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Parent Times

April 2016

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north central parenting group



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

Associate Broker, Homesmart Realty



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President's Corner

Happy Spring Ladies,

I hope you all had a wonderful spring break with your families. We hope you can join us for our annual **Spring Family Event on April 2nd!** We have lots of fun activities planned: a petting zoo, face painting, **Kidstastics** will be back with their gymnastics activity area and **FROST Gelato** will be serving gelato and sorbet! And, be sure not to miss photographer **Sandra Tenuto**, who will be hosting mini-sessions during the event!

Finally, don't forget that registration for next year starts now!

From April 1-30, current NCPG members will be able to pre-register for next year at a discounted rate of \$200. Registering during this time will also ensure that you will stay with your current class group in the event that we have more than one class for your age group.

(Note: we have several age groups that will most likely have more than 1 class next year).

After May 1st, tuition will be \$275, and spots in classes cannot be guaranteed.

As always, if you have any questions, please feel free to email me!

Thanks!

Sara Snyder
NCPG President
president@ncpgaz.org

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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**. Thanks for your help!

Editors – Laura Beardsley & Kelly Krueger

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

On the Cover

Harlow Phipps, photographed by Ace Fanning Photography.
See more of their work at **www.acefanning.com**



Community School Learning Zones

At the SARRC Community School, responsibilities and teaching goals related to language, literacy and play are met by dividing the class into different learning zones, including structured activity, free play and circle time. The following is a glimpse of what takes place in each zone throughout the day:

Structured Activity Zone

Every 15 minutes, a new structured activity begins in the Community School classrooms. These activities focus on varying domains such as play skills, fine motor, social-skills and pre-academics. Goals at the activity change daily and expectations are individualized. For example, if the goal at a painting activity is "requesting," then the lead teacher will place a visual reminder of the goal on the table. The teacher leading the activity will focus on having students request, regardless of how messy their painting is getting. Requests might range from a verbal approximation of "paint" to "I need more paint on my paintbrush," but are always based on individual child expectations.

Appropriate engagement is also a focus during structured activity. If the child needs to be redirected to the activity more than twice, he will be prompted to use language to leave the activity and transition back to the free play environment where a teacher will greet him and be prepared to engage him. The amount of time a child is expected to remain at the activity varies from class to class - toddlers are expected to try the activity, while pre-K students travel to and from the activities as a group.

Free Play Zone

The free play zone is available throughout the entire day and a teacher is always ready to engage the students. The goal of free play is engaging both typically developing students and students with autism. At the Community School, teachers are in constant motion, moving strategically from one student to the next ensuring each student is provided a meaningful opportunity to learn, or what we call a "contact," approximately once per minute.

Contacts can include opportunities for students to respond both expressively and receptively. They can also be social praise for appropriately engaging or helping a child find a friend or toy to play with. To increase motivation in the free play zone, toys are rotated on a weekly basis. Each toy rotation has a theme, and each toy bin has a wide variety of toys that address students varying abilities.

Circle Time Zone

All of the zones in our classrooms are meant to be fun, engaging, educational, and, above all, provide the opportunity for communication. Circle time provides many communication opportunities for the children, even when we are reading a book or singing a song. The key to providing the language opportunities is motivation, and in our circle time we work hard to ensure multiple activities are performed and all children are engaged.

Receptive language opportunities are provided a minimum of five times during circle time, which allows all children to work on receptive skills and provides plenty of opportunities for participation. Participation ranges from a verbal approximation all the way to a sentence.

Above all, a successful day in the Community School classrooms is achieved when the children have a great time – communicating and engaging successfully just happens to be a part of a great time!



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Ask the Expert

What Is Healthy Living?

by Dr. Goudarz Vassigh, D.C. (Dr. G)

We often believe that in order to live a healthy lifestyle, we have to completely change the way we live. For example, only eating certain foods or doing certain activities, all in the goal to create a healthy mind and body.

The truth of the matter is, it is very difficult to change your lifestyle and be able to maintain it for long periods of time. Only a small group of individuals are capable of sustaining a strict schedule. Our message is to have a balanced lifestyle. You do not need to have a perfect diet or exercise program to be healthy. It works best if we select a lifestyle that we are capable of sustaining for a long period of time, instead of a lifestyle that can give you immediate results or satisfaction, which in the end only creates an enormous amount of pressure to sustain.

Here are some simple guidelines that we use to educate our clients:

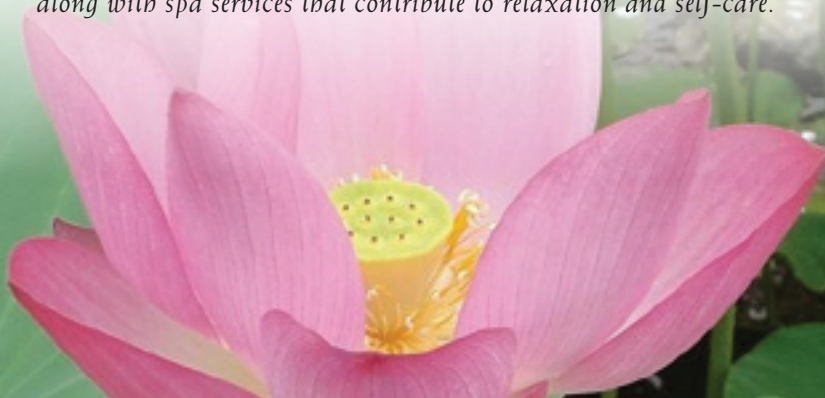
SIX FACTORS OF HEALTH

- 1. Positive Attitude:** Manage stress, focus on what is working for you instead of what is wrong in your life, love for oneself, humor, gratitude, forgiveness, service to others, creativity, etc.
- 2. Proper Posture:** We spend most of our lives sitting, standing, and sleeping. Investing in a proper bed, chair, footwear, along with postural awareness. Also, the use of appropriate body mechanics upon lifting, standing, sitting, working, etc.
- 3. Adequate Rest & Relaxation:** Adequate amount of sleep per individual, keeping a regular sleep schedule, daily stress reduction strategies such as meditation, etc., creating hobbies to reduce daily stress, receiving a massage or facial.
- 4. Balanced Nutrition:** This includes the correct diet for your body type and/or environmental demands. Limiting the food that harms you and increasing the food that heal you, adequate amount of food, electrolytes, supplements, whole foods, number of meals and adequate portions.
- 5. Proper Exercise Program:** Finding a correct exercise program with respect to your health condition. Focus more on the longevity of exercise in your lifetime than the effectiveness and result.
- 6. Balanced Spine:** As a Doctor of Chiropractic, having a balanced spine with minimal nerve interference increases the communication between your brain and your body. It minimize the wear and tear of your joints, and reduces pain and spasm.

We believe that you do not need to be perfect in the above factors, but that it is best to have balance of all the health factors in your daily lifestyle. We thrive to teach and create customized programs to cater to each individual lifestyle, along with spa services that contribute to relaxation and self-care.



Dr. Goudarz (Dr. G) Vassigh and Shaly Vassigh, NCPG members, are owners of Back-Health Chiropractic and Inner Radiance Spa, a Comprehensive Wellness Center & Organic Spa located in the Biltmore. They provide spa services and wellness care for the whole family. For more information, visit www.innerradiancespa.com and www.backhealthaz.com.





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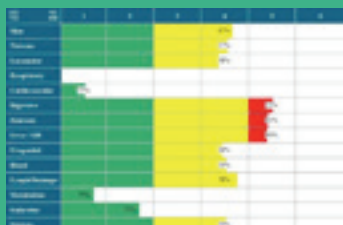
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Spring Cleaning: 13 Fun Ways to Get Your Kids Involved.

Source: www.education.com



Looking for creative ways to get your kids to help out as you spruce up your home this Spring? Getting kids to participate is a breeze when you inject some fun and foolishness into household chores. Just make sure to assign age-appropriate tasks that can be achieved in short increments (ten to fifteen minute spurts for younger children), and things will be spic and span in no time! If you start kids at a young age and keep things fun, they'll enjoy pitching in — it gives them a great sense of accomplishment, collaboration, independence and responsibility.

Here are 13 ways to take the tedium out of and put the teamwork into spring cleaning.

1. Pump up the music!

Nothing makes the time pass more quickly and puts people in a cheerier mood than some upbeat tunes. Your kids will dance and sing their way to a tidier place. With younger children, you can play "wax museum," where kids must freeze in place like a wax statue every time the music stops. This simple test of balance, coordination and reflexes can turn any task, whether it's picking up toys or tidying up the dinner table, into a giggle-filled game.

2. Go "skating" for dust bunnies.

Let your kids slip and slide their way to cleaner hardwood floors. Have your children wear old pairs of socks and "skate" around the house collecting dust bunnies with their feet. See who can accumulate the largest dust bunny. Just make sure there are no sharp edges or breakable items close by with which kids can hurt themselves if they take a tumble. And be sure to collect all of your dust bunnies in a trash bag as you go along so they don't hop back onto the floor! Kids love this silly and energizing game that gets their hearts pumping and promotes agility and muscle fitness.

3. Wax on, wax off.

Show your young grasshopper how to clean windows, mirrors, and even the family car by employing Mr. Miyagi's (from "The Karate Kid" movies) simple technique of moving the right hand in a circular, clockwise motion and the left hand in a circular, counterclockwise motion. It will test your child's ability to follow directions, as well as improve coordination, stamina and upper body strength.

It's important to use non-toxic and preferably "green" cleansers, especially when kids are helping out.

4. Play expiration-date detective.

Have your older child sleuth out old, unwanted items in your refrigerator and cupboard by showing him how to read expiration dates. Have him make a pile of all of the discarded items, then show him how to properly dispose of them by sorting them into three categories: Recycling, composting or trash. If you don't already have separate containers for each of these, let your child create labels and laminate them for long-lasting use.

5. Shake, shake, shake!

Unplug the toaster and lay paper grocery bags or an old cloth over the kitchen counter. Then let your child turn that toaster upside down and do a shake and shimmy dance to get all the crumbs out. Disposable wooden chopsticks are great for loosening stuck pieces, but be sure your child doesn't use any metal utensils. It's a safe practice to follow even when the toaster is not plugged in.

6. Alphabetize the spice drawer.

Your younger child will get a little reading and sorting practice while your spices get organized, making it quicker and easier to find what you need in a pinch. Encourage your child to familiarize herself with the spices by reading labels, smelling the spices and even tasting them. Explain how you commonly use them for cooking or baking.

7. Play "Follow the Leader."

Give each child an apron and tuck an old rag or towel and a squirt bottle filled with a non-toxic cleaning fluid into the pockets. The designated leader must walk through the house and make multiple stops to clean or put away an object and the rest of the group must follow suit. Switch leaders every five minutes.

8. Have a sock-matching race.

Put an end to "sock widows" and lost socks once and for all. Toss all of the family's clean socks onto your bed in a big pile and then race to see who can match the most pairs the fastest. Once you have all of the mates together, show your child how to roll them up into neat little balls. First, laying the socks flat in profile, one on top of the other, roll both

toe ends up towards the open ends about 2/3 of the length of the entire sock. Take the open end of one of the socks and fold it down around the rolled portion. Voila! Now you've got pairs of socks that won't get separated in your child's drawers. Any socks left over without mates you can either donate or keep in a bin to use for arts and crafts projects or even as rag to do for some Spring cleaning!

9. Put on a family fashion show.

This silly activity is good for a few laughs and doubles as a way for everyone to purge outdated or ill-fitting clothes from the depths of their closet. No matter how you look, make sure to flaunt each outfit with modelsque attitude befitting of the catwalk. Ahead of time, agree that the majority vote determines whether the outfit (or certain parts of it) stays or goes. When you're all done, bring the discarded clothing to a consignment store or donate it to charity.

10. Play a sorting game.

Organize toys, books and electronic games. When kids' belongings have clearly designated storage spaces, children are more likely to put them away when they're done playing. Transparent, covered storage bins are great because they keep the dust out, they're stackable (and save space), they're portable — some even come with wheels! — and they allow your kids to see what's inside without having to read labels. Ask your child to sort like toys with like toys — cars and trucks in one, dolls or action figures in another, etc. Books can be organized any number of ways, including by size, author, or subject matter. Ask your child to go through her personal library and select five books that she is willing to get rid of. But first, let your child play the role of a storyteller and have her read one or two of her favorite books to you. Set one or two more aside for bedtime reading that night. Once she is reminded of how many great stories she has, she should be amenable to letting go of some ones she may have outgrown or become tired of. DVDs, CDs, and computer games can be tackled next. Unwanted items can be donated to charity or sold to second-hand retailers.

11. Turn trash into art.

The possibilities are endless! Transform all of those wire hangers you've collected from the dry cleaner into forms for

decorative wreaths, turn old t-shirts into throw pillows, bottle caps into magnets, greeting cards into ornaments, and maps into wrapping paper. Let your family's collective creative juices flow and see what sorts of new-fangled inventions and recycled gems you can conjure up.

12. Collect loose change.

Send your child on a hunt to collect the loose change lying around the house! Have her search everywhere: on dressers, in pockets, between the sofa cushions, even underneath the seats in your car. Ask her to practice counting all of the different denominations of money and adding up the total. Take the money to a free coin counting machine (you can often find them in grocery stores) and let your child buy a small treat with her new-found funds, or simply put the money in a jar and save it for a future family outing. If there's a big enough amount, consider opening a savings account for your child if she doesn't already have one, and encourage her to make deposits on a regular basis. One way for your child to build up her savings is to save at least half of all monetary gifts she receives. Incidentally, the bank will probably ask you to put the change into coin roll wrappers before you deposit them — this is an added bonus for developing your child's fine motor and counting skills!

13. Hold a garage sale.

Once the cleaning is said and done, it's a great time for a garage or yard sale. This is especially the case if you find yourself left with a bunch of stuff you can't donate or isn't accepted by consignment and retail stores. Have your kids make colorful signs and post them up in the neighborhood to advertise the date and time of your sale (and don't forget to remove those signs when you're done).

Older children can help you price items, handle the exchange of cash and get a chance to test out their merchandising skills! Younger children can help too, by demonstrating to potential customers how their belongings work and putting items out on "display." Remember to share the profits with your kids to reward their hard work!

Spring Cleaning doesn't have to be a drag. Take this opportunity to have some fun with your kids and incorporate some learning in with the cleaning!

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Spring Cleaning Chore List for the Kids

Source: www.cozi.com

Need a great idea for getting the kids to help on spring cleaning day without the drama? Hand over a list of "to dos" and have the kids check off as they go. Once everything is checked, then they are free to play.

BEDROOM

- Remove everything from under the bed and put away
- Pick up everything off the floor and put away
- Bring sheets and pillow cases to laundry

ENTERTAINMENT AREA

- Put video games and movies into correct cases
- Organize controllers, games and movies in a drawer, shelf or basket

ENTRY

- Move shoes to closet
- Move coats to closet
- Organize sports gear into bins, backpacks or gymbags

CAR

- Collect every item from floor, seats and cup holders
- Sweep the seats and floor carpet with a stiff brush

ART CENTER

- Throw away dried up markers, pens and paints
- Save favorite art pieces, recycle the rest
- Organize remaining supplies in drawers or baskets



New Arrivals!



**Gisele Jean
Leverenz**

1/6/16
6 lbs 9 oz
20 inches

Parents: Jules and Quinn



**Logan James
Christensen**

3/2/16
9 lbs 3 oz
21 inches

Parents: Meredith and Mitch
Big sister: Caroline



**Vivienne Leona
Rickard**

2/11/16
8 lbs 1 oz
20.5 inches

Parents: Kelly & Matt



Spring is a Good Time to Instill Healthy Habits in Kids

By Robert Preidt, HealthDay Reporter, usnews.com

The arrival of warm weather is a perfect time to make family lifestyle changes that can help children achieve and maintain a healthy weight, a doctor says.

In the past 30 years, obesity has more than doubled among children and more than tripled among teens in the United States, said Dr. Rosa Cataldo, director of Healthy Weight and Wellness Center at Stony Brook Children's Hospital in New York.

"Childhood obesity is a serious -- and growing -- problem in the United States, so parents should be concerned about their child's weight," she said in a hospital news release.

"We are not talking about a few extra pounds, but rather a condition that can have a negative effect on a child's overall health," Cataldo added.

Now is the perfect time to get the entire family outside to do activities such as cycling, soccer or having fun on the playground, she advised. One suggestion is to have children wear a pedometer to track their physical activity and to take at least 10,000 steps a day.

Be sure everyone drinks water when they're physically active. Don't give children sugary beverages such as sodas, juices or sports drinks, Cataldo said.

Eat fresh fruits and vegetables, and try to buy them at local farmers' markets where they're cheaper. Prepare seasonal salads and grill food on the barbeque, she said.

Read food labels carefully and pay attention to the order of ingredients. If sugar is one of the first three ingredients listed, the product is too high in sugar, Cataldo said.



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NCPG Mom to Meet

Dana Picerne Holt

Spouse: David Holt. We have actually known each other since kindergarten!

Children: Nora Holt, 12 months

Born, Raised & Lived: Phoenician through and through (Arcadia Neighborhood). After college, wanderlust got the better of my husband and I, so we packed up and got out of dodge. Portland, OR, first (hipsters as far as the eye could see), headed east to Park City, UT, (I taught ski school), and ended up in Chicago (hipsters in parkas as far as the eye could see).

City & years married:

We were married at the base of Mt. Hood outside of Portland, Oregon, and have been married for 3 years.

Career or previous career:

Before taking last year off to stay home with my daughter, I was a teacher and most recently I taught 4th, 5th and 6th grade at Villa Montessori.

5 words to describe yourself:

I. Got. Moves. Like. Jagger. (Seriously, get me on a wedding dance floor).

Favorite vacation spot:

We spend most of the summer in Hood River, Oregon, a small windsurfing town on the Columbia River (about an hour east of Portland). Beautiful weather, cute little downtown, and an endless supply of outdoor activities... waterfall hikes, mountain biking, stand up paddle boarding, windsurfing, kiteboarding (with which my husband has developed a slight problem. They say it's not a sport, it's an addiction.)

Favorite adult spot to dine in town: The same five darn places my husband and I cycle through every week. We're open for suggestions.

Favorite children's book to read: Being a teacher and spending 4 years of college reading every children's book imaginable, this is a tough question but I can't wait to read "Matilda" to Nora when she's older. My dad read it to me when I was young and I can still remember him doing all the funny voices.

Favorite family hangout: Phoenix Zoo. Nora needs her orangutan fix at least once a month.

Rules to mother by: Don't let yesterday take up too much of today. Being a mom is hard and I think it's important that you don't let all those little stressful moments build up into a "Take Your Frustrations Out On Your Husband with a Frying Pan When He Gets Home From Work" incident (Disclaimer: That didn't really happen).

Most meaningful mom moment:

Anytime Nora learns something new. Those first few months of motherhood there's a lot more input than output. Once they start getting really responsive though, it's so much fun. There's a lot of embarrassing one-on-one dance moves going on in my household (like I said before, I got moves like Jagger), so the first time she started dancing and clapping to music was pretty special to me.

Best mothering advice given to you: Play more than I clean the house. Dirty your clothes with your kids more than you do laundry. Because the housework will always remain, but your kids won't. Time flies by too fast!

Who introduced you to NCPG? Ashley Blalock

Best thing learned in NCPG? It Takes a Village. Cliché, I know, but it really does help to have other mommy friends to talk to that are in the trenches of motherhood. When your child is going through some awful stage like pooping repeatedly in the bathtub it helps to know that it's not just them. There are a couple other bathtub poopers in the group too. I won't name names.

Ask the Expert

Are There Benefits of At Home Swimming Lessons Over Indoor Lessons?

By Kidtastics



Yes, it's more than just convenience!

There are many benefits of booking at home swimming lessons beyond just convenience. The number one reason for teaching a child to swim in their own pool is for safety and ease of mind. According to the CDC, drowning is responsible for more deaths among children ages 1 to 4 than any other cause except congenital anomalies. Sadly, a majority of drownings that happen to children ages 1 to 4 are at their home swimming pool. At Kidtastics, LLC we strongly feel that this is due to the lack of barriers, lack of rules and respect for the pool and a child being unfamiliar with how to get out of their own pool. Our certified and professional swim instructors can help educate your family to reduce the factors that influence drowning. Having your child know the pool rules and be comfortable in their pool is key.

Take these factors into consideration when deciding between at home lessons or an indoor swim facility.

1. At home lessons make your child feel more secure being in their own environment; increasing their learning ability by reducing fear and giving them confidence. This creates a better learning environment which is key for your child's success.
2. Children need to know how to exit the pool from any location; the deep-end, the water fall, near the waterslide, etc. This allows them to be aware of their surroundings in case of an emergency.
3. At home lessons give your child more one-on-one time with their instructor, who is also teaching them safety and respect for the water. This is as important for water safety as it is checking for cars when crossing the street.
4. The most obvious benefit of at home swim lessons is convenience. When you use your own pool you do not have to pack to go anywhere. You save time and fuel by not having to drive, not to mention the headaches dealing with traffic. Plus you have more time to do things around the house or just have some quality "me time" while lessons are taking place.

These are just a few reasons why "at home lessons" make sense for your child. A few of the not so obvious reasons for lessons at your home would be:

1. Home pools have a ledge unlike most indoor pools. Training your child to reach up and grab the ledge as they approach the side of the pool is extremely important. This is how your child will learn to exit the pool on their own. Don't teach your child it is as easy as reaching out in front of them to grab the ledge. Teach them the correct way, reach up!
2. Learning to float on their back with the outdoor elements can be tricky for all ages. To ensure water safety they need to practice back floating in an outside pool. Children do learn quicker in an indoor pool to back float because they have toys hanging from the ceiling and there is no sunlight in their eyes. If a drowning occurs outdoors, the skills they learned need to be "real life." They need to be able to perform their skills outdoors, not just inside where the water is the perfect temperature and there is no sun to shine in their eyes.
3. Instructors who come to your home, especially Kidtastics staff, will set and reinforce the rules that should be followed at every pool; in addition, to specific ones for your home. Kidtastics instructors will help parents establish the Do's and Don'ts which results in your child respecting the water and following the rules. We will be helping you to educate your family on drowning prevention.
4. If cost is an issue, why not make a playdate of it. Kidtastics does group lessons with multiple families. Why not invite others to join your kids? Kids love having their friends over. It saves money and our group lessons are usually more affordable than indoor lessons and your child is still receiving quality one-on-one instruction. The instructor is critical to your child's success. At home swim lessons guarantees that your instructor will remain the same and will tailor the lessons specifically for your child or their group.

Kidtastics offers at home swimming lessons from May through September throughout the Phoenix Valley.

Private, semi-private and groups of 4 are easily done at your home with all ages. We customize the lessons based off your family needs.

Our friendly, highly trained instructors come to your home, your community center, your friend's or neighbor's pool to help your child learn the importance and safety of respecting the water in order to prevent water emergencies.

Kidtastics philosophy is to balance fun, stroke development and water rescue techniques to ensure a well-balanced swimming foundation for your child. The company is passionate about developing water skills efficiently and effectively and creating a love for the water.

Kidtastics can also ensure you have a fun and safe pool party with our at home lifeguards for all your event needs.

Find out more at www.kidtastics.com/ncpg and on Facebook: facebook.com/kidtastics

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Placenta Encapsulation

americanpregnancy.org

The placenta is the organ that surrounds the fetus in the womb and allows for the exchange of nutrients, blood, and waste with the mother. It is expelled from the uterus after the birth of the child. The custom of consuming the placenta, often done as placental encapsulation, is centuries old, practiced most often in Chinese medicine. It is a controversial tradition that has been gaining traction in the United States for several decades.

The few scientific studies conducted on placental encapsulation have not conclusively supported the effects of this practice, nor have they completely dispelled the possibility of benefits from ingesting the placenta. However, it should be noted by expectant mothers that the majority of the information we have regarding placental encapsulation comes almost entirely from anecdotes of women who have tried it.

What is placenta encapsulation?

Placental encapsulation is the practice of ingesting the placenta after it has been steamed, dehydrated, ground, and placed into pills. Traditionally, this is taken by the mother and is believed to impart numerous health benefits. It is frequently taken shortly after giving birth, during a woman's menstrual period, or during menopause with the belief that it helps counter some of the symptoms of menopause.

What are the proposed benefits of placental encapsulation?

There is little scientific research available regarding placental encapsulation and consumption and its benefits. Tradition and holistic medical customs embrace a number of potential advantages which come from ingesting the placenta.

Among these possible benefits are:

- Increased release of the hormone oxytocin, which helps the uterus return to normal size and encourages bonding with the infant
- Increase in CRH, a stress-reducing hormone
- Decrease in post-partum depression levels
- Restoration of iron levels in the blood
- Increase in milk production

Is Placental encapsulation safe?

Placental encapsulation appears to carry no inherent risk if ingested solely by the mother. Some mothers have reported experiencing negative symptoms such as dizziness or jitteriness after taking the pills. Again, most of the information regarding this practice is amassed from anecdotes, and not from research. In addition, if taken by other family members or friends, one must be aware of the possibility of passing along blood-borne diseases.

Also, if the placenta needs to be stored for any period of time, it must be kept refrigerated like any other meat product.

How do I do placenta encapsulation?

Placenta encapsulation specialists can be found across the country. These individuals may have completed a variety of possible training courses, but be aware there are no laws governing this practice. There are, however, laws in some states which forbid the parents from removing the placenta from the hospital.

If you are considering placental encapsulation, it is important to research the techniques used by your chosen facility to ensure the placenta is being handled safely. In addition to encapsulation, some mothers opt to consume the placenta by cooking it into foods, such as pizza or lasagna. Regardless of the method

of ingestion, it is imperative to treat the placenta as a meat product and make sure it is stored correctly and cooked thoroughly.

The Bottom Line on Placenta Encapsulation

There is little research available to either support or oppose the tradition of placental encapsulation. There are a number of proposed benefits of the custom, and limited risks if the placenta is stored correctly and ingested only by the mother.

If you feel that placental encapsulation is right for you, be sure to contact your healthcare provider to receive more information on the proper procedure for it. It is also important to be aware of any laws in your state that make it illegal to remove the placenta from the hospital.

Here's a list of local companies that provide placenta encapsulation services:

Katie DiBenedetto, 2 Doulas on a Mission
Doula, Placenta Crafter, Personal Chef/Assistant
480-343-9215
katie@2doulasonamission.com
2doulasonamission.com

Kelly Sunshine, Sunshine Doula Services
602-410-5968
kelly@sunshinedoulaservices.com
sunshinedoulaservices.com

Pam DeGraff
LMT, Doula, CBC
602-291-5336
pdegraff@cox.net



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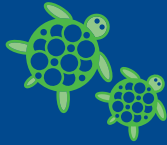
We Want Your Pictures!

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.

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News & Events

Join NCPG for the 4th Annual Taylor's Run

When: **Sunday, April 17**

Where: **48th St. & the Canal**

Price: **\$40**

Registration ends April 14 at 11:59 pm

Join the NCPG team as we support Team Taylor in this 5k fun run through the Arcadia neighborhood. The run gives remembrance to Taylor Paige Cosmas and other SIDS babies that were taken too soon and never got to see their first birthdays. The event raises money for leading SIDS researcher Dr. Hannah Kinney and safe sleep education programs.

Sign up online and select "**Team NCPG**" and we will meet at the orange balloons to walk together. We'll meet you runners at the OHSO after party!

Visit runsignup.com to register and for more info.



Save the Date!

Spring Family Event. April 2, 10 am-Noon

Please join us for our Spring Family Event at **All Saints' Episcopal Day School**. There will be a petting zoo, face painters, a bounce house and fresh made grill cheese sandwiches and hotdogs. Please come join in the fun!

Congratulations to the 2016-17 NCPG Board of Directors!

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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.

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

| Date | Time | Event | Location |
|---------|-------------|------------------|--------------|
| April 6 | 3:30-5 p.m. | Playdate | Granada Park |
| May 4 | 6:30 p.m. | Mom's Night Out* | El Chorro |

Eggshell Flowerpots

www.marthastewart.com

Young gardeners can use eggshells as pots to start seeds and coffee-stirrer tags to foretell what will pop up where. Plant seeds according to package instructions, and nestle planters in an egg carton on a sunny windowsill, where they can be watered easily. The first leaves to sprout will be the cotyledons or seed leaves, which supply nutrients to the young plant until the first true leaves (resembling those of the parent plant) appear. When plants have grown to about 3 inches and have at least two sets of true leaves, they are ready to be transplanted to the garden. (Remove them from the eggshells first.)



Hints: Seeds that are larger and quick to germinate are best for kids. These include tomatoes, zinnias, and marigolds to name a few.

Also, put a small hole in the bottom of the eggshell for drainage before putting in the soil and seed, then when it's ready to plant, crack the bottom more so the roots can grow through.

Stuffed Almond Butter Strawberry Jam French Toast

www.circleofmoms.com

Here we have my “Stuffed Almond Butter & Strawberry Jam French Toast Kabobs.” I simply have combined a classic kid-friendly sandwich and twisted it up with a breakfast favorite. Cut it up onto a stick and you just became the most creative mom/dad your child has ever seen!

INGREDIENTS

- 8 slices challah bread (about 1-inch thick)
- 1/2 cup fresh almond butter (I prefer it ground right fresh out of the machine)
- 1 cup thinly sliced strawberries + more for garnish
- 1 teaspoon cinnamon
- 1/3 cup strawberry jam
- 1 cup low fat milk
- 7 large eggs beaten
- 1 teaspoon vanilla extract
- 2-3 tablespoons light butter (I use Land O Lakes Light)
- 1/4 good maple pancake syrup + more for drizzling

PREPARATION

1. Lay all of the bread slices onto a flat surface and spread 4 slices with almond butter and 4 slices with Jam.
2. Layer strawberries evenly on the jam piece.
3. Sprinkle the strawberries with cinnamon mixture and then place the other slice of bread creating sandwiches. (You should have 4 sandwiches all together.)
4. In a shallow bowl whisk together eggs, milk & vanilla.
5. Place sandwiches in to the egg mixture pressing down to saturate as much as possible; flip to douse both sides thoroughly.
6. Heat a large skillet and melt butter over medium heat.
7. Cook sandwiches 3-4 minutes per side until golden brown. (Press down with spatula to seal the sandwiches)
8. Remove from pan and place on a cutting board.
9. While still warm, using a pastry brush, coat each sandwich with maple syrup.
10. Cut into even sized squares and thread onto skewers. (Feel free to alternate with whole fresh strawberries)
11. Drizzle warm maple syrup on top and serve!



Kid's Cooking Camp at Whisked Away Cooking School!

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: 5/31-6/3 * 3pm- 4:30pm OR 6/6-6/9 * 3pm- 4:30pm OR 6/13-6/16 * 9-10:30am

Ages 7-11: 5/31-6/3 * 9am-12pm

Ages 12 and up: 6/6-6/10 * 9am-12pm

Spots fill up quickly so register today on our website!

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

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.

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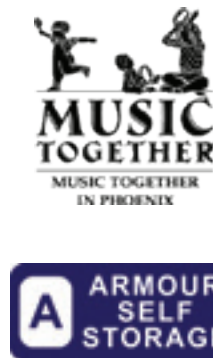
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