

ncpg  
Parent Times

February 2016



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*Phoenix Business Journal*



26 years ago, my wife, MaryAnn, and I were members of NCPG. We attribute our positive parenting to the great teachers and friends we made while there! Sean and Juliann are 26 and 24 years today and were often used for my advertisements throughout the years.

Thank you NCPG!

**Bobby Lieb**

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## President's Corner

Dear Members,

I can't believe we are more than half-way done with our year! But there are still a lot of events on the horizon, and some exciting things to note, particularly for this month.

Please join us for our:

### **31st Annual Fundraiser: Boogie Nights!**

*Saturday, February 20 — Phoenix Country Club*

As you are aware, NCPG is a non-profit, and this event plays an important role in helping to raise money, which fuels our organization. Live music, food, fun, a fabulous silent auction, and an open bar! Buy your tickets on our website and book your babysitters- you won't want to miss it!

We also have two playdates this month. It's always so fun to see each other outside of class and meet other moms — hope you and your kiddos can join us!

### **Kachina Park**

*Feb. 10, 9:30-11 a.m.*

### **McCormick Railroad Park**

*Feb. 24, 3:30-5 p.m.*

We are also already looking towards next year! If you are wanting to get more involved, please reach out to me for possible board positions. It's a great way to get more engaged and meet other members.

Sincerely,

Sara Snyder  
NCPG President  
[president@ncpgaz.org](mailto:president@ncpgaz.org)



## 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.

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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.com](mailto:foxnoggin.com), [thinking@foxnoggin.com](mailto:thinking@foxnoggin.com)

## On the Cover

Vivienne Taylor, photographed by Blink Inc.  
See more of their work at [blinkinc.com](http://blinkinc.com).



# Ask the Expert

*"There are three teachers of children: adults, other children, and their physical environment."*

— Loris Malaguzzi

By Andrew Cipriano  
Head of Lower School at  
All Saints' Episcopal Day School



I recently went on an architectural 'field trip' with parents, administrators, and (of course) architects seeking to reimagine our school's facilities. We toured the Valley—over 100 miles of driving, crisscrossing from Glendale to Mesa to Downtown Phoenix and back—to see and reflect on spaces that are used to define a learning environment. As our group travelled through rooms and buildings, my mind kept wandering back to a single concept: how is this space teaching those who occupy it?

One example occurred at the ASU Polytechnic Campus. As we traversed the paths between buildings, indigenous plants and seemingly natural arroyos created a perfect outdoor classroom environment for young learners. I could imagine students sketching the path of water as it passed through the rocks and over ledges. I could picture them sitting on a small ledge to get a better look at a cluster of plants crowded underneath. In this context, children will naturally become aware of their environment and the rich diversity of life that occurs around them; these surroundings help to define their understanding of our desert landscape.

Another example was at a school that had small holes cut out of the doors, filled with glass. The architect explained that as the sun began to set, light would stream through the holes and create mottled lighting inside the building. Similarly, holes were cut out of many shade structures outside allowing pinpoints of light to meander across the walkways throughout the day. These simple, thoughtful touches cause students to notice things they may never have otherwise!

This notion is not just for schools; indeed, it is just as critical to reflect upon the environment of your own home as you watch your little ones grow. Are there opportunities for exploration of light and shadow, color and texture?

Here are a few simple ideas to engage your children more actively in the environment at home:

- Think of what is 'accessible' in your home at the eye-level of your child. For an adult, a picture or object five feet off the ground can be interesting—for a child, it must be much lower to get their attention.
- Hang objects from string or fishing line in windows to catch natural light in interesting ways—translucent objects, old CDs, even small toys can be used to cast light and shadow in such a manner to spark curiosity.
- As your children learn to crawl, think of how you can lay out textured fabrics or objects in your home. A small, rubber mat or rough carpet can provide just as much sensory input as a soft blanket or squeaky toy—if not more, since it will provide a novel experience.

The world of our children is one full of wonder and novelty. It is important to provide variety and choice regarding the activities and materials available, and observe what holds your child's attention. When you see that he or she is drawn to an object or activity for an extended period of time, capitalize on that interest and help your child explore it further. Every day is an opportunity for them to experience something new.



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# Ask the Expert

## Making Relaxation Part of Children's Lives

By Mindy Sobraske, PVUMC Preschool Director

Weekday mornings, Maria awakens, gets washed and dressed, eats breakfast, and brushes her teeth in the 45 minutes before her mother drives her to preschool. There she spends mornings and afternoons participating in the business of playing, learning and socializing. After preschool, Maria is off to dance lessons one day a week and to gymnastics on another day. Evenings are busy with dinner, bath, stories and the hectic schedule of older siblings.

Such is the life of many preschoolers. Gone are the carefree days of leisurely play, of unscheduled hours that could be filled with alternating rhythms of physical activity and such leisurely pursuits as lying in the grass, imagining creatures in the clouds.

Not only are today's young children maintaining busier, adult-like schedules, but they are also confronted with stresses and anxieties that their predecessors could never have imagined.

### LEARNING TO RELAX

More than ever, children need to know how to relax. They must be able to find a quiet place inside themselves that allows them to cope – in order to maintain control of their bodies and feelings. Just "resting" is generally not enough; children must be capable of immersing themselves in total relaxation. Though most would agree relaxation is beneficial, many people are unaware relaxation is a learned skill; it must be encouraged and practiced. Moreover, relaxation must be valued by the important adults in children's lives. If it is, children are more likely to take some quiet time during the course of each busy day to "turn everything off."

### BENEFITS OF RELAXATION

More and more, researchers are discovering the correlation between stress and physical and mental illnesses. This means the child who does learn to relax will have the ability to manage stress and, therefore, live a healthier, more energetic life.

On a more basic level, experience with relaxation helps children gain greater motor control and have more control over their bodies in general. If imagery is used to encourage relaxation, the child's ability to imagine is enhanced. Similarly, if music is used to encourage relaxation, the child is exposed to the world of quiet, peaceful music. This can result in a greater appreciation for aesthetics – heightening the child's awareness of, and sensitivity to, beauty. And lastly, tension control helps children learn better!



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# NCPG Mom to Meet

## Julia Ponce

**Spouse:** Dan Ponce

**Children:** Christian (28 months), Mateo (8 months)

**Born, Raised & Lived:** Everywhere! Born in Heidelberg, Germany. My dad was in the Army so I moved a lot as a kid before my family finally settled in Northern Virginia. As an adult I've lived in Boston, New York City, and just moved here from San Francisco.

**City & years married:** Ft. Belvoir, Virginia.  
Celebrating 10 years on April Fools' Day 2016.

**Career or previous career:** Brand Management. I've run brands ranging from Clorox toilet bowl cleaners to Glad trash bags to Hidden Valley Ranch salad dressing (which means I have lots of random and useless knowledge about household products).

**5 words to describe yourself:** Optimistic, motivated, easy going, problem solver, loyal

**Favorite vacation spot:** Petit St. Vincent

**Favorite adult spot to dine in town:** I'm new in town so still looking. Suggestions please!

**Favorite children's book to read:**

*Is Your Mama a Llama?*

**Favorite family hangout:**

Christian is really into trains right now, so we spend a lot of time at the McCormick-Stillman train park.

**Rules to mother by:**

Be the person you want your children to be. You are their greatest teacher and they watch and imitate EVERYTHING you do.

**Most meaningful mom moment:**

Seeing the tears flow down my mother's face when she came into the delivery room after my first son was born. It hit me that she was passing the "mom" torch from her to me, which was incredibly moving and scary at the same time.

**Best mothering advice given to you:** When in doubt, put down the book and go with your gut.

**Who introduced you to NCPG?** Sara Snyder, via the internet. When I moved here I was searching online to find a mom's group and her post for the NCPG kick-off came up. Best Google search I did all year!

**Best thing learned in NCPG?** Consistency, consistency, consistency. It's the key the discipline.





## Sibling Love

### The List: NCPG Beloved Preschools

NCPG members have our kids in many different preschools throughout the Valley. Here are some of the ones we wanted to send a shout out to!

- All Saints Episcopal Day School  
[aseds.org](http://aseds.org)
- Arcadia Montessori  
[aracdiamontessori.com](http://aracdiamontessori.com)

- Christ Church School  
[ccsaz.org](http://ccsaz.org)
- Christ Lutheran School  
[cclphoenix.org](http://cclphoenix.org)

- Creative Bridges  
[creativebridgescooperativepreschool.com](http://creativebridgescooperativepreschool.com)
- Crossroads Preschool  
[crossroadspsk.com](http://crossroadspsk.com)
- Little Big Minds Spanish Immersion Preschool  
[littlebigmindspreschool.com](http://littlebigmindspreschool.com)





- Paradise Valley United Methodist Church School  
[pvumcpreschool.org](http://pvumcpreschool.org)
- Phoenix Country Day School  
[pcds.org](http://pcds.org)
- Prince of Peace  
[poppreschool.com](http://poppreschool.com)
- Rainbow Montessori  
[rainbowmontessoriaz.org](http://rainbowmontessoriaz.org)

- St. Francis [school.sfxphx.org](http://school.sfxphx.org)
- St. Theresa's Catholic Preschool  
[stcs.us](http://stcs.us)
- St. Thomas the Apostle  
[staphxschool.org](http://staphxschool.org)
- Shadow Rock  
[shadowrockpreschool.org](http://shadowrockpreschool.org)
- Shepard of the Hills  
[sohpreschool.wordpress.com](http://sohpreschool.wordpress.com)

- Tesseract  
[tesseractschool.org](http://tesseractschool.org)
- Valley Day School at Valley Presbyterian Church  
[myvalleychurch.org](http://myvalleychurch.org)
- Villa Montessori  
[villamontessori.com](http://villamontessori.com)
- Temple Solel [templesolel.org](http://templesolel.org)
- SARRC [autismcenter.org](http://autismcenter.org)





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## New Arrivals!



### Harrison Robert Groen

November 19, 2015

8 lbs. 1 oz. and 20.5 inches

Big Brother: Beckett (4)

Big Sister: Avery (2)

Proud Parents: Eric and Andrea



### Eliza Vera Beardsley

January 13, 2016

7 lbs. 5 oz. and 19 inches

Big Brother: Austin

Proud Parents:

Laura and Andrew



# News & Events

## Family Night at Chipotle

Thank you to everyone who joined us at our first Chipotle fundraiser! It was a fun night out with the entire family and you helped us raise money benefiting NCPG. We can't wait for next year's.



## Save The Date: April 2nd!

Save the date for the Spring Family Event at All Saints' Episcopal Day School from 10am-12pm. Details to follow!

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

## We heard you!

Due to our recent feedback survey, instructors will promptly start class at 9:45. So, grab your breakfast burrito and coffee and don't be late to hear the hot topics of the week in your class.

## Join Us for a Special Event: March 2, 9:30-10:30am

*Class time will begin after our morning guest speaker*

The Conscious Discipline Brain Model: Providing Safety, Connection and Problem Solving

**Diana Brown, M.Ed** has been a professional educator since 1988. Her work in early childhood and passion for social emotional learning has led her to certification by Dr. Becky Bailey in Conscious Discipline®. She specializes in research based workshops and consultation for educators, caregivers and parents. With two grown daughters and 25 years of classroom experience, Diana shares Conscious Discipline® with engaging stories and humorous observations throughout Arizona and the Southwest.



**Objectives:** Participants will leave this session with the knowledge of how the emotional brain works and the skills necessary to help children achieve safety and connection so that they may problem solve and learn new skills.

**Outcomes:** Participants will:

- \* Acquire the skill of composure in ALL discipline situations
- \* Recognize that the brain is pattern seeking
- \* Understand that the brain functions optimally when it feels safe
- \* Learn how to create connections with and among children

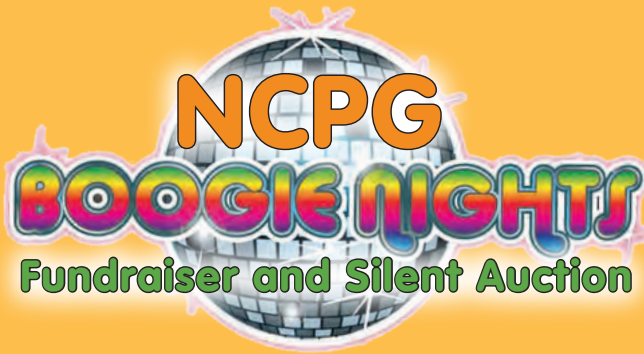
## NCPG Backpack Drive Update

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](mailto:angelam.valdez@gmail.com).





# Save the Dates!



**Saturday, February 20, 2016**  
**7:00 pm - 10:00 pm**

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

Bust out your jumpsuits and leisure suits and come ready to party like Dirk Diggler and Rollergirl! There will be live music, open bar, buffet dinner, silent auction and a live raffle.

Auction items include L'Auberge stay-cation, rounds of golf, dinner at El Chorro and many more!

**ATTIRE:** Disco Fever or Cocktail

**TICKETS:** online at [ncpgaz.org](http://ncpgaz.org) under **Events**

**NCPG's 2016 fundraising goal is \$30,000.**  
**(Last year we were able to raise \$26,194.)**

*All money we raise goes directly to support our teachers, education materials, facilities and family social events.*  
**Please help us make this year better than ever with your support and participation!**

## NCPG Member Faire

In the March issue  
 of *Parent Times*

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](mailto: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](mailto:fundraising@ncpgaz.org). **Deadline for donations is February 12, 2016.***

## 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
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

# Ask the Expert

## Phoenix Country Club

If you're in search of a great place to bring the family together, Phoenix Country Club offers something for everyone. Located in the heart of Metropolitan Phoenix since 1899, it's one of Arizona's original and most historic clubs. Throughout the year we feature a wide range of engaging events and activities for all ages.

Great times with family and friends always happen here. Just minutes from the north central corridor, Biltmore, and Arcadia residential communities the Club provides a secluded enclave of world-class facilities. The amenities are situated on 120 acres and are dedicated to golf, tennis, swimming, fitness in conjunction with events for all ages throughout the year. It's also the perfect environment for business meetings and offsite activities.

If you love golf, you've come to the right place. For 40 years (1936-1986), Phoenix Country Club played host to the Phoenix Open, one of the oldest events on the PGA Tour. Many legends of the game have played the course over its storied history, such as: Ben Hogan, Byron Nelson, Arnold Palmer and Jack Nicklaus.



When it's time for annual holiday events, this is the premier dining venue providing the perfect, festive setting for warm and welcoming family and business gatherings.

Phoenix Country Club is owned and operated by its membership. To learn how you and your family can be a part of the renowned membership community of Phoenix Country Club, contact Mary Grass, Membership Director at **602-636-9823** or email her at: [mgrass@phoenixcountryclub.com](mailto:mgrass@phoenixcountryclub.com)

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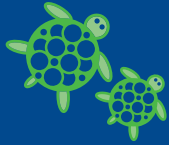
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The information on this flyer has been provided by an independent Consultant. This information is not intended to be used as a substitute for medical advice. Results may vary depending upon the individual and will depend on multiple factors including your age, gender, skin type and condition, complementary products used, health history, where you live (climate, humidity), lifestyle and diet. FOR U.S.A. ONLY

**RODAN+FIELDS**

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Please be my guest and learn about starting your own Home-based/Virtual-based business!

Angela Maguire  
Executive Consultant  
Rodan + Fields

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480.363.0383

*I am also hosting a Happy Hour prior to the event!*



## Toilet Roll Love Bugs for Valentine's Day

From RedTedArt.com

### WHAT YOU NEED:

- Toilet rolls or paper towel rolls cut to various sizes
- Paint
- Googly eyes
- Pipe cleaners
- Beads
- Construction paper
- Tacky craft glue
- Marker pens

- Scissors
- Skewer

### OPTIONAL EXTRAS:

- Pom Poms
- Glitter/Glitter Glue Pens
- Stickers
- Washi Tape

### HOW TO MAKE:

- Paint rolls and allow them to dry.
- Cut to various heights.
- Have an adult poke six holes with a kitchen skewer for the pipe cleaner legs to go through. Simply poke the skewer in one side and out the other three times!
- Cut two pipe cleaners in half to get four pieces. Use three of the pieces to thread through the holes to make six legs, then attach a small bead to each end to create hands and feet.
- Use washi tape, stickers, markers, glitter, glue, etc. to decorate



## Pizza Party Lollipops (makes 16 lollipops)

From WeeLicious.com

### WHAT YOU NEED:

- 1 pound pizza dough
- 1/2 pound fontina cheese, grated
- 16 wooden popsicle sticks
- 16 pepperoni slices, or other desired toppings
- pizza sauce, for dipping

### HOW TO MAKE:

1. Preheat the oven to 450F.
2. Divide the pizza dough into 16 pieces and roll each into a ball.
3. Insert a wooden popsicle stick into the center of each pizza dough ball, flatten into a disk, and place on a parchment paper lined baking sheet.
4. Sprinkle grated cheese onto each pizza lollipop, top with a pepperoni slice or other desired toppings, and extra cheese.
5. Place the pizza lollipops in the oven and bake for 25-30 minutes, until the cheese is melted and the pizza dough is golden brown.

*Accompaniments: optional toppings: pepperoni, diced ham, olives, mushrooms*







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://www.amazon.com/smile), 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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*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](mailto:communications@ncpgaz.org).



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