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(Ages 0-5 yrs.) Nurture confidence, curiosity and physical skills through play-based activities,



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(Ages 6 mos-5 yrs.) Explore music through play, activity and song.



Family

(Ages 6 mos-5 yrs.) Bring all your children to the same class to play and learn together as a family!



President's Corner



I hope you all are enjoying this beautiful weather with your little ones before the heat comes our way!

We are so excited for our Spring Family play date on March 22nd! Not only will there be plenty of entertainment for you and your family, but it is all to benefit a great cause, close to NCPG's heart — Wigged Out!

Exciting news...we will be offering a NEW class for the primary years (1st-3rd grades).

Although our year isn't over, we are already planning for the next. We will be voting on our fabulous new board, and we have some exciting news...we will be offering a NEW class for the primary years (1st-3rd grades). Please spread the word! We have had inquires for years from alumni and kindergarten moms, and we are thrilled we can offer continuing support to these women and children!

Finally, we are starting our 2015-16 registration today! Don't forget to take advantage of our *Early Registration* **Discounted Rate!**

As always, please feel free to contact me with any questions you might have.

> **Happy Spring!** Molly Livak

nc&pg

north central parenting group

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www.ncpgaz.org



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Parent Times

this publication. Shoot us an email at communications@ncpgaz.org. Thanks for your help!

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On the Cover

See more of Sandra's work at www.sandratenuto.com

12 Reasons Why You're a Great Mom

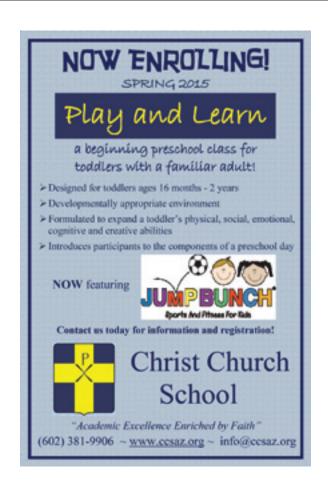
This article first appeared on Mommyish. See more at scarymommy.com

Being a parent is hard, but I have some great news for you: You don't suck as much as you think you do. In fact, if you are a mom who cares about her kids (as the majority of us do), you are great. Here are 12 reasons why:

- 1. You have kept your child alive. This is not a joke. Newborns are scary. You have learned how to cradle your baby's fragile head and keep their neck on straight. Go, you.
- 2. You don't know what you're doing, but you do it anyway. The mantra of a good mom is "fake it till you make it." You master this the moment you become a mom.
- 3. You're scared, but you do it anyway. As the saying goes, the true sign of courage is being afraid and doing it anyway. That is a new mom in a nutshell.
- 4. You're an expert Googler. You don't know when, if, or how often you need to take your kid to the doctor. Thank the Lord above for Google because now you can compare rashes and types of baby poop to separate a legit emergency from a new mom freakout. You've got this.
- 5. You feed your baby all day long. Seriously, babies eat constantly. If you've gotten up at three in the morning to give your baby some fresh boob juice, you're a great mom.
- 6. You think about your baby all day long. As cheesy as it sounds, any mom can tell you that it is impossible to get your baby off your brain when you are away at work or otherwise. This is perfectly normal. Do what you gotta do—you're a good mom.
- 7. You make your kids food. Whether you are making breast milk, blending up baby purees, or cutting up grilled cheese for your toddler, making nutritious, delicious food for kids is really hard. Bonus points for not screaming when your toddler throws dinner on the floor.
- 8. You feed your kid more than you feed yourself. As a new mom, you've probably stuffed crackers in your face while you pumped breast milk at your desk. You've also probably given your toddler the last apple slice when you haven't eaten all day long. You're basically Mother Teresa.
- 9. You use your superhuman strength to cart your baby around. Babies are way heavier than anyone tells you. If you are baby-wearing or lugging your tot through the grocery store, you are basically Iron Man.



- 10. You exercise superhuman patience in the face of tantrums. Every parent is tempted to freak out when their toddler screams and slaps them in the face. If you don't, you are a saint. Rinse and repeat.
- 11. You've given up sleeping until noon. Yeah, that's probably not gonna happen for a few good years. Sleep is overrated anyway. Right...?
- 12. You try to balance it all and fail miserably. Every mom does this. You try to please your husband, your kids, your boss, your friends, and vourself, and it never works. Don't worry—sometimes you'll pull it off better than others. You're still a good mom.



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Upcoming Events

Spring NCPG Charity Play Date

SATURDAY, MARCH 21, 2015

All Saints Episcopal School 6300 North Central Avenue, Phoenix 10:00 am-12:00 pm

Let's have some fun with everyone in NCPG, and raise money for our partner charity, **Wigged Out Inc.** Wigged Out Inc., aids cancer patients financially and emotionally with the overwhelming stress that comes with hair loss by finding the perfect wig and hair accessories. (see the article at right!) Get ready to celebrate spring with a petting zoo, face painting, a bounce house, and much more!





NCPG End-of-Year Play Date

SATURDAY APRIL 22, 2015
Arcadia Park, 3402 N. 56th St., Phoenix

3:30 pm-5:00 pm

Let's all get together one last time before the 2014-15 school year closes and have some fun at the park!

Activities and entertainment will be provided!



Registration now open for the 2015/16 NCPG Year!

Thanks to the huge success of our 80s Prom Night Fundraiser, *dues will not increase*. Register before June 15, and pay the early-bird discounted rate of only \$200. On June 15, tuition will return to \$250. We have some exciting changes coming your way, including a new class for moms with children in first/second and third grades. Save these dates, for another fabulous year with NCPG!

September 9 September 23

October 7

October 21

November 4

November 18

December 2

January 6

January 20

February 3

February 17

March 2

March 30

April 13

April 27



Wigged Out Inc., was founded by four women, two of which are NCPG members; Chelsea Kunde and Lindsey Dies. In January of 2011, at just 26 years old Chelsea was diagnosed with Hodgkin's Lymphoma. At the time, she was three months away from getting married, and postponing her wedding was something Chelsea and her fiance refused to do. They were not going to let the devastating news of cancer control their lives. As the wedding planning moved forward, Chelsea was faced with planning for hair loss as well, and her best friends were looking for a way to help... what started as a kind gesture has evolved into something much greater.

My name is Chelsea; I am a daughter, a sister, a wife, a therapist, a friend, and someone who had cancer. I am a survivor.

I remember flying to a wedding at the end of October and the plane having bad turbulence. As I braced myself, I put my hand over my chest and heart and felt a lump on the left side of my neck above my collarbone. Immediately, it did not feel right, but I chalked the lump up to allergies and moved on. A few months later the lump was still



Chelsea and her husband, Josh, on their wedding day.

there, so I went to my doctor. It turned out to be cancer, and my entire world flipped upside down.

I remember thinking, why me? How can this be happening? After the immediate shock subsided, I thought of my hair. How can I get married if I lose my hair? How can I face my world and be myself without my hair? Fighting cancer and going through treatments are challenging, but losing your hair adds another level of stress. When you are sick, you know you are sick, but sometimes you can hide it, maybe even fake it. When you start to lose your hair, it is difficult to hide the fact that you are sick. You have a daily reminder every time you look in the mirror. That was one of the hardest parts for me.

I remember wishing I was "stronger" and did not care about my

The Kunde family: Chelsea, Josh and Harper.

hair loss. That is much easier said than done. Your hair is part of you and I was not ready to part with it. I could not even drag myself to the wig shop. That is where my amazing girlfriends came into play. They did the research on blonde wigs, went to a local wig shop, picked out an incredible wig... all of which I was avoiding.

My friends also started thinking of a way to raise money in order to help fund my wig and other hair accessories, as these items tend to be pricey...

nd so became Wigged Out Inc. What started as a kind gesture of helping a friend sick with cancer and grieving her hair loss has evolved into something much greater; focusing on helping others to be able to feel like themselves, at least when they look in the mirror.

How to Keep a House Clean... with Kids!

TheInspiredRoom.net

When I was a younger mom, I was forever making up lists and methods to keep track of everything from organization to daily routines. I had notebooks and files and all sorts of systems involving complicated color coding and chore tracking devices. The problem was, once I would get the systems all set up, I would fail miserably at using them. I had made housekeeping more complicated than it needed to be. I felt like I was always behind and my house seemed on the verge of chaos.

In my endeavor to live life more fully, I'm always evaluating things I want to incorporate into my life and what things I DON'T want. I want to have a beautifully decorated, clean and organized home, but there are other things in life that are important to me too. I want my home to be in order so I am free to nurture relationships and enjoy living, but I don't want to be a slave to my housekeeping routines.

So, how do I balance it all? I keep it simple.

Over the years I've found I can focus on four basic housekeeping routines that work for me, and I'm sticking to them. I can add other things, of course, but these are the tried and true basics. By breaking it down and doing what works for me, I feel I can manage my life, instead of my house taking over my life.

Here is what I focus on every day:

1. MORNING ROUTINES. I have found that having a regular morning routine works best for me. This involves at the very least: some quiet time, making the bed, taking a shower (hanging up my towel when I am done, of course!), putting on very simple makeup and getting dressed right down to my shoes. I always toss in a load of laundry as I am getting dressed. I find if I start out the

day with those few things, I am ready for anything and feel energized to tackle my day!

2. CLEAN SINKS. I learned the Fly lady system back when my son was born. I was taking care of him and my two grade school girls and during the day I was watching my nephew who was born five weeks before my son. All that and working part-time! With four kids taking over my tiny house, I ran into frustration over having too much to handle. Clean and shiny sinks, always.

I follow this principle both in our bathrooms and the kitchen. Something about striving for that shiny sink keeps me from letting dirty dishes pile up in the kitchen and icky stuff in the bathroom.

3. CLEANING FRENZIES. Since the beginning of our marriage, my husband and I have utilized what we call "cleaning frenzies" to give our home a quick clean up every day. A cleaning frenzy might last ten minutes or even up to an hour. But everyone participates, including the kids. We run around picking things up, putting things back, and generally tidying things up.

Sometimes we focus on one room; sometimes it is an entire house frenzy. Sometimes it is a task frenzy, like dusting or cleaning all toilets! It works like a charm to make a big impact in a short period of time. Even one "10-minute cleaning frenzy" a day keeps the frustration away.

4. NIGHTLY KITCHEN CLEAN UP. Every night, almost without fail, we clean the kitchen. We put away dishes, load the final dishwasher load of the day, wipe off counters, and polish up the sink. There is nothing like waking up to a clean kitchen to make your day feel less overwhelming from the start.





Come join us for Kid's Cooking Camp this summer! Whisked Away offers 4 sessions during the last week of May and the first week of June for ages 3 and up. Budding chefs will be cooking of course, but they will also be working on kitchen confidence, kitchen safety, table manners and table setting.

Ages 3-6: 5/26-5/29 * 3pm- 4:30pm OR 6/2-6/5 * 3pm- 4:30pm

Ages 7-11: 5/26-5/29 * 9am-12pm

Ages 12 and up: 6/2-6/5 * 9am-12pm

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www.whiskedaway.net * 480-330-6525 * info@whiskedaway.net



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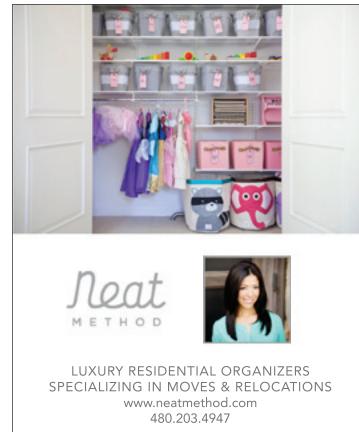
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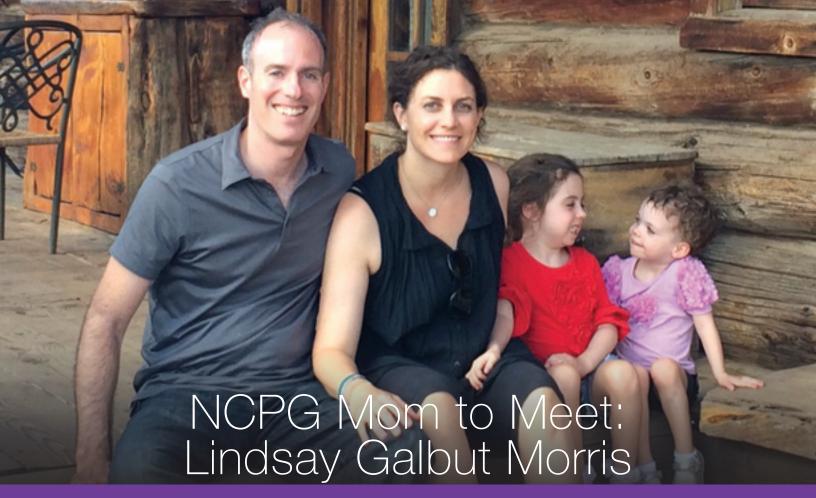
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Spouse: Michael Morris

Children: Laurel and Aubrey

Born, Raised: Born in Phoenix. Raised in Paradise Valley.

Lived in: Tucson; Chicago; Los Angeles; Rochester, Minnesota; New York City.

City & years married: Married in Phoenix, celebrating 8 years.

Career or previous career: Marketing and Public Relations. I have worked for Coca-Cola, Mattel, WNET/Thirteen (PBS) in NY, and Galbut & Galbut P.C I also owned a consulting business called Utensils, as well as a pop up boutique called One of a Kid. In college I founded a nonprofit called Muralcles, bringing music and art therapy to hospitalized pediatric patients. It is still operating at UofA and ASU.

Favorite family hangout: Our house, home, where everyone can relax, have non-rushed conversations, and spend time together.

5 words to describe yourself:

Creative, Compassionate, Loyal, Energetic, Genuine.

Favorite vacation spot:

Hawaii. (But the best trip ever — Patagonia, Argentina.)

Favorite adult spot to dine in town: The Gladly and Café Monarch.

Favorite children's book to read: The Giving Tree by Shelf Silverstein.

Rules to mother by: Be patient, it will pay off. Bring humor into as much as you can. Take time for yourself, for you and your spouse, and with family and friends. but also that it is ok to make them!

Most meaningful mom moment:

I came to pick up my daughter Laurel teacher pointed out a "compliment tree" that the class had made and taped to the door. Each student was given classmate. Laurel had asked for many leaves because she was so generous with her compliments... her leaves

were all over the tree. I was so proud of her, both for her kindness and ability to find something positive in others.

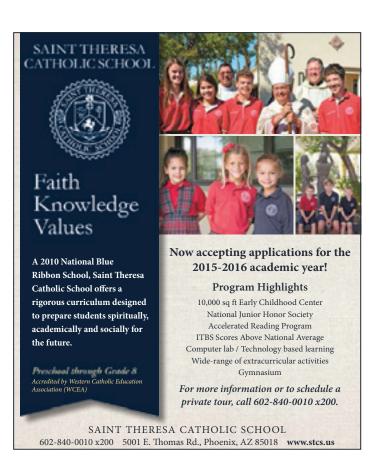
Best mothering advice given to you:

two are choices you are fine with your child selecting, and the third choice is if they can't decide, then you will! Your child feels empowered to make the choice and you are happy with the result.

Who introduced you to NCPG?

My friend Katie Kerrigan, who also introduced my husband and I!

Best thing learned in NCPG? How our children and not just get totally caught up in the "day to day" routine that is so easy to do. As all my NCPG teachers have emphasized, this precious window of time in our children's lives only comes once. As parents, we have an opportunity to help support, build, and guide our kids to become thoughtful, moral, social-minded and giving, independent, and confident individuals. These skills and abilities are fostered early and will carry through their lifetime.



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New Arrivals!







Peter Walp French January 2, 2015 8 lb, 2 oz – 21 inches Welcomed with love by

William and Katie French





Mirabelle Sophie Ladner January 20, 2015 7 lb, 8 oz - 21 inchesWelcomed with love by Jason and Nicole Ladner with big brothers Harrison(6) and Davis(3)



Tatum Creek Heriaud Born January 25, 2015 7 lbs 3 oz Welcomed with love by Travis and Kristen Heriaud









February 1, 2015 6 lb, 11 oz -19 in Welcomed with love by Hayley & Scott Whitefield with big brother Charlie (18mo)



NCPG Member Poll

Favorite Mom moments!

"Watching my toddler daughter make the baby laugh."

"Hearing my children tell each other they love each other."

"When I'm sleeping."

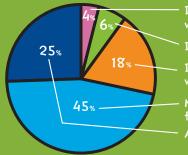
"Those few moments right before bed, when he snuggles up."

"Christmas morning- my older one came in to rub my back because the baby was up all night."

"When they pick me over Daddy....shhhh, hehehe!"

"Her being obsessed with me."

Things I said before I had kids!



I will never negotiate with my kids.

I will still shower everyday.

I will not let my kids watch TV.

My kids will never behave that way in public. All of the above!

More:

"I will not make special meals for my kid, different from ours."

"My kid won't sleep in my bed."

"Kids behave the way they do because of parenting."

"I will never let my kid use an iPad at a restaurant."













NCPG GALA 80s PROM NIGHT

Thank you for everyone that came out to support NCPG!

WE RAISED A GRAND TOTAL OF \$27,634!

This money will help cover our organization's costs & keep our member dues low!

Thank you & a special thank you to our fabulous fundraising team, Sara, Sarah & Stephanie!



















Rainbow Chain Craft For St. Patrick's Day

www.craftymorning.com

Here's an easy St Patricks Day craft for the kids to make a rainbow pot o' gold chain link! It's a great decoration piece for parties or to hang outside! I love how this art project turned out.

You will need construction paper, scissors, gold glitter, glue, tape, and floss to make this.

Start by cutting red, orange, yellow, green, blue, and purple strips of paper.

Roll them into circles and staple them together to make rainbow chain links.

Cut out a black pot, a handle, and yellow circles for the gold.

Glue the yellow circles together and glue it to the top of the black pot. Tape one side of the handle to the back of the pot and loop it through the purple one, taping it on the other side. If you don't want the tape to show you could use glue or paste another black pot on the back.

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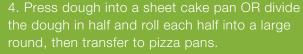
INGREDIENTS

- 1-1/3 cup Shortening (may Substitute Butter)
- 1-1/2 cup Sugar

- 2 whole Eggs
- 4 cups All-purpose Flour
- 3 teaspoons Baking Powder
- 1/2 teaspoon Salt

PREPARATION INSTRUCTIONS

- 2. In a large bowl, cream shortening (or butter), sugar, orange
- (flour, baking powder and salt), then blend this into the cream



- 5. Bake for 12-15 minutes until cookie dough is cooked and golden brown, but not overly crisp.
- 6. Using a mixer with a whisk attachment, whip Slice into squares or wedges and serve.



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