

Parent Times

December 2016



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north central parenting group



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President's Corner

To the entire NCPG community,

OH, Deer. How is it already December? Honestly, I could've sworn it was September just a couple weeks ago! It really is unbelievable that we are already in the midst of the holiday season (I'm still dealing with a turkey hangover), it's basically still 75 degrees out, and 2017 is right around the corner. It is such a fun time of the year, but also a time of reflection on the past and looking ahead. Thank you all for taking the time in 2016 to make NCPG a part of your lives, and I hope you will continue to carve out time for all that NCPG has to offer in 2017!

As I'm reflecting on this "year" so far, it has been incredible. I am absolutely blown away by the generosity of our membership in their support to our philanthropy, Maggie's Place. We completely filled 2 trucks with all of your donations, including multiple cribs, pack n' plays, strollers, bath tubs, bags upon bags of CLOTHES to outfit moms + babies, and toys! Maggie's Place is so appreciative of all we've done, and I know we significantly impacted the lives of these moms trying to make a better life for themselves and their kids.

I hope you all make this December one to remember! Enjoy a safe, fun and exciting holiday season with your loved ones, and we will see you all back January 11th as we kick off 2017!

Merry everything and a happy always.

xo.

Ashley Blalock
NCPG Board President
president@ncpgaz.org



P.S. – If you are interested in becoming a bigger part of NCPG by joining our board for the 2017-2018 year, please reach out to me. I'd love to have you join us for a portion of our January 9th board meeting so you can see what it's all about!

ncpg

north central parenting group

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

www.ncpgaz.org

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Parent Times

Members, this monthly newsletter is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at communications@ncpgaz.org. Thanks for your help!

Editors – Laura Beardsley & Laurie Ball

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

On the Cover

Alice (5) and Khaki (almost 4) Livak. Photo by Sandra Tenuto. See more of her work at sandratenuto.com.

The 9 Best Host and Hostess Gift Ideas from the Grocery Store

by Lindsay Robinson

From casual fall dinner parties to family holiday meals to impromptu apple cider or bourbon sipping gatherings, the season of merrymaking is upon us. As with any gift giving, bringing the host an offering is a thoughtful gesture that all too many times can be an afterthought. Luckily, finding the perfect gift at the last minute is easy since there are so many options for the discerning gift giver at Whole Foods Market. A few favorites:

- Whole Foods Market has teamed up with **west elm** and Guatemalan textile group, **The New Denim Project** on a collection of cotton table linens and accessories (shown at right) made with upcycled denim. **\$1 of each item purchased benefits Whole Planet Foundation®, helping alleviate poverty in Guatemala and around the world.** (Available in Whole Foods Market Stores and online at westelm.com.)
- Give gift cards that give back. Find gift cards for top brands at U.S. Whole Foods Market stores. **Bonus: 1% of all partner gift card sales directly support Whole Kids Foundation®.**
- Instead of flowers that require a host to find a vase while busily greeting guests, consider a rosemary topiary or other already potted plant.
- Fridge space can be a hot commodity at party o'clock, so reach for non-perishable items like soaps from the Whole Body department, seasonal pancake mix or festive charcuterie and cheese plate accouterments like crackers or jam.
- Does the host follow a special diet? Check out the store for fun, seasonal flavors (like gluten-free crackers or vegan cookies) that they may not have tried yet.
- Help hosts unwind after the shindig with the perfectly selected bottle of wine. With our Top 10 holiday wine program, find the perfect bottle for the host who loves wine-of-the-moment whites and sparklers, to elegant and old-world reds. Red lovers will also love this year's release of Beaujolais. Bring a bottle for the party and one for the after party.
- Make a non-perishable breakfast basket for an easy, tasty breakfast hosts can throw together the next day for themselves and any overnight guests. Think pancake mix, muffin mix, granola, or bread and Whole Foods Market™ Organic Spiced Cranberry Preserve.
- Sometimes the after-party cleanup can dampen the holiday spirit. Keep it alive through New Years with Paddywax Yuletide Holiday Candles, Whole Foods Market™ Deep Moisture Hand Cream Trio in seasonal scents or Global Girlfriend Ornaments.
- Whether the party beverages are bottles and bottles of wine or simple ciders, many hosts may be worn out the morning after. Gift some delicious coffee beans or tea for a warming boost.

For even more holiday inspiration, visit the Whole Foods Market holiday headquarters for recipes, menus, gift ideas and more to help you outdo yourself.



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Baby Wearing Help For a Growing Baby

by Shira Shnier, Baby-Wearing and Cloth Diapering Maven, www.zoolikins.com



Is baby getting bigger (and squirmier) while you don't seem to be getting proportionately stronger? It may be just a simple matter of tweaking your baby carrying techniques and jiggling a few straps and buckles. At some point your sweet little bundle is no longer happy to just snuggle contentedly into your chest while you fold laundry, get your monthly blog done, cut a salad – whatever.... He's now gnawing on the shoulder straps, grabbing your hair and seems to see something on the ceiling that you just don't see. You may be hoping to get a few things done around the house while he, on the other hand feels compelled to throw his upper body backwards (while holding on to a handful of your hair) and check out the invisible attraction on the ceiling.

Here are some tips – and hacks – that just may work for you.

1. Slide that waist belt just a little higher so that the bottom of the waist belt is firmly above your hipbones. Snug it just a bit tighter
2. Periodically during the day switch between straight strap and crisscrossing your shoulder straps to help dissipate the weight distribution across your entire upper back.
3. Slide the sternum strap (the one that sits just between your shoulder blades) much, much lower, so low that you'll have to reach up from your waist and not down over your head to click or unclick the strap. This too will change the weight distribution.
4. Lower back feeling tight? Roll up a small swaddle blanket and tuck it between the waist strap and your lower back. Trust me! Before you ask 'how that's gonna help', just do it – then we'll talk.
5. If you feel you're in need of more help or baby really is that much squirmier/bigger than the average bear (k, bear cub) then it might be time to upgrade your carrier. Make sure you look for a store with qualified Baby Wearing fitters that allow you to try on every type of carrier to determine what's right for you.



Zoolikins

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Taking the Perfect Photo of Your Child

by Sanda Tenuto

Taking great photos isn't just about knowing how to use all the buttons on your fancy camera. Think you can't use your own camera like a pro? You can! Just follow a few simple rules:

1. First, it's important to think of yourself as a storyteller. After all, you are telling a story that captures a moment in time, and you should LOVE every aspect of it. It doesn't matter if it's your happy baby, your "won't sit still" child, or your tantrum toddler — there's still a story to tell in that moment.
2. Remember to put on your gym shoes, because taking that perfect photo of your kids is going to require A LOT of running. And jumping. And dancing. And making funny noises. Anything to get their attention. You may need to take off those high heels and tip-toe around the house when they are asleep. You may have to peek around a corner, or lay on your belly on the floor. Not every photo needs to be taken from the "I am standing over you looking down" angle — sometimes you have to sneak up on your subject to get that perfect candid moment.

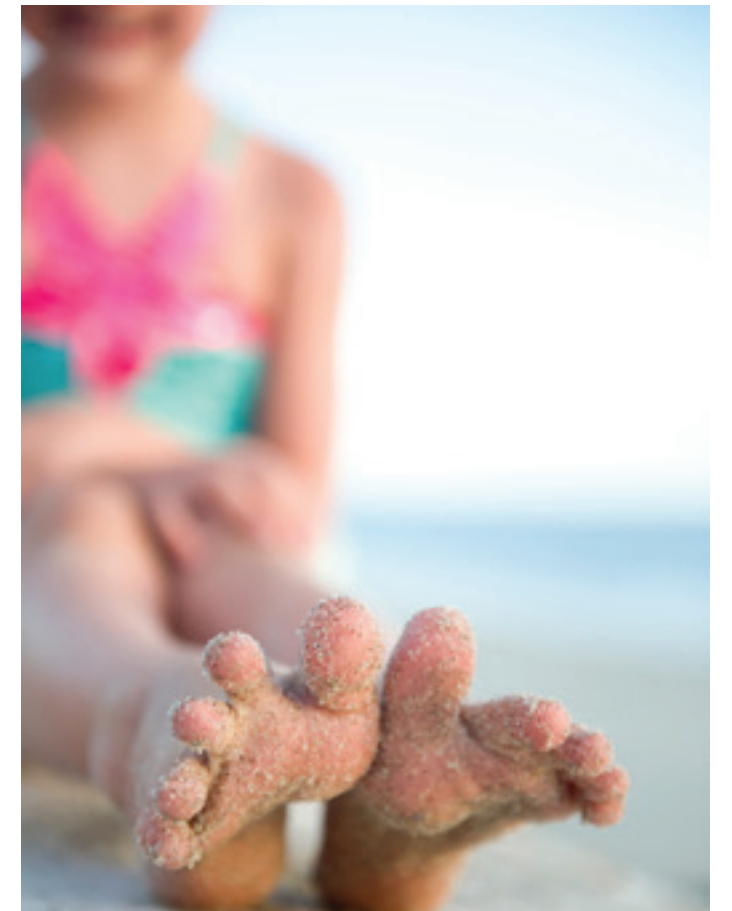


3. Get in touch with your inner-child and try being their age while shooting the photos. You'll be surprised at the smiles you will get. Believe it or not (and I'm guessing you'll believe), telling your kid to say "cheese" is not the most authentic smile you will capture.
4. Be mindful and present. Don't think about the past ten minutes or worry about the future. What happens when you take photos simply happens. Capture it.
5. If you're using your phone to shoot photos, make sure and look at your child through the lens or screen. It could be their tiny toes or curls on the back of their head. It could be that paint they have on their shirt. The screen will show you what you are shooting and allow you to frame the perfect shot.



6. Kids will sense how you are feeling, so remember, if you are happy and warm, they will respond with that same happiness and warmth. Try and let go of too much control and let them be themselves. You don't need fancy clothes, and they don't need to always look at the camera. Perhaps follow them as they explore around the back yard, or simply climb the stairs. The perfect moments are the everyday, unscripted moments.
7. Speaking of unscripted moments, remember, you can photograph them sleeping, brushing their teeth, swinging at the playground, or anywhere. There doesn't need to be a specific reason like a holiday photo or birthday photo. Everyday is a gift with them!

Happy shooting! And Happy Holidays!



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EXCEPTIONAL QUALITY, COMPASSION AND KINDNESS

How to Handle the Top Five Holiday Stress Triggers

By: Tenille Bonoguore
Source: TodaysParent.com

I once heard a saying that goes like this: "Christmas isn't a season. It's a feeling." I agree—and that feeling is stress.

Whether you celebrate Hanukkah, Christmas, Ukrainian Christmas, Kwanza or nothing at all, it's almost impossible to avoid the December fluster. From the first appearance of department store tinsel, it builds to a feverish crescendo of baking, pageants, gifts, entertaining and travel that leaves parents (especially moms) caught in a knot of competing demands.

Before you spike your eggnog, though, here's some expert advice on how to handle the top five holiday stress triggers. Consider it your first gift of the season.



1. The Supermom Meltdown

It was my twin girls' first Christmas (they were six months old at the time), and my parents had flown all the way from Australia to share the big day. Snow had fallen, the tree looked lovely, and the air swelled with carols and the smell of coffee. The morning should have been pure bliss, but I spent the whole time in a whirl of activity. My incessant fussing was driving everyone nuts, myself included, but for some reason I couldn't stop. By 3 p.m., I was on the stairs, sobbing uncontrollably as I realized that I had somehow forgotten to buy the chicken for the main course. All we had were side dishes.

The meltdown was acutely embarrassing because, for every other Christmas in my life, I'd kept things low-key. The most urgent decision had always been whether to have more dessert. (Answer: yes.) But when I became a mom, I got swept up in holiday hype. While it's easy for new parents to acknowledge that some priorities have changed—what is a clean house again?—we find it hard to apply that same logic to the holidays. We want to make sure it's special for our kids.

To avoid this overload, and stairway meltdowns like mine, psychologist Karen Cohen, CEO of the Canadian Psychological Association, urges all parents to be realistic about what you can and can't do, and to reassess your plans before the big day. Is it doable? Is it necessary? Will you be sane at the end of it all?

"When we talk about setting realistic expectations, it doesn't mean lowering your expectations," Cohen says. "It means making them realistic for the setting you are in." My family marched me upstairs for a nap while they prepared the sides for dinner. It was delicious—nowhere near the perfection I had been planning, but certainly good enough. There was an unexpected bonus, too: We had plenty of room for second helpings of dessert.

2. Travel and Juggling Family Demands

For many parents, the December drill can involve a three-hour drive from their home to the homes of both sets of parents, plus their grandparents, aunts and uncles. As parents of the first grandchild in the family, they're in high demand, and juggling all these schedules is exhausting. It can be a battle juggling it all. And it usually ends with somebody getting upset.

Even though it may be met with with a frosty reception, consider saying "no" and staying home.

Family psychologist Maggie Mamen says creating your own rituals and spending time with your immediate family is very important. Extended family members need to understand the demands they place on harried travellers and consider spacing out the celebrations, or agree to visits only every other year.

If you do decide to skip a family event, don't lie and say you'll "try to get there" when you know you won't. You might feel like you're sparing people's feelings in the short term, but Cohen says avoiding tough messages, or couching them in vague "maybes," can just create more confusion. It's better, she says, to be honest and arrange an alternative get-together. "Be sensitive but assertive—taking care of yourself is positive. You'll be less likely to take on more and to end up in a place where you feel stressed or burdened," Cohen says.



3. Keeping Up Appearances

The self-imposed pressure to make a day look effortlessly flawless—and document the achievement—can be almost as strong as the pressure to pull off a picture-perfect holiday season. It can leave us feeling like we have somehow failed our kids, or don't measure up as moms, adding a new layer to everyday parenting guilt.

"With small children you have to let go of perfection. They're not going to do the decorations perfectly, like you would," says Fritzen. "The kids are still happy, whether you've done that stuff for Pinterest or not." When our online lives are spent ogling blogs, Instagram feeds and recipe sites, letting go of unrealistic expectations can be difficult, but that's exactly what we must do, says Cohen.

Picture your ideal holiday, and then assess your situation. How much can you accomplish? Instead of trying to do it all, focus on the parts that fit into your ability and budget.

"It's not like there's a clear line in the sand: 'This is realistic, this isn't,'" Cohen says. Write down the most important elements that are key to enjoying your ideal celebration, whether that's sharing a great meal, going tobogganing or singing cheesy carols. Talk about those hopes with the people you'll be spending the day with, then, as a group, work out how to make it happen. Everything else is negotiable.

4. Shop 'til You Drop

Holiday shopping is its own kind of hell that sends many credit cards into the red. Don't feed the frenzy by treating a child's letter to Santa as an itemized "must-get" list.

Jennifer Campbell-Nutbrown, a mom of two in Kitchener, Ont., says she found the perfect solution a couple of years ago when she heard this gift-giving rhyme designed to rein in spending: "Something they want, something they need, something to wear, something to read." Her son and stepdaughter now receive just four gifts from their parents. "It made me really stop overspending and overdoing it with my kids," she says. "There is more meaning, less stuff."

Children should be told early and often that gifts are a privilege, says Mamen, and parents should know it's OK to buy just one thing from a wish list. Also, don't feel compelled to spend exactly the same amount on each of your children: Any discrepancies will even out

over the long haul. "It's really important for children to understand it's not all about spending money. Christmastime is a time for giving, not just receiving."

As for adults, consider skipping the gifts altogether and just buy for the children in the family. Or draw names from a hat so that each relative is buying for just one other relative. Some people might not like the idea, but setting spending limits or having a Secret Santa could ease the holiday stress, and cost, for everyone.

5. Unhappy Families

For divorced or separated parents, holidays can add additional obstacles to what's already likely to be rough terrain. If you have a combined family, you might be juggling four schedules. If your children are with your partner, perhaps you're alone for the first time in years. Unless all parties can rise above the emotional turmoil, the holidays can become a bitter experience. The same can be said for families torn by personality conflicts, or if two people (or factions) aren't speaking.

Family psychologists like Mamen counsel the families who can't make it work. Emotions can be heightened during this busy season. "Christmas is often the most stressful time for some people. It focuses some issues that are actually ongoing issues through the rest of the year," she says. If your holiday plans require other people to act in ways they usually don't—say, sparring siblings or factions putting aside their squabbles for the first time in ages in order to survive a family dinner—it's wise to revise your expectations.

For those who celebrate Christmas, Mamen advises to think beyond December 25. Aside from religious observances, the other components—turkey, eggnog, presents—can be done on any day. "The best way to resolve tension is to try to come up with as fair a distribution as possible," Mamen says. "Be adults about it. Realize you may need to be sensible."

For grandparents, that can mean acknowledging the competing demands on their offspring and becoming more flexible. For parents, it can mean keeping a long-term perspective and conceding your hopes this year with the understanding you'll have priority next year. Try being open-minded about different ways to celebrate—you may have to give up some of the holiday traditions you love in order to embrace new ones.



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NCPG Member to Meet

Kalleen Krickl

Toddler II Class

Spouse: Collin Krickl

Children: Connor (2) and Breckin (9 months)

How did you meet your spouse/partner: We met Senior year of College at UofA. After a night of jukebox trivia at the local watering hole, Dirtbags. It was all over after that.

Years married/together: Together for a decade, and married for 4 years.

Spouse/partners favorite date night spot: Concerts, The Mission, Richardsons/ Rojkeri, The Gladly. We are true Foodies!

Career or previous career: Worked in the fashion industry as a sales rep for denim companies in Los Angeles and after moving back to Arizona I was a buyer for an online women's clothing website. Now I am a full time Mom and part time Wine-O.

5 words to describe you: Compassionate, Loyal, Wild, Emotional, Fun

Favorite children's book to read: University of Arizona 101. Teaching the boys young that ASU is not an option.

What do you miss most about being a kid: I had 27 first cousins, and we all grew up in the same town together! My childhood was filled with loud, wild parties, and I wouldn't change it for a thing!

When you have 30 minutes of free time what do you do: Jump in the car and head to Lincoln Nails. I just love that place, and they love me. Okay maybe that takes up an hour of free time. If you go always get a neck massage; You won't be sorry!



What's your favorite thing to do with your child/ children: Sporting Events: Suns, Cardinals, D-backs. As a Mom of two boys and a husband who breathes them, I have embraced all sports with open arms.

Most meaningful moment as a parent: When I left my oldest son Connor to go to the hospital to have my second son, I told him I loved him and that I would be back soon. The look on his face I will always remember and is sketched in my memory forever. I knew then that he will always be my first love, and that another little was on his way! A love you can't describe until you are holding them in your arms.

Best parenting advice given to you: Always trust your own instinct! You are the Mama, no one else is!

How many years have you been a part of the NCPG: This is my third year in NCPG. My longtime friend Chelsea Kunde introduced me.

Best thing learned in NCPG: I need these girls!! They have been my Mommy support system and I have learned so many things from each and every one of them and their kids. Connor, Breckin and I have made lifelong friends.

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CONTACT: www.ryanhouse.org or call 602-200-0767

WAYS TO VOLUNTEER: Volunteer, be a sponsor at an event, host a third-party event, make a direct donation, have your children or a child you know become a member of our teen board, be a kid for Ryan House, inquire about our employee giving campaigns and matching programs, consider a charitable tax credit donation. To volunteer contact: amckillip@ryanhouse.org

DONATIONS: www.ryanhouse.org or text Ryan to 71760.





Classes & Board Meetings

Class Schedule

- 8:30 a.m.**
Nursery opens
- 9:00 – 9:40 a.m.**
Breakfast and refreshments served in Nelson Hall
- 9:45*-11:30 a.m.**
Classes are held
**Teachers will start promptly at 9:45!*
- 11:45 a.m.**
Nursery closes
- 11:45 – 1:45 p.m.**
Pre-Infant Class

Location

The Church of the Beatitudes
555 W. Glendale Ave.
Phoenix 85021

Class Dates

December 7*	March 22
January 11	April 5*
January 25*	April 19
February 8	May 3*
February 22*	

*Monthly Parent Times magazine distributed.

Board Meeting Dates

Meetings are at 6:30 p.m.

January 9**	April 3
February 6	May 1
March 6	

****Social reps and anyone interested in the board is invited to join**

NCPG Play Dates

February 1 • Kachina Park • 3:30-5:00 pm

4304 E. Campbell Ave., Phoenix 85018

Come play with us underneath the shaded jungle gym for a fun-filled afternoon. Bonus tip: LGO is just down the street making it a super convenient night to not cook dinner!

March 29 • Ready, Set, Play • 10:00 am-12:00 pm

Paradise Valley Mall, near Chompies & Dillards

4568 E. Cactus Rd., Phoenix 85032

Ready, Set, Play will be open exclusively for NCPG members during these 2 hours. NCPG will pay all entrance fees and provide snacks for the kids. Invitations will be sent out closer to the date. We hope to see all of your kids there!

If you have any questions regarding the play dates, please contact specialevents@ncpgaz.org

Mom's Night Out!

"Mom's Night Out" is a time for NCPG members of all classes to get together casually and unwind without their little ones in tow. 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.)

January 18, 6-8 pm

Artistic Impressions by Mara, 3120 N. 44th St.

April 26, 6-8 pm

20 Highland Tavern-Whole Foods Market, 4701 N. 20th St.

SAVE THE DATE!

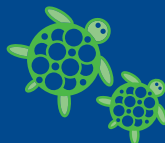
Saturday • 4/1/17 • Phoenix Country Club

I ♥ The 90s! Spring Gala

32nd Anniversary Celebration and Fundraiser

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

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Best Places to Take Kids During the Holidays

Zoo Lights Now through January 10

The Phoenix Zoo is set aglow with millions of holiday lights, including new 3-D light sculptures of stingrays, flowers, and more. Stroll through the zoo as you've never seen it and enjoy ice sculptures, live performances and food and beverages.

Nightly from 5:30-10:30 pm. 455 N. Galvin Pkwy. \$8-18, depending on the night. 2 and under, free.

602-286-3800 or visit phoenixzoo.org

Mesa Temple Garden Lights Now through December 31

Hundreds of thousands of lights, nativity scene, live entertainment as you walk through out the grounds of the Temple. It's a beautiful site to see.

Nightly 5-10pm. Free for all visitors. Mesa Arizona Temple and Visitors' Center, 525 E Main St., Mesa.

480-964-7164 or visit mesachristmaslights.com

Las Noches de Las Luminarias Now through December 31

The Desert Botanical Gardens glows from the thousands of candlelight luminarias as you walk among the desert. Take a walk under the stars, sip hot cider and listen to carolers, handbell choirs and mariachi bands.

5:30-9:30 pm. Nov. 27-28; Dec. 3-6, members only. Dec 10-13; Dec. 16-23; Dec. 26-31. 1201 N. Galvin Pkwy.

\$30 for non-members, \$25 for members. Ages 3-12, \$12.50. 480-941-1225 or visit dbg.org

Glendale Glitters Now through January 9

This annual holiday tradition takes place on Friday and Saturday evenings with 1.5 million LED lights, food booths, a petting zoo, face painting, Santa visits, craft booths and more.

Admission is free. 5-10 pm, Murphy Park, 500 W. Glendale Ave. in historic downtown Glendale.

The North Pole Experience Flagstaff, AZ. November 1-December 31

Take a day drip (or stay a night or two) to Flagstaff, AZ to experience "Santa's Workshop." Start with a trolley ride through the magic portal to Santa's magic workshop and upon arrival, work with the elves, visit with Mrs. Claus, enjoy cookies, build toys and learn a few of Santa's secrets.

Tour is 1 hr, 35 minutes. Tickets go fast. Book now. Day and night tours available. Ticket prices vary. Call 480-779-9679

or visit northpoleexperience.com

Railroad Park Holiday Lights & Train Ride

Now through January 2; excluding December 24-25 & 31

Train ride through holiday lights and displays, visits with Santa (Dec 11-23).

6:30-9pm nightly. \$4 train and \$2 carousel rides, under 3 free (with paying adult). McCormick-Stillman Railroad Park,

7301 E. Indian Bend Rd., Scottsdale. 480-312-2312 or visit therailroadpark.com

Tempe Beach Park/ Tempe Town Lake December 10

The event kicks off at 4:30 pm with live music, selfies with Santa, food trucks, face painters and more! Go early to get your spot, a bite to eat and listen to some great music. The parade launches off at 7 pm and complete with a colorful display of fireworks at the conclusion of parade. The Boat Parade will feature as many as 50 festively lighted boats of all sizes. After dark, more than a thousand luminaria will illuminate the sidewalks and paths of Tempe Beach Park.

Free admission for spectators. More details can be found at downtowntempe.com/boatparade

Holidays at the Princess Now through January 1

Four-story musical tree, skating rink, train, lights, petting zoo, carousel, photos with Santa and more.

Nightly 5-9pm. Self-Parking: \$35 per personal vehicle. Valet Parking: \$55 per personal vehicle. Or dine at a resort

restaurant for complimentary parking and admission. The Fairmont Scottsdale Princess, 7575 E Princess Dr, Scottsdale.

480-585-4848 or visit scottsdaleprincess.com



The Three Best Parenting Resolutions For The New Year

by Amy McCready, www.postiveparentingsolutions.com

What's on your list of New Year's resolutions this year? Exercise more? Eat better? Read more? These

are all great resolutions—which is why many of us list them year after year, and abandon them within weeks. Instead, why not limit your New Year's resolutions to actions that can have a dramatic impact on your family life?

Following are the top three ways you can make a huge difference in your kids' behavior and your family dynamics. You'll see success right away, which means you're more likely to stick with them throughout the year (and beyond).

1. Commit to spending one-on-one time each day with each child.

If you make just one resolution this year, this is the most important one! Spending just 10 minutes per day of uninterrupted, one-on-one time with each of your children builds emotional connections, reduces negative

behaviors, and makes children more cooperative throughout the day.

Be sure you're fully present during that time – silence your Blackberry and try to ignore the to-do list in your head so your kids know they're your top priority.

2. Improve routines.

Revisit your morning, after-school, and bedtime routines. Are your kids refusing to brush their teeth, or constantly forgetting their lunchboxes or backpacks? It may be time to work as a family to implement some improved methods.

The most effective type of routine is a "When-Then" routine, which places a desirable activity (snacktime, TV time) at the tail end of a list of undesirable, but necessary, activities. And it's always phrased the same way. For instance, you can inform your kids that "When the yucky stuff is out of the way (make bed, get dressed, tidy room) then breakfast is served." Or, when your homework is done, lunch box cleaned out and backpack ready and by the door for the

next day, then you can go out and play with your friends. Post the new routines in strategic places so your kids won't forget, and you won't have to remind them.

3. Get everyone helping around the house.

Resolve that this year will be the year you stop doing all the heavy lifting with the housework! Each of your children should be required to shoulder some age-appropriate, meaningful responsibilities that contribute to the family's daily life. Start by holding a family meeting to make a list of all the jobs that must be done weekly and decide how to divide the workload.

Not only will you get some much-needed help, you'll also teach a valuable lesson: **the family is a "team" and without everyone's participation, the team can't function successfully.**

With a few changes, you can make the New Year brighter for everyone—with positive effects that will last a lifetime.

NEW ARRIVALS



Raelyn Therese Zimmerman

August 8, 2016

8 lbs, 3 oz, 20.5 inches
Sister: Cora (11 months)
Parents Katie & Ray



Jacques "Jack" Jeremy Snyder

October 10, 2016

9 lbs, 5 oz, 21.5 inches
Sister: Lila (2 1/2), Parents: Sara & Jeremy
Photo by: Keri Meyers Photography



Grant Christian Collins

November 1, 2016

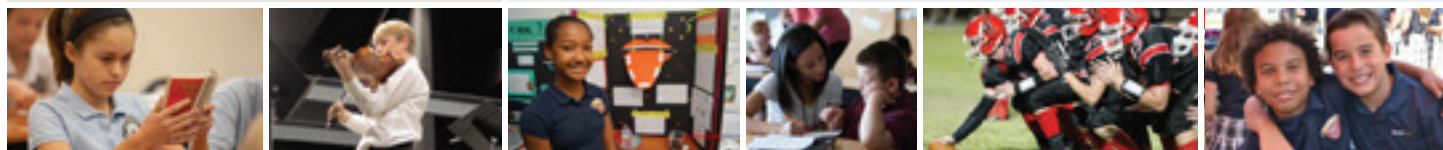
8 lbs 4 oz, 20 inches
Sister: Leighton (2 1/2)
Parent: Brittney & Ty

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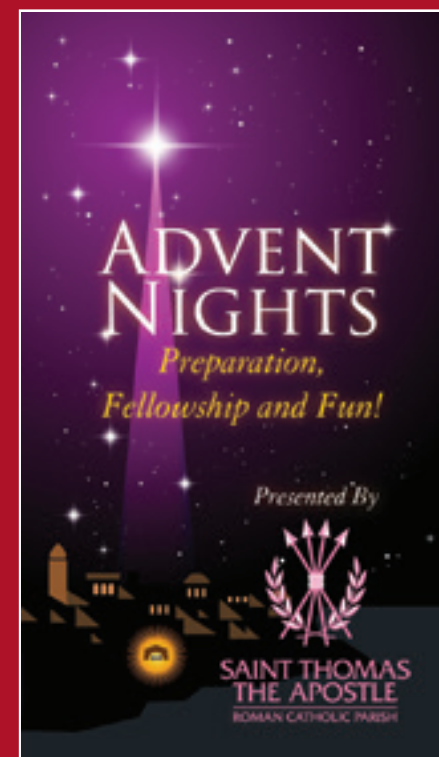
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- Six Great Hearts academies were listed among the **Top 20 Charter Schools** in Metro Phoenix based on AZ Merit results of 5th graders, as reported by the Phoenix Business Journal
- SAT Average over last five years = **1210** (+200 pts vs. national average)
- The Class of 2016 (340 students) has been admitted to **327 colleges in 46 states and 7 counties** and were offered an estimated **\$50M in scholarships**, an average of \$147,000 per student!



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SUNDAY EVENINGS
Nov. 27, Dec. 4th,
11th & 18th

5 PM: Candlelight Mass
6 PM - 7 PM: Hosted Reception
with Hot Chocolate and Treats,
Christmas Movie, Crafts,
Gift Shop Shopping,
and St. Vincent de Paul
Food Donation Drop Off

WEDNESDAY EVENINGS
Nov. 30th, Dec. 7th,
14th & 21st

6 PM - 7 PM: Reconciliation
6:30 PM: Family Rosary

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Tiny Little Chef Pumpkin Spice Energy Balls

Ingredients

- 2 c. old fashioned oats (add more if needed)
- 1 c. pumpkin puree
- 1/3 c. pure maple syrup
- 2 T. vanilla extract
- 1/3 c. flax seed
- 1/3 c. nut butter (peanut and almond are best)
- 1 T. TLC Pumpkin Spice Seasoning (store bought is fine)

OPTIONAL: Chopped nuts and chocolate chips

Directions

- Combine all ingredients in a bowl and mix well.
- Shape dough into 1-2 inch balls.
- Refrigerate and eat as desired.

NOTE: To add more sweetness you can add 1 T. brown sugar or some chocolate chips.

To purchase the **Pumpkin Spice Handcrafted Seasoning Blend** used in this recipe, please visit www.tinylittlechef.com/store and use code **THANKS** for a **20% discount and free shipping!**




Christy Harp
Tiny Little Chef Seasoning Master & Owner,
Professional Chef & Certified Nutritionist

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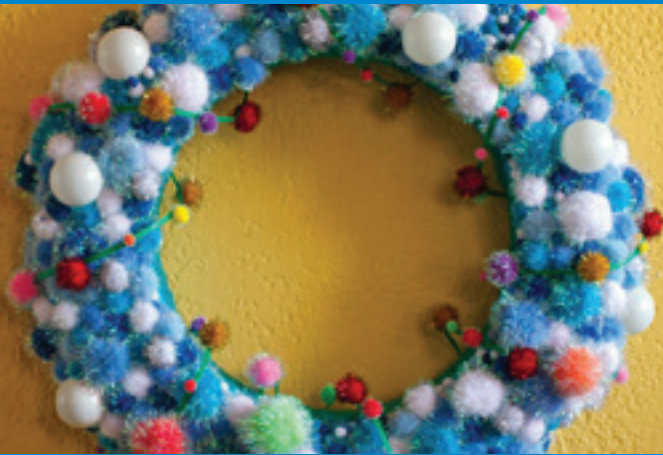


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Playful Pom-Pom Wreath
Source: www.hgtv.com

Bump up your holiday decor's warm-and-fuzzy factor with this playful wreath. Kids will love combining pom-poms of different sizes, textures and colors to create a one-of-a-kind look.

Check local fabric stores for a readymade pom-pom garland to wrap around the foam wreath form to make quick work of covering the foam then layer on single pom-poms, attaching them with fabric or hot glue.

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