

Parent Times

February 2017



nc  pg

north central parenting group



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Camelback
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 7AM - 10PM Daily

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 Phoenix
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 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

WFMphoenix



President's Corner

To the entire NCPG community,

Hello, February, how I love you! I mean honestly, what's not to love? Valentine's Day candy you can eat all month long, amazing weather, and I have my husband back on Sundays! We also have had a pretty fabulous month so far at NCPG, and the good things will only continue the rest of the year. We hope everyone enjoyed our guest speaker, Megan McNamee, I know I did. Now if I could only actually implement everything I learned...

Our **Spring Festival** is coming up at **All Saints Episcopal Day School on March 4th from 10-noon**. We're switching it up a little this year and have some really exciting things planned for you and your families, so it's an event you certainly won't want to miss!

March 29th, we'll be back at the **McCormick-Stillman Railroad Park** for our last play date of the year! Join us from **3:30-5p at the Aste Ramada**, near the playground, for great company, food and plenty of fun for your little ones. We had a blast in the fall at the Railroad Park and can't wait for a successful repeat!

Don't forget to mark your calendars for our **32nd Annual Gala — I Love the 90s** — being held from **7-10p at Phoenix Country Club!** Get your outfits and babysitters lined up now; come get jiggy with us, the party is going to be PHAT!

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.

xo.

Ashley Blalock, *NCPG Board President*
 president@ncpgaz.org



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

Court Fischer, by Kate Keyt for **Kate Nelle Photography**. To see more of her work, follow her on Instagram at **@katennelle_photography**.

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Decisions, Decisions: Choosing the Best Preschool for Your Family

By Emily Watson, Director, Cross Roads Preschool and Kindergarten



As a mother of three girls, I feel the weight of every parental decision I make. Even the little things like what's for dinner or deciding between dance and soccer. One of the most important decisions I've made, and continue to make, is how to enrich my children's lives emotionally, socially, cognitively and physically. With school enrollment season upon us, this decision becomes more urgent.

Parents may wonder what the appropriate age is to send their child to school. Are the things my child is learning at home or at daycare enough? Is my child ready for school? Ultimately, each family is different. However, numerous studies show the powerful impact a high-quality early childhood education has on an individual's future success in the classroom, in the workforce, and in his/her social and civic development. The consistent message from these studies is children are born ready to absorb their environment. The earlier a child's natural curiosity is supported with a wide range of learning opportunities, the stronger his/her foundation is for future success.

Early childhood education differs from primary and secondary education. Children 5 years old and younger are likely not ready for the academics of a traditional classroom, so the focus of early education is instilling a love for learning through exploring their world. It's incredibly beneficial for students entering kindergarten to have practiced social habits like how to be a good friend, when and how to share ideas and what to do when frustrated, mad or sad.

After deciding what age to send a child to school, parents are faced with an equally daunting decision. What type of early childhood education is best? As the Director of Cross Roads Preschool and Kindergarten, a preschool for ages 18 months to 6 years old, the questions I hear most are about our Play-Based program.

What is Play-Based Learning?

I have adopted Early Years Learning Framework's definition of Play-Based Learning – a context for learning through which children organize and make sense of their social worlds, as they actively engage with people, objects and representations. Learning through play stimulates a child's sense of well being while enabling him/her to connect past experiences with new concepts. The emphasis is on developing relationships and concepts while allowing a child's uniqueness to shine through.

"Play is the highest form of research."
– Albert Einstein

What Does a Play-Based Program Look Like?

Imagine a classroom in which children are using toothpicks and marshmallows to engineer a castle while the teacher asks questions like, "What did you do to get the tower to balance?" Students play "restaurant" - practicing how to play together while the teacher incorporates basic math concepts. These are things you might see in a Play-Based classroom.

Play-Based classrooms are typically set up in sections that may include a playhouse, reading nook, sensory table, block area, etc. Each section is designed to encourage learning through play.

Unlike other approaches, Play-Based programs prioritize teaching a love of learning. This is why I chose Cross Roads Preschool, a school that whole-heartedly believes in structured play, for my children. It's also why I chose to teach at the school and take on my current position as the school's Director. Cross Roads has a warm, supportive staff that encourages students through all stages of development. Our teachers are incredibly talented at finding what excites each student and using that excitement to promote exploration and learning.

As a parent I know how hard it is to choose a school. As an educator, I am available by phone or email to help guide parents through their choices. Visit www.CrossRoadsPSK.com for more information.



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Diaper Bag Songs

Experts at Music Together offer advice on instant ways to make your baby and toddler happy.

The experts at Music Together, the pioneering, research-based early childhood music education program, have a valuable tip for parents looking for a quick and easy way to deal with fussy little ones: Sing!

Music Together has coined the phrase “diaper bag songs,” simple familiar tunes that parents can add their own lyrics to and easily pull out and sing at any moment to re-direct babies and toddlers, easing transitions and keeping the little ones happy.

According to Susan Darrow, Music Together Director of Educational Services, “There are certain moments during the day that most parents find challenging and they often involve transitions. For example, maybe your child doesn’t want to get dressed, get in the car, or take a bath. Singing songs with your own words and narrating the action can often shift the tension and stress wrapped up in these moments in a way that language cannot. You will see the power of song the minute you sing, ‘Scrub, scrub, scrub your ears...’ instead of yelling ‘hold still!’ Music can have a magical effect.”

Here are some ideas from Music Together on how parents can change familiar songs to help their children get through the day:

1. Help ease the stress of bath time. Try singing a bath time version of “Row, Row, Row Your Boat” with “Wash, wash, wash your hair,” “Splash, splash, splash around,” “Merrily, merrily, merrily, merrily, glub, glub, glub, glub, glub.”
2. Help motivate your child to get dressed. Change the words to “Baa, Baa Black Sheep” to “Mary, Mary, where is your shoe? Here it is, and it’s going right on you” or “Joey, Joey, here is your shirt! Lift up your arms so you can wear your shirt!”
3. Help your family get out the door. Make up your own version of “Wheels on the Bus” about your car with “The walk to the car goes stomp, stomp, stomp...” and “The wheels on our car go ‘round and ‘round...” or “The buckle on the seat goes click, click, click...”
4. Help motivate your child to eat the foods you want him to eat. Try your own version “Twinkle, Twinkle Little Star” with “Yummy, yummy, little peas, I like to eat my yummy peas” or “Yum, yum, yum, yum, carrots and beans; yummy, yummy, yummy, yummy, carrots and beans....”
5. Help narrate your child’s day. Music can help you prepare your child for what is coming up or summarize what happened during the day. Try changing the words to “She’ll Be Comin’ ‘Round the Mountain” to “We’ll be gettin’ in the car later on...”, or “First we’ll buy some groceries at the store...”, or “Today we went to Shelly’s house to play...” or “Then we did some swinging in the park...”





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Music Together is an internationally recognized early childhood music and movement program for children birth through age seven. The Music Together curriculum, coauthored in 1987 by Kenneth K. Guilmartin (Founder/Director) and Rowan University Professor of Music Education Dr. Lili M. Levinowitz (Director of Research), is based on the recognition that all children are musical: all children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided that their early environment supports such learning. Music Together offers programs for families; schools; at-risk populations; and children with special needs, in over 2000 communities in 40 countries around the world. The company is passionately committed to bringing children and their caregivers closer through shared music-making and helping people discover the joy—and educational value—of early music experiences. More at www.musictogether.com and on Facebook at www.facebook.com/MusicTogether.

Encouraging Harmony Among Siblings



By Mindy Sobraske,
PVUMC Preschool Director

It's been said that when a couple has a child, they become parents; when they have two or more children, they become referees. However, parents can find ways to encourage harmony among their children, so that the household does not become overwhelmed by the sound of siblings arguing over toys, territory, and parental attention.

PRESCHOOLERS AND YOUNGER SIBLINGS

If there is a new baby in the family, a youngster's real feelings about the baby may be ambivalent: he may love the baby, but also resent her as a competitor. Preschoolers should be encouraged to discuss their feelings about their new brother or sister. Your preschooler may feel that it is unfair that the baby seems to get so much more attention than he does. Whatever his emotions, it is important that you listen and accept his feelings, letting him know that you care about how he feels and that he matters to you.

Spend Time Alone with Your Preschooler.

The most valuable thing siblings must have is a share of their parent's love and attention. Find time in your busy day to be alone with your preschooler. Do puzzles together while the baby naps; spend time reading books and talking about the day before bedtime. It will show your preschooler that he is special to you.

Encourage Cooperative Behavior.

The usual scenario is that, when children are playing nicely together, a mother or father often thinks, "Good, now I can finally get some work finished." They ignore the children unless they misbehave. When parents pay attention only to the fighting, they unknowingly reinforce negative behavior. Saying to your preschooler, "Look at how the baby is smiling. It makes him so happy when you play with him," shows your youngster that she can have a positive effect on her baby brother, and encourages more cooperative conduct. In this way, your preschooler becomes a "partner" in caring for the baby.

PRESCHOOLERS AND OLDER SIBLINGS

There is no question that personalities, age and sex differences, and birth order play a large part in determining how siblings will relate to one another. When preschoolers have older brothers or sisters and must compete for their parents' time and attention, the contest may seem to be unequal. Older siblings may seem to have more power and privileges in the family.

Parents can never totally eliminate jealousy, competition or the inevitable clashes over possessions. But, parental guidance can encourage a loving and lasting friendship among siblings.

Don't Be a Referee.

Although parents can make it clear to siblings that fighting in the physical sense will not be tolerated, disagreements are not always bad, and can serve to teach children about compromise, negotiation and open communication.

When there is an argument between siblings, often parents don't know who is "right" or "wrong." It is important not to become a referee, but to let children settle disputes on their own. Rather than taking sides, separate the children or temporarily remove the toy which is causing the disagreement. Faced with missing out on the fun, they are more likely to resolve their own dispute.

Pride of Ownership

While sharing is an important part of family relationships, a preschooler has to have a sense of ownership before sharing is possible. He needs to understand that "That's my teddy bear" before he allows somebody else to play with it.

In addition, each child may have prized possessions that are so special, that he should have control over whether or not to share them. Every family should respect individual differences and rights and establish rules to protect them. If a preschooler has a treasured dinosaur collection, it should be protected from an inquisitive baby brother who shares his room. Preschoolers may eventually be willing to share other toys with siblings if their own valued possessions are respected.

Taking time to further harmony among siblings at an early age can lead to a healthy family atmosphere in which brothers and sisters reap the priceless gift of gaining a lifelong, trusted friend — each other.

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Top 5 Reasons to Hire a Lifeguard for your Pool Party

By Laurie Ball, owner of Kidtastics



"The No. 1 thing people need to understand is we can prevent drowning so we need to make sure we take those steps to lower our chances," she said in a June 16 phone interview.

"Drowning prevention is a three-pronged approach with the key being adult supervision."

-Ms. Schmidt president of the Drowning Prevention Coalition of Arizona

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What kind of parties need a lifeguard?

- Birthday Parties
- Graduations
- Bar mitzvah
- Corporate Events
- Private Events
- Special Occasions
- Pools not in use during a home social gathering

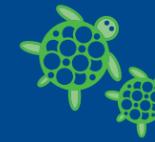
Top 5 Reasons to Hire a Lifeguard for your Pool Party

1. Peace of mind for your guest so they feel secure at your home.
2. Reduces pressure & stress off you & allows you to enjoy your party & visit with your guest.
3. Guest are instructed by the lifeguard to follow the pool rules and you don't have to tell your guest "don't do that."
4. Drownings happen in seconds and is silent. There's no splashing of arms or yelling for help, like most people think. It's sudden and quick! Lifeguards are trained to recognize the signs of drownings & react quickly & efficiently.
5. Lifeguards are CPR, 1st aid & lifeguard certificated. Let a professional ensure safety at your pool party.

KIDTASTICS offers lifeguard services to help the community protect children in and around water. We also highly recommend parents keep their CPR and First Aid certificate current to help parents react in a calm fashion to an emergency.

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NEW ARRIVAL



Timothy Peter Derksen

December 23, 2016

7lb 5oz, 20 inches
Sister: Mary Derksen (16 mos.)
Parents: Ann & Patrick

Sibling Love



Member to Meet

Carolyn Cheney

Infant 1



Children & Ages: Grace (7 mos)

Spouse: Andrew

How did you meet your spouse/partner: We met through a commercial real estate organization called NAIOP. We were friends for about 8 months before dating. Andrew likes to say he gives hope to all guys trying to get out of the 'friends zone.'

Years married/together: Married for 2, together for 4

Spouse/partners favorite date night spot: Citizen Public House or Little Cleo's

Career or previous career: I sell commercial office furniture for Forward Tilt. We furnish the interiors for corporate offices, lobbies, and conference rooms. We have worked on some really cool projects around town including the headquarters for IRIS, Carlisle, GlobalTranz, and Lee & Associates.

5 words to describe you: Chatty, fun, warm, loyal, sporty

Favorite family vacation spot: La Jolla — Andrew proposed at the La Jolla Beach and Tennis Club and we were married at the Darlington House. Andrew's family has been visiting LJBTC since the 70's, and it is such a great family spot.

Favorite family spot to dine in town: Hands down, LGO. Breakfast or lunch normally, and on those days where I can't quite squeeze a shower in, a baseball hat and LGO curbside pickup is just fine with me!!

Favorite adult book to read: Currently on my nightstand are Baby Wise and The Baby Whisper. We are figuring out the whole eat/awake/sleep routine.

Where were you born and raised: I'm a born and raised Phoenician, as is my husband. I grew up in North Central and went to Xavier, he grew up in Chandler and went to Dobson. We landed almost in the middle of the two in Baja Arcadia.

What do you miss most about being a kid: Summertime — volleyball, tennis, or swim camps and tons of popsicles!

What's your favorite thing to do with your child/children: There is nothing better than a cuddly sleeping baby on your chest, sitting on the couch with your feet up.

Most "OMG did that really happen" moment as a parent: Projectile pooping mid-diaper change. Two parents with 4 hands, about 10 wipes, 3 diapers, 2 outfits, and 1 floor mop later...

Most meaningful moment as a parent: We didn't find out baby's gender before delivery, so as soon as she was out, the doctor showed her to Andrew and he told me it was Grace! They put her on my chest and we both just stared at her in awe while she and I cuddled.

Best parenting advice given to you: Give yourself grace, you're all figuring it out together.

Who introduced you to NCPG: Pele Fischer, Alyson Kennedy, and Katie Zimmerman who are all friends of mine in NCPG. My mom also was a member of NCPG, starting in 1986!

Best thing learned in NCPG: There are so many ways to do everything as a parent, listen to all the options and figure out what works best for you and your family.

NCPG Charity of the Month

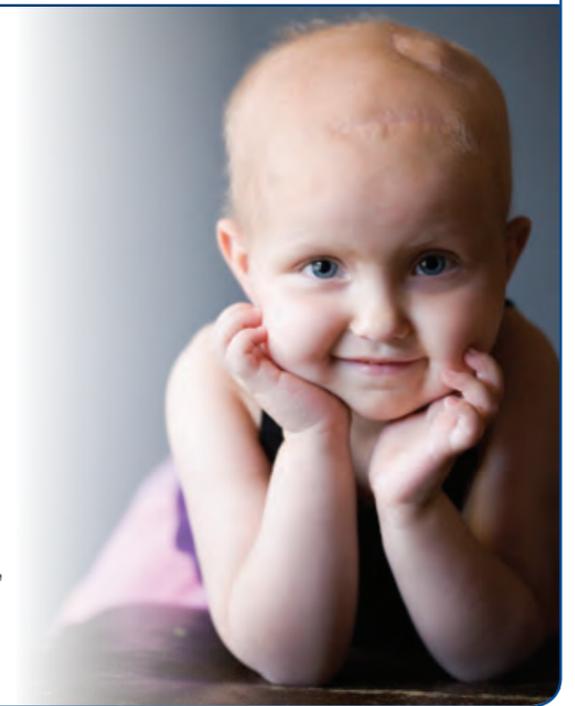


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Classes & Board Meetings

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

February 22*	April 19
March 22	May 3*
April 5*	

* Monthly *Parent Times* magazine distributed.

Board Meeting Dates

Meetings are at 6:30 p.m.

March 6
April 3
May 1

NCPG Play Date

Please note the new time and location!

3:30 pm - 5:30 pm, Wednesday, March 29

McCormick Stillman Railroad Park, Aste Ramada

(Next to the playground, same location as last time)

Come join us for our last All-Class Playdate of the year! We will have a bounce house, food and train tickets for everyone! Can't wait to celebrate the end of the year with everyone!

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.

April 26, 6-8 pm

20 Highland Tavern—Whole Foods Market
4701 N. 20th St., Phoenix, AZ 85016



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.

TICKETS ON SALE NOW! BUY NOW AND SAVE!

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Early Bird Special 2: \$200/couple, \$100/single thru 3/30.
At the Door: \$220/couple, \$110/single.

**Included in ticket price will be open bar, dinner and dancing!*

SPRING FAMILY FESTIVAL

Saturday, Mar 4, 10 am-Noon • All Saints Episcopal Day School • 6300 N. Central Ave., Phx 85012

Please join us for our Spring Family Festival at All Saints Episcopal Day School! We will celebrate spring and this gorgeous weather with a petting zoo, bounce house, face painting, live music, and an extra special treat...food catered by **Flower Child!**

Hope to see you all there! Reach out to Jessica and Nathalie with any questions at specialevents@ncpgaz.org.

New Grandparent(s) Class!

April 26th, 6-7:30 pm

Church of the Beatitudes

555 W. Glendale Ave., Phoenix, AZ 85021

Cost: \$15/individual, \$25/couple

Teacher: Amy Stuart

You asked, we answered. NCPG is offering its first-ever class for Grandparents who are interested. Please encourage your parents or in-laws to join us for this informative class. The class will go over the following points: Safety prevention, supporting parent and grandparent roles, respecting family plans, goals and routines, and strengthening the grandparent and child relationship through bonding, creating memories and learning play.

Online registration begins in March. For more information, email Chelsea and Meredith at Education@ncpgaz.org.



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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BULLYING

Source: www.danoah.com
 Blog writer and father, Dan Pearce, has some great posts on his site. We found this one empowering and wanted to share it with our NCPG Members.

Dan Pearce has a good friend named, Jaime. She teaches fifth grade, and she genuinely loves her students. Lately, she's been struggling with bullying problems with some of her students, and she did something pretty amazing with them that she shared with me and I now want to pass along to all of you. I thought it was a pretty fantastic lesson about bullying that we could all teach our own kids pretty easily.

Jaime wanted to try and find a way to somehow make the bullying a truly tangible problem because sometimes as a teacher, Jaime finds herself getting so wrapped up in the "stuff" you have to get through that you sometimes forget there are very real heartaches going on behind the scenes...

Stick with me for a minute: Jaime decided to stop by the store this morning and buy a couple apples. During her morning meeting (where the children and teachers sit in a circle and do spiral lessons), She told her class that they were going to try something different. Jaime showed them the two apples she had bought and asked her class to list the differences and similarities between the two apples. The apples were both exactly the same color and shape... one was a little brighter and bigger, but that literally was the only difference.

Jaime then held up the other apple that was only slightly discolored and smaller and said, "Gross. This apple looks disgusting!" and dropped it on the ground. Her students all looked at her like she was INSANE! A couple laughed uncomfortably, but for the most part they thought she had lost her mind.

Jaime then picked it up and passed it to the student sitting beside her and said, "Isn't this apple just stupid? You should say something mean to it and do this!" Again Jaime modeled dropping it in front of herself. "Now pass it to the person next to you so they can say something mean to the apple, too!" exclaimed Jaime.

Long story short, Jaime's kids got very into saying mean and hurtful things to this apple and dropping it in front of them. "I hate your skin," "You're an ugly color of red," "Your stem isn't very long," "You're probably full of worms," on and on and on....

So by the time this little apple made it back to Jaime everyone had had a chance to really rip this little guy apart. Jaime seriously started feeling sympathetic towards an inanimate object... But moving on...

Jaime then held both of the apples up for her kids to look at and asked them to now list the similarities and differences of the apples again... It came back the same... There really was no difference. Even after they had repeatedly dropped this apple you couldn't really tell that it had any damage.

Jaime then asked her students who wanted a piece of the apple... of course... FOOOOOOOD.... and ALL her students

raised their hands because they wanted some.

Jaime took out a cutting board, knife and proceeded to cut the shiny apple open. It was perfect. And all her kids "ooooohhh'ed and ahhhh'ed"...

Then Jaime cut open the second apple and when Jaime opened it, it was covered in mushy brown spots and bruised all inside from where everyone had dropped it. When Jaime held it up her kids were like, "EWWW. I don't want to eat THAT apple!" "Yuck!" "That looks disgusting..."

That's when she just looked at them and said, "But didn't we all contribute to the apple looking this way? We did this... why shouldn't we eat it?" They all just kind of stopped and got really quiet and Jaime said, "See guys... this is what we do to other people when we say mean and hurtful things. When we gossip or call someone ugly or fat or tell them they aren't good enough or that they can't be friends with you... we are just dropping them and causing ONE MORE bruise... a bruise that while we can't see on the outside is VERY REAL and very destructive inside of them! It doesn't just go away, the bruises just keep getting worse and deeper... THIS!" Jaime said as she held up the bruised apple, "is what we do to each other. We have to stop dropping each other."

Jaime has never seen her kids "get" something so fast before. It was so real to them... people cried and laughed and it was very emotional but absolutely amazing and they got to then journal about everything and some of the responses she got were... well, Jaime sobbed all the way through lunch. She had so many kids come up and hug her later and tell her that they were so happy that a teacher "got it".

I'm so thankful for good school teachers.

I'm thankful for Jaime and her lesson with the apples. So succinct. So powerfully visual.

- Dan Pearce, *Single Dad Laughing*



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"Make Ahead" Sausage Egg & Cheese Muffins

Source: EverydaySavvy.com



Prep: 10 mins – **Cook:** 40 mins – **Total:** 50 mins
Serves: 12

Ingredients

- 4 cups shredded hash browns, thawed
- 4 tablespoons butter, melted
- 1 teaspoon salt
- 1 teaspoon pepper
- 8 eggs
- 1 ½ cups shredded cheddar cheese
- ½ pound sausage, cooked and crumbled

Instructions

1. Preheat oven to 400°.
2. In a large bowl combine the hash browns, butter, salt and pepper.
3. Spray a muffin tin with cooking spray. Fill the cups about ¾ of the way full with the hash browns.
4. Press with your fingers to mold the hash browns to the cups all the way to the top. Try to make the sides the same thickness all the way around for even cooking. Make sure there are hash browns on the bottom of the cup.
5. Bake 20-25 minutes, or until they are starting to brown. Let cool slightly.
6. Reduce oven to 350°.
7. Take half of the shredded cheese and sprinkle in the bottom of the cups.
8. Repeat with half of the sausage crumble.
9. Whisk the eggs together and fill the cups until almost full.
10. Top with the second half of cheese and sausage.
11. Bake until eggs are set, 20-25 minutes.
12. To freeze: Let cool for two hours, then place muffins in a ziploc gallon bag until you're ready to enjoy. Microwave for a few minutes before serving for breakfast.

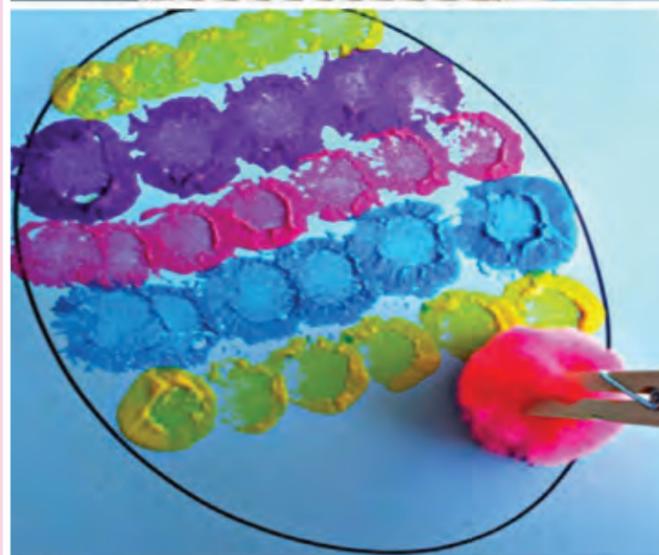
Pom Pom Easter Egg

Source: PreschoolActivities.us

YOU'LL NEED:

- 1 Bag of large multi colored pom poms
- Construction Paper
- Bright Colored Paints
- Clothes Pins
- Paper Plates
- Black Sharpie

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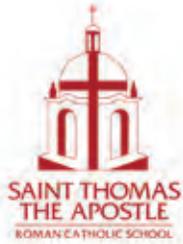
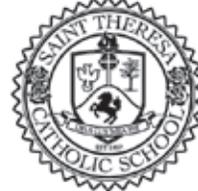
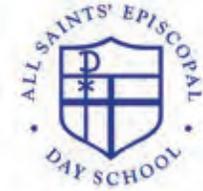
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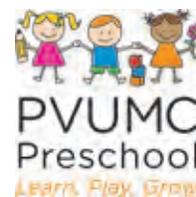
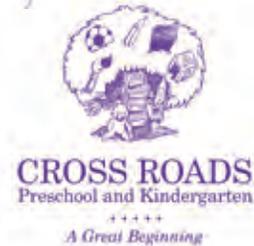
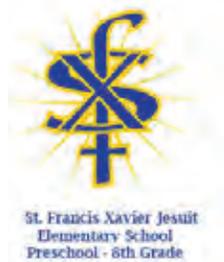
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