

# Parent Times

October 2018



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north central parenting group  
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## President's Corner

To the entire NCPG community,

WOW! What an amazing first month that was! I am so inspired by how welcoming, supportive, caring and thoughtful everyone is! What an amazing group of women and fantastic educators surrounding us.

We had such an amazing turnout for our first day, **over 275 members**, thank you!! As you may know, our membership is so strong right now with spots remaining in only a handful of classes. We would love to be able to make room for everyone to join NCPG, but our foremost focus always remains the safety of our members with respect to capacity of our classrooms at the church, as well as providing an intimate learning environment for all our members.

We had an amazing first Parents Night Out last week. Thank you for all that attended! Our next event is **NCPG's Fall Festival on Saturday, November 10th from 10am - Noon at All Saint's Episcopal Day School!** This is such a fun family event; we hope you and your kiddos will be able to join us!

**NCPG Cares will be doing Christmas Angels again for Salvation Army this holiday season.** It was SUCH a huge success last year thanks to everyone's generous donations that we will be partnering with Salvation Army again for a second year! Be on the lookout in early November for the Christmas Angel trees to be out!

If you are interested in getting more involved in NCPG, there are lots of opportunities! Please don't hesitate to reach out to me or anyone on the Board, and we'll get you connected with the right committee. I am so excited to serve as your President this year; I would love to hear from you if you ever have questions, suggestions or comments on NCPG!

xo

**Stacy Medeiros**  
NCPG Board President  
[president@ncpgaz.org](mailto:president@ncpgaz.org)



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.

ncpg

north central parenting group



## 2018-2019 Board of Directors

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

[www.ncpgaz.org](http://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](mailto:communications@ncpgaz.org). Thanks for your help!

**Editors** – Kelly Anderson & Chandra Petelin  
**Designer** – Neill Fox, [foxnoggin.com](http://foxnoggin.com), [neill@foxnoggin.com](mailto:neill@foxnoggin.com)

## On the Cover

Brooklyn, Bristol & Austin Kasalek.  
Photographer: Sierra Campbell Photography





# Member to Meet

## Elizabeth Heims

**Kids Names, Ages and Current Class:** Vivienne, 3 years old (at the end of October) and Holden, 1 year old. Class 3A.

**Spouse & How You Met:** Jake Heims. We were set up on a blind date to my law school dance by a mutual friend (#embarrassing!)

**Years Married/Together:** Married 5 years

**Career or Previous Career:** Primarily, I'm a mom at home with my kiddos, but I also am a part-time attorney, and an amateur model.

**Hidden Talent:** My talents are more in the realm of the multi-tasking mama, such as the ability to give a bottle while changing a diaper at the same time (ta-da!)

**Favorite Date Spot or Activity When You Are Child-Free:** Our favorite date spot is Tarbell's, but we try to mix it up some-times by playing tennis or going bowling (random, I know!).

**Favorite Children's Book To Read:** I love reading the book *Someday* with my little girl. It's about a mother/daughter relationship and that daughter growing up to be a mom herself. It gets me every time! I also love *Wherever You Are: My Love Will Find You* and everything else by Nancy Tillman.

**Born & Raised:** Littleton, Colorado

**What I Miss Most About Being a Kid:** I miss the freedom of being a child — the ability to display uninhibited joy or disappointment, the ability to spontaneously erupt into dance or song in the middle of the grocery store — that kind of thing.

**When You Have 30 Minutes of Free Time, What Do You Do?** I love to get some exercise and have some "me" time, usually through pilates or barre.

**What Story Does Your Family Always Tell About You?** They love to tell the story of how I jumped out of a three-story high hotel room when I was in high school (barefoot no less) to avoid getting an M.I.P. ticket (whoopsie!)

**Favorite Thing To Do with My Children:** My favorite thing to do with my children is to show them something they've never seen before because it's so special and miraculous to get to view the world anew through our children's eyes.

**Most Meaningful Moment As a Parent:** Hearing the words, "I love you, Mommy" never ever gets old. I also love watching my kids learn something new. It's amazing how much they grow and change and understand in so little time.

**Most "OMG Did That Really Happen" Moment As a Parent:** There are way too many of these to remember them all! A couple of them that stand out are my daughter projectile vomiting everywhere while we were waiting for a table at the Yard restaurant. Another would be me holding my son up over my head, opening my mouth to smile at him, and him throwing up directly into my mouth. I guess vomit is a common theme in our house (eek)!!

**Best Parenting Advice Given To You?** You are your children's mother; no one knows them better than you, so trust your instincts.

**How Do You Balance Meeting Your Children's Needs As Well As Your Own?** It's never easy and I struggle with it daily. I think my mind set right now is that my children come first and I'm okay with that. It's a fleeting part of life to have children so little that look to me for so many things. Even though some days are tough, I know these are the best days and I will miss them greatly someday. I try and self-restore / self-reflect in the small moments, like a hot shower, exercise, a tv-date with my husband, or a night out with my girlfriends.

**If You Could Give Your Pre-Baby Self Advice, What Would It Be?** I would probably ask myself what the heck I was doing that it took me so long to get out the door, and I would say to myself, someday soon you will have two minutes to get yourself ready, girlfriend, so speed up your routine!

**Who Introduced You To NCPG & For How Many Years Have You Been A Member?** This is my third year being a part of NCPG. I had a couple of wonderful women tell me about the group when I was pregnant with my first and I'm so glad they did!

**Best Thing Learned in NCPG?** The best thing I have taken away from NCPG is how important it is to have a tribe and surround yourself with people going through the same stage of life (it really does take a village). Some of my NCPG classmates are my very closest friends and I would be lost without them!

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3801 E GLENROSA AVE - \$975,000  
4 BED | 3.5 BATH | 2,877 SQ. FT.

2422 E MARSHALL AVE - \$945,000  
3 BED | 2.5 BATH | 3,251 SQ. FT.

UNDER CONTRACT

2548 E VERMONT AVE - \$749,900  
3 BED | 2 BATH | 2,147 SQ. FT.

UNDER CONTRACT

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3228 E OREGON AVE - \$548,000  
3 BED | 2 BATH | 1,448 SQ. FT.

3053 E ROSE LN - \$389,000  
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## All Saints' Episcopal Day School

*We invite you to visit our campus, nestled in the heart of North Central Phoenix, for a chance to meet with administrators, Parent Ambassadors, and faculty. The best way to become familiar with everything All Saints' has to offer is through a campus visit during an Open House, or call 602.274.4866 to schedule a private tour.*

- ✓ Tour the campus with a Parent Ambassador
- ✓ 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 07**  
**December 05**  
**January 23**

KEY DATES	Application Opens <b>OCT 01</b>	Pre-K-Eighth Grade Application Deadline <b>JAN 18</b>	Kindergarten Group Screening <b>JAN 25</b>	Pre-K Group Screening <b>JAN 26</b>	First - Eighth Grades Group Assessment <b>FEB 02</b>	Admissions Decisions Announced in Early <b>MARCH</b>
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For more information call the Admissions Office 602.274.4866

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# 9 Healthy, Delicious School Lunch Ideas Your Kids Will Love!

By: Helena Oliviero, The Atlanta Journal-Constitution [www.ajc.com](http://www.ajc.com)

You want to pack a healthy, appealing lunch for your kids every day. Problem is, it's easy to fall into a lunch rut. Who hasn't eaten the same turkey sandwich every day for a week?

Experts say planning ahead and getting your kids involved in the process can go a long way in preparing a healthy, balanced — and enticing — school lunch.

Here are six tips and nine recipes designed to help pack a colorful, creative, healthy and yummy lunch for your child. The following tips were provided by Children's Healthcare of Atlanta Strong4Life dietitian Katherine Shary.



*Lots of good lunch ideas don't involve two slices of bread. Here's one idea as shown in this photo provided by Children's Healthcare of Atlanta's Strong4Life.*

## GET KIDS INVOLVED IN THE PLANNING PROCESS.

Let kids decide between healthy options you provide. Parents can ask questions such as, "Would you like to have carrots or celery in your lunch tomorrow?" This lets kids feel like they have a say in what goes into their lunches, and you get to curate what those options are.

**KEEP IT BALANCED.** Processed foods and sugary treats will leave your child with a spike in blood sugars, providing a quick burst of energy followed by a drop in blood sugar, making them want to sleep in class. Shary said many small packs of prepackaged fruit snacks contain about 3 teaspoons of sugar, which is the maximum amount of added sugar the American Heart Association recommends for a child to eat in an entire day. Whole fruit such as grapes, mandarin oranges, and bananas are colorful, packable alternatives filled with nutrients that can help your child stay fueled up for the school day.

**MAKE THEIR LUNCH APPEALING.** Pack lunches in bento boxes or compartmentalize with reusable cupcake liners. "It's fun for kids to see their food in these cute compartments and it helps parents remember to pack a variety of foods from all of the food groups: protein, grains, veggies, fruit and dairy," said Shary. "It also helps parents avoid getting stuck in a packed-lunch rut because the compartments encourage you to get creative and take advantage of items you already have in the fridge, including leftovers from dinner."



**RETHINK THE DRINK.** Go with milk or water. Although juice boxes are very popular, fruit juice can contain as much sugar as regular soda. Water is the best beverage choice.

**MAKE SURE YOU KEEP THE LUNCH AT A SAFE TEMPERATURE.** This step is often overlooked. Always pack the lunch in an insulated lunch bag or box with one or two ice packs depending on how big the lunch is. Sometimes kids have four or more hours before lunchtime, and they store their lunch in a locker that is outside in the heat. A simple packed-lunch hack Shary suggests is to freeze a clean, wet sponge in a sealable plastic bag to use as an inexpensive ice pack. Or freeze a plastic water bottle (pour a little out first because it'll expand) to keep lunch cool and give your child an ice-cold drink.

**PERSONALIZE IT.** There's nothing as special as an opportunity to add a little personality to your child's lunch. Use cookie cutters to turn sandwiches, cheese, fruits and veggies into fun shapes. Draw a smiley face on a banana or orange peel. Or leave a special note for your child in his lunchbox. It'll make your child's day.



**1. PASTA SALAD LUNCH** with whole-wheat pasta with Italian dressing, cherry tomatoes, lightly cooked broccoli (fresh or frozen), lightly cooked green beans (fresh or frozen), along with cheese, two hard-boiled eggs and melon.

**2. HOMEMADE LUNCHABLE** with low-sodium turkey lunch meat, cheese, whole-wheat crackers along with cooked green beans (fresh or frozen), apple slices and nut or seed butter.

**3. CHICKEN AND GUACAMOLE** with rotisserie chicken, a mini guacamole to-go cup, whole-wheat pita slices, carrots and grapes.

**4. NUT/SEED BUTTER CRACKER SANDWICHES** with 10 whole-wheat crackers (five cracker sandwiches) along with cottage cheese or Greek yogurt, bell peppers, strawberries and blueberries.

**5. DECONSTRUCTED TACOS** with ground turkey or beef with taco seasoning, shredded cheese, tomatoes or salsa, lettuce, a mini guacamole to-go cup along with watermelon.

**6. CHICKEN SALAD LUNCH** with whole-wheat crackers, bell peppers and apple slices.

**7. HAM AND CHEESE ROLL-UP** made with low-sodium ham and string cheese, along with pita, hummus, celery and a banana.

**8. LEFTOVER PASTA LUNCH** with tortellini with marinara and meatballs, along with a fruit cup packed in water or 100 percent fruit juice (not syrup) and cold cooked broccoli.

**9. A CHICKEN WRAP** with a whole-wheat tortilla, rotisserie chicken, cheese, spinach or romaine lettuce, cucumbers, and ranch dressing along with blueberries and raspberries.

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1:00pm ages 3-5

**Thursday Gymnastics**  
4140 N. Miller Rd., Scottsdale, 85251  
11:00 ages 3-4,  
12:05 ages 3-5

**Friday Gymnastics**  
7321 N. 10th St., Phoenix, 85020  
10:30am ages 1-2,  
11:15am ages 2-4,  
1:45pm ages 3-5

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**\*\*Must pay for Full Semester**

**KIDTASTICS**

# NCPG Campus Map

SAINT BARNABAS ON THE DESERT EPISCOPAL CHURCH, 6715 N. MOCKINGBIRD LN., PARADISE VALLEY, AZ 85253



## Class Descriptions

### PRE-INFANT (Child due between October and May)

This class provides the foundation for a successful transition into motherhood. There are many new things to learn about a newborn's development, behaviors, and most importantly needs. Please feel free to bring your infant with you to class if you should have him or her during the school year!

### NEWBORN (0-5 months old)

All the infant "firsts" are shared and cherished in these important first six months. Bedtime routines are established and new foods are introduced. Please feel free to bring your infant (0-6 months old) to class with you!

### CLASS 1A (6-11 months old)

The entirety of the first year is discussed and celebrated. The child is developing new behaviors and reaching milestones in crawling, walking and babbling.

### CLASS 1B (12-17 months)

Bye bye baby-hello toddler! Mobility and exploration are under way. In this class we cover discipline, napping, language development and social skills. We also discuss preschool readiness, preparing for siblings and potty training. The goal of this class is to help prepare parents for the many transitions that are a part of this stage of development.

### CLASS 2A & CLASS 2B (18-29 months)

Helping parents prepare and guide their children through the major transitions of this stage and year ahead. Preparing for preschool, potty training, moving from the crib to the bed, behavioral changes and social interaction are the goals of this class.

### CLASS 3A & CLASS 3B (30-41 months)

This class focuses on the struggle for power between child and parent, providing useful and effective parenting strategies while respecting the child's need for independence. Sibling interaction and the family are discussed as well.

### CLASS 4A & CLASS 4B (42-53 months)

This class devotes much time to children's social development, covering a variety of issues from anger management to conflict resolution to peer relationships. Additionally, topics in this class will include: establishing family rules, building self-confidence and self-reliance, and encouraging cognitive and physical development.

### PRE-K OR JR. KINDERGARTEN (Enrolled in Pre-K or Jr. Kindergarten)

Parents discuss and prepare for the next step into kindergarten, including but not limited to: choosing a school that meets their child's and family's needs, learning math and reading tools that will enhance kindergarten success, and finding ways to encourage self-confidence and independence. Also, every class features take home crafts and recipes that focus on kindergarten readiness skills.

### KINDERGARTEN (Enrolled in Kindergarten)

Come to this class for support, encouragement, and many laughs as we help moms and their children transition into elementary school. Topics will focus on nurturing a child's autonomy, helping them set appropriate boundaries, fostering their awareness, and encouraging responsibility.

### SCHOOL A AND SCHOOL B (Grades 1-6)

NCPG has added elementary classes to help Valley parents navigate the challenges of parenting increasingly independent children. These classes will cover topics such as: how to partner with your child's teacher and school, bullying recognition and prevention, nutrition for learning, deepening your relationship with your child as he/she gets older, parenting in the digital age, raising your child to be an innovator, and encouraging autonomy.

## Class Progression

(Based on age of child on September 1st)

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.

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](mailto:membership@ncpgaz.org). We do our best to accommodate requests.

### TRACK A

**PRE-INFANT**  
Child due Oct-May  
Monique Nelson

**CLASS 1A**  
6-11 months  
Amy Stewart

**CLASS 2A**  
18-23 months  
Debbie Hurst

**CLASS 3A**  
30-35 months  
Amy Guido

**CLASS 4A**  
42-47 months  
Annemarie Mansour

### TRACK B

**NEWBORN**  
0-5 months  
Monique Nelson

**CLASS 1B**  
12-17 months  
Cara Denby

**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  
Liz Imperato

**KINDERGARTEN**  
Child in Kinder  
Jemeille Ackourey

**SCHOOL A**  
Grades 1 - 3  
Michelle Cox

**SCHOOL B**  
Grades 4 - 6  
Joan Sarin

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.



# 2018-2019 Calendar

## Class Schedule

**8:30 am** Nursery opens  
**9:00-9:40 am** Refreshments served  
**9:45\*-11:30 am** Classes are held  
**\*Teachers will start promptly at 9:45!**  
**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 10\*\*  
October 24  
November 7\*\*  
November 28  
December 12\*\*  
January 9  
January 23  
February 6\*\*  
February 20  
March 6\*\*  
April 10\*\*  
April 24  
May 8\*\*

\*\*Parent Times magazine distributed.

## Board Meeting Schedule

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

## Board Announcements

*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.*

## Treasury

NCPG continues to offer scholarship opportunities for both membership and nursery dues. For more information, please contact [treasurer@ncpgaz.org](mailto:treasurer@ncpgaz.org)

## Kid's shirts & Hats for Sale!

Kid's shirts range in sizes 2T-6T:  
**Shirts: \$20 Hats: \$15**



## Membership

We're off to an amazing start this year with eight classes that are already full: 1A, 1B, 2A, 3B, 4B, Pre-K, Kindergarten & School A. We're continuing to accept members for all other classes: Pregnancy, Newborn, 2B, 3A, 4A & School B.

Please encourage your friends and family to join or inquire about trying a class for free by contacting Membership at: [membership@ncpgaz.org](mailto:membership@ncpgaz.org).

## Sponsorship

If you know of a business that might be interested in being an NCPG sponsor or advertiser, please let us know! Email us at [sponsorship@ncpgaz.org](mailto:sponsorship@ncpgaz.org)

## Public Relations

Please continue to use the NCPG Members Only Facebook Group to ask questions, share advice, local events and deals, and to buy and sell. We just ask that we keep everything respectful and positive on the page. Please request to join the group and you will be approved.



## Childcare

NCPG is happy to continue offering onsite childcare to our members for children 6 months to 5 years old from 8:30 am- 11:45 am on class days. Newborns ages 0-6 months may attend class with their parent. In order to take advantage members must first register their children through our website [ncpgaz.org](http://ncpgaz.org). Detailed instructions on how to register can be found under the Childcare tab. Space is limited so be sure to book your spot when the sign up opens at 8am the morning after Wednesday classes. The childcare login can be found under the Childcare tab on the website. First child is \$35, each additional Child is \$15.

Email us at [childcare@ncpgaz.org](mailto:childcare@ncpgaz.org) with any questions.



## Education

## CLASSROOM NORMS

### 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.

### 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).

**NCPG BELIEVES IN A SAFE  
ENVIRONMENT WHERE MEMBERS  
FEEL FREE TO SHARE OPENLY  
AND HONESTLY.**

# Special Events



## NCPG Fall Festival

Saturday, November 10th

10 am - Noon, All Saints Episcopal Day School



## All Class Play Date

Thursday, November 29th

Phoenix Children's Museum, 4:30 pm - 6:30 pm

If you have any questions regarding the play dates, please contact [specialevents@ncpgaz.org](mailto:specialevents@ncpgaz.org)



## Spring Gala

Our Annual Spring GALA will be returning to **Arizona Country Club!**

Save the Date:  
**SATURDAY, MARCH 9TH**





## Back to School





# HELICOPTER PARENTING

From Good Intentions to Poor Outcomes. By Sandi Schwartz, gottman.com

Do you stand over your child's shoulder when they do their homework? Do you find yourself directing your kids' every move? "Pick up this, clean up that, sit up straight, finish your homework, study hard, say thank you." Do you spend a good chunk of your day obsessing about your children's success, like will they make the sports team or school play, and will they get into the top-notch college you (yes, you!) always dreamed of?

I hate to break it to you, but you may be a helicopter parent—a term which is commonly used but also has a basis in research on specific parenting behaviors and their effects on children.

Most parents want the very best for their children, and so they'll go to great lengths to be wonderful providers and protectors. The deep love and care that parents have for their children can even push parents to, well, be a bit over-the-top. And helicopter parents are known to be overly protective and involved in their children's lives.

The term paints a picture of a parent who hovers over their children, always on alert, and who swoops in to rescue them at the first sign of trouble or disappointment. The term was first coined in 1990 by Foster Cline and Jim Fay in their book, *Parenting with Love and Logic*, and it gained relevance with college admissions staff who noticed how parents of prospective students were inserting themselves in the admissions process.

Helicopter parenting can be defined by three types of behaviors that parents exemplify:

- First, information seeking behaviors include knowing your children's daily schedule and where they are at all times, helping them make decisions, and being informed about grades and other accomplishments.
- Second, direct intervention means jumping into conflicts with kids' roommates, friends, romantic partners, and even bosses.
- Third, autonomy limiting is when students think their parents are preventing them from making their own mistakes, controlling their lives for them, and failing to support their decisions.

We all want to love our children as much as possible and protect them from the dangers in our society. We live in an increasingly competitive world and want to give our kids every advantage possible. But if we over-parent and smother them, it can backfire big time. A collection of research in recent years shows a connection between helicopter parenting and mental health issues like anxiety and depression as children get older and try to make it on their own.

## The negative impacts of helicopter parenting

In 2010, a study by researcher Neil Montgomery, a psychologist at Keene State College in New Hampshire, found that overprotective parents might have a lasting impact on their child's personality by prolonging childhood and adolescence. Approximately 300 college freshmen were surveyed about their level of agreement with statements regarding their parents' involvement in their lives. The results showed that 10 percent of the participants had helicopter parents. The research also revealed that students with helicopter parents tended to be less open to new ideas and actions, and were more vulnerable, anxious, dependent, and self-conscious.

A 2016 study from the National University of Singapore published in the *Journal of Personality* indicated that children with intrusive parents who had high expectations for academic performance, or who overreacted when they made a mistake, tend to be more self-critical, anxious, or depressed. The researchers termed this as "maladaptive perfectionism," or a tendency in children of helicopter parents to be afraid of making mistakes and to blame themselves for not being perfect. This happens because the parents are essentially—whether by their words or actions—indicating to their kids that what they do is never good enough.

Another 2016 study evaluated questionnaires about parenting completed by 377 students from a Midwestern university. Students responded to statements about the type of parents they have, how often they communicate with their parents, and how much their parents intrude in their lives. The students also completed a number of tests to discern their decision-making skills, academic performance, and symptoms of anxiety and depression. Results showed that higher overall helicopter parenting scores were associated with stronger symptoms of anxiety and depression.

According to that study, helicopter parenting "was also associated with poorer functioning in emotional functioning, decision making, and academic functioning. Parents' information-seeking behaviors, when done in absences of other [helicopter parenting] behaviors, were associated with better decision making and academic functioning."

In addition, the journal *Cognitive Therapy and Research* published research in 2017 suggesting that helicopter parenting can trigger anxiety in kids who already struggle with some social issues. A group of children and their parents were asked to complete as many puzzles as possible in a 10-minute time period. Parents were allowed to help their children, but not encouraged to do so.

Researchers noted that the parents of children with social issues touched the puzzles more often than the other parents did. Though they were not critical or negative, they stepped in even when their children did not ask for help. Researchers think this indicates that parents of socially anxious children may perceive challenges to be more threatening than the child thinks they are. Over time, this can diminish a child's ability to succeed on their own and potentially increase anxiety.

## So how does all this hovering cause mental health problems in our children?

First of all, helicopter parents are communicating to their children in subtle (or not-so-subtle) ways that they won't be safe unless mom or dad is there looking out for them. When these children have to go off on their own, they are not prepared to meet daily challenges. This inability to find creative solutions and make decisions on their own can cause a great deal of worry since their protector is no longer around to help them.

Because these children were never taught the skills to function independently, and because they may have been held to unattainable or even "perfectionist" standards, children of helicopter parents can experience anxiety, depression, a lack of confidence, and low self-esteem. Another issue is that if these kids have never experienced failure, they can develop an overwhelming fear of failure and of disappointing others. Finally, if we don't let our children have the freedom to learn about the world and discover their purpose and what makes them happy, they will struggle to find happiness and live a balanced life—all impacting their mental health.

## What we can do to break the helicopter habit

All parents know that parenting is not easy. Having children and raising them presents innumerable challenges and surprises, but also immense joy and connection. Now that we know that overparenting only leads to more problems for our kids, we can make the following adjustments in our parenting approach:

- Support your children's growth and independence by listening to them, and not always pushing your desires on them.
- Refrain from doing everything for your children (this includes homework!). Take steps to gradually teach them how to accomplish tasks on their own.
- Don't try to help your children escape consequences for their actions unless you believe those consequences are unfair or life-altering.
- Don't raise your child to expect to be treated differently than other children.
- Encourage your children to solve their own problems by asking them to come up with creative solutions.
- Teach your children to speak up for themselves in a respectful manner.
- Understand and accept your children's weaknesses and strengths, and help them to use their strengths to achieve their own goals.

Parents should, of course, do the best they can for their kids. Impulses to involve ourselves in our children's' lives often come from a sense of duty, and of unconditional love. We can harness those desires to give the most we can to our kids by resisting helicopter parenting, which can lead to poor outcomes in adulthood.

Instead, try letting your children discover themselves—their weaknesses, strengths, their goals and dreams. You can help them succeed, but you should also let them fail. Teach them how to try again. Learning what failure means, how it feels, and how to bounce back is an important part of becoming independent in our world.

# WE WANT YOUR PICTURES!

Next month's theme for *Parent Times* is Fall Fun!



Send us your hi res photos of the kids in their Halloween costumes or at the pumpkin patch for our photo spread. Who knows! Your child might wind up on the cover!

Please send all birth announcements, snapshots of NCPG kids and parents, and professional photos to be considered for the front cover to [communications@ncpgaz.org](mailto:communications@ncpgaz.org).

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# HOW REVIVE IS HELPING WOMEN FEEL THEIR BEST

We get it. Being a mom is tough. Juggling kids, family members, work, and all the other minutiae in your day while feeling tired, wired, and trying not to accidentally tinkle in your undies is no joke. Wouldn't it be great if there was a place that could help with some of those symptoms? What if there was a place that could help with all of those symptoms? There is. I'd like to introduce **Revive Wellness & Rejuvenation**.



## BIOTE: HORMONE OPTIMIZATION FOR THE BUSY MOM

Fatigue, lack of mental clarity, disrupted sleep, brain fog, weight gain, a decreasing zest for life, and low libido are all symptoms of declining hormone levels. This can begin as early as age 25 (perimenopause) and continue on well past menopause for some women. One way to treat is by replacing and optimizing those declining levels of testosterone and estrogen. Bioidentical hormone replacement therapy is changing the lives of millions of. All it takes is a simple blood test, and if you are a candidate, the procedure takes less than 5 minutes to insert the hormone pellets, with results lasting from 3-4 months! You're doing the best to keep it together – let us handle making it even easier for you.

## IV NUTRITIONAL THERAPY

When was the last time you ate a real, healthy, nutritious meal? I'm talking home cooking with fresh and organic ingredients, made to both satisfy and nourish. If it wasn't today, it's been too long. It's so easy for moms to do what's best for their family while putting things like their nutrition and well-being aside. Being constantly on the go uses up nutrients like B vitamins and depletes minerals like magnesium and calcium. The answer? One of our amazing IV blends. While we've yet to perfect intravenous lattes, we do have blends that can help a hangover, aid in getting over the flu, and even increase detoxification and collagen production. In a 25-45 min session, you will be pumped full of fluids containing all the necessary vitamins and minerals a mom needs to keep it together.



## GENEEVEE BY VIVEVE

Let's cut to the chase: did you know that 1 in 3 women experience urinary incontinence? We have those little bundles of joy to thank for it. Trauma during childbirth is the most common cause of women leaking during exercise, sneezes, or even a good laugh. This is called stress urinary incontinence and there is a tried and true treatment for it called the Geneveve. It is a radiofrequency device that increases collagen production in the vaginal tissue, giving the urethra better support and decreasing those accidental leaks. Psst... Added benefit? Improved intimacy with better lubrication and vaginal tone.

We'd love to see you in the office. Revive Wellness & Rejuvenation is located at 20229 N 67th Ave., Suite C1A, Glendale, AZ 85308. Call 602-595-7836 to ask questions or set up a free consult. It's time you put yourself first! See below for the full list of our current medical offerings.



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# What Every Parent Should Know About Music and Their Young Child

## THE FOUR MOST COMMON MYTHS BUSTED



It's not uncommon to hear adults say, "I cannot hold a tune," or "I sing off-key!" Many parents believe they are not musical and, as a result, avoid making music and singing with their young children. This perceived lack of talent inhibits parents' ability to expose their children to a critical developmental stage, reports Music Together, the pioneer in research-based early childhood music education.

According to Susan Darrow, Director of Educational Services at Music Together, "Research shows that all children are naturally musical. Just as they are born with the potential to learn to talk and to understand language, every child also has the potential, from birth, to learn music. Nurturing this innate talent early in life provides a solid foundation for later success with traditional lessons."

However, many parents and caregivers are unsure just how they can nurture their children's inborn musicality, since they feel they are "not musical." Darrow explains, "Adults can contribute significantly to the enrichment of their child's music development regardless of their own music abilities. They are a critical part of the process! It is not important whether or not a parent can 'carry a tune' or if they sing 'off-key.' Having fun with music—singing and dancing with your child, clapping around the kitchen, marching in the grocery store, belting out a song in the car—these are the real 'lessons' for young children. And the best part, of course, is that anyone can do it!"

Music Together busts the top four myths about parents making music with their children:

**MYTH:** "I can't carry a tune. If I sing with my child I'll teach her to sing off-key, too."

**TRUTH:** Children do not learn the skills of singing from their parents and caregivers. They learn the love of singing. When you sing with your child, you are teaching them that singing is something important to you and that it is worth doing, whether or not you do it "the right way." In fact, despite their best intentions, parents who don't sing to their children are doing the opposite of what they want to do: they are teaching their children not to make music. Children will learn to sing accurately simply through exposure to music in their environment and by having the opportunity to experiment with making music on their own.

**MYTH:** "I want my child to be musical, so he has to start instrument lessons before it's too late."

**TRUTH:** It is never too late to begin formal music lessons—but it can definitely be too early! Young children have to play with music, before they learn to actually play music. A child is ready for formal instruction when he has achieved what Music Together calls Basic Music Competence (BMC), the ability to sing in tune and move with accurate rhythm. Asking a child to learn to play the piano before achieving Basic Music Competence is like asking him to read a book before he can speak. We have found that, with exposure to a rich music environment throughout

the early years, children in Western cultures may reach BMC by age five or six. Without the early exposure, BMC may not be attained until much later, if at all, which will make formal music instruction more difficult and less enjoyable.

The best thing parents can do to support musicality in young children is to sing and dance with them as often as possible and to provide as much opportunity for them to play with music as possible. With this kind of natural support, a child will develop skills to enjoy and succeed at instrument lessons when the time is right.

**MYTH:** "Listen to my baby's sounds—he's trying to talk!"

**TRUTH:** Babies are born as musical beings. Your baby may be trying to sing, not talk. In infancy, early "talking" and early "singing" are one and the same! Babies play with all the sounds they hear, both language sounds and music sounds. When you talk to a baby and stop, the baby will likely try to "talk" back to you to keep the conversation going. When you can recognize a baby's first attempts at singing, reinforce this by echoing his sounds: sing his "song" back to him.

**MYTH:** "My child hates the sound of my voice. He tells me to stop singing!"

**TRUTH:** Children do not differentiate "good" singing from "bad" singing until they are at least school-age. For young children, singing is just singing. Toddlers and preschoolers do, however, like to experiment with what they can and cannot control, just like when a child drops a toy repeatedly, wanting the parent to pick it up over and over again. The child is experimenting with cause and effect and observing personal power in action. Similarly, children often ask parents to stop doing things in an effort to exert their control—and singing happens to be one of those activities!

Darrow says, "In separating the truths from the myths, we hope parents and caregivers can better understand the critical role they play in supporting their child's music development. Parents can rest assured that simply by enjoying music with their children, as early as possible, they can have a profound effect on how their musicality flourishes. Creating a musical family begins at birth and can last a lifetime!"

## Music Together.

Music Together in Phoenix offers programs for families; schools; and at-risk populations; in Phoenix, Scottsdale, Paradise Valley and Peoria. The company is passionately committed to bringing children and their caregivers closer through shared music-making and helping people discover the joy — and the educational value — of early music experiences. More at [www.MusicTogetherInPhx.com](http://www.MusicTogetherInPhx.com) and on Facebook <https://www.facebook.com/MusicTogetherInPhx/>



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IT IS MORE IMPORTANT THAN THE PAST, THAN EDUCATION,  
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WE HAVE A CHOICE EVERY DAY REGARDING THE ATTITUDE  
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INEVITABLE. THE ONLY THING WE CAN DO IS PLAY ON THE  
ONE STRING WE HAVE, AND THAT IS OUR ATTITUDE. I AM  
CONVINCED THAT LIFE IS 10% WHAT HAPPENS TO ME AND  
90% HOW I REACT TO IT. AND SO IT IS WITH YOU.  
WE ARE IN CHARGE OF OUR ATTITUDES."

- Charles R. Swindoll -



# ARE HOLIDAYS THE BEST TIME FOR A PORTRAIT SESSION?

By Mara Blom Schantz



Now is the time of year that many parents start getting stressed out about getting the perfect image for their holiday card. I don't know about you, but I don't need any more stress in my life and having the perfect holiday card should definitely not be something that causes me stress. If you think that dragging your little ones into the desert on a hot day or during nap time for a mini session for holiday cards doesn't sound like fun, you are not alone.

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.

Mini Sessions are generally not conducive to getting the best images of young children, 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:

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).

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.

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.

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.

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.

Bribing is usually not a great way to encourage cooperation because the child becomes obsessed with the reward.

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):



**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.

**Toddler (12-36 months)** Walking around, talking and able to communicate a little and engage; has a variety of expressions and a developed personality.

**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.

**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.

**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.

**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.

**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](http://www.artisticimpressionsbymara.com)*



## New Arrivals



Lindsay Powers welcomed  
her second baby girl  
**Taylor Sloane Powers**  
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Allison Mike welcomed  
**Louis Anthony Mikes**  
on April 7th



Amy Sun-Kerwin welcomed  
**Duke Carter Kerwin**  
on June 4th





# CRAFT: You've Been Boo'd!

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don't delay!

Make copies and  
send to a friend or two!

Place this sign in your window  
so they don't get you!



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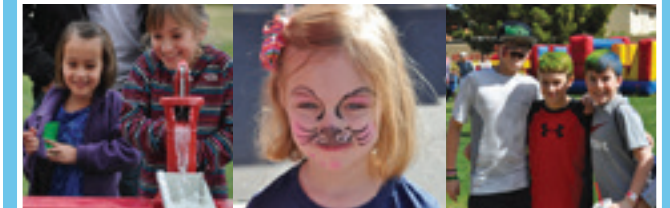
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## RECIPE: Fall Harvest Granola

[www.bitesforfoodies.com](http://www.bitesforfoodies.com) By: Lisa Codina

Fall is officially here and that crisp, cool autumn air has me craving warm, hearty fare, in this case, a fresh batch of homemade fall harvest granola. This hearty granola is packed with super foods like rolled oats, chia seeds, raw honey, and dried fruit. Granola is a blank canvas for a healthy, wholesome breakfast for ...

**SERVINGS:** About 5 cups

**PREP TIME:** 5 mins **COOK TIME:** 30-45 mins

### INGREDIENTS

- 1 1/2 cups quick oats
- 1 1/2 cups rolled oats
- 1 1/4 cup raw honey (or maple syrup)
- 1/4 cup extra virgin coconut oil, melted
- 1 tbs. chia seeds
- 1 tsp. pumpkin pie spice
- 1/2 cup raw pumpkin seeds
- 1/4 cup raw sunflower seeds
- 1/3 cup dried cherries
- 1/4 tsp. sea salt

### INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. Heat the coconut oil and honey in the microwave for 1-2 minutes or until just melted.
3. Mix the dry ingredients (except for the dried cherries) with the coconut oil and honey in a large mixing bowl until combined.
4. Bake for 30-45 minutes stirring every 5 minutes or so, until lightly browned.
5. Remove from the oven and mix in the dried cherries.
6. Allow the granola to cool completely before storing.
7. Store in a mason jar or an air tight container in the pantry for 2-3 weeks or in the freezer for up to 6 months.

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