



Cameray Newsletter

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Understanding Your Teenager



Raising a teenager in today's society can be a challenge. Here are some tips to help your family manage some stressful situations.

PERFORMANCE STRESS

Parents want their kids to do well in school but teens often experience a period of time when their schoolwork suffers.

- Parents can be an important source of support for teens. Encourage your teen to talk to you or another adult about what is bothering them.
- Upheavals like a change of school, social problems, increased responsibilities, worries about the future, or changes in the use of alcohol or drugs are common issues related to poor performance that may need to be addressed.
- Stay involved in your teen's school experience by attending parent-teacher events and school activities.
- Help out with your teen's class projects—don't take over, but try to provide assistance. Both parents and teens can get frustrated so consider rotating which parent is involved and use shorter helping sessions.
- Be supportive instead of critical. Focus on positive efforts to overcome problems.
- If particular school subjects are the problem, talk to your school about a plan of action that may include a tutor, or accessing extra resources.

SLEEP

Keep in mind that as kids enter their teens they need more

sleep, not less.

- Try to avoid scheduling activities before the school day, and limit weekday evening social activities.
- Encourage teens to make their lunch, pack their school bag and get their clothes ready the night before.
- Allow your teen to sleep in late on weekends when possible.

SOCIAL LIFE

Balancing a social life with school life can be difficult. Making friends at school and learning how to build relationships is an important part of your teen's development.

- Talk openly with your teen about the challenges of friendships and romantic relationships. If you feel comfortable you can share some of your own experiences.
- Make your home a welcoming place for your teen and his/her friends. Take an interest and try to learn more about them.
- Encourage your teen to talk with trusted and responsible friends about their concerns.

PEER PRESSURE

Risk taking and experimentation are a normal part of growing up. A good strategy for concerned parents is to help your teen make healthy choices.

- Be available to talk to your teen about the choices they face with drugs, alcohol and sex.
- Listen to your teen's preferences and beliefs about drugs, alcohol and sex.

- Make sure you and your teen are informed about the risks of alcohol and drugs.
- Frequent short talks have more of an impact than infrequent long talks. Provide opportunities for your teen to discuss the challenges they face as they develop their own personal identity and make their own choices.

BULLYING

Bullying at school is a serious problem and can, in extreme cases, result in injury or even death. If you suspect that your child is being bullied...

- Reassure your child that you and the teacher will support him or her.
- Talk to the teacher or person in charge.
- Follow up on any action taken and remain involved in the decision making process. Check in with your teen about how things are going.
- Keep in mind children may be reluctant to talk due to fear of embarrassment or further harm.

Sometimes school-related problems don't go away on their own and may reflect a health problem. Talk to your family doctor, especially if the problems are severe and do not resolve on their own after a couple of weeks.

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The greater the number of developmental assets are experienced by young people, the more positive and successful their development.

Developmental Assets

Search Institute's 40 Developmental Assets are concrete, common sense, positive experiences and qualities essential to raising successful young people. These assets have the power during critical adolescent years to influence choices young people make and help them become caring, responsible adults.

The Developmental Asset framework is categorized into two groups of 20 assets. External assets are the positive experiences young people receive from the world around them. These 20 assets are about supporting and empowering young people, about setting boundaries and expectations, and about positive and constructive use of young people's time. External assets identify important roles that families, schools, congregations, neighbourhoods, and youth organizations can play in promoting healthy devel-

opment.

The twenty internal assets identify those characteristics and behaviours that reflect positive internal growth and development of young people. These assets are about positive values and identities, social competencies, and commitment to learning. The internal Developmental Assets will help these young people make thoughtful and positive choices and, in turn, be better prepared for situations in life that challenge their inner strength and confidence.

Why are the 40 Developmental Assets Important?

Search Institute has surveyed over two million youth across the U.S. and Canada since 1989. Results show that the greater the number of Developmental Assets are experienced by young people, the more positive and successful their devel-

opment. The fewer the number of assets present, the greater the possibility youth will engage in risky behaviours such as drug use, unsafe sex, and violence.

Can Anything Be Done to Increase the Assets Young People Experience?

The answer is a resounding and hopeful yes! Adults and youth, in big and small ways, can help increase Developmental Assets in the daily lives of young people. What's needed is an understanding of what actions and behaviours breed success, willingness and ideas to apply that knowledge, and most importantly, a desire to see young people grow up happy, healthy, and confident.

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A parent/care-giver plays a significant role in most of the

A Sample of Developmental Assets (for Children Aged 6 - 11)

EXTERNAL ASSETS

Support

Family Support– Family life provides high levels of love and support.

Positive Family Communication– Parents and children communicate positively. Children are willing to seek advice and counsel from their parents.

Empowerment

Children are Given Useful Roles– Children are included in age-appropriate family tasks and decisions and are given useful roles at home and in the community.

Boundaries and Expectations

Family Boundaries–The family has clear rules and consequences and monitors children's activities and whereabouts.

Adult Role Models– Parents and other adults model positive responsible behaviour.

Positive Peer Interaction and Influence– Children interact with other children who model responsible behaviour and have opportunities to play and interact in safe, well-supervised settings.

Constructive Use of Time

Out-of-Home Activities– Children spend one hour or more each week in extracurricular school activities or structured community programs.

INTERNAL ASSETS

Learning

Achievement - Children are motivated to do well in school and other activities.

Reading for Pleasure– Children and an adult read together for at least 30 minutes a day. Children also enjoy reading or looking at books on their own.

Positive Values

Caring– Children are encour-

aged to help other people.

Interpersonal Skills– Children interact with adults and other children and can make friends. Children express and articulate feelings in appropriate ways and empathize with others.

Resistance Skills– Children start developing the ability to resist negative peer pressure and dangerous situations.

Positive Identity

Self-Esteem– Children report having high self-esteem.

Personal Power– Children begin to feel they have control over things that happen to them.

For a complete listing of the developmental assets and for more information, please visit the Search Institute website at www.search-institute.org.

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Corner

Recipe

SPRING MEANS ASPARAGUS: A FABULOUS RISOTTO RECIPE

The Riviera is famous for its wonderful array of vegetable dishes. Here's an interesting twist to make a fabulous asparagus risotto from one of my favorite Riviera chefs, Fausto from Rapallo. This comes from his book, "Ogni Volta Che Cucino..Scopro di Avere Un Sacco di Amici" - Every Time I Cook, I Discover I have Loads of Friends. (Stampa Le Mani, Recco, 1997.)

Fresh asparagus is essential for a good result. It can only be prepared when asparagus is in season.

Ingredients

2.2 lbs of asparagus
A glass of olive oil
A glass of dry white wine
50 grams/ 2 oz. grated parmesan cheese
Half an onion
350 grams/13 oz rice for risotto
Salt

Directions

Clean the asparagus, wash it well and boil in salted water. Lift from the water but keep the water. Saute the chopped onion in oil, add the rice and fry slightly.

Pour in the white wine and season with salt. Using the

water in which the asparagus was cooked, add this gradually to the rice. When the rice is almost ready (the grains are still firm) add the tips of the asparagus and finish cooking. Serve hot sprinkled with parmesan cheese.



Mama Margaret & Friends-
Cooking, Wine, and Walking Tours
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www.italycookingschools.com

The Early Intervention Parenting Program

This past November, Cameray Centre was excited to launch its new Early Intervention Parenting Program. This program is designed to support parents with children between the ages of 0-5. The program is voluntary and free of charge for residents of Burnaby and New Westminster. Self and community referrals are both welcome; currently there is no waiting list.

In Burnaby the program counselor is Bronwyn Chambers – a certified art therapist with a focus on early attachment and family relationships. Nicole Croteau, the program counselor for New Westminster, is trained in psychology and has worked in family support and development. The program provides both short-term individual counseling as well as parenting groups, and is meant to foster community connections. As part of this program, you

can expect to meet with either Bronwyn or Nicole to determine how best to meet your individual needs as a family. This may include personalized parenting support, guidance in accessing resources, opportunities to learn in groups, or a combination of all three.

Most of the groups are one hour in length and cover a variety of topics including: attachment, development, sleep issues, budgeting, safety, nutrition, building a support network, healthy anger...and much more. Childcare is provided and parents can attend as few or as many groups as they like. Cameray is also offering an 8-week attachment group for parents and children together, designed to foster confidence and healthy long-term relationships.

The goals for this program are:

- To support healthy child development and family relationships
- Provide one to one coun-

seling and support

- Support parents to develop the skills for effective parenting
- Provide a fun, relaxed environment to learn and connect with other parents
- Build connections to community resources

For more information Burnaby parents and caregivers are invited to contact Bronwyn at 604-436-9449 ext. 32, and in New Westminster parents can contact Nicole at: 604-520-0009 ext. 26.

The program is funded by the Ministry for Children and Family Development.

Bronwyn Chambers

By better understanding your child's pattern of development you are better able to nurture your child in harmony with



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MISSION STATEMENT:

Cameray Child & Family Services is a community-based agency committed to the strengthening of individuals and families through a spectrum of services including counselling, education, outreach, and advocacy.

We are a non-profit agency serving Burnaby and New Westminster residents since 1972.

FUNDED BY:

*Ministry of Child & Family Development
Fraser Health
Ministry of Community, Aboriginal, and
Women's Society*



*Ministry of Public Safety & Solicitor General
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WITH DONATIONS FROM:

*BC Gas Warm Hearts Fund
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Announcements

- Cameray Centre is pleased to announce our new name: *Cameray Child & Family Services*.
- A special thank-you to the volunteers from Scotia Bank for the United Way Day of Caring, who generously donated their time to help paint our Burnaby office.
- Thank-you to all who attended our Winter Open House. It was a wonderful opportunity to connect with other service providers in the community.
- Thank-you to Telus for sponsoring our girls' groups in our local Burnaby high schools.
- Volunteers are needed to work with children and youth in group settings. Please call Susan at 604-291-7422 for more information.



Cameray's Executive Director and Coordinator from our Burnaby Office with MLA, Richard Lee at our Winter Open House.

Donor Highlight

BC Gas has been generously supporting Cameray Centre since 1995. Cameray was the first recipient of the BC Gas Warm Hearts program.

In honour of being the first recipient, BC Gas has chosen to donate to Cameray every year since then.

It is so wonderful to be able to count on this donation since our programs are always in need.

Cameray Centre celebrates BC Gas Warm Hearts for their commitment to bettering their community through Cameray and extend to them, once again, our sincere appreciation.