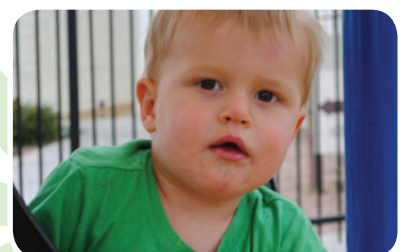


Spring Fling 2012

Thanks to everyone who came out to our Spring Fling! What a great way to start the season!



PARENT TIMES



Apr. 2012 Vol. 37 No. 6

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Thank You!

As always, we could not exist without the generous support of our sponsors.

A HUGE thank you to:

Arcadia Dental Arts/
Dr. John Pappas

Arizona Childproofers

Christ Church School

Spring Has Sprung!

Spring has definitely arrived and we hope everyone has been enjoying the great outdoors!



CORKS FOR KIDS

Raising children can be exhausting and sometimes we can forget to make our spouses a priority. Consider date night taken care of and schedule a sitter for **April 28th from 5-8 pm!!** This is your chance to mingle with other moms and dads, sample food from **Phoenix Country Club**, and bid on some amazing auction items (*see page 5!*). A huge thank you to *Lisa Barnes* and *Courtney Konderik*, who have spent countless hours securing donations, selling tickets and planning what is sure to be a fantastic event. You won't want to miss out!

END OF THE YEAR SPEAKER

We asked, you answered, and we listened! Last year, members commented that they liked the idea of an end of the year speaker as long as the topic was relevant to all ages. Well, what could be more relevant than our children's safety?!? We are excited to announce that the speaker on **May 16th** will be **Bob Hubbard**, owner of **Hubbard Family Swim School**. He will be in Nelson Hall to highlight the basics of CPR and discuss pool safety. Feel free to invite your friends, neighbors, spouses, and sitters for this event. *A delicious and catered breakfast spread will be provided.* Look for an Evite at the end of the month!



LAST CALL AND EARLY BIRDS

It's only April, but we are already working to line things up for next year! Thank you to the wonderful ladies who have signed up to be on the Board next year. We are offering a **"last call"** for any of you who might still be interested. It's not too late! All positions can be co-chaired, so grab a friend and get involved!

And, for all of you early birds who love a deal...NCPG will once again be offering our annual membership fee at a **discounted rate** for those who enroll early. Look for an email and ways to sign up first thing in May!

Jen and Melissa

smile



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Reminder



CLASS STARTS AT 9:30!

We're all running around crazy... but please make
every effort to be at class on time so you don't miss
out on "HOT TOPICS" and class announcements!
Thanks so much for your cooperation!



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*NCPG is a non-profit, non-denominational
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TABOULI

A Cool Recipe for those
Hot Phoenix Days and Nights

Courtesy of Carole Anne Cook

Ingredients

- 1 cup water
- 1 cup fine cracked wheat
- 1 cup minced fresh parsley leaves
- 1/2 cup minced fresh mint leaves
- 1/4 cup finely chopped yellow onion
- 1/4 cup green onion
- 3 tomatoes diced or try the cherry tomatoes for a sweeter punch
- 2 English cucumbers, seeded and diced
- 3 tablespoons olive oil
- 4 tablespoons lemon juice, or to taste
- 2 teaspoons sea salt, or to taste

Directions

In a large mixing bowl, pour hot (not boiling) water over the cracked wheat and cover, let stand about 20 minutes until wheat is tender and water is absorbed. Let cool in the fridge for at least an hour. Add the chopped herbs and vegetables and toss with the mix. Combine the oil, lemon juice, and salt in a separate bowl. Add to wheat mixture and mix well. Chill and let those flavors marinate. Serve and enjoy. For an extra kick, throw some sliced grilled chicken on the top!

CANVAS CHECKERS

from marthastewart.com

Kids who learn how to play checkers will always have something to do on a rainy day. Kids who make their own portable checkerboard will have a game to play almost anywhere. Collect bottle caps in opposing colors (you'll need 12 for each side), or use tempera or acrylic paints to paint the tops of mismatched caps with a color of your choice. Bottle caps stack easily, making for very regal kings.

HOW-TO

Using pinking shears, cut a square of canvas that's about 12 by 12 inches. (The shears will protect edges from fraying and give the board a decorative flair.) With a knife, slice a plastic art eraser into a square that's 1 1/2 by 1 1/2 inches; this will be the stamp. Begin by stamping a single square in one corner of the board; stamp a second catercorner to the first, then add a third square along the border, catercorner from the second and a full square-space from the first. Continue to fill the board; your finished board will have eight squares (four stamped and four blank) in each row and column.



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Corks for Kids – April 28th, 5-8pm

Thanks to these amazing sponsors for their support of our annual fundraiser:



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And here are some of the exciting auction items that will be up for bid.
Get your tickets now and don't miss this fun event!

- Arizona Diamondbacks Tickets
- Bella Bambina Gift Basket
- Desert Willow Botanicals Gift Basket
- Private acting session at Verve Studios
- Christ Church School Play and Learn Package
- Barefoot Books Gift Card
- The Village on Camelback gift package
- Wine tasting package at Winestyles
- Cakes by Strange Package
- Cycle Shop Package
- Inner Radiance Spa Package
- Musicology gift basket
- Disneyland Package
- Amanda Marie Photography Session
- Bearizona Adventure
- 44th and Camelback shopping package
- Sprinkles Cupcakes Treat Package
- Baby Sensory Package
- PGA Superstore Package
- Moonbeams Gift Basket
- Music Together Package
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- Children's Museum of Phoenix Membership
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- The Heard Museum
- Desert Stages Theater
- Wildlife World Zoo
- As You Wish Pottery
- The Play Factory

8 Discipline Mistakes Parents Make

Big discipline mistakes you might be making (and how to fix them)

by Amanda May on Parenting.com

You know the drill: You give your child an ultimatum -- "Get dressed or we're staying home!" -- and naturally she says, "Okay, we'll stay home!" Might as well plant a big "L" on your forehead. We all see our discipline efforts backfire on occasion (hey, you're tired!), and of course there are those battles just not worth fighting (no kid ever flunked preschool because his teeth were furry). But you do need to prove you're the parent at least some of the time. Learning to avoid these discipline land mines can help you hop to it.

Way to Blow It #1: Tell a Big Ole Lie

"My two-year-old daughter, Chloe, fights me about going to her babysitter's house every Monday," says New Jersey mom Gina Kane. One morning when Chloe refused to get out of the car, "I pointed to the house next door and told her it was a daycare center run by the caveman from the Geico commercials, which really scare her," says Kane. "I said she had a choice: Go to the sitter's house or to the caveman's daycare." Mission accomplished -- Chloe dashed to the sitter's door. Fast-forward a week: The babysitter casually asked Kane if she knew of a daycare center in the neighborhood because her daughter couldn't stop talking about it. "I was mortified having to explain, and Chloe now thinks that all daycare centers are run by cavemen," Kane admits. "I'm in big trouble if I ever actually have to send her to daycare."

A Better Way: Little white lies are so tempting in a pinch. You might even get away with them sometimes. Another mom had a great run while her toddler was afraid of a local clown named Macaroni. Whenever he refused to cooperate, she'd just say, "Maybe we should get Macaroni!" and the little guy would immediately don his pj's or gobble his carrots. But as Kane found out, scare tactics can and do come back to bite you in the butt, so it's best to be honest, says Bonnie Maslin, author of *Picking Your Battles*. Kane could have said instead, "I know sometimes you don't want to go to your babysitter. Sometimes I don't want to go to work." Empathizing would have made the Monday-morning transition easier.

Way to Blow It #2: Back Down

You want a surefire way to make sure your kids never listen to you? Threaten but don't act. My daughter Ella and I recently went for a playdate at a friend's house, where the little girl kept snatching away whatever toy Ella picked up. Her mom would say, "Give that back to Ella or I'll take it away," and then turn back to our conversation. Of course, as soon as Ella moved on to another toy, the little girl wanted that one.

A Better Way: It's no fun to be the bad guy, but if a child acts out, there has to be a consequence. "Repeatedly saying 'If you don't stop throwing sand, I'm going to make you leave the sandbox' won't stop the bad behavior," says Bridget Barnes, coauthor of *Common Sense Parenting for Toddlers and Preschoolers*. "What your child hears is 'I can keep doing this a few more times before Mom makes me stop.'"

Instead, give a warning, and then, if your child does it again, give an immediate consequence such as a time-out. If he continues, leave. The

next time, a gentle reminder should do the trick: "Remember how we had to leave when you threw the sand? I hope we don't have to go home early again today."

Way to Blow It #3: Dis Dad (or Vice Versa)

When Polly Lugosi and her husband, Jim, take their two kids, Zoe, 5, and Miles, 2, out for a treat, this Milwaukie, OR, couple tells them that they have to behave or they won't get it. "Unfortunately, my husband is a complete pushover and always gives them the treat even if they act up," says Polly.

A Better Way: Even though Jim doesn't mean to undermine Polly's efforts, that's exactly what he's doing. Showing a united front won't just help your child behave better, it'll also prevent you from feeling like the bad guy all the time. "If you and your husband prefer to use different punishments, that's okay -- just as long as there are consequences for the same actions," says Nancy Schulman, coauthor of *Practical Wisdom for Parents: Demystifying the Preschool Years*. When your child is out of earshot, create a list of rules and discuss different options, she says.

Way to Blow It #4: Bribe a Little Too Often

"My two-year-old daughter, Isabelle, has never been a great eater," says Liz Samuel, a mom in Montclair, NJ. "So I once offered her a piece of chocolate if she would just finish her lunch." The reward worked perfectly: Isabelle ate her chicken and sweet-potato fries -- but then she demanded another treat at dinnertime. "Now, whenever I want her to eat, she asks for either chocolate or a lollipop," complains the mom. "Plus, she'll eat just one fry and then expect her treat."

A Better Way: We all need to keep a good bribe up our sleeves -- to get through the grocery store, a church service, or that new episode of *Mad Men* you had to TiVo because you were too whipped to stay up for it. But the experts insist that reinforcing good behavior is a better way to go. "So instead of saying 'If you're good at Grandma's today, I'll buy you a toy,' try 'I'm really proud of you for sitting so nicely during dinner at Grandma's,'" advises Maslin. And don't underestimate the power of disappointment. "Saying 'I'm really sad you broke the present Daddy gave me' makes a child feel appropriately bad about his behavior," says Maslin. "You may feel like a terrible parent in the moment, but you're actually helping your child develop a conscience."

Way to Blow It #5: Break Your Own Rules

When Anne Wear's 2-year-old son, Brandon, would do things he shouldn't -- take his mom's car keys or pull books off the shelf, for example -- this High Point, NC, mom would slap his hand and say "No, sir!" in a harsh tone of voice. "It worked great," she says, "until his preschool teacher caught him slapping the hands of any child who took his toy or cut in front of him in line!" Wear quickly realized that she couldn't say it was wrong for Brandon to smack his friends' hands when she and her husband, Brian, were doing the same thing to him. "We switched to time-outs," says Wear.



A Better Way: Not only are kids little mimics, emulating your bad behaviors, but they'll call you on it, as Suzi Dougherty found out. Her 2-year-old, Will, knows that throwing toys in the house is a definite no-no. "But one day my husband, Chris, threw a dog toy into the next room, just to get it out from underfoot," says this Newburgh, NY, mom. "Will immediately ordered him into a time-out! Since then, we try to be more careful and follow our own rules," she says. "But on the plus side, at least it showed us that the 'no throwing toys' rule is starting to sink in!"

Way to Blow It #6: Lose It

Taking care of an active toddler requires a lot of patience. But there are times when Gabrielle Howe of Staten Island, NY, finds herself at the end of her rope when dealing with 2-year-old Thea. "One particularly trying day I completely lost it and yelled at Thea," admits this working mom. "She then tried to send me to my room!"

A Better Way: Time-outs aren't just for kids -- they work great for adults, too. "Give yourself permission to walk away," says Schulman. "Take a deep breath, count to ten, and then you'll be much more effective when disciplining your child." Walk into another room if you need to, as long as your child is safe in his crib or a childproofed room. "If you can't leave your child alone, then you should both go into another room," she adds. "Often a change of scenery will help you both cool off." If your husband or a friend is around, just say "I need a break, can you handle this one?" suggests Schulman. And remember that kids are expert at pushing your buttons, but if you can avoid letting the situation escalate by giving one warning and then an immediate consequence, it may help keep you both calm.

Way to Blow It #7: Wait Too Long

Recently I was stuck in traffic with my 2-year-old daughter, Ella, when she started getting fidgety and tried to wiggle out of her car seat. Frustrated by both the slow trip home and the endless rounds of "Row, row, row your boat," I told her that if she didn't put her buckle back on correctly, she wouldn't get to have a bedtime story that night -- a technique that works great when my daughter's procrastinating about getting into her pajamas or brushing her teeth before bed. This time, though, bedtime was hours away -- and the threat pretty much meaningless. Ella didn't stop playing with her seat buckle, and it seemed pointless to remind her about it hours later when she was getting ready for bed.

A Better Way: "Kids don't remember what they did wrong an hour after

the fact, never mind the next day," says Barnes. "You want to show them the consequences of their actions as close to the bad behavior as possible." If your child hits a friend with a toy truck, don't cancel tomorrow's playdate -- just take away the truck.

Way to Blow It #8: Talk On... and On... and On

My husband, Patrick, tends to launch into long explanations with Ella, like how going to sleep is a good idea because she'll feel well rested for our upcoming busy day at Grandma's house. Tempting as it can be to try and reason with a young child, you might as well be speaking gibberish.

A Better Way: "Kids are not mini-adults," says Barnes. "Long explanations or instructions go right over their heads." Saying "No cookies before dinner" is enough to get the point across; you can skip the lecture about how sweets will spoil a tiny appetite. Keep your words age-appropriate, too. "I had one parent who was tired of always telling his son to stop whining," says Barnes. "Then one day his child finally asked, 'What's whining?'" It's okay to use a term like whining as long as you explain what you mean: "I can't understand you when you whine. Please use your big-boy voice."

Getting Back on Track

You gave a warning, then caved in. Or you yelled at your kid- for yelling at you. Below, how to fix your own bad behavior, from Nancy Schulman, coauthor of *Practical Wisdom for Parents*.

Get Over It "We all make mistakes," says Schulman. "Don't beat yourself up. Just say 'I know I said -- or did -- something I shouldn't have. Let's try to all follow these rules from now on.'"

Take it Slow Even if you feel like your discipline techniques need to be completely overhauled, pick two of your top issues and start there. Don't overwhelm your child with 20 new rules. "Sit down when he's calm and go over the rules so he knows what's expected of him," says Schulman.

Work Around It Let's say your child always has a tantrum over what to eat for breakfast. Rather than duke it out each morning, offer your child just two choices -- say, cereal or eggs -- so he can still feel in control. Give it Time "It takes time to undo a pattern of bad behavior," notes Schulman. "If you start being consistent, they'll catch on. It may take ten or twenty times, but they'll get it."



New Arrival!



Julia Laine Hatton

March 12, 2012

Weight: 8 lbs

Height: 20.5 inches

Parents: Jim and Janelle



CONGRATULATIONS!

Spring Things to Do!



Frank Lloyd Wright: Organic Architecture for the 21st Century (through Apr 29)
Explores Wright's visionary designs of sustainable architecture through drawings, scale models, furniture, films and photography. 10am-9pm Wed, 10am-5pm Thur-Sat, noon-5pm Sun. Included with admission: \$12 adults, \$10 seniors/students, \$6 ages 6-17, under 6 free; free admission 3-9pm Wed. *Phoenix Art Museum, 1625 N Central Ave. 602-257-1880 or phxart.org*



Freckleface Strawberry The Musical (Fri-Sun Apr 6-22)
A little girl who will try anything to get rid of her freckles, until she learns that's what makes her special. 7:30pm Fri, noon & 3:30pm Sat, 12:30 & 4pm Sun. \$20. *Valley Youth Theatre, 525 N 1st St. 602-253-8188 or vyt.com*

Arizona Sunrays — Kids Night Out

Ages 3-12. Gymnastics, bounce house, dancing, trampolines, organized games, movie and pizza dinner. 6-10pm. \$25/child (\$15 "bring a friend" special on April 7), discounts for siblings. *Arizona Sunrays Gymnastics and Dance, 3110 E Thunderbird Rd. 602-992-5790 or arizonasunrays.com*

Metrocenter — Kids World!

All ages. Jungle Jill stops by with some animal friends. 1-2pm. Free. *Metrocenter, Dillard's Court, Peoria Ave & I-17 Fwy. 602-997-8991 or metrocentermall.com*

IKEA - Kid's Activity

All ages. Fun crafts. 11am-1pm. Free. *IKEA Tempe, 2110 W IKEA Way, Tempe. 480-496-5658 or ikea-usa.com*



Native Trails

All ages. Music, dance, art and traditional Native American foods. Noon-1:30pm. Free. *Scottsdale Civic Center Park, 75th & Main Sts, Scottsdale. 480-421-1004 or scottsdalenativetrails.com*



Hassayampa Nature Festival and 25th Anniversary Celebration

Animal presentations, interpretive hike, nature-themed crafts, refreshments and more. 8am-2pm. Free. *Hassayampa River Preserve, 49614 Highway 60, Wickenburg. 928-684-2772 or nature.org/hassayampa*



Performing for the Camera (through May 19)

50 photographs by artists who use performance as a central part of their process. With elaborate costumes and masquerades, large groups of people, theatrical settings, serial images and cinematic framing, the artists create photographs that are often ambiguous, dreamlike, uncanny or campy. 11am-8pm Tues, 11am-5pm Wed-Sat. Free. *ASU Art Museum Ceramics Research Center, northeast corner of Mill Ave & 10th St, Tempe. 480-965-2787 or asuartmuseum.asu.edu*



Rapunzel

(Sat through June 30)

Let down your hair and enjoy this magical fairytale. 11am. \$12 adults, \$10 children. *Hale Centre Theatre, 50 W Page Ave, Gilbert. 480-497-1181 or haletheatrearizona.com*

Spring Butterfly Exhibit (Mar 3-May 13)

Hundreds of butterflies are housed in an enclosed lush garden that recreates a habitat most appealing to these fragile fliers. 9am-5pm. \$3.50 with paid admission; \$18 adults, \$15 seniors, \$10 ages 13-18, \$8 ages 3-12. *Desert Botanical Garden, 1201 N Galvin Pkwy. 480-941-1225 or dbg.org*



Play Date!

Thanks to all the mommies and kiddos who came out to the Play Date on April 5th. And a huge THANK YOU to Nicole Wood for hosting!



COME PLAY WITH US "COFFEE & PLAY: PRESCHOOL PREVIEW"

Bring your toddler or preschooler to our "Coffee & Play: Preschool Preview" on April 24 from 9:15 - 10:15 a.m. Meet other parents over a cup of coffee and let your little one experience a typical morning of fun, hands-on learning. RSVP to eeddirector@phoenixuu.org or 602-840-8400, ext. 233.

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