There are parents who, in an attempt to be “nice” and unconditionally loving, enable their child to continue to break the law, to take advantage of others, and to develop a sense of entitlement.

### 4) What will my child learn if I rescue him/her?

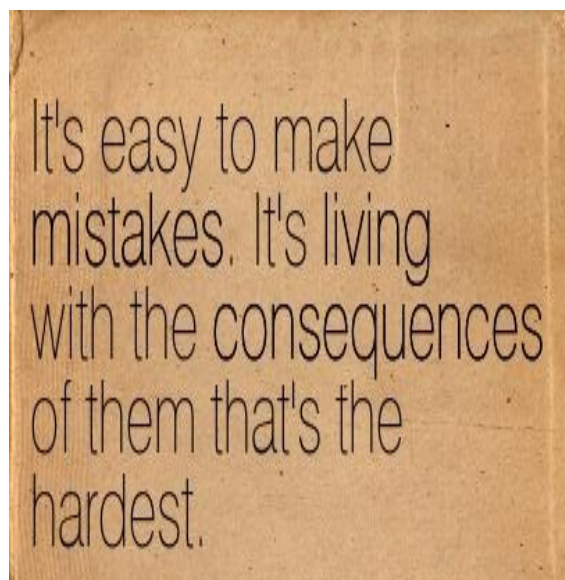
By rescuing your child from natural consequences you may be inadvertently teaching your child not to trust their own judgment, that they are not capable of handling hard things, and that they will always need you to help them. I recently met with a mother of an adult child who was angry with her son for taking advantage of her. She wanted him to get a job or work harder in school, yet she was allowing him to live at home without contributing to the household chores or paying rent. He had no incentive to step up. Her child had learned that his mom would take care of his basic needs even if he doesn’t contribute.

### 5) How will this prepare my child for their future?

Each stage of development prepares a child for the next phase of life. Allowing your child to make age appropriate choices and experience natural consequences early on gives them experience to build on for future developmental stages in every area of life: intellectually, emotionally, spiritually, relationally, physically.

Homework seems to be one of the most common parenting struggles. Here’s an example of how early experiences with natural consequences build preparation for the future. If your first grader forgets to do homework they may have to stay in at recess. In Junior High School if you forget to turn in a paper you’ll get a lower grade in the class. In High School forgetting to turn in papers means a lower grade in class and a lower GPA which limits future options, like college scholarships or work opportunities. Turning in papers in a timely manner in high school or college prepares you for adult employment where forgetting to write a report for a board meeting will get you fired.

Even though it is painful to watch our children experience the result of their own choices, it is an important part of their growth process. Our job is to teach our children to prepare for adulthood by allowing them the opportunity to navigate difficult situations, repair their own mistakes, and to experience themselves as capable of making decisions that are in their own and other’s best interest





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**CONGRATULATIONS!!**

We had two CBTS youth graduate from high school this year. Our best wishes and congratulations to Jose and Stephanie!! We also give our thanks to their proctor parents for their encouragement and support of these youth.

We NEED more proctor parents (individuals, couples and families) throughout various parts of the Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive:

If you refer someone, and they come in for the initial interview, you will receive **\$25.00**.

If they complete the initial licensing process, and are approved, you will receive an additional **\$25.00**.

After they have remained with CBTS for three months (while taking placements), you will receive a **\$300.00** bonus check. That's an extra **\$350.00** per referral.

Please have them contact Lori to get the process started!!





## FREE JUNE EVENTS

June 1	Teen Night Kickoff Party	SLC Library	210 E. 400 So.	3:00 - 5:00 p.m.
	Meet local musicians - learn the ukulele			
June 1	Family Night Flicks	Liberty Park	600 E. 900 So.	7:30 - 9:00 p.m.
	"Guardians of the Galaxy 2"		Free popcorn	
June 1-3	Pride Festival	Washington Square	451 So. State	
June 2	Spring Into Books	Viridian Center	1825 W. 8030 So.	2:00 - 6:00 p.m.
	Meet more than 50 local authors			
June 5	"Resilience"	SLC Library	210 E. 400 So.	6:30 p.m.
	Movie & panel discussion about trauma caused by abuse & neglect in childhood			
June 8	Venture Out	Canyon Rim Park	3100 So. 2900 E.	6:00 - 10:00 p.m.
	Recreation clinics, music, movie "Thor: Ragnarock"			
June 9	Excellence in the Community Concert Series	Viridian Center	1825 W. 8030 So.	
	8:30 p.m.	Hayley Kirkland Quintet - pop & jazz		
June 14-17	Westfest	Centennial Park	5415 W. 3100 So.	12:00 - 10:00 p.m.
June 15	A Taste of Utah	SLC Library	210 E. 400 So.	3:00 p.m.
	Sample delicious treats from local artisans while learning about different food making Processes			
June 15	Venture Out	Churchill Jr. High	3540 E. Oakview Dr.	6:00 - 10:00 p.m.
	Outdoor science exploration, live music, movie "Coco"			
June 15	25 <sup>th</sup> Anniversary Concert	Gallivan Center	239 So. Main St.	7:30-10:30 p.m
	Local jazz artists			

## MORE FREE JUNE EVENTS

June 15, 22, 29	Teen Party Movies, video & board games, snacks	SLC Library	210 E. 400 So. for ages 12-18	3:00 – 5:00 p.m.
June 16	Asian Festival Dancing, music, crafts, cooking & ethnic skills	South Towne Expo Center	9575 So. State	10:00 a.m. – 8:00 p.m.
June 16	The Sound of Silents Screenings of classic silent movies	SLC Library	210 E. 400 So.	3:00 p.m.
June 22	United Way Day of Action 9:00 a.m. – 12:00 Register at <a href="http://dayofaction.uw.org">dayofaction.uw.org</a>	Cottonwood High School	5715 So. 1300 E.	Join volunteers to pack snack & hygiene kits for students
June 22	Veteran’s Concert West Jordan City Band	Viridian Center	1825 W. 8030 So.	6:30 – 8:30 p.m.
June 23	World Refugee Day Festival Art, cultural entertainment focusing on the many cultures of Utah’s refugees	Fairmont Park	900 E. 2400 So.	
June 25-30	O.W.L. Camp Each day focuses on Harry Potter experiences at Hogwarts registration required	Viridian Center	1825 W. 8030 So.	8:00 a.m. – 1:00 p.m.
June 27	America West Symphony & Chorus	Sandy Amphitheater	1245 E. 9400 So.	8:00 p.m.
June 30	World Connections Children’s Festival 10:00 a.m. – 7:00 p.m. Celebrate diverse culture with performances that feature music & dance	Discovery Gateway	444 W. 100 So.	
June 30	Family Night Flicks “Wonder Woman”	Liberty Park	600 E. 900 So.	7:30 – 9:00 p.m.



