

PARENT TIMES



Feb. 2012 Vol. 37 No. 4

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Thank You!

First and foremost, we could not exist but for the very generous help from our sponsors.

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Feel The Love

We hope you all had a wonderful holiday and that your new year is off to a fabulous start! There are a lot of wonderful things planned for 2012 and we are excited to share them with you.

Before we move forward though, we'd like to take a look back. North Central Parenting Group was officially founded as a non-profit 36 years ago by about a dozen moms. They had a common goal: to help first-time moms successfully navigate through parenthood. And, years later, the goal is still the same. NCPG continues to offer moms the tools they need to be the best moms they can be. It's amazing to think how many families have been touched by NCPG over the years! Are you feeling the love yet!?

As spring is upon us, we look forward to carrying on this wonderful tradition of NCPG. There are many fun activities planned for you, your children and your families, so we hope you will join us!

~ Mom's Night Out

Thursday, February 23 at 7 pm

~ Spring Family Event

Saturday, March 17 from 10 am - noon

~ Corks for Kids Fundraiser

Saturday, April 28 from 5-8 pm



This year, our annual fundraiser will be at the Phoenix Country Club. Tickets are \$35 per person or \$60 per couple and the price covers your entrance to the event plus hors d'oeuvres. This year, classes will not be asked to donate or assemble silent auction items, so there is no work involved. However, please contact **Courtney Konderik** and **Lisa Barnes** at fundraising@ncpgaz.org if you have an item to donate or would like to help. Plan to dress "cocktail casual" and have fun while supporting our fabulous organization!

Finally, if you are feeling the love of NCPG and are looking for a way to give back

to an organization that has given so much to you, please consider joining the **2012-2013 Board of Directors**.

It's a fun way to meet other moms and get involved. Please contact **director@ncpgaz.org** if you want more information. We would love to speak with you.

See you soon!

Melissa and Jen



love
(your teeth!)

NCPG COUPLE'S SPECIAL: \$199*

TWO FOR THE PRICE OF ONE — ZOOM WHITENING!

*Valid for new patients only when both come in for a new patient exam and cleaning. Offer expires March 31, 2012. (Total value: \$398)



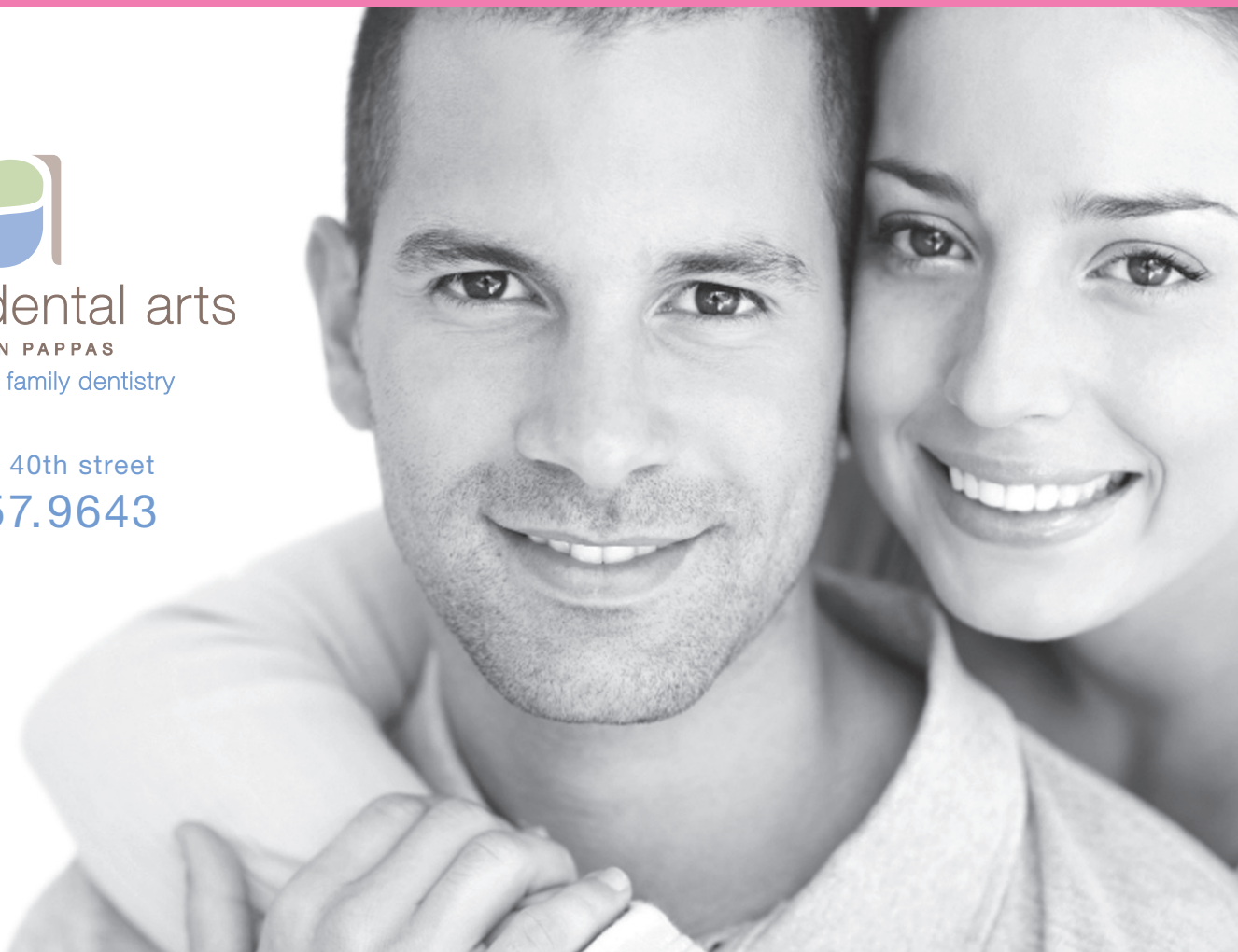
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Rawhide's 41st Birthday, Feb. 25-26

Live music, western entertainment, birthday cake, dinner specials in the Rawhide Steakhouse, and hats & bandanas for kids. Shoot To Thrill with JP Sage The Texas Kate Wild West Show AZ. www.rawhide.com

Native Trails, Thursdays & Saturdays, Noon - 1:30, Jan. 19-Apr. 14

Come and celebrate the 10th anniversary of Native Trails, a series of free outdoor festivals that celebrate Native American cultures. www.scottsdaleperformingarts.org

Raising Arizona Kids 9th Annual Camp Fair, Feb. 25-26

Day and overnight camps from Arizona, throughout the Southwest and across the country are represented at this ninth annual camp fair. www.campfairaz.com

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Ages 2 1/2 - Kindergarten

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Registration March 12-14

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NCPG is a non-profit, non-denominational organization providing classes to parents of pre-infant to kindergarten age children.

www.ncpgaz.org

Like us on Facebook: NCPG



Newsletter design: Neill Fox, www.foxnoggin.com



Tibby's Bibliography

Our very own Tibby Cornelius (Preschool II) shares some of her recommendations for literary guides on our journey through parenthood. Thanks, Tibby!



BOYS

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- *The Dangerous Book for Boys*. Iggulden, Hal. Collins, 2007.
- *Raising Cain*. Thompson, Michael & Dan Kindolon. NY: Ballantine Books, 2000.

COMMUNICATION

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DEVELOPMENT (Ages and Stages)

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- *Yardsticks — Children in the Classroom Ages 4-14*. Wood, Chip. NEFC, 2005.

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EMOTIONAL DEVELOPMENT

- *How to Raise a Child with a High EQ*. Shapiro, Lawrence. Harper Collins, 1997.
- *Best Friends, Worst Enemies*. Thompson, Michael. A Ballantine Books, 2001.

FAMILY

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GENERAL

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- *The Blessing of the Skinned Knee*. Mogel, Wendy. NY: Penguin Group, 2001.

GIRLS

- *Bringing Up Girls*. Dobson, James. Tyndale, 2010.
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- *Raising a Thinking Child*. New Shure, Myrna B. York: Pocket Books, 1994.
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MORAL AND SPIRITUAL DEVELOPMENT

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- *Teaching Your Children Values*. Eyre, Linda & Richard Eyre, Fireside, 1993.
- *The Family Virtues Guide*. Popov, Linda. Penguin, 1997.
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MOTHERING

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PARENTING

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- *Raising Kids Who Turn Out Right*. Kimmel, Tim. Sisters Oregon: Multnomah, 1993
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- *The Eight Seasons of Parenthood*. Unell, Barbara & Jerry Wyckoff. Random House, 2000.
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New Arrivals!



Amelie Frances Olshan

May 16th, 2011

Weight: 8 lbs
Height: 20 inches
Parents: Cami & Bob
Brother: Julien



Berkeley Elle Garcia

October 11, 2011

Weight: 7 lbs
Height: 20.5 inches
Parents: Carlie & Ernie



Davis Andrew Ladner

October 28, 2011

Weight: 8 lbs 3 oz
Height: 21 inches
Parents: Nicole & Jason
Brother: Harrison



Kamran Javid Vassigh

July 26, 2011

Weight: 7 lbs 11 oz
Parents: Shaly & Goudarz
Brother: Kian



Hugh William Owens

December 14, 2011

Weight: 9 lbs 11 oz
Height: 22 inches
Parents: Michelle & Robert



Brooke Gabrielle Olges

September 26, 2011

Weight: 7 lbs 13.6 oz
Height: 20 inches
Parents: Marni & Bill



A Debate About Working Moms

by Glennon Melton, huffingtonpost.com

I recently heard a vicious radio debate between women who believe that mothers should stay home and others who believe that mothers should work outside the home. All the debaters were mothers themselves. As I listened wearily while ducking and dodging the ladies' sucker punches like a cornered boxer, I thought... this is really getting old.

I've been both a "working" and a "stay-at-home" mom so I've experienced both sides of the internal and eternal debate moms endure all day, every day. When I worked outside my house, Mommy Guilt rode shotgun with me each morning, chiding me for dropping off my sick boy at day care instead of keeping him home and for rocking him the night before instead of preparing for work. When I got to work each day Mommy Guilt whispered that a good mom would still be at home with her son and when I returned home she'd insist that a better teacher would have stayed at work longer. When I'd visit girlfriends who stayed home, Mommy Guilt would say "See... this lady's doing it right. Her kids are better off than yours are." And Mommy Guilt certainly had a lot to say when Chase's day care provider admitted that he had taken his first steps while I was working. Every night when I finally got Chase to sleep, finished grading papers, and collapsed into the couch, Mommy Guilt would snuggle up next to me and sweetly say "shouldn't you spend some quality time with your husband instead of checking out?" And finally, before I fell asleep each night, Mommy Guilt would whisper in my ear, "YOU KNOW, THE ONLY WAY YOU'RE GOING TO BE A GOOD MOTHER AND WIFE IS IF YOU QUIT YOUR JOB AND STAY HOME."

And so now I'm a stay-at-home mom. And the thing is that Mommy Guilt stays home with me. These days I experience her less as a drive-by-shooter and more as a constant commentator. Now she sounds like this:

“Did you go to all three of those college classes just so you could clean the kitchen and play Candy Land all day? And how is it that you don’t even do those things very well? Can you concentrate on nothing? Look at this mess! A good mom would clean more and play less. Also, a good mom would clean less and play more. Also a good mom would clean more and play more and quit emailing altogether. Additionally, I’ve been meaning to ask if you’re sure you feel comfortable spending so much money when you don’t even make any. Moreover, when was the last time you volunteered at Chase’s school? What kind of stay at home mom doesn’t go to PTA meetings or know how to make

lasagna? Furthermore, nobody in this house appreciates you."

My favorite, though, is that when I finally do sit down, concentrate on one of my kids, and read a few books all the way through... instead of saying "Good job!" Mommy Guilt says, "See how happy your daughter is? You're home all day...why don't you do this more often?"

And of course, before I go to sleep every night she whispers...
 “YOU KNOW, MAYBE YOU’D BE A BETTER MOTHER AND
 WOMAN IF YOU COULD JUST GET OUT OF THE HOUSE
 AND WORK.”

Mommy Guilt is like that scene from “Liar Liar” in which Jim Carrey enters a bathroom, throws himself against the walls, slams his head into the toilet, and rubs soap into his eyes. When a confused observer asks what on Earth he’s doing he says, “I WAS KICKIN’ MY A**! DO YA MIND?”

I understand the act of kicking one's own a**. I do it all the time.

What I don't understand is why some ladies insist on making everything worse by kicking each other's a**es.

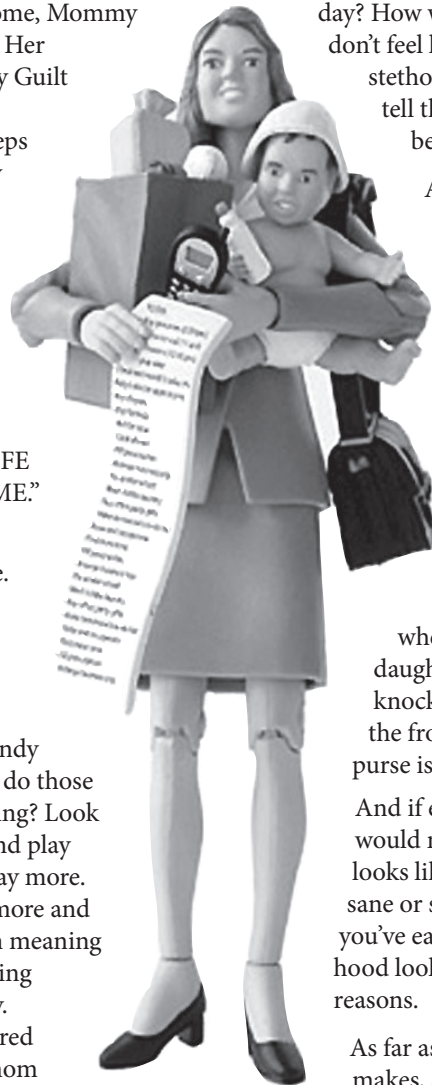
To the women who argue vehemently that all “good mothers” stay at home: Are you nuts? If you got your way, who would show my daughters that some women actually change out of yoga pants and into scrubs and police uniforms and power suits each day? How would my girls even know that women who don’t feel like carrying diaper bags can carry briefcases or stethoscopes instead...or also? How, pray tell, could I tell them with a straight face that they can grow up to be whatever they want to be?

And to the women who argue that all stay home mothers damage women's liberation: Are you nuts? Aren't you causing some damage by suggesting that we all must fit into a category, that women are a cause instead of individuals? And doesn't choosing to spend your limited time and energy attacking "us" set "us" back? But for argument's sake, what if you got your way and every mother was required to work outside of the home? What would that mean to ME? Who would volunteer to lead my son's reading group at school, host his class party, plan his Sunday school lesson or wait with him in the parking lot

when I forget to pick him up? Who would watch my daughter while the baby gets her shots? Who would knock on my door and tell me that my keys are still in the front door, the doors to my van are open, and my purse is in the driveway?

And if every woman made the same decision, how would my children learn that sometimes motherhood looks like going to work to put food on the table or stay sane or share your gifts or because you want to work and you've earned that right. And that other times motherhood looks like staying home for all of the exact same reasons.

As far as I can tell, no matter what decision a woman makes, she's offering an invaluable gift to my daughters



and me. So I'd like to thank all of you. Because I'm not necessarily trying to raise an executive or a mommy. I'm trying to raise a woman. And there are as many different right ways to be a woman as there are women.

So, angry, debating ladies... here's the thing. My daughter is watching me AND you to learn what it means to be a woman. And I'd like her to learn that a woman's value is determined less by her career choices and more by how she treats other women, in particular, women who are different than she is. I'd like her to learn that her strength is defined by her honesty and her ability to exist in grey areas without succumbing to masking her insecurities with generalizations or accusations. And I'd like her to learn that the only way to be both graceful and powerful is to dance among the endless definitions of the word woman... and to refuse to organize women into categories, to view ideas in black and white, or to

choose sides and come out swinging. Because being a woman is not that easy, and it's not that hard.

And speaking of "Liar Liar" — angry debating ladies . . . when you yell about how much peace you have with your decisions, it just doesn't ring true. The thing is, if you're yelling, I don't believe that you've got it all figured out. I don't even believe that YOU believe you've got it all figured out. I think your problem might be that you're as internally conflicted as the rest of us about your choices. But instead of kicking your own a**, you've decided it'd be easier to kick ours.

Which is tempting, but also wrong.

So, maybe instead of tearing each other up, we could each admit that we're a bit torn up about our choices, or lack thereof. And we could offer each other a shoulder or a hand. And then maybe our girls would see what it really means to be a woman.

New Year Resolutions Through the Eyes of a Child

by Christen Babb of Nurture Baby on simplekids.net

"Every child is an artist. The problem is how to remain an artist once he grows up." ~ Pablo Picasso

Ever miss that childhood wonder, the longing to discover the world around you, and the desire to just "play"? I sure do. So, in 2012, I resolve to be more like my five year old.

For many of us, 2011 was a difficult year. In all its stress and seriousness, I for one forgot how to play. Being a task-oriented individual, I tend to create a to do list out of the simplest goals just to see that precious check-mark at the end of the day. Caught in the frenzy of check-marks, it's easy to lose focus on relationships by placing greater attention on accomplishments.

This year, I choose to simplify and relish the journey towards my goals alongside my favorite little companions.

Less doing and more being might be my hardest resolution yet, but here's to those 2012 goals through the eyes of my five year old:

Explore

The grown up version of this goal might be interpreted as "read more", but that sounds a bit like a chore doesn't it? That one more thing to check off your list before going to bed each night? Not through the eyes of my five year old. She relishes new books, gets lost in their fantastical, make-believe plots, and stays up late to read them over and over...and over again. She has a voracious appetite to explore new subjects through reading that in turn builds confidence, strengthens communication, and inspires creativity. Funny, those benefits are universal and I'm hoping this grown up can reap some of them as well.

Play

Most of us share the proverbial "get in shape" resolution. Some may yearn to shed those last baby pounds (my "baby" is almost 2 and I still have those extra lbs!) or simply establish a healthier exercise routine.

This year, I'm inspired to treat exercise like play time. Kids approach outdoor play with such joy and enthusiasm, not dread! After all, when did adults replace the idea of playtime with a "work" out?

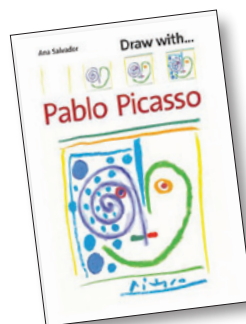
Instead of watching my kids play, I resolve to participate with them, and as a result, hope to reap more energy, better health, lifelong memories with my little ones.

Share

Kids are encouraged to share from the time they are infants. While most kids struggle with this to some degree, I've found that it's easier for my 5 year old to share her beloved toys than it is for me to share my time.

In 2011, I learned loud and clear that I can't wait for my schedule to change in order to serve others. Life happens in the midst of our busyness. Some of the most abundant blessings come from our seemingly greatest sacrifices of serving others during their time of need.

Wouldn't it be wonderful to approach serving with authenticity and joy like our children? God has plenty of work to do with me yet, but my hope is to pass on the blessing of serving others alongside my family in the midst of our circumstances.



An Art Book with a Difference!

Draw with Pablo Picasso
by Ana Salvador, published
by Frances Lincoln/Walker
Books (2007)

Love Blossom Tree

from a great little blog: www.meetthedubiens.com

Here's another easy Valentine's craft. I can't help myself but to do handprint/footprint/thumbprint crafts all the time. I just can't get enough. I painted their forearm and hand brown to be the tree, and then used their thumbs to make heart blossoms. I've done similar trees to these in the past, a spring blossom tree and fall tree. Really cute and easy. Here are the instructions:

What you'll need:

- Paper
- Brown paint
- Red paint
- Pink paint (optional, if you want more colors than just red)
- Paint brush

Directions:

1. Paint your child's forearm and hand brown and stamp on the paper
2. Using red paint (or pink too) stamp their thumbs in the paint and create heart shapes all over the tree branches



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News & Events!



Don't forget!!!

Tickets for Corks for Kids go on sale in February!

The event will be on April 28th @ the Phoenix Country Club from 5-8pm.

Ticket prices are \$35 per person or \$60 per couple. This price includes entrance to the event and hors d'oeuvres.

There will be a wine pull, cash bar and **Silent Auction** with packages such as an **8 person Wine Tasting**, **4 front row Diamondback tickets right behind home plate** and much more!

Attire is cocktail casual. Plus there is NO work involved!

Classes will not be required to donate or assemble silent auction packages.

Just come and have fun with friends of NCPG!!

Mom's Night Out

Our first MNO of 2012! Please join us on **Thursday, February 23rd**. Location to be determined soon!

Spring Event

Lookin' for a pot of gold for your 'lil leprechaun???

Look no further than our family event on **Saturday, March 17th at Christ Church**. The fun starts at

10 am and there will be a bounce house, activities and lunch provided. Questions or suggestions?

Email **Tricia Rochford: rileys.mom@cox.net**

Members Wanted!

Do you know of anyone who just became a first-time mom? Or a mom struggling with the demands of kids and work? Remember to reach out to her and suggest NCPG. We have room in our Newborn Class (11:45 am -1:45 pm) and Evening Class (6:15-8:15 pm), as well as our other daytime classes. The first class is free and classes are pro-rated for the remainder of the year.

Contact **Nicole Wood: ndpwood@gmail.com** if you have a guest who would like to visit.

Join the Board for 2012-2013!

We are currently looking for members who want to become more involved with NCPG. If you are interested in joining the Board for next year, we would love to speak with you! Please contact **Melissa** and **Jen** at **director@ncpgaz.org**

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...the best academic environment is a play based environment

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Elementary Info Night— Feb 8th 6:30 p.m.

Open House— February 23rd 9:30 a.m.

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Boing! Boing!

A big shout out to SkyPark Indoor Trampoline Park for a fabulous playdate with the little ones. Their service and hospitality (and discount!) was above and beyond. Everyone had a bouncing good time!



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