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# Parent Times

October 2015

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north central parenting group





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## President's Corner

Dear Members of NCPG,

Thank you all for a fabulous first month! We are thrilled with the record number of members who have joined this year! Thank you for spreading the word and inviting Mom's to join NCPG.

We hope you have enjoyed the Wednesday morning breakfasts and class time! We had a great first Mom's Night Out at The Henry. It's so fun to catch up outside of our meetings, so please join us if you can!

This month we have some really exciting things planned, so I hope you'll SAVE the DATE for:

- **OCT 9th at the Valley Riding Club** – Join us for our Fall Fundraiser with wine & food! (6-8 pm)
- **OCT 14 at Scottsdale Quarter** – Playdate (9:30-11 am)
- **OCT 24th at All Saints** – Come celebrate Fall & Halloween with your family! Halloween costumes encouraged! (10 am – 12 pm)
- **OCT 28 at Railroad Park** – Playdate (3:30-5 pm)

If you are looking to get more involved in NCPG, but don't know how, please reach out to me! We have plenty of opportunities & committees that would love to have your help.

And lastly, don't forget to invite friends! Our members are our best advertisement, so please continue to spread the word! It is not too late to join for the year!

Please feel free to contact me with any questions or concerns at [president@ncpgaz.org](mailto:president@ncpgaz.org).

Thanks & I hope you all are having a wonderful start to Fall with your families!

Sincerely,

Sara Snyder



## NCPG 2015-2016 Board of Directors

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NCPG is a non-profit, non-denominational organization providing classes to parents of infant to elementary school aged 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! 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](mailto:communications@ncpgaz.org). Thanks for your help!

**Editors** – Laura Beardsley & Kelly Krueger

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

## On the Cover

Olivia Golding, photographed by Monica Stanley.

See more of her work at [monicastanleyphotography.com](http://monicastanleyphotography.com)





# The Real Difference Between Boys & Girls

What the research really says about gender and babies.

by Anita Sethi, Ph.D., sSource: [parenting.com](http://parenting.com)

As a good postfeminist-era mom, I certainly didn't push my son toward trucks and my daughter toward tutus. If anything, I went out of my way to avoid giving them gender-stereotyped toys, offering glittery finger paint to my son and trains to my daughter. But it didn't matter: My son turned his doll's crib into a race car and my daughter was obsessed with shoes.

Even though I'm a psychologist who specializes in early education, it took having kids to make me realize that sex differences aren't just the stuff of *Brady Bunch* reruns. In fact,

one study found that when 18-month-old boys and girls were shown pictures of a doll and a vehicle, for example, most of the girls opted for the doll, while the majority of the boys chose the vehicle. And while 18 months is old enough to have been influenced by stereotyped gifts, research suggests that many of the differences we see are evident from birth, and may even be hardwired.

And that's just the tip of the iceberg when it comes to gender research. To see what else I unearthed, read on. Do you recognize your little XY or XX babe in what the science says?



## It's a Boy!

If you've got a James or Brian at home, you've probably already learned that boys love action—watching it and being a part of it (hint: stock up on Band-Aids!). But they're also more emotional than the stereotypes give them credit for. Here, some of the milestones and traits you can look forward to as your little man grows:

### They like motion.

According to psychologists at the University of Cambridge in England, boys prefer to watch mechanical motion over human motion. When they gave 12-month-old boys the choice of looking at people talking or windshield wipers moving, you can guess which the tots picked. And it turns out that baby boys are more adept at keeping track of moving objects; recent research shows that boys are about two months ahead of girls when it comes to figuring out the laws of motion (that if you roll a ball under a couch, say, it will take a few seconds to pop out on the other side).

### They've got the moves.

You know that old saying, "Girls are talkers, boys are walkers"? Well, it's only half true. Girls do talk first, but boys are likely to start walking—and hit all the major motor milestones—around the same time as girls. It's easy to see how this misconception arose: Boys squirm, kick, and wiggle more than their female counterparts. To wit, according to new research, infant boys are more likely to end up in the ER for injuries. But all that activity does not pay off in meeting early-childhood milestones any sooner. (Boys' gross motor skills do take off, however, during the preschool years, at which point they outpace their female peers in most measures of physical ability.)

### They're more emotional than you think.

There is some evidence that boys tend to be more easily agitated than girls and have a harder time self-soothing. According to one study, even when 6-month-old boys appeared as calm as the girls in the face of frustration, measures of heart rate and breathing suggested that they were actually experiencing greater distress.

### They love a crowd.

Boys prefer looking at groups of faces (future teammates, perhaps?) rather than individual ones. In fact, given the choice, newborn boys would rather look at a mobile than a single face.

### They're (comparatively) fearless.

Boys express fear later than girls, and less often. According to a recent survey, the parents of boys ages 3 to 12 months were much less likely than the parents of girls the same age to report that their child startles in response to loud noises or stimuli. Another study revealed that when moms made a fearful face as their 12-month-olds approached a toy, the boys disregarded the mom and went for the plaything anyway. Girls slowed their approach.

## It's a Girl!

Raising a little lady? Then prepare to gab with your girl. Whether they're trying to maintain eye contact with you as newborns (research shows they excel at this more than infant boys) or saying their first words sooner, girls thrive on communicating with you. You can expect all or some of those characteristics to blossom in your baby girl:

### They're made to mimic.

As early as three hours of age, girls excel at imitation, a precursor to back-and-forth interaction. In a study conducted last year, newborn girls did better than boys in trying to copy finger movements. As toddlers, girls zoom ahead of boys on imitative behaviors such as pretending to take care of a baby but, interestingly, are no different from little guys when it comes to pretending to drive a car or water the plants, actions that are much less about human interaction.

They're good with their hands.

Infant girls exceed boys when it comes to fine motor tasks, a head start that will stick with them until preschool. They're faster to manipulate toys; they use eating utensils sooner; and they write sooner (and more neatly), too.

### They may be better listeners.

Recent research shows that girls are more attuned to the sound of human voices and seem to actually prefer the sound to other sounds. Shake a rattle and you'll see no difference between newborn girls and boys, but when you talk, the girls will be more likely to become engaged.

### They like face time.

Girls are more likely to establish and maintain eye contact, and are attracted to individual faces—especially women's. They're also more skilled at reading emotional expressions; if shown a frightening face, for example, they'll look at Mom or get distressed, but they'll be fine if they see a happy one. Boys take longer to notice the difference, according to a meta-analysis of 26 studies on kids' capacity to recognize facial expressions.

### They talk sooner.

All that watching and listening pays off: Girls start using gestures like pointing or waving bye-bye earlier than their brothers, and they play games like patty-cake and "So Big" sooner, according to a study of children ages 8 to 30 months. Girls understand what you're saying before boys do, start speaking earlier (at around 12 months versus 13 to 14 months for boys), and will continue to talk more through the toddler years. At 16 months, they produce as many as 100 words, while the average boy utters closer to 30. Although girls remain somewhat ahead through toddlerhood, the gap does begin to narrow and at 2 ½, both boys and girls have 500 words, more or less.

Speaking of words, my daughter's first was "shiz" (as in "shoes," lots of them). But despite her obsession with fashion, she always surprises me with a confidence that often makes her tougher than her brothers. And my boys can be incredibly sensitive when I least expect it. The truth is, gender is only a part of what makes them who they are. If only science could study, and I could understand, the rest of them so well!



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# Free Printable Lunchbox Labels, Halloween Art, and more!

We ran across this great little site and had to share!  
Check it all out at [TheCraftedSparrow.com](http://TheCraftedSparrow.com)





# NCPG Mom to Meet

## Amy K. Stoney

### Spouse:

Mike Stoney

### Children:

Jude Arthur: 4; Dillon Fredrick: 6 months

### Born, Raised & Lived:

Born and raised in Portland, OR.

### City & years married:

Mark and I met after college and were married in 2000 in Portland. We moved to Boston together for medical residency training then Mark took a job in Phoenix with Valley Anesthesiology Associates in 2005.

### Career or previous career:

I currently work as a nurse in the NICU at Banner Good Sam and previously at Phoenix Children's Hospital.

### 5 words to describe yourself:

- Energetic
- Gregarious
- Relaxed
- Compassionate
- Fun

### Favorite vacation spot:

The one and only resort in Cabo San Lucas is my absolute favorite weekend getaway.

### Favorite adult spot to dine in town:

The patio at Rita's Kitchen of Camelback Inn.

### Favorite children's book to read:

"Baby's Birthday" from my own childhood collection.



### Favorite family hangout:

On the weekends we are often at The Village or Desiree Gosselink's home :)

### Rules to mother by:

Pick your battles in life and with your children.

### Most meaningful mom moment:

Watching my older son, Jude, play sweetly with his baby brother, Dillon. It makes me feel like I've trained him well.

### Best mothering advice given to you:

From NCPG Instructor, Barb Grady: Even as adults we aren't always able to control our emotions, so how can we expect that of our toddlers? And toddlers are bi-polar. :)

### Who introduced you to NCPG?

Mark's partner's wife, Christy Wright, former president, insisted I try NCPG when I was pregnant. Now I don't know what I would do without the support of my group.





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November 11  
December 09  
January 13

Open House Begins at 9 a.m.  
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All Saints' Episcopal Day School admits students of any race, color, or national origin.

# NCPG Announces 2015-2016 Philanthropy



This year NCPG will be partnering with the **Phoenix Children's Hospital Child Protection Team** and **Childhelp** in a backpack drive for children who are victims of neglect, physical abuse, and sexual abuse. Many children come through the PCH/Childhelp center with nothing but the clothes on their backs, often times being removed for abusive situations quickly and have nothing of their own. It is the goal of NCPG to provide these children with something that they can call their own. The backpacks that NCPG will provide will be filled with items such as; clothes, pajamas, underwear, socks, shoes, toiletries, books, toys and school supplies. We hope to provide a "bright spot" in an otherwise awful life experience for these children. The backpack drive will take place during the month of November. Details to come.







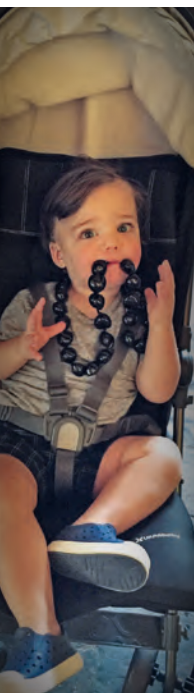
NCPG Mom







ns & Kiddos







# The List: Pumpkin Patches!



## Macdonald's Ranch: Pumpkin Patch Scottsdale (Oct. 1-31)

Pumpkin patch, hay maze, pan for gold, western games, pony rides, a petting zoo and more. Bring a can of food for the Desert Mission Food Bank, and get \$1 off admission. Visit [macdonaldsranch.com](http://macdonaldsranch.com) for more information.



## Schnepf Farms: Pumpkin and Chili Party Queen Creek (Oct. 1-31)

Every Thursday through Sunday in October. Pumpkin patch, hayrides, roller coaster, swinging lady bugz and other rides, petting zoo, rock climbing wall, miniature golf, marshmallow roasting, corn mazes, pig races, and more. Visit [schnepffarms.com](http://schnepffarms.com) for more information.



## Vertuccio Farms: Fall Festival and Corn Maze – Mesa (Sept. 26-Nov. 1)

7 acre corn maze, pumpkin patch, new giant jump pad, extreme air pillow, giant tube slide, hop along ponies, duck races, train and tractor rides, and more. Visit [vertucciofarms.com](http://vertucciofarms.com) for more information.



## Tomachoff Farms: Pumpkin Days & Corn Maze – Glendale (Oct. 1-Nov. 8)

Pumpkin patch, petting zoo, jumping pillow, spider web, pedal cars, play areas, family and mini corn maze, bounce house (week-ends only). Visit [tolmachoff-farms.com](http://tolmachoff-farms.com) for more information.



## Mother Nature's Farm: Halloween Pumpkin Patch – Gilbert (Oct. 1-31)

Pumpkin patch, pumpkin decorating, air bounce, straw bounce, maze, feed the animals, and Alexander's Adventure Maze. Picnic tables, grassy fields and big shady trees available for use. Visit [mothernaturesfarm.com](http://mothernaturesfarm.com) for more information.





## Fall Fun is Underway!

Openings are available in select classes. Contact the office for information.

**CLASSES**

TIME FOR TWO  
MINIs: 2, 3 or 5 day  
THREES: 2, 3 or 5 day  
FOURs/PRE-K: 4 or 5 day  
KINDERGARTEN: 5 day

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# 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](mailto:communications@ncpgaz.org).

## 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](https://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.

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# Events Calendar

## Class Schedule:

8:45 a.m. – Nursery opens  
9:00 – 9:40 a.m. – Refreshments served  
9:45-11:30 a.m. – Classes are held  
11:35 a.m. – Nursery closes  
11:45 – 1:45 p.m. – Pre-Infant Class

## Location:

The Church of the Beatitudes  
555 West Glendale Avenue  
Phoenix, AZ 85021

## Class Dates:

September 9*	January 20
September 23	February 3*
October 7*	February 17
October 21	March 2*
November 4*	March 30*
November 18	April 13
December 2*	April 27*
January 6	

\*Monthly *Parent Times* magazine distributed

## Board Meeting Dates:

October 5	February 1
November 2	February 29
November 30	March 28
January 4	April 25

\*Meetings are at 7:30 pm

# SPECIAL EVENT

## THIS FRIDAY!

October 9, 6:00 - 8:00 pm



Valley Riding Club

2530 N. 64th Street, Scottsdale 85257

Red and whites being poured and Vincent's on Camelback serving paella and artisan breads

## TICKETS

\*\$75 per couple online (\$80 at the door)

*\*Save on your ticket price and buy online before October 9th!*

## RAFFLE TICKETS

\$40 for 5 tickets or \$10 each

To purchase tickets online visit: [northcentralparenting.ejoinme.org](http://northcentralparenting.ejoinme.org)

## 1st prize:

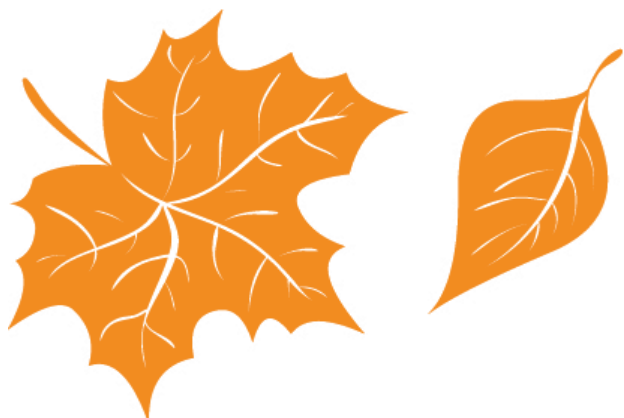
Sedona Stay-cation and Page Springs Cellars Tasting  
\$900 value

\*Includes a 1 night stay at Amara Resort & Spa, a Kimpton property, and private tour and tasting at Page Spring Cellars

## 2nd prize:

VIP Parking for NCPG!

Includes 1 parking spot on the east side of the Church of Beatitudes for the entire NCPG 2015-16 class year. Priceless for those who are always running late with children in tow!



## NEW: Monthly Meet Ups!

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
October 14	9:30-11 a.m.	Playdate	Scottsdale Quarter
October 28	3:30-5 p.m.	Playdate	Railroad Park
November 11	6:30 p.m.	Mom's Night Out*	Rita's
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

DON'T FORGET!

## Fall Family Festival

Saturday, October 24

10:00 am - 12:00 pm

All Saints' Episcopal Day School  
6300 N. Central Avenue, Phoenix 85012

Bring your kids dressed in their adorable Halloween costumes for all to see and join us for lots of Halloween fun!

There will be a bounce house, kids' crafts, bubbles and a trackless space train.

Lunch and ice cream will be provided for all!

SAVE THE DATE!

Saturday February 20, 2016

## NCPG Annual Fundraiser

PHOENIX COUNTRY CLUB

Join us for an evening full of food, fun, and a fabulous silent auction. This event helps fund NCPG activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely members' participation in this fundraiser. Save the date now!

Contact us at **fundraising @ncpgaz.org** if you have auction items or would like to join our committee to help with preparations.



# Teacher Spotlight!

Lisa Kamps — Toddler I



Lisa Kamps earned a Bachelor of Arts in Elementary Education from the University of Arizona and a Master of Arts in Elementary Education from Northern Arizona University. She taught second grade at St. Francis Xavier Elementary School in Phoenix for six years before becoming a stay-at-home mom to Charlie (18), Annie (16), Maggie (12) and Samantha (6). Her children attended Cross Roads Preschool and Kindergarten where she

has been employed for five years. She taught the young 3-year-old class and, for the past three years, has enjoyed teaching the “Time for Two” class (formerly known as Mom and Tot).

Lisa is an NCPG alum and is looking forward to returning to the organization that served her so well in her early years as a mom. She is excited to share parenting tips and talk through the challenges of life with a toddler. In her free time, Lisa loves to travel, play tennis, take walks on the Bridle Path and play Scrabble. Her greatest joy is being with Spencer, her husband of almost twenty years, and having her whole family home together at the dinner table. She is looking forward to a great year!

[www.kidtastics.com](http://www.kidtastics.com)

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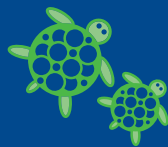
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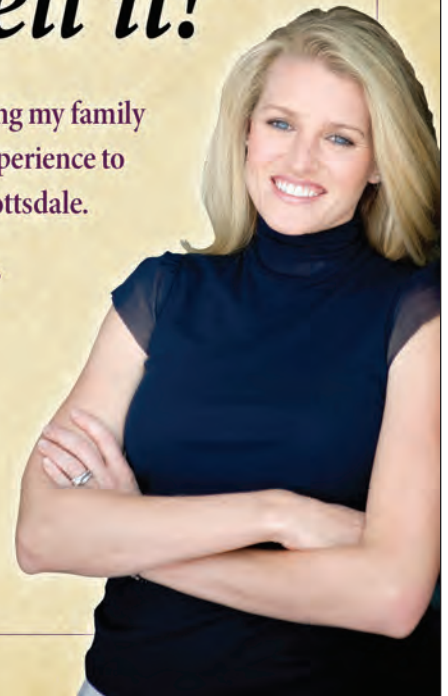
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## Gingerbread Open House

**for Pre-K, Kindergarten, & First Grade Programs**

**Wednesday, December 1st**  
Program begins at 9:00am / Check-In at 8:45am

Join us for a presentation and tour while your children enjoy carols and craft time.

Call today to reserve your space: (602) 954-9088  
or visit us at [www.staphxschool.org](http://www.staphxschool.org)



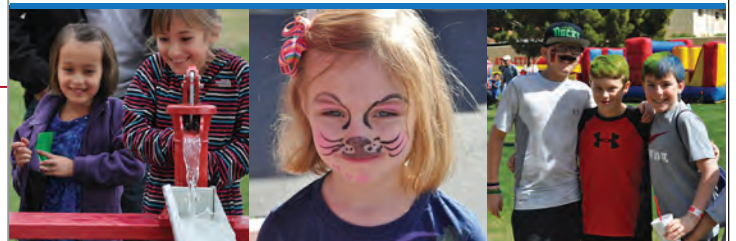
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**SATURDAY, NOVEMBER 7TH**  
**10AM - 3PM**

**FREE ADMISSION**  
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# Slow Cooker Chicken Carnitas Tacos

www.closetcooking.com



Yield: 4 gluten-free servings    Cook Time: 6 hours

## Ingredients:

- 1 1/2 pounds boneless and skinless chicken breasts or thighs
- 3/4 cup orange juice (~2 oranges)
- 1/4 cup lime juice (~2 limes)
- 4 cloves garlic, chopped
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 12 small corn tortillas
- 1/2 red onion, diced
- 1/2 cup cilantro, torn
- salsa to taste (I like a salsa verde here)
- 2 limes, cut into wedges

## Directions:

1. Place the chicken in the slow cooker along with the mixture of the orange juice, lime juice, garlic, chili powder, cumin, oregano, salt and pepper and cook on low until tender, about 6-8 hours.
2. Shred the chicken, mix in 1/4 cup of the juices, spread it out in a single layer on a baking sheet and broil until it starts getting crispy, about 5 minutes. Mix in 1/4 cup of the juices, mix everything up and broil for another 5 minutes before mixing in another 1/4 cup of the juices.
3. Assemble the tacos on the tortillas with the chicken carnitas along with the onions and cilantro and serve with the lime wedges.

# “Boo” Handprint Garland

www.michaels.com

Your guests will scream in delight when they see this Halloween “BOO” garland hanging above your fireplace. This piece is a nice addition to the rest of your Halloween decor.

## Project Instructions

1. Add a large amount of white paint to the palette paper.
2. Lightly tap your right hand into the paint and then gently press it onto the black construction paper.
3. Repeat Step 2 four more times on separate pieces of paper. Let dry.
4. Cut out the five handprints.
5. To create the two “ghosts” in the banner, take two of the handprints and place wiggle eyes on each palm (fingers should be pointing down). Use a marker to draw a small round mouth just below the wiggle eyes to create the ghost’s mouth.
6. Take the remaining three handprints and place them in front of you, fingers pointing down. In the center of each palm print affix one alpha-bet sticker to spell the word “Boo”.
7. On all 5 handprints, punch two holes about 1/2" apart, at the base of each palm print.
8. Cut the black yarn to the desired length for your garland.
9. Line up your handprints in this sequence: ghost, “B”, “O”, “O”, ghost. Thread the yarn through the holes in the palm print to string them to-gether and finish your garland.







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*Sandra Tenuto*  
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