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Parent Times

November 2014

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President's Corner

Dear Members,

November is one of my favorite months of the year!

Not only is it finally starting to cool down, but also it kicks off a wonderful season surrounded by family and friends! I hope that you find times during this busy part of the year to take it all in and enjoy!

It is also a month of thanksgiving, and with that being said, I would like to thank each one of you for making NCPG a part of your life. We could not have the success and reputation we do without the members, teachers and sponsors that make up our group—and I am truly thankful for you all!

Happy Thanksgiving!

Molly Livak

ncpg

north central parenting group

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

www.ncpgaz.org



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Parent Times

Members, this monthly newsletter is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! 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!

Editor – Kelly Vasbinder

Designer – Neill Fox, www.foxnoggin.com

On the Cover

Joey Butterfield (now 2) is photographed by Courtney Sargent Photography. See more at www.courtneysargent.com



Miscarriage: The Need to Grieve

By Barb Grady

This article is dedicated to all my students who have gone through miscarriage and know what it means to mourn a dream, a child that never was and yet was somehow already a part of you.

Most people do not realize the depth of mourning that many women go through after a miscarriage, or understand how long recovery can take. The worst part frequently is not the miscarriage itself (although horrible), but constantly being aware of where the pregnancy “would be,” noticing all pregnant women and feeling obsessed with the loss. There is also very little understanding of exactly what causes miscarriage and what can be done to prevent them. Women tend to blame themselves for the loss, when in reality they do not have that power, and could have done nothing to prevent it. Guilt is a common emotion after miscarrying. It is important to realize that the day-to-day things we do have very little effect on miscarriage. Perhaps the hardest part is how rarely such loss is acknowledged by those around us, and how few miscarriage rituals exist.

The silence our society casts over the topic makes it hard for women and families to get the information and help they need to go through this surprisingly common experience. It is important for people to realize just how devastating this experience can be emotionally and how hurtful comments like, “It was better this way” or “At least the baby died before you got too attached” or “This happens all the time” are to the mother. Our culture is not very good at mourning this type of loss and medical personnel can be insensitive to women’s feelings. No one who is dismissive of this event recognizes the pain of the mother or the attachment she already had to the baby, thereby compounding the grieving process.

Many experts suggest that the mother try to see the fetus, if possible. I know that this can be perceived as more painful, but every woman I know who has seen her baby after a miscarriage took comfort from this experience. All the feelings about having a real baby are confirmed. One mother I know went to

her doctor and found out her near term baby no longer had a heartbeat. She had to wait over a day, knowing the baby was dead, before delivering this baby. Thankfully, she had support and was assisted in the mourning process. She held, named, and had a meaningful funeral service for her child.

Many women find that, to varying degrees, most people are not comfortable discussing loss. Sometimes the woman herself avoids discussion of her loss. One of my students expressed that knowing what to say in response to questions about the pregnancy was a difficult hurdle for her. We role played possible encounters together and that helped her become more comfortable when seeing other people.

The quickest way to get through grief is to stand directly in it and to allow yourself to feel the sadness and loss, so that those feelings can finally be released. Embracing the loss is the first step in the grieving process. Having to deal with unmet expectations and life plans is painful but necessary. To many, the loss of a parent is terribly painful (regardless of your relationship with that parent). With the loss of a parent, you lose the present and the past. With a miscarriage, you lose the future.

A partner’s reaction to loss can have a large impact on a woman and on the relationship between them. Most of the women I have interviewed commented that their partners grieved differently than they did. The mother’s grief is centered on the loss of the fetus. While also grieving this loss, a lot of the partner’s pain is centered instead on the woman. Watching a partner’s physical and emotional pain can be very hard. Usually the partner is not as focused on the pregnancy, since it is not in his body. There is not a kick in the belly or the extreme exhaustion, symptoms whose disappearance serves to emphasize the enormity of the loss.

I recommend setting aside time to talk about the loss every day. A husband may come home from work and see that his wife is not crying and so he thinks, 'I won't bring it up, if I do, it'll just depress her.' The wife may think, 'If I bring it up it'll just depress him' so she does not. After awhile she starts to think, 'Maybe he didn't care about the baby the way I did.' Try to communicate how you felt that day and why you felt that way.

Telling small children about the loss can also be challenging. If you have questions about helping a child through the grief process, please access my article "Guiding Children Through Grief" from my web page: www.parenting-plus.com. Children will ask many questions and those questions need to be answered as simply and honestly as you can. When you feel sad, tell your child that you are sad and that nothing is too sad to talk about. It is very important to give children some explanation and not to avoid talking about it. Some children blame themselves, thinking that the baby did not grow because they had ambivalent feelings about it. Parents need to be aware of major changes or regressions. When explaining a miscarriage, or any death, to a child, do not describe it as "like going to sleep" as this can cause some children to be fearful of going to bed at night or to see parents sleeping.

Other techniques that many have found helpful to the entire family include holding a ceremony to honor the baby or creating a memory book. Many parents give names to miscarried babies. Planting a tree or flowering bush in the baby's name can help. Writing poetry can be cathartic too.

Seeking professional help is beneficial and sometimes absolutely necessary. Private counseling is an option that has helped many families. Women who miscarry will experience the same kind of postpartum depression that full-term pregnancy can bring. Much of this is due to hormonal changes, but the presence of grief makes it more acute for many mothers. There are support groups for women who have miscarried.

Coming to terms with miscarriage involves a fundamental shift in how we look at the world and ourselves. It can shake a person's faith and create opportunities for growth. Some women face a big decision after they have gone through their initial grieving. Should I try again? Am I ready to try again? What if this happens again?

Many women who have experienced miscarriage, or know someone who has experienced it, take the opportunity to help others as well. All it takes is a willingness to take this grief seriously, to listen, to talk, and share. We all need to create our own places, inside our homes and with our friends, to honor the babies never had.

Do's and Don'ts

- Do bring up the subject. Ignoring a person's loss is painful, so express your sadness and regret for their loss. Listen with empathy to what the person may share.
- Do not minimize or trivialize a person's loss or pain.
- Don't ask why it happened—it's not the mother's fault and frequently there is not an answer to that question.
- Do grieve, cry, and take the time necessary to heal. Don't expect people to move on before they are ready.
- Do create a ritual, baby book, keep the cards people send, or anything else that helps.
- Do get help if you need it.

Support Group

National SHARE Pregnancy
& Infant Loss Support Inc.

800-821-6819

www.nationalshareoffice.com

This organization sells memory books, remembrance boxes, and other items helpful for creating rituals appropriate for miscarriage.

For More Information

Allen, Marie and Shelly Marks. *Miscarriage: Women Sharing from the Heart*. John Wiley & Sons, 1993.

Faldet, Rachel, and Karen Fitton, eds. *Our Stories of Miscarriage: Healing with Words*. Fairview Press, 1997.

Friedman, Lynn, with Irene Daria. *A Women Doctor's Guide to Miscarriage: Essential Facts and Up-to-the-Minute Information on Coping with Pregnancy Loss and Trying Again*. Hyperion Press, 1996.

Kohn, Ingrid, and Perry-Lynn Moffitt, with Isabella Wilkins. *A Silent Sorrow—Pregnancy Loss: Guidance and Support for You and Your Family*. Routledge, 2000.

Lanham, Carol Cirulli. *Pregnancy after a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth, or Infant Death*. Berkley Brooks, 1999.

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Calling all Photographers!

Do you like taking pictures?
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Please contact: communications@ncpgaz.org

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This is a simple and automatic way for us to support NCPG every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to us.

You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, or baby registry, and other account settings are also the same.

On your first visit to AmazonSmile, you need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make will result in a donation.

Please let all your friends and family members know about it too!

Love NCPG? Get Involved!

Our board of directors can always use more help! We are currently looking for members, with or without experience, to join the following committees:

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The List: Kid-Friendly Restaurants



America's Taco Shop

Tacos, burritos, chips, guacamole, a spacious patio and breakfast burritos that freeze magnificently.... we could eat here for every meal, or enjoy it from home too!



Pita Jungle

Aside from the wide variety of options for adults, the kids' menu is incredibly healthy, and it's all already cut up too!



Central Bistro

One free kids' meal for each adult entrée! Fabulous people watching, and something to satisfy even the pickiest eater.



Seed Café

Seed Café is inside the Madison Improvement Club so you can get a workout in and bring home dinner! Smoothies are also a huge hit with kids, and if you're an early riser, their breakfast burritos help start any day off right.



Chelsea's Kitchen

Kids eat for free between 3-6pm everyday! Not to mention, while you enjoy your glass of wine, Dad can chase the kids on the canal path just behind the beautiful patio.



Snooze

A delightful new breakfast eatery, which often features a balloon artist on weekends to entertain the wee ones! It's location inside the Town & Country plaza also allows kids to safely explore while their pancakes fluff up.



Giant Rustic Pizza Delivery

Pizza delivery that isn't Dominos or Pizza Hut! We love supporting local businesses! Especially when they are this tasty!



Sugarbowl

This local favorite has been around for decades for a reason. Not only are their desserts the best, but also the atmosphere is a nice change of pace. Make sure to visit the game room, too!



Grassroots

Grassroots new location at Town & Country gives us delicious "comfort" dining and a safe courtyard play space for kids!



The Stand

Fresh, drive through burgers (and milkshakes) that are fast, but not fast food! The owner grew up in Arcadia, and promises only the highest quality ingredients.



Grimaldi's

Between the decadent pizza, crayons and dough for playing, kids will enjoy this restaurant almost as much as you'll enjoy not cooking!



Wally's

Wally's is a true neighborhood family restaurant. Parents can enjoy a home cooked meal without cooking, and the kids can explore the patio and courtyard area in between bites!



La Grande Orange *Curbside pickup

They come to you... in your car. Need we say more? Mouthwatering pizzas, salads, sandwiches and kid-friendly fare... and, lattes or rotisserie chickens can also be delivered via curbside.



Wildflower Bread Co

We love Wildflower for their laid-back dining room, and convenient pick up options. Kids meals include milk and a cookie, and if you pop in for a latte between 3:30-4, kids get a free glass of milk, cookie and activity!



Oreganos

The staff at Oreganos are great with kids, and offer plenty of pizza dough to keep little one's idle hands entertained while they hand toss your pizza.



Is your child sick but your doctor's office closed?



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WEST VALLEY, AVONDALE — 623-643-9233
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NCPG Mom to Meet

Lindsay (Hall) Baumhefner

Spouse:
Matt Baumhefner

Son:
Keaton Charles (6mo)

Born, raised & lived:
2nd generation native of Arizona, lived in Paradise Valley, Phoenix, Tucson, and Beaver Creek, Colorado

City & years married:
Married in Pinetop, Arizona at White Mountain Country Club in July of 2010.

Career or previous career:
Realtor at Russ Lyon Sothebys International Realty, and a Physician Assistant at Southwest Spine and Sports.

5 words to describe yourself:
Jovial, humorous, creative, adventurous, spiritual.

Favorite vacation spot:
Del Mar, California

Favorite adult spot to dine in town:
Greasewood Flats

Favorite children's book to read:
Where the Wild Things Are

Favorite family hangout:
McCormick Stillman Railroad Park

Rules to mother by:
Love unconditionally

Most meaningful mom moment:
Hearing my son's laughter for the first time

Best mothering advice given to you:
Listen to your instinct

Who introduced you to NCPG?
Numerous friends have expressed their great experience with NCPG.

Best thing learned in NCPG?
I am so impressed with the dedication of the mothers in NCPG to the commitment of raising healthy and happy children. It is a journey, and we are all in it together.

Events Calendar



NCPG Evening Lecture Series Nutrition for Learning

Wednesday, November 12 from 6 to 8 p.m.
Children's Museum of Phoenix
215 N. 7th St., Phoenix, AZ 85034

Many children are starting their school day with full bellies and starving brains. As a nutritionist and former Montessori educator, our speaker, Ms. Katzen, can attest to the fact that specific styles of eating are supportive to learning and others, detrimental to attention, mood, and behavior. Ms. Katzen will explain how certain foods and additives can actually short circuit brain function even in the healthiest of brains!

Presented by Jan Katzen-Luchenta, AMI, CFP-Author, Preconception/Prenatal and Children's Nutritionist

NCPG Casual Coffee/Play Date

Friday, November 15th from 9:30-10:30am

Grab coffee at your favorite Biltmore coffee shop & then head over to the center fountain to catch up with some other NCPG moms! A great way to get your Friday started! Come with or without your little ones! We want to see you!

Member Faire!

December "Parent Times" Issue

Do you provide a service or sell a product that NCPG members would love? Tell us about it! The December issue of the NCPG Parent Times magazine will feature an entire section devoted to promoting our members' businesses.

Please provide the following to

communications@ncpgaz.org by November 10:

- Your name
- Your business name
- A one to two sentence description of your service/product
- One photo
- How NCPG members should contact you (URL or email address)

There is no cost to be listed but we request a donation of an item from your business to the 30th Anniversary Celebration silent auction (value of \$150 or more).

NCPG 30th Anniversary "Prom Night" Celebration and Fundraiser

Saturday, February 21, 2015
Phoenix Country Club



Join us for an evening full of food, fun, and a fabulous silent auction. Let's get dressed up, bring our spouses and celebrate 30 years of NCPG!

Help Support NCPG!

Beyond the fun, food, and friendship, the NCPG 30th Anniversary Celebration and Fundraiser helps fund NCPG activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely on members' participation. Book your sitter for Saturday, February 21, 2015.

In addition to attending the 30th Anniversary Celebration and Fundraiser, you can help us find great items for the silent auction. **If you have any connections with businesses that may be interested in donating to our silent auction, please let us know!** We are looking for gift certificates, gift baskets, private lessons, stay-cations, vacations and everything in between!

Please grab us at the next class or email **fundraising@ncpgaz.org** with any questions and/or ideas to help make this year's event a night to remember! We would love to hear from you!

Silent Auction Co-Chairs:

Sara Snyder & Sarah Wolfswinkel

Email: **fundraising@ncpgaz.org**



New Arrivals!



Ella Lee Brink

October 8, 2014

6lbs, 9oz, 19.5 inches

Big sister: Charlotte (28mo)

Parents: Christi & Jeff Brink



Greer Maria-Anne Rothstein

October 17, 2014

9lbs, 1oz, 20.5 inches

Big Brother: Greyson (27mo)

Parents: Stacey Brown & John Rothstein

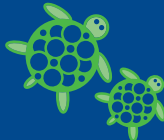


Andrew Michael Livak

October 23, 2014

7lbs 10oz

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Luke, Molly, Alice & Khaki



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Fall Family Festival





Thanksgiving in a Bucket!

Find out how, here: www.buzzfeed.com/christinebyrne/thanksgiving-in-a-bucket#2lube

Thanksgiving is glorious. But let's be real: It takes up a whole lot of space. Like, an obnoxious amount of space. Hardly anyone has enough room on their dining table for a turkey and half a dozen sides, and that's not even taking into account the fact that you probably have to find room to actually eat on said table.

The solution to this problem, then, is obvious:
THANKSGIVING IN A BUCKET.

To make Thanksgiving in a Bucket, you'll need a bucket that holds at least 3 gallons. Plastic is a good idea, because glass is a) breakable and b) heavy. The only part of this process that's not pure, unadulterated fun is that before you can put Thanksgiving in a bucket, you have to cook it!



Dish Brush Turkey

<http://www.craftymorning.com/dish-brush-turkey-craft-thanksgiving/>



Thanksgiving is the perfect time to make an adorable turkey craft with your kids! We used my favorite painting tool – an old kitchen dish brush and it turned out awesome. I realized after we did this that turning the paper horizontal would probably look better but the turkey's body would be smaller. Gobble gobble!

MATERIALS NEEDED:

Brown, red, orange paper, Googly eyes, Scissors/glue, Round dish brush, Yellow, red, and orange paint

Cut out a turkey's body shape with brown paper and glue it on a piece of white paper. Then cut out some orange feet and a beak. Glue on the big googly eyes (we got those silly eyelash ones at Michael's craft store!) Have the kids dip their dish brush into the paint and press all around the turkey to make "feathers!"

Let it dry and you've got yourself the best looking turkey on Thanksgiving Day.

“Essential” Daily Nutrients for Learning

by Jan Katzen, AMI, CFP, CN

A sneak peak at our November 12 Evening Lecture Series!

Many children are starting their day with full bellies and starving brains. As a nutritionist and former Montessori educator whose experience with children's eating habits inspired me to change careers, I can attest to the fact that specific styles of eating are supportive to learning and others, detrimental to attention, mood, and behavior. In fact, certain foods and additives can actually short circuit brain function even in the healthiest of brains!

Why do some children focus intently on subjects that are of interest and struggle to finish others? Perhaps they are lacking the necessary sustained brain fuel to finish the required yet unappealing task at hand? Is the child really hyperactive, unable to concentrate, and a behavioral problem or is he grumpy, hungry and on the down side of a blood sugar spike (even from cereal, milk, and juice!)? We owe it to our children to find out – especially when young children are developing lifelong learning styles.

I've yet to meet a brain that has not responded favorably to proper nourishment.

A Snapshot of the Essentials

The working mechanisms in the brain are protein and lipid (fat) dependent. The amino acids found in protein make the chemicals in the brain responsible for attention, memory, learning, sense of well being, sleep, calmness, and even attachment (the love, cuddly hormone, oxytocin has synaptic receptors). Nine of these amino acids are essential; they must come from a dietary source daily. The body cannot produce these amino acids from other foods. It is important for optimal brain function that school-aged children eat high ratio amino acid proteins throughout the day. Peanut butter is not one of them. Even though peanut butter is considered a complete protein it is short on tryptophan. Tryptophan is the precursor of serotonin, the sense of well being, calming neurotransmitter. Chicken, eggs, and beef are a few examples of high ratio proteins that contain all of the amino acids, essential and non-essential in the highest ratios possible!

Children Need 20% More Essential Amino Acids Than Adults

Essential fatty acids, particularly docosahexaenoic acid

(DHA), are critical for brain health. The finer working mechanisms of the brain including synaptic vesicles responsible for transmitting and receiving chemical messengers and myelin, the fatty sheath covering the nerve communicating messages between two neurons depend on daily dietary DHA. Myelin is also made up of oleic acid (olive oil, avocados), and cholesterol. High vitamin fats from grass-fed animals and their by products are the best source of cholesterol.

Many children are lacking essential daily brain nutrients. As parents, teacher, and health professionals we have an obligation to assess if we are feeding our children foods that will nourish and enhance brain performance or foods that will provoke hyperactivity, inattention, aggressiveness, and disrupt vital neuronal signaling networks.

Nutritionist Jan Katzen, AMI, CFP, CN is a certified nutritionist and researcher with a subspecialty in brain chemistry and human nutrition. She is a clinician at Jordan Developmental Pediatrics and maintains a private practice in Phoenix, Arizona. She is a certified nutritional educator and provides individualized nutritional evaluations and resolution plans for all family members – even couples planning for pregnancy! Skype friendly www.nutritionforlearning.com

Jan Katzen will be the speaker at our November 12 Evening Lecture Series. For much more information, detail and a Q&A with Ms. Katzen, please join us! Hope to see you there!



NCPG Member Poll

Breastfeeding was:

Easy for us:34%
 Hard for us:32%
 Wasn't an option:2%
 Was supplemented with formula: 17%
 Only formula for us: 15%

Best "lie" I've ever told my child to avoid a meltdown:

"The sign says, "no crying in Target!"

"Coyotes will hear you"

"It's closed on Sundays." (It wasn't Sunday!)

"You have to sit down in the grocery cart, or a policeman will come find you."

"Your toy is on vacation."

"The park takes a nap every day, just like you!"

ENROLLING NOW FOR 2014-2015



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 FOURs/PRE-K: 3, 4 or 5 day
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