

Parent Times

February 2019



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President's Corner

Happy February NCPG!

As a nonprofit organization educating parents, the NCPG Board of Directors works hard to ensure the organization runs smoothly and within budget, executes a social plan that provides our members an outlet to foster relationships and provides a foundation of tools to enable our members to parent effectively. Our Board Members are so vital to NCPG's success, and I want to thank all our Board members for their hard work and time they volunteer to make NCPG such a successful organization!

February is already here (how did that happen!?) and that means registration for 2019 school year is under way, it's almost Valentine's Day (which seems to have become a big deal in our house with all the cute valentine cards....can anyone relate?), and I'm sure a lot of people are starting to think about and firm up summer vacation schedules. We still have 5 more classes left in this year and a lot of fun to have! Speaking of fun, I cannot wait for our **"Belles and Beaus" Spring Gala on March 9th!** What a fun theme....I'm already thinking of a fun outfit and cute fascinator to wear! Watch for outfit ideas to be posted to our Facebook page to spark some inspiration.

In addition to our Spring Gala, mark your calendars for our **Spring Festival in April** and watch out for an **All-Class Play Date!** At our next class, **Wednesday, Feb. 20th**, we will have guest speaker **Jenny Hodges** here to present! Jenny is a certified holistic nutrition practitioner who will focus on how food affects learning and behavior. Um...yes please! So excited! Her presentation will be in Hutton Hall immediately following breakfast, and then we will still be going to class at 11:00 for hot topics.

As always, please reach out to me or any Board Members if you are interested in getting involved on the Board or any committees. We will start conducting Board interviews for open positions this month, and then release the Slate to the general membership at our March class. There are several opportunities to get involved! Wishing joy and happiness to everyone and your families in February!

XO,

Stacy Medeiros
NCPG Board President
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  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 – Kelly Anderson & Chandra Petelin
Designer – Neill Fox, foxnoggin.com, neill@foxnoggin.com

On the Cover

Avalon and Dane Petelin.
Photographed by Virginia Stiles, virginiastiles.com



Member to Meet Courtney Lively

Kid's Names, Ages and Current Class:

Calvin: 5, Suzy: 3. Class: Kindergarten

Spouse:

Ryan Lively

How did you meet your spouse/partner: At my sisters 40th birthday party — I spotted him from across the room (He's tall and cute and has a great head of curly hair). I was like, yup, he's mine, so I went and got him. It was a dress-up party and I was dressed very... Uniquely ;) — I guess he was into it because he got my number (and maybe a kiss) before he left that night, and took me out that Tuesday for our first date!

Years married/together: We have been an item for about 12 years and married for 9.

Career or previous career: I've owned and operated my photography business Courtney Lively Photography since 2009. I photograph weddings, families and businesses — and love every second of being an entrepreneur in a creative field.

5 words to describe you: Laid back, hard-working, athletic, lively (lol), loving/sensitive.

Favorite family vacation spot? Cabo, always and forever! It's where Ryan and I took our first vacation together. It's also where we got married, and we LOVE bringing our kiddo's there for family fun in the sun!

Favorite family spot to dine in town? We love going to family breakfast on the weekends. Our favorite spot is First Watch at 32nd Street and Camelback because we can walk or ride our bikes there, and they are super kid-friendly! When it's nice out, we always sit on the patio and bring our pooch Molly to join us too!

Do you have a hidden talent? Well, nothing is really hidden with me — I am a complete over-sharer on social media (feel free to follow along @cookielifely) But usually people are surprised to find out that I play in an all mens ice hockey league at The Ice Den in Scottsdale. We won the championship last season and I was rewarded player of the game in the championship game for scoring a clutch goal! I love playing ice hockey and I love my teammates, and I am so thankful that they accept me on their team as the only female, and treat me as an equal.

Favorite children's book to read? We love Shel Silverstein in our house, and Dr. Seuss also! Everything silly and rhymey and fun is always a big hit!

Where were you born and raised? I was born and raised in Southern California. In-fact, My Great (x5) Grandfather Jose Delaguerra traveled from Spain and discovered Santa Barbara! I had no intention of ever leaving So Cal, being a 6th generation Californian, but duty called when I got an offer to play soccer for The Sun Devils. So here I am — I had no idea I could grow to love Phoenix so much!

When you have 30 minutes of free time what do you do? Work life balance is hard when you have littles and own a business. I find playing the piano extremely calming when times are busy and chaotic. I will walk away from my computer, or even a fussy kid, to take a moment to myself and play a quick tune. It gives me just the right amount of time to breath, regroup, change my mindset and get back to the grind. And for those of you who are like, oh but I don't play the piano (or any instrument for that matter!).... Neither did I. I just started taking lessons about a year ago and I am loving every second of it. Remember mama's, it's OK for us to have hobbies too!

Best parenting advice given to you? The best parenting advice I ever received was from my momma before she passed away. She said, "Baby, when it all feels like too much. Just get on the floor with your babies and immerse yourself in whatever it is that they are doing." Life can be hard, and a lot, and scary and frustrating. In those moments, I always feel my mom directing me to my babies. They bring us such light and love — it works every time.

Who introduced you to NCPG and for how many years have you been a part of the group? My bestie Jenna Hilton introduced me to NCPG and I am so glad she did! This is my second year as a member — I wish I listened to her and joined sooner when she FIRST told me about it!

Best thing learned in NCPG? It's always so nice to talk with the other mamas and hear that something that felt so catastrophic in our home, is really actually quite the norm. But also hearing our kinder teacher Jemeille remind me that Calvin, is only 5, during a time when I was feeling stressed and overwhelmed and confused at some of his behavior — was seriously just what I needed. I went on and on about the specific issue and then she just calmly and confidently responded, "well, he IS only 5." And I was like, "yea, good point." lol. I think as momma bears we try so hard to protect our kids and ensure were doing everything just right for them, it is so nice to be able to talk to someone who is trained in this field, who can remind us, to take a deep breath and remember that they are still just little kids with young little brains, and that it's all normal and OK. I also LOVE the relationships I have built through NCPG. As busy mommas it is so hard to find time for ourselves and make new friends. NCPG has been an awesome way for me to get to know some other mommas better. I am super grateful for that!



TUCKER BLALOCK

Managing Broker & Co-Founder

TUCKER@THEBROKERYAZ.COM

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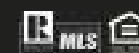


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8 REALTOR TIPS

TO MAKE YOUR HOME FEEL **BIGGER**



1 **LIGHTEN UP THE PAINT**

Give the room a lighter, brighter base that allows furniture and accessories to stand out.

2 **HIGH MOUNTED CURTAINS**

Mount curtain rods as close to the ceiling as possible. Vertical patterns help create length and height.

3 **HANG ARTWORK**

By appropriately placing artwork, you can help add drama and height to a room that lacks size.

4 **MIRRORS!**

Again, Illusion! One of the most tried and true methods to creating visual space is hanging a large mirror.

5 **ADD AN ACCENT WALL**

A touch of color or texture (shiplap, tile, etc) can give the eye somewhere interesting to focus on in a room.

6 **MOUNT THAT TV**

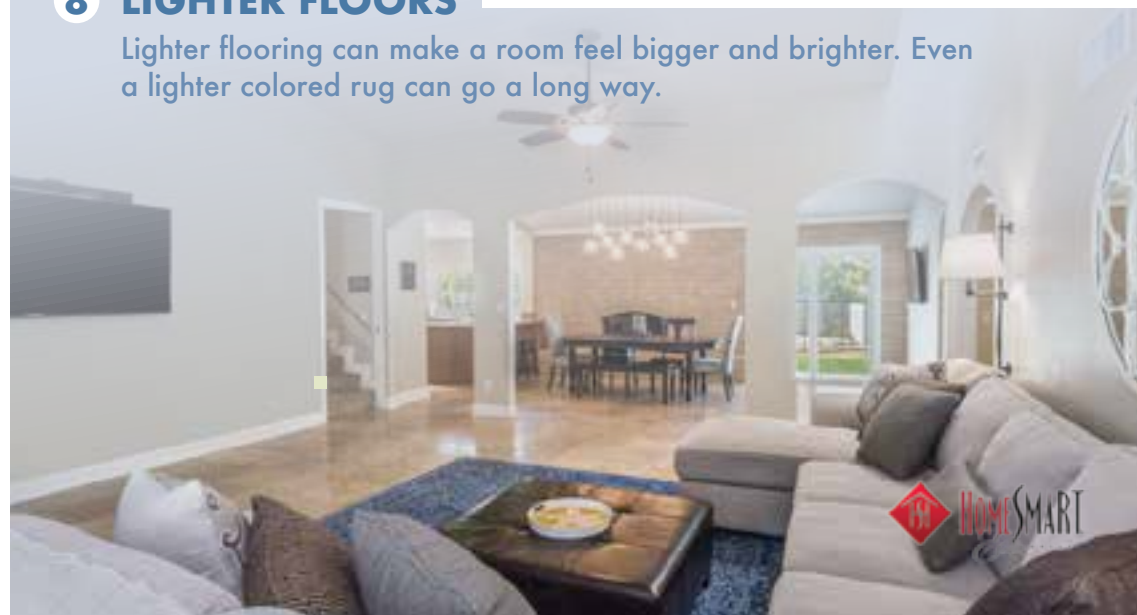
It's 2019. TV mounts are inexpensive. Free up furniture space and sight lines by getting that TV on the wall where it belongs.

7 **MAXIMIZE STORAGE**

De-clutter your living spaces by adding smart storage furniture and maximize storage spaces in your home.

8 **LIGHTER FLOORS**

Lighter flooring can make a room feel bigger and brighter. Even a lighter colored rug can go a long way.




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2019 Spring 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
11:30 - 1:15 pm Pre-Infant Class

Location

Saint Barnabas on the Desert Episcopal Church
6715 N. Mockingbird Lane
Paradise Valley, AZ 85253

Class Dates

February 6**
February 20
March 6**
April 10**
April 24
May 8**

**Parent Times magazine distributed.

Board Meeting Schedule

March 4
April 1
May 6



Board Announcements

Treasury

NCPG continues to offer scholarship opportunities for both membership and nursery dues. For more information, please contact treasurer@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

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. 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 with any questions.



We Want Your Pictures!

Next month's theme for *Parent Times* will be
WE LOVE OUR ANIMALS



Send us hi-res photos of your kids with their pets they love so much 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.

Board Of Directors

We're looking for members who want to join the 2019-2020 board! It's a great way to get involved and have more fun within the organization. Positions involve:

- Various levels of responsibility
- Leadership Skills
- Decision Making
- Event Planning
- Networking

We would love to hear from you if you're interested. Please email president@ncpgaz.org to find out more details.

Membership

We've had an amazing start to the year and membership is full for the 2018-2019 year. However, we are still offering one-time trial class visits if you know someone that is interested. Registration for 2019-2020 will open in April. Please email membership@ncpgaz.org for additional details.

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.



[ncpgaz](http://ncpgaz.org)

Education

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, research-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.



Special Events

GUEST SPEAKER JENNY HODGES

Wednesday, Feb. 20th

Get excited for our guest speaker! Jenny Hodges is a certified holistic nutrition practitioner who is very passionate about how food affects learning and behavior in our children. Come join us as we discuss "Food for Thought".

SPRING GALA

Saturday, March 9th

Our Annual Spring GALA will be returning to Arizona Country Club! If you have any donations for the silent auction please email fundraising@ncpgaz.org

**SEE FOR MORE DETAILS
ON PAGE 12!**

NCPG Playdate

Tuesday, April 2nd
4-6:30 pm

Sky Zone

4857 E Greenway Rd, Suite A,
Scottsdale 85254

Mom's Night Out

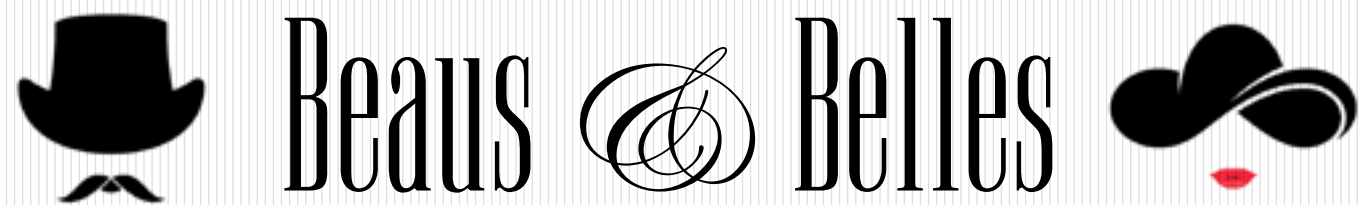
Thursday, February 21st
6:30-8:30 pm

The Collins Small Batch Kitchen

Spring Festival

Saturday, April 13th

All Saints Episcopal Day School



NORTH CENTRAL PARENTING GROUP SPRING GALA

MARCH 9, 2018 • 7 PM • ARIZONA COUNTRY CLUB

TICKET PRICES

(includes dinner & drinks!)

COUPLES TICKET: \$140 (TICKET AT THE DOOR: \$170)

SINGLE TICKET: \$70 (TICKET AT THE DOOR: \$85)

NCPG DONATION: \$70

This will be the only fundraising event for NCPG this year. The proceeds from the Spring Gala go towards covering the Spring & Fall Festival, NCPG Cares, Mom's Nights Out, Group Wide Playdates, and other costs not covered by the price of membership.

If you are unable to attend the event, but would still like to make a donation to support NCPG, please select the option "NCPG Donation." Thank You!

WIN A GALA PRE-PARTY FOR YOUR CLASS!

The class with the highest percentage of ticket sales will receive \$250 towards a Gala Pre-Party. So be sure to have all your friends in class buy tickets with you!!

BEAUS & BELLES SILENT AUCTION

The auction goes live on BiddingForGood.com on March 4th at 9am (MST). ([link to come](#))

GRAND PRIZE

2 Days of Disneyland tickets for 4 guests (\$1000 value)

OTHER RAFFLE PRIZES

1 Day of Disneyland tickets for 4 guests (\$500 value)
2019-2020 NCPG membership (\$300 value)
Wine Tasting for 20 at Total Wine & Spirits (\$400 value)

CHAMPAGNE RAFFLE

We will also be holding our Champagne Raffle again this year to win a fabulous gift donated by Schmitt Jewelers.



If raffle tickets are purchased online, they will be waiting for you at check-in at the event. Credit card transactions will have a 4% processing fee.

NEED A SITTER?

Use code **NCPGGALA** to get a discount from Busy Bee for March 9th. Please visit ncpgaz.org for all links to register and additional information.

GOT CONNECTIONS?

If you have any donations for the silent auction, please email: fundraising@ncpgaz.org

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Cara Denby

- Certified Life & Parent Coach
- Educator for the North Central Parenting Group
- Volunteer of Year for Craniofacial Foundation of AZ for Developing/ Managing Mentor Program
- Established Phoenix Mother Daughter Groups

Common Topics for Parent Coaching

- Behavioral Challenges
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- Creating Expectations and Boundaries
- Managing Screen Time
- Generating Gratitude and Kindness
- Building Self-Confidence/ Esteem

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Estate Planning Essentials:

THREE QUESTIONS PARENTS SHOULD BE ASKING

By Lisa M. Paine, JD, LPaineLaw.com



Starting a family brings new adventures as you welcome your baby into your life and home. As a parent, you naturally want to ensure your child's future in every way. For many new parents, infancy is a time for celebrating new life, and making a Will is the last thing on their minds. For others, the process of bringing new life into the world sparks intense feelings of wanting control and needing organization. Regardless of where you fall on that spectrum, you there are some questions you should ask in order to protect your new family.

I don't have an "Estate," so why would I need an Estate Plan?

You do not need to own a large vista overlooking the Pacific Ocean to have an estate. An estate is simply a fancy word to describe everything you own - your money, property, and personal belongings are all part of your estate. However, a complete Estate Plan goes far beyond dispersion of your assets and belongings; it also includes important areas such as caring for your family, guardian selection, making health care decisions, avoiding probate and estate taxes, protecting your assets, and addressing specific concerns for distributions.

Who will take care of my children if I am unable?

As a parent, you put a lot of thought into caring for your children - finding the best doctors, the healthiest foods, and the best schools. However, you may have avoided deciding who would care for your children if you were unable. Selecting a guardian can be one of the toughest decisions you will make, but it is also one of the most important. So, what are some factors you should consider when selecting a guardian?

- **Emotional Stability:** Does the guardian have the time and energy to give your children the care they need?
- **Values and Religion:** Do you want your children raised with certain values, traditions, or religion? If so, seek out those people who will support these things.

- **Access to other Family Members:** Is your guardian near other family members with whom you would like your children to stay in close contact?
- **Financial Stability:** Does your guardian have the financial means to take on the responsibility of caring for other children, or does your estate provide for financial support?

Do I need a Will or a Trust?

The short answer is, "Yes." If you have minor children, you need a Will, and possibly a Revocable Living Trust. The Will is the legally-recognized document where you name guardians for your children, so it is an integral part of protecting your family's future. However, a Will only goes into effect after your death and does not protect your family if you become incapacitated.

You probably don't want your children getting a hold of their entire inheritance on their 18th birthdays. Among other things, a Revocable Living Trust can protect your children from their youthfulness and potential creditors by allowing you to detail the ages at which they may receive money (while still being cared for in the interim). In a nutshell, a Revocable Living Trust ensures that you, your children, and your finances are cared for to your specifications during your incapacity and/or after your death. A trust has built-in guidelines and safeguards that can protect your family against themselves and others, offer greater privacy, and can help your family avoid probate and estate taxes.

These are just a few of the questions to consider when planning for your family's future. I am happy to guide you through the steps necessary to protect you and your family.



About Attorney Lisa Paine

As a mother of two children (ages 7 and 11), I chose to build a legal practice that supports other parents and families. I focus my practice on Estate Planning and Probate, including business formation and succession planning.

I am a member of Wealth Counsel, and I serve on the boards of Rosie's House, the Gentry Foundation for Autism, and Maricopa County Bar Association Estate Planning, Probate, and Trust section.



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New Arrival



Kristina Spellman welcomed her third girl

Kolby Sean

on December 6th.



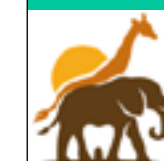
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Danielle Goldstein D.D.S.
Abraham Itty D.M.D., M.S.



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February is National Children's Dental Health Month

A common question that many parents have when choosing a dental provider for their kids is what is the difference between a pediatric dentist and a general dentist? While it is possible for a general dentist to treat children, there are three important factors you should know that distinguish pediatric dentists from general dentists:

PEDIATRIC DENTISTS RECEIVE MORE TRAINING WITH KIDS.

Pediatric dentists are like the pediatricians of dentistry. After four years of dental school, pediatric dentists go through an additional 2-3 years of training at a pediatric dental residency that focuses exclusively on caring for kids, teens and individuals with special needs or who are medically compromised. During this time, they learn about the unique growth and development of children's teeth, jaws, and facial structures to ensure that development proceeds normally and to spot any potential problems before they get serious. In addition, they also get extensive experience learning different techniques that help children feel comfortable from the very first visit. This extra training translates into more positive dental visits for your kids and a heightened focus on prevention.

PEDIATRIC DENTISTS HAVE AN OFFICE ENVIRONMENT GEARED TOWARD CHILDREN.

Pediatric dental offices are designed to help kids feel welcomed and comfortable for their appointment. At Affiliated Pediatric Dentistry and Orthodontics (APDO), we have a safari themed office with murals on the walls, a treehouse in the lobby, iPads and movies throughout the office—all with the intent of making the office a fun adventure for our kids! We want all of our families to be excited to return for their next visit.

PEDIATRIC STAFF HAVE EXTENSIVE EXPERIENCE WORKING WITH KIDS.

Since pediatric dental practices primarily treat children, the dental assistants, hygienists and front office have a lot of practice connecting with kids and helping them feel comfortable. We know that for a child, the dentist's office can be a scary place. Without the proper care and attention from all team members, it's easy for kids to develop a long-standing fear of going to the dentist. This can make the treatment process difficult and uncomfortable for everyone. At APDO, some of our assistants and hygienists have been treating kids for more than 30 years! It is very important to us that your child receives the specialized care they need in a friendly, welcoming environment, helping to ensure they stay comfortable and happy throughout their visit.

CONTACT YOUR SCOTTSDALE AND NORTH PHOENIX PEDIATRIC DENTIST TODAY!

At APDO our mission is to provide the premier dental experience for every family that walks through our doors. For years, we have had the privilege of helping countless children throughout Scottsdale and greater Phoenix achieve healthy, beautiful smiles while cultivating a positive view of going to the dentist. If you're looking for a pediatric dentist in Scottsdale, we would love for you to experience the difference at APDO — request a consultation online today!



Creative Movement and Children

By Aaron Ford, All Saints' Episcopal Day School

Children are naturally inclined to move.

They explore and learn about their world through movement. When a child starts to learn the vocabulary of movement they need to be taught. How that teaching occurs can lead a child towards an open ended creative world of movement or a much more limited and imitative/"do it as I do" world. When a child explores a familiar action word, their initial reaction or movement impulse is typically based on prior experiences and their habitual way of moving, or on images of someone or something doing that movement. And when a new action word is encountered, visual demonstrations are offered, as we typically do not expect a beginner mover to learn a new action from a verbal or written description of it.

In particular with children, however, when teaching and supporting the playful exploration of creative movement solely through a visual imitation framework or predetermined imagery, we must take care not to abandon the "creative."

Anne Green Gilbert (2015) speaks clearly and cautiously to the issue of using imagery in creative movement in her book, *Creative Dance for All Ages*. When given the action word "hop," young or inexperienced movers will tend to hop like something, such as a bunny or a frog. We especially limit the imaginative and free use of creative movement if we as teachers and parents speak those images out loud. When we say to children "hop like a bunny," or show a movement word card with a picture of a bunny hopping and go no further, we offer no opportunity for students to imagine and proprioceptively experience a variety of responses. If, on the other hand, we prompt the hop with various qualities of "Your Body," (see Illustration 1) for example, "Try hopping in a narrow shape, a wide shape, a twisted shape," or "What would it feel like to start the hop in your finger, adding in your hand, then arm, shoulder, head, and so on?" we open unlimited creative potential.

When spontaneously asked to "gallop," a typical response might arise from several sources, such as a kinesthetic memory of galloping, a kinesthetic memory of riding a galloping horse, or an image of a horse or person galloping. By assisting a deeper exploration of such a single action word beyond memory, habit, a picture of a horse galloping, or a visual demonstration, through applying various movement concepts, a whole new world of possibilities emerges to embellish the word and the movement. An adult might thus prompt a child to "Try to gallop leading with your head held high," or "Try galloping while rising and sinking and notice what you are rising over and sinking under."

Creative movement exploration games such as **Think Fun's "Move and Groove"** can be a wonderful starting point for toddlers. Move and Groove is indeed a fun game that uses a colored cloth cube and a wide variety of picture movement cards to inspire solo or group creative movement. I have also used such games successfully in the classroom with groups of Pre-Kindergarten through Second Grade. By removing visually limiting cards such as "slither like a snake," or by adding descriptive movement concepts such as "slither with your fingers leading the way," such games remain captivating and educational for these older children.

Encouraging children to explore this process of connecting action words with movement qualities, leads to chains of words, creating movement sentences. For example, "hop in a round shape, then scamper quickly low to the ground, stopping suddenly to slowly peek around the corner." These movement sentences lay the groundwork for creative movement stories to naturally emerge. Creative movement stories combine dramatic play with creative movement. Second Grade students at All Saints' Episcopal Day School were delighted to create, illustrate, perform and digitally preserve their own creative movement stories (see Illustration 2 and Photo 1). Try it out with your own children at their next play gathering and watch their imaginations flourish.

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Illustration 1



Illustration 2



Photo 1 - Student Demonstrates Falling in a Wide Drop

CRAFT: Valentine Card Ideas

Here are some fun ideas to get your child involved if they do valentines for their class, friends or family!



RECIPE: Fro-Yo Fruit Bites

delish.com

INGREDIENTS

- 1 1/2 c. plain yogurt
- 1/4 c. whole milk
- 2 tsp. honey
- 1/2 tsp. pure vanilla extract
- 1/2 c. blueberries
- 1/2 c. strawberries, quartered
- 1/2 c. raspberries

DIRECTIONS

- In a medium bowl, combine yogurt, milk, honey and vanilla and whisk until smooth.
- In an ice tray, distribute fruit in each of the cube molds.
- Spoon yogurt mixture over fruit, filling molds completely. Freeze for 5 hours, or until frozen solid.



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Use the same account on AmazonSmile as your regular Amazon account. Your shopping cart, Wish List, baby registry, and other account settings will all be the same. On your first visit to AmazonSmile, you will need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make will result in a donation.

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

Are There Benefits of At-Home Swimming Lessons Over Indoor Lessons?



Yes, it's more than just convenience!

There are many benefits of booking at-home swimming lessons beyond just convenience. The number one reason for teaching a child to swim in their own pool is for safety and ease of mind. According to the CDC, drowning is responsible for more deaths among children ages 1 to 4 than any other cause except congenital anomalies. Sadly, a majority of drownings that happen to children ages 1 to 4 are at their home swimming pool. At Kidtastics, LLC we strongly feel that this is due to the lack of barriers, lack of rules and respect for the pool and a child being unfamiliar with how to get out of their own pool. Our certified and professional swim instructors can help educate your family to reduce the factors that influence drowning. Having your child know the pool rules and be comfortable in their pool is key.

Take these factors into consideration when deciding between at-home lessons or an indoor swim facility.

1. At-home lessons make your child feel more secure being in their own environment; increasing their learning ability by reducing fear and giving them confidence. This creates a better learning environment which is key for your child's success.
2. Children need to know how to exit the pool from any location; the deep-end, the water fall, near the waterslide, etc. This allows them to be aware of their surroundings in case of an emergency.
3. At-home lessons give your child more one-on-one time with their instructor, who is also teaching them safety and respect for the water. This is as important for water safety as it is checking for cars when crossing the street.
4. The most obvious benefit of at-home swim lessons is convenience. When you use your own pool you do not have to pack to go anywhere. You save time and fuel by not having to drive, not to mention the headaches dealing with traffic. Plus you have more time to do things around the house or just have some quality "me time" while lessons are taking place.

These are just a few reasons why "at-home lessons" make sense for your child. A few of the not so obvious reasons for lessons at your home would be:

1. Home pools have a ledge unlike most indoor pools. Training your child to reach up and grab the ledge as they approach the side of the pool is extremely important. This is how your child will learn to exit the pool on their own. Don't teach your child it is as easy as reaching out in front of them to grab the ledge. Teach them the correct way, reach up!

2. Learning to float on their back with the outdoor elements can be tricky for all ages. To ensure water safety they need to practice back floating in an outside pool. Children do learn quicker in an indoor pool to back float because they have toys hanging from the ceiling and there is no sunlight in their eyes. If a drowning occurs outdoors, the skills they learned need to be "real life." They need to be able to perform their skills outdoors, not just inside where the water is the perfect temperature and there is no sun to shine in their eyes.

3. Instructors who come to your home, especially Kidtastics staff, will set and reinforce the rules that should be followed at every pool; in addition, to specific ones for your home. Kidtastics instructors will help parents establish the Do's and Don'ts which results in your child respecting the water and following the rules. We will be helping you to educate your family on drowning prevention.

4. If cost is an issue, why not make a playdate of it. Kidtastics does group lessons with multiple families. Why not invite others to join your kids? Kids love having their friends over. It saves money and our group lessons are usually more affordable than indoor lessons and your child is still receiving quality one-on-one instruction. The instructor is critical to your child's success. At-home swim lessons guarantees that your instructor will remain the same and will tailor the lessons specifically for your child or their group.

Kidtastics offers at-home swimming lessons from May through September throughout the Phoenix Valley. Private, semi-private and groups of 4 are easily done at your home with all ages. We customize the lessons based off your family needs. Our friendly, highly trained instructors come to your home, your community center, your friend's or neighbor's pool to help your child learn the importance and safety of respecting the water in order to prevent water emergencies.

Kidtastics philosophy is to balance fun, stroke development and water rescue techniques to ensure a well-balanced swimming foundation for your child. The company is passionate about developing water skills efficiently and effectively and creating a love for the water.

Kidtastics can also ensure you have a fun and safe pool party with our at-home lifeguards for all your event needs. Find out more at www.kidtastics.com/npcg and on Facebook: facebook.com/kidtastics



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.

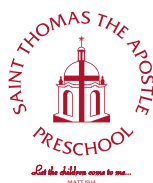
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