

Parent Times

May 2018



nc  pg

north central parenting group

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Ask the EXPERT

Working Memory and Student Success

By Haley Myers, Licensed Speech Language Pathology Assistant at New Way Academy.

If you've ever tried to conquer your to-do list without writing anything down, later realizing you forgot several items, you've experienced the limits of working memory. Acting as a mental sticky note, working memory helps us keep track of information that we need. This is crucial to a child's ability to be successful both in school and in the future. Haley Myers, licensed speech language therapy assistant at New Way Academy, shares about the role of working memory in learning, warning signs to be aware of, and activities to strengthen your child's working memory at home.

What is working memory?

"Working memory is the ability to hold information in the mind while performing complex tasks. It is often referred to as the 'mental workspace' where information is stored and used for a short time. Working memory allows children to listen to directions and follow through with them in the classroom, or remember all of the steps when completing a math problem, for example."

Why is working memory crucial for learning?

"Children often

hold information in their minds while engaged in an effortful activity. Children with small working memory capacities will struggle with activities simply because they are unable to hold sufficient information in their mind allowing them to complete the task. Children will forget many things such as recalling directions and details of what they are doing, and may struggle to achieve normal rates of learning. For this reason, working memory is described as the 'bottleneck' for learning."

What can I do at home to help my child strengthen their working memory?

"The good news is that there are many ways to help your child at home! Playing games, such as Uno or Go Fish, as well as 'Spot the Difference' activities (you can find many online!) are excellent and fun ways to build working memory. You can also try having your child teach you a skill that they are learning, such as tying their shoes or a math problem. Finally, try chunking information or instructions, such as giving one or two steps to complete, before moving on to others."

How can I tell if my child is having difficulty with working memory?

Memory overload warning signs:

- Missing deadlines
- Incomplete recall
- Difficulty following conversations
- Forgetting an idea while waiting their turn
- Rereading a passage several times to retain ideas
- Task abandonment
- Copying other students' work



NEW WAY ACADEMY

New Way Academy is a non-profit, private K-12 school for students with learning differences in the Phoenix area. If your child is struggling to learn in their current environment, we may be able to help. Visit our website at www.newwayacademy.org or follow us @newwayacademy to learn more!



For more tips and tricks, follow Haley: @Haleythespeechie on Instagram!



ncpg

north central parenting group



President's Corner

To the entire NCPG Community,

It is actually quite surreal and a little bittersweet that I'm sitting here writing my last letter as your President for the *Parent Times* magazine. These past 2 years I've given quite a lot of myself to NCPG and can say without hesitation I've been given more in return. Some of my greatest friends, support system and life skills have been garnered through my work on the NCPG board. I'm proud of the organization I'm handing off to **Stacy Medeiros**, but mostly I'm proud to have stood beside a really powerful group of moms who know how to get shit done. Lastly, to Lindsay Perry, my VP & ride-bu-not-die best friend, THANK YOU for everything you've done – love you girl.

xo.

Ashley Blalock
NCPG Outgoing President

Dear NCPG Members, Teachers and Sponsors,

Thank you so much for trusting me and giving me the opportunity to serve on NCPG's Board this year as Co-Fundraising Chair, and next year as President. I am so humbled to be able to sit alongside such strong women that help lead, educate and charter such an amazing and fulfilling organization.

Above all, THANK YOU to **Ashley Blalock, Lindsay Perry** and the entire **2017-18 NCPG Board**. Each one of you contributed to NCPG's success, and without your constant effort, enthusiasm and #bossbabe attitudes, we would not be where we are today! For those of you leaving the Board in May, THANK YOU THANK YOU for your service and dedication! For those new women joining Tiffany and I, get excited, we have a great year ahead of us!

Enjoy your summer with your families, try to carve out some time for self-care, and I look forward to seeing everyone back in September!

Stacy Medeiros
NCPG 2018-2019 President



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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 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, neill@foxnoggin.com

On the Cover

Stacy Medeiros's children: Ashley & Madelyn (2 year old twins). Photos by Gretchen Prints.

I sell real estate . . . but my business is people.

Born and raised in the Biltmore area, I am a 3rd generation Phoenician with 15 years of real estate experience throughout Maricopa County. It can definitely be said my heart is where my home is, and my home is in my heart. Whether you are buying or selling — I know what your home means to you. Building my own family keeps me fully aware of what it takes when it comes to you and your family's real estate needs. I have been in your shoes and possess the experience needed in growing family situations.

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What Can We Do to Make Travel Easier with Kids?

By Rachel A. McIntosh, Director, SARRC Community School



CALL AHEAD. A few phone calls could save you a lot of stress and hassle. Call the airline, hotel and tourist attraction you're visiting and ask about accommodations for children. Will they allow for early check-in or late check-out to better match your travel schedule? If you need a crib or pull out sofa made up, most hotels will have it ready for you if call ahead. So if you arrive late, you can put your tired little one right to bed.

TIME. Leave plenty of time when departing for a scheduled flight, ride, or activity. There is nothing worse than the stress of trying to get somewhere in a rushed time frame. By leaving plenty of time to get to an activity and to spend at an activity, lots of your own stress can be alleviated. Allow an additional 30 minutes' travel time and an additional 30 minutes to an hour at the activity. This makes frequent potty stops no big deal, and stopping to pick up sticks and leaves along a walk to the entrance of your activity a joy, instead of a pain point.

PACK YOUR "CARRY-ON" BAG WISELY. These days, airlines provide minimal snacks and beverages. If you're traveling by car or airplane, be sure to store your bag someplace nearby with easy access. There is nothing more stressful than having to do yoga moves to access a snack while listening to your screaming child! Use baggies to create dozens of special treats and activities. Instead of handing your child a whole box of raisins, give them a snack size baggie with 10 to 15 raisins. They will have to open it, eat the raisins, throw the bag away, and then you can do it all over again with another snack.

What would have been a two-minute box of raisins turns into an extended 20-minute snack time filled with a diverse assortment of goodies. Plus, if they drop it, you still have plenty of snacks left (and a smaller mess to clean up!).

ACTIVITIES. Use the same strategy for activities that you use with snacks. Make lots of little baggies full of activities. For example, in a small zip-lock bag, fold one or two coloring sheets, place three or four crayons in the bag, and a small sheet of stickers. Next, two pipe cleaners and 15 to 20 cheerios and you have a fun stringing activity ready to go. Create lots of little baggies that you can grab as you need them and you'll be ready at a moment's notice!

STICK TO A ROUTINE. Many of us think about vacation as a time to relax and let go of our daily routines. For kids, this can be very challenging. Create a routine you're comfortable following while on vacation. For instance, if your child's bedtime routine at home always involves taking a bath and reading three books, continue doing this while on vacation. Have your child select the books you bring with you on vacation and be a part of the process. These little steps can make for a more enjoyable vacation.

ABOUT THE AUTHOR. Rachel A. McIntosh, is a licensed board certified behavior analyst and is the director of the SARRC Community School with campuses located both in central Phoenix and Tempe. The SARRC Community School an inclusive preschool program that provides intensive, ABA-based programming for children with ASD and high-quality early childhood education for typically developing children. Children 18 months to 5 years old experience important social and academic fundamentals to ensure kindergarten readiness.



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Member to Meet Laurie Ball

With the NCPG year nearing an end, we thought it'd be a fun opportunity for our membership to get to know who brings you this newsletter each month. For our final month we'll spotlight Laurie Ball as it'll be her last magazine issue with us as Communications Co-Director.

Where are you from? Tucson, AZ

Kids names and ages, current class. My son Evan is 4 and my daughter Vivian is 6 months. I'm in 4A.

What drew you to join NCPG? I was pregnant for the first time and a friend of mine invited me to join her at an NCPG class with Monique. After listening to Monique I was hooked; I realized I knew nothing about being pregnant, nor did I realize what was going to happen to my body and how my life was going to change. I decided to join NCPG immediately in order to have an expert tell me what my future entailed and provide me with emotional and mental support.

Tell us about an area where you struggled as a parent that a topic covered in your NCPG class has helped you with. I was always telling my kid how to feel in certain situations and what to say to others. NCPG has taught me not to do that. Barb taught me not to force my feelings on to my child; such as forcing your child to apologize and "say you're sorry" as his words won't be genuine. Understanding how a situation makes your child feel and letting them label the feelings them-

selves has really allowed my child to talk to me more about how he is feeling. I want my children to have their own feelings and be able to express them while being compassionate all on their own.

What has been the biggest surprise about being an NCPG member? I never knew that others would feel as overwhelmed with parenting as I do. Hearing everyone's stories in class make me feel like what's happening in our family is "normal." Or should I say what's suppose to be happening. I'm astonished with the level of moral support everyone gives to each other at NCPG, and it really makes being a mother so much easier.

Name your spirit animal, and why. Dolphin, I truly feel like I was a dolphin in another life as my passion for water is what drove me to start my business, Kidtastics, and teach swimming lessons. I wish it could be possible to be a dolphin for a day. As being submerged underwater, doing flips, and being able to swim for hours, sounds like a dream come true.

What item of your partner's (that s/he refuses to part with) drives you most crazy in your home? What about it drives you crazy? Ugh, the damn free things you get from the bars. My husband has kept the free items the beer girls give out at the bars. These items are 10 years old and hold no value! What does he need them for? Not even a yard sale item that anyone wants! We are not in our 20's anymore and I would love for him to throw away all those free Mardi Gras-style necklaces, necklace shot glasses, and plastic sunglasses. Who needs 30 pairs of sunglasses that don't even protect your eyes? Well, at least we always have props for Halloween!

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52 Responses to “I’m Bored”

by Liz Nieman, loveandmarriageblog.com

1. Play Hopscotch
2. Draw With Chalk
3. Bottle Flip
4. Write A Story
5. Do A Puzzle
6. Play Dress Up
7. Blow Bubbles
8. Walk The Dog
9. Read A Book
10. Search For Cool Rocks
11. Have A Picnic
12. Make A Painting
13. Board Games
14. Look At Old Pictures
15. Have A Lemonade Stand
16. Make A Time Capsule
17. Make Foil Jewelry
18. Play Charades
19. Have A Staring Contest
20. Bake A Treat
21. Paper Airplane
22. Watch A Movie
23. Learn A Magic Trick
24. Create A Superhero



25. Find Toys To Donate

26. Find Toys For Garage Sale

27. Play Tag

28. Wash The Car

29. Build With Blocks

30. Make Up A Dance

31. Ride Your Bike

32. Take Pictures

33. Wash The Dog

34. Play Freeze Dance

35. Have A Tea Party

36. Water Plants

37. Make A Craft

38. Listen To Music

39. Look For Ladybugs

40. Pick Flowers

41. Write A Letter

42. Practice A Sport

43. Dig In The Dirt

44. Play Go Fish

45. Take A Bubble Bath

46. Be Helpful

47. Make Sock Puppets

48. Puppet Show

49. Draw Yourself

50. Fashion Show

51. Facetime Grandma

52. Jump Rope





Insuring Your Family is Protected

by Sonia Bhushan, MBA

As our families grow and we take on more responsibilities, it is important for us to make sure that we protect our assets. We have worked so hard for ourselves and our families, so it's important to ensure they will be taken care of if there is an unexpected loss.

Our agency is able to insure all of your assets from your vehicles, home(s), investment properties, specialty vehicles, future income, and retirement. One of the most important things we can insure is you and your loved ones. After all, what would happen if you or your spouse were to unexpectedly pass away or be diagnosed with a critical illness? How would you and your children go on, and how would you take care of your household expenses?

As a mother of two young boys, my goal is to protect my children and provide for their well-being. I want to make sure they have the brightest future possible, and as part of that goal, I have to make sure to plan for scenarios that are hard to even think about.

For all the right reasons ...

Life insurance can be used to help your family in so many ways:

- Provide income to handle expenses if something happens to you
- Help make sure your family can stay in your home
- Cover college expenses or pay off education debts
- Leave a financial legacy for your heirs – free from federal income and estate tax
- Provide for aging parents or children with special needs
- Cover final expenses

It is also a versatile financial planning tool to provide other benefits you might not have considered, such as:

- Offer living benefits in case of critical or terminal illness
- Help guarantee future insurability for children
- Meet unexpected small business needs

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How Much Life Insurance Do You Need?

[Reset](#)

Income replacement

Annual income \$ _____ x number of years to cover _____
(Recommended 3-7 years)

\$ _____

Total \$ _____

Mortgage balance

Mortgage balance _____

\$ _____

Number of years left _____

Total \$ _____

(Use the number of years left as a guide to how long your policy should last)

Education expenses

Total cost of education \$ _____ x number of children _____
(Recommended \$100,000 for four-year in-state public university and \$200,000 for private college)

\$ _____

Total \$ _____

Other Debts and Expenses

Current debt (Auto/Loans/Credit Cards) _____

\$ _____

(Recommended final expenses typically \$10,000-\$15,000)

\$ _____

Other _____

\$ _____

Total \$ _____

Total Expenses \$ _____

What Assets does your family have?

Available assets (Savings, CDs, Other) _____

\$ _____

Other life insurance _____

\$ _____

Total Assets \$ _____

Total Life Insurance You Might Need:

Total \$ _____

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THE MAGIC OF MUSIC

By Mary Goodman, Musicology, Co-owner

You may notice your fussy Baby stops crying when you sing that special song. Your busy Toddler begins dancing when he hears that catchy rhythm on the stereo. This, my friends, is the power of music!

Music is the one thing that brings all people together – various cultures, ages, backgrounds... it is a global language that transcends all beliefs and has no boundaries. But recent years have produced more concrete research about what music does for our child's heart & spirit, and what it does for their developing brains. Intrigued?

NEWBORNS & INFANTS

The question we are often asked at Musicology when it comes to our tiniest humans: "What can music possibly do for a newborn Baby? Don't they just lay there for the first 5 months?" Sit back and prepare to be amazed! The infant brain is the only organ not fully formed at birth – in fact, it is only 25% wired up. By 12 months old that little brain will have wired all the way to 75%, so the growth and learning that happens in the first year is so pivotal in a child's development. Here's the good news – MUSIC is the only activity that lights up the entire brain! Ooooo... exciting right?

LANGUAGE & READING SKILLS

Your newborn is immediately attracted to the musicality of your voice; the way your voice lilts and pitches high and low. The rhythm of your voice is music to your baby's ears! Singing is part of the language tri-fecta (Talking, Reading, Singing) that impacts on your child's developing language skills, vocabulary, reading skills and testable I.Q. by the time they reach Kindergarten. This means that all songs you are singing, the books you are reading and the conversations you are having with your non-verbal 2-month-old, your babbling 9-month-old, and your chattering 1-yr-old are making them smarter! Music has rhythm, and so does language! In a nutshell: incorporate songs into your day, learn some simple sing-songy nursery rhymes, enjoy the rhythmic language of books together, and keep talking & singing to your child throughout the day!

PATTERNS

Remember back in high school when you and your girl-band BFF's danced around belting out songs into a hairbrush? You didn't know every word of the verses, but when that chorus kicked in – watch out! Music has a very predictable pattern, which is why we happily anticipate the chorus. When babies & young children listen to music, their brains are picking up on these patterns and wiring their brains for logic, sequencing and critical thinking skills – a.k.a. Math! Musical patterns are math patterns!

COORDINATION & MOTOR SKILLS

Who can sit still when Pharrell's "Happy" comes on? Moving and dancing to music is a must! It's the body's most primal and basic response to the rhythm and beat. You will see little ones other and are so curious about those cute little faces around them! Toddlers are learning to share with their friends and take turns...they love to hold hands, dance and give hugs to one another! Our music class is a village that





supports young children in their newfound social setting, and the adults are a backbone for each other on the journey of parenting. Our music gatherings are not only about developing social skills for children, they are also a microcosm for how parents uplift and support each other.

LOVE & BONDING

We can talk all day about the brain benefits of music... but when it comes right down to it, music makes our hearts happy. It makes our souls sing, and it validates our emotions.

Singing a morning song to your child as you lift them out of their crib, dancing and singing together during playtime, rocking and crooning to them at bedtime... are all wonderful ways to build a strong emotional connection. A happy and secure child is a child who is ready to engage, learn, and discover new things.

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New Arrivals!



Marco Luca Rassenti

Nov. 28, 2017

8 lbs 3 oz, 21"

Welcomed by Luca
and Lucia Rassenti and
2 year old brother, Leo



Jagger James Kohlhepp

March 29th, 2018

7 lbs 4 oz, 20.5"

Welcomed by Monica & Parker Kohlhepp



Beau William Dupuy

April 12th, 2018

7 lbs 15 oz, 21"

Welcomed by
Jennifer and
Michael Dupuy



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

Final Class

May 9*

**CLASSES RESUME ON SEPT 5
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HAVE A GREAT SUMMER!**



Membership

Don't forget to register now for
NCPG for 2018-2019!

**As of May 1, registration is open
to new families and current members for
\$300 for the year.**

You can register three different ways:

- 1. IN PERSON** at our 5/9 class
- 2. ONLINE** at www.ncpgaz.org
- 3. BY MAILING** in a registration form and check.
(The registration form can be printed out from our website: ncpgaz.org.)

If you have any questions, please feel free to email:

membership@ncpgaz.org

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Please let all your friends and family members know about it too!



ANNOUNCEMENTS

Scholarships

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

Swag for Sale

Did you know we have NCPG shirts for your kids and hats for you? NCPG T-shirts range in size from 2T-6T. Available for purchase during breakfast in Hutton Hall.

Shirts: \$20 Hats: \$15



Facebook News



After some deliberation, we have decided to migrate this 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.

SPRING SURVEY



Thanks to everyone for participating in our Spring Survey!



Thank you from the NCPG Nursery!

We had a great year in the nursery with our new partnership with the amazing **Busy Bees** and the launch of our new website.

Thank you for all of your patience and understanding as we worked through all of our growing pains this year.

We are looking forward to another wonderful year in the nursery next year!

Please keep an eye out for more information on registering and sign-ups for the 2018-2019 NCPG year in August.





Summer



Splash





Sand



Sun



Fun





Congratulations to the new 2018-2019 Board!

EXECUTIVE TEAM

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Vice President: **Tiffany Kaufmann**

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We Want Your Pictures!

We love seeing your kids!



Be sure to take lots of pictures over the summer and send them (along with any birth announcements!) to communications@ncpgaz.org.

High resolution and professional photos are always best. You and your kids might even wind up on the front cover!

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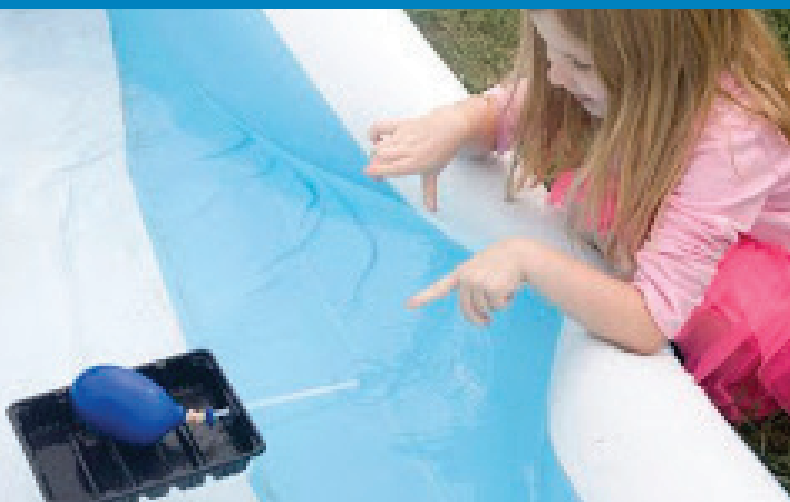
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Balloon Boat

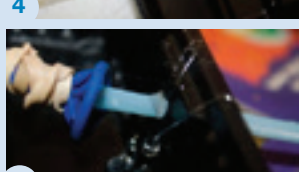
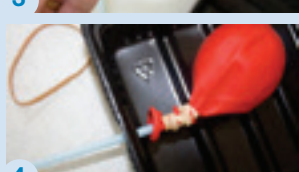
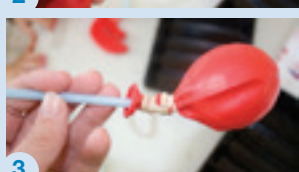
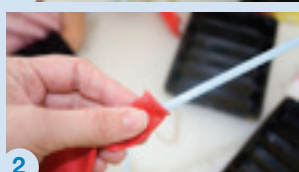
Supplies

- Plastic container
- Rubber band
- Plastic straw
- Hole punch
- Balloon
- Hot glue

Directions

1. Find plastic produce packaging with low sides and flat bottoms. Use a hole punch to make a hole in one of the short sides of each boat for the straw to go through.
2. Slide the balloon onto the straw.
3. Rubber band the balloon into place. Blow it up through the straw to check how secure it is and to make sure it's air-tight.
4. Stick the straw through the hole in the boat with the balloon on the inside of the boat.
5. Hot glue around the straw on both sides. It's okay if it's a bit messy as long as it secures the straw in place.
6. Once dry, it's time to experiment with air power! Now you need some water. We used an inflatable pool, but any pool or bathtub would work.

At first, I blew up the balloons and the girls took them, covering the ends of the straws tightly, and released them in the water. After we did it a couple times, I asked them why the boats moved on the water. With a little thought and some observation they figured out it was air power! They couldn't get enough of their little boats! Before I knew it our easy air powered science experiment also turned into a pool day.



Pam's Kid-Friendly Salsa

This homemade salsa is an excellent choice for a quick kid-friendly, not-too-spicy snack for by the pool this summer.

Ingredients

- 3/4 of a yellow or brown medium onion
- 2 lg garlic cloves
- 1 jalapeño pepper
(remove seeds unless you want it hot!)
- 2 yellow chilies/Caribe peppers
(remove seeds unless you want it hot!)
- 1 med bunch cilantro
- Lemon Juice
- Lime Juice
- 1 lg can whole peeled tomatoes
- Red onion
- Salt

Directions

1. Boil first four ingredients about 25 minutes.
2. Cool in food processor for 10 minutes.
3. Add tomatoes and a little water, rinsing the can.
4. Add washed top portion of cilantro bunch.
5. Add about 20 drops of lemon and about 10 drops of lime.
6. Add salt to taste about 1 teaspoon.
7. Pulse to desired chunkiness and taste.
8. Add more salt if needed
9. Add 1/4 cup chopped red onion.
10. Stir and enjoy.



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Central Speech & Language Services
Summer Speech Camp
Ages 3-6

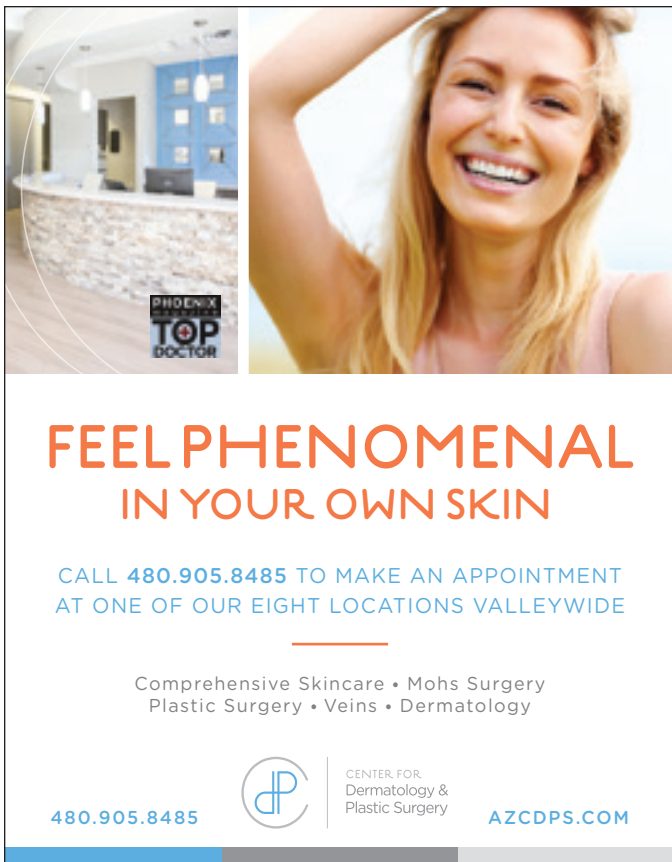
Our summer speech camp is designed to improve speech intelligibility in children ages 3-6. Through fun, hands-on, theme based activities, participants will focus on individual speech goals designed to increase the clarity of their communication.

Dates: June 4th - June 27th
Mondays & Wednesday - 3 class times available
1:00-1:50, 2:00-2:50, or 3:00-3:50

Location: Central Speech & Language Services
7022 N. 2nd St., Phoenix, AZ 85020

Cost: \$450 Program Tuition \$100 Non-refundable Deposit

Contact: Maggie Easton, M.A. SLP-CCC
206-715-3871
centralspeechandlanguage@gmail.com




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A black and white photograph of a spiral-bound notebook. The notebook is open to a blank page with horizontal ruling. The spiral binding is visible at the top. The text 'CLASS NOTES' is printed in a serif font at the top of the page.

CLASS NOTES

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

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