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Parent Times

October 2013

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north central parenting group

How to Raise a Bookworm

by Jae Curtis, education.com

If you understand the importance of raising a reader, you know that your efforts need to start now. But how do you justify the importance of reading against battling it out with a wiggly toddler who would rather play with his cars? Knowing how to interest your toddler in books and reading can make all the difference in raising a child who loves to settle in with a good book.

0-6 Months: Start Small

Your infant obviously isn't ready to start reading the complete works of Shakespeare, which is why you need to begin with short, colorful, interactive books. Melissa Lowry, education expert and founder of education consulting firm SmartyPantz Education, suggests picture books. "Use picture (without words) and early reader books to promote your child's language development," she urges. "Ask your child questions about the pictures, even if his response is one word or babbling. Encouraging your child to be active in the process will increase her interest, help him develop critical thinking skills and help him develop a strong vocabulary."

6-12 Months: Foster the Habit

You know all of those bedtime struggles you have? You know, where your baby won't go to sleep and makes sure you don't either? Books can be part of the solution. By making reading part of a soothing bedtime routine, you increase your baby's exposure to books while helping him to calm down before bed. Select books that have touch-and-feel pages and plenty of colors, but not electronic noises. By making reading a daily activity, it becomes a habit that your infant loves and looks forward to every day. The few minutes you get to sit down and read can become a relaxing ritual for both of you. Well, at least until the bedtime battle starts again.

12 to 18 Months: Make it Fun

It's time to test out your pipes when reading books aloud: kids love when you change your voice for the different characters. If your squirmy toddler can't sit still to get through a book, making the process more fun with hand gestures, different

voices and facial expressions can help reel him back in. Early childhood education expert and pediatric psychologist, Kim Har, Ph.D., suggests getting involved with the reading process. "As children enter their toddler years, parents should point to and name pictures as well as each word as it is spoken aloud, so that children begin to expand their vocabulary and also grasp some of the beginning principals of reading such as directionality of text (left to right)." Don't be afraid to test out different voices as you get involved; you might feel a little silly, but your toddler probably thinks you're the best actor since Elmo.



18 to 24 Months: Library Love

Once your toddler has hit the terrible two's, it's even more vital that you keep reading as a daily activity. If bedtime reading at home isn't enough to capture his attention, call up your local library—chances are they have a toddler or preschool story hour. Hearing another person read might be enough to get your child excited to go. Give him free range to pick out a few books from the shelves, so he doesn't get tired of the same old books at home—look specifically for characters that he knows and loves, like the Mo Willems "Pigeon" series or the "Llama, Llama" books by Anna Dewden. They follow the same characters so they seem familiar even though they're unfamiliar stories. Har agrees, pointing out that you shouldn't be afraid of rereading old favorites. "Reread preferred books as many times as possible," she suggests. "Children benefit from the repetition and feel a sense of accomplishment when they are able to predict and say aloud what is going to happen next in the story."

Reading shouldn't be all on your toddler's shoulders, either. Make sure that you always have a book, newspaper or other type of print media on-hand for yourself. Your little one is small, but he recognizes behavior patterns from his parents, so join a book club, read a series, whatever it takes to keep your nose in a book too!

As always, you can't force your child to love something. Even if you were a voracious reader as a child, your own flesh and blood might be more of an on-the-go type. If that's the case, books on tape or shorter magazine stories might capture his attention more. Just do what it takes to keep print media around your toddler and slowly but surely, you'll be raising a reader.

See "Baby's First Library" on page 3.



President's Corner

Welcome to the 2013-2014 North Central Parenting Group year. I am so happy you are carving out the time to be a part of this special organization.

We have a very exciting year ahead—full of friendship, education and fun. Our first philanthropic event, **The Race for the Cure** honoring Tricia Rochford and all those affected by breast cancer, will be held on Sunday, October 13. I hope you will join **Team NCPG** or sponsor a team member with a donation.

As we look towards fall, please plan to attend our **Family Fall Event** that is being held at All Saints' Episcopal Day School on the morning of Saturday, October 26.

Again, thank you for your dedication to NCPG and for honoring yourself by being a part of this unique organization. NCPG and our highly educated teachers provide a wonderful foundation for moms to collaborate and to become the best parent possible.

I sincerely hope NCPG comes to mean as much to each of you as it does to me.

Wishing you all a successful and fun 2013-2014!

Kori Shapiro
President

ncpg

north central parenting group

NCPG 2013-2014 Board of Directors

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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



Like us on Facebook: NCPGAZ

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!

Editors – Sarah Frey and Carlie Garcia

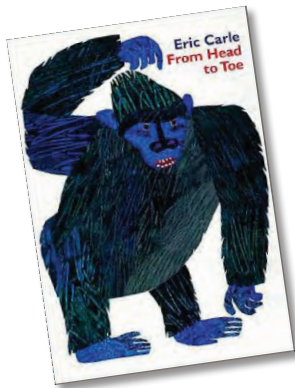
Designer – Neill Fox, foxnoggin, thinking@foxnoggin.com

On the Cover

Collette Ann Colosimo was 10 months old when that photo was taken by Heather Dillon Photography (heatherdillonphotography.com).

Want to see your little one on the cover? Send high-resolution photos with name, age, and photographer credit to sarahjfrey@gmail.com

Baby's First Library



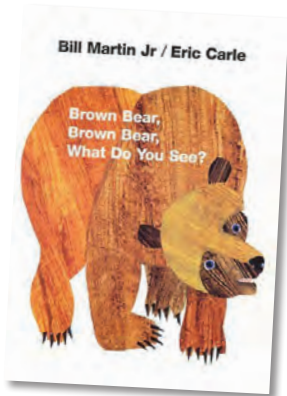
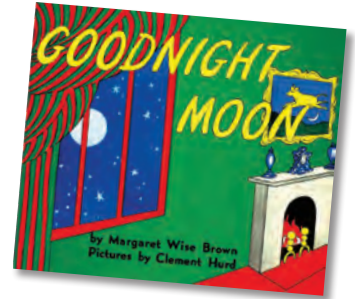
From Head to Toe by Eric Carle

When your tot can't help but wiggle, the animals stomp, kick and wave, asking "Can you do it?" It's an excellent tool for teaching vocabulary in an active way.

Goodnight Moon

by Margaret Wise Brown

This 1947 classic has gentle rhymes that soothe babies to sleep. Bonus: The illustrations will keep them entertained well into toddlerhood.



Brown Bear, Brown Bear, What Do You See? by Bill Martin Jr.

Repeating a similar sentence structure — "Blue horse, blue horse, what do you see? I see a green frog looking at me" — allows toddlers to pipe in once they've memorized its cadence.

Tickle Tickle by Helen Oxenbury

Bright illustrations and fun words ("scrub-a-dub") make story time entertaining and playful.



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News & Events



Welcome Back!



2013-2014 Class Schedule

Classes are offered two Wednesdays each month from September through May.

8:45 a.m. – Nursery opens
9:00 – 9:25 a.m. – Refreshments served
9:30-11:30 a.m. – Classes are held
11:35 a.m. – Nursery closes
11:45 – 1:45 p.m. – Pre-Infant Class

Evening Classes

The Evening Class is a combined class and covers all aspects of pre-infant to children 5+ years of age. Evening classes are held from 6:15 to 8:15 p.m.

Day Class Schedule Evening Class Schedule

October 2nd	October 9th
October 16th	October 23rd
November 6th	November 13th
December 4th	December 11th
January 8th	January 15th
January 22nd	January 29th
February 5th	February 12th
February 19th	February 26th
March 5th	March 12th
March 19th	March 26th
April 2nd	April 9th
April 16th	April 23rd
April 30th	May 7th

Race for the Cure – October 13

Please join our NCPG team of 16 (and counting!) plus thousands of others on October 13 at Wesley Bolin Plaza in the State Capitol District in downtown Phoenix!

(for details see the article on page 11)



Fall Event Halloween Party – October 26, All Saints' Episcopal Day School

All NCPG families are invited to our Halloween Party on Saturday, October 26 from 10 am to noon at All Saints' Episcopal Day School. Little ones are encouraged to come dressed up in their Halloween costumes.

There will be train rides, a bounce house and the playground. Lunch will be provided with a special dessert treat.

Please bring the whole family to join us!

Call for Submissions from Mom Authors

Have an idea for an article for *Parent Times* or want to write one yourself? We welcome suggestions and submissions from our members. Contact sarahjfrey@gmail.com with your ideas for future issues.

NCPG 2013-14 Instructor Roster

We are delighted to have a fabulous group of teachers returning to NCPG this year with a few new additions! We encourage you to get to know a little bit more about all of these wonderful women. Also, our Class Reps will again be working hard to update you on the latest NCPG events and will be planning some great play dates throughout the year.



Monique Nelson RN

PRE-INFANT

(Pregnant as of September 2012)

INFANT I (0-6 months)

Monique a native Arizonan, received her Bachelor's of Science degree from Arizona State University in biology/premed. However, she had a slight change in career plans when she met and married her husband of 17 years David. She decided to stay in the valley and went back to school to attain a degree in Nursing and became a registered nurse, with her focus on pediatrics. Monique worked as a pediatric triage/advice nurse for North Scottsdale Pediatric Associates off and on for 18 years. She teaches not only for North Central Parenting Group but Scottsdale Parenting group as well. She also taught for East Valley Positive Parenting group before the group dissolved. Monique is the proud parent of two children, Taylor age 14 and Dylan age 9.



Amy Stewart

INFANT II (7-12 months)

Amy has a Bachelor's of Science degree in Nursing. She has worked as a Registered Nurse at Scottsdale Healthcare Shea for the past 10 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, 4 and daughter Sophie, 2. Amy loves being active and enjoys competing in sprint triathlons.



Patti Carter

TODDLER I (13-20 months)

An Arizona native, Patti has a Bachelor's degree in Education, a Master's degree in Counseling, a Law degree, and a Professional Certificate in Nonprofit Management. Over the past thirty years, Patti has taught for a variety of programs, working with toddlers through adults. She conducts workshops and courses for students, parents and professionals on child development, parenting, and family relationships. She also works as a nonprofit consultant, specializing in program development and fundraising. In her free time, Patti is very involved in animal rescue and fosters/adopts

out dogs and cats. She also likes to squeeze in a yoga class or a good book! Patti and her husband have 3 adult children: Leah 27, Mark 25 and Steven 23.

Gina Marianetti TODDLER II (21-29 months)

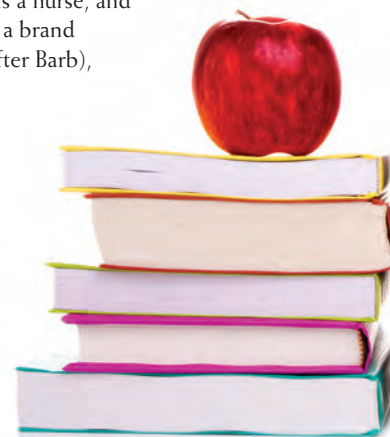
Gina Marianetti, is a Licensed Clinical Social Worker and holds a master's degree in Social Work from Arizona State University. Although originally from New Mexico, she has worked as a Social Worker in Phoenix for over 10 years. Gina is passionate about her work with children and families. She has worked in several local schools as well as Phoenix Children's Hospital. Currently, Gina has a private practice working with children and families experiencing issues related to grief, loss and trauma, as well helping children to develop healthy social skills and self-esteem. Additionally, Gina is a Faculty Associate instructor in the Graduate Social Work Department at ASU. Gina enjoys spending time with her husband Jim and their daughter Eleanor, 1 ½. Together they love staying active through hiking, swimming, and visiting family out of state.



Barb Grady

PRE-SCHOOL I (30-40 months)

Barb Grady loves teaching for NCPG and has done it for over 20 years. She is a nationally certified counselor and counsels at GateWay Community College. Barb is a certified teacher and taught preschool, Kindergarten, 1st and 2nd grades prior to becoming a parenting instructor. Barb provided counseling services for families and emotionally disabled children for the Tempe School District. In 1999, Barb began her business, Parenting- Plus, where she offers parenting classes, individual consulting and life/parent coaching for both adults and children. Barb trains preschool and elementary school teachers in emotional intelligence, brain-based learning strategies and classroom management techniques. Barb has two daughters: Jody, (28) who is a nurse, and has a 2 year old son Carter and a brand new baby boy named Grady (after Barb), and Annie, (24) who farms in Alaska and is passionate about sustainability. Barb is delighted to return this year to share, motivate and inspire parents.





Tibby Cornelius

PRESCHOOL II (41-50 months)

Tibby Cornelius is CEO (Coordinator of Exciting Optimism) of Jest in Time. She founded Jest in Time 19 years ago to teach and motivate others to invite more laughter, humor and play into their lives. Tibby has a B.A. in psychology from Westmont College, and a Master of Counseling Degree from ASU. She also is a Certified Parent Effectiveness Training Instructor, Certified MegaSkills Instructor, Certified Positive Discipline Instructor, Adjunct Faculty of Phoenix College, Faculty of AGTS, and a Certified Laughter Leader. Tibby has been happily married to her husband, Dennis, for 40 years and has three huge grown sons, three adorable daughters-in-law and six wonderful grandchildren! She has worked with thousands of people nationally teaching them how to live 'happily ever laughter'.



Joan Sarin

PRE-K (51-59 months)
& EVENINGS

Joan Sarin, M.S. is a social psychologist, EQ Educator and Stepfamily Coach. She has taught at every level from preschool through college, focusing on emotional intelligence, positive psychology and personal development. Her twenty years as a stepmom and mom have provided her with abundant opportunities to convert her theories 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 relationships through a unique coaching method, the Truwell Technology.



Preschool I Instructor Barb Grady welcomes new and returning NCPG members to class.

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\$20 per entrant if registered by November 16th

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Saturday, November 23rd
Races Begin at 9:30am


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All Saints' Episcopal Day School – The Future Begins Here

Educating Children Head to Soul

Located in the heart of central Phoenix, All Saints' Episcopal Day School offers a comprehensive, top-tier, liberal-arts education for children in pre-kindergarten through eighth grade. Since 1963, the learning environment has inspired children to pursue their natural curiosity, take intelligent risks, explore the depths of their innate talents, and reach a high level of achievement. All Saints' students are encouraged to realize their highest potential as lifelong learners, artists, community members, and leaders of the future.

The Lower School, pre-kindergarten through fourth grade, provides a stimulating and nurturing environment that encourages active engagement in learning and recognizes each child's unique pattern and timing for growth and development. With an average class size of 16 and a student faculty ratio of 9:1, students benefit from individualized support and attention.

Students enjoy a rich and comprehensive core learning experience in the classroom, along with expert instruction in Spanish, art, music, science, technology, and physical education. A

weekly class at the school library reinforces the importance of literature and the joy of reading. A weekly religion class, including life skills, reinforces the importance of respect and responsibility as members of a diverse school community.

The All Saints' curriculum focuses on the six most important skills your children will need in the 21st Century: character, creativity, real-world problem solving, public speaking, teamwork, and leadership. The learning environment inspires children to pursue their natural curiosity, take intelligent risks, explore the depths of their innate talents, and reach a high level of achievement and self-confidence.

Please visit our website at www.aseds.org for online admission materials, Open House dates, and important admission deadlines. We also invite you to call the Office of Admissions at 602.274.4866 to schedule a private tour. A campus visit is the best way to get to know All Saints'. We look forward to meeting you!



please join us for
an open house

November 13
December 11
January 22

Open House Begins at 9 a.m.
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10 DISCIPLINE DON'TS

by David Sparrow, Parenting.com

1. **YELL** Your screaming has zero effect on (other than to teach your child that it's okay for him to lose it too).
2. **OFFER EMPTY THREATS** If your child knows you won't follow through, she won't take you seriously.
3. **UNDERMINE YOUR PARTNER** Openly disagreeing about discipline will confuse your kid and erode your authority.
4. **FAIL TO SET RULES** It's not fair to punish a child for playing ball in the house if you didn't tell him it was verboten beforehand.
5. **BRIBE** Yeah, it works the first time, but eventually your child will expect a reward every single time you request her cooperation.
6. **ARGUE ABOUT CONSEQUENCES** Your discipline methods are not up for discussion or negotiation...period.
7. **COMPARE** When you say, "Why can't you be more like your sister?" the implication is that your child isn't fine the way she is.
8. **SPANK** Research shows that striking a child makes him more aggressive, not better-behaved.
9. **CAVE IN TO WHINING** Standing firm now will make it less likely you'll hear that annoying voice the next time she wants something.
10. **SET A BAD EXAMPLE** Need to scold your child fibbing? Fine. But don't let him catch you canceling plans due to your own phantom illness.

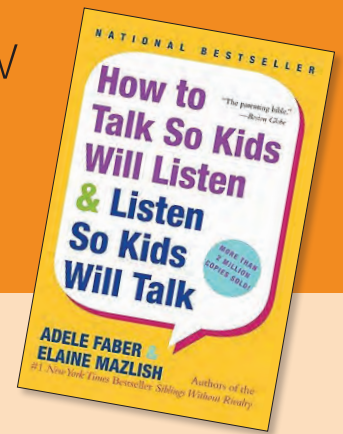
On the Nightstand Book Review

Title: How to Talk So Kids Will Listen & Listen So Kids Will Talk

Author: Adele Faber and Elaine Mazlish

Reviewed by: Amanda Hamilton Roos

Source: PowerofMoms.com



Basic Overview.

This book starts with a simple but radical idea—we should help children deal with their emotions instead of jumping in to fix them. Strong emotions, especially negative ones, cannot be brushed aside or “fixed” by someone else. Instead children need our help learning to deal with them. This can be painful to watch and so our natural inclination is to rush children through this process. But that doesn't work. This basic philosophy is the starting point for parenting in a positive and respectful way. This is not about being a pushover. It's about showing our kids that we understand where they are and we know where we want them to grow. The next chapters, entitled Engaging Cooperation, Alternatives to Punishment, Encouraging Autonomy, and Freeing Children from Playing Roles, all show some specific ways to lovingly guide in a respectful way. This book is extremely easy to read. They have a bajillion real-life examples, common scenarios, simple cartoons, and pages where they summarize the main ideas. There are also worksheet pages so you can practice coming up with the right phrase. It's not easy to change the way we talk to our kids when emotions and tensions are running high, but this book will help you begin.

Parts I liked best.

I've read this book many times. Each time I read it, I find specific nuggets of practical wisdom that I can immediately incorporate into my parenting. It's hard to pick just one. Lately, however, I've been thinking about how I can take more time and honor my children's struggle a little more. When my preschooler struggles to zip up his sweatshirt, I try to say, “Zippers can be tricky!” instead of saying, “Let me do it.” When my grade schooler talks about how she wishes that she could pass her times test, I say, “I remember times test as being pretty stressful. What do you think would help you learn them better?” Instead of saying, “You're so smart. You'll get them. Don't worry.”

How this book made an impact in my life, especially as a mother (or why I just really liked it).

This book has completely changed the way I communicate with my children. Instead of jumping in to “fix” their feelings, by saying things like “Oh, you're OK!” or “You need to calm down!” now I show them that I understand how they feel. And once they see I get it, we can all let it go.

Seriously, it's that simple.

When my kids were toddlers, this was extremely helpful to diffuse tantrums. In fact, just yesterday, my youngest really wanted some gum. He was passionate about it in a two-year-old-passionate sort of way. I gave him his wish in “fantasy”—one of the ways suggested in the book. “I wish I could give you a piece of gum as big as your fist. No, no, no—as big as my fist. No—as big as your HEAD! No—as big as MY head!” We kept going and going, getting bigger and bigger. Finally, he was giggling so much he was OK with not getting gum, not because I had distracted him (although my jokes were pretty funny) but because he saw that I understood just how much he loved gum. He loved it as much as the WHOLE HOUSE.

Now, with my grade schooler, I found if I can follow the advice to be quiet and save the “mommy advice” until she has told me all about how she feels, sometimes I don't even need to offer advice. Just listening is enough.

Another shift in my thinking that came from this book has been to use more descriptive language instead of constantly evaluating. Instead of saying, “You guys did a terrible job of cleaning up your room. Your dirty PJ's are in the middle of the room!” I can say, “Hey, those PJ's can't be washed unless they're in the laundry basket.” It helps create a “no-blame” atmosphere in our house where we aren't constantly pointing fingers. That's a better feeling for everyone.

By giving kids more information and less evaluation, I think I discipline more effectively. When my kids misbehave, I follow the advice of this book and show them how to make amends. Kids feel bad when they've done something wrong and it's helpful to channel those shameful feelings into something positive and more active than just saying sorry. So instead of getting exasperated when my two-year-old dumps out water, I hand him a dish towel and say, “Hey, we don't want water on the floor. Wipe it up, quick!”

This idea, not jumping in to fix emotions but rather encouraging a person to talk more about them and deal with them positively, has also made me a better friend, sister, wife, and daughter. I use it daily—no, hourly!

HALLOWEEN HAPPENINGS!

The Great Pumpkin Festival – Desert Botanical Garden, Phoenix

Take an authentic hayride out to the Garden's pumpkin patch, where each day children 12 and under can choose their own free pumpkin. Get lost in the Amazing Hay Bale Maze, visit with adorable farm animals in the petting zoo, enjoy lively country and western entertainment, carnival style games and much more. October 17 - 20, Thursday and Friday: 8:30 a.m. - 12 p.m., Saturday & Sunday: 8:30 a.m. - 3 p.m., 480-481-8188.

MacDonald's Ranch Pumpkin Patch – Scottsdale

Petting zoo, hay maze, sack racing, a gem mine, western golf game, horseshoe pits. Additional vendors will be offering a bounce house, rides, face painting, sand art. Horse or Mule drawn Hay ride to and from the pumpkin patch. This year they will also have a Train Ride to the Pumpkin Patch which is handicap accessible, shaded, and offers a nice alternative if you are allergic to hay or horses. See the little pigs, the miniature ponies, goats, sheep, the miniature donkeys Pete and Repeat and all of the other critters. October 1 - 31: 9 a.m. to 6 p.m. (closes at 1 p.m. on Halloween). www.macdonaldsranch.com

The Pumpkin Patch Train – Williams

Pick your special pumpkin at a secret pumpkin patch, only accessible by train. Ride aboard a historic rail car through the countryside where you'll deboard the train and enjoy the Fall in a festival-like atmosphere. Kids (and their parents) are encouraged to wear their Halloween costumes. Enjoy hot apple cider, pumpkin pie, crafts, coloring, a hay bale maze and more! Walk through our Haunted Train Car...if you dare! Children can decorate their new pumpkin with stickers and markers at the Williams Depot. When: October 5 and 6, 12 and 13, 19 and 20, 26 and 26: Departing Williams at 11:00 a.m., 1:00 p.m. and 3:00 p.m. Adults: \$20 Children (2-15): \$15. www.thetrain.com/pumpkin-train-8498.html

Pumpkin and Chili Party – Schnepf Farms, Queen Creek

Hay rides, carousel, 4-acre corn maze, 10-acre celebrity corn maze, miniature golf, flying farmer ride, country road rally, jumping pillows, petting zoo, honeybee adventure, swinging lady bugs, roller coaster, witch mountain giant slide, tennis ball launch, lil farmers play yard, bon fires & marshmallow roasting, extreme canine dog show, BMX stuntmasters show, Hillbilly Bob's Pig Races and fireworks Friday and Saturday nights beginning at 9:30 p.m. New this year is a 3-person rock climbing wall. Train ride that becomes spooky at 6:30 p.m. Every Thursday-Sunday in October. Thursday, 10 a.m. - 9 p.m. Friday & Saturday, 10 a.m.-10 p.m. Sunday, 10 a.m.-9 p.m. Admission: \$17 per person at gate (Check Fry's for discounted tickets). Children under 2 FREE. www.schnepffarms.com

*Halloween falls on a Thursday this year!
The predicted sunset time on Halloween is 5:37pm.*

Staying Healthy on Halloween

- Feed your children a healthy meal before trick-or-treating to discourage snacking along the way
- Consider buying non-food items such as coloring books or small toys for trick-or-treaters who visit you
- Insist that treats be brought home for inspection before anything is eaten
- Throw away any candy or food item that is unwrapped. Inspect candy-wrappers for small holes and torn packaging

Share Your Halloween Photos

We want to see your little ghosts and goblins. Send photos to be included in the next issue of Parent Times to sarahjfrey@gmail.com





New Arrivals!

Please welcome these recent additions to our NCPG family!



Lucia Pearl Patterson

March 2, 2013

Weight: 7 lbs 6 oz

Length: 19.25 inches

Parents: Bart and Raven Patterson



Hannah Frances Hawley

April 30, 2013

Weight: 6 lbs 9 oz

Length: 20 inches

Parents: Corey and Collyn Hawley



Berkley Catherine Barnes

May 11, 2013

Weight: 6 lbs 7.7 oz

Length: 21 inches

Big Brother: Harley, 3



Wesley Jackson Adcock

(Jack)

May 14, 2013

Weight: 9 lbs 2 oz

Length: 20.75 inches

Parents: Matt and Paula Adcock



Emerson Grace Fleming

May 23, 2013

Weight: 5 lbs 4 oz

Length: 19 inches

Big Brother: Wilson, 2

Parents: Kristin Magin and Don Fleming



Corbett Barton Worthington

June 27, 2013

Weight: 7 lbs 3 oz

Length: 21 inches

Parents: Scott and Mallory Worthington



Charles Beckett Whitefield

(Charlie)

July 31, 2013

Weight: 6 lbs 13oz

Length: 19 inches

Parents: Scott and Hayley Whitefield



William Martin Zimmerman

August 13, 2013

Weight: 8 lbs 8 oz

Length: 20 inches

Parents: Michael and Rachel Zimmerman



Lucy Grace Langbein

September 9, 2013

Weight: 7 lbs 10 oz

Length: 20 inches

Big brothers: Jack, 4 and Ben, 2
Parents: John and Maja Langbein

Racing for Tricia

The fight against cancer goes on. In today's society everyone knows someone who has been touched by breast cancer. Whether it's a friend or relative, someone in your circle has battled breast cancer. We have found a way to fight against cancer — through the Susan G. Komen Phoenix Race for the Cure®.

We will be dedicating this walk to last year's NCPG Co-President Tricia Rochford, who is currently battling breast cancer.



How can you help?

You can support Team NCPG by making a tax-deductible contribution to Phoenix Race for the Cure. If you would like to donate, please speak with your class rep for details. Additionally, you can join us at the Race as a walker, runner or volunteer via [Facebook.com/NCPGAZ](https://www.facebook.com/NCPGAZ). Strollers welcome too! There are many ways to join in the fight against breast cancer.

Thank you in advance for your support. Every step counts.

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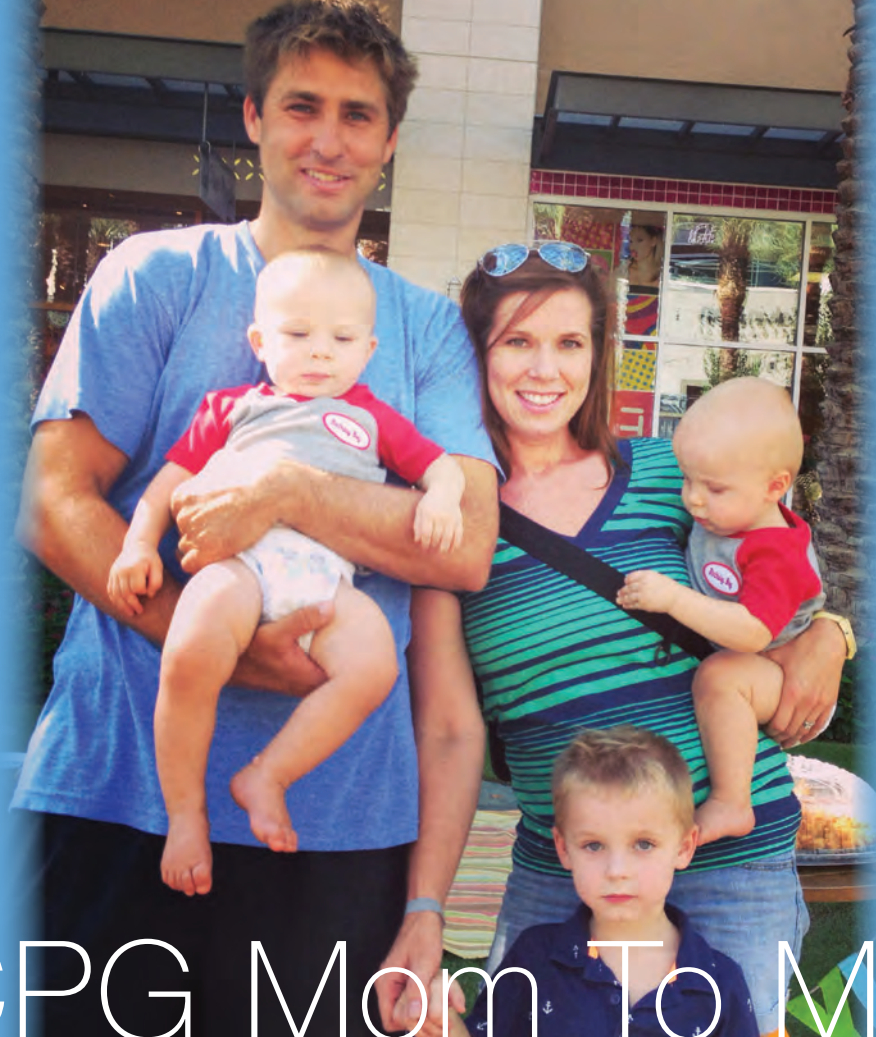


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NCPG Mom To Meet

Amanda Olson

Spouse:

Erik Olson

Children:

I have 3 boys. Keefer (3yrs. Old), and twins Brooks and Jayse (1 yr. old)

Born, Raised & Lived:

I was born on an air force base in San Antonio Texas. I was raised in Colorado Springs Colorado, and have been living in Arizona since 2006.

City & Years Married:

I live in Phoenix and have been married for 5 years to Erik.

Career or Previous Career:

My previous career was at the Village Health Club in the membership department. Now, my main jobs are raising the kids, and I help out with marketing and billing for my husbands pool service and repair business now.

Five Words to Describe Yourself:

Positive, loyal, protective, fun, and sensitive.

Favorite Vacation Spot:

Laguna Beach

Favorite Adult Spot to Dine in Town:

Chelsea's Kitchen, their French fries are my biggest diet crusher.

Favorite Children's Book to Read:

Goodnight Gorilla, more of a picture book, but we do lots of improv with it.

Favorite Family Hangout:

McCormick Stillman Railroad Park

Rules to Mother By:

Well, I look at it like it's finally my chance to be a kid again with my kids so lets have fun and learn things along the way.

Most Meaningful Mom Moment:

The day I decided that I was going to take a break from work and raise the kiddos on my own. Telling Keefer was my favorite part!

Best Mothering Advice Given to You:

You can't afford not to stay home with them, they are only this young once.

Who Introduced You to NCPG?

Lindsey Madison

Cooking With Kids

Peanut Noodles with Chicken RealSimple.com

Serves: 4

Hands-On Time: 20 minutes

Total Time: 35 minutes

Ingredients:

- 1 8-ounce package thin rice noodles or sticks
- 1 2 to 2 1/2-pound rotisserie chicken
- 1 carrot
- 1 seedless cucumber
- 1/2 cup creamy peanut butter
- 2 tablespoons low-sodium soy sauce

Directions:

1. Place the noodles in a large bowl and cover with hot tap water. Let soak until soft, 25 to 30 minutes. Drain in a colander or large strainer.
2. Meanwhile, shred the chicken meat, discarding the skin and bones. Use a vegetable peeler to make long strips of carrot and cucumber.
3. In a medium bowl, whisk together the peanut butter, soy sauce, and 6 tablespoons water until smooth.
4. Divide the noodles, chicken, carrot, and cucumber among 4 bowls. Drizzle with the dressing.

Tip: You can substitute spaghetti or angel hair pasta, cooked according to the package directions, for the rice noodles.



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Childcare classes are grouped by age and staffed with the appropriate number of highly experienced caregivers from the Arizona Lullaby Guild. All of these caregivers are fingerprinted and have had background checks for your peace of mind.

If you are an NCPG member and your child is not enrolled in childcare for the year, drop off is available if space allows. Please contact the Sitter Director at childcare@ncpgaz.org at least 48 hours in advance of the class for a reservation.

Open spaces will be filled on a first-come, first served basis. There is a \$20 drop-in fee, per class, per child, which should be paid at the time of drop-off. For less than 48 hours notice, the fee is \$25 per child. Paying by check or with exact cash is appreciated.

