

Parent Times

September 2018

ncpg
north central parenting group
learn • connect • inspire

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Pleased to Meet You

We're thrilled to be a new NCPG sponsor and can't wait to serve you. Our gourmet, ready-to-eat meals are perfect for your busy lifestyle!



Signature Diet



Paleo Fit



Plant-Based



Optimal Cleanse

COMING IN OCTOBER:

DINNERS & KIDS MEALS



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ncpg

north central parenting group

President's Corner

To the entire North Central Parenting Group community:

WELCOME!

Welcome back to all of our returning members and to all of the new faces joining us this year! We are so excited to have you as we kick off our **34th year of NCPG!**

The Board has been hard at work over the summer preparing for a great year of learning, growing, friendship and fun. Membership is at a record high for the beginning of a new year, so we THANK YOU for participation, support and commitment to such an amazing organization!

NCPG is all about learning, growing, supporting one another, and of course having fun. It's so important to remember we are here for one another, through thick and thin, as we all navigate our way through parenthood; diapers, potty training, smiles, kisses and school. It's not always rainbows and roses (well at least not in my house!) but that is what makes NCPG so special — being a part of such an accepting group where there is always a shoulder to lean on.

We have a great lineup of Mom's Night Outs, play-dates, philanthropy opportunities for the whole family, special events, and of course, our amazing Spring Gala. We've also welcomed three new teachers to our impressive roster, so please help me welcome **Cara Denby** (1B), **Liz Imparato** (Pre-K) and **Joan Sarin** (School B).

There are so many ways to get involved with NCPG. We always need help on committees and it's never too early to start thinking about a position on the Board! If you are interested or ever have questions about getting involved, please reach out to me and I'll happily get you connected. I am looking forward to serving this year as your President, and I am always available. We love hearing from our members!

xo.

Stacy Medeiros

NCPG Board President
president@ncpgaz.org



2018-2019 Board of Directors

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Transitional Director: Ashley Blalock

NCPG is a non-profit, non-denominational organization providing classes to parents of infant to elementary school aged children.

www.ncpgaz.org



Like us on Facebook: **ncpgaz**

Parent Times

Members, this monthly magazine is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at communications@ncpgaz.org. Thanks for your help!

Editors – Kelly Anderson & Chandra Petelin

Designer – Neill Fox, foxnoggin.com, neill@foxnoggin.com

On the Cover

Grace and Anna Western photographed by Artistic Impressions by Mara. See more of her work at artisticimpressionsbymara.com.



Member to Meet Lindsay Perry

Where are you from? Phoenix, Arizona

Kids names and ages, current class? I have two girls. Taylor is 12 years old and Georgia is 3 years old. I am in 3B with The One and Only Barb Grady!

What is your favorite part of being a member of NCPG? (And can you expand on this one by telling us a bit about your experience as VP?) That's a tough question because I have so many favorite parts about being an NCPG Member. The incredible education and support I have received from our amazing teachers and the cherished friendships I have formed with many of the NCPG Members are invaluable to me.

A huge highlight was spending two years (2016-2018) on the NCPG Board as the Vice President. I got to be on the inside and see what it takes to run this world. Let me tell you it takes a lot of work, time and commitment from an incredible community of strong, smart, passionate, generous and fabulous women! I had so much fun and made so many great friends and memories. It was a time I will never forget and a lesson in never taking what we have here for granted. I encourage anyone who is interested in getting more involved in supporting this organization that we all deeply care about to look at joining the NCPG board.

If you could go back to pregnancy or the early days of parenting, what piece of advice or insight would you give yourself? Slow down and enjoy these moments, they are some of the best ones of your life.

Favorite date spot or activity when you are child-free? T. Cook's is one of our favorite date night spots, but when the weather is cooler we enjoy hiking in the evening from the 32nd street trail head and then walking over to Base Pizzeria for dinner.

Do you have a hidden talent? Keeping my family happy.

If you could pick up a new skill in an instant what would it be? To sing like Faith Hill.

What is your favorite family tradition? Hosting Thanksgiving. Family is everything to me and nothing makes me happier than when we are all together.

What is something you want to do in the next year that you've never done before? We want to take our girls on a family adventure in a 40 foot RV. We would travel through the National Parks in the Western part of the United States and on into Canada.

COMING SOON

4609 N 39TH ST - \$1,485,000
5 BED | 5 BATH | 4,300 SQ. FT.

3713 E MEADOWBROOK AVE - \$1,074,000
4 BED | 3.5 BATH | 3,446 SQ. FT.

3801 E GLENROSA AVE - \$975,000
4 BED | 3.5 BATH | 2,877 SQ. FT.

UNDER CONTRACT

2422 E MARSHALL AVE - \$945,000
3 BED | 2.5 BATH | 3,251 SQ. FT.

2548 E VERMONT AVE - \$749,900
3 BED | 2 BATH | 2,147 SQ. FT.

UNDER CONTRACT

4210 N 33RD PL - \$630,000
4 BED | 2 BATH | 3,529 SQ. FT.

3228 E OREGON AVE - \$548,000
3 BED | 2 BATH | 1,448 SQ. FT.

3053 E ROSE LN - \$389,000
2 BED | 2.5 BATH | 1,488 SQ. FT.

8478 E CHAPARRAL RD - \$310,000
3 BED | 2.5 BATH | 1,656 SQ. FT.

TUCKER BLALOCK

Managing Broker & Co-Founder

TUCKER@THEBROKERYAZ.COM

WWW.THEBROKERYAZ.COM

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ARCADIA OFFICE

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I sell real estate . . . but my business is people.

Born and raised in the Biltmore area, I am a 3rd generation Phoenician with 15 years of real estate experience throughout Maricopa County. It can definitely be said my heart is where my home is, and my home is in my heart. Whether you are buying or selling — I know what your home means to you. Building my own family keeps me fully aware of what it takes when it comes to you and your family's real estate needs. I have been in your shoes and possess the experience needed in growing family situations.

Allison S. Mikes
Associate Broker



602.791.3481
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TUTU School Arcadia opening October 1, 2018

*Sign up for a free trial class, no registration fee,
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month and unlimited classes through 2018.
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All Saints' Episcopal Day School

We invite you to visit our campus, nestled in the heart of North Central Phoenix, for a chance to meet with administrators, Parent Ambassadors, and faculty. The best way to become familiar with everything All Saints' has to offer is through a campus visit during an Open House, or call 602.274.4866 to schedule a private tour.

- ✓ Tour the campus with a Parent Ambassador
- ✓ Learn about the application process
- ✓ Meet with administrators and faculty
- ✓ Enjoy a light breakfast

Open Houses will be held at All Saints' Episcopal Day School
6300 N. Central Ave., Phoenix, AZ 85012
9 a.m. – 11 a.m.

OPEN HOUSE

For Prospective Parents

November 07
December 05
January 23

KEY DATES

Application Opens

OCT 01

Pre-K-Eighth Grade Application Deadline

JAN 18

Kindergarten Group Screening

JAN 25

Pre-K Group Screening

JAN 26

First - Eighth Grades Group Assessment

FEB 02

Admissions Decisions Announced in Early

MARCH

For more information call the Admissions Office
602.274.4866

All Faiths Welcome | Pre-K through Eighth Grade | Indexed Tuition Available

All Saints' Episcopal Day School
www.allsaints.org

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CHILDREN'S DENTAL
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Meet Our Amazing Teachers!

NCPG is delighted to have an outstanding group of teachers returning to NCPG this year, and have also expanded our teacher community with a fabulous addition of new teachers. We encourage you to get to know each of these highly educated and knowledgeable women.



Monique Nelson

PRE-INFANT (*Child Due October- May*)
NEWBORN (*0-5 months*)

Monique Nelson is an Arizona native. She received her Bachelor of Science degree from Arizona State University in biology/premed. She holds an additional degree in nursing with a clinical focus in pediatrics. Over the past 20 years she has enjoyed working in the field of pediatrics as a pediatric triage/advice nurse. She has also been teaching pregnancy, newborn, infant and toddler classes for the past 17 years. Monique also taught for East Valley Positive Parenting and Scottsdale Parenting Group before they dissolved. Monique and her husband Dave have been married for 20 years and are the proud parents of Taylor and Dylan.



Amy Stewart

CLASS 1A (*6-11 months*)

Amy has a Bachelor's of Science degree in Nursing and is currently completing her Masters in Nursing. She has worked as a Registered Nurse at Scottsdale Healthcare Shea for the past 12 years. After becoming a mother, Amy switched her nursing roles from adult care to pediatrics. She has earned her pediatric nurse certification. Amy has directed various programs and teaching projects throughout the hospital system. She has also led women, family, and children groups with her church organization. Amy feels her greatest accomplishments are found in her home. She loves being the wife to her husband Drew and mother to her son Merik and daughters Sophie and Olivia. Amy loves being active and enjoys competing in sprint triathlons.



Cara Denby

CLASS 1B (*12-17 months*)

Cara loves working with individuals and families to find the joy through gratitude. She believes strongly that by learning with and from each other, we can personally grow and build happy, satisfying and productive lives together. Cara graduated from Emory University in Atlanta, GA with a BA in Elementary Education. After a few years of teaching 2nd grade, she transitioned into a career in Human Resources and received her MBA from ASU. As one of the first employees hired for a local financial call center, she recruited to help build it to 2,000 employees. During her HR tenure, she oversaw all the employee relations issues, and developed and managed the employee human resources training programs. Cara left her HR career after she had her first child. As a mom, Cara has worked as a preschool teacher as well as a Parent and Life Coach, offering workshops, facilitating parent support groups and meeting one on one with clients. She is the proud mom of 3 wonderful young women, whose current ages are 15, 14 and 12. She loves being a mom – finding each stage of development to be a new opportunity for all to learn and grow. Aside from playing with her husband and children, Cara enjoys hiking, reading, playing with their many diverse animals and being with friends.



Debbie Hurst

CLASS 2A (*18-23 months*)

Debbie is a native of Arizona. She earned a Bachelor of Science degree from Brigham Young University in Elementary Education with a minor in Child Development and Family Relations, and her Ma.Ed from the University of Phoenix. Debbie has recently retired from the elementary classroom after twenty-nine years of teaching, specifically in grades one and three where she provided parenting tips and benchmarks of child growth and development in her weekly parent newsletters throughout the school year. She is currently under contract as adjunct faculty with Grand Canyon University in the College of Education, and received training this summer with the Rosemond Leadership Parenting Institute as a certified parent coach. As a teacher, Debbie has trained and mentored numerous interns, student teachers, and new faculty members in addition to serving on school advisement committees. She believes a nurturing environment containing love, leadership, communication, positive reinforcement, and mutual respect are paramount and fundamental in a child's life. Debbie has been married to her husband Craig for thirty nine years and they are the proud parents of three children (including Amy Stewart, a fellow NCPG instructor) and six grandchildren. She enjoys traveling, cooking, playing the piano, and spending time with family!



Kristin Klecka

CLASS 2B (*24-29 months*)

Kristin Klecka is an educator who has been working with children since the early 2000's. Trained in Elementary Education, she has worked fulltime with two different grade levels (fourth and second) for six years and has also substitute taught in grade levels K through 6, including leading gifted/honors classes. Teaching in both California and Arizona, Kristin has a firm grasp of critical early years teaching skills and methods such as Core Knowledge. Kristin's course work at the University of Arizona resulted in a Bachelor of Arts in Family Studies and she subsequently obtained a Master's Degree in Elementary Education at the University of Pepperdine in Los Angeles, CA. She also achieved her teaching credential in California. But, her greatest accomplishment has been being a wife and fulltime mom to three children. They have taught her more about love and life than anything else. Kristin likes to cook, exercise, spend time with friends, and travel.





Amy Guido

CLASS 3A (30-25 months)

Amy Guido is a masters prepared Licensed Clinical Social Worker. Her over 19 years of non-profit and for-profit behavioral health experience with children, teens and adults includes evaluation,

case management, crisis intervention, counseling, program development, leadership and consulting with government and corporate clients. She's provided services in inpatient (Phoenix Children's Hospital), residential treatment centers, home, school, office and telephonic settings. She is comfortable addressing a variety of common parenting challenges. Her strengths include helping parents lead with intelligence, humility, awareness and playfulness. She is a grateful NCPG alumni and parent with her husband David and has two sons. Privately, she enjoys walks with her goldendoodle, spending time with extended family and friends, school volunteerism, fitness and spirituality.



Barb Grady

CLASS 3B (36-41 months)

Barb Grady begins her 26th year teaching for NCPG. She is a nationally certified counselor and certified teacher. In 1999, Barb began her business, Parenting-Plus, where she offers parenting classes,

personal growth groups, individual consulting and life/parent coaching for both adults and children. Barb has taught preschool, Kindergarten, 1st, and 2nd grades as well as high school and college. Barb has two daughters: Jody, who is a nurse and has two children (Carter and Grady), and Annie, who recently finished her master's degree and is working as a farm-to-school program coordinator in California. Barb loves being an involved grandparent! She is delighted to return this year to share her passion and to motivate and inspire parents. Look for her YouTube channel "Barb Says!"



Annemarie Mansour

CLASS 4A (42-47 months)

Annemarie has her bachelor's degree in Psychology and Child Development from Saint Mary's College of California, and her Master's Degree from Palo Alto University in Psychology. Prior to moving

to Phoenix in 2011 her family lived in Maryland and California where she served on the board and worked at her children's preschool as well as worked as a Family Behavioral Specialist, helping families with children ages 0-6 manage behavior problems to ready their children for kindergarten. Annemarie was the Director at Cross Roads Preschool and Kindergarten for several years prior to joining Saint Thomas the Apostle School as their Preschool Director in 2016. Annemarie and her husband Nick have been married for 19 years and have four children; Nick, Isabelle, Marissa and Joseph. Annemarie's favorite days are those spent with her children and husband relaxing at home, reading, cooking and making each other laugh.



Lesley Isaak

CLASS 4B (48-53 months)

Lesley Isaak is a Licensed Professional Counselor, specializing in the treatment of children and teenagers (ages 4-18), as well as their families. Lesley graduated with a business degree from

the University of Arizona and worked in administrative and management positions until becoming a stay-at-home mom. After 9 years of fun and exhaustion at home, which included enjoying classes at NCPG as a new mom, Lesley returned to school and earned her Masters in Professional Counseling from Ottawa University. For the last 6 years, she has focused on providing education, therapy, and ideas to assist families in creating a healthy, supportive environment at home. When she has free time, Lesley enjoys being outdoors – hiking, biking, working in the yard – and most importantly, hanging out with her husband and their four boys.



Liz Imparato

PRE K (enrolled in Pre-K or Junior Kindergarten)

Liz Imparato is a licensed professional counselor. She earned her master's degree in professional counseling in 2015 and has had a life-long interest in psychology. Liz's practice involves working with

a variety of personal issues with clients including ways to be effective and present parents. Liz has two grown sons (36 and 34) and when they were young she enjoyed being involved in teaching Sunday school and leading a den of cub scouts. Liz brings a passion for parenting and the issues mothers face to her teaching and is excited to be joining NCPG this year. In her spare time, Liz enjoys time in her vegetable garden, hiking, travelling, and spending time with her family, especially 7 month old grandson.



Jemeille Ackourey

KINDERGARTEN (Child in Kindergarten)

Jemeille Ackourey is a Licensed Professional Counselor and has a master's degree in counseling. She provides services to individuals and families at her North Central Phoenix office. Her compassion-

ate assistant is Ellis, a golden doodle and certified therapy dog. Jemeille served the Boys & Girls Clubs of Metropolitan Phoenix for 23 years before retiring in 2005 as their Vice President of Operations. Throughout her professional career, Jemeille has been volunteering her time and expertise at various community agencies, associations and schools where she trains staff, educates students, mentors youth, and advises on program and organizational development. She has served on numerous educational and community boards and advisory committees. Jemeille's greatest joy is her family. Her marriage to Karl has brought together a blended family of 5 children, their spouses, significant others, and 4 grandchildren.



Michelle Cox

SCHOOL A (Grades 1-3)

Michelle has been married for over 20 years and is the mother of four teens. She loves to spend time with her family as they discover new places and explore the outdoors. Michelle is the founder of

Build Family Connection and has been coaching and teaching parents for the last 7 years. Michelle graduated with a BS in Education from Northern Arizona University, completed "The Choice in Coaching: Arbinger Mastery Training for Coaches," a graduate of the Coachville School of Coaching, and is a PCC certified coach with the International Coaching Federation.



Joan Sarin

SCHOOL B (Grades 4-6)

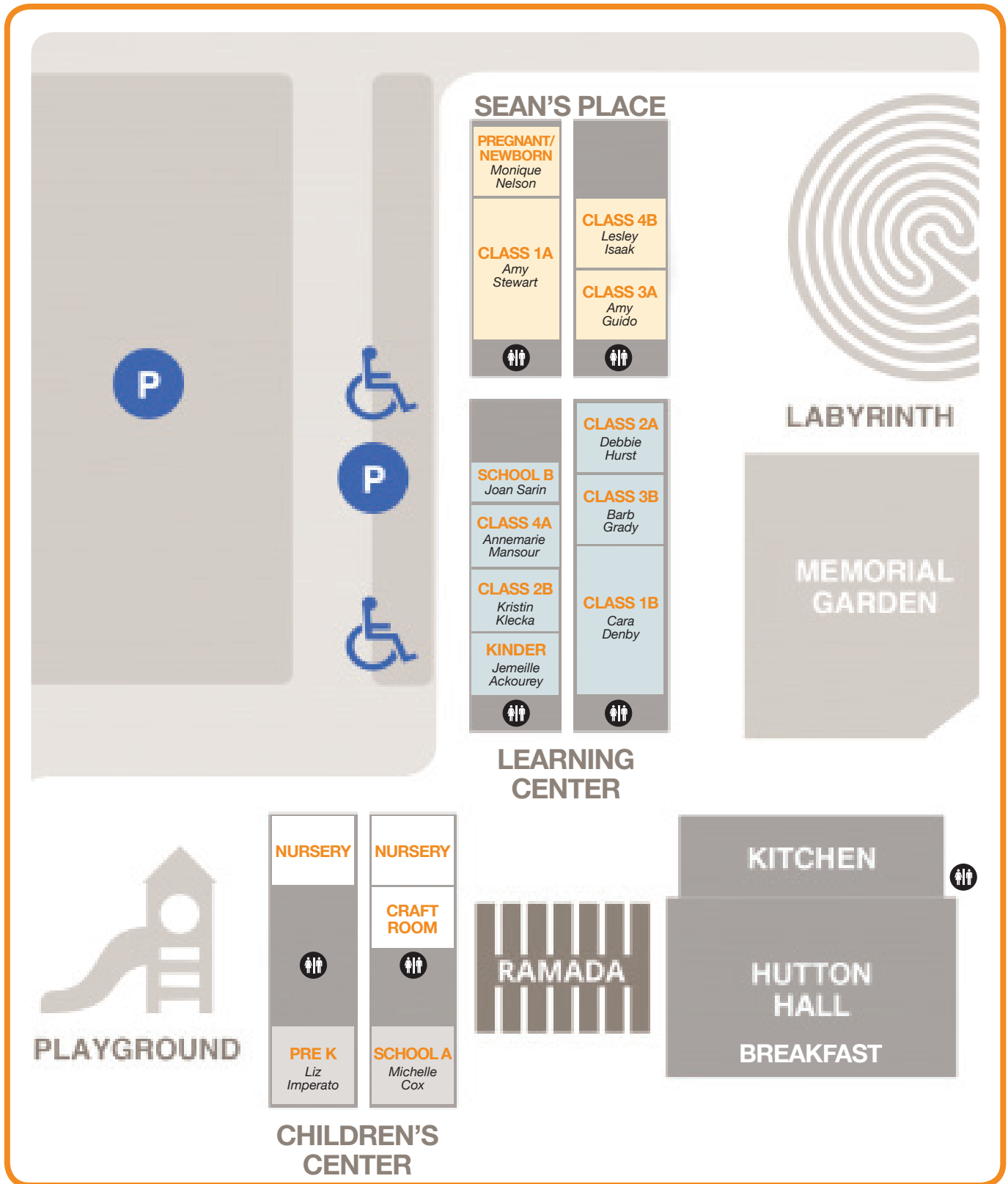
Joan Sarin, M.S. received her bachelor's degree from Tulane University and her Master's in social psychology from the University of Pittsburgh.

After busy years raising children while working in the corporate world, she became an EQ Educator and Stepfamily Coach. Since then Joan has taught at every level from preschool through college, focusing on emotional intelligence, positive psychology and personal development.

Her twenty-plus years as a mom/stepmom have provided her with abundant opportunities to convert theory into practical experience. She consults in schools, training both students and parents to integrate emotional intelligence into their daily lives. Her private practice focuses on facilitating family members in making breakthroughs in their goals and relationships through a unique coaching method, the Truwell Technology. Joan is excited about her new ventures making practical and fun lessons in EQ available to both parents and teachers. She's enjoying spending more of her time in the White Mountains and having time to live mindfully.

NCPG Campus Map

SAINT BARNABAS ON THE DESERT EPISCOPAL CHURCH, 6715 N. MOCKINGBIRD LN., PARADISE VALLEY, AZ 85253



MOCKINGBIRD DRIVE

Class Descriptions

PRE-INFANT *(Child due between October and May)*

This class provides the foundation for a successful transition into motherhood. There are many new things to learn about a newborn's development, behaviors, and most importantly needs. Please feel free to bring your infant with you to class if you should have him or her during the school year!

NEWBORN *(0-5 months old)*

All the infant "firsts" are shared and cherished in these important first six months. Bedtime routines are established and new foods are introduced. Please feel free to bring your infant (0-6 months old) to class with you!

CLASS 1A *(6-11 months old)*

The entirety of the first year is discussed and celebrated. The child is developing new behaviors and reaching milestones in crawling, walking and babbling.

CLASS 1B *(12-17 months)*

Bye bye baby-hello toddler! Mobility and exploration are under way. In this class we cover discipline, napping, language development and social skills. We also discuss preschool readiness, preparing for siblings and potty training. The goal of this class is to help prepare parents for the many transitions that are a part of this stage of development.

CLASS 2A & CLASS 2B *(18-29 months)*

Helping parents prepare and guide their children through the major transitions of this stage and year ahead. Preparing for preschool, potty training, moving from the crib to the bed, behavioral changes and social interaction are the goals of this class.

CLASS 3A & CLASS 3B *(30-41 months)*

This class focuses on the struggle for power between child and parent, providing useful and effective parenting strategies while respecting the child's need for independence. Sibling interaction and the family are discussed as well.

CLASS 4A & CLASS 4B *(42-53 months)*

This class devotes much time to children's social development, covering a variety of issues from anger management to conflict resolution to peer relationships. Additionally, topics in this class will include: establishing family rules, building self-confidence and self-reliance, and encouraging cognitive and physical development.

PRE-K OR JR. KINDERGARTEN *(Enrolled in Pre-K or Jr. Kindergarten)*

Parents discuss and prepare for the next step into kindergarten, including but not limited to: choosing a school that meets their child's and family's needs, learning math and reading tools that will enhance kindergarten success, and finding ways to encourage self-confidence and independence. Also, every class features take home crafts and recipes that focus on kindergarten readiness skills.

KINDERGARTEN *(Enrolled in Kindergarten)*

Come to this class for support, encouragement, and many laughs as we help moms and their children transition into elementary school. Topics will focus on nurturing a child's autonomy, helping them set appropriate boundaries, fostering their awareness, and encouraging responsibility.

SCHOOL A AND SCHOOL B *(Grades 1-6)*

NCPG has added elementary classes to help Valley parents navigate the challenges of parenting increasingly independent children. These classes will cover topics such as: how to partner with your child's teacher and school, bullying recognition and prevention, nutrition for learning, deepening your relationship with your child as he/she gets older, parenting in the digital age, raising your child to be an innovator, and encouraging autonomy.

Class Progression

(Based on age of child on September 1st)

Progression may vary depending on your child's birth date. If your child is the oldest or youngest in a class, you may not follow the same progression as other members.

Member enrollment also affects class progression as the Board strives to have no class be too big or too small.

If you have any questions about your class assignment, please contact membership@ncpgaz.org. We do our best to accommodate requests.

TRACK A

PRE-INFANT
Child due Oct-May
Monique Nelson

CLASS 1A
6-11 months
Amy Stewart

CLASS 2A
18-23 months
Debbie Hurst

CLASS 3A
30-35 months
Amy Guido

CLASS 4A
42-47 months
Annemarie Mansour

TRACK B

NEWBORN
0-5 months
Monique Nelson

CLASS 1B
12-17 months
Cara Denby

CLASS 2B
24-29 months
Kristin Klecka

CLASS 3B
36-41 months
Barb Grady

CLASS 4B
48-53 months
Lesley Isaak

MERGE

PRE-K
Pre-K or Jr. Kinder
Liz Imparato

KINDERGARTEN
Child in Kinder
Jemeille Ackourey

SCHOOL A
Grades 1 - 3
Michelle Cox

SCHOOL B
Grades 4 - 6
Joan Sarin

Class 4A will most likely move to Pre-K.
Class 4B will most likely split, half to Pre-K, half to Kinder.
Everyone will be placed in the class based on their child's school grade.

2018-2019 Calendar

Class Schedule

8:30 am	Nursery opens
9:00-9:40 am	Refreshments served
9:45*-11:30 am	Classes are held
*Teachers will start promptly at 9:45!	
11:45 am	Nursery closes
11:45-1:45 pm	Pre-Infant Class

Location

Saint Barnabas on the Desert Episcopal Church

6715 N. Mockingbird Lane
Paradise Valley, AZ 85253

Class Dates

September 12**
September 26
October 10**
October 24
November 7**
November 28
December 12**
January 9
January 23
February 6**
February 20
March 6**
April 10**
April 24
May 8**

**Parent Times magazine distributed.

Board Meeting Schedule

September 12
October 2
November 6
December 4
January 8
February 5
March 5
April 2
May 7

Board Announcements

The information provided by NCPG instructors should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations that your pediatrician may recommend based on individual facts and circumstances.

Treasury

NCPG continues to offer scholarship opportunities for both membership and nursery dues. For more information, please contact treasurer@ncpgaz.org

Kid's shirts & Hats for Sale!

Kid's shirts range in sizes 2T-6T:

Shirts: \$20 Hats: \$15



Membership

Welcome Back NCPG Members! We're off to an amazing start this year with five classes that are already full: Class 1A, Class 1B, Class 2A, Class 4B and Pre-K.

We're continuing to accept members for all other classes as space permits. Please encourage your friends and family to join at ncpgaz.org/join-ncpg or contact membership about trying a class for free at membership@ncpgaz.org.

Sponsorship

If you know of a business that might be interested in being an NCPG sponsor or advertiser, please let us know! Email us at sponsorship@ncpgaz.org

Community Outreach

NCPG loves to give back to the Phoenix community and to our own NCPG community as well! We will continue doing our annual philanthropy of picking a local charity and creating opportunities for our membership to contribute... more details to follow this Fall. Look for our **"NCPG Cares"** flier in each issue to find ways to help our own NCPG families in need.

NCPG  CARES

Childcare

Another great year is in store for the NCPG Childcare. We are so happy to be continuing our service with highly experienced caregivers from **Busy Bees**. We offer childcare so you can take full advantage of class without distraction. You will have the comfort of knowing your child is only steps away with the ability to check on your little one(s) at any time. If for any reason your child needs his or her parent(s), the childcare staff will locate you in your assigned classroom or via text if you so choose.



The nursery is available from **8:30 am - 11:45 am** on scheduled class days for children ages **6 months-5 years old**. Newborns ages 0-6 months may attend class with their parent. It's only after they turn 6 months old that we ask for them to attend the nursery or be in the care of someone else while you are attending class.

Public Relations

Please continue to use the NCPG Members Only Facebook Group to ask questions, share advice, local events and deals, and to buy and sell. We just ask that we keep everything respectful and positive on the page. Please request to join the group and you will be approved.



npcgaz



Fundraising

Our Annual Spring GALA will be returning to **Arizona Country Club!**

Save the Date:
SATURDAY, MARCH 9TH

Special Events



Parent's Night Out!

Friday, October 5th

6 - 8 pm, Luci's at the Orchard

NCPG Fall Festival

Saturday, November 10th

10 am - Noon, All Saints Episcopal Day School

All Class Play Date

Thursday, November 29th

Phoenix Children's Museum, 4:30 pm - 6:30 pm

If you have any questions regarding the play dates, please contact specialevnts@npcgaz.org



Dr. Wendy Mogel's

OVERPARENTING ANONYMOUS

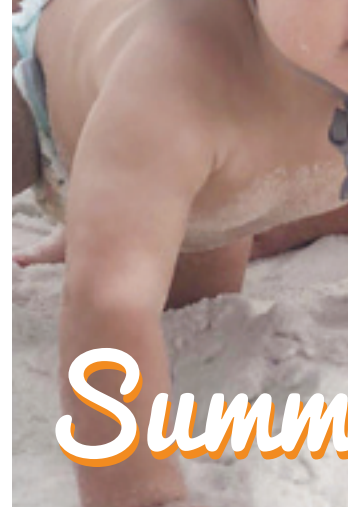
A 26-step program for good parents gone bad! www.wendymogul.com

I've written these steps to provide encouragement to well-intentioned, devoted, loving, intelligent parents who feel powerless to stop themselves from overindulging, overprotecting, and overscheduling their children. Parents who get jittery if their offspring aren't performing at a high level in every area. And parents who have unwittingly allowed traits like self-reliance, resilience, and accountability to slip to the bottom of their parenting agenda.

- 1** Don't mistake a snapshot taken today with the epic movie of your child's life. Kids go through phases. Glorious ones and alarming ones.
- 2** Don't fret over or try to fix what's not broken. Accept your child's nature even if he's shy, stubborn, moody, or not great at math.
- 3** Look at anything up close and you'll see the flaws. Consider it perfectly normal if you like your child's friends better than you like your child.
- 4** Work up the courage to say a simple "no." Don't try to reach consensus every time.
- 5** Encourage your child to play or spend time outside using all five senses in the three-dimensional world. How come only troubled rich kids get to go to the wilderness these days? Sign them up for scouts or to camp for the longest stretch you can afford. Enjoy nature together as a family.
- 6** Don't confuse children's wants with their needs. Don't fall for a smooth talking fourth grader's line about the urgent need for a smartphone "in case of an emergency, Mom!" or teen's claim that a new car "is so much safer than your old van." Privileges are not entitlements.
- 7** Remember that kids are hardy perennials, not hothouse flowers. Let them be cold, wet, or hungry for more than a second and they'll appreciate the chance to be warm, dry, and fed.
- 8** Abstain from taking the role of sherpa, butler, crabby concierge, secret police, short order cook, or lady's maid. Your child is hard-wired for competence. Let them do for themselves.
- 9** Before you nag, remind, criticize, advise, chime in, preach, or over-explain, say to yourself "W.A.I.T." or "Why am I talking?" Listen four times more than you talk.
- 10** Remember that disappointments are necessary preparation for adult life. When your child doesn't get invited to a friend's birthday party, make the team, or get a big part in the play, stay calm. Without these experiences she'll be ill-equipped for the real world.
- 11** Be alert but not automatically alarmed. Question yourself. Stop and reflect: is this situation unsafe or just uncomfortable for my child? Is it an emergency or a new challenge?

- 12 Learn to love the words "trial" and "error." Let your child make mistakes before going off to college. Grant freedom based on demonstrated responsibility and accountability, not what all the other kids are doing.
- 13 Don't be surprised or discouraged when your big kid has a babyish tantrum or meltdown. Don't confuse sophistication with maturity. Naturally occurring setbacks cause normal regression. Home is the soft landing after their taxing day.
- 14 Allow your child to do things that scare you. Don't mistake vulnerability for fragility. You have to let her take some steps on her own, without holding your hand, if you want her to grow increasingly independent and self-confident. Let her get her learner's permit when she comes of age; don't offer a nuanced critique of her best friend or crush.
- 15 Don't take it personally if your teenager treats you like crap. Judge his character not on the consistency of in-house politeness, clarity of speech, or degree of eye contact but on what teachers say, whether he's welcomed by his friends' parents, and his manners towards his grandparents, the neighbors, salespeople, and servers in restaurants.
- 16 Don't automatically allow your child to quit. When she lobbies passionately against continuing an activity or program that "isn't how I thought it would be!" it's tempting to exhaust yourself selling her on the benefits. Instead remind yourself that first impressions are not always enduring; that a commitment to a team or group is honorable; and that your investment (of time and/or money) is not to be taken for granted. But do take her reasoned preferences into account when making the next agenda.
- 17 Just because your parents weren't as attuned to your emotional needs as you might have wished, refrain from trying to be popular with your children. Watch out for the common parental pattern of "nice, nice, nice... furious!"
- 18 Avoid the humble-brag parent lest you begin to believe that your child is already losing the race. Remind yourself that grades, popularity, or varsity ranking are not a measure of your worth as a parent. Recognize that those other parents are lying.
- 19 Wait at least 24 hours before shooting off an indignant email to a teacher, coach, or the parent of a mean classmate. Don't be a "drunk texter." Sleep on it.
- 20 Consider the long-term consequences of finding work-arounds for the "no-candy-in- camp-care-pack-age" rule. If you demonstrate that rules are made to be broken and shortcuts can always be found, you have given your child license to plagiarize or cheat on tests.
- 21 Maintain perspective about school and college choices. Parents caught up in the admissions arms race forget that the best predictor of a good outcome are the qualities the student brings to campus rather than the perceived status of the school.
- 22 Treat teachers like the experts and allies they are. Give your child the chance to learn respect; it's as important a lesson as Algebra 2. Remember how life-changing a good relationship with a teacher can be.
- 23 Praise the process and not the product. Appreciating your child's persistence and hard work reinforces the skills and habits that lead to success far more than applauding everyday achievements or grades.
- 24 If you want your child to be prepared to manage his future college workload and responsibilities, take care before you hire a tutor, a private coach, or college application consultant. There's no room for all of them in to fit in a dorm room.
- 25 Practice sensible stewardship of your child's online activities by evaluating her level of maturity, accountability and judgment in other areas. Rather than lurking, snooping, sniping or giving up... educate yourself about the ever-changing cyber-landscape. It's as important as choosing her school.
- 26 Treat ordinary household chores and paid jobs as more important learning opportunities than jazzy extracurriculars. With real world experience, your child will develop into an employable (and employed) adult. That said, accept that older children will get chores done on AST (Adolescent Standard Time).









Meet the Board



Stacy Medeiros

President

Kids: Carly (4.5), and twins Ashley (3) and Madelyn (3)

Class : PreK

Where did you grow up? Scottsdale

What made you want to join the board? After my first full year in NCPG, I was so full of gratitude towards the organization for the community, teachers, resources of support and friends I had made. I wanted to get more involved to an organization that is so special to me!

nization for the community, teachers, resources of support and friends I had made. I wanted to get more involved to an organization that is so special to me!

Do you have a hidden talent? Oh gosh, no hidden talents here! If anything, I guess that I can function regularly on about 5 hours of sleep, but isn't that all moms?

People might not know... So strange but I have four (4) kidneys.

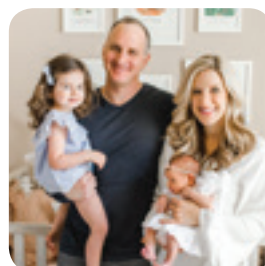
What's your favorite go-to meal with your family? I feel like I'm still "surviving" the evenings in our household. I typically make my girls a quick/easy dinner around 5:00, and then my husband and I eat around 6:30/7 after the girls are ready for bed. Go-to easy dinner for the girls is spaghetti! They always want seconds! Go-to for us is a tray dinner (diced bell peppers, broccoli, onion and a lean protein all on one tray, bake for 25 mins at 375) – it's so easy, healthy and delish!

What made you choose your children's names? Well, originally Carly was the only girls name my husband and I could agree on. Guess the joke was on us, because a year later we found out we were having twin girls!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Making homemade sugar cookies in December! Every Christmas my mom would bake homemade sugar cookies with us (and still does!). It's always such a fun day of decorating the tree, baking and decorating dozens of sugar cookies and listening to holiday music.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? Balance is something I'm sure I will never fully grasp. It's so hard juggling work, kids, family and friends. The best thing I've learned is to go easy on myself. I try my best to cut myself some slack and know that one week I may be an amazing mom and

employee, but a bad friend, but the next week I may be an amazing friend and great wife, but not mom of the year. The key for us is getting HELP!



Tiffany Kaufman

Vice President

Kids: Emery (3 in December), Reese (6 months)

Class: 3A

Where did you grow up? I grew up in a suburb outside of Chicago and moved to Arizona in 2010.

What made you want to join the board? I joined the board because I wanted to give back to an organization that has benefited me and so many moms. I'm so fortunate for the friendships and support NCPG has given me. I really can't imagine motherhood without it.

What's your favorite go-to meal with your family? We love going to Sauce as a family. It's quick, affordable, the food is good AND they serve wine. You can't beat it!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? My family has a cabin in northern Wisconsin and I spent most of my childhood there. It holds a special place in my heart and some of my favorite memories. I hope to bring my girls there every summer so they too can experience the north woods.



Catherine Western

Treasurer

Kids: Grace (5), Anna (4)

Class: Kindergarten

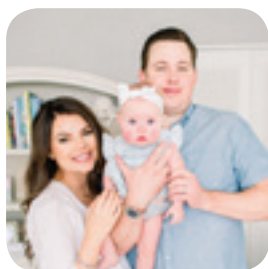
Where did you grow up? I was born in Ontario, Canada but moved to Phoenix when I was 5

What made you want to join the board? I had such a great first year experience with NCPG I was excited to join the board and get more involved. This will be my second year on the board and I have enjoyed it very much.

People might not know... I played competitive tennis growing up and went to college on a tennis scholarship. I stepped away from it after college and can count on one hand how many times I have played since, but would love to get back into it... if only I could find the time.

What made you choose your children's names? I wanted unique names and my husband really wanted the names to be off the family tree. He won out (Grace & Anna not being so unique). Grace has the middle name Clara, after Santa Clara University, where my husband and I both went. Anna was going to be Veda, since this was the only unique name on the family tree, until my dad ruined it by saying Darth Veda. Although now she is a big Star Wars fan so maybe it would have been fitting.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I could not have asked for better parents growing up. We were a very close family being the only ones in the US (the rest of our family was back in Canada). My parents were always present in school activities, with friends, and sports. I try my best to recreate that in my children's life and be "present" as much as possible and letting them know we support them in everything they do.



Ashley Amato

Alternate Director

Kids: Reagan (7 months)

Class: 1A

Where did you grow up? Phoenix, AZ

What made you want to join the board? I believe you get out of something what you put in. I enjoy being

involved at a deeper level and getting to know the inner workings of this organization.

What's your favorite go-to meal with your family? We love to grill out and our go to is usually tri tip steak and grilled asparagus. I'm also guilty of picking up dinner at places like Postino's or LGO to keep things easy and eliminate the meal prep.

What made you choose your children's names? We named our daughter after my husband, Regan (with a slight change to her name by adding an "a" and spelling it Reagan versus Regan). I feel like boys are commonly named after their fathers but very rarely do you see a daughter named after their fathers. We loved the idea and knew after she was born that it was the right fit.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Every major holiday, my mom would put together an elaborate scavenger hunt with lots of clues and puzzles my brother and I had to work together and solve in order to find the location of our gifts. It was so much fun and something both my brother and I appreciate years later. Often times, we remember the scavenger hunts more than the actual gifts we received. I would like to continue this tradition for my children.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? No matter how busy I am between juggling my family, my career and the constant demands of day to day life, I try to be fully present in whatever I am doing. We have implemented a no technology rule during dinner time to keep everyone fully engaged and present with one another in the evenings. During this time, I focus solely on my family. I've also found that scheduling standing date nights with my husband and happy hours or playdates with my friends has also been a huge help to help keep me centered. Lastly, I think it's also incredibly important for me to take time for myself every once in awhile to help keep me balanced. When I feel like I'm getting overwhelmed and have too much to do, I schedule a spa day for myself. It's counter intuitive to take time out to relax but I'm able to recharge my batteries and return fully recharged and better equipped to handle the challenges.



Monica Brown

Executive Assistant

Kids: Rory & Riley (4.5)

Class: Pre-K

Where did you grow up? Downers Grove, IL – just outside of Chicago

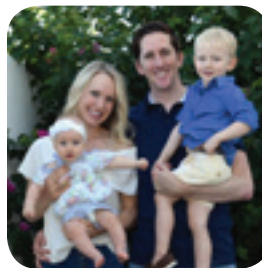
What made you join the board? Stacy Ryan Medeiros always tricks me into these things. Jk. Kind of.

What's your favorite go-to meal with your family? We are big fans of the slow cooker. It helps us survive the summer heat and eat a reasonably healthy dinner with minimal effort.

What made you choose your children's names? I am pretty sure I watched too many episodes of Gilmore Girls. And for Riley, one of Patrick's dad's best friends has the last name Riley, and we love his personality. I would say that having twins with sing-songy names is not advised, but this is what happened.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? My dad is one of 10, and I have 35 first cousins on his side of the family. Every year, we would go up north to Glen Arbor, Michigan and wreak havoc on this small little town. This week encompasses my favorite memories of my childhood and so far, we have brought our kids there four out of their five years of life. It is without a doubt my happy place.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? I need to work out and have time to read/relax. I am a nicer mom if I have time for myself, even if it is just 20 minutes a day.



Katrina Stuart

Sponsorship

Kids: Cole (3), Kinsley (7 months)

Class: 3A

Where did you grow up? Issaquah, WA, Andover, KS, and St. Joseph, MI. After high school in MI, I went to college at U of A and I've been in AZ ever since!

What made you want to join the board? I joined NCPG when Cole was nine months old and Amy Stewart was my teacher. My amazing experience in Amy's class made me want to get involved as a board member. I've really enjoyed giving back to an organization that provides such a strong community and valuable education for its members.

What's your favorite go-to meal with your family? After having kids, I became a huge fan of make-ahead meals. My favorites are enchiladas and spaghetti squash casserole with meat sauce. To minimize time in the kitchen, I typically make enough food for two weeknight meals. My family is now very accustomed to eating leftovers!

What made you choose your children's names? For our first, I loved the name Cole, but my husband wanted to name our son Gabriel. The pregnant lady eventually won that battle! For round two, I had a long list of girl names. Kinsley was on the list and while it was not necessarily my first choice, it was one that my husband did not veto. It's easy to stress about choosing the perfect name, but whatever name you choose always ends up fitting the child. I now can't imagine my daughter being called anything besides Kinsley!

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Candace Daley

Sponsorship

Kids: Collin (11 months)

Class: 1B

Where did you grow up? I grew up in Phoenix, Arizona, I am a Xavier Prep alumnus, and I went on to become a Sun Devil!

What made you want to join the board

I joined the board because I want to help this outstanding organization that gives back so much to the parenting community of Arizona.

What's your favorite go-to meal with your family? A green chili burrito enchilada style from my family's restaurant, Rito's Mexican Food.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? I really enjoy listening to music while I run outside, in addition to surrounding myself with family and friends whenever possible. I look forward to meeting all of the members and forming new friendships along the way!



Sarah Dworkin

Sponsorship

Kids: Ben (4), Caroline (1)

Class: 4B

Where did you grow up? Phoenix

What made you want to join the board?

Being a member of NCPG has been a wonderful experience for me and I wanted

to help the organization continue to grow by taking on a role on the board. Last year was my first on the board and I'm excited for year two!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Growing up we had dinner with my grandparents every Sunday night, and now we have family dinner with my mom on Sundays. Those dinners meant so much to me, and I love that my kids get to have the same experience...even if it means macaroni & cheese and ice cream every Sunday!



Chandra Petelin

Communications

Kids: Dane (4), Avalon (3)

Class: 4B

Where did you grow up? Laguna Beach, CA

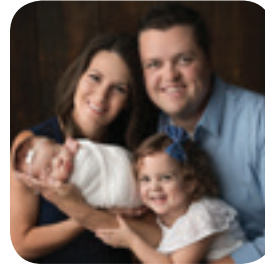
What made you want to join the board? The fog of two young children

has lifted, and I am ready and happy to be useful to someone other than my family.

People might not know... that I love to draw and paint; portraits in particular. Nothing is more fascinating to me than a face.

What made you choose your children's names? My dad passed away when I was in my early 20s, and I wanted a way to name my son after him but in a less literal way. He was Danish, so we named our son Dane. It's a happy tie to my lineage that also seems to elicit surprise from people (since I don't look Danish at all). For our daughter, we chose the town in which my husband and I met - Avalon on Catalina Island. We both love that our children are named after places that are meaningful to us.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I have a lot of memories of my dad teaching me games and how to make things — how to make fast and streamlined paper airplane, building a kite from scratch with balsa wood and wrapping paper, how to play card games and checkers... I want my children to remember that kind of quality time with me the same way I do with him.



Kelly Anderson

Communications

Kids: Elliott (4), Collins (1)

Class : 4B

Where did you grow up? I grew up in Phoenix, but after college I lived in Denver, San Francisco & Seattle before moving back to start a family.

What made you want to join the board? I've really enjoyed my time so far in NCPG and wanted to become closer with the other moms & do my part to give back. Plus having other commitments outside of work & being a mom is good for me.

People might not know... I LOVE candy, especially sour candy. One time when pregnant I Amazon overnighted about 10lbs of a particular candy because I couldn't find it after 5+ stores. Sadly, I may or may not have done this when NOT pregnant too!

What's your favorite go-to meal with your family? Anything Mexican! Or my daughter likes to go to "RA Sushi" because she's convinced the restaurant's name is "Ryan Anderson" after her daddy.

What made you choose your children's names? I loved Elliott for a girl forever and luckily my husband was on board because there was no option #2 in my eyes. My other girl, Collins, was a grandfather's middle name that my husband was extremely close with.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Every Christmas Eve we have a huge family party and Santa comes and gives everyone one present to open. We have been doing this since forever, and it's great now getting to see the next wave of kids enjoy the same memories and excitement.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? I work full time from home, so basically anything that gets me out of the house. Once the AZ weather is bearable, running is usually my go-to outlet. When it's too hot, a solo trip to Target or happy hour with my husband gets the job done.



Lexie Carlson Fabor

Membership

Kids: Evelyn (1)

Class: 2A

Where did you grow up? I grew up in Scottsdale and Phoenix

What made you want to join the board? Sarah Dworkin wouldn't let me

say no.

Do you have a hidden talent? I'm really good at online stalking - I should have worked for the CIA. I also can weirdly wiggle my first joint of my pinkies from playing the violin.

People might not know... my first name is Jennifer

What's your favorite go-to meal with your family? North at the round table in the front during happy hour when white and bruschetta is \$20

What made you choose your children's names? We wrote down a bunch of names during my pregnancy and crossed off the ones we didn't like. Then decided we liked Evelyn because it was old fashioned.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? My parents traveled a lot with me and I always appreciated that. I weirdly like traveling with Evelyn.

-What do you do to keep yourself balanced as a mom and the many other hats you wear in life? I calendar everything, exercise, drink wine and eat ice cream



Megan Anderson Garvey

Membership

Kids: Anderson (3), Magnolia (1)

Class: 3B

Where did you grow up? Born and raised in Brandon, Mississippi; although I lived in Honolulu, Hawaii for the last 15

years, and just moved to Phoenix (my husband's hometown) in 2017.

What made you want to join the board? I have personally gained so much through the invaluable friendships and education provided by NCPG this last year. Being new to Arizona, it has been a wonderful way for me to meet and connect with other moms and families in this same chapter of life. I am so excited to introduce other new moms to NCPG and hope to insure they have the same great first impression of this organization that I've had this last year.

People might not know... Both of my parents are veterinarians and my childhood was reminiscent of Dr. Doolittle - growing up on a farm with wide open spaces to explore and lots of horses, cows, dogs, cats, and even a donkey. It was magic!

What made you choose your children's names? Anderson is my maiden name (and something I wanted to pass along to one of my children) and Magnolia is the state flower of my home state, Mississippi (so she'll always know her southern roots).

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? It's my daily practice (and one that I am constantly striving to improve) to make time for myself at the start of each day. I feel so much more prepared for the day (and any curveballs that get thrown my way) when I start the day on my terms. I aim to wake up early before the rest of my family to fit in a workout most days and at least have some quiet time to reflect or get a head start on daily house chores, etc before my kiddos wake up.



Ann Derksen

Education

Kids: Mary (2), Timmy (1)

Where did you grow up? Phoenix

Class: 3B

What made you want to join the board? I wanted to give back to this amazing organization. NCPG

has been a wonderful gift of knowledge and friendship.

Do you have a hidden talent? I can roll my tongue ☐

People might not know... I enjoy any kind of crafting or baking if I have any free time.

What's your favorite go-to meal with your family? Almond chicken with roasted tomatoes (we try to be paleo)

What made you choose your children's names? They were named after both our parents who have passed. We thought it was a wonderful way to honor them.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I have so many fond memories as a child. I would say fishing with my dad and 3 brothers or baking with my mom would be on top of the list.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? I think I am still trying to find my balance. But the days I can start off with yoga and a cup of coffee are a win for me.



Katie Morris

Education

Kids: Betsy Jean (3), Poppy (1)

Class: 3B

Where did you grow up? Phoenix

What made you want to join the board? I think NCPG is very valuable. I have met wonderful friends and learned

so much through the classes. I think joining the board is great way to give back.

What made you choose your children's names? Betsy Jean is named after both of my Grandmothers. Poppy was our second girl so my husband and I had a really hard time agreeing on a name we both liked. When came across the name Poppy we both fell in love with it.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I grew up with a large extended family. I have so many wonderful memories of growing up playing with my cousins. We moved from Austin, TX is to be close to family so our kids could have some of the same wonderful memories.



Caroline Londen

Childcare

Kids: Lily (14), Sophie (9), Penelope (2), Thomas (newborn)

Class: 3B

Where did you grow up: I grew up in Gilbert, AZ

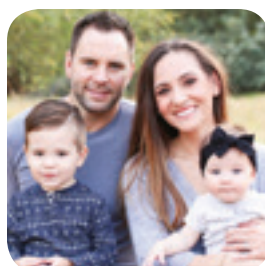
What made you join the board?

A previous board member suggested I join the board

What made you choose your children's names? I was unable to make up my mind about baby names so my husband made the final choice!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Not so much a memory but a tradition. When my parents brought me home from the hospital, my dad took a picture of my mom and me laying on the floor. We've recreated the pose for all four of our kids when we brought them home.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? Calendars, spreadsheets, and lists! I also schedule "me" time which is usually binge-watching Gilmore Girls and sewing! Also, with four kids my husband and I go on a lot of non-kid lunch dates.



Heather Straube

Childcare

Kids: Cruz (3), Sage (1)

Class: 3B

Where did you grow up: I grew up in Mesa, Arizona

What made you want to join the board? Surrounding myself with other

moms and being part of a great group of supportive women has really helped me to navigate through motherhood. I love an opportunity to grow new friendships and give back to an organization that has given me so much.

People might not know... I LOVE candy, especially sour candy. I keep a bag of sweets in my nightstand. (Please don't tell my dentist).

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I remember my parents taking me to Disneyland as a child. It was such a magical place where so many wonderful memories were made. I can't wait to see that magic in my children's eyes when my husband and I take them for the first time.

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Kendall Chester

Special Events

Kids: Bradley (3.5), Harper (1)

Class: 4A

Where did you grow up? Originally from Cincinnati, Ohio but I moved to Phoenix in high school and have been here ever since. I consider myself an almost native.

What made you want to join the board? I had a wonderful experience in NCPG as a member of the pre-infant class. I jumped at the opportunity to get more involved and meet more mom's outside of my class. I am also able to use my passion for event planning to help create fun and interesting events and festivals for members, which was also a huge selling point!

People might not know... I have "hot hands". I'm able to tolerate very, very hot water with my bare hands. No one in my family likes to use the sink after me!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Growing up, I always made peanut butter blossom cookies on the day after Thanksgiving with my grandmother. This is a tradition that I am trying to keep alive with my own children.



Deanna Sheedy

Special Events

Kids: Madeleine (3)

Class: 3B

Where did you grow up? Scottsdale, AZ

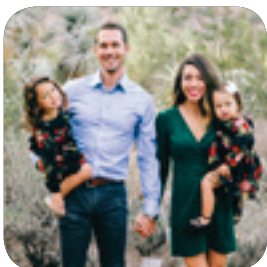
What made you want to join the board? I joined the board so I could meet more NCPG member & help plan

fun events for other moms their families.

My hidden talent... I am really good at bowling!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? Growing up, I always made peanut butter blossom cookies on the day after Thanksgiving with my grandmother. This is a tradition that I am trying to keep alive with my own children.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? By attending yoga classes, spending quality time with my family & friends, traveling, and getting sitters so my husband and I can have date nights!



Kristina Spellman

Social

Kids: Karter (5), Kemper (2.5), & Baby Girl # 3 due Dec.

Class: Pre-K

Where did you grow up? Phoenix NATIVE!

What made you want to join the

board? I wanted to be a part of an organization that was so helpful for me! Not only are the classes beneficial, I love the mom camaraderie of the group!

What's your favorite go-to meal with your family? I love one pot meals- go to turkey stroganoff

What made you choose your children's names? All the girls in my family have "K" names and I'm a sucker for tradition.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? My mom was there for everything, I always felt supportive in everything that I did, being there the way she was for me is on the top of my priority list!

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? Being a realtor, spin/pilates instructor and full time mom to two active and involved kids, plus one on the way, can be difficult! I definitely ask for help to stay balanced, but I'm also super lucky to have a very helpful family. With all the kids activities, having a calendar is a must, and working out is much needed to keep me sane!



Ursula Smalley

Social

Kids: Camilla (4), Randall (1.5)

Class: 4B

Where did you grow up? Rio de Janeiro, Brazil

What made you want to join the board? We moved to Phoenix last summer after 12 years in NYC. Everyone I reached out to get the scoop and recs on Phoenix mentioned I should join NCPG. I signed up and loved all the advice and support I got on dealing with my "threenager". I also loved the network and ability to meet new people through the events and play dates...joining the board just felt like the natural next step.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? Personally, I think it's important to take time for yourself away from the kids...I recently took a weeklong trip with friends to Corsica which was an incredible opportunity for me to take a step back away from the kid routine and reconnect with myself. Motherhood is so much of what defines me that to take a week where I was someone besides "mom" felt energizing and exciting. Of course I missed my kids like crazy and came back happy to be "mom" again!



Rebecca Hogan

Public Relations

Kids: Kate and Connor (4), Quinn (1)

Class: 4B

Where did you grow up? I grew up in Phoenix but my husband and I lived out of state for about 10 years before moving back to start a family

What made you want to join the board? I joined the board when my twins were almost 2 years old when I wanted to get more involved and connected to other mothers. This will be my 3rd year on the board and I continue to get some much out of being part of the organization, from the friendships, education, and overall mom sanity.

Do you have a hidden talent? I wish! Perhaps my only talent is continuing to function despite having interrupted sleep for the majority of the past 4 years. Lots of coffee and under eye concealer has helped too!

People might not know... We struggled with infertility and my twins are from a very high risk IVF pregnancy. Out of nowhere I surprisingly got pregnant with my now 1 year old daughter and had the easiest pregnancy! So many people struggle with infertility and I love how it's not as much of a taboo topic anymore. You never know what someone may be going through when trying to start a family or adding to their family.

What's your favorite go-to meal with your family? Homemade pizzas — so easy and a favorite for everyone.

What made you choose your children's names? A compromise! My husband and I couldn't come to an agreement so neither of us got our first choice names. Their middle names are family names which was important to both of us.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I spent every summer from the age of 7 to 17 at CIMI, a summer camp on Catalina Island. I already can't wait to send my kids there and for them to have the experiences and memories that I had growing up. My 4 year olds already know all about it!

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? I work part time as a pediatric nurse practitioner at Phoenix Children's Hospital which is actually a great outlet for me from "mom life." Besides that, it's really my girlfriends who keep me balanced and sane through our daily text messages, play dates, and late night dinners



Kendra Scheer

Fundraising

Kids: Twins Sloan & Delani (5) & twins Quinn & Dalton (2)

Class: 3A

Where did you grow up? This will be our first year in NCPG as we just moved here this spring from NYC & I grew up in Norfolk, NE

What made you want to join the board? I was excited to join the board because I heard such positive things about not only the resources available to you through NCPG but about the incredible women who were members!

People might not know... That my husband and I have been together since I was 15 years old!

My favorite go-to-meal for my family? Chick-fil-a! Not only do I not have to cook, but the kiddos get free entertainment in the playground area. Everybody wins!! The only thing that would make it better was if they served wine :)



Melissa Collins

Fundraising

Kids: Topher (4.5), Fitz (2.5)

Class: 4B

Where did you grow up : East Greenwich, RI

What made you join the board? I've loved getting more involved with

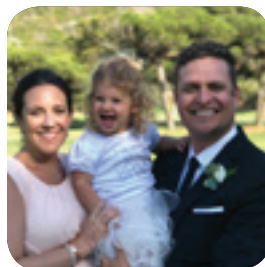
my NCPG class and felt like it was time to give back to the group as a whole by volunteering my time.

What's your favorite go-to meal with your family? I am fortunate my family is in the restaurant business so I can always win my kids over with their dad's mac n cheese from Twisted Grove while I can order the fish and have a healthy dinner.

What made you choose your children's names? Topher is named after his Dad, but uses the second half of Christopher while his Dad goes by Chris. When my husband and I were deciding on a second boy name I really wanted to incorporate my dad's name of Francis somehow and I liked the idea of the F alliteration. Fitzgerald Francis Collins came together after a full weekend of name deliberation on a vacation.

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? I loved family trips! I'm trying to give my kids those early travel experiences of visiting family and different parts of the country. My side of the family is still all on the east coast so I've been taking them twice a year to either Rhode Island or Florida. The boys love the adventure.

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? The number one thing is working out. Getting some exercise really helps keep me focused. Also, after deciding to leave work to stay home with the boys, I kept my nanny for a couple of days a week. It allows me to go run errands on my own and get some time away from my kids. I get back later in the day refreshed and able to enjoy them more. And just swapping kids with another mom friend a few hours a week so you can have some time on your own is a great option.



Megan Hedstrom

Fundraising

Kids: Griffin (2), Declan (1 month)

Class: 2B

Where did you grow up? Phoenix, AZ

What made you want to join the board? I wanted to give some of my time to the organization that has taught

me so much valuable information about being a mom! As well as have an opportunity to meet other moms outside of my class.

What made you choose your children's names? My heritage is Irish and have always been drawn to Irish names and luckily my husband likes them too!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? My grandpa has always done Mexican food on Christmas morning and now that he's older my mom is taking it over. I hope she enjoys it as much as he has and that she continues to do it for our family. They are without a doubt some of my best childhood memories.



Alyson Kennedy

Community

Kids: Avery (3), Emma (1)

Class: 3B

Where did you grow up? Mesa, Arizona native!

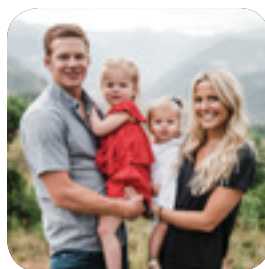
What made you want to join the board? I am a big believer in being

involved in the community and giving back to the things you enjoy. I loved my first year in NCPG and wanted to become more involved with the organization.

What's your favorite go-to meal with your family? We love taco bowls at our house!

What made you choose your children's names? Emma was a family name from both sides of our family and was always at the top of our list for a girl name but my husband and I both fell in love with the name Avery and just couldn't get past it for our first. So when we found out we were having another girl, it was an easy choice to name her Emma!

Do you have a memory from your own childhood that you'd like to pass on or recreate for your kids? My absolute favorite childhood memories are from my family's cabin in Montana, where we spent our summers growing up. This past summer I was able to take our two girls to our cabin for the month of July, which was so special for me!



Kristen Reardon

Community Outreach

Kids: Josephine (3), Maisie (16 months)

Class: 3B

Where did you grow up? Boulder, Co

What made you want to join the board? I joined the board because NCPG is a wonderful organization that is

a tremendous help to so many parents. Being on the board allows me to give back to the organization that has given me so much.

What's your favorite go-to meal with your family? Our go to meal is burgers on the grill, homemade pizza or tacos.

What made you choose your children's names? Both are family names

What do you do to keep yourself balanced as a mom and the many other hats you wear in life? To keep balanced as a mom I think you have to remember to take time for yourself, take time with your girlfriends and take time with your husband — without the kiddos around!

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How to Be a Parent Your Child Wants to Talk to.

by Dr. Erin Leonard for Gottman.com

As a child therapist, the most common complaint I hear from parents is, "He just won't talk to me." Feeling estranged from your own child is painful, and it has implications for the child. Research indicates the most important predictor of a child's emotional and psychological stability is the closeness of the parent/child relationship. Obviously, if the child is not opening up when they are upset, the relationship is not as close as it needs to be.

There are two habits that parents routinely engage in that shut down communication and drive a child away: negating feelings and mistaking sympathy for empathy.

Sympathy vs. Empathy

When a child is truly in distress because they feel hurt, disappointed, worried, or angry, they desperately need their parent. Yet, often, parents don't want to see their child feeling negatively, so their first instinct is to tell their child not to feel the way they do. Before they think, statements such as "don't be disappointed" or "don't be mad" escape. This results in the child feeling ashamed of how they feel, compounding the hurt. Moreover, the knowledge that their parent does not understand leaves them feeling alone, which is detrimental. Basically, the child learns that opening up about how they feel makes them feel worse.

Statements to avoid:

- Don't worry.
- Don't feel that way.
- Don't be disappointed.
- Don't be like that.
- Don't be mad.
- You are too sensitive.

A better idea is to empathize.

Honor their feelings. Feelings are never wrong; it's what kids do with feelings that can get them in trouble.

Examples of empathy include:

- *That's a big worry. I get it.*
- *You are upset. I would be too.*
- *You have every right to feel disappointed. I felt like that when I was your age.*

- *You are mad. I understand. You have every right.*
- *It hurts to see someone do something you want to be able to do, but can't yet.*
- *You are mad. I'm sure you have a good reason. I want to hear about it.*

After you give them a solid dose of empathy, the child feels understood and connected to you, which means they immediately feel better and will want your help in problem solving. In many cases, the empathy is all they need to feel better. Simply knowing their parent understands allows them to feel secure and forge ahead.

In addition, just because you empathize with how your child feels does not automatically mean you are condoning bad behavior. For example, my son came in the door angry last week. He slammed the door and threw his coat down. I said, "You are mad. I don't know why, but you probably have a very good reason, and I want to hear about it, but you can't throw your coat. Go pick it up." After he picked up his jacket, he immediately came to me and told me he was upset about a conflict he got into with a friend.

Empathy wins

Here's how it works: Empathy creates good vagal tone in a child's brain and immediately calms them. After receiving empathy, they settle down and can logically think through problems with you. They also feel understood and close to

you which allows them to forge ahead with a sense of security.

No parent wants a child who feels sorry for themselves, plays the victim, or is overly dramatic, and maybe that is the fear that prevents a parent from being empathic. However, honoring their child's feelings is actually what prevents a sense of entitlement or a victim mentality in a child. Sympathy, on the other hand, disrupts any chance of emotional attunement and tempts parents to enable. The parent saves and rescues their child from negative feelings instead of helping them work through difficult feelings.

For example, on the way home from hockey practice one night my eight-year-old son, Jimmy, said to me, "Mom, I was the worst one tonight. I'm the worst one every night. I barely got put in."

Now, I have two choices, the sympathetic response or the empathic response.

1. The sympathetic response:

"Poor guy, I'm going to call your coach and talk to him. I don't think it's fair that he benches you for most of the practice."

2. The empathic response:

"That hurts, kiddo. It hurts to feel like you're the worst one. I get it. I've felt like that a lot in my life. It stinks. Keep at it. It will get better."

In essence, the sympathetic response tempts us to enable and ask that the rules be changed or concessions be made for our child, which teaches them to play the victim. Also, it requires no emotional investment on the parent's part because the parent becomes the powerful savior and rescuer, which strokes the parent's ego. It is the easy way out.

The empathic response requires the parent shift from how they feel to how the child feels. It's emotional attunement. It's the parent remembering how it feels to be the worst one at something, so they can relate to their child. It's selfless and it puts the child first, emotionally. When there is emotional attunement, the child feels understood and connected to you, which allows them to feel secure and more able to forge ahead and try again. Empathy creates a rugged work ethic and resilience in a child. The child will thrive on adversity instead of breaking down when negative things happen. Empathy creates brave and strong human beings.

Stay close to your child. Empathize and empower. The reward will be priceless.

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Kinetic Sand Recipe

If you happen to have a sandbox (or a beach nearby!), scoop up a little sand and make up a batch of Homemade Kinetic Sand for little or no cost.

INGREDIENTS

- 5 cups sand (approx. 10 lbs)
- 1.2 cups corn starch (approx. 1 cup + 3 tablespoons)
- 1/2 teaspoon dish soap (e.g. Dawn Dishwashing Liquid)
- water (about 1 cup)
- optional: 1 teaspoon Tea Tree Oil (for antibacterial purposes)

Because play sand is an outdoor thing (it's sand, after all), you might consider adding the tea tree oil to clean it up a little. After several months, ours is still fresh and smells okay. But, we've heard from some people who said when making the Moon Sand 2.0 after a few weeks, it stinks. Tea Tree oil should do the trick!

INSTRUCTIONS

1. Put sand in a container
2. Add corn starch and mix thoroughly
3. Mix water & dish soap, then add to sand
4. Mix thoroughly and enjoy!!

Store in a covered container.



Greek Rice (Spanakorizo)

SERVINGS: 4

PREP TIME: 10 mins **COOK TIME:** 15 mins **TOTAL:** 25 mins

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 1 tablespoon garlic
- Zest from one lemon
- 1/2 teaspoon ground cumin
- 1/2 pound baby spinach
- 1 cup basmati rice
- 2 cups vegetable broth
- 4 tablespoons fresh dill, chopped and divided

INSTRUCTIONS

Recommend serving with chicken marinated in a Greek salad dressing.

1. Heat olive oil in a medium sauce pan over medium high heat. Sauté onions until translucent (about 5-7 minutes). Add garlic and sauté for another minute.
2. Add the lemon zest, cumin and spinach and cover the pan. Cook until the spinach wilts down (about 3-5 minutes).
3. Stir the rice, vegetable broth, 2 tablespoons of the dill, salt and pepper into the spinach mixture and stir to combine. Bring to a boil.
4. Reduce heat to a simmer, replacing the lid on the pan, and cook until rice is tender (about 15 to 20 minutes).
5. Stir in the lemon juice and remaining fresh dill before serving.



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A spiral-bound notebook with a white cover and a black metal spiral binding on the left side. The notebook is open to a page with the title "CLASS NOTES" centered at the top in a black, serif, all-caps font. Below the title, the page is filled with horizontal ruling lines, providing space for writing. The notebook is set against a plain white background.

CLASS NOTES

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