

Parent Times

December 2015

IN THIS ISSUE

Telling the Truth About Santa	2
Ask the Experts: Cord Blood Banking	4
Mom to Meet	6
Holiday Events	8
Ask the Expert: Music and Children	10
New Arrivals	11
News & Events	12



THE ONLY ONES WHO
WILL HAVE MORE FUN
THAN YOU ARE

YOUR KIDS.

FOR MEMBERSHIP INFORMATION,
PLEASE CONTACT:

Mary Grass
602.636.9823 or mgrass@phoenixcountryclub.com

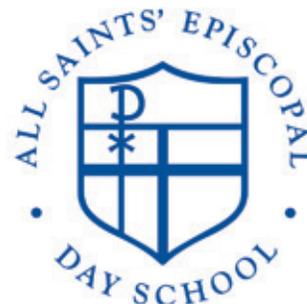
PHOENIXCOUNTRYCLUB.COM



PHOENIX COUNTRY CLUB
SEVENTH STREET & THOMAS ROAD



Educating Children
Head to soul



please join us for
an open house

December 09
January 13

Open House Begins at 9 a.m.
RSVP at www.aseds.org

All Saints' Episcopal Day School

All Faiths Welcome • Pre-K through Eighth Grade • Indexed Tuition Available
6300 North Central Avenue • Phoenix, Arizona 85012 • 602.274.4866

www.aseds.org • www.facebook.com/PhoenixASEDS

All Saints' Episcopal Day School admits students of any race, color, or national origin.



President's Corner

Dear Members,

Can you believe we are almost to a new year? This holiday season has flown by for me; and a new year means our kids are getting older. It goes by so fast!

It is such a fun time of year, but also a time of reflection on the past and looking ahead.

I thank you all for your time and commitment to NCPG in 2015 and hope that you will continue to carve out the time to take advantage of all NCPG has to offer in 2016!

Most importantly, I hope you & your families all have a safe, fun and exciting holiday season and a very happy new year!

Looking forward to seeing you all on January 6th as we kick off 2016!

Happy Holidays & New Year!

Sara Snyder

P.S. Hope you and your kiddos can join us at Granada Park on December 9 at 9:30 a.m. — it's one of my favorite parks!



NCPG 2015-2016 Board of Directors

President: Sara Snyder

Vice President: Kelly Vasbinder

Treasurer: Anna Petermann

Assistant Treasurer: Caroline Keating

Membership Co-Directors:

Nathalie Estes & Ashley Blalock

Education Co-Directors:

Meredith Christensen & Chelsea Kunde

Fundraising Co-Directors:

Sarah Wolfswinkel, Tiffany Pondelik & Pele Fischer

Sponsorship/Advertising Co-Directors:

Katie French, Caroline Taylor & Sarah Ragland

Communications Co-Directors:

Kelly Krueger & Laura Beardsley

Public Relations Co-Directors:

Teana Wagner & Amy Kasalek

Nursery Director: Jennifer Nelson

Sitter Director: Laura Golding

Special Events Co-Directors:

Megan Livengood & Kelly Ellison

Social Co-Directors:

Amy Forsythe, Jessica Phipps & Kacey Raab

Alternate Director: Sarah Frey

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

Visit us at:

ncpgaz.org

Like and recommend us on



facebook

www.facebook.com/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! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at **communications@ncpgaz.org**. Thanks for your help!

Editors – Laura Beardsley & Kelly Krueger

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

On the Cover

Lila Gisele Snyder, photographed by Keri Meyers.

See more of her work at **kerimeyersphotography.com**.



The Sweetest Way to Tell Your Kids the Truth About Santa

popsugar.com

Santa is everywhere you look during the holiday season, and that can be confusing for children. Seeing so many Santas inevitably brings up the question, "Is Santa real? And if Santa is real, which Santa is real?" No parent wants to lie to his or her child. And no parent wants to burst the magical bubble that makes the holiday season so precious.

Chantel R., who is considering what to do, remarks that some parents refrain from telling their kids the Santa myth at all "because they don't want to lie."

Where do you stand? How do you explain Santa to your children?

What if you had a wonderful explanation of who Santa really is? An explanation that doesn't lie or destroy the magic of the season? Would that be helpful? If so, then you're in luck.

Several years ago, I read a *New York Times* piece that answered the Santa question perfectly. I knew in my bones this was destined to become the classic answer. I contacted the writer, Martha Brockenbrough, and got permission to republish her piece. First, let me set this up: Martha's daughter has figured out the truth about Santa, which "left her mother grappling with how to explain that belief." She did it with this letter:

Dear Lucy,

Thank you for your letter. You asked a very good question: "Are you Santa?"

I know you've wanted the answer to this question for a long time, and I've had to give it careful thought to know just what to say.

The answer is no. I am not Santa. There is no one Santa.

I am the person who fills your stockings with presents, though. I also choose and wrap the presents under the tree, the same way my mom did for me, and the same way her mom did for her. (And yes, Daddy helps, too.)

I imagine you will someday do this for your children, and I know you will love seeing them run down the Christmas magic stairs on Christmas morning. You will love seeing them sit under the tree, their small faces lit with Christmas lights.

This won't make you Santa, though.

Santa is bigger than any person, and his work has gone on longer than any of us have lived. What he does is simple, but it is powerful. He teaches children how to have belief in something they can't see or touch.

It's a big job, and it's an important one. Throughout your life, you will need this capacity to believe: in yourself, in your friends, in your talents, and in your family. You'll also need to believe in things you can't measure or even hold in your hand. Here, I am talking about love, that great power that will light your life from the inside out, even during its darkest, coldest moments.

Santa is a teacher, and I have been his student, and now you know the secret of how he gets down all those chimneys on Christmas Eve: he has help from all the people whose hearts he's filled with joy.

With full hearts, people like Daddy and me take our turns helping Santa do a job that would otherwise be impossible.

So, no, I am not Santa. Santa is love and magic and hope and happiness. I'm on his team, and now you are, too.

I love you and I always will.

Mama



Happy holidays and happy parenting, everyone. Now go kiss your kids!

Sharon Silver is the author of "Stop Reacting and Start Responding: 108 Ways to Discipline Consciously and Become the Parent You Want to Be" and the founder of Proactive Parenting. Her book and site help parents gain more patience by responding instead of reacting as they deal with the whirlwind of emotions created by raising kids ages 1 to 10.

LET US find the dangers in your home **BEFORE** your child does!



ARIZONA
CHILDPROOFERS
YOUR IN-HOME AND POOL SAFETY SPECIALISTS

- Childproofing
- Pool Fencing
- Pet Proofing
- Senior Safety

FAMILY HOME SAFETY EXPERTS

480.634.7366

www.azchildproofers.com



10% OFF

Materials Only Coupon Code: KD2013

VALLEYWIDE • LICENSED • BONDED • INSURED • ROC 269159 • ROC269160

Ask the Experts

Just What the Doctor Recommended: Cord Blood Banking

We often hear the question from moms “does my doctor recommend cord blood banking?” So, Cord Blood Registry asked three doctors of Obstetrics and Gynecology* for their thoughts on cord blood banking, choosing a company, and their recommendations. Here’s what they said:

Dr. Tiffany Werbin-Silver, MD, FACOG

What Do You Tell Expecting Mothers?

One of the things I bring up at the 20 Week mark is cord blood banking. Cord blood is the blood flowing through the placenta to the baby, and once delivery occurs, you capture it at that moment, and you have it for a potential lifetime, not only for the baby who is born, who serves as its own perfect match**, but for family members***.

Tell Me About the Research Being Done with Cord Blood Stem Cells

I believe in the research. I really do. I believe this is going to be the wave of the future. I do feel better knowing that it’s there and that the science is progressing and that one day, if I need to, then I’ll have done everything I can do. I’ve had a patient who used her blood cells or stem cells in a clinical trial.

Why Choose CBR?

You want to bank with the place that’s been out there the longest, who’s been doing the most research, has the most stability. The question is always “well, who did you bank with?” I never hesitate; I banked both of my girl’s [cord] blood with CBR. I thought they did a wonderful job.

Dr. Preete Bhanot, MD, FACOG

What Do You Tell Expecting Mothers?

We may not know right now all the things we’ll be able to use stem cells for in the future, but we need to collect them now.

Tell Me About the Research Being Done with Cord Blood Stem Cells

Right now clinical trials are going on to use these cells for children with autism, with hearing loss. In five years, we may have so many more things that we can use these cells for. It is a great investment. You have to do it. I can’t stress that enough.



Dr. Shetal Mansuria, MD

What Do You Tell Expecting Mothers?

What I explain to patients is that the uses are incredible. Treatments of things like lymphomas, leukemias. I know that it can save lives and I have seen it save a life, and I always tell patients that. In that case, it made the difference for this child. The uses are incredible. I think everybody should bank.

Tell Me About the Research Being Done with Cord Blood Stem Cells

The one person that you love and are going to care about more than yourself in this world is going to be this child. I am all for cord blood banking. It may help them down the line.

Why Choose CBR?

I recommend CBR. That’s the bank I chose to bank my [cord] blood with. For a multitude of reasons: they’ve been around the longest, they’re the biggest bank. And, none of the other banks are really doing trials. Of all the banks out there I would definitely recommend CBR.

Watch their video debut on cordblood.com!

Disclaimer:

*These physicians were paid consultants to Cord Blood Registry and 40 Weeks The Movie.

** For genetic conditions, cord blood stem cells from a donor (like a sibling) may be preferable.

*** Siblings of the same biological parents have a 25% chance of being a perfect match and a 50% chance of being a partial match; biological parents will always be a 25% match.

Ultimate use of newborn stem cells will be determined by the treating physician who will consider if they are applicable for the condition and should come from the patient or a suitable donor. There is no guarantee that treatments being studied in the laboratory, clinical trials, or other experimental treatments (including regenerative medicine applications) will be available in the future.

DISCOVER THE POSSIBILITIES BORN WITH YOUR BABY

Your newborn's umbilical cord blood contains powerful stem cells that have therapeutic potential. They have already been used in the treatment of more than 80 diseases worldwide—from various cancers to blood, immune, and metabolic disorders. And researchers are exploring the use of cord blood to treat a number of conditions that currently have no cure.

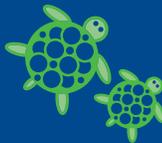
Banking cord blood is an investment in your family's future. Learn more about your options to save your newborn's cord blood by contacting CBR® today.

cordblood.com | 1.888.CORD.BLOOD (1.888.267.3256)



Ultimate use of newborn stem cells will be determined by the treating physician who will consider if they are applicable for the condition and should come from the patient or a suitable donor (siblings of the same biological parents have a 25% chance of being a perfect match and a 50% chance of being a partial match; biological parents will always be a partial match). There is no guarantee that treatments being studied in the laboratory, clinical trials, or other experimental treatments (including regenerative medicine applications) will be available in the future.

© 2015 Cbr Systems, Inc. All rights reserved • 1015 • CBR-MKT-PRT-00103.00



Hubbard
Family Swim School

HUBBARDSWIM.COM
602.971.4044



Redefining Swim Lessons Since 1998

SPLASH, PLAY & LEARN! FREE BABY SPLASH 8 wks - 5 mos
LITTLE SNAPPERS 6 mos - 35 mos **GROUP LESSONS** 3 yrs - 12 yrs



NCPG Mom to Meet

Kyle Christensen

Spouse: Casey Christensen

Children: Claire (7), Quinn (5), and Seamus (3)
Born, Raised & Lived: Phoenix native

City & years married:
Phoenix, Married 14 years

Career or previous career:
Event planning and concierge services

Favorite vacation spot:
Scotland

Favorite adult spot to dine in town:
The patio at BLT at the Camelback Inn cannot be beat on a beautiful night!

Favorite children's book to read:
We are huge Keiko Kasza fans in our house, so we have a whole Keiko Kasza library that are our nostalgic favorites.

Favorite family hangout:
We love the Phoenix Zoo. If it's a nice day (or even moderately nice), and we have the day off, you can probably find us there!

Rules to mother by:

I do my best to honor my children's feelings and little hearts and try my hardest to raise kind, honest, trustworthy, and HAPPY kids.

Most meaningful mom moment:

I have 100 moments a day where I just stop and look in their eyes and feel such gratitude that I get to hang out with them and be their mom.

Best mothering advice given to you:

YOU are the expert on your child . . . always take into account the advice of others, but trust your own gut with your own child. You are the only one who knows them best.

Who introduced you to NCPG?

Alex Sklar . . . she brought me a NCPG brochure when she brought me dinner after we had Claire! I joined when Claire was a couple of weeks old.

Best thing learned in NCPG?

"You are not alone..." (cue Michael Jackson) :)
Love the shared experiences with the other moms in the group.

Learn. Play. Grow.



Join us at our Open House
Jan 20 or 21, 2016 (9:15 - 11:00 am)



PVUMC Preschool

Proud supporter of North Central Parenting Group

Paradise Valley United Methodist Church Preschool
4455 East Lincoln Drive, Paradise Valley, AZ 85253



602.840.8265
pvumcpreschool.org



PRESCHOOL

ELEMENTARY

CCSAZ.ORG



Please Join Us 9:30-11:00am
Tuesday, January 12th, 2016

MEET TEACHERS • TOUR CLASSROOMS • ASK QUESTIONS



CHRIST
CHURCH
SCHOOL

Academic Excellence
Enriched by Faith

4015 E. Lincoln Drive
602.381.9906
info@ccsaz.org



SAINT THOMAS
THE APOSTLE
ROMAN CATHOLIC SCHOOL

Where Faith Inspires Hearts and Minds



JANUARY 31, 10:00AM

SCHOOLWIDE OPEN HOUSE AND PANCAKE BREAKFAST

Join us after 9:00AM Mass during our Catholic Schools Week kick-off!
Classrooms will be open to visit until noon
and the Dads' Club will be serving their breakfast fundraiser.

TOURS BY APPOINTMENT

Tuesday 8:30AM for grades PreK-2nd / Thursday 8:30AM for grades 3rd-5th
Call today to reserve your space: (602) 954-9088
or visit us at www.staphxschool.org



CROSS ROADS
Preschool and Kindergarten
A Great Beginning

Pre-K and
Kindergarten
Information
Session

Discover why CROSS ROADS PSK has successfully provided
"A Great Beginning" for Phoenix families for nearly 50 years.

Join Us
Monday, December 7th
at 9:15am

Tour the campus, meet our teachers and staff,
and learn about our successful curriculum.

CRPSK...where children learn to love school,
while mastering the age-appropriate concepts and skills
needed for future success!

EST. 1965

7901 N Central Avenue, Phoenix 85020-4027
602.371.0741 • www.crossroadspsk.com

Holiday Events for the Family

Christmas at the Princess

NOVEMBER 19TH- JANUARY 3RD

Four-story musical tree, skating rink, train, lights, Nativity Garden light show, carousel, petting zoo, S'mores Land and photos with Santa.

www.scottsdaleprincess.com/Seasonal-Events/Christmas-at-the-Princess

CitySkate Ice Rink

NOVEMBER 28TH- JANUARY 11TH

Ice Rink, lighted tree and music.

www.phxicerink.com



Zoo Lights

NOVEMBER 23RD- JANUARY 10TH

Amazing holiday display of lights. 3.8 million lights, 700 light sculptures, plus holiday music.

phoenixzoo.org/event-items/zoolights

Las Noches de las Luminarias

NOVEMBER 27, 28, DECEMBER 10-13, 16-23, AND 26-31ST

Desert Botanical Garden pathways lined with thousand of luminarias, entertainment, food, and wine.

www.dbg.org/events/las-noches-de-las-luminarias

Rawhide Snowy Christmas

NOVEMBER 26TH- JANUARY 3RD

Kids can drop letters off to Ol' Saint Nick himself, nightly snowfall, shopping and holiday lights.

www.rawhide.com/index.php/special-events/shows/rawhide-snowy-christmas

Mesa Temple Christmas Lights

NOVEMBER 28TH- DECEMBER 31ST

Spectacular exhibit of thousands of holiday lights, nativity scene, concert series, and visitor center with daily tours.

www.mesachristmaslights.com

Fantasy of Lights Boat Parade

DECEMBER 12TH

Approximately 50 lighted and decorated watercraft parade in front of the shores of Tempe Town Lake.

www.downtowntempe.com

A Charlie Brown Christmas

DECEMBER 12TH AND 19TH

Holiday favorite comes to life on the Arizona Broadway Theatre stage complete with your favorite Peanuts characters.

www.azbroadway.org/index.php/the-shows/tya-show/charlie-brown

A Christmas Carol: The Musical

NOVEMBER 27TH-DECEMBER 27TH

Everyone's favorite curmudgeon Ebenezer Scrooge returns to the Arizona Broadway Theatre stage for the holidays.

www.azbroadway.org/index.php/the-shows/season-11/christmas-carol

Junie B. in Jingle Bells, Batman Smells

DECEMBER 4TH-20TH

A hilarious and endearing tale based on the best-selling book series by Barbara Park.

www.fhtaz.org/junie-b-in-jingle-bells-batman-smells



A Winnie-The-Pooh Christmas Tail

DECEMBER 4TH- 23RD

Valley Youth Theatres 20th anniversary of this Christmas classic. Visit the snow-covered Hundred Acre Woods to share the holidays with Tigger, Eeyore, Owl, Kanga, Roo, Piglet and Pooh.

www.vyt.com/shows-events/a-winnie-the-pooh-christmas-tail

Frances Smith Cohen's Snow Queen

DECEMBER 11TH-18TH

The Hans Christian Anderson fairy tale performed by the Center Dance Ensemble.

www.herbergertheater.org/calendar/dancetheater-snowqueen



The Nutcracker

DECEMBER 11TH-13TH

Let Clara's magical journey surround you as she encounters life-size mice, swirling snowflakes, dancing confections and the Sugar Plum Fairy.

www.mesaartscenter.com/index.php/shows/resident-companies/the-nutcracker

Rudolph The Red-Nosed Reindeer: The Musical

NOVEMBER 29TH

The beloved TV classic soars off the screen and onto the stage. See all of your favorite characters as they come to life in an adventure that teaches us that what makes you different can be what makes you special.

www.mesaartscenter.com/rudolph.html

Nightly Snowfall

THROUGH DECEMBER 31ST

Out of thin air, flakes of fluffy white snow will float down from the sky, transforming the area to a living snow globe.

Westgate Entertainment District, Glendale
www.westgateaz.com/events/full-calendar

Desert Ridge Marketplace, Phoenix
www.shopdesertridge.com/events/special-events

Tempe Marketplace, Tempe
www.tempe marketplace.com/snow

Holiday Story Time & Activities

DECEMBER 2ND, 9TH, 16TH

Story time with some of your favorite characters, free hot chocolate and cookies from California Pizza Kitchen.

www.shopdesertridge.com/events/special-events

Fingerpaint Ornaments — Mommy and Me Class

DECEMBER 5TH

What could be better hanging on the tree than hand painted ornaments by you and your toddler! Class held at As You Wish Pottery.

www.shopdesertridge.com/events/special-events

The Polar Express

NOVEMBER 6TH- JANUARY 3RD

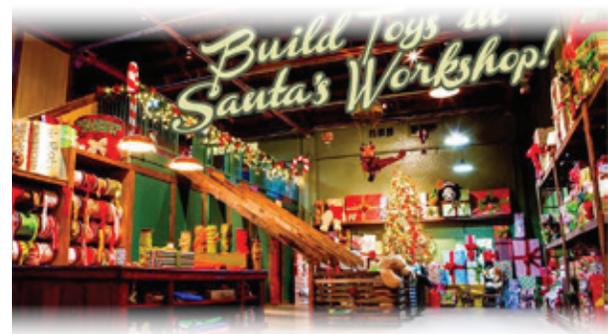
Magical train ride based on the Chris Van Allsburg classic.
www.thetrain.com/special-events/the-polar-express

Breakfast with Santa at the Phoenician

DECEMBER 12TH

Enjoy breakfast with Santa and cookie decorating with their pastry team. A keepsake photo is included for each child with Old Saint Nick.

www.thephoenician.com/il-terrazzo



The North Pole Experience

NOVEMBER 21ST-DECEMBER 31ST

Take the Candy Cane/Snowball Express to Santa's Workshop where you can assist the elves in toy making, tour the factory, get treats from the bakery and take photos with Santa.

northpoleexperience.com/locations/flagstaff-az/

Roaming Santa at the Phoenician

DECEMBER 19TH AND 20TH

Meet Santa in the main lobby for photos and tell him what you're wishing for. A mailbox will be available to send him a special note to the North Pole.

www.thephoenician.com/signature-activities

McCormick-Stillman Railroad Park Holiday Lights



DECEMBER 11TH- JANUARY 2ND

Take a train ride through many festive holiday lights and displays turning the Railroad Park into a winter wonderland.

www.experiencescottsdale.com/event/december-holiday-lights-at-mccormick-stillman-railroad-park

Ask the Expert

What Every Parent Should Know About Music and Their Young Child

The four most common myths busted!

It's not uncommon to hear adults say, "I cannot hold a tune," or "I sing off-key!" Many parents believe they are not musical and, as a result, avoid making music and singing with their young children. This perceived lack of talent inhibits parents' ability to expose their children to a critical developmental stage, reports Music Together, the pioneer in research-based early childhood music education.

According to Susan Darrow, CEO of Educational Services at Music Together, "Research shows that all children are naturally musical. Just as they are born with the potential to learn to talk and to understand language, every child also has the potential, from birth, to learn music. Nurturing this innate talent early in life provides a solid foundation for later success with traditional lessons."



However, many parents and caregivers are unsure just how they can nurture their children's inborn musicality, since they feel they are "not musical." Darrow explains, "Adults can contribute significantly to the enrichment of their child's music development regardless of their own music abilities. They are a critical part of the process! It is not important whether or not a parent can 'carry a tune' or if they sing 'off-key.' Having fun with music—singing and dancing with your child, clapping around the kitchen, marching in the grocery store, belting out a song in the car—these are the real 'lessons' for young children. And the best part, of course, is that anyone can do it!"

Music Together busts the top four myths about parents making music with their children:

MYTH: "I can't carry a tune. If I sing with my child I'll teach her to sing off-key, too."

TRUTH: Children do not learn the skills of singing from their parents and caregivers. They learn the love of singing. When you sing with your child, you are teaching them that singing is something important to you and that it is worth doing, whether or not you do it "the right way." In fact, despite their best intentions, parents who don't sing to their children are doing the opposite of what they want to do: they are teaching their children not to make music. Children will learn to sing accurately simply through exposure to music in their environment and by having the opportunity to experiment with making music on their own.

MYTH: "I want my child to be musical, so he has to start instrument lessons before it's too late."

TRUTH: It is never too late to begin formal music lessons—but it can definitely be too early! Young children have to play with music, before they learn to actually play music. A child is ready for formal instruction when he has achieved what Music Together calls Basic Music Competence (BMC), the ability to sing in tune and move with accurate rhythm. Asking a child to learn to play the piano before achieving Basic Music Competence is like asking him to read a book before he can speak. We have found that, with exposure to a rich music environment throughout the early years, children in Western cultures may reach BMC by age five or six. Without the early exposure, BMC may not be attained until much later, if at all,

Visit a FREE preview class to experience the joy!



Music & Movement Classes for Infants to Age 7
& the Grownups who love Them!



Make beautiful music together!

From babyhood through early elementary years, Music Together nurtures each child's natural musicality. Once per week you'll sing, dance, play with your child in class and then the entire family can continue the fun at home with the help of beautiful recordings & songbooks. It's just what a young child needs to develop a love of music!

(602) 363-8202 ♥ MusicTogetherInPhx.com

which will make formal music instruction more difficult and less enjoyable.

The best thing parents can do to support musicality in young children is to sing and dance with them as often as possible and to provide as much opportunity for them to play with music as possible. With this kind of natural support, a child will develop skills to enjoy and succeed at instrument lessons when the time is right.

MYTH: "Listen to my baby's sounds—he's trying to talk!"

TRUTH: Babies are born as musical beings. Your baby may be trying to sing, not talk. In infancy, early "talking" and early "singing" are one and the same! Babies play with all the sounds they hear, both language sounds and music sounds. When you talk to a baby and stop, the baby will likely try to "talk" back to you to keep the conversation going. When you can recognize a baby's first attempts at singing, reinforce this by echoing his sounds: sing his "song" back to him.

MYTH: "My child hates the sound of my voice. He tells me to stop singing!"

TRUTH: Children do not differentiate "good" singing from "bad" singing until they are at least school-age. For young children, singing is just singing. Toddlers and preschoolers do, however, like to experiment with what they can and cannot control, just like when a child drops a toy repeatedly, wanting the parent to pick it up over and over again. The child is experimenting with cause and effect and observing personal power in action. Similarly, children often ask parents to stop doing things in an effort to exert their control—and singing happens to be one of those activities!

Darrow says, "In separating the truths from the myths, we hope parents and caregivers can better understand the critical role they play in supporting their child's music development. Parents can rest assured that simply by enjoying music with their children, as early as possible, they can have a profound effect on how their musicality flourishes. Creating a musical family begins at birth and can last a lifetime!"

Music Together offers programs for families, schools, at-risk populations, and children with special needs, in over 2000 communities in 40 countries around the world. The company is passionately committed to bringing children and their caregivers closer through shared music-making and helping people discover the joy — and the educational value — of early music experiences. More at www.musictogether.com and on Facebook: [facebook.com/MusicTogether](https://www.facebook.com/MusicTogether)

Looking to nurture your little one with fun & developmentally appropriate music classes? Music Together in Phoenix has a new 10 week session of classes beginning in January with 9 locations in Phoenix, Paradise Valley, Peoria and Glendale. Learn 25 new songs and activities that you can recreate at home with the take-home CD's and songbooks. RSVP to sample a class for free in December at our easy online Demo Scheduler: www.MusicTogetherInPhx.com or call 602-363-8202 for more information.

New Arrivals!



Austin Carl Kasalek

October 15, 2015
7 lbs, 20 1/2 inches



Bristol May Kasalek

October 15, 2015
5 lbs 4 oz, 18 3/4 inches



Big Sister to the Twins: Brooklyn
Proud Parents: Carl and Amy Kasalek



Kennedy Hilton

October 25, 2015
8 lbs, 1 oz, 21 inches
Big Brother: Royce



Proud Parents: Jenna and Zach Hilton

News & Events



CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support North Central Parenting Group. Come in to the Chipotle at **4423 E Thomas Rd (SEC)** in Phoenix on **Wednesday, December 2nd** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to North Central Parenting Group.

Family Night at Chipotle TONIGHT!

Wednesday, Dec 2 , 5:00 - 9:00 pm

**Chipotle (44th and Thomas)
4423 E. Thomas Rd, Phoenix, AZ 85018**

Make dinner for the family a selfless act by joining us for a to support NCPG. Tell the cashier you're supporting the cause to make sure 50% of the proceeds will be donated to NCPG. We hope to see you there!

Monthly Meet Ups!

**NCPG is not "hosting" the Mom's Night Outs.*

The "NCPG Monthly Meet Ups" are a time for NCPG members of all classes to get together casually. Please feel free to attend any event that works for you, however, no event is mandatory.

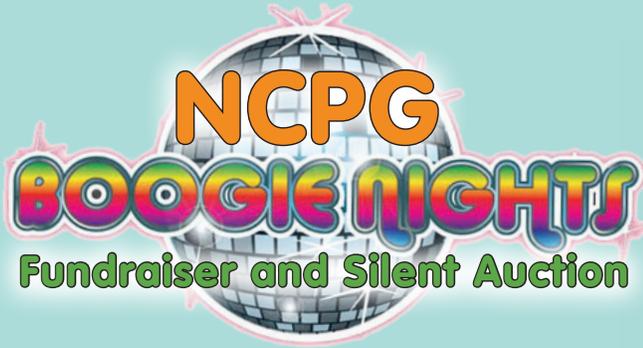
Date	Time	Event	Location
December 9	9:30-11 a.m.	Playdate	Granada Park
January 13	3:30-5 p.m.	Playdate	Kachina Park
January 27	6:30 p.m.	Mom's Night Out*	The Yard
Feb. 10	9:30-11 a.m.	Playdate	Arcadia Park
Feb 24:	3:30-5 p.m.	Playdate	Railroad Park
March 9	6:30 p.m.	Mom's Night Out*	The Vig
March 16	9:30-11 a.m.	Playdate	Kachina Park
April 6	3:30-5 p.m.	Playdate	Granada Park
May 4	6:30 p.m.	Mom's Night Out*	El Chorro

NCPG Backpack Drive Update

We are thrilled to announce that NCPG members donated 130 backpacks to Childhelp and PCH! Thank you for your generous donations! It is amazing knowing we will positively affect the lives of at least 130 children! If you have any other donations you would like to make to these organizations, please contact Dr. Angela Valdez from PCH at angelam.valdez@gmail.com.



Save the Dates!



Saturday, February 20, 2016
7:00 pm

Phoenix Country Club
2901 N 7th Street, Phoenix, AZ 85014

It's official: the theme for this year's annual fundraiser is Boogie Nights (70's)! Save the date, find a babysitter and get down and funky to support NCPG. We'll have live music, dinner, open bar and a sweet silent auction.

If you have silent auction items or would like to join our committee, please contact fundraising@ncpgaz.org.

NCPG Member Faire

In the March *Parent Times* issue



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

Please provide the following to communications@ncpgaz.org by **FEBRUARY 12**:

- Your name
- Your business name
- A 1-2 sentence description of your service/product
- One photo
- Your contact info (URL or email address)

* There is no cost to be listed but we do require a donation (value of \$150 or more) to the 2016 Boogie Nights Fundraiser and Silent Auction. Donations can include items from your business, a restaurant gift card, a gift certificate, etc. For more donation ideas, contact fundraising@ncpgaz.org.

Deadline for donations is February 1, 2016.

NEW!

NCPG Comment Box



We want to hear your thoughts! Please send us any comments or compliments regarding your NCPG experience. Our members' happiness is a big priority of NCPG, so please, make yourself heard.

Email: commentbox@ncpgaz.org



Festive Holiday Drinks for Kids

parentingsquad.com

Fancy and fun drinks are some of the best parts of the holiday season. From eggnog at Christmas to champagne on New Year's Eve, specialty drinks help us celebrate. Kids (and designated drivers) shouldn't miss out on enjoying these festive beverages!

Mix up some cheer with delectable non-alcoholic drinks that will have everyone smiling, and serve up the goodness with some delicious modified recipes from some yummy food sites:

Snowflake Cocoa

INGREDIENTS

- 2 cups whipping cream
- 6 cups milk
- 2 t vanilla
- 1 (12 ounce) package white chocolate chips
- Whipped cream
- Candy canes
- 2 t sugar

METHOD

Stir together the whipping cream, milk, vanilla, and white chocolate chips in a slow cooker.

Cover and cook on low for 2 to 2 ½ hours, stirring occasionally, until mixture is hot and chocolate chips are melted.

Stir again before serving. Garnish with whipped cream and candy canes, as desired.

Christmas Mint Punch

INGREDIENTS

- 1½ cups water
- 10 oz mint jelly
- 3 cups pineapple juice, chilled
- ½ cup lime or lemon juice
- 64 oz Sprite
- 1 quart lime or rainbow-flavored sherbet

METHOD

In small saucepan, combine water and mint jelly. Cook and stir until jelly melts. Cool.

In large punch bowl, combine jelly mix and juices.

Just before serving, add Sprite and lime sherbet.

Children's Cranberry "Champagne"

INGREDIENTS

- 2 well-chilled 750-ml. bottles of non-alcoholic sparkling cider
- 1 cup sweetened cranberry juice
- cranberries
- 1-2 T orange juice

METHOD

Combine cider and juice. Pour, garnish with cranberries. Clink glasses.

Elf Warmer

INGREDIENTS

- 1 quart vanilla ice cream, slightly softened
- 3 sticks butter
- 16 oz brown sugar
- nutmeg, cinnamon, and allspice to taste

METHOD

Mix all ingredients together and store in freezer. At serving time, put 1 heaping scoop into a mug, add hot water (to taste) and heat.

NCPG is now on **amazon**smile

You shop. Amazon gives.

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 North Central Parenting Group.

You use the same account on Amazon.com and Amazon Smile. 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!

We Want Your Pictures!

Please send all birth announcements, cute pictures of NCPG kids and parents and professional photos to be considered for publication in the newsletter and your child may even end up on the front cover.



Please submit high resolution images at a minimum size of 5 x 7 at 300 dpi.

communications@ncpgaz.org.

Sleigh Driver

INGREDIENTS

- 1 cup water
- ½ cup sugar
- 1 2-inch piece fresh or ginger, peeled and sliced (or about 1/2 t ground ginger)
- 3 pears, chopped into bite-size pieces, divided
- 2 quarts apple cider
- 1 lemon, halved and sliced
- 1 T ground allspice
- 1 cup fresh cranberries
- 2 t vanilla extract
- ¼ cup orange juice (optional)

METHOD

Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.

Add the remaining pears, cider, lemon, orange juice, and allspice and heat over medium-high heat, stirring often, for 15 minutes.

Add cranberries and vanilla and reduce the heat to medium-low (the liquid should be simmering, not boiling). Let simmer for another 10 minutes. Serve in heat-safe mugs.

Holiday Craft:

Salt Dough Ornaments

mommypotamus.com

If you're looking for a fun project to do with your kids for the holidays, THIS IS IT. Katie, my six year-old, did everything on her own except the baking, and four year-old Micah only needed help a few times.

The best part? After all the fun is over you have a sweet keepsake for your tree — and possibly a gift for the grandparents, too.

(And, psst. Don't forget to whip up a batch of homemade egg nog, hot chocolate or marshmallows while you work – it makes the the whole experience even more fun.)

INGREDIENTS/EQUIPMENT NEEDED

- 1 cup flour (self-rising flour should not be used as it will cause the ornaments to bubble up while baking)
- 1/2 cup salt
- 1/2 cup water (or more as needed)
- Non-toxic acrylic varnish (like this)
- Rolling pin
- Cookie sheet (This is a really good stainless steel one)
- Drinking straw
- Holiday shaped cookie cutters (I love this snowflake and this set)
- Acrylic paints
- Paintbrush
- Glitter and Ribbon

STEP 1: Preheat oven to 250F. Measure flour and salt, then add them to a medium mixing bowl and stir.

STEP 2: Add water.

STEP 3: Mix thoroughly. Sprinkle parchment paper with flour and knead dough until it's soft and pliable. Add more flour if it's ultra sticky.

STEP 4: Using a lightly floured rolling pin, roll out the dough to 1/4 inch thickness.

STEP 5: Cut out ornaments using cookie cutters. salt dough

STEP 6: Peel away dough and lift cutout.

STEP 7: Place cutout on and ungreased cookie sheet.

STEP 8: Using your straw, create a hole for the ribbon that will hang the ornament. Place ornaments in the oven and bake for two to three hours, or until completely dry. Flip once while baking, then remove and allow to cool completely.

STEP 9: When the ornaments have cooled, decorate them with paints and/or glitter if desired.

Optional step: If you want your ornaments to last for years and years, seal them with three to four thin coats of non-toxic acrylic varnish after the decorative paint has fully dried. Make sure to coat the entire surface to prevent moisture from getting in.



A **ARMOUR SELF STORAGE**

N C P G

Since 1995, Armour Self Storage has been the premier indoor, drive-in and climate controlled self-storage facility serving Arcadia and North Central.

Armour Self Storage is a proud sponsor of NCPG because we know that Everyone Needs More Space, even growing families. Have you outgrown some baby items but you are not ready to give them away? Are you ready to clean out the clutter in your garage or attic? Store your possessions safely and securely at your neighborhood, family owned self-storage facility. **Stop by today to see the Armour difference!**

301 W. Indian School Rd. Phoenix, AZ 85013 602-285-0220

The Perfect Spaliday Gifts
Receive a \$20 Gift Certificate Free with Every \$100 Gift Certificate Purchase.

Valid through December 25, 2015

- ✓ Eminence Organic Skin Care
- ✓ Flower Essences
- ✓ Soy Moisturizing Candles
- ✓ Handmade Jewelry

Comprehensive Wellness Center & Organic Spa

Offering family wellness care, nutrition counseling, chiropractic care, massage, organic facials & skin care. Owned by NCPG members, Dr. Goudarz & Shaly Vassigh

425 N. 24th Street, Suite 125 (@ Campbell)
602-956-8222
www.innerradiancespa.com • www.backhealthaz.com

mama's **COLD BREW** SIGNATURE ICED COFFEE

*Made by moms for moms...
 Because we have to keep up with them somehow!*

Mama's Cold Brew is sweetly spiced organic cold brew coffee. It's made right here in Phoenix and paired with our signature handmade and organically-based creamers.

Our coffee & creamer sets make great hostess gifts! Grab one today with one of our holiday specialty creamers: Peppermint Mocha, Spicy Gingerbread or Salted Caramel. For a list of retailers, visit mamacoldbrew.com.

We have gift cards too!

www.kidtastics.com
 480-994-KIDS

KIDTASTICS
 Where Kid-ology is Key™

MOBILE SERVICES:

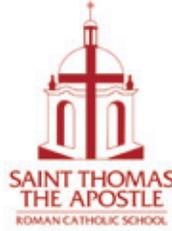
- Dance
- Cheer
- Gymnastics
- Parties
- Swim Lessons
- Lifeguard Services

***Building self-esteem while having fun!**

Scottsdale - Tempe - Paradise Valley
 Chandler - Gilbert - Cave Creek - Phoenix - Mesa

Thank You to Our 2015-2016 Sponsors

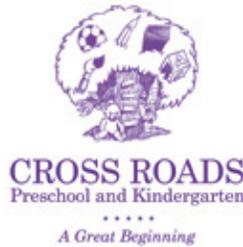
PLATINUM



GOLD



SILVER



BRONZE

