

CBTS NEWSLETTER

July 2018

The Delayed or "Anticipatory" Consequence

Immediate consequences work really well with rats, pigeons, mice, and monkeys. In real-world homes, they typically create more problems than they solve.

PROBLEMS WITH IMMEDIATE CONSEQUENCES

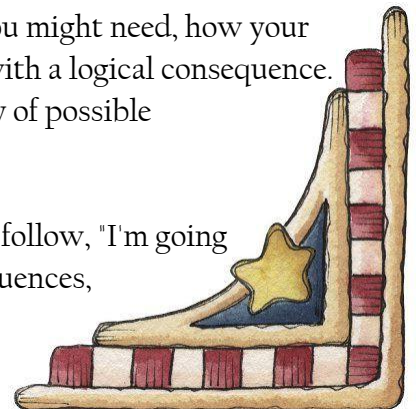
- ❖ Most of us have great difficulty thinking of an immediate consequence in the heat of the moment.
- ❖ We "own" the problem rather than handing it back to our child. In other words, we are forced to do more thinking than our child.
- ❖ We are forced to react while we are still upset.
- ❖ We don't have time to anticipate how our child will react to our response.
- ❖ We don't have time to put together a reasonable plan and a support team to help us carry it out.
- ❖ We often end up making threats we can't back up.
- ❖ We generally fail to deliver a strong dose of empathy before providing the consequence.

TAKE CARE OF YOURSELF, AND GIVE YOURSELF A BREAK!

The next time your child does something inappropriate, experiment with saying, "Oh no. This is so sad. I'm going to have to do something about this! But not now...later." It's even okay to say, "I'm so angry about this right now that I better calm down before I talk with you about it. I make better decisions when I'm calm."

The anticipatory consequence allows you time to "anticipate" whose support you might need, how your child might react, and how to make sure that you can actually follow through with a logical consequence. This technique also allows your child to "anticipate" or think about a wide array of possible consequences.

This technique gains its power from basic conditioning. When we consistently follow, "I'm going to have to do something about this. We'll talk later," with empathy and consequences, "I'm going to have to do something," becomes a consequence in and of itself...an "anticipatory" consequence.



Angry Kids

"Why does my child always have an attitude? She's often disruptive, disrespectful or picking on other children. She's always the one with a chip on her shoulder." This frustrated parent expresses the feelings of many—Why is my child angry and how do I deal with it? A child who acts out may be expressing other emotions through anger. A youngster may be experiencing a loss, a divorce or a move. A child may be trying to let the world know that his/her life is not what it ought to be. Regardless of the reason, it looks the same. But how can we deal with this angry attitude without being a psychologist?

A PARENT'S JOB IS TO UNDERSTAND, NOT TO FIX THINGS

Listening for understanding is impossible when a child is "drunk" on anger. Never reason with an angry child. Instead say, "It sounds like you're really mad. I want to listen and understand. I will listen when you're voice is as calm as mine. Come back then." If you can't make the child leave, you leave. Be prepared to repeat your calm statement if the child is determined to yell out the anger without leaving. "Don't worry about it now. We'll talk when you're calm." You may need to say this several times. Be prepared to play "broken record" with, what did I say? Use these phrases instead of reasoning. Reasoning will only fuel the anger.

"THANKS FOR SHARING THAT"

Once the child is able to discuss the anger, listen without reasoning. Try to avoid telling the child why he/she should not be angry. Avoid telling them that things will be okay and how to make it better. Your job is to prove that you understand – "It sounds like you get mad when I tell you it's time to do your chores. Thanks for sharing that with me. I'll give it some thought. If you think of a better way for me to remind you, let me know."

PARENTS CAN MAKE IT WORSE

Parents who do not treat their children with respect send a message that says, "You're not worthy." These parents often communicate with a lot of yelling. This encourages the child to yell and scream back while the parents retaliate by getting madder. It's a vicious cycle that breeds chronic anger in the child. In place of anger, parents should work on listening to their children in a non-threatening, honest and open manner. Most children will talk openly only after they truly believe their parents are interested in what they have to say and recognize their feelings.

WHEN ANGER CONTINUES

If, despite your best attempts to understand your child's anger, there is no change in behavior after three months, parents should seek professional counseling for their child. In some instances, chronic anger is best helped by a professional. Never reason with an angry child. Use empathy and understanding instead. "It sounds like you're really mad. I want to listen and understand . And I will listen when your voice is as calm as mine. Come back then."





On June 6 one of our former proctor parents, Sally Jensen, lost her battle with cancer. She was a proctor parent for CBTS from 2002 – 2015. Sally was a caring, compassionate, humble, loving woman who had a great desire to help the youth in her home. Sally's life was not an easy one and she definitely understood a lot of the issues the youth in her home were dealing with. She loved her family, her dogs, America and the youth she had the opportunity to have in her home. Many of them kept in contact with her years after leaving. She was a very special woman and will be missed!



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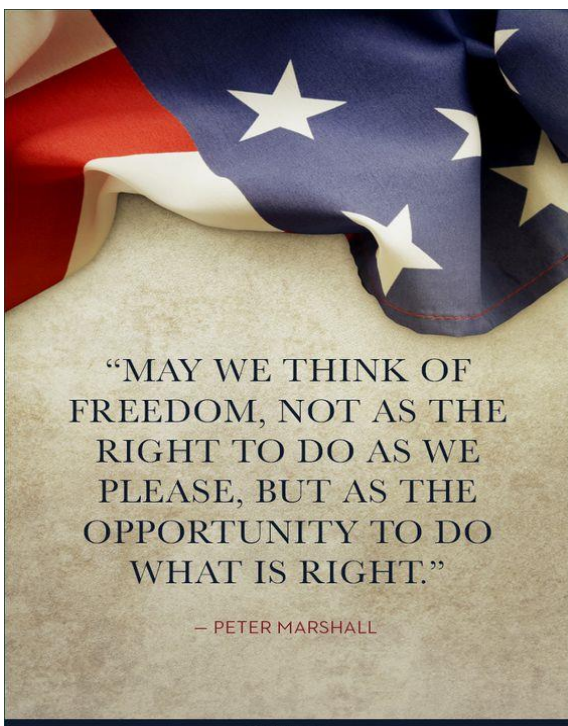
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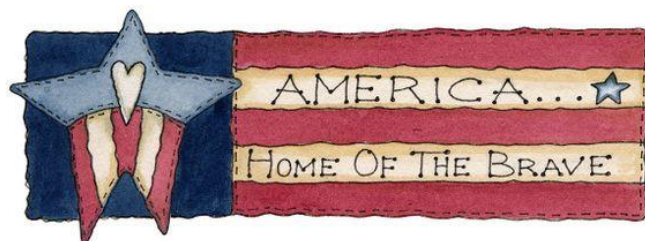
FREE JULY EVENTS



July 2	Mani Monday	Hunter Library	4740 W. 4100 So.	7:00 – 8:00 p.m.
	Learn various nail art techniques			
July 3, 10, 17	Parenting with Love & Logic	Viridian Center	8030 So. 1825 W.	6:30-8:30 p.m.
	Teaches parents how to raise responsible kids			
July 3	Safe Smart Summer	Hunter Library	4740 W. 4100 So.	5:30–7:00 p.m.
	Presented by Planned Parenthood	Learn accurate information to help express values & protect yourself		
July 3	Utah Symphony	Utah Cultural Celebration Center	1355 W. 3100 So.	8:00 p.m.
	Patriotic concert			
July 4	Independence Day Concert	Viridian Center	8030 So. 1825 W.	1:30 p.m.
	West Jordan City band			
July 4	Murray Fun Days	Murray Park	296 E. Murray Park Ave.	9:00 a.m. – midnight
	Activities, entertainment, fireworks			
July 4	Independent Day Celebration	400 No. 200 W.	Bountiful	8:00 a.m. – midnight
	Activities, entertainment, fireworks			
July 4	Celebrate with Sandy	10000 So. Centennial Parkway		10:00 a.m.–11:00 p.m.
	Live entertainment, inflatables, activities, face painting, crafts, fireworks			
July 4	4 th of July Celebration	Jordan Park	1060 So. 900 W.	7:30 p.m.

MORE FREE JULY EVENTS

July 5-8	Dollar Days at the WVC Fitness Center	5415 W. 3100 So.	All day
	\$1.00 gets you in for the day		
July 6	Venture Out	Scott Avenue Park 3475 So. 800 E.	6:00 – 10:30 p.m.
	Fun for the entire family	Movie “Jumanji” at dusk	
July 6	Movie “The Greatest Showman”	Centennial Park 5405 W. 3100 So.	Dusk
	Bring lawn chairs/blankets		
July 6	Change the World Club	Hunter Library 4740 W. 4100 So.	4:00–6:00 p.m.
	For ages 16 and older		
July 9	Family Fun Days	Gallivan Center 239 So. Main	11:00 a.m. – 2:00 p.m.
	Entertainment, face painting, inflatables, petting zoo		
July 11	Service Club	Hunter Library 4740 W. 4100 So.	4:50 – 6:20 p.m.
	Helping out at the library		
July 13, 14	Pops Concert	Abravanel Hall 123 W. So. Temple	7:30 p.m.
	Featuring the WVC Symphony, Joshua Creek & Choral Arts Society of Utah		
July 13	Venture Out	Olympus Hills Mall 3900 So. Wasatch Blvd.	6:00 – 10:30 p.m.
	Fun for the entire family	Movie “Star Wars: The Force Awakens” at dusk	
July 13	School of Rock	Sandy Amphitheater 1245 E. 9400 So.	8:00 – 11:00 p.m.



STILL MORE FREE JULY EVENTS

July 14	Strawberry Fields Band	Viridian Center	8030 So. 1825 W.	8:30 p.m.	Tribute band featuring the music of John Lennon & Paul McCartney
July 14	Draper Days	Draper Park	12500 So. 1300 E.	9:00 a.m. – 11:00 p.m.	Family activities, car show, Beach Boys Tribute band, fireworks
July 20	Venture Out	Sunnyvale Park	4013 So. 700 W.	6:00 – 10:30 p.m.	Fun for the entire family Movie “Black Panther” at dusk
July 21	Family Festival	Washington Square	200 E. 450 So.	10:00 a.m. – 2:00 p.m.	Activities, games, pioneer style attractions
July 21	Indian Food Fair	Gallivan Center	239 So. Main	10:00 a.m. – 6:00 p.m.	Celebrate the culture of India
July 21	Handcart Days	790 So. 100 E. Bountiful	12:00 – midnight		Parade, games, entertainment, fireworks
July 23	W.V. Symphony	Utah Cultural Celebration Center	1355 W. 3100 So.	7:30 p.m.	
July 24	Days of 47 Parade	9:00 a.m.	So. Temple to State Street – East to 200 East – South to 900 South then east to 600 East Liberty Park		





LET
FREEDOM
ring



Let's celebrate our freedom to complain about July 4th falling in the middle of the week.

someecards

