

Parent Times



Vivienne Wolfswinkel - La Jolla



Kennedy Krueger - Phoenix



Lila Snyder - La Jolla



Aston Wagner - Laguna Beach



Bella Nicholas - Mexico City

IN THIS ISSUE

Travel with Kiddos	2
Ask the Expert: <i>Prenatal Testing</i>	4
Ask the Expert: <i>Pool Safety</i>	8
Kid's Packing List	10
Spring Fling	12
Mom to Meet	15
Summer Things to Do	16
Favorite Summer Spots	18
Passport Tips	20
News & Events	23



CALYPSO

St. Barth

Please join

Calypso St. Barth & Sara Snyder

For an NCPG Mom's Night Out Shopping Soiree

Tuesday, May 3, 2016

6:30-8pm

enjoy a VIP discount and lite refreshments
as you shop our newest collection*

Calypso Phoenix
Biltmore Fashion Park
2502 East Camelback Road
Phoenix, Arizona 85016

rsvp to phoenix@calypsostbarth.com

**some exclusions apply*

CALYPSOSTBARTH.COM | [f](#) [t](#) [p](#) [i](#)



President's Corner

Dear NCPG Members, Teachers and Sponsors,

Thank you so much for giving me the opportunity to serve on NCPG's Board this year. I am truly honored to have served as President of such a wonderful organization. NCPG is what it is because of our members, teachers and sponsors. So, thank you ALL for being part of our extraordinary year.

I would especially like to thank all the Board members this past year who worked hard to make NCPG have one of the most successful years. I know you have all donated your time to an organization that you believe in, and I appreciate all your work, effort and enthusiasm.

We have a few fun events before the end of the year and I would love for you to join us!

April 21 - 3:30-5 p.m. – Our last playdate of the year at Arcadia Park!

May 3 – 6:30-8 p.m. - Our friends at Calypso (Biltmore) are hosting a private shopping event exclusively for NCPG! So come join us for a night of shopping and cocktails! (see the invitation at left and on Facebook.)

I hope you all have a fabulous rest of the school year and a relaxing and restful summer. I look forward to seeing you all in September!

Happy Summer!

Sara Snyder
NCPG 2015-2016 President

Dear NCPG Ccommunity,

This has been an all-around amazing year for the organization, with a surge in membership, fundraising, and sponsorships. With such extensive growth this past year, the board of directors has worked tirelessly to ensure a top-notch experience for everyone involved, and it's shown...hello breakfast burritos and Boogie Nights! I'd also like to give a seriously major shout out to **Sara Snyder** and **Kelly Vasbinder**, for all of their INCREDIBLE work this past year. The NCPG family would not be what it is today without the two of you, so thank you!

NCPG has been an absolute godsend in my journey through parenthood, and I cannot wait to serve as President of this amazing group and be able to give back a fraction of what it has given to me. Together we can make NCPG great again... kidding; it's already great, so let's continue the momentum! If you would like to get involved with NCPG, please reach out to me as there are plenty of committees that would benefit from your help. Also, invite your friends to join; we would love to have them!

I'm always available if you have any questions, comments, or concerns. I'm also around if you just want to swap a few parenting stories. We look forward to seeing you in September.

HUGS!

Ashley Blalock
NCPG 2016-2017 President
president@ncpgaz.org



ncpg

north central parenting group

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

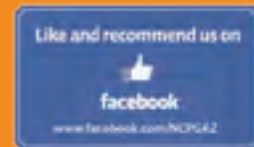
Social Co-Directors:

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



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

Aston Wagner, photo by Teana Wagner.

Bella Nicholas, photo by Teana Wagner.

Kennedy Krueger, photo by Liz Evans, Lizestudios.com.

Lila Snyder photo by Sandra Tenuto, SandraTenuto.com.

Vivienne Wolfswinkel photo by Sandra Tenuto, SandraTenuto.com.

Travel with Kiddos: Helpful Hints

Source: Chelsea Kunde, Building Blocks • buildingblocksaz.org • buildingblocksaz1@gmail.com



There are many things that change once we become parents. Leaving the house takes longer, remembering things takes longer, quite frankly everything just takes longer. So when we think of traveling with our little ones, it almost feels like more work than reward. However, with some extra planning and thoughtfulness, I believe travel can be one of the most rewarding experiences we can have with our kids. Patience and planning are key to this process. Sit back, relax, and let the fun travel experience begin...

Strategic Planning

- Be prepared. Schedule flights the best you can when your child is typically in the best mood (probably the morning). Scheduling close to nap time can help as well. Many kiddos fall asleep on planes. Be prepared for delays in flights. Bring extra clothes, toys, formula, breast milk, etc.
- Bring lots of snacks, games, distractions for the plane. You never know what will please your kids. Feed babies on take off and landing to help their ears or offer a pacifier.
- Unpack once you are at the hotel or place you are staying. Make a little area to change the baby, unpack clothes, toys, etc. Make the room into a mini home away from home. Organization is key to success.
- If you can, think about getting a bigger room, suite, family style hotel room for space and separate sleeping areas. This can help everyone to sleep better. It may be worth the money.

Stick to a Schedule

- Vacation is different than home. Flexibility is key to everyone's happiness. However, with that being said, kids thrive on structure and routine. You can have them acclimate to their new environment successfully by maintaining some consistency.
- Keep the bed time routine as close to the routine at home. (Side note: I think it is key, if your child is napping twice a day to always allow them that morning nap in a crib or pack-n-play. I think it sets their entire day up for success.)
- One night they may stay up past their bed time, but I would suggest not doing this each and every night. This creates a cycle for being over tired. Maybe if they stay up late one night, they go to bed on time the next night. Again, set them and yourselves up for success.

Time Change

- If the time change is less than three hours, try and get them on the new time as soon as possible. Know the first day is sort of thrown off from travel. Get them to bed best you can at a normal time, and start them on the new time

zone the next day. They will adjust quickly just like we do.

- If the time change is four hours or more, it may take a day or so to adjust. Adjust their schedules little by little until they are on the new time. Again, they will adjust quickly.

Tricks

- Pack-n-play placement can be a challenge especially in a hotel. See if the bathroom is big enough for the pack-n-play or a closet. This can help give them and you your own space.
- Bring a sound machine.
- Practice with the pack-n-play one night at home if you are worried. Most kiddos do great in them.
- Bring fun and new distractions for airplane or car ride.
- Stick to a normal routine best you can so they feel safe and secure in this new place.
- Kids are so resilient and typically deal with travel better than we do, so practice breathing and being calm. They feel our energy.
- Have snacks on hand in hotel room in case they are hungry and you do not want to wait to order food.
- Enjoy. Happiness is contagious. If you are flexible and have an easy going attitude, they will feed off of that. :)





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



602.376.1341

www.BiltmoreAzAgent.com • www.CentralPhx.com



Ask the Expert



Maria D'Addario, MS
Board-Certified Genetic Counselor
Medical Science Liaison, Progenity

Advances in prenatal genetic testing now give pregnant women more options for determining their risk for Down syndrome and other fetal abnormalities. One of these newer technologies is called **cell-free DNA (cfDNA) screening**, and it has revolutionized the way we can get information before birth.

What is cfDNA screening?

You already know the importance of DNA—it carries all of the genetic information needed for our bodies to function. During pregnancy, fragments of DNA from the placenta enter the mother's bloodstream. Because this fetal cfDNA typically has the same genetic makeup as the baby, we can take a blood sample from the mother and look at the number of chromosomes within the fetal cfDNA.

Most people have 23 pairs of chromosomes; any more or fewer can cause health problems. For example, Down syndrome is caused by a third copy (trisomy) of chromosome 21. By looking at the number of copies of chromosome 21 in the fetal cfDNA, the test can tell whether there is an increased risk for Down syndrome. This screening technology has prevented some women from needlessly undergoing invasive procedures such as amniocentesis and CVS, which sample the baby's DNA directly.

What do you tell expecting mothers?

Previously, the method for Down syndrome screening involved looking at hormones and proteins in the mother's blood. This method was an indirect way to find out if the baby was affected. Recent advances allow us to count the number of chromosomes in the DNA, to determine if there is a higher risk for the baby to have Down syndrome. This method also works for detection of other chromosomal conditions, including Trisomy 18 and Trisomy 13. Although this type of testing is currently for screening only, results from cfDNA screening are more accurate than the older methods used for decades.

Tell me about the research being done in this area.

Researchers are looking at using this technology to identify even more types of fetal abnormalities, such as fetal infections. This technology can potentially be used to detect cancer, since we know that tumors can also give off this type of cfDNA. At present, this technology is for prenatal screening—that is, to determine which patients are at a higher or lower risk. Patients with a positive result should seek genetic counseling and possibly further testing. In the future, methods may allow for a more diagnostic type of testing.

Why choose Progenity?

Progenity uses one of the first and most studied methods, called massively parallel sequencing to identify fetal cfDNA. Over 200,000 patients have had this test, with results published in the New England Journal of Medicine and other major medical journals. This method has the highest chance of getting an answer from one tube of blood, and has low rates of false-positive and false-negative results. In addition, genetic counselors are available to speak with patients and healthcare providers—we are committed to counseling and education through every step of the testing process.

For more information about cfDNA screening, visit progenity.com/verify



Prepare for life.

verifi® by Progenity Prenatal Test



A Guide to Non-Invasive
Prenatal Screening

Congratulations on your pregnancy!

As an expectant mother, you have many things on your mind, and you probably want to know all you can about your future family. This is where the verifi® prenatal test by Progenity can help.

What is the verifi® prenatal test by Progenity?

It is a non-invasive prenatal test that screens for genetic disorders, such as Down syndrome, which can affect your baby's health. Since non-invasive prenatal screening requires only a blood sample, it is safe for you and your baby. It's a simple test that can help you prepare for life.



For more information about the verifi® test by Progenity, visit progenity.com/verifi



Scan this code with your mobile phone to watch a video about non-invasive prenatal testing.

peace of mind

At Progenity, we believe all patients should have access to the highest-quality tests to enable informed medical decisions.

We promise to provide an option that works for you and your family, regardless of your financial situation. That's why we offer the *Peace of Mind* program, which



5230 S. State Road, Ann Arbor, MI 48108
Tel +1 855-293-2639
progenity.com

Progenity is a CLIA-certified clinical laboratory and is accredited by the College of American Pathologists (CAP). The information contained in this brochure is provided by Progenity as an educational service for clinicians and their patients.

© 2015 Progenity, Inc. All rights reserved. Progenity® is a registered service mark of Progenity, Inc.

verifi® is a trademark of Illumina, Inc. and/or its affiliate(s) in the U.S. and other countries.

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)

Cbr cord blood
registry®

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





SAINT THOMAS THE APOSTLE

ROMAN CATHOLIC SCHOOL

Where Faith Inspires Hearts and Minds



NEW IN AUGUST 2016:

Our new 3's Program is filling up fast! Accepting applications NOW!

RENOVATED AND EXPANDED PRESCHOOL & KINDERGARTEN:

Get ready for an exciting 2016-2017 school year as our facilities get a "summer makeover!"

TOURS BY APPOINTMENT

(602) 954-9088

or visit us at www.staphxschool.org

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



Preschool Now Enrolling

SARRC
community
SCHOOL

- 4:1 student-teacher ratio & small class sizes
- Affordable tuition
- Flexible scheduling with individualized instruction for kids 18 mos. to 5 years
- Classroom staff have bachelor's degrees or above




 **SARRC**

For more information or to schedule a tour call 602-340-8717

 New Arrival! 



 Breckin James Krickl

3/4/16

6.3 lbs

20 inches

Big Brother: Connor

Parents: Kalleen and Coll



 **Milestones**
Presented by SARRC

We offer services to provide a supported experience for parents with infants

FREE 2016 MEMBERSHIP

For more information
autismcenter.org/milestones

Ask the Expert



Are You Water and Pool Safe?

by AZ Childproofers

My Passion is to help families to create a safer environment in their homes (childproofing), in the car (Certified Car Seat Tech) and around the pool (Pool Fences and Education). We have already had too many drownings this year. It will take a community to stop the drownings and one of the best ways to do that is to know and understand what best practice around the pool is. Do not ever let anyone tell you that you are being overly protective. Drowning is silent and though there are many near drownings they most times leave the families with lifetime mental and physical challenges.

Here are a few steps to consider when around pools...Even when there are a lot of adults around that doesn't mean there is someone watching what is going on in the pool.

Designate a Water Watcher.

This is a person designated to keep their eyes on the pool and not do anything else for 10-15 minutes. Below are a few Do's and Don'ts for Water Watchers.

1. A water watcher does **NOT** talk to other people.
2. They **DO NOT** take pictures or talk on the phone. Put phones in a baggie on silence and only use in an emergency.
3. They are on duty for only 10-15 minutes at a time (according to Phoenix Aquatic).
4. They **DO** wear something to designate who they are...i.e. a bright hat....so everyone knows not to talk to them while they are on duty.
5. They **DO** keep their eyes on the pool at all times and knows who is coming and going.
6. They **DO** know how to swim, have a pole or life preserver near them.

Other Things to Remember:

1. People naturally get distracted at gatherings.
2. Water Watchers need to be rotated. Keep an eye on your children at all times.
3. DO NOT let children wear blow up floaties....use something like a puddle jumper that is life guard certified.
4. Keep your littles ones within arm's reach in the pool.
5. If there are just two of you and you are talking....be sure you are talking as if you are driving and the water is the road. Keep your eyes on the water and the children.
6. Never prop a gate open. Keep them closed and when the pool is not in use.....locked.
7. Because drowning is silent.....be vigilant around water.
8. Because a young child can drown in 2" of water....empty wading pools and put on its side.
9. Keep Doggie Doors Locked...even when visiting.
10. When visiting, check that doors to yard and gate to pool are locked.

The ABC's of Water Safety:

1. Always have **adult supervision** (not teens).
2. Always have a **barrier** with a self-closing/self-latching gate.
3. Classes: CPR for parents and swim for children and parents who do not know how to swim.

Remember:

Because you are the parent and if you feel uncomfortable...it is OK to leave any situation... no matter what others say. Your little guys are little for such a short time... keep them safe so you can enjoy them for a long time!

As you travel this summer have fun and be safe. Make sure that your car seat is installed correctly and your children are securely strapped in properly.

If you are in a group or know of a group you would like us to talk more about Water Safety to please let us know.



Five foot (5') Fence w/ Self-Closing/Self-Latching Gate.



Two Non-Swimmers in Puddle Jumpers – SAFE! One Non-Swimmer in blow-up water wings – NOT SAFE! Two excellent swimmers – SAFE.

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



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

FROST.

A Gelato Shoppe

FROST ANYWHERE

WEDDINGS, CORPORATE EVENTS AND BAR/BAT MITZVAHS

Frost Gelato Catering can provide you with a great authentic Italian experience on your special day. You and your guests will be transported to the streets of Italy with our authentic Italian gelato cart!

View our catering video at:

www.youtube.com/watch?v=JQaH9P17TdQ

Check us out online

www.frostgelato.com

SANTAN VILLAGE

2150 E. Williams Field Rd. Suite #120, Gilbert, AZ 85295

BILTMORE FASHION PARK

2502 E Camelback Rd. Suite #136, Phoenix, AZ 85016

480.899.2160

To book your event, please call.



Kid's "Pack Myself" Packing List

www.travelmamas.com

Getting kids involved in planning a family vacation makes the trip more fun for them and easier for their parents. This includes encouraging children to pack their own luggage for the journey. Give your child this easy-to-follow printable Kid's "Pack Myself" Packing List to build excitement about, and feel ownership in the upcoming getaway.

The files are shown at right and can be downloaded here: <http://travelmamas.com/kids-pack-myself-packing-list> >>>>

Simply fill in the needed quantity for each item and then let your kiddo get started. We've included everything from pajamas and swimsuits to books and stuffed animals. The images on the list make packing fun and easy even for early readers. Once your child has laid out all clothing and other necessities, check off all items as they are packed into a suitcase to make sure nothing was forgotten.

This list can be used in combination with any of our other Packing Lists. Intended for use by parents or other caregivers, the Packing List for School Age Kids may be particularly helpful in organizing everything for your family's vacation.

Before leaving home, make sure to pack a travel activity kit to keep kids content on the go (and minimize stress and whining!).

Travel Mamas is so much more than Packing Lists! Our site is all about helping you connect with your children and the world around you through travel. Take a peek at our Travel Tips, stroll through the Travel Mamas Store, or do some vacation day-dreaming by perusing our Destinations page. Enjoy the journey!

Summer Photo Sessions

Starting Father's Day weekend through August 8th.

San Diego area, OC area, LA area, and Santa Barbara.

Sessions can be at the beach, in the flower fields, at Disneyland, at the horse stables in DelMar.

This is my 12th year taking summer sessions in California.

Sessions start at \$675. That includes the digital images.

NCPG members that book their session by April 30th will receive \$50 credit for prints.

Check website for info:

www.sandratenuto.com





Kids Pack Myself Packing List



This List Belongs to: _____

How Many?	What Items?	✓ Check After Packing	How Many?	What Items?	✓ Check After Packing
_____	Pairs of Shorts 	<input type="checkbox"/>	_____	Pairs of Underwear 	<input type="checkbox"/>
_____	Pairs of Casual Pants 	<input type="checkbox"/>	_____	Pajamas 	<input type="checkbox"/>
_____	Short-Sleeve T-Shirts 	<input type="checkbox"/>	_____	Pairs of Socks 	<input type="checkbox"/>
_____	Long-Sleeve Casual Shirts 	<input type="checkbox"/>	_____	Swimsuit 	<input type="checkbox"/>
_____	Dressy Outfits 	<input type="checkbox"/>	_____	Books 	<input type="checkbox"/>

Extra Items to Remember: _____



Sneakers


☐

Sandals or Boots


☐

Hat


☐

Sweater


☐

Extra Items to Remember: _____



self Packing List



What Items?	✓ Check After Packing
Hairbrush or Comb 	<input type="checkbox"/>
Toothpaste 	<input type="checkbox"/>
Toothbrush 	<input type="checkbox"/>
Stuffed Animal 	<input type="checkbox"/>
Sunglasses 	<input type="checkbox"/>



Spring





Fling!



GO ON VACATION WITH CCS

bring a
friend!

REGISTER NOW FOR FALL 2016



CCS Summer Cubs Camp 2016

Weekly Sessions from May 31-June 24
9:00am-2:00pm Daily; Ages 2-6

- Week 1 **BEACH** May 31-June 3
- Week 2 **CAMPING** June 6-10
- Week 3 **THEME PARK** June 13-17
- Week 4 **OLYMPICS** June 20-24

APPLY NOW! CLASSES ARE FILLING QUICKLY!
WWW.CCSAZ.ORG/CUBSCAMP2016.HTML



CHRIST
CHURCH
SCHOOL
PRESCHOOL-ELEMENTARY

Play and Learn

A Beginning Preschool Class for Toddlers
16 Months through 2 Years Old

- Developmentally appropriate program formulated to expand a toddler's physical, social, emotional, cognitive, and creative abilities
- Experiential learning opportunities designed for students to interact with a familiar adult in a classroom setting
- Introduces participants to the components of a preschool day



602.381.9906 • info@ccsaz.org • 4015 East Lincoln Drive, Paradise Valley, Arizona 85253 • ccsaz.org

Learning
is not
one size fits all.

Discover a distinctive education built around your child.

Early Childhood-8th Grade
Schedule your tour today.



Tesseract School

NCPG Mom to Meet

Lindsey Dies



Husband: Joe Dies

Children: Isla, 17 months (going on 17 years it feels at times). Her sister is scheduled to arrive on 4-25-16 and, although we are slightly terrified to have two under 2, we could not be more excited & grateful to add another babe to our family. (+ 2 dogs — Lucy, 1.5 years, Dezi, 6 years)

Born, Raised & Lived: Born and raised here in Phoenix. In fact, both my Dad, myself and all four of my siblings have attended elementary through high school less than 20 minutes from my current home. I did branch out briefly and attend college in Santa Barbara — where I met my husband. We met in the small college town adjacent to campus and coincidentally where our daughter's name comes from, Isla Vista. I moved back after college and somehow persuaded him to relocate also, so far so good haha.

City & years married: We got married in 2012 in downtown Santa Barbara and had our reception at a friend's restaurant. They had never hosted a wedding before so we really got to do whatever we wanted, we had a great time making it our own.

Career: Although I am only working one day a week currently, I previously worked full-time as an adolescent therapist. I worked mostly with kids that were in residential treatment and out of the home. I absolutely love working with teenagers and mostly specialize in substance abuse and eating disorders.

Five words to describe yourself: Unfiltered (this one sometimes gets me in trouble and probably describes me best haha), Generous, Loyal, Feisty (my husband's description)

Favorite vacation spot: Lake Tahoe. There is no where else that I am instantly at peace.

Favorite adult spot to dine: Probably City Hall, they have very generous wine pours and nothing makes my heart happier than crab gnocchi.

Favorite children's book: "My Very Own Name." A family friend bought it as a gift and I love that it tells the story of Isla's name.

Most meaningful mom moment: One of the very first times I got out of the house alone after Isla's birth was to go to Target (to date our most frequent destination). And I remember feeling so proud of myself as I was about to checkout thinking how much easier it had been than I expected. Only to have an epic meltdown and a blowout all over me while we were in the checkout line. I learned never to get too comfortable or too sure of myself.

Best mothering advice: The very best days and the hardest days all come to an end. Make sure to drink lots of wine to celebrate both :)

Who introduced you to NCPG? Although I have a few friends in NCPG, Chelsea Kunde was definitely the most persuasive in getting me to join — and I am glad she was!

Best thing I learned in NCPG: There is always someone else going through it too!

What to Look Forward to This Summer!

OdySea Aquarium

Opening July 2016

(visit our Facebook page or website for updated information)

9500 E. Via de Ventura, Scottsdale, AZ 85256

odyseaaquarium.com

Get Ready to Dive In! The largest aquarium in the Southwest is coming to Scottsdale this summer. From sharks, turtles, and penguins to jellyfish, octopus and more, OdySea Aquarium will feature some of the most fascinating marine life from around the world. Live exhibits will be complemented by state-of-the-art media, interactive shows, and entertaining presentations. Get up close and personal with penguins as they parade through the halls greeting guests, wash your hands in the bathroom while sharks swim inches away in a floor-to-ceiling tank, look up and see schools of colorful fish in sphere-shaped aquariums suspended from the ceiling, and walk in giant submerged acrylic tubes surrounded by thousands of sea creatures on all sides. After your Aquarium experience is complete, visit one of the many restaurants and shops located just outside the door at OdySea in the Desert.



LEGOLAND® Discovery Center Arizona

Jump into the biggest box of LEGO® bricks ever!

Recently opened April 22, 2016

Arizona Mills Mall, 5000 S. Arizona Mills Circle, Ste 135

legolanddiscoverycenter.com/arizona/

- Indoor family attraction ideal for children aged 3 - 10 years.
- 2 LEGO® rides, 4D cinema, large soft play area.
- Model Builder Academy — learn LEGO® building tips from the experts.
- MINILAND — see Arizona's iconic buildings and attractions made from LEGO bricks.
- Enjoy a birthday party to remember in our birthday party rooms.
- School and Educational visits which support the local curriculum.
- Adults must be accompanied by a child to enter.

One of the top things to do in Arizona for kids and their families!



THIS BEAUTIFUL ROOM DESIGNED WITH FURNISHINGS PURCHASED AT PVESA



10810 N. SCOTTSDALE RD, SCOTTSDALE, AZ 85254
TUESDAY - SATURDAY 10AM-4PM
480-949-2096 • WWW.PVESA.COM

KIDTASTICS

OUR SCHOOL IN YOUR POOL!

KIDTASTICS offers *private, semi-private* and *group lessons* at **your home** or one of our outdoor pools.

For Questions or to Book Your Lessons:



Kidtastics.com/Swim

or

480.994.KIDS (5437)

Get 10% off if you mention NCPG

How Will You Remember?

NCPG members
save 20% on
portraits when you
mention this ad.

THE ART AND SOUL
OF PHOTOGRAPHY

ARTISTIC IMPRESSIONS
FINE PHOTOGRAPHY

602.263.3004
artisticimpressionsstudio.com
3120 N. 44th Street

Our Board Members' Favorite Summer Spots!

Sarah Ragland - Del Mar, California

Things to do: Del Mar beach park, Loyola Aquarium, Poseidon's for lunch, ice on the beach.



Tips for moms: Be flexible when you're not in your house. These are trips not vacations.

Chelsea Kunde - San Diego, California

Things to do: Coronado is great for families. All summer they have concerts in the park on Sundays. Bring food, wine, blankets and enjoy the tunes! We also loved Birch Aquarium in La Jolla. Beautiful views and fun for the kiddos!



Tips for moms: San Diego has SO MUCH TO OFFER but don't forget the incredible ease of the city. Some of the best things to do there is set up on the beach or bay for the day and enjoy!

Jennifer Nelson - Aulani, Hawaii

Things to do: Snorkel in the man made reef or hang out on the private beach.



Tips for moms: Have plenty of refreshing snacks on hand and cover up with your favorite hat to enjoy some fun in the sun :)

Sarah Frey - Mission Bay, San Diego

Things to do: Sea World and Belmont Park are right there. Sea World has the Sesame Street area, which the little ones love. Belmont Park has a classic beach boardwalk feel. Legoland is about 30 minutes away.



Tips for moms:

1. Take the little ones to the bayside. There are no waves and less wind. They can dig and splash in the shallow water and you don't have to worry about big waves.
2. Take the stroller. There are nice paved paths on beachside and bayside and several playgrounds within walking distance (for you, not for them) so take the stroller.

Ashley Blalock - La Jolla, California

Things to do: We love the Shores side of La Jolla, either renting a house near Kellogg park or staying at the La Jolla Beach & Tennis Club! Staying at The La Jolla Beach & Tennis club is so family friendly, it's a private beach so they serve you food and drinks (...yes please!), have a chip & putt golf course, tennis and summer camps and activities. It's also walking distance to tons of restaurants and little beach shops.



Tips for moms: We always travel with duct tape now so we can "hang up" a towel or sheet to the windows of whichever room our son is staying in so he sleeps longer! Because no one wants to wake up early on vacation!

Kelly Vasbinder - Del Mar, California

We rent a cottage in Del Mar Village, (right near the park/beach/town) through VRBO.com and just walk everywhere! I can send the link to anyone interested.

Things to do: We walk to Powerhouse Park with the kids, we take our dogs to the leash-free dog beach, and then we enjoy the beach together too! Every morning I walk to Stratford Court Cafe for coffee before the kids wake up. Or, we venture there together and have breakfast outside.



Tips for moms: Bring a few "easy to clean/find" toys to keep in the house/hotel you rent. Be prepared for schedules to change, but relax and remember it's only for a short while, you'll all get back to normal eventually! And, most importantly, as a friend once told me, "If you travel without kids, it's a vacation... with kids, it's a family trip."

Amy Forsythe - Flagstaff, Arizona

Things to do: We spend most of the summer in Flagstaff. We love the cool weather and pine trees. Being able to enjoy the outdoors all day is kind of the best since it's not an option in Phoenix. We do the pool, park, golf, and take quick day trips to Sedona. The list of activities for the family, just mom and dad, and the kids are endless!



Teana Wagner - Polanco, Mexico City

Things to do: Chapultepec Park and zoo, Soumaya Museum, Saturday Tianguis (street market) in Lincoln Park, Shopping on Avenida Presidente Masaryk (Mexico's Champs-Élysées), Theater Telcel (Now starring The Lion King), The Museum of Anthropology, and you can't miss the thousands of parks, plazas and amazing restaurants full of people.

Tips for moms: Fashionable and upmarket, Polanco is one of



Mexico's most popular and safest neighborhoods. Famous for its shopping facilities and restaurants, Polanco seems to be all about the modern. However, a lot of culture and history remain within the cosmopolitan neighborhood, which means that there is always something cultural to do, whether it is visiting a museum, or an art gallery or wandering through some parks in the area. This is a great way to take in the culture of Mexico.

You can walk almost anywhere in this neighborhood or feel safe taking a taxi. Mexico City has a lot of modern, and beautiful hotels that will impress you and your family. You can choose to rent an airbnb or check out some of the best up and coming hot spot hotels. The weather is perfect during the summer, warm days with cool evenings. Beware of some patios though out in the city, they are restricted for children because they allow smoking.

Nathalie Estes - Del Mar, California

Things to do: Chapultepec The beach in Del Mar is great for kids of all ages and has an amazing park/playground overlooking the water.

Tips for moms: Book hotels early as there aren't very many in Del Mar (which is also a plus because less crowded).



Passport Tips from our President, Sara Snyder

Sara is a dual US & Canadian citizen and grew up in Hong Kong and Singapore. French is her first language and she has traveled to over 35 countries.

Sources:

<https://travel.state.gov/content/passports/en/passports/under-16/under-162.html>

<https://travel.state.gov/content/passports/en/passports/under-16.html>

- Go to your local pharmacy (I went to Walgreens on 7th Street & Glendale and they were great) and have them take the picture. You can ask to approve the picture before they print. I may or may not have requested several takes!
- Bring a white sheet and place it in your infant carrier/car seat and then place your baby on top. This will create the white background and the carrier insert will hold your baby's head in place. A friend of mine gave me this tip and it was a lifesaver!
- Make sure your baby is wearing clothing in a color other than white.
- Be sure to check your online for your specific country requirements regarding facial expressions. Canada for example will reject your application if you are smiling in the picture- totally happened to me!
- Take a picture of your passport photo page, your husbands/partners and your childrens and email them to yourself. That way you always have a copy accessible if something unexpected happens while traveling abroad.

What you need to apply for a minor's passport

- Evidence of U.S. Citizenship
- Evidence of Parental Relationship
- Photo Identification
- Parental Consent
- Passport Photo
- Application Forms
- Passport Fees

Baby Passport Photo Guidelines

A baby passport photo must meet the following requirements:

- The baby should look straight at the camera. Both ears should be visible.
- The baby should have a neutral expression.
- The baby should close mouth, not smiling.
- Both eyes should be open and clearly visible.
- The background should be white or off-white, or of constant light colors such as cream, light blue or white.
- Photo should be taken in bright room. There should be no shadows across or behind the face.
- There should be no other objects on baby's face or background, such as toys, parent's hands, hat, baby's hand over face, blanket on face.
- Photo should be sharp and clear.



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



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. For a list of retailers, visit mamacoldbrew.com.



Now Accepting Applications for Fall Classes



CROSS ROADS
Preschool and Kindergarten

A Great Beginning

**Join Us for CRPSK's
Summer Olympics Camp!**

June 6th-June 30th, 9:00am -1:00pm

Choose Your Weeks • Options for 3 or 4 Days per Week
Open to All Kids, Ages 3-6 • Registration Available Online

**50% Off Fall Application
Fee for NCPG Families!**

EST. 1965

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

NCPG is now on



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!



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

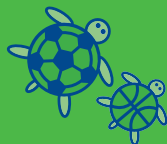


Armour Self Storage is a proud sponsor of NCPG because we know that Everyone Needs More Space, even growing families.

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



Hubbard Sports Camps

HUBBARDSPORTS.COM
602.971.4044



LAUGH, PLAY & LEARN! hubbardsports.com • 602.971.4044

5 SPORTS CAMP LOCATIONS MAY 31 - AUGUST 5

Learn the skills to play basketball, soccer, baseball, swimming, archery, volleyball & field sports all in one camp!
1 week sessions • Full & Half day • Extended Care • Ages 4½ -13



All Saints' Episcopal Day School

Educating Children Head to Soul

Since 1963, All Saints' Episcopal Day School has offered a top-tier education while encouraging students to realize their highest potential as lifelong learners, artists, athletes, and leaders of the future.

Our teachers teach what they love. We employ 17 specialists in the areas of music, Spanish, physical education, band, art, religion, library, and technology. We also have a full time school counselor, a Learning Resource Coordinator, and Technology and Design Thinking Specialist.

In recent history, 99% of our graduates were accepted to their first-choice high school.

Call today to schedule a tour 602.274.4866

All Faiths Welcome • Pre-K through Eighth Grade • Indexed Tuition Available • All Saints' Episcopal Day School admits students of any race, color, or national origin.

All Saints' Episcopal Day School • 6300 North Central Avenue • Phoenix, Arizona 85012 • 602.274.4866 • www.aseds.org • www.facebook.com/PhoenixASEDS

News & Events

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
May 3	6:30-8pm	Mom's Night Out	Calypso St. Barth
Join us for a Mom's Night Out Shopping Soiree!			

THANK YOU to our 2015-2016 NCPG Board of Directors!

We have had such a great year with these hard working and dedicated board members! Thank you so much for your time, commitment, energy, good-humor and heart! NCPG wouldn't exist without you.

SOME HIGHLIGHTS:

- We hired 4 new teachers, and created 2 new classes this year. We now offer 11 classes!
- Our membership has grown from 167 members in 2014-15, to 232 members in 2015-16.
- We exceeded our projected target income by 42% This means better, and more, member benefits next year.
- We hosted our first ever fall fundraiser, "NCPG Uncorked" and it was a great success! (Get excited for fall...)
- Our annual fundraiser, "Boogie Nights", was a night to never be forgotten. Everyone went all out with their costumes, and we surpassed our fundraising goals! Thank you NCPG, for your support.
- We added more nannies to our daycare, an additional day care room, and helped serve around 23 families, on average, each class.
- We made sure we had hot, fresh, breakfast burritos at every social hour, provided by the board.
- We partnered with Mama's Cold Brew, giving you two coffee choices at breakfast. (Moms love their caffeine!)
- We supplied Childhelp and Phoenix Children's Hospital with 130 backpacks, full of clothing and toiletries, for children in need.
- We hosted 8 playdates, 2 family events and 5 Moms Night Outs! (And that doesn't include the ones you all organized with your classes.)
- We brought more moms together than ever before, and we brought you another fabulous year of education and support... not to mention and a safe place to feel release and guidance. Can't wait to see you next year!



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.

Pool Noodle Horses

www.MyCrazyBlessedLife.com

Pool noodle horses are easy, cheap and lots of fun!

MATERIALS

- Pool noodles
- Duct tape (it comes in some fun colors)
- Googly eyes (self adhesive works best)
- Fabric scraps cut into strips
- Felt for ears
- Glue gun for the adult to use

INSTRUCTIONS:

First use the duct tape to make the bridle and reigns. Add googly eyes. Let the kids pick out scrap fabric strips for the adult to hot glue on for mane. Hot glue on some felt ears.



Registration Now Open for 2016-2017

Current members may enroll during the month of April for an early bird discounted rate of only \$200. May 1st general registration opens up and tuition will be \$275. Please find a tear out registration form on the last page, or visit our website www.ncpgaz.org/join-ncpg/

Banana Yogurt Cake

www.Weelicious.com

SERVES: 16 **PREP TIME:** 10 mins **COOK TIME:** 25 mins

When we want to offer a boost of protein to our kids, one of the first things we reach for is yogurt. With protein and calcium in every bite, yogurt is easy to digest making it a perfect food as a snack, breakfast or even dessert. This recipe uses Annie's Organic Yogurt, but any yogurt will work.

INGREDIENTS

- 1.5 cups white whole wheat flour
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup Annie's Organic Very Vanilla Yogurt
- 3 small very ripe bananas, mashed
- 1 large egg
- 1/4 cup canola oil
- 1 teaspoon vanilla extract

PREPARATION

1. Preheat the oven to 375F.
2. In a large bowl, whisk together the flour, sugar, baking powder, baking soda, cinnamon, and salt.
3. In a separate bowl, whisk together the yogurt, mashed banana, egg, oil, and vanilla.
4. Pour the yogurt mixture into the flour mixture and mix until just combined.
5. Pour the batter into a greased 8 inch square baking dish.
6. Bake 25-30 minutes, until a toothpick inserted in the center comes out clean.



Class Schedule 2016-2017

- September 7
- September 21
- October 5
- October 19
- November 2
- November 16
- December 7
- January 11
- January 25
- February 8
- February 22
- March 22
- April 5
- April 19
- May 3

Don't Miss the
Early-Bird Special!

Register by April 30 and
save \$75. Only \$200!



2016-2017 REGISTRATION FORM

Class Registration: • \$200 (April 1-30) \$275 (After April 30)

Annual Nursery Fees: • First Child (\$300) • Second Child (\$50) • Additional Child (no charge)

Please Note:

- No refunds on registration and/or nursery fees after 9/30/16.
- Guests are welcome to attend one meeting. Please make reservations with the Membership Director. The guest nursery fee is \$25 per visit, per child. Space is subject to availability.
- Financial assistance for tuition and/or nursery costs is available to those for whom the fees are prohibitive. Confidential inquiries are handled by the Membership Director.
- There will be a \$25 charge for returned checks.

Name: _____ Spouse's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Child's Name*: _____ DOB: _____ Nursery (Y / N)

Child's Name: _____ DOB: _____ Nursery (Y / N)

Child's Name: _____ DOB: _____ Nursery (Y / N)

**You will be grouped by your oldest child's birth date unless you indicate otherwise.*

• How did you hear about us? ☐ Current Member ☐ Friend ☐ Newspaper ☐ Hospital/Doctor ☐ Online

☐ Other (please explain): _____

• Would you like to be on a committee? ☐ Fundraising ☐ Special Events ☐ Communications

By signing below I acknowledge that neither North Central Parenting Group (NCPG) or Church of the Beatitudes (CB) carry insurance to cover any injuries to NCPG members or their families. As consideration for participation in the NCPG program, I hereby release, remise forever, discharge, and agree to save and hold harmless and indemnify NCPG and CB, and the employees, officers, directors, and agents of each, of and from all liability, claims, demands, causes of action and possible causes of action whatsoever, arising out of or related to any loss, damage, or injury that including negligence of any of the foregoing. I agree to defend and indemnify NCPG from and against any and all liability or claims arising out of any loss, damage or injuries sustained by myself, my minor child or family member participating in any function of NCPG.

Signature _____ Date _____

PAYMENT BY CREDIT CARD:

Class Registration \$200 (April 1-30) \$275 (After April 30)

Nursery (First Child) \$300

Nursery (Second Child) \$50

Credit Card Usage Fee 4% of Total

TOTAL: \$ _____

Credit Card #: _____ Expiration Date: _____ Security Code: _____

Check One: ☐ Pay in Full ☐ Two Equal Payments*

***Terms & Conditions**

Credit card will be charged for half the total registration/nursery fee(s) upon registration. The second payment will be automatically charged to the credit card on January 30th regardless of whether member continues with membership or nursery usage unless the second payment is received prior via cash or check. Policy of no refunds on registration and nursery fees after 9/30/14 remains in effect. Credit card processing fees apply. Credit card information will be kept secure on file until second payment is made, after which it will be securely destroyed. Must register by December 1st to utilize payment plan.

I acknowledge that I have reviewed and accepted the Terms and Conditions of the Two Equal Payment Plan and authorize NCPG to charge my credit card upon registration and on January 30th, 2017.

Signature _____ Date _____

(Signature & Date Required)

PAYMENT BY CHECK:

Class Registration \$200 (April 1-30) \$275 (After April 30)

Nursery (First Child) \$300

Nursery (Second Child) \$50

TOTAL: \$ _____ Check # _____

(If paying only the first half of the total registration/nursery fee(s), you are required to fill out credit card information above and sign/date after the Two Equal Payment Plan Terms & Conditions.)

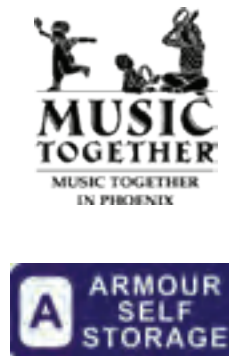
Please mail payment and registration form to: **NCPG, P.O. Box 32644, Phoenix, AZ 85064**

Thank You to Our 2015-2016 Sponsors

PLATINUM



GOLD



BRONZE

