



# CBTS NEWSLETTER

July 2019

## Stop Saying These Things to Your Teenagers

Have you ever heard the definition of parenting insanity? *Continuing to do and say the same things over and over again and expecting a different result.* It can be very difficult to stop saying these things (this is when the sock in the mouth comes in handy), a little self-awareness goes a long way in helping us to shut up.

### 1. “HOW WAS YOUR DAY?”

This question rates at the top of the list of worst and most unsatisfying adolescent conversation starters. It’s usually met with a grunt, a shrug, an “I don’t know,” or a “Fine.” It’s a lucky day when the response is “Good.” Maybe, “How was your day” is your way of greeting them. Just don’t get upset when they mumble or don’t act eager to answer you.

How about instead give them a break, provide a snack, and several hours later ask a more interesting question. Here are some ideas:

- What was the best part of your day, what was the worst; what is something that you learned today that was interesting?
- What teacher do you like and why?
- What was hard today? What was easy?
- What are you learning about that interests you?

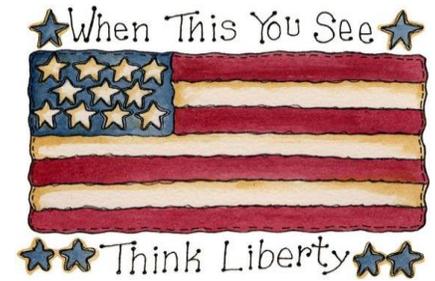
### 2. “WHAT WERE YOU THINKING?”

What are we expecting them to say when we ask this question? Isn’t the answer simple? They weren’t. Remember? Their brains are under construction! Who knows why they do the things they do sometimes. You’ll drive yourself crazy trying to figure it out (there’s that insanity thing again). If we want to gain some insight into their thought process, we need to watch our judgmental tone. Be patient.

*“I care about you and help me understand”* is more likely to get them to think, open up, and talk about it. (cont.)

### 3. “DON’T BE SAD. DON’T BE ANGRY.”

Unless we’re dead, we feel sad and angry sometimes. It can be difficult to watch our kids in pain or to listen to them when they’re angry. If they’re sad it’s natural that we want them to feel better. And when their anger is directed at us, we may feel defensive or disrespected. But telling them not to feel a certain way isn’t going to make their feelings lessen or go away. We might as well say, “Stuff your feelings kid,” or “Lie instead, so I don’t have to deal with listening or trying to understand what’s going on with you.”



We’re dismissing their true feelings and robbing them of the opportunity to learn to work through their emotions. It also hurts our relationship with them. Stop it. Be *a safe place to be real*.

### 4. “IT’S NOT THAT BAD.”

Maybe not to you, but to an adolescent some things can seem like the end of the world. In their world, it is that bad. Empathy will improve your relationship and bring comfort, “This is hard.” Or, “I can see how upsetting this is for you. I’m here for you.” can go a long way.

### 5. “LET ME HELP YOU.”

When our kids are facing a challenge, don’t be the parent that jumps to the rescue. If our parenting goal is to raise responsible adults we must resist jumping in and fixing their problems. It’s vital that we let go so they can learn to be responsible for their own stuff - homework, emailing teachers, time management, remembering assignments, doing their laundry and earning their own money. We also have to allow them to fail and make mistakes. These are opportunities for them to take ownership and develop grit and perseverance. We want to set them up for success so that they’re equipped when they enter the real world. If they need help, teach them to ask without rushing in first. And once in a while give them a little grace, but less is more.

### 6. “WHY CAN’T YOU BE MORE LIKE...”

We may not say these exact words but our message comes through loud and clear - “*You aren’t enough the way you are. I want you to be different and more like so-and-so.*” The comparison game creates anger, hurt, rebellion and people-pleasing. We need to allow our children to be who they are. If you want them to do something, be direct with your request. Don’t compare. 9 times out of 10, when we compare our kids, *it’s our own baggage* and has nothing to do with them. You are better off biting your tongue than comparing your kids.

(cont.)

## 7. “Are you okay? You sure? You’re okay? Really?”

*Can you feel your anxiety rising?* Maybe we’re not saying these words out loud but inside we’re feeling anxious. We’re worried about something – their social life, if they’re doing their homework, among many other concerns that come with parenting an adolescent. Oftentimes our own anxiety results in frantically trying to control them, hovering over them, and pelting them with questions.

We will only make matters worse when we’re parenting out of fear. They will resist and resent us. It will become a power struggle getting us nowhere, and it won’t help them. Instead, take a deep breath. Go for a walk. Read a book. Be responsible and do something that you’ve been avoiding. We can choose to believe they’ll figure things out and let them know that we’re there if they need support.

## 8. “WHY DID YOU GET A ‘C’?”

I know. I know! We want to hold high standards. We want our kids to do well. When did we get so hung up on grades that we forgot to focus on the enjoyment of learning and the amount of effort they put in? Focus on effort instead. Ask them when they get that ‘C’ how they feel about it. What did they learn that can help them do better the next time? How would they grade their effort?

## 9. “YOU’RE GROUNDED FOR A MONTH.”

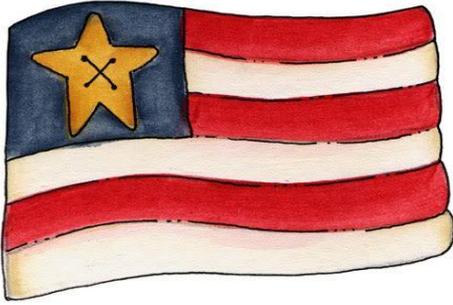
What parent hasn’t over-reacted just a little bit in the heat of the moment? We threaten to cancel their phone service forever or deliver a consequence that punishes us more than them. The next day it dawns on you that the consequence may be a little extreme and you blew things out of proportion. *What do we do now?* If I take it back, what kind of example will that set? I will lose my credibility. Before you know it they will be walking all over me. Regret often comes when we threaten consequences when we’re angry or upset.

*Here is a much better strategy.* Tell them I’m really upset. And if I don’t cool off I may send them to Siberia so rather than do that, I will talk to them in the morning. Then we talk about it together. It’s about the relationship first. We need to remember that.

So, here’s the thing...we’re going to mess up. We’re not always going to say things all sweet and nice. We’re going to forget and react. We will hover and over-parent sometimes, lose our cool and say the wrong things. But when we’re conscious about what we say and how it impacts our kids, we can learn how to do things differently, support them to thrive, and build a great relationship with them.

Let’s keep our eyes fixed on our goal – raising kids who thrive and cultivating a great relationship with them





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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!

I pledge  
allegiance to the Flag  
of the  
United States of America,  
and to the Republic for which it stands  
one Nation under God,  
indivisible,  
With Liberty  
and Justice  
for all





## FREE JULY EVENTS

- July 1, 8, 15, 22, 29 Living Traditions Liberty Park 600 E. 1100 So. 7:00 – 9:00 p.m.  
Music performances representing cultures from all over the world Bring chairs
- July 1 Utah Symphony in Concert Utah Cultural Celebration Center 1355 W. 3100 So.  
8:30 p.m.
- July 2 Big Band Gallivan Center 239 So. Main Street 7:00 p.m.  
23<sup>rd</sup> Army Band
- July 2,3, 4,5 Riverton City Days 1450 W. 12800 So. 12:00 – 11:00 p.m.  
Parade, activities, fireworks, movies
- July 4 Magna Celebration Magna Copper Park 8900 W. 2600 So. 7:30 -10:00 pm  
Parade (at noon) music, entertainment, fireworks
- July 4 West Bountiful Celebration 420 No. 200 W. 11:00 a.m. – 11:00 p.m.  
Parade, entertainment, music, fireworks
- July 4 Honoring Our Veterans Veridian Center 8030 So. 1825 W. 1:30 – 2:30 p.m.  
West Jordan Band
- July 4 Sandy Celebration 10000 So. Centennial Parkway 10:00 a.m. – 11:00 p.m.  
Parade, concerts, entertainment, fireworks



## MORE FREE JULY EVENTS

- July 4 Independence Day Parade 10:30 a.m. – 12:00 8000 So. Redwood Road turns North to 7000 South
- July 5,6 Independence Day Celebration 8030 So. 1825 W. 12:00 – 11:00 p.m.  
Carnival, fireworks, entertainment, movie in the park
- July 5 Venture Out Into Nature Scott Park 3475 So. 800 E. 6:00 p.m.- twilight  
Ponies, birds of prey, live music, movie “Mary Poppins Returns”
- July 5 Friday Night Flicks “Apollo 13” Riverside Park 739 No. 1400 W.  
7:30 p.m. – movie starts at dusk Bring blankets or low back chairs
- July 10 School of Rock Sandy Amphitheater 1245 E. 9400 So. 8:00 – 10:00 p.m.
- July 11 Family Fun Day Gallivan Center 239 So. Main 5:00 – 8:00 p.m.  
Entertainment, face painting, inflatables, train ride
- July 12 Splish Splash Bash Big Cottonwood Park 4300 So. 1300 E. 6:00 p.m. – twilight  
Water slide, dunk machine, music, movie “Incredibles 2”
- July 12 Movie in the Park “Captain Marvel” Pleasant Green Park 3720 So. 8400 W.  
Bring blankets or chairs

## EVEN MORE FREE JULY EVENTS

- July 12      Outdoor Movie “Lego Batman”      Fairmont Park      1060 E. Sugarmont Drive  
7:30 p.m. - movie starts at dusk      Bring blankets or low back chairs
- July 13      Excellence in the Community Concert Series      Viridian Center      8030 So. 1825 W.  
8:30 – 10:00 p.m.      Salt Lake Sax
- July 14-20      Draper Days      1020 E. Pioneer Road      10:00 a.m. – 10:00 p.m.  
Concerts, parade, activities, movies
- July 19      Soccer Fans      Sunnyvale Park      4013 So. 700 W.      6:00 p.m. – twilight  
Soccer clinics, music, movie “How to Train Your Dragon”
- July 19,20      Bountiful Handcart Days      1500 So. 400 No.      6:00 parade on July 19  
12:00 – 9:30 p.m. on July 19 and 9:00 a.m. – 5:00 p.m. on July 20      Games/entertainment
- July 19      Movie in the Park “Beast of Grindelwald”      Pleasant Green Park      8:00 p.m.  
3720 So. 8400 W.      Bring blankets or chairs
- July 24      International Folk Festival      Sandy Amphitheater      1245 E. 9400 So.  
8:00 p.m.      Local Folk groups
- July 24      Celebrating the People Powwow      11000 So. Redwood Rd.      12:00 – 10:00 p.m.  
Dancing, singing, arts & crafts
- July 26      Movie in the Park “Avengers” Infinity War’      Pleasant Green Park      8:00 p.m.  
3720 So. 8400 W.      Bring blankets or chairs

