

Parent Times

January 2017

nc  pg

north central parenting group





GET FRESH at home

Romance without the reservations.

Camelback
4701 N. 20th Street
Phoenix
20th St & Highland Ave.
7AM - 10PM Daily

Chandler
2955 W Ray Rd.
Chandler
Loop 101 & Ray Rd.
7AM - 10PM Daily

Paradise Valley
10810 N Tatum Blvd.
Phoenix
Tatum Blvd. & Shea Blvd.
7AM - 10PM Daily

Scottsdale
7111 E. Mayo Blvd.
Phoenix
Mayo Blvd. & Scottsdale Rd.
7AM - 10PM Daily

Tempe
5120 S Rural Rd.
Tempe
Rural Rd. & Baseline Rd.
7AM - 10PM Daily

WFMarizona WFMphoenix



President's Corner

To the entire NCPG community,

HELLO, 2017, and happy second class of the New Year! As much as I absolutely love the holiday season, having a child in school now, I fully understand the effects of winter break on parents! I'm not afraid to admit I did a little happy dance in the drop off line that first day back! My hope is you all enjoyed a fabulous Holiday Season with your loved ones, and are equally happy to resume 'normal' life. 2017 has some great things in store for us all at NCPG, and I can't wait to experience them with you all.

Our first playdate of the year will be held at **Kachina Park, February 1st from 3:30-5p**. The weather should hopefully be amazing, and even better is LGO being right down the street for a super easy dinner pick-up after the park!

In March, we have our **Spring Festival at All Saints Episcopal Day School, on Saturday March 4th, from 10a-noon**. We hope you will join us for a fun event before the spring break craziness begins! A second spring play date is being planned for **March 29th from 10a-noon**, stay tuned for further details!

April brings us to our **32nd NCPG Gala**, with this year's theme being the 90s! As all my board members know, I absolutely LOVE basically everything about the 90s, and am therefore so excited for this event and all the fun surprises we have in store for you all! If you need some inspiration start listening to 90s music again, you will NOT be disappointed.

On a logistical note, we are currently looking for members who are interested in getting more involved with the organization next year. **Please contact me at president@ncpgaz.org if you have any interest in serving on the board for the 2017-2018 year.** I would be happy to provide you with a description for any open positions and answer any questions you may have.

Cheers to this being our best year yet!

xO.

Ashley Blalock
NCPG Board President
president@ncpgaz.org



ncpg

north central parenting group

NCPG 2016-2017 Board of Directors

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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

Like us on Facebook: NCPGAZ

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@foxnoggin.com

On the Cover

Olivia Golding. Photo by Monica Stanley. For more of her work, please visit monicastanleyphotography.com.

TAKING CARE OF YOUR FAMILY LIKE IT'S MY OWN.

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Tucker Blalock

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Give Your Baby the Gift of a Good Night's Sleep

By Summer Hartman, Owner/Founder of Sleeping Sweet Peas

My name is Summer Hartman and I am the owner/founder of sleepingsweetpeas.com. I work with children from newborn to 3 years old. I specialize in gentle sleep approach and sleep training to postpartum doula care. I coach families from the very beginning to transitioning your baby out of swaddles to your 2- or 3-year-old moving to a big boy/girl bed. I support moms who are exclusively breast feeding to moms that want to bottle feed. I give suggestions on products that I have found to work. I like to support families with all parenting styles.

One thing I do is help parents bring home their baby(s). I come the first night to help give peace of mind to Mom and Dad. I find that when you have the needed guidance you're not as nervous. I love the reassurance that I and my fellow Newborn Care Specialists are able to give. When I had my babies 16 years ago I prayed for a mother's helper, just someone that would say, "It's ok for baby to nurse all the time," or "It's ok to supplement." As mothers and fathers we need reassurance or someone to just run things by.

Have you ever sat and had the following thoughts: Is this normal? Why does my baby not sleep? Do babies normally projectile vomit? Why does my baby cry all the time? What formula do I use? Why am I worried all the time?

Have you asked yourself these questions? When I started working it was to be a relief for Mom so she could get needed rest. Over the years I've evolved to coaching families all over the country as well as Europe.

I would love to be able to talk about all the things a new mom might encounter, but there are too many so I'm going to share some great tips on a couple of areas. I believe in swaddling for at least the first 3 months just for naps and bedtime. This will allow baby to feel comforted. You will need a quiet place to lay baby down for nap and bedtime. If that's in your room or nursery, it doesn't matter. The new guidelines on baby being in your room works if you still have some space. If you don't have help at night, I would suggest putting baby's crib in a corner and using a sound machine to allow baby to be less disrupted as well as black out curtains. I also like breathable bumpers for cribs. This is allowed by the American Academy of Pediatrics. This really helps when babies are rolling around the crib. Nothing else should be in the crib.

Another area is scheduling your infant. I have some parents that are on a 7am to 7pm schedule with baby taking 2 or 3 scheduled naps a day, along with a feeding schedule. I've worked with other families that have a more relaxed routine, especially if mom is nursing. Honestly I believe that anything you decide to do, as long as you are consistent, it can work with your newborn. Remember, be as consistent as possible but don't put a lot of pressure on yourself. Being a new parent is overwhelming. Give yourself a break and remember tomorrow is another day!

If you would like to reach me, you can at:
summer@sleepingsweetpeas.com.





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Jan 13th - May 12th

**Mom & Me Class*







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What is a Doula?

By Kelly Sunshine, DONA Certified Doula

Pregnancy and childbirth are a very special, complex and memorable time for a family. Most families have ideal scenarios for how the intricate hours of labor and delivery will go. Involving a doula in this critical chapter of your family's story has multiple benefits.

The establishment of continual support, through a doula, is associated with improved maternal and fetal health and a variety of other benefits, including lower risk of induction and interventions and/or less need for pain relief.

Doula work has been widely practiced for centuries. A Doula, or a birth-companion, is a non-medical person who assists a family before, during, and/or after childbirth. They provide pregnancy support, counsel, physical assistance and emotional support. Taking the time to explore the option of a certified doula might be the support your family desires to create the birth story of your dreams.

People are willing to hire and pay for a wedding coordinator, which is very necessary to ensure that a very special day goes well. In the same way that a wedding day is filled with much anticipation, hope, dreams and expectation so too is a labor and delivery. Peace of mind is always a good investment.

A doula is not only a birthing companion, they are also a continuous sounding board and counselor through the final weeks of pregnancy leading up to the birth. Another important thing to remember is that during delivery nurses/staff must come and go to tend to administrative duties. I will stay by your side, continuously until your precious new baby joins us. If you elect me as your doula I will provide the following benefits to your family:

- Suggestions that might encourage the progress of your labor
- Support and assistance in your home, birth center or hospital
- Assistance with pain coping techniques
- I provide you with evidence based information that can assist you in making informed decisions
- I keep a journal of the details of your birth and put into story form from my perspective
- At your request, I can photograph your labor and birth experience
- Stay with you approximately 2 hours after your birth to assist with cleanup, make sure you are fed, help with breastfeeding, and take some family photos
- Follow-up postpartum visit to discuss your birth experience, answer questions, and present you with your "Birth Story" and photos



My involvement does not dismiss or diminish the father's role in the process. On the contrary, I am present to coach the mother through the discomfort and offer multiple suggestions, which allows the father to be there physically and emotionally to support his partner. It frees him from having to know all the answers or remember every technique. It also enables him to take short breaks to rest, without leaving his partner alone, so that he can continue to be a solid support for the duration and once the family returns home.

I also serve as a valuable diplomat, navigating the waters with medical staff and extended family and friend visitors, always keeping the mother's needs and best interest in the forefront.



Call or email me today to find out more about helping your family create the birth story you desire, package details, my rates and availability.

Kelly Sunshine, 602-410-5968
www.sunshinedoulaservice.com, Kelly@sunshinedoulaservices.com

Your Breastfeeding Questions Answered

By Amey Clark, Board Certified Lactation Consultant

My name is Amey Clark and my passion is helping moms and babies breastfeed. I have 18 years experience as a labor and delivery nurse and during that time I was often sought out when babies were having difficulties latching. This wonderful experience of helping moms and babies succeed led me to focus on becoming an International Board Certified Lactation Consultant (IBCLC), often considered the "Gold-Standard" in breastfeeding support.

The 1,000 hours of clinical experience coupled with annual continuing education guarantee that IBCLC's remain actively practicing, current on evidence based practices, and in tune with the latest information for breastfeeding moms. I have taught Lamaze childbirth, newborn care, and breastfeeding classes.

I have discovered that pregnant women are normally focused on the pregnancy and birth, and rightly so, while breastfeeding is often put on the back burner. New moms tell me that they thought that they would "just figure it out."

We live in a culture where girls don't usually grow up seeing women in the community breastfeeding their babies. Even though breastfeeding is natural, there is skill needed and challenges that can arise.

I recommend attending breastfeeding classes before the baby arrives to ensure that breastfeeding gets off to a great start. Breastfeeding classes are offered at hospitals and in the community, and I offer a free breastfeeding class every month. I also facilitate a mommy support group every week, where expecting and new moms are always welcome.

I recommend contacting me for a prenatal phone consult, prior to the birth, if:

1. You desire to learn more about breastfeeding.
2. You had difficulty breastfeeding previous child(ren).
3. You have a history of hormonal issues like PCOS.
4. You had difficulty conceiving or maintaining pregnancy.
5. You have been diagnosed with Gestational Diabetes.
6. You are considered high risk.
7. You have had breast surgery.
8. You are concerned about the shape of your breasts and or nipples.
9. You had minimal or no breast changes during pregnancy
10. You have the desire to develop a breastfeeding plan to supplement your birth plan

While many of the local hospitals have lactation consultants on staff, they are not always on shift or they may be busy and unable to dedicate the time that you may need. New parents often express confusion when it comes to breastfeeding as nurses pass on differing, and sometimes conflicting information. Through personal experience, I know that OB nurses

receive minimal education related to breastfeeding. Most nurses are very well meaning, but provide outdated information or rely on personal experiences with breastfeeding. While breastfeeding might be going well in the hospital, many times the real challenges come after discharge, which usually coincides with the time the milk comes in.

I recommend scheduling a lactation consult with me as soon as possible. Do not wait for issues to arise, but if they do, I can address:

- A painful latch
- A sleepy baby
- Worries about your milk supply
- A difficult birth such as an induction, long labor, or cesarean birth
- More than normal newborn weight loss
- A baby with jaundice or other medical issues that causes breastfeeding stress or difficulty
- Postpartum hemorrhage or a history of retained placenta
- Concerns about a tongue or lip tie

During a home visit I will spend 2 hours with you and your baby, do a full assessment, and medical history focusing on the birth and breastfeeding. I am then available for the next 2 weeks by phone/text to answer questions or adjust the care plan as needed.

Please see my website www.AzBreastfedBabies.com or call 623-687-6659 for more information about my services.



THE ONLY ONES WHO
WILL HAVE MORE FUN
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FOR MEMBERSHIP INFORMATION,
PLEASE CONTACT:
Mary Grass
602.636.9823 or mgrass@phoenixcountryclub.com
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 **PHOENIX COUNTRY CLUB**
SEVENTH STREET & THOMAS ROAD

A collage of six photographs showing children enjoying various activities. Top left: Two girls in swimwear and goggles. Top right: A child swimming in a pool. Middle left: A group of children playing on a playground. Middle right: A child golfing on a green. Bottom left: Three girls smiling for a photo. Bottom right: A child golfing on a green.

Check Your Backpack

The Family Effect on Education by Kim Westfall, Head of School at Christ Church School



Education is more than what happens at school between the bells. As your child's first teachers, parents play the most important roles in ongoing educational development. Your consistency and commitment to your child's school experience make all the difference.

Here are some meaningful ways to make the most of your family's education process:

- 1. Recognize that EVERY child is gifted...**in their own unique way! Applaud and appreciate the strengths of your child, their classmates, and friends. Don't compare.
- 2. Keep it simple.** Pick one or two talents or skills to develop with lessons or leagues and allow plenty of time for homework as well as self-initiated and unstructured play.
- 3. Let the curtain fall.** Unplug. Stop performing. Children should have a daily opportunity to entertain themselves with imaginative play not directed by a device or person.
- 4. Dress for success.** Your child should be able to move, play, and learn comfortably and safely in their school clothes. Although those new shoes are cute, they may be difficult to run in. Preschool children need to be able to get their pants up and down without belts, buttons, snaps, etc.
- 5. Eat to energize both the brain and the body!** Breakfast and lunches should contain healthy proteins, vegetables, and fruits designed to keep your child at their best during the day. Sweets sap strength and hinder concentration.
- 6. Sleep is not optional.** Growing bodies and brains need adequate amounts of sleep. Try to keep bedtime as consistent as possible – especially on school nights.

- 7. Move to learn.** Exercise is an important part of a healthy lifestyle and is also a great source for educational opportunities. Measure distance, count steps, estimate speed, etc.
- 8. Ask questions!** Find out about their day using questions that require a formulated answer. (How were you kind today? What was your favorite activity today and why? How were you brave today? Tell me about something you learned. What made you proud of yourself today? Tell me about something that made you smile.)
- 9. Become the student.** Have your child teach you about material they are studying (whether you are familiar with it or not; this builds higher thinking skills and prompts better retention and overall understanding).
- 10. Check your child's backpack each day.** Have your child unload their backpack items and tell you about the many papers and projects you will find in there. As an added bonus, you'll also see information about upcoming school activities, order forms, permission slips, and other valuable bits of information. Just a few minutes a night can save you hours of frustration – and keep you up-to-date on classroom and school activities!

Making education a family priority may take a bit of practice at first and will definitely change and evolve as your child grows, but becomes easier to maintain once it becomes a habit. Work with your children, teach them to think for themselves, and inspire a love of learning.



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How To Kick Colds Fast With A Detox Bath

www.creativeandhealthyfunfood.com

KIDS: All you need is 1/2 cup of Epsom Salts or magnesium flakes, and 2 tablespoons of baking soda (To help promote elimination of toxins and clean unfiltered water).

ADULTS: use 1 cup of salts and 4 tablespoons of baking soda.

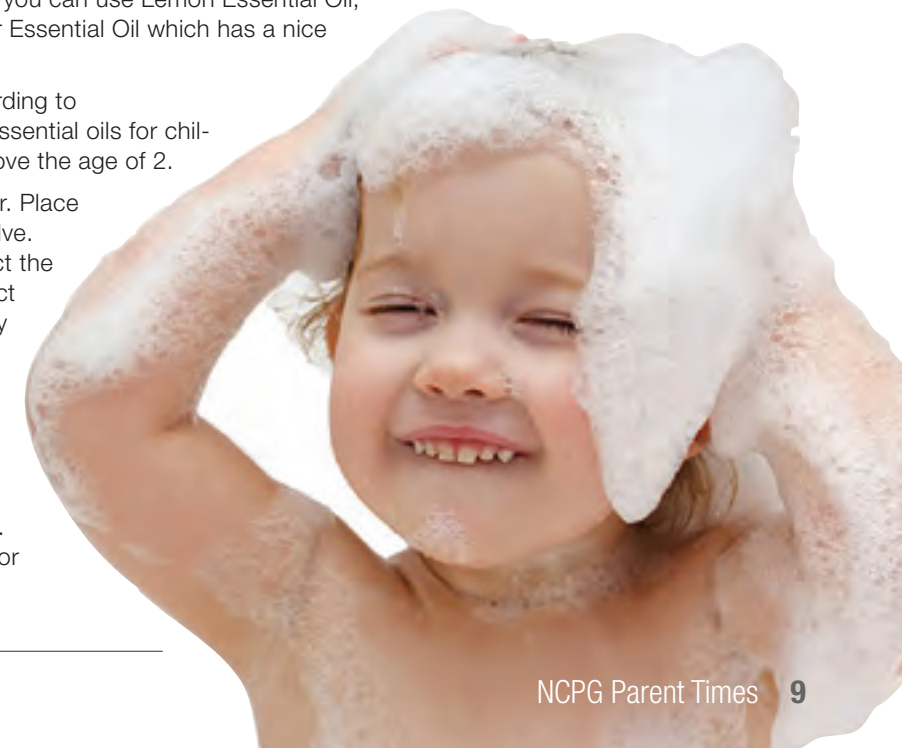
OPTIONAL: You can use a few drops of essential oils. I like Eucalyptus Essential Oil for detox baths (not recommended for small children). For small kids you can use Lemon Essential Oil, great for supporting a healthy immune system, or Lavender Essential Oil which has a nice calming effect.

It is important to use KidSafe essential oils and dilute according to instructions. For more information, please check out safe essential oils for children. There is a fantastic variety of safe oils for children above the age of 2.

INSTRUCTIONS: Fill the bathtub half way with warm water. Place the salts and baking soda, and stir with your hand to dissolve. Take a bath for at least 15-20 minutes. The body will extract the toxins first, and then start to absorb the minerals. To distract kids, you can play with toys or read a book. Make sure they do not drink the water. Magnesium has a laxative effect.

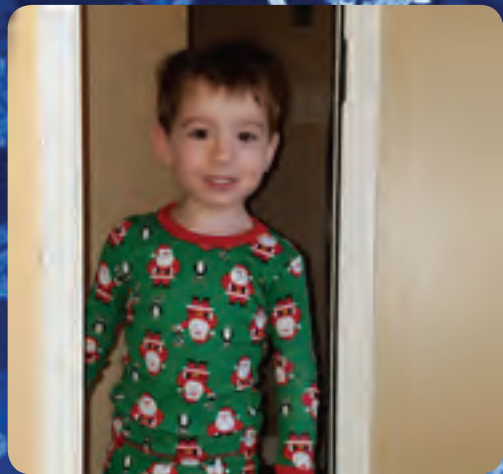
Rinse well afterwards and towel dry. The detox bath is now complete. Have some drinking water available. A detox bath can make you very thirsty. Magnesium also promotes sleep so you or your kids will soon be ready for bed.

Now you know How To Kick Colds Fast With A Detox Bath. At the first sign of a cold, give your kids this bath and see for yourself the wonderful results.





Winter Fun





Member to Meet

Moira Hogan

Elementary 1

Children & Ages: Brigid & Kathleen (7), Anne (4), Colin (2), Mary (6 weeks)

Spouse: Doug

How did you meet your spouse: We both worked at the Pentagon, but met at a Bob Schneider concert

Years married/together: 8 years

Favorite date night spot: Barrio Cafe

Favorite family vacation spot: Maine

Favorite family spot to dine in town: Rudys BBQ

Where were you born and raised: San Antonio, Texas

What's your favorite thing to do with your child/children: Swimming

Most "OMG did that really happen" moment as a parent: Baby #5

How do you balance meeting your children's needs as well as your own: With help from Busybees Babysitting!!

If you could give your pre-baby self advice, what would it be: To travel more

How many years have you been a part of the NCPG: When we moved here 3 years ago a few alumni members said the group was invaluable. I have been a member for a year and a half now and love it.

Best thing learned in NCPG: The importance of family traditions to foster self-esteem and a sense of belonging in our children.

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Four's/Pri-K	(4 by Aug 31)	4 or 5 Day
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NCPG Charity of the Month



WHAT THEY DO: Arizonaans for Children Inc. exists to facilitate opportunities and provide effective solutions to alleviate hardships and improve the fragile lives of the abused, abandoned, and neglected children in the foster care system of Maricopa County.

As of December 2016 there are over 19,000 children in foster care in Arizona. While removing children from their dangerous family setting provides needed safety, entering the foster care system does not assure a "normal childhood." This challenging journey often involves multiple moves, inconsistent caregiving, and emotional trauma stemming from feeling helpless and isolated.

Our mission is to "To help every child we serve move toward a better life."

LOCATION: 1112 W. Camelback Rd., Phoenix, AZ 85013

CONTACT: www.arizonansforchildren.org or call 602-252-2270

WAYS TO VOLUNTEER:

- Mentor Tutor** program
- Justice League** is a legal education program developed to serve youth between the ages of 12-17 who are currently of Child Protective Services in Maricopa County. The justice league is designed to prevent delinquency by positively affecting attitudes and increasing understanding of laws and the justice system.
- Financial Literacy** is designed to give youth a basic understanding of how our economic system works. To include topics such as understanding your FICO, Why your FICO is important and incorporating best practices to ensure youth are developing sound habits of fiscal responsibility.
- Children Visitation Centers.** Supervised visitation provides a place where abused, abandoned and neglected children who are in the foster care system in Maricopa County can meet with their biological siblings, relatives and parents. The visitation center is a place where families can heal, explore and strengthen family bonds.
- Events and special programs.** AFC uses teams of volunteers and in-kind donations to provide foster children with a variety of experiences that will broaden their worldview. Annual events such as Train Park Picnic, Enchanted Island Amusement Park event and Children's holiday party provide foster care children with consistent joyful activities to look forward to each year.

Maggie's Place Donation Drive a Huge Success!



Thank you to all of our amazing NCPG members who made our Maggie's Place Donation Drive such a huge success! We collected 2 truck loads of donations and Maggie's Place was overwhelmed with gratitude from our group.





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

- | | |
|--------------|----------|
| January 25* | April 5* |
| February 8** | April 19 |
| February 22* | May 3* |
| March 22 | |
- * Monthly *Parent Times* magazine distributed.
** Breakfast Guest Speaker:
Megan McNamee, Feeding Littles

Board Meeting Dates

Meetings are at 6:30 p.m.

February 6
March 6
April 3
May 1

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 • Location TBD**
With overwhelming response to our play dates, we are working diligently to find a perfect location for our spring play date that will accommodate all of our littlest NCPG members! Stay tuned for further details!
- 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.)

April 26, 6-8 pm
20 Highland Tavern–Whole Foods Market
4701 N. 20th St., Phoenix, AZ 85016



4.1.17 7-10 PM
I LOVE THE 90s
PHOENIX COUNTRY CLUB
NCPG
KICKIN' IT BACK OLD SCHOOL!

SAVE THE DATE!

Join us for an evening full of food, fun, and a fabulous silent auction. **The NCPG Spring Gala** helps fund activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely on members participation for this fundraiser.

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



SAVE THE DATE - SPRING FAMILY FESTIVAL

Saturday, March 4., 10am-Noon • All Saints Episcopal Day School • More details to come!

NCPG Member Faire *In the April issue of Parent Times*

NCPG supports all of our member business men and women! We would love to promote your business to all of our members. Tell us about it! The April issue of The NCPG Parent Times magazine will feature an entire section devoted to promoting YOUR business.

In order to be included, please provide the following to communications@ncpgaz.org by MARCH 6:

- Your name
- Your business name
- A 1-2 sentence description of your service/product
- One photo
- Your contact info (URL or email address)



**There is no cost to be listed, but we do require a donation (value of \$150 or more) to the 2017 Spring Gala silent auction. Donations can include items from your business, a restaurant gift card, a gift certificate, etc. For more donation ideas, contact fundraising@ncpgaz.org. The deadline to donate is March 1, 2016.*



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25 Selfish Things Moms Should Do For Themselves

by Rebecca Gruber • www.popsugar.com

Today's parents have it easy, according to those who went before us. Modern conveniences like video baby monitors, iPads, double electric breast pumps, and toys that do just about everything for you are designed to make our lives easier. But we are also living in the age of the child-centered home, where so much of what we do is dictated by our children's needs. So much so that mommy guilt prevents us from doing so many of the things we would want to do — acts that seem selfish when there are kids in the picture. "Shouldn't you be spending quality time with your kids instead of going for a manicure?" a little voice in our heads screams. "Shouldn't you be spending that money on an educational toy instead of a double latte?" it says.

It's hard to drown out the little voice, but we're here to tell that it's OK to be selfish. It's OK to do things for yourself. It's OK to do something that doesn't benefit anyone but Mom. Here are 25 things you should do for yourself (maybe not all at once, but over time) and never feel guilty about.

1. Go out with the girls.
2. Hire a babysitter so you can get some sleep.
3. Keep the "good" cookies for yourself.
4. Hurry the kids to bed so you can catch your favorite show (before your friends on Facebook start spoiling it).
5. Skip the PTA meeting to get your nails done (just once, but it's OK).
6. Forgo Kidz Bop in favor of the real thing so Mom can enjoy it too (just make a lot of noise during the bad words).
7. Make your favorite foods instead of your kids'.
8. Call on the grandparents (or friends or neighbors) for a sleepover so you can get a good night's sleep.

9. Lock your bedroom door so you and your partner can get some much-needed private time.
10. Lock the bathroom door so you can pee in peace.
11. Notice there is only one scoop of ice cream left and pretend it is all gone so you can eat it.
12. Spend your free time reading something that interests you — not a parenting article, not a news article, but something you want to read.
13. Take time to exercise daily.
14. Swap said exercise time to sit at a coffee shop and watch the world go by.
15. Buy yourself a piece of jewelry instead of 10 pieces of junk jewelry for your kids.
16. Take a vacation day from work for some retail therapy — for yourself.
17. Sit in your empty home and enjoy the quiet time, not thinking about cleaning up.
18. Delete your kids' shows from the DVR to make room for your shows.
19. Send the kids outside to play so they don't mess up the rooms you just cleaned.
20. Enjoy that business trip because it includes a quiet night of dinner and sleep by yourself.
21. Get a massage just because.
22. Scrap your plan for dinner and order a pizza when you've had a long/bad day.
23. Ignore the to-do list for an hour and enjoy the peace and quiet of their being at school.
24. Find an excuse to go out and wear your "pre-mom" clothes.
25. Find time for a hobby that has nothing to do with work or your kids — just because you enjoy it.

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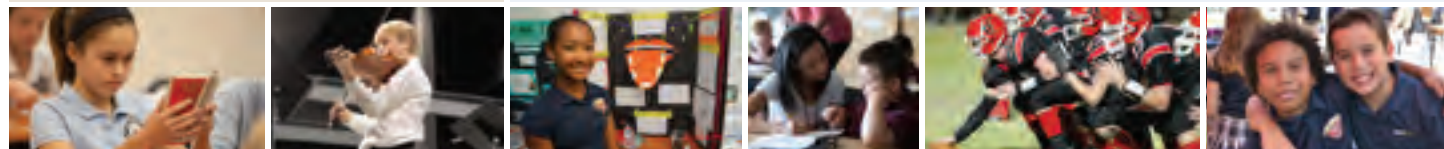
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October 12, 2016

5 lbs 2oz, 18 inches

Fur Sibling: French Bulldog- Hunter

Parents: Teri & Danny



**Calvin 'Cal' Harold
Husband**

November 22, 2016

8 lbs 3 oz, 20 1/2 inches

Sibling Sam (2.5)

Parents: Darrell & Laura



**Christo Alexander
Panagiotakopoulos**

November 23, 2016

8 lbs 4 oz, 21.5 inches

Parents: Alexi and Alexia



Kate Clark Worthington

November 28, 2016

6 lbs, 14oz, 19.4 inches

Siblings: Corbett (3.5), Crew (2)

Parents: Scott & Mallory



Eliette Mae McFarland

December 16, 2016

7 lbs 5oz, 20 inches

Sibling: Adelyn (2.5)

Parents: Christa & Dustin



Crockpot Overnight Breakfast Casserole



Crockpot Overnight Breakfast Casserole

The perfect solution to a busy day ahead! You just put it in the slow cooker, go to sleep while it's cooking, and serve it up in the morning! Crockpot Overnight Breakfast Casserole is a classic breakfast casserole with eggs, sausage, bacon, hash browns, and cheese and is large enough to feed a crowd! Feel free to add extra cheese to the layers to make it extra gooey and delicious.

Prep Time: 30 mins

Cook Time: 8 hours

Ingredients:

- 1 (30 oz) package frozen shredded hash brown potatoes
- 1/2 lb ground sausage (I used Italian sausage), browned and drained
- 1 lb bacon, cooked and chopped
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 onion, diced
- 1 green pepper, diced
- 1 red pepper, diced
- 12 eggs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon sugar

Directions:

1. Grease a large 6 quart slow cooker (or bigger) with cooking spray or butter.
2. Layer half the hash browns in the bottom of the slow cooker.
3. Top with half the sausage, bacon, cheese, onions, green pepper, & red pepper. Repeat layers with the remaining ingredients.
4. Whisk together eggs, milk, salt, pepper, and sugar.
5. Pour egg mixture over hash brown and cheese layers.
6. Cook on low for 6-8 hours on low or 4 hours on high.

PLEASE NOTE: Not all slow cookers cook at exactly the same temperature. You may need to adjust the cook time to your specific device to avoid burning the edges, as some readers have reported.

Valentine Sun Catchers

You'll Need:

Contact Paper (mac tac, **CLEAR** shelving paper), Tissue Paper, Scissors

Directions:

1. Cut the heart shape out of contact paper (sometimes called mac tac or clear shelving paper), and peeled of the backing paper.
2. Either cut pieces of tissue paper or give them to your kids to rip them as they see fit
3. Let them stick the paper on wherever they want, encouraging overlapping colors.
4. Cut a second piece of contact paper larger than the heart and lay it out on top, sealing the tissue paper in. Then cut along the edge of the original heart to trim it up.



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