

Parent Times

October 2017



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12:00 to 2:00 PM

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(Full day or half day)

Pre-Kindergarten - 4 year olds

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Open House

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Sunday
October 22, 2017
12:00 - 2:00 PM



ncpg

north central parenting group



President's Corner

To the entire NCPG community,

WOW, what a first month we had! I am honestly in awe of what a fantastic September we've had. It's a real inspiration to be surrounded by such amazing women as we embark on our parenting journey together.

We've had record breaking stats all over the place — first day membership marking all-time highs at 275 and growing daily, a nursery that is filling within hours of opening, and burritos gobbled up by the dozens! We hope you have all enjoyed your first two classes and are settling in to our new location.

We had a fantastic first Mom's Night Out at Postino's Arcadia — thank you to all who came! Our next MNO is **Sunday, November 19th — Namaste & Brunch at Postino Highland**. We hope you'll join us!

We've been working hard on our first fundraiser of the year — **NCPG Uncorked, October 13th from 7-10p!** We hope you'll join us for a fun night out sans kiddos at the **Valley Field Riding & Polo Club**. We will have plenty of amazing wine, beer, and non-alcoholic beverages for your enjoyment, as well as bites provided by Postino's. Grab your classmates, spouses, and friends to join us for the evening.

There are so many ways to get involved with NCPG, one of which is joining one of our committees, so if you are interested please reach out to me, and I'll happily get you connected. I am looking forward to spending this next year as your President, and am always available if you all need anything or have comments/suggestions on how to improve NCPG.

xo.

Ashley Blalock
NCPG Board President
president@ncpgaz.org



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

www.ncpgaz.org



Like us on Facebook: NCPGAZ

Parent Times

Members, this monthly magazine 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 — Laurie Ball & Chandra Petelin

Designer — Neill Fox, foxnoggin.com

On the Cover

Bristol Kasalek photographed by her mother, Amy.



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 Sept 7th - Dec 14th
 *Mom & Me Class

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6805 E. McDonald Drive
 Paradise Valley 85253

Thursdays: 4:00* to 4:45
 Sept 7th - Dec 21st
 *Ages 3 - 6

Creative Bridges Preschool

7321 N. 10th St.
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Fridays: 10:30*, 11:15
 Sept 8th - Dec 8th
 *Mom & Me Class



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- ✓ Learn about the application process
- ✓ Meet with administrators and faculty
- ✓ Enjoy a light breakfast

Open Houses will be held at All Saints' Episcopal Day School
6300 N. Central Ave., Phoenix, AZ 85012
9 a.m. - 11 a.m.

OPEN HOUSE

For Prospective Parents

November 08
December 06
January 10

KEY DATES

Application
Opens

OCT 02

Pre-K - Eighth Grade
Application Deadline

JAN 19

Kindergarten
Group Screening

JAN 26

Pre-K
Play Date

JAN 27

First - Eighth Grades
Group Assessment

FEB 03

Admissions Decisions
Announced in Early

MARCH

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602.274.4866

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Stop the Madness of Holiday Card Centered Photo Sessions!

By Mara Blom Schantz, Artistic Impressions by Mara

Once October hits I start getting frantic calls from frazzled parents about whether I still have time left for holiday card sessions. My advice is: "Stop the madness!" I know this seems crazy coming from a professional photographer. But, a perfect holiday card should not be the focus of a photography session.

As much as we would like it to be, our life with young children is not a Pinterest board. Your holiday card doesn't need to be perfect. It does not need to have a theme. You don't need to haul your young children out to the dusty, hot desert or into a field to sit on a tufted couch, or the middle of road, and please never on railroad tracks! It doesn't need to be highly involved. In fact, you don't need to spend money on a 15 minute mini-session in the middle of naptime, with the sole purpose of getting a digital file for a holiday card picture, that you will never use for any other purpose, never print or hang on your wall, and, that will ultimately take up space on your computer and will stress you out.

If you want to do a family or children's portrait session with the main goal of having beautiful portraits for your walls (you can definitely also make holiday cards from your favorite image), then by all means hire a real professional that will help you accomplish that goal in a session that is not time-limited and who will help you choose which images should be printed and do that for you in a beautiful way. (Again, you don't need more work).

Mini Sessions are generally not conducive to getting the best images of young children (which is why I don't offer them), who can sometimes take 10 or 15 minutes until they warm up and feel comfortable enough for me to even start photographing. I would swear that if you are in a hurry or under a time constraint, children sense this and will behave the opposite of how you are hoping they will. Then you all get stressed out and the images don't represent your sweet child.

So, if your only goal is to have a picture for your holiday card, save your money and do it yourself. Below are some tips for getting the best images of your child:

1. Photograph your child at a time of day where they are happiest (not too close to nap time, after a meal, not late in the day).
2. Set realistic expectations and don't get frustrated if it doesn't go as planned. If your children don't like to hug each other or your older child is not excited about his/her new baby sibling, they will not magically want to hug and kiss for the picture. If it devolves, try another time.
3. Many of the best images are when your children are engaging in an activity they like. For example, if your older child likes to look at picture books, have them "read" to their younger sibling. Or, take them outside and have them

play together. Peek a Boo is a fun game and gets great expressions. Even bath time is great time. You don't need to have a formal, staged image.

4. Don't tell your child to smile. Most children don't know how to smile in a natural way and the look they give will not be pleasing. Instead, sing a song with them, or ask them to tell you a funny story. Get your spouse to help you make them laugh.
5. If you want something more formal set them up off the ground so they can't run away and then distract them with a favorite toy, book or song.
6. Bribing is usually not a great way to encourage cooperation because the child becomes obsessed with the reward.
7. Have a good source of light. Very bright, outdoor light is too harsh for little eyes. If you are outside, put your child in the shade. If you are inside, putting a chair near a window (not in front of, but next to) will yield soft, pretty images. Overhead light is not flattering and will yield shadows and undereye circles.

If you choose to save your money you would have spent on yearly mini-sessions and spend it on beautiful portraits documenting your child's growth, you don't need to do it every year. As your child grows, there are about seven milestone stages that you should have documented if you would like to have a gallery of their childhood. Here is my list of Milestone Ages. Obviously, space apart for development according to when you had your last session, and don't stress out if you miss a couple. In an ideal world you would hit every one, but if you only do four, you will still have a beautiful gallery. These can be done as a separate portrait if you have larger walls or combined with siblings to accomplish two things at once (except maybe when they are really, really impactful on their own like toddler, missing teeth and senior portraits):

1. **INFANT** (0-6 months) Don't stress if you missed the first two weeks! I actually prefer when the baby can actually track, is chubby and has a face that will be recognizable later in their life. Plus, you will probably feel less stressed at the session if you wait a little while.
2. **TODDLER** (12-36 months) Walking around, talking and able to communicate a little and engage; has a variety of expressions and a developed personality.
3. **SMALL CHILD** (4-5 years) Still has a bit of a baby face. Very well developed vocabulary and interests. Usually preschool age before front teeth fall out.
4. **LOST TEETH** (6-7 years) One of my favorite ages and a great transitional portrait from a small child to the one with the big teeth.
5. **BIG KID, TWEEN** (9-12 years) Once you have an 18 year old, these kids will look little to you. I actually also like braces because the kids still look little while they are wearing them.
6. **TEEN** (13-16 years) This is a good age because you have a kid who is still a kid but thinks and acts like they are not. They have their own defined personalities and opinions.
7. **SENIOR PORTRAIT** (17-19 years) This is the last portrait of childhood. They are graduating high school and about to embark on their own life, away from you.

Mara Blom Schantz is a professional photographer specializing in documenting children and families with black and white film. She has two teenage boys and was once a member of NCPG. To view her work or learn more about her studio, check out her website:

www.artisticimpressionsbymara.com





Member to Meet Sarah Sarvas Ragland

Where are you from?

I was born and raised in Arizona.

Kids names and ages, current class.

Two Boys: Hank (4), Charlie (3), and baby boy #3 due in February, Class: PRE-K.

What drew you to NCPG?

When I became pregnant with my first son Hank, my sister in law (Jordan Ragland) insisted I join NCPG. I reluctantly showed up to Monique's class in 2012 and never looked back!

Tell us about an area where you struggled as a parent that your NCPG class has helped you with.

I think I have taken away something from everything discussed at NCPG. For me, with two rowdy boys, discipline and my approach has been so helpful. The comfort of knowing that I am not the only mom dealing with "back-talk", tantrums, listening, etc. is so valuable.

What has been the biggest surprise about being an NCPG member?

The most surprising thing to me about NCPG was that with joining this group of women, I opened myself up to an entire new source of support and life-long friendships. I truly wouldn't be the same mom had I not joined.

What has been most surprising about being a parent?

The most surprising thing about parenting is the emotional roller coaster motherhood sends you on. Its the highest highs and sometimes the lowest lows. The minute I became a mom I was forever changed. It really doesn't make sense until you experience it. The saying that my heart lives outside my body after babies is so true!

Would you rather be able to teleport anywhere, or read minds for a day? What would you do with that power?

Oh my gosh! Teleport me (and my hubby) to a white sandy beach with sun, cocktails, and unlimited free babysitters at home.

NCPG Class Progression

(Based on age of child on September 1st)

Due to the amazing growth and maturity of our NCPG Community, we have designed a new class progression starting in the 2017-2018 year. The progression will help with class size, consistency and age range. Our updated system also includes the addition of two new classes and focuses on a more seminar style of teaching as you advance through the program. Please reach out to the board with any questions.

1. Progression may vary depending on your child's birth date. If your child is the oldest or youngest in a class, you may not follow the same progression as other members.

2. Member enrollment also affects class progression as the Board strives to have no class be too big or too small.

If you have any questions about your class assignment, please contact membership@ncpgaz.org. We can accommodate requests.

The information provided by NCPG instructors should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations that your pediatrician may recommend based on individual facts and circumstances.

Class 4A will most likely move to Pre-K. Class 4B will most likely split, half to Pre-K, half to Kinder. Everyone will be placed in the class based on their child's school grade.

TRACK A

PRE-INFANT
Child due Oct-May
Monique Nelson

CLASS 1A
5-11 months
Amy Stewart

CLASS 2A
17-23 months
Debbie Hurst

CLASS 3A
29-35 months
Amy Guido

CLASS 4A
41-47 months
Annemarie Mansour

TRACK B

NEWBORN
0-5 months
Monique Nelson

CLASS 1B
12-17 months
Lisa Kamps

CLASS 2B
24-29 months
Kristin Klecka

CLASS 3B
36-41 months
Barb Grady

CLASS 4B
48-53 months
Lesley Isaak

MERGE

PRE-K
Pre-K or Jr. Kinder
Karyn Kapellusch

KINDERGARTEN
Child in Kinder
Jemeille Ackourey

SCHOOL A
Grades 1 - 3
Michelle Cox

SCHOOL B
Grades 4 - 6
Doreen Knight

CLASSROOM NORMS



Be Respectful

Be respectful to yourself, others and the learning environment. This includes keeping cell phone use to a minimum and having no food or drinks in the classroom (water is allowed).

Be Kind

NCPG is a community where parents support one another. Remember to disagree lovingly so it is a safe environment for all.

Be Responsible

Teachers are responsible to create data driven, researched based lessons. All members are responsible for confidentiality within the classroom. NCPG believes in a safe environment where members feel free to share openly and honestly.

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A Preschool Recipe

By Kim Westfall, Head of School, Christ Church School



Parents often ask me for recommendations on how to choose a preschool. There is no tried and true formula, no wrong or right way, so I answer from my own experience – visit the school and get a feel for how the teachers interact with children, look at what the children are learning, and go with your gut feeling. What might be right for one family may not feel quite so right for others.



Think about your family life. Your child's school should reflect and nurture the same values you have in your home! You know your child best; when it feels right, you'll know. Choose what is best for your child and your family.

My advice is to honor what is best for your children, and let them be little for as long as possible. Here is a recipe for making the most of those childhood years, both at home and at school:



- A load of learning through play
- A cup of appreciation – for the journey, not only the destination
- A smidge of silliness
- A pound of perspective – see things through the eyes of your child
- A quart of kindness
- An ounce of the natural joy of discovery and wonder
- A gallon of gratitude
- A pinch of patience – and another pinch – and another; many may be needed
- A huge helping of hope
- Garnish the whole thing with giggles
- Cut in liberal amounts of confidence, character, and family time
- Mix it all together with a sprinkling of laughter
- Serve it all up with love, lots of love!

*There's a lot that goes into this recipe,
but the results are amazing!*

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THE LIST: HALLOWEEN EVENTS FOR KIDS!

Wendy Killeen, The Republic, azcentral.com

THRU 10/30: PUMPKIN & CHILI PARTY AT SCHNEPF FARMS

From a forest zip line, dog shows and pig races, to hayrides and carnival fun, there is plenty to enjoy at this Southeast Valley destination. Enjoy a bowl of fresh chili or succotash, pick a pumpkin to decorate or get lost in the 4 acre corn maze.

DETAILS: 10 a.m.-9 p.m. Thursdays and Sundays, 10 a.m.-10 p.m. Fridays and Saturdays, through Oct. 30. Schnepf Farms, 24810 S. Rittenhouse Road, Queen Creek. \$18 tickets plus tax at the gate, \$15 if purchased at all Fry's Food Stores; some activities extra. 480-987-3100, schnepf-farms.com.

THRU 10/31: MOTHER NATURE'S FARM HALLOWEEN PUMPKIN PATCH

A family-friendly pumpkin-patch event. Admission includes a pumpkin, a bag of stickers, pumpkin decorating, a bounce house, a hayride and Alexander's Adventure Maze. Mother Nature's Farm has tables and shade trees for a picnic lunch. Snacks and drinks are available at Maneau's Munchies.

DETAILS: Through Oct. 31. 9 a.m.-9 p.m. daily. 1663 E. Baseline Road, Gilbert. \$3; \$10 for age 1 or older. 480-892-5874, mothernaturesfarm.com.

THRU 10/31: PUMPKIN PATCH TRAIN

Grand Canyon Railway typically takes passengers from Williams to the South Rim of the Grand Canyon and back. But the train offers special seasonal rides, including the Pumpkin Patch Train. Kids and parents are encouraged to don their favorite Halloween costumes for a trip to a "secret" pumpkin patch.

DETAILS: 11 a.m., 1 and 3 p.m. Saturdays and Sundays through Oct. 31. 233 N. Grand Canyon Blvd., Williams. \$25; \$20 for children. 928-635-4010, thetrain.com.

10/22, 29: MONSTER PARTY: A HALLOWEEN TALE

Watch these puppet friends set out on a fun-filled Halloween adventure full of spooky shenanigans. Performed in the black-light style of puppetry, the puppets, scenery and audience members all will glow in the dark.

DETAILS: 10:30 a.m. and noon Saturdays, Oct. 22 and 29. Gyder Theater, Peoria Center for the Performing Arts, 8355 W. Peoria Ave. \$8. 623-815-7930, theaterworks.org.

10/28-29: SALT RIVER FIELDS BALLOON SPOOKTACULAR

In addition to the usual trick-or-treating, candy will fall from the sky from more than 20 colorful hot-air balloons. Enjoy live music and kid-friendly activities along with a haunted house and fireworks display. Tethered balloon rides will be available for an additional fee.

DETAILS: 5-10 p.m. Friday and Saturday, Oct. 28-29. Salt River Fields at Talking Stick, Loop 101 and Indian Bend Road, Salt River Reservation, 7555 N. Pima Road. \$15; \$10 for ages 3-12. 480-270-5000, srfballooonfestivals.com.

10/28-29: HOWL-O-WEEN AND BOO AT THE ZOO

This year, the Phoenix Zoo is combining its Boo at the Zoo and Howl-O-Ween events into one. All activities will be categorized as "merry" or "scary" — the latter for children 8 or older who like a good fright. Non-scary events include camel rides, character meet-and-greets, magic show and carnival games. Scarier events include the Clown Asylum funhouse, the Walking Dead Way pathway, zombies and vampire encounters and talks by the Phoenix Arizona Paranormal Society.

DETAILS: 6:30-10 p.m. Friday and Saturday, Oct. 28-29. 455 N. Galvin Parkway. \$12; \$10 for members; free for age 2 or younger. 602-286-3800, phoenixzoo.org.

10/21-23: THE GREAT PUMPKIN FESTIVAL

You can take a hayride out to the pumpkin patch where kids 12 or younger can select their own great pumpkin to take home. There will also be a hay-bale maze, farm animals and country music for the perfect harvest hoedown.

DETAILS: Oct. 21-23. 8:30 a.m.-noon Friday; 8:30 a.m.-3 p.m. Saturday and Sunday. Events Plaza, Desert Botanical Garden, 1201 N. Galvin Parkway, Phoenix. \$22; \$20 for age 60 or older; \$12 for ages 13-18; \$10 for age 3-12; free for museum members. 480-941-1225, dbg.org.

10/29: TEMPE HALLOWEEN CARNIVAL

The event features carnival games, live entertainment, face painting, food, train rides and more. Little goblins can play in the toddler-friendly play area while older ghouls bounce on the inflatables. The event includes a costume contest and prizes. Admission is free, but tickets for games and booths cost 25 cents apiece.

DETAILS: 5-9 p.m. Saturday, Oct. 29. Kiwanis Park, 5500 S. Mill Ave., Tempe. Free. 480-350-5200, tempe.gov/halloween.

10/22-23: DIA DE LOS MUERTOS FESTIVAL - MESA

The Day of the Dead festival features live entertainment, food and a mercado (market) where guests can browse an assortment of arts, crafts and jewelry. Visitors can register early to participate in an Altar Contest presented by the Mesa Arts Center in collaboration with the Consulate General of Mexico in Phoenix and the Mesa Association of Hispanic Citizens.

DETAILS: 10 a.m.-5 p.m. Saturday, Oct. 22; noon-5 p.m. Sunday, Oct. 23. Mesa Arts Center, 1 E. Main St. Free. 480-644-6500, mesaartscenter.com.

10/23: DIA DE LOS MUERTOS PHOENIX FESTIVAL

Relax on the grass while enjoying music, performances and a market featuring local artists. Along with food and hands-on activities, the festival includes a candlelight procession and a moment of silence for the departed.

DETAILS: Noon-6 p.m. Sunday, Oct. 23. Steele Indian School Park, 300 E. Indian School Road, Phoenix. Free. 480-834-5731, diadelosmuertosphx.com.

10/28: PUMPKINS AT THE PEAK

Pointe Hilton Squaw Peak resort hosts its 20th annual family-friendly spooky poolside party with live entertainment, games, crafts, face painting and fortune telling. Families can trick-or-treat through different activities and craft booths. Halloween costumes are encouraged.

DETAILS: 5-7 p.m. Friday, Oct. 28. River Ranch at Pointe Hilton Squaw Peak Resort, 7677 N. 16th St., Phoenix. Admission free with canned food or cash donation for St. Mary's Food Bank Alliance. squawpeakhilton.com.

10/29: HALLOWEEN COMICFEST

The Phoenix Public Library and Samurai Comics have teamed up to get kids interested in reading by giving away two free comic books from a selection of titles. Kids who come in costume can pick out an additional comic for free. There will be a costume contest, special effects and makeup tutorials at 2 p.m. and face and arm painting.

DETAILS: 11 a.m.-5 p.m. Saturday, Oct. 29. 1051 E. Camelback Road, Phoenix. Free. 602-265-8886, facebook.com/samurai-comics.

10/29: SCOTTSDALE FALL FESTIVAL

Play carnival games and watch fireworks at this family-friendly Halloween event, which includes live entertainment, more than 10 bounce houses and an area for tots. Billed as "a safe and fun alternative to trick-or-treating," it's hosted by Scottsdale.

DETAILS: 5-8 p.m. Saturday, Oct. 29. Eldorado Aquatic and Fitness Center, 2301 N. Miller Road. Free. 480-312-0217, scottsdaleaz.gov.





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2017-2018 Calendar

Class Schedule

8:30 am	Nursery opens
9:00-9:40 am	Refreshments served in Hutton Hall
9:45*-11:30 am	Classes are held <i>*Teachers will start promptly at 9:45!</i>
11:45 am	Nursery closes
11:45- 1:45 pm	Pre-Infant Class

Location

Saint Barnabas on the Desert Episcopal Church

6715 N Mockingbird Lane
Paradise Valley, AZ 85253

Class Dates

October 11* & 25
November 8*
December 6* & 20
January 10 & 24
February 7* & 21
March 28*
April 11 & 25*
May 9*

**Monthly Parent Times magazine distributed.*

Board Meetings

November 6th	March 5th
December 4th	April 2nd
January 8th	May 7th
February 5th	

Meetings are at 6:30 p.m.

Special Events



Mom's Night Out

Sunday, November 19th, 9:00-11:30am
Namaste and Brunch (Yoga Flow and Brunch)
@ Postino Highland. Take some time out of your weekend for you! Join us for a feel-good morning yoga flow, followed by delicious brunch on the patio. More details coming soon!

Saturday, January 20th, 12:30pm @ Barre 3

Thursday, March 22nd, 6:00-8:00pm @ Artistic Impressions by Mara, Fine Photography

Thursday, May 17th, 6:00-8:00pm
Happy Hour End of Year Celebration
Location TBD



NCPG Play Dates

Saturday, October 21st, 10:00am -12:00pm
Fall Festival @ All Saints Episcopal School.
Our popular fall festival is back! Join us for a family friendly morning of fun, including a bounce house, face painting, petting zoo and pony rides, and a special craft led by the Children's Museum of Phoenix! Make sure to wear your costume for fun family and child portraits! Lunch will be provided.

Wednesday, December, 13th 4:30-6:00pm
@ Childrens Museum of Phoenix

Wednesday, February 28th, 3:30-5:30pm
@ McCormick Stillman Railroad park

Saturday, April 21st, 10:00am-12:00pm
Spring Festival @ All Saints Episcopal School

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



ANNOUNCEMENTS

Scholarships

Our Treasurers would like to let our members know that NCPG continues to offer scholarship opportunities for both membership and nursery dues.

Some classes are filling up quickly, so please be sure to contact treasurer@ncpgaz.org if you, or someone you know, is interested to reserve your spot.

Shirts & Hats!

Did you know NCPG has new Children's Shirts & Mom Hats.

Kids T-shirts: \$20

(Sizes 2T through 6T)

Mom Baseball Hats: \$15

We will sell them during breakfast in Hutton Hall.



Facebook News

After some deliberation, we have decided to migrate our Facebook page to become a closed group. We take the privacy of our members and their kiddos seriously, and we want to make sure we are posting in the safest way we can online.

The closed group will be a benefit to members, and we are encouraging you all to become more actively engaged with our page. We are now opening the closed group up to members to be able to share advice, articles, deals, events and there is even a classifieds section. We just ask that we keep everything respectful and positive on the page.

All registered NCPG members will get an invite to the page sent via email. If for some reason it doesn't come through, you can simply request to join the group and you will be approved.

DON'T FORGET!

NCPG Uncorked

October 13th, 2017
7-10 p.m.

Valley Riding and
Polo Club

2530 N. 64th St., Scottsdale, AZ 85257

Wine & Beer Tasting
with Bites

Bites provided by Postino

ncpg
north central parenting group

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SAVE THE DATE!

Saturday, March 10, 2018

NCPG will hold its annual fundraiser
(Spring Gala) at its new location
Arizona Country Club from 7-11 pm.

New Nursery



With our new website up and running and the amazing work of our Busy Bee's, NCPG nursery is off to a fantastic start this year. Please remember that the nursery operates on a first-come, first-served system. Also, when using the online nursery website, if you already registered your child in our system you DO NOT need to do that step again. Please click on the log-in link underneath Childcare on our website to register for the next upcoming class.

Registration opens at 8am the Thursday immediately following class and will close as rooms fill. If you do not see your child's appropriate nursery room listed, the room is already filled and we cannot accept any more children. Please do not register for a different room. We are trying our best to keep everyone safe and happy!

Questions: childcare@ncpgaz.org.

Parents Building Trust Through Emotional Intelligence

By Rachel Goodman, www.6seconds.org | With Joan Sarin, *Social psychologist and former NCPG Teacher.*

Remember when your parents caught you doing something wrong as a young child? Maybe you got caught with your hand in the cookie jar or hiding a scribble you made on the wall. How did you feel? Ashamed? Angry? Scared? Defiant? Sad? For parents of young children, building trust and setting patterns of understanding and communicating about feelings at an early age can create a more trusting relationship that can weather the often dramatic moments when they reach their teen years.



If parents and teachers of pre-schoolers can learn emotional intelligence practices early on, then trust can be a foundation for all interactions. Joan Sarin is a social psychologist who teaches these skills to parents privately and in the school system. A veteran EQ practitioner certified as a Six Seconds facilitator, Joan Sarin has taught emotional intelligence and character development to preschool through university students for the past 10 years. Joan is on the faculty of The Summer Institute for Educators at the Greater Good Science Center (*their online magazine has an excellent section on Parenting and Family: https://greatergood.berkeley.edu/parenting_family*)



Last year's NCPG Middle School class held a year-end EQ workshop with NCPG parents and their kids

Joan says, “A lot of my work is related to self-compassion and the parent’s own growth. I focus on Social Emotional Learning (SEL) and take parents through an SEL course. With this approach, the parent is doing his or her own work. While they are learning the principles of social and emotional development, I help them to implement the same principles with their children. EQ has to be internalized for the parent. As they interact with the child then, the parent is learning on a deep level.”

Six Seconds interviewed Joan about ways parents and teachers can build trust from day one.

How important is it for parents to make trust a central part of parenting? I see trust as based in safety. A healthy attachment is necessary for a healthy upbringing. It’s the basis for well-being. With safety comes trust. Early childhood is a sensitive period for attachment formation.

How does emotional intelligence (EQ) figure into this? What are some of the cornerstones for parents to help foster trust and safety? I am thinking of emotional safety here. One cornerstone would be that the child can count on the parent having a positive intent. Another key is that the child believes that their feelings will be heard, seen, validated and understood rather than discounted or invalidated. That’s one of the important aspects of trust.

Trust is connected to consistency. How does that relate to parental trust? Consistency is really important in the whole discipline arena. The parent must be dependable. Obviously, the parent has emotions too; but overall, the child needs to be able to count on a consistent way of being dealt with. Consistency in concern, consistency in structure, and consistency in limits given – all are important.

There are parents who yell, or lose their temper and hit their children. After one of these incidents, how can the parent rebuild trust? Trust can be broken easily, but it can be rebuilt. A parent would have to apologize – calm down first, and then apologize authentically. It’s okay to say you blew it, and you’re sorry. And then you need to prove it by your actions. If you say you’re sorry, but your behavior doesn’t change, then you’re not building trust. That’s why it’s important for the parents to do their own emotional work.

In the big picture, that’s what parenting is really about. These children of ours know just what our triggers are. And we get exactly what we need from them to help us grow. It really helps if the parents recognize what’s going on in themselves and get a handle on their own behaviors and feelings, through their own social-emotional learning.



How does letting children experience failure build trust?

It's so interesting; I grew up in the fifties. We went out to play and mostly, we came in for dinner. That was a typical experience for children of my generation. Now, parents feel like they have to arrange play dates and schedule everything the child does.

I started my educational training in the Montessori system, which focuses on training the child in autonomy. This is a tremendous factor in the development of trust. One of the things that fascinated me about the Montessori preschool I trained in: even with the three year-olds, they don't help them with many tasks. First the children are taught carefully, step by step, how to do tasks. After being trained (as one example), they bring in their lunch and put it in the refrigerator.

They take their own lunch out of the fridge, put their little space out with a napkin, open up the containers, eat, put it all away, and clean it up their area on the table. They don't help kids put their coats on; they show them an ingenious way to put it on for themselves. All those things we think a little bitty three-year old needs help with. By the time they're eighth graders they are able to manage their own lives. It's a philosophy of intrinsic motivation that really works.

As parents we have to start letting go and start letting go way earlier. We need to break down tasks carefully for them, and train them step by step. Then trust that they are capable. Another factor is to trust that it's O.K. to fall and make mistakes, to struggle, to fail, those things are good. There's not a sense of the child being bad or failing when they make mistakes – the child is in the learning process, and mistakes are normal and part of the learning curve.

A good metaphor is the story of the butterfly struggling mightily to get out of its cocoon. A person wanted to make it easier for the butterfly to get out, so they slit the cocoon, then the butterfly hadn't built enough strength in its wings – and it died.

We need to be okay with letting our youth struggle to become strong adults. Life will give them struggles, and we want them to build their strength. We can guide them, but we must honor their struggle.

We Want Your Pictures!

Please send all birth announcements, cute pictures of NCPG kids and parents and professional photos to be considered for publication in the magazine and your child may even end up on the front cover.



Please submit high resolution images at a minimum size of 5 x 7 at 300 dpi.

communications@ncpgaz.org.

New Arrival



Harper Susan Chester

August 8, 2017

6 lbs, 1 oz, 19 inches

Parents: Tyler and Kendall

Brother: Bradley, 2 years old

Do you know someone in our organization that could use a little helping hand?



These are just a few examples of the issues we deal with each and every day, and there are so many more!

NCPG wants to HELP...

with meals, babysitting hours, toys, and more importantly, kindness.

If you know someone who could use a hand,
please send nominations to outreach@ncpgaz.org
or stop by the submission box that can be found near the
breakfast table and nominate anonymously.

NCPG  CARES



NCPG♥CARES

Our Annual Philanthropy!



This year we have partnered with The **Salvation Army Christmas Angel Program** to provide Christmas gifts to children in need throughout the Valley. This great Phoenix tradition has been providing children in need with Christmas smiles for over 30 years. The Salvation Army believes that every child deserves to know the joy of a new toy at Christmas. Through this program, we hope to help make the holidays brighter for the less fortunate.

Taking part is easy to do:

1. Stop by the Christmas Angel tree at breakfast on **October 25** or **November 8**.
2. Take a tag off the tree (ages infant - 12 years).
3. Find the gift.
4. Then return it to us on **December 6th**.
(We will have a Salvation Army truck in the parking lot from 8:45am-10am).

Make a **BIG** difference in the life of a child this Christmas!



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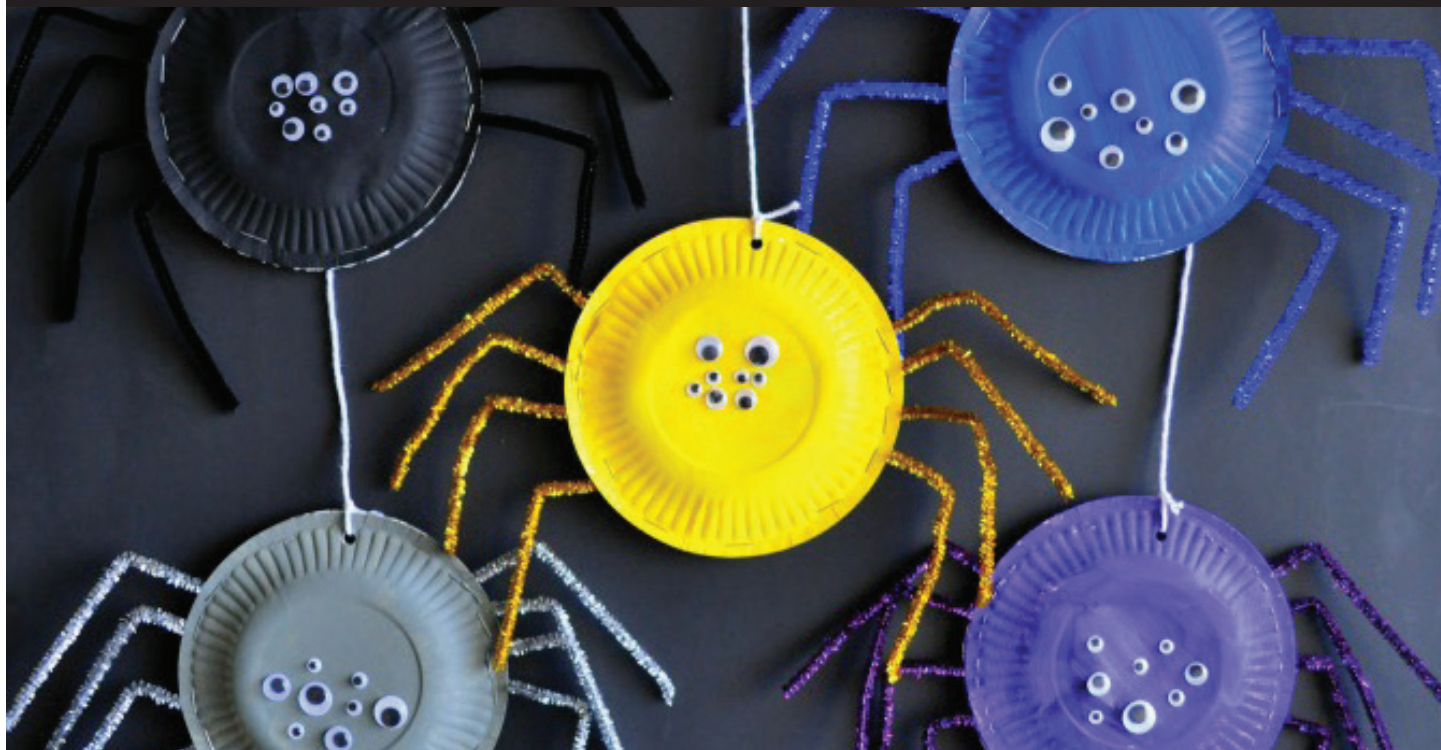
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CRAFT

Paper Plate Spiders

www.iheartcraftythings.com



I've had a swarm of paper plate spiders take over my house the last couple days! Luckily they are the cute kind that I don't mind having around! These are so simple to make, your kids will LOVE them, and they make spooktacular Halloween decorations!

Supplies:

1. Paper plates (2 per spider)
2. Acrylic paint (any color you choose)
3. Googly eyes (we used varying sizes, 8 per spider)
4. Chenille stems (4 per spider — we used the Kids Craft glitter brand from Walmart to make our spiders extra bright and sparkly)
5. Paint brush
6. School glue
7. Scissors
8. Stapler

Directions:

1. Paint the underside of two paper plates with acrylic paint and let them dry completely.
2. When they are dry, cut the four chenille stems in half to make eight. Bend each chenille stem once to make a leg, and while holding the two paper plates together, put the chenille stem in between the plates and staple it down. Do this with all 8 legs and then use the stapler to close around the rest of the plates.
3. Glue on eight wiggly eyes of different sizes on the top of your spider. (As a side note, my kids are way smarter than me because I didn't even know that most spiders have eight eyes. After they insisted on gluing on 8 eyes, I googled it and sure enough, they were right!)
4. Lastly, punch a hole in the top of the spider and tie a white string through it so you can hang it up as if it's coming down it's spider web.



RECIPE

Halloween Chex Treat Mix www.cupcakediariesblog.com



Let's start the Halloween fun with this Halloween Chex Treat that makes us (and our neighbors) quite happy! This party-sized bowl is bright, festive, and super yummy. I love this treat for the taste, the colors, and because it's so easy to serve at a party. Guests can use plastic cups to hold the treat or they can add it to their plate of other goodies. It's got a great combo of sweet and salty and all kinds of yummy textures.

Ingredients:

- 6 c. Corn Chex cereal
- 6 c. Rice Chex cereal
- 4 c. Golden Grahams cereal
- 1 c. butter
- 1 1/4 c. light Karo syrup
- 1 c. sugar
- 3/4 c. pretzel sticks, broken in half
- 1 c. plain M&M's (I used the gold and brown from a bag of fall M&M's)
- 1 c. candy corn
- 1 (1oz) package large candy eyeballs

Instructions:

1. Place half of each cereal into two large bowls.
2. Melt butter in a large pot; add Karo syrup and sugar. Heat together over medium and bring to a boil.
3. Boil for two minutes then pour evenly over the cereal in each bowl. Stir together then add pretzel sticks, M&M's, and candy corn.
4. Spread over two greased cookie sheets and place candy eyeballs throughout. Cool, and place in a large bowl to serve.



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