

CBTS NEWSLETTER

August 2019

Logical Consequences for Teenagers

MISUSE OF AN ITEM MEANS I TAKE IT AWAY

If a 4-year-old cut his hair with scissors, you would take them away. If your child is on their cell phone instead of doing homework or spending all night long on it...it goes away. Electronics contracts where everything is spelled out, along with the consequences, works extremely well.

MY SERVICE TO HIM IS NOT MANDATORY

If someone is consistently rude to me I don't need to keep helping them. That means I pull back on those 'extra services.' A lot of teen angst is the fact that they feel like they are 100% responsible for their own life and have zero idea that we're behind them juggling balls to keep them afloat. Maybe stop that juggling for a bit to see how it happens.

BEING MORE ADULT

If he likes being in charge of himself, he can do it more frequently. Stop doing their laundry - - they need to learn how to do it on their own. Become more hands off. It's a good consequence for them and for you. Your job truly is to mother them out of needing you for absolutely everything. That needs to start sooner rather than later.

SOMETIMES WE JUST NEED A BREAK

Let your teen take a lot of walks, bike rides and skateboard rides. You probably need a good cooling off too. Giving kids space is a natural consequence that works.

HOW TO PUNISH A TEENAGER WHO DOESN'T CARE

The reality is that they DO care about something. The key is finding that thing. Be it, their phone, video games, sports, etc. You have to be willing to be firm and make it logical. Those two are the key. The key is often saying that you need a little time to figure out the consequence. Sometimes the actual natural consequence is hard to figure out in the spur of the moment. Also, they can ruminate on how they could change this next time. Not knowing if this is a life sentence or just a slap on the wrist for them – sometimes that's the start of an awesome consequence.



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PROCTOR PARENTS NEEDED

We are always in search of 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!

Oh, The places you'll go

youth summit 2019

VERIDIAN EVENTS CENTER
8030 S. 1825 W
WEST JORDAN, UTAH
84088

Thursday, August 8, 2019 9:00 am - 9:00 pm

Presentation by: Terri Sawyer

***Raffle prizes include: Bikes, Bluetooth speakers, Tablet, Long boards, Skateboards and much more...**

HAVE QUESTIONS? PLEASE CONTACT
JULIE CLARK 801-916-4971 OR SZUDIA BRAGG 801-919-5320

5 Effective Ways to Discipline

1. CHOOSE CONSEQUENCES WISELY.

“Grounding is the most pointless thing. When my mom sends me to my room, I don’t really care. The most effective punishment for parents is when they take everything away from you. My mom once took my phone, my Internet, Xbox, guitars, pretty much everything. She did that so I would do this list of chores she had. It worked.”—Landon, 15

2. BE CLEAR, FIRM, AND CONSISTENT.

No matter what, don’t hand down a punishment and then change your mind or fail to enforce it: “I got into huge trouble recently, and my parents grounded me for a month, but after two weeks they stopped. It’s like . . . I can’t trust them. Is that weird? But that’s what it feels like. Like I can’t trust them because they didn’t follow through.”—Tom, 16

3. MAKE IT CLEAR THAT YOU STILL LOVE THEM.

If they really mess up, here’s something you can think about saying. “I love you. That doesn’t take away that your actions and that you need to be held accountable. I will be by your side. But I will not deny what you have done. Any time you would like to talk to me about this, I will be here.”

4. HAVE A CONVERSATION.

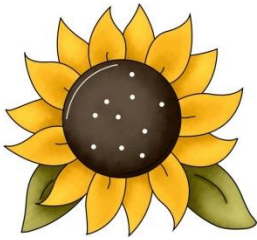
Here’s the irony. These situations can improve your relationship. When the dust settles and the initial intense feelings on both sides have subsided it’s important to reconnect with each other.

“Generally, at the end of my time grounded, I have to have a conversation with my parents about the bigger picture, how to prevent myself from getting in trouble again, and just being a better person in general. If I had just gotten grounded and left it at that, to me, that wouldn’t really resonate. As much of a pain those conversations were, they were what actually stuck with me, not the grounding.”—Cooper, 17

4 Steps to Disciplining Teens:

1. **Identify the problem.** Tell them exactly what they did that was a problem.
2. **Explain your values.** Explain why the specific actions they did are against your values.
3. **Clarify the consequence.** Tell them specifically what privilege will be taken away and for how long (which requires that you know the child well enough to know which privilege means the most to them).
4. **Offer a Way to Make Amends.** Give them a “way back”—i.e., a way to make amends that will make them and you proud





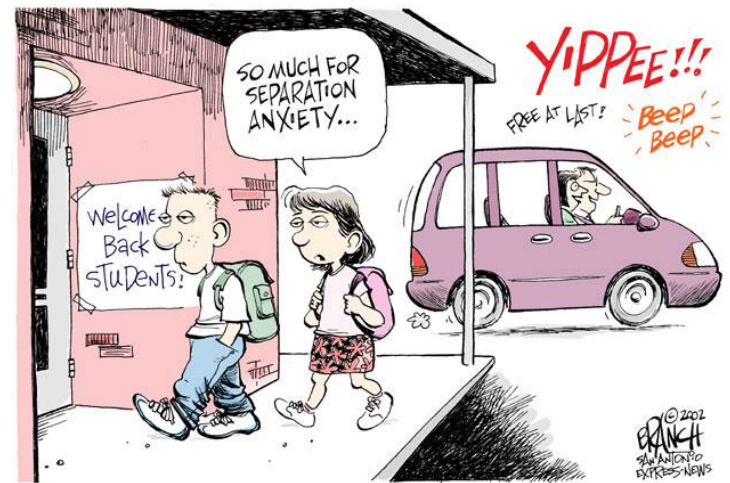
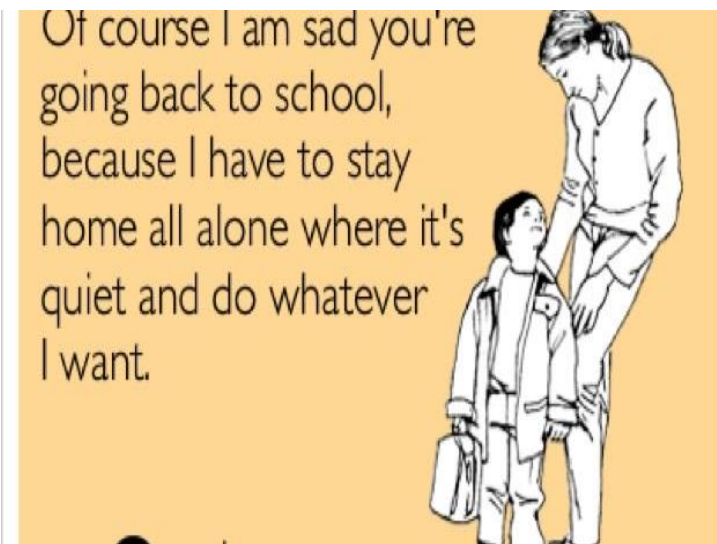
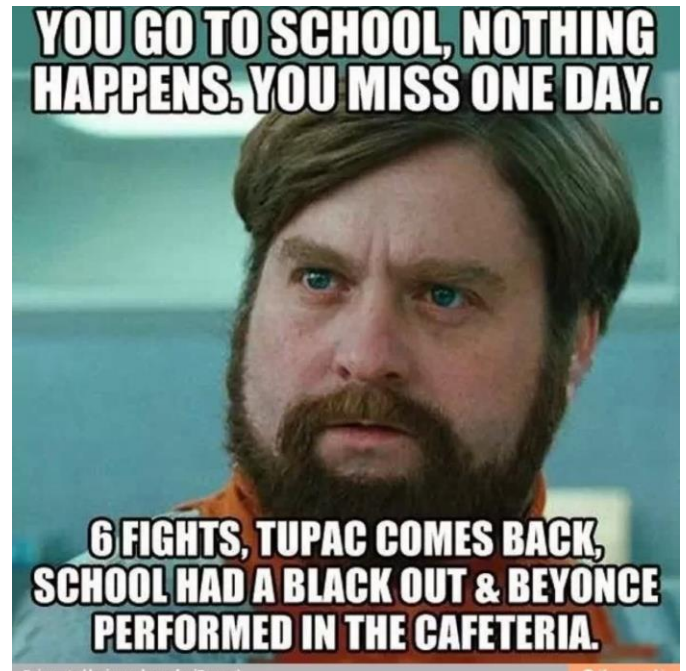
FREE AUGUST EVENTS

- August 2, 3 ToshCon Viridian Center 8030 So. 1825 W. 3:00 – 9:00 p.m.
Anime conference
- August 2 Night Out Against Crime 2266 E. 3435 So. 5:00 – 9:00 p.m.
Activities, information booths, demonstrations, free hotdogs, hamburgers, snow cones
- August 5 Island Time with Lavona's Polynesia Utah Cultural Celebration Center
1355 W. 3100 So. 8:00 p.m.
- August 6 Valley Fair Concert Series Lil Tecca 3601 So. 2700 W. 6:00 p.m.
Hip hop/rap
- August 6 Draper Safety Days Draper City Park 12500 So. 1300 E. 4:00-8:00 p.m.
Games, activities, crime prevention booths
- August 8 Northern Utah Family Summer BBQ Tunnel Springs Park 1080 Eaglepoint Dr.
6:00 – 7:30 p.m. free hotdogs & drinks
- August 8, 9 Friendly Island Tonga Festival Jordan Park 1060 So. 900 W.
4:00 – 9:00 p.m. cultural entertainment, live bands, rugby tournament
- August 10 Concert Series Amy Jade's Beehive Society Viridian Center 8:30 -10:00 pm
8030 So. 1825 W.
- August 10 Indian Food Fair Liberty Park 600 E. 900 So. 11:00 a.m. – 8:00 p.m.
Entertainment, live shows, arts & crafts

MORE FREE AUGUST EVENTS



August 13	Valley Fair Concert Series	Steven Puth/13 Crowns	3601 So. 2700 W.	6:00 pm
August 15	Youth Job Fair	V.O.A.	888 So. 400 W.	2:00 – 5:00 p.m.
August 17	Party in the Park & Butterfly Release		8275 So. 1300 W.	4:00 – 7:00 p.m.
	Bands, crafts, scavenger hunt			
August 17	Grand Openings Krishna Temple		965 E. 3370 So.	11:00 a.m. – 8:00 p.m.
	Dancing, music, speakers, cultural program			
August 24, 25	Celebration of Cultural Diversity		Pioneer Park	300 W. 300 So.
	World class music & dance			
August 24	Made in Utah Festival	Gateway	400 W. 100 So.	12:00 – 8:00 p.m.
	Water fountains to play in, music			
August 24	Mama Mia Sing-Along	Murray Park	495 E. 5300 So.	9:00 – 11:00 p.m.
August 31	Chalk the Walk Art Festival		Viridian Center	8030 So. 1825 W.
	9:00 a.m. – 6:00 p.m.			



In bed, it's 6AM you close your eyes for 5 minutes, it's 7:45.
At school it's 1:30, close your eyes for 5 minutes, it's 1:31.

