

PARENT TIMES



Nov. 2012 Vol. 38 No. 2

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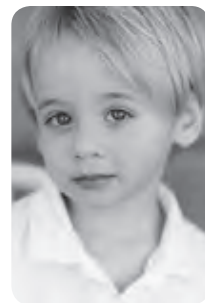
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Dear NCPG Members,

Welcome back after our long break. We are so excited the season of being thankful is upon us as we have so much to be thankful for. First of all, we'd like to thank each and every one of you for being a part of NCPG. Without you, our organization would not be what it is. We'd also like to thank our Board. These ladies work tirelessly throughout the year to ensure everything runs seamlessly, from hiring our amazing teachers, to organizing our events. Thank you so much ladies; we would be lost without you.

To continue with the spirit of being thankful, we've compiled a fun list of our top 10 things to be thankful for, in no particular order. We hope you enjoy it!

1. Our Children – The reason we are here. Little miracles that bring so much love to our lives and make our family complete. They challenge us and make us stronger. They also melt our hearts and help to bring us back to the important things in life.



2. Our Husbands – Our love and support. Our partner in raising our children, taking on the world, and in life. With their love and support we can be our best. Besides, who else is going to take out the trash...our kids are too young!

3. Health – We need our health. Taking care of ourselves is such an important part of life. We need to take care of ourselves before we can take care of others. We have been blessed with good health and are working on staying healthy in the future.

4. Families – Our backbone. Both in-laws and our families are so important in our lives and our children's lives. They offer support and help when we need it, and are there to share in all the good times and bad.

5. Friends – The family we've chosen. Always there for us when we need to celebrate, or need that shoulder to cry on. They always understand when you need just one more glass of wine; and if you have to cancel because your child is sick.

6. Sitters/Nannies – For our sanity. We all need our "me" time, and these wonderful people allow us some "me" time. Whether a date night, or doctor's appointment, we are thankful to have some adult time in our lives.

7. Wine – Mommy medicine. Sometimes you just need it! A must for celebrating friendship, or that next milestone. Cheers to us!

8. The Spa – When we need some pampering. This is our playground. When we need to unwind, relax and let go, we can't think of a better place to go. Husbands, if you're reading this...hint hint for Christmas!

9. Our City – When our kids need to burn energy. The great places we are so lucky to experience with our children. Parks, Children's Museum, Zoo, Splash Pads—there is something for every Season!

10. NCPG – For friends, education and sanity. Motherhood is difficult, and even with young kids, we've already experienced many challenges. Without our support system here at NCPG, our great instructors and our peers, we wouldn't know what to do. Thank you so much for being here for us!

Have a wonderful November and Happy Thanksgiving!

Tricia Rochford & Lisa Barnes, Co-Presidents



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WELCOME!

If you are new to NCPG
this year, "Welcome!"

AND REMEMBER:
Refer your friends, and they can
try their first class for FREE.

'Tis the Season

by Jennifer Hecker DuVal,
MSW, LCSW, EMDR

*Jennifer is a Licensed
Clinical Social Worker who
is in private practice with a
focus on individuals, families,
and children and specializing
in trauma.*



There is a chill in the air (Finally!). And, you can almost hear the sleigh bells ringing and smell the chestnuts roasting. The holiday cards and invitations are ready to post as we plan our gatherings, feasts, and parties. And, of course, lists are being written and requests are being made by our little ones in anticipation of Santa's visit. With all of this merriment in the air, you would think a joyous, stress-free time was upon us, but, as we all know, holidays can go awry. Between visits from distant relatives, to hectic holiday travel, to pressures of buying the perfect gift, things can easily turn chaotic. Here are 10 ways to help you and your family truly enjoy this holiday season and not succumb to external-Norman-Rockwellish-expectations.

1. Breathe, Breathe, Breathe.

Breathing helps to create a peaceful place in your mind when you feel a need to retreat. Here is an exercise you can use anytime, anywhere. Think of this as your "restart" button. If your thinking is stuck in a negative thought pattern or you just feel worn out, this exercise will help.

Four Part Breath Work: Picture in your mind, a square, and as you breathe you will picture moving around the square. Picture the first side of the square and breathe in, through your nose, for 5 counts; the next side, hold your breath for 5 counts; the third side exhale for

(continued on page 4)

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

www.ncpgaz.org



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Parent Times

Members, this monthly newsletter is for YOUR benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! We don't want this to be something that gets lost in your stack of mail. Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Thanks for your help!



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Neill Fox, Foxnoggin
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(continued on from cover)

5 counts; and the final side hold (with all the air out of your lungs) for 5 counts. Then, repeat. Do this exercise until you feel like your mind has shifted and your body is relaxed.

2. Honor "The Four Agreements"

by Don Miguel Ruiz:

1) Don't take things personally. 2) Don't make assumptions. 3) Always do your best. 4) Be impeccable with your words. These concepts will help you maintain healthy boundaries and effective communication, which is important anytime, but especially around the holidays.

3. Prioritize.

Keep in mind what is really important. Don't get caught up in expectations or the holiday commercial messages that are designed to make us believe that holiday cheer is something you can wrap, wear, pour, or eat. Advertising works, as it affects our moods, behavior, and, even our self esteem. But, you have a choice, whether to let in the societal expectations and have them dictate your holidays or you can decide what is important to you and your family, and truly find the best of the holiday spirit.

4. Stay frazzle free by staying organized.

Plan ahead as much as you can, but don't be afraid to wing it when you need to. Keep it simple! Your family and friends would rather enjoy YOU and not the perfect present or meal you are aching over.

5. Remember that food affects your mood.

So, be mindful about what you choose to eat. If you are feeling tired or overwhelmed, stay away from the sweets and caffeine, they only add to those feelings. And get enough rest! Sleep

can reduce anxiety and help give that boost of energy when you need it.

6. Make time for yourself.

Meditate, take a yoga class, take a walk, or treat yourself to a massage. Not only are you healthier and happier when you take care of yourself, but that joy spreads to others around you. Think of it as a gift that keeps on giving!

7. Spend less. Stress less.

Sticking to a reasonable, planned budget can take the worry out of spending.

8. Create holiday traditions.

Baking, decorating, volunteering at a local charity, soup kitchen or shelter, and watching holiday movies (Polar Express is a definite favorite of our family!), are just a few ideas for creating fun family traditions that everyone will look forward to!

9. Laugh! And then laugh some more!

The Mayo Clinic's recent studies reported laughter to help stimulate organs, activate and relieve stress responses, soothe tension, and, long term, could improve your immune system, relieve pain, and increase personal satisfaction.

10. Be mindful of what you are choosing to focus on during the holidays.

The choices you make for your own attitude, behavior, and feelings are yours alone. You do not have to let the joys of the holidays stress you. You can stress the joys instead!

Wishing you and your loved ones a beautiful and bright holiday season!



Hello!



Please welcome these new additions to our NCPG family!



Connor Erickson Frey

May 18, 2012

Weight: 8 lbs, 10 oz

Length: 21½ inches

Sibling: Tessa (3½)

Parents: Sarah & Brian



Kate Buchanan Levine

July 17, 2012

Weight: 7 lbs, 1 oz

Length: 20½ inches

Siblings: Shea (3) and Mack (2)

Parents: Heather & Michael



Hudson Snow Heinrichs

August 29, 2012

Weight: 8 lbs, 6 oz

Length: 21¾ inches

Siblings: William (3) and Avery (16 mo.)

Parents: Melissa & John

Mom's Night Out!

A great evening for last month's MNO on the patio at O.S.H.O. — filled with yummy food and good conversation!



Mini Pumpkin Pie Turkeys

Text by National Geographic Society. Photograph by Rebecca Hale.

<http://kids.nationalgeographic.com/kids/activities/recipes/mini-pumpkin-pie-turkeys/>

This sweet “turkey” is the perfect finish to a Thanksgiving meal.

YOU WILL NEED:

- 3/4 cup (180 mL) sugar
- 1/2 (2.5 mL) teaspoon salt
- 1 teaspoon (5 mL) ground cinnamon
- 1/2 teaspoon (2.5 mL) ground ginger
- 1/4 teaspoon (1.25 mL) ground cloves
- 2 eggs
- 15-ounce (420 oz) can pumpkin
- 12-ounce (336 oz) can evaporated milk
- 16 ready-made mini pie shells
- Small peanut-shaped or oval cookies
- Pecans
- Cake decorating gels

HERE'S HOW:

- With the help of an adult, preheat oven to 425 degrees Fahrenheit (220 degrees Celsius).

- Combine sugar, salt, and spices in a small bowl.
- In a large bowl, beat the eggs gently, then add in the pumpkin and spice mixture.
- Mix in the evaporated milk a little at a time.
- Distribute the mixture evenly into the pie shells.
- Bake for 15 minutes.
- Reduce heat to 350 degrees Fahrenheit (180 degrees Celsius).
- Bake for 30 to 35 minutes.
- Cool completely.
- Decorate with the cookies, pecans, and cake decorating gels as shown.





We Are All Imperfect Mothers

Submitted by Nicole Wood

From: fabulousmamachronicles.blogspot.com/2012/04/we-are-all-imperfect-mothers.html

I've often reflected on my inability to comprehend some of the choices some parents make in regards to their children. Sometimes it baffles me as to why some mothers defend some practices that I find obviously harmful to children and I wonder how stable they are mentally. In my mind there are different ways to parent but few that respect children's needs and anything that deviates from my idea of how a child should be honoured angers me.

The problem does not always lie with other parents, but with my own beliefs that conflict with the family values they have chosen to follow.

I have to tell myself that everyone's experiences are different as well as their needs and I cannot allow myself to judge them based on the same rules I judge myself. I realize that disliking others for not wanting the same things as me is silly and pointless. Besides, even if they knew what I know, it wouldn't guarantee that they would make the same choices within their families as I have anyways. **And that is ok.**

My panic when it comes to some parenting behaviors comes from the perspective of my inner child who would abhor being treated a certain way. I find that some practices neglect the fact that children are people that deserve to be treated with respect, patience, and honesty. Children are not 'other' and need to be micro-managed so much as to simply be honoured at whatever developmental stage they are at. Many parents have inappropriate expectations and those children struggle to meet them, reacting in ways that typically gets them punished rather than being acknowledged and re-directed. They depend on us to make the right choices for them.

I have seen so many messed up children/adults because of the choices their parent's made for them based on THEIR needs and I find that selfish. Not because the parent's needs are not valid in themselves, but because in my mind the needs of a child who depends completely on them are far more urgent since they cannot help themselves. We can delay gratification to an extent but children cannot and should not have to. It scares me to think that I could abuse the power I have over my son and damage him emotionally/physically if I so chose. I refuse to do so willingly so I try to make conscious choices as much as possible, but like everyone, I am prone to making mistakes too.

The thing is, I don't always act in accordance with the highest view of my own self either, especially if I am sleep-deprived or frustrated. This must be true for other mums too who are only doing what they can with what they've got, as I am. Already I have done some things that I will change for the next child because everything is a learning process in the end. I am so judgemental with myself that it bleeds into others and I dislike this aspect of myself. I think that children do well despite some of the things we do to them since they are far more resilient than we give them credit. However this does not give us license to not take responsibility for our actions, far from it. We are given a sacred calling to honor our children the best way we can. I have to learn to forgive myself for my own parenting mistakes and to allow other mothers around me to do the same. Their parenting choices are also valid even if I don't agree with them, because they're on their own journeys too.

Thankful Banner

Submitted by Amy Stewart

Last year, we did a thankful tree on Thanksgiving day. This year, the girls have a jar of leaves that they can write or draw on whenever they want to add to this banner in our kitchen.

I'm hoping it's a great way for them to see what their parents are grateful for and encourages them to remember to be thankful too.

This is the simplest banner to make, and it changes as you add more leaves or birds! I hope ours is squished to the brim when the month is over.

I threw on a little glitter mist because it was lying around (so it's completely optional). I liked the Forever Red Perfect Pearls Mist for the brown and orange leaves and the Tattered Angels Glitter Mist in Sweet Clover for the olive green leaves.

If you aren't into the Glitter Mist, just let your little ones scribble away to add their "thanks." Get bigger kids to help you cut out the leaves (or sit in front of your favorite show as you cut them out).

Hang the banner in a place that you'll see often (ours is in the doorway between our living room and kitchen) so that you'll see it often and remember to add to it.

I'm hoping ours is an opportunity to really remember what this month is about (rather than a jump start on Christmas). If it's successful, we may just change up the colors for Christmas and use it place holder for "good deeds done" during December to encourage friendship and giving.

Here's the full tutorial plus pattern for you to download! Hope you have fun and are able to give thanks at the same time:

<http://www.carinagardner.com/2011/11/15/giving-thanks/>



Philanthropy

Thank you to all the ladies who have donated!

We will continue collecting donations for Toys for Tots and the International Rescue Committee's (IRC) Maternity Program & Early Childhood Care Program throughout November and December. A collection box will be located in Nelson Hall every class this fall where you can drop off the following items in need:

- New unwrapped toys up to the age of 12
- Gently used infant car seats
- Diapers
- Sippie cups
- Kid's dinnerware & utensils
- Developmental toys

Toys for Tots is a program of the U.S. Marine Corps Reserve. The donated new toys will be distributed as Christmas gifts to needy children in the community of Phoenix. The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive and patriotic citizens.

IRC's Maternity Program provides Pre & Post-Natal care to refugees. Participants in the program receive a car seat to safely transport their infant to medical appointments. IRC's clinical care coordinators help families establish a medical home and establish routine preventive health behaviors. Three home visits during a six-month enrollment period help families increase their health literacy and knowledge of early childhood development.



Things to Do!

Children's Museum of Phoenix

Come Play During Target Free First Friday Night

The Children's Museum of Phoenix will be open to the public FREE OF CHARGE from 5 to 9pm on Friday, December 7th. Thank you Target for your ongoing support of this important program, bringing the Museum experience free of charge to thousands of Valley children and their families.

Brain Time for Babies

Sunday, November 25th, 10:00-10:30am
(Children birth to 18 months)

Join us this month as we shake, rattle, and roll! We will work with a favorite baby toy, the rattle, as we discover the many ways to use it when interacting with the babies! The program is designed to teach parents about the importance of a child's early experiences to the wiring of his or her brain in a fun, informal learning setting where play is emphasized. Children birth to 18 months old plus a parent/caregiver are welcome.

Brain Time for Toddlers

11:00-11:30am, (Children 18 months to 3 years)

This month, we will be participating in puppet play! Puppets are a great tool to use when interacting with your toddler, as it provides some great bonding time and encourages communication from your little one. The program is designed to teach parents about the importance of a child's early experiences to the wiring of his or her brain in a fun, informal learning setting where play is emphasized. Children 18 months to 3 years old plus a parent/caregiver are welcome.

Brain Time for Preschoolers

12:00-12:30pm, (Children 3 to 5 years old)

Join us this month as we make our own egg shaker! Instruments help your child develop rhythm, which helps them when they begin to read. Come learn some great ways to use this toy when interacting with your child! The program is designed to teach parents about the importance of a child's early experiences to the wiring of his or her brain in a fun, informal learning setting where play is emphasized. Children 3 to 5-years-old plus a parent/caregiver are welcome.

Admission into Brain Time is free with PAID Museum admission. Space is limited. Visit the website to register. If you have any questions about Brain Time, please call 602.648.2751 or e-mail mmartin@childmusephx.org

ZooLights at the Phoenix Zoo

Nov. 22 - Jan 6th — 6pm-10pm. For more info:
<http://www.phoenixzoo.org/events/zoolights/>



The 2nd Annual Everything Kids Fest is returning to Phoenix on November 17th & 18th at Reach 11 Sports Complex!

Everything Kids Fest is a two-day family festival featuring live entertainment, special guest appearances and hands-on activities, plus a showcase of the latest products and services for parents and children. With general admission entry, attendees will enjoy the following activities at no further cost.

Performances and Appearances:

- Some of the most recognizable princesses, fairies and characters from classic children's books. **Cinderella and the Fairy Godmother, Beauty from Beauty and the Beast, The Little Mermaid, Tinkerbell and Peter Pan** will be in attendance participating in various interactive activities, performing stage acts and unique classic songs.
- **Storybook Village**, a giant reading area where characters come to life. The Lorax, Cat in the Hat, Wild Thing from Where the Wild Things Are, The Very Hungry Caterpillar, and Mouse from If You Give a Mouse a Cookie will be in attendance, visiting with the children as their stories are told.
- Appearances from Arizona's favorite Mascots: **The Phoenix Suns Gorilla, Scorch from the Phoenix Mercury, Howler from the Coyotes and Stryker from the Rattlers**
- An **Animal Ambassador from Wildlife World Zoo & Aquarium** will host a stage show with live birds, mammals and reptiles from around the world.
- The **Miss Science** stage show will dazzle, educate, entertain, and get children excited about science.
- And many more...

Activities:

- Domestic and exotic petting zoos
- Face painting
- Interactive inflatables
- Laser tag and gaming truck
- **Bead Zone**, where children can create their own custom bracelet
- The **Arizona Rattlers** players will host a mini-football clinic, working on physical skills and drills
- Arts & crafts such as the **Coloring Tent and Paper Palace** where children can craft their own designs with decals
- And much more...

Visit everythingkidsfest.com for additional information.

On Stage



A Winnie-the-Pooh Christmas Tail

Valley Youth Theatre — Fri-Sun, Nov 30-Dec 23

Holiday musical featuring Pooh, Eeyore, Tigger, Roo and the gang from the beloved children's stories. 7:30pm Fri, 11am & 1:30pm Sat, 12:30 & 3pm Sun. \$20.

Valley Youth Theatre, 525 N 1st St. 602-253-8188 x2 or vyt.com

Imagine This!

Great Arizona Puppet Theatre — Wed-Sun Nov 14-18

Original stories written by children and performed by professional puppeteers.

10am Wed – Sat, 2pm Sat-Sun. \$8 adults, \$6 children, under 2 free.

Reservations recommended. Great Arizona Puppet Theater, 302 W. Latham St.

602-262-2050 or azpuppets.org



Sesame Street Live! Elmo's Super Heroes

Comerica Theatre, Fri-Sun Nov 16-18

Super Grover loses his superness and it's up to Elmo and his team to help him.

10:30am & 7pm Fri, 10:30am, 2pm & 5:30pm Sat, 1 & 4:30pm Sun. \$15-\$25.

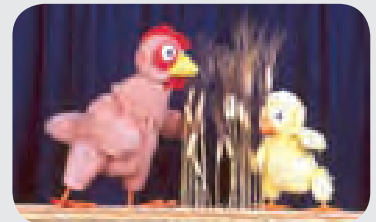
Comerica Theatre, 400 W Washington St. 800-745-300 or livenation.com

The Little Red Hen

Great Arizona Puppet Theatre — Wed-Sun Nov 21-Dec 2

Singalong show with lots of audience participation and a valuable message about cooperation. 10am, Wed-Sat. 2pm, Sat-Sun. \$8 adults, \$6 children, under 2, free. Reservations recommended. Great Arizona Puppet Theater,

302 W Latham St. 602-262-2050 or azpuppets.org



Wildlife World Zoo & Aquarium

Amazon River Monsters aquarium is now open and making quite a splash as the latest expansion at Wildlife World Zoo.

WHERE: 16501 W. Northern Ave., near Litchfield Park.

WHEN: 9 a.m.-9 p.m. (no zoo admission after 5 p.m.).

ADMISSION: \$29; \$14.25 for ages 3-12; free for younger than 3. Aquarium-only admission available after 5 p.m.: \$16.99;

\$8.99 for ages 3-12; free for younger than 3.

DETAILS: 623-935-9453, wildlifeworld.com

Arizona Science Center hosts interactive Lego exhibit through December.

WHERE: Arizona Science Center, 600 E. Washington St., Phoenix.

WHEN: 10 a.m.-5 p.m. daily, through Dec. 31.

ADMISSION: Included in general admission (\$14, \$12 for seniors, \$11 for ages 3-17).

DETAILS: 602-716-2000, azscience.org



App-tastic

by Parenting.com

<http://www.parenting.com/gallery/25-iphone-apps-for-kids?cid=searchresult>



Helicopter Taxi

If your children are into transportation and making things go, Helicopter Taxi is a must-have app. Using augmented reality, this app uses the device's camera to create an effect of a helicopter flying across the room with your children who, of course, are always on-the-go.



Pocket Frogs

Is your kid obsessed with amphibians? With this app, your child will be able to collect, trade and breed new frogs in customizable habitats. Can be played with other friends, and features more than 60 rewards to earn as they go along.



Cut the Rope

An ugly-cute monster named Om Nom has to solve puzzles, using special tools like pulleys and catapults, and catch stars in order to score candy. This is the game that will keep your kid occupied for a verrrry long time on that cross-country road trip.



Disney Fairies Fly

If watching one of the three Tinkerbell movies over and over simply isn't enough Tink for your pixie-lover, here's your fairy-laden solution! Tilting of an iDevice allows your child to guide a chosen fairy through a beautifully rendered Pixie Hollow, collecting treasures and avoiding obstacles.



Jelly Car 2

The original Jelly Car was a breakout hit among hip kids, so it stands to reason that Jelly Car 2 will give your child just as much chitty-chitty-bang-bang for the buck. With 30 new levels, three new modes (customization lets a player create their own JellyCar and puzzles), and new Sticky Wheels and Balloon abilities, your child might accidentally be learning something about physics and problem-solving while they play. (Shhhh -- don't tell.)



American Museum of Natural History: Dinosaurs

If you have a paleontologist-in-the-making on your hands, this is the app to download. The interface begins with an amazing mosaic of dino photos (more than 800) that make up an image of a T-Rex. Your child can tap on any one of those images to drill down to information on the creature featured.



The Pianist

Transform your iPhone into an 88-key piano for your little Mozart. Realistic graphics feature 3D keys that depress as you touch them. And when the magnum opus is ready, your kids can record it, overdub it as many times as they want, and play it back for adoring fans.



Toddler Teasers: Shapes

Created by a real mom and dad searching for ways to occupy their own 2 year old, Toddler Teasers Shapes quizzes tots on the basics. Kids are told which shape to touch, and after four correct answers, they're rewarded with a virtual sticker. And if they push the square instead of the circle? They'll still learn as they go by hearing the name of the wrong shape and guessing again.



Memory Match: Child Development Edition

In this flash memory game there is no luck, just pure memorization. Kids get points for remembering where they last saw matching pictures or numbers, and can spend days practicing.



Alphabet Animals

Perfect for your talented toddler, this game is packed with colorful animations, animal sounds, and tons of tips for learning their letters. The digital flash cards are interactive, with animals that talk them through every letter of the alphabet.



Infinite Maze

Remember those big wooden box mazes that you had to tilt in order to move a marble through to the finish line? Well, now kids can play it on your iPhone. Tilting the iPhone gets highly addictive and the marble occasionally gets replaced with silly, random objects. Fun!



Snowman 3D

With dozens of different 3D items to mix and match, kids can build some pretty unique snowmen! Start by rolling snowballs around the backyard to make each body part, then accessorize away. The game is easy to understand, and kids can build a snowy friend and save his picture, then demolish him.



iTot Toddler Flashcards

Just like traditional flashcards, iTot Toddler Flashcards teach the names of animals, foods, and other objects, as well as the alphabet and numbers. You'll get hundreds of beautiful cards in this simple application. And with language support, iTot Cards can teach these words in French and Spanish, too!

Teach Your Kids About Turkey Day

by Deb Donovan at iVillage.com



© Getty Images

Need something to do while the turkey cooks? Teach your kids about the history of Thanksgiving.

Chances are, your kids (and maybe even you!) could use a primer on the Pilgrims and Native Americans — and just why we feast and give thanks every November. Here is the story of Thanksgiving:

Long ago, in the early 1600s, a group of people in England wanted to pray and worship God in their own way. The King controlled the Church of England, and everyone was ordered to go to the same type of church. Anyone who dared to disobey would be sent to jail.

The group of people who wanted to free the Church of England from the King's rule, making it "pure" were known as the Puritans. To escape the rule of the King and his church, around 100 men, women and children left their homeland, with their dream of religious freedom. They sailed on a ship, the Mayflower — on a pilgrimage to the New World.

These brave travelers — the Pilgrims — landed in Plymouth after their long six-week journey. It was December 11, 1620. The cold winter had set in. The land was strange to them, and nothing seemed familiar.

The winter was long, cold, and very hard for the Pilgrims. Luckily, Native Americans helped by supplying them with seeds and food, teaching them about their new home, and giving them the skills needed to survive in a strange, new land.

The first year in their new home was hard for the Pilgrims. Many died. With seeds and plants received from the Native Americans, the Pilgrims planted crops. The fall harvest was a good one. To celebrate their good fortune, the Pilgrims had a feast of thanksgiving.

Many foods were cooked for the feast — wild turkey, duck, and venison were probably served, along with fish, pumpkins, squash, corn, sweet potatoes, and cranberries. Captain Miles Standish, the leader of the Pilgrims invited all of the Native Americans who had helped them so much during their first year. Everyone had a good day of thanksgiving. The feast lasted for three days!

This harvest feast in 1621 is often called the "First Thanksgiving." Over the years, the day we now celebrate as Thanksgiving became an important tradition in the United States -- a day of giving thanks for all that we have. In 1941 President Franklin Roosevelt made Thanksgiving a national holiday.

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www.childrenschoicesequoya.com



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4455 E. Lincoln Dr., Paradise Valley

www.imaginetthatsummercamp.com

Christ Church School Welcomes You!



ELEMENTARY INFORMATION NIGHT

Kindergarten - 3rd Grade Students
Thursday, November 29, 6:30 p.m. in the Library

SPRING 2013 PLAY AND LEARN

Classes meet for one hour and fifteen minutes on Fridays.
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Plastic surgeon Lawrence Shaw has been on a long journey.

Born and raised in Long Island, NY, Dr. Shaw completed his residency in Arizona. Something about our state stuck with him, and he stuck with us. Dr. Shaw has been in practice for 25 years and has been board-certified... twice and included in the guide to *America's Top Plastic Surgeons*.

With 14-year-old twins, much of his free time is spent with family attending sporting events, dance recitals and school activities. His 'alone' time is found at 4:30 a.m. where he dedicates his time to physical fitness. Dr. Shaw and his wife of 17 years still feel it's important to have a date night at least once a week. A previous passion of his, golf, is now on the back burner.

Over the last 25 years, Dr. Shaw has had a particular interest in non-invasive aesthetic medicine to accentuate and prolong the effects of plastic surgery and by itself to allow men and women to 'age gracefully.' One of Dr. Shaw's most popular non surgical procedures that he offers is CoolSculpting, a non-invasive, no downtime fat reduction procedure.

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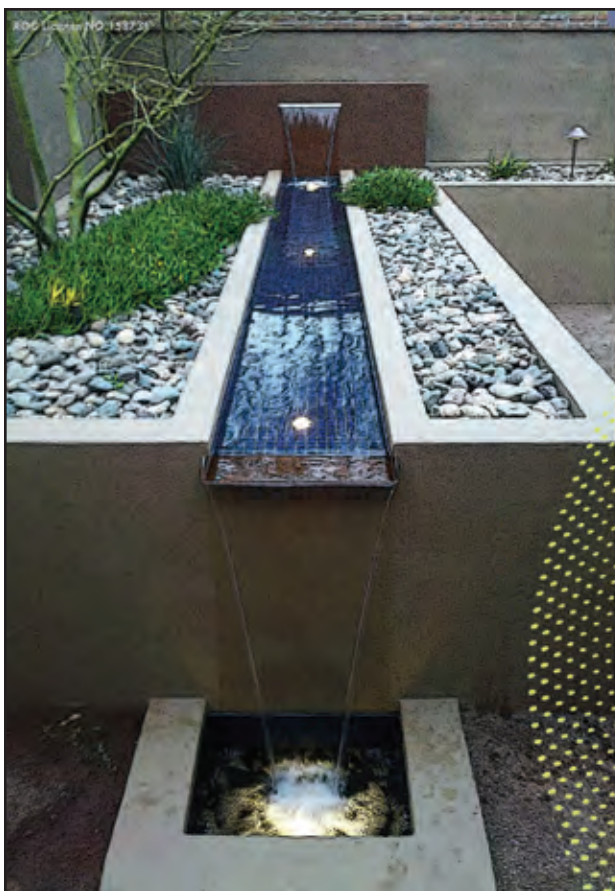
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