

# ncpg Parent Times

March 2014



## IN THIS ISSUE

- 1 Estate Planning
- 4 Moms Pick Their Favorite Activities
- 6 Book Review: The Whole Brain Child
- 7 Corks for Kids Preview
- 9 Things to Do
- 11 Potty Training
- 12 Mom to Meet: Shaly Vassigh
- 16 Spring Event Photos

north central parenting group





# The Stork Arrived... Now What?

Seven steps to get your family affairs in order.

by Peter R. Wand, Lewis Roca Rothgerber LLP, [www.lrrlaw.com/wand](http://www.lrrlaw.com/wand)

*New parents quickly learn to expect the unexpected. The following are seven steps new parents should take to ensure that their estate plan is in order should the most unexpected of events occur.*

## Step One: Nominate a Guardian

In Arizona, if you and your spouse are unable to care for your child, whether as a result of death or disability, a court will appoint a guardian to care for your child and make decisions about your child's living arrangements, education and medical care. To ensure that the court appoints a guardian who will provide your child with the proper upbringing, educational opportunities and religious instruction, you should nominate a guardian in your last will and testament and talk with that person to confirm their willingness and ability to serve if the need arises.

## Step Two: Review and Update Your Estate Planning Documents

To ensure your assets are distributed to your children upon your death in a tax-efficient and beneficial manner, you should meet with your estate-planning attorney to review and update your estate planning documents. To avoid the need for court-supervised probate proceedings and to safeguard assets until the child is mature enough to manage them responsibly, most parents establish a revocable living trust as their primary estate planning document and limit trust distributions to health, education and support payments until the child reaches maturity.

## Step Three: Update Beneficiary Designations

Beneficiary designation forms, not your estate planning documents, will govern the distribution of certain assets upon your death. These assets include life insurance policies, retirement plans and certain bank accounts, investment accounts and savings bonds. To ensure that these assets are properly distributed, you should provide the relevant custodian (i.e., the life insurance company, bank or brokerage firm) with an updated beneficiary designation form that expresses your wishes.

*(continued on page 3)*



## President's Corner

April is a busy month in our area with many great charity events to choose from. We hope you will choose two that are very important to NCPG.

First, of course, is our annual **Corks for Kids** fundraiser on Saturday, April 26. Check out the article on page 7 for details and watch your mail for your invitation. You can RSVP via the mailed reply card or the Events section of [NCPGAZ.org](http://NCPGAZ.org). Corks for Kids helps NCPG fund our great activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely your participation in this fundraiser.

By attending Corks for Kids, you are supporting not only NCPG but also **Families Giving Back** which will receive a portion of the proceeds from our event. This local non-profit, founded by former NCPG members, works with other non-profits to organize events where parents and their children can volunteer together.

Also please consider supporting **The Team Taylor Arcadia Family Fun Run** in honor of Taylor Cosmas on Sunday, April 13. Former NCPG member Katie Cosmas and her husband Mark lost their daughter, Taylor Paige, to SIDS in 2010. At five months old, Taylor went down for a nap and never woke up. This heartbreaking story fuels their motivation to raise money for SIDS research. Check out the ad on page 6 and visit [teamtayloraz.com](http://teamtayloraz.com)

Kori Shapiro  
NCPG President 2013-2014

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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](http://www.ncpgaz.org)



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## Parent Times

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

**Editors** – Sarah Frey and Carlie Garcia

**Designer** – Neill Fox, [foxnoggin, thinking@foxnoggin.com](mailto:foxnoggin@foxnoggin.com)

## On the Cover

Kristin Magin and her son Wilson were photographed by Sandra Tenuto Photography. See Sandy's work at [www.sandratenuto.com](http://www.sandratenuto.com)

(“Seven Steps”... continued)

## Step Four: Establish a College Savings Plan

Saving for your child's college education cannot begin soon enough. A 529 plan is a tax-advantaged way to save. Earnings on contributions to a 529 plan are not subject to federal income tax when used for qualified education expenses, including tuition, room and board, fees and books. As the owner, you control the investment and distribution of plan assets, while plan contributions can be made by anyone, including grandparents. More information about saving for your child's college education is available at [www.collegesavings.org](http://www.collegesavings.org).

## Step Five: Maintain Adequate Life and Disability Insurance

The birth of a child should trigger the review of your life and disability insurance policies. While the cost of term life insurance is at all-time lows, you should be thoughtful about the amount of life insurance coverage you purchase and your reasons for purchasing it. Most new parents purchase life insurance for the following reasons: (i) to provide sufficient cash to pay off debt, including any outstanding mortgage obligations; (ii) to ensure that their spouse will have adequate resources to provide for child care; and (iii) to fund their children's college education. Depending on the amount of life insurance purchased, you may also need to consider establishing a life insurance trust to avoid adverse estate tax consequences.

## Step Six: Consider a Health Care Power of Attorney for Minor Children

If you regularly travel without your children or if your children are cared for on a regular basis by a grandparent or nanny, you should consider executing a health care power of attorney that gives your child's caregiver the authority to make emergency medical decisions and to access your child's medical records in your absence.

## Step Seven: Consider Lifetime Gifting

For parents with substantial wealth, the birth of a child creates an important tax-planning opportunity. To reduce the size of their taxable estate, many wealthy parents make annual gifts of \$14,000 to their children or to trusts established for the benefit of their children. These gifts are commonly referred to as annual exclusion gifts and do not trigger any gift tax or tax reporting obligation. Parents considering such gifts should consult with their estate-planning attorney to ensure that annual exclusion gifts are properly documented.



### PAPER PLATE EASTER BUNNY CRAFT

<http://www.allkidsnetwork.com/crafts/easter/paper-plate-easter-bunny.asp>

Make your own fluffy Easter Bunny from items around the house! This is a great craft for younger children because the cotton balls are something different to use and they add texture!

#### SUPPLIES

- Paper plate
- Cotton balls
- White poster board or heavy construction paper
- Pink construction paper or pink crayon/marker
- Black and pink pipe cleaners
- Pink pom pom
- 2 googly eyes
- Scissors
- White glue

#### DIRECTIONS

1. Cut out two ears from the white poster board/construction paper that are each about 5" tall and 2" wide.
2. Cut out two smaller ears from the pink construction paper.
3. Glue the smaller ears inside the larger ears, or color the inside of the larger ears pink.
4. With the paper plate right side up, glue the ears to the top of the plate so the pink part is facing the table.
5. Turn the paper plate over.
6. Cover the plate with glue (use your finger or a paint brush to smooth the glue out).
7. Use the cotton balls to cover the plate.
8. Glue the googly eyes, pom pom (nose) and pipe cleaners on to construct the face of the Easter Bunny.
9. Bend the pink pipe cleaner into the shape of the bunny's mouth and glue under nose.



# THE LIST: MOMMY AND ME ACTIVITIES IN THE VALLEY



*NCPG moms picked their favorite local activities to participate in with their kids – from infant to preschooler.*

## ARIZONA SUNRAYS KINDERGYM

Baby Gym (6 to 18 months) and Tumble Tots (18 to 36 months) introduce little ones to the world of movement education in a stress free environment for parent and child. Info at [arizonasunrays.com](http://arizonasunrays.com)

## BRICKS STUDIO MOMMY AND ME

A stimulating, fun, creative atmosphere where parents and children (ages 7 months - 4 years) can discover and learn more about each other! Classes are 45 minutes long on Tuesdays and Thursdays. Info at [bricksstudio.com](http://bricksstudio.com)

## MUSIC TOGETHER

This early childhood music program for infants through kindergarteners and their parents helps families rediscover the pleasure and value of informal music experience, musical play, which does not seek perfect performance, but leads to a life-long love of music making! Info at: [musictogetherinphx.com](http://musictogetherinphx.com)

## FIT4MOM - STROLLER STRIDES

Stroller Strides includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Instructors weave songs and activities into the routine designed to entertain and engage baby, while moms are led through a series of exercises specific to her role as mom. Info at [phoenix-scottsdale.fit4mom.com](http://phoenix-scottsdale.fit4mom.com)

## MUSICOLOGY

In a fun and engaging atmosphere, children explore musical instruments, creative movement, dancing and singing. They will be exposed to beats and rhythms spanning different eras and various parts of the world. Info at [musicologyaz.com](http://musicologyaz.com)

## GYMBOREE PLAY AND MUSIC

Class curriculum is developed by experienced child development program directors and incorporates a balanced whole-child approach with activities to support what the child is mastering right now and what he or she will aspire to later. Classes are designed in 6-month increments to meet a child's unique interests and abilities. From birth to age 5, there's always something special awaiting. Info at [gymboreeclasses.com](http://gymboreeclasses.com)

## HUBBARD FAMILY SWIM SCHOOL

Splash, learn and play. Being in the water with your little one is an amazing and rewarding experience. Classes begin at 8 weeks of age (and, classes for ages 8 weeks to 5 months are free!). Info at [hubbardswim.com](http://hubbardswim.com)

## KINDERMUSIK WITH MISS BRENLIE AND FRIENDS!

Miss Brenlie & Friends strives to have every family that walks through the studio doors engage in active, playful learning and leave with not only a song in their heart, but the tools necessary to facilitate their child's growth emotionally, physically, cognitively, and socially. Free trial class available. Info at [kmwbf.com](http://kmwbf.com)



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# On the Nightstand Book Review

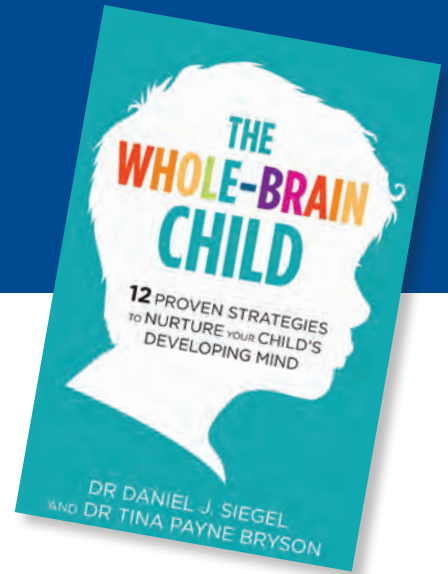
**Title:** *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive*

**Author:** Daniel J. Siegel and Tina Payne Bryson

**Source:** PublishersWeekly.com

Neuropsychiatrist Siegel (*Parenting from the Inside Out*) teams up with psychotherapist Bryson in this brain guide-book for parents. The authors assert that parents can have a positive and important impact on helping kids develop brain skills. Siegel and Bryson clearly explain how the brain develops, pointing out specific examples of the brain at work in various situations (e.g., a four-year-old who melts down when left at preschool is working from her right brain; a 12-year-old who denies her emotions after a quarrel with a friend operates from the left brain). The authors offer 12 strategies parents can use to help their children integrate the various parts of the brain. For instance, a strategy called "Connect and Redirect" is used when a child is having a tantrum; it's best to connect with the right or emotional side

of the brain, offering comfort, and later appeal to the left or logical brain when the child has calmed down (when a child is upset, logic often doesn't work). Siegel and Bryson reveal that an integrated brain with parts that cooperate in a coordinated and balanced manner creates a better understanding of self, stronger relationships, and success in school, among other benefits. With illustrations, charts, and even a handy "Refrigerator Sheet," the authors have made every effort to make brain science parent-friendly.



Team Taylor's 2nd Annual  
Arcadia Family Fun Run  
SUNDAY, APRIL 13TH, 2014

**REGISTER TODAY!**

**[www.TeamTaylorAZ.com](http://www.TeamTaylorAZ.com)**





# Corks for Kids – April 26, 2014

- Silent Auction
- Raffle
- Live Music
- Food & Drinks
- and Much More!

Tickets are \$35 each or \$60 per couple.

Raffle tickets will be sold at the event, \$10 each or 3 for \$20.

All Silent Auction bidding will be conducted via smartphones so be sure to bring yours with you.

**You do not have to be present to support Corks for Kids!**

Online bidding begins at 9:00 a.m. day of the event (April 26) via [NCPGAZ.org/corks-for-kids-2014](http://NCPGAZ.org/corks-for-kids-2014) and will continue until 9:30 p.m. that evening.

**Here's a preview of some of the awesome items available!**

## Fun for the Kids

Arizona Sunrays  
All Saints Episcopal Day School Summer Camp  
As You Wish Pottery  
AZ On the Rocks  
Deb's Dragons  
Desert Botanical Gardens  
Disneyland  
Flip Dunk Sports  
Girly Girlz  
Gymboree Classes  
Hubbard Family Swim School  
The Ice Den  
Imagine That Summer Camp  
Kidstop Toys  
Music Together in Phoenix  
McCormick-Stillman Railroad Park  
The Phoenix Zoo  
Play Factory  
PVUMC  
Scottsdale Gymnastics  
Yippee Yoga

## Get Your Fitness On

Desert Song Yoga  
Karve Studios (Gilbert & Scottsdale)  
Results Only  
Stroller Strides/Fit4Mom  
The Village Health Clubs and Spas

## Fashion & Beauty

Ava Rose Designs  
Bunky Boutique  
Dental on Central  
Make-up by Danton Robert Thompson at Spa Lamar  
MaryKay by Brittany Moran  
MomBomb  
Muse Boutique  
Roden + Fields  
Salon Surreal  
Sundrops Nail Spot  
Tan on the Glow  
UrbanWox

## Food & Drink

Acadia Tavern  
Hillstone  
La Grande Orange Pizzeria  
Little Cleo's Seafood Legend  
Talavera Restaurant at The Four Seasons  
The House Brasserie  
The Mission  
Vino 100 Wine Tasting  
Whisked Away Private Cooking Class  
Yard House

## Jewelry

Alexandra Collections  
JewelryYa  
Luciam Designs  
Origami Owl  
Schmitt Jewelers

## For the Home

Arizona Childproofers  
Bonner David Galleries  
Lulu Interior Design  
Risa Kostis Closet Organization  
Stoeller Services Pet Sitting

## And much, much more including:

Tiny Prints  
Little Moo Photography  
1 on 1 sessions with NCPG instructors  
Golf Lessons  
Sprinkles Cupcakes  
Raising Arizona Kids Magazine  
Images by Kay Photography  
Arizona Grand Resort Golf Foursome  
Ride in a Warbird Airplane

To purchase your tickets and set up your phone for mobile bidding, visit [NCPGAZ.org/corks-for-kids-2014](http://NCPGAZ.org/corks-for-kids-2014)  
For more information, please contact [fundraising@NCPGAZ.org](mailto:fundraising@NCPGAZ.org)



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# Things to Do in April

## Phoenix Art Museum Presents Lifelike in Phoenix

**When:** April 6 at 10 a.m.

**Where:** Phoenix Art Museum, 1625 N Central Avenue, Phoenix

**What:** Lifelike features 50 contemporary sculptures, paintings, video and photography that thread the line between reality and the most imaginative of illusions. These artworks play with scale and media of everyday items and situations including a sleeping bag made from painted bronze and an overstuffed garbage bag made from marble. These works are so detailed and thoughtful, it will have you asking is this real?

## Origination: A Festival of Native Cultures

**When:** April 6 from noon to 4 p.m.

**Where:** Scottsdale Center for the Performing Arts, 7380 East Second Street

**What:** Outdoor festival featuring Brazilian and Native American cultural performances, workshops, kids' activities, food, music and dance classes, and more!

## Voices for CASA Children's Superhero 5k Walk/Run, 1k Walk

**When:** April 6 at 12:00 p.m.

**Where:** Kiwanis Park 6111 South All American Way Tempe, AZ85283

**What:** Proceeds will go to support Court Appointed Special Advocates (CASAs) who give a voice to children in state care because... Kids just want to be Kids! For more information about Voices for CASA children and the work they do to help children in our community please visit [www.voicesforcasachildren.org](http://www.voicesforcasachildren.org)

## Peter Rabbit

**When:** April 9 through 20, 10 a.m. Wed.-Sat. and 2 p.m. on Sat. and Sun.

**Where:** Arizona Puppet Theater, 302 W. Latham, Phoenix

**What:** Told with hand puppets, music, and movement – no words!  
\$10/adults, \$7 for 12 and under.

## Splash, Splash, and Dash

**When:** April 12 from 8 to 11 a.m.

**Where:** Skyline Aquatics Center, 845 S. Crismon Rd., Mesa, AZ 85208

**What:** Kids will compete in a run, swim and obstacle course race at Skyline Aquatic Center. In addition to the race, there will also be a fun zone with inflatables, games, vendors and food.

## Infant & Toddler Story Time

**When:** April 14 at 10:30 a.m.

**Where:** Arizona Science Center, 600 E Washington Street, Phoenix

**What:** Sing-alongs, stories and open-ended play for infants through age 2. Included with admission. (\$14.95/adults, Free for under 3).

## Earth Day at the Zoo

**When:** April 19 from 9 a.m. to 4 p.m.

**Where:** Phoenix Zoo, 455 N. Galvin Parkway

**What:** Educational and entertaining activities about conservation. Included with admission. (\$20/adults, \$10 for 3-12, Free for under 2).

# THINGS TO DO FOR DATE NIGHT

## Scottsdale Culinary Festival

**When:** April 8 - 13

**Where:** 7408 E. Osborn Rd. Scottsdale

**What:** The six-day festival offers a diverse menu of luxurious dinners, themed cocktail parties and the signature event, the Great Arizona Picnic featuring 50 restaurants, chef demonstrations, live bands and specialty tasting venues. The festival is the primary fundraiser for the Scottsdale League for the Arts.

## Celebrity Fight Night

**When:** April 12 at 5 p.m.

**Where:** JW Desert Ridge Marriot 5350 E. Marriott Dr. Phoenix

**What:** This is a signature gala held annually to raise money for charities in honor of guest Mohammad Ali. Celebrities and professional athletes from all across the United States come together for an evening with live auction items and music performances. The primary beneficiary is the Muhammad Ali Parkinson Center at Barrow Neurological Institute in Phoenix, but this event raises money for other charities as well. Reba McEntire will emcee, with musical performance by the Band Perry and musical director David Foster.

## John Legend Concert

**When:** April 4 at 8 p.m.

**Where:** Mesa Arts Center, One E. Main St. Mesa, AZ 85211

## Swirl, Sip, and Savor

**When:** April 11 at 6 p.m.

**Where:** Sanctuary Camelback Mountain Resort, 5700 E. McDonald Drive, Paradise Valley

**What:** This is an exclusive event created for wine enthusiasts. The evening will feature award-winning winemakers and winery owners pouring their exquisite, limited production wines.



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# Signs of Potty-Training Readiness

How to tell when your toddler is ready to potty train and tackle the toilet.

[WhattoExpect.com](http://WhattoExpect.com)



Your neighbor boasts that her little genius was diaper-free before his second birthday. Your niece, on the other hand, refused to perch on the potty till preschool. Which is the right time frame for potty training? In a nutshell: Neither and both. As with other developmental milestones, kids are programmed with one-of-a-kind schedules — and it's crucial to let your child set the pace for when to start potty training. If your tot's not ready for potty training, even the best toilet tactics are sure to fall flat. So wait until you see these surefire signals:

## POTTY-TRAINING READINESS SIGNS:

### [You're changing fewer wet diapers.](#)

Until the age of about 20 months, kids pee so frequently that expecting them to control their bladders is probably unrealistic. But a toddler who stays dry for an hour or two at a stretch — and occasionally awakes without wetness — is physically ready for potty training.

### [Your child's bowel movements are predictable.](#)

Whether he has a BM in the morning, after meals, or right before bed, a regular rhythm will help you anticipate when to pull out the potty — and thus boost his likelihood of success.

### [He broadcasts bodily functions.](#)

Some children happily announce when a bowel movement is about to strike ("I pooping now!"). Others communicate through less-verbal means — say, by retreating to a corner

or producing a preemptive grunt. No matter what the signal, if your child shows he's aware of his body's functions, he's ready for potty training.

### [He despises dirty diapers.](#)

At some point, most toddlers go through a (fleeting) stage when they're averse to personal messes — they're bugged by errant crumbs and sticky fingers, and yes, eager to escape their soiled nappies as soon as possible. This is a golden opportunity to kick off the potty-training period because for the first time, your child dislikes his stinky diapers as much as you do!

### [He's able to perform simple undressing.](#)

When nature calls, the potty won't be of much use unless your child can quickly yank down his trousers and pull-ups or underwear. Similarly, girls should be able to hike up their skirts in a flash.

### [He understands bathroom lingo.](#)

Whether you prefer kid-friendly jargon like "poop" and "pee" or formal terminology like "defecate" and "urinate," your child's ready for potty training if he understands and is able to use the family's words for bathroom functions and any associated body parts.

### [He demands a live demonstration.](#)

If your child has toileting on the brain, he'll want to see how the experts (read: his parents) do it. So don't be surprised if your little one follows you into the loo to have a look.





# NCPG Mom To Meet

## Shaly Vassigh

### Spouse

Goudarz Vassigh ("Dr. G")

### Children

Kian (5), Kamran (2)

### Born, Raised & Lived

Born in Ames, Iowa but lived in Chicago and New York. My parents are from the British Guyana in the West Indies.

### City and Years Married

We live in Moon Valley in Phoenix and have been married for 5 years.

### Career or Previous Career

Esthetician and Co-Owner (with husband) of Inner Radiance Spa & Back-Health Chiropractic, an Organic Spa and Wellness Center

### Non-mother Hobby

Yoga and meditation; traveling and learning about different cultures

### 5 Words to Describe Yourself

Passionate, caring, spiritual, colorful, creative

### Favorite Vacation Spot

Kauai, Hawaii

### Favorite Adult Spot to Dine in Town

Persian Room

### Favorite Children's Book to Read

*Incredible You!* by Dr. Wayne Dyer

### Favorite Family Hangout

Desert Ridge for the live music and summer splash pad.

### Rules to Mother By

Listen, acknowledge their feelings, create family values and boundaries, teach and explain, use consistent and natural consequence instead of punishment to address misbehavior, and don't forget to have fun with them!

### Most meaningful mom moment

When I saw my four year old comforting and hugging his brother after a fall when I wasn't in the room.

### Best mothering advice given to you

To teach my kids to be intrinsically motivated (to do the right thing even when no one is looking).

### Who introduced you to NCPG?

Michelle Buxbaum. She's a client of mine and we've become close friends through NCPG for the last 5 years!

### Best thing learned in class this year?

From our teacher Joan Sarin: how to notice when you or your kids are in an "amygdala hijack"— when your body goes to fight-or-flight and you can't think clearly. She taught us that it is necessary to identify and release our own emotional triggers that can cause this and showed us the importance of breathing to bring yourself back into a calm and rational state to parent better. I've learned to not let myself be in a constant panic mode trying to put out fires with kids, stay calmer, and create a more calm environment around me for my kids. I feel more nourished and grounded from the inside, which allows me to be a better parent for my boys.

# Cooking With Kids



## Beef and Vegetable Lo Mein

<http://momsdish.com/recipe/400/beef-lo-mein-recipe>

**Prep Time:** 20 minutes

**Total Time:** 30 minutes

### Ingredients:

- 8 ounces Spaghetti; broken in half
- 1 tsp Sesame Oil
- ¼ Cup Hot Boiled Water
- 1 Tbsp Beef Better Than Bullion seasoning
- 3 tbsp Soy Sauce
- 2 tbsp Brown Sugar
- Olive or vegetable oil for frying
- 1 pound Beef or Chicken
- 2 large Carrots
- 2 cups Broccoli
- 1 large Onion
- 4 Garlic Cloves

### Directions:

1. Cook spaghetti per box instructions. Add sesame oil and stir to combine.
2. Into hot, boiled water add Better Than Bullion and brown sugar; stir to dissolve. Into the mixture, add soy sauce and set aside.
3. Using a hot skillet, brown both sides of the beef. Let beef cool and slice it into two inch pieces.
4. Add sliced beef into the same skillet, fry until completely cooked. Into the cooked beef, add sauce mixture, cook all together for about a minute, and set aside.
5. Dice carrots, broccoli and onion into two-inch pieces.
6. Using the skillet, where you've cooked beef, sauté onions until golden brown. Remove from the heat.
7. In a separate oiled skillet, sauté carrots until softened, add broccoli and cook for about three minutes. Press garlic into the same mixture and remove from heat.
8. In a large dish, combine spaghetti, vegetables and beef, together. Toss to combine, and serve hot.



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## Camelback Family Counseling

**Gina Marianetti, MSW LCSW**

Licensed Clinical Social Worker specializing in children and adolescents experiencing grief and loss, anxiety, depression, and behavioral issues.



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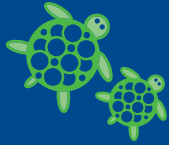
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**Class Registration:** • \$200 before June 15th • \$250 after June 15th  
**Annual Nursery Fees:** • First Child (\$200) • Second Child (\$50) • Additional Child (no charge)

**Please Note:**

- No refunds on registration and/or nursery fees after 9/30/14.
- Guests are welcome to attend one meeting. Please make reservations with the Membership Director. The guest nursery fee is \$25 per visit, per child. Space is subject to availability.
- Financial assistance for tuition and/or nursery costs is available to those for whom the fees are prohibitive. Confidential inquiries are handled by the Membership Director.
- There will be a \$25 charge for returned checks.

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

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Child's Name\*: \_\_\_\_\_ DOB: \_\_\_\_\_ Nursery ( Y / N )

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Nursery ( Y / N )

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Nursery ( Y / N )

*\*You will be grouped by your oldest child's birth date unless you indicate otherwise.*

- Class Preference: ☐ Daytime classes ☐ Evening classes
- How did you hear about us? ☐ Current Member ☐ Friend ☐ Newspaper ☐ Hospital ☐ Online  
☐ Other (please explain): \_\_\_\_\_
- Would you like to be on a committee? ☐ Fundraising/Corks for Kids Event ☐ Special Events ☐ Communications

By signing below I acknowledge that neither North Central Parenting Group (NCPG) or Church of the Beatitudes (CB) carry insurance to cover any injuries to NCPG members or their families. As consideration for participation in the NCPG program, I hereby release, remise forever, discharge, and agree to save and hold harmless and indemnify NCPG and CB, and the employees, officers, directors, and agents of each, of and from all liability, claims, demands, causes of action and possible causes of action whatsoever, arising out of or related to any loss, damage, or injury that including negligence of any of the foregoing. I agree to defend and indemnify NCPG from and against any and all liability or claims arising out of any loss, damage or injuries sustained by myself, my minor child or family member participating in any function of NCPG.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PAYMENT BY CREDIT CARD:**

Class Registration \$250 (or \$200 before June 15, 2014)

Nursery (First Child) \$200

Nursery (Second Child) \$50

Credit Card Usage Fee 4% of Total

**TOTAL:** \$ \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Check One: ☐ Pay in Full ☐ Two Equal Payments\*

**\*Terms & Conditions**

Credit card will be charged for half the total registration/nursery fee(s) upon registration. The second payment will be automatically charged to the credit card on January 30th regardless of whether member continues with membership or nursery usage unless the second payment is received prior via cash or check. Policy of no refunds on registration and nursery fees after 9/30/14 remains in effect. Credit card processing fees apply. Credit card information will be kept secure on file until second payment is made, after which it will be securely destroyed. Must register by December 1st to utilize payment plan.

*I acknowledge that I have reviewed and accepted the Terms and Conditions of the Two Equal Payment Plan and authorize NCPG to charge my credit card upon registration and on January 30th, 2015.*

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Signature & Date Required)

**PAYMENT BY CHECK:**

Class Registration \$250 (or \$200 before June 15, 2014)

Nursery (First Child) \$200

Nursery (Second Child) \$50

**TOTAL:** \$ \_\_\_\_\_ Check # \_\_\_\_\_

*(If paying only the first half of the total registration/nursery fee(s), you are required to fill out credit card information above and sign/date after the Two Equal Payment Plan Terms & Conditions.)*

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## EASTER BUNNY CARROT PLAYDOUGH RECIPE

[http://www.madetobeamomma.com/2013/03/easter-bunny-playdough-carrots.html#\\_a5y\\_p=1344047](http://www.madetobeamomma.com/2013/03/easter-bunny-playdough-carrots.html#_a5y_p=1344047)

Who doesn't love playdough? Make this as a great candy alternative for Easter party favors, basket fillers, or just a fun activity to do alongside your kiddos!

### HOMEMADE PLAYDOUGH RECIPE:

- 1C flour
- 1C water
- 1/3C salt
- 2 tsp. cream of tartar
- 1 tbsp. vegetable oil
- Food coloring of your choice

\*Note: You can use regular liquid food coloring (colors tend to be more pastel in shade); or for more vibrant colors use gel-based food coloring, available at any craft store.

### DIRECTIONS:

Place dry ingredients in a saucepan, and then add vegetable oil and water. Turn your burner on medium heat and stir. Once your mixture starts to thicken, add your food coloring. Keep stirring until your playdough begins to stick to itself and the spoon, eventually forming one ball. The stirring process may take a few minutes. . . just keep stirring until this happens. Simply knead the ball of playdough to incorporate the color better. Place on a piece of waxed paper or plate to cool. To make the "carrots" just form your cooled playdough into carrot shapes and place inside clear treat bags. Enclose the bags with green ribbon.