

Parent Times

March 2019



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President's Corner

Spring is here!!!

And you know what that means, Spring Break time and fun vacations! Or...if you are like me, bracing yourself (I mean getting so excited) for a full week with the kids at home! Whether you are nervous or excited, it's such a great time to get outdoors and enjoy fun activities with the kids we will not be able to do in a few months! Go to the park, venture to the Zoo, have playdates with other moms from your class. Everyone is in the same boat, so why not make it a social activity together! Activities outside the home always feel so much easier when you have the support and understanding of another mom by your side!

Now that March has arrived, that means voting for your new **2019-2020 Board of Directors!** We are so excited about the amazing Slate of Directors we are presenting to our members today! The Slate includes a wonderful group of members that have volunteered their time to help NCPG run smoothly and within budget, provide great instructors with relevant content to educate our members, curate fun events to allow our members to come together and create new friendships, foster strong partnerships in community that benefit our members, and most important, help represent the voices of their fellow members. **Please take time to VOTE on the Slate this week – the link will be emailed out TODAY!**

I hope to see everyone on SATURDAY NIGHT for “Belles and Beaus”, our Annual Spring Gala held at Arizona Country Club! This is such a fun event with music, dancing, dinner and drinks and most importantly an AMAZING Silent Auction! If you haven't already done so, **buy your tickets TODAY as prices will be \$15 higher at the door.** The Gala will have great raffle prizes as well including diamond jewelry donated by Schmidt Jewelers, packs of Disneyland Tickets and a 2019-2020 NCPG Membership!

I hope to see everyone on Saturday! Our next class will be Wednesday, April 10th. Until then, I wish everyone a fun and safe March with your families!

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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Public Relations: Rebecca Hogan
Fundraising Co-Directors: Kendra Scheer, Melissa Collins, Megan Hedstrom
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Transitional Director: Ashley Blalock

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

www.ncpgaz.org  us on Facebook: [ncpgaz](https://www.facebook.com/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

Front Cover – Kara Vahe's son Wyatt
Photographer – Aly Kirkpatrick, alykirkphoto.com

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Member to Meet Colleen Gautam

Kid's Name, Ages and Current Class:
Bodhi, 1 ½ year old, Class 1B

Spouse: Greg Gautam

How did you meet your spouse/partner:
Interning at Snell & Wilmer (law firm in downtown Phoenix)

Years married/together:
Together 10 years, married 5 years

Career or previous career:
I'm a lawyer - Vice President, Corporate Counsel at Valley of the Sun United Way

Favorite family vacation spot?
Hawaii

Favorite family spot to dine in town?
Hana

Do you have a hidden talent?
I'm really good at Mario Brothers 3 on the original Nintendo.

Favorite date spot or activity when you are child-free?
Atlas Bistro

Favorite children's book to read?
Brown Bear and Giraffes Can't Dance

Favorite adult book to read?
Any book by Kristin Hannah

Where were you born and raised?
My dad was an FBI agent so we moved every 3 or 4 years; I've lived in Connecticut, Virginia (twice), New York, California, Hawaii (twice), and now, Arizona for the past 13 years.

What do you miss most about being a kid?
Summer vacation!

How do you balance meeting your children's needs as well as your own?
I put out whatever fire is the most immediate.

If you could give your pre-baby self advice, what would it be?
Really enjoy and appreciate doing whatever you want, whenever you want.

Who introduced you to NCPG and for how many years have you been a part of the group?
Rebecca Hogan, this is my second year

Best thing learned in NCPG?
Mindfulness!



TUCKER BLALOCK

Managing Broker & Co-Founder

TUCKER@THEBROKERYAZ.COM

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4 NCPG Parent Times

NCPG Parent Times 5

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

April 10**
April 24
May 8**
***Parent Times magazine distributed.*

Board Meeting Schedule

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 photo spread for Parent Times will be pictures from our Belles & Beaus Gala!



Send us your photos from the gala so we can show how much fun we all had!

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.

Early Bird Membership!!

Early Bird Registration for returning members starts April 1st
Discounted rate of \$250 during the month of April, and regular rate of \$300 for registration after May 1st. Register early online at ncpgaz.org so we can guarantee your placement for 2019 - 2020.

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.



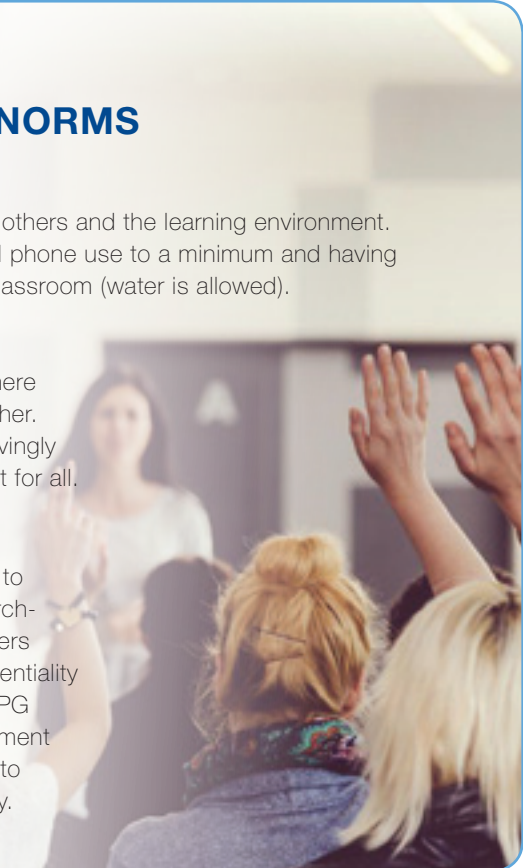
Education

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

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 THE NEXT PAGE!!

MOM'S NIGHT OUT

NEW DATE!!!!

Thursday, March 28th
6:30-8:30 pm
The Collins Small Batch Kitchen

NCPG PLAYDATE

Tuesday, April 2nd
4-6:30 pm

Sky Zone
4857 E Greenway Rd, Suite A,
Scottsdale 85254

SPRING FESTIVAL

Saturday, April 13th
All Saints Episcopal Day School

Beaus & Belles

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?

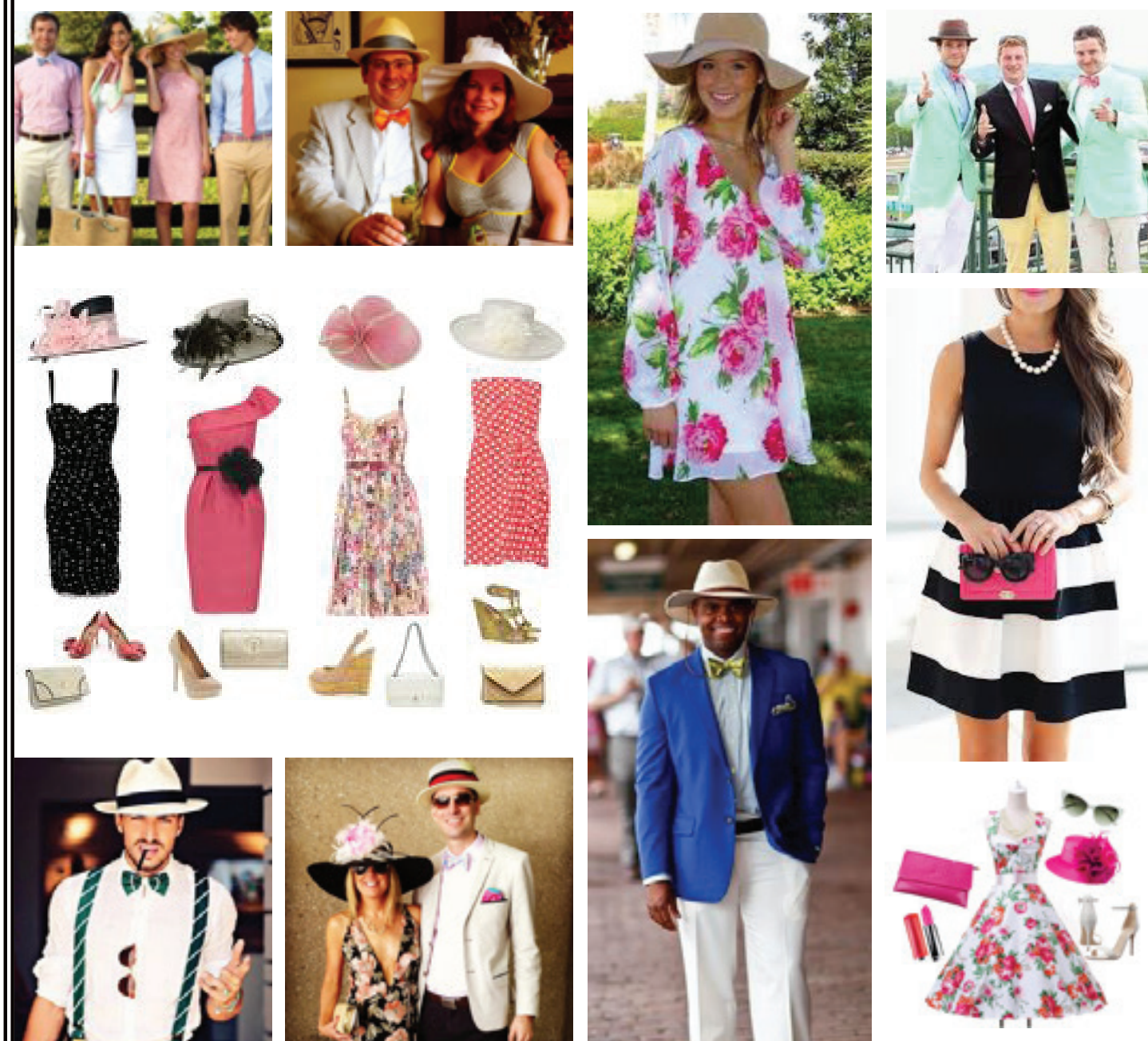
Use code **NCPGGALA** to get a discount from Busy Bee for March 9th. Please visit ncpgaz.org for all links to register and additional information.

GOT CONNECTIONS?

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

What to Wear

NCPG SPRING GALA OUTFIT IDEAS



TODDLER TIME

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GYMNASTICS CLASS

Creative Bridges Co-Op/ Orangewood Presbyterian
7321 N. 10th Street, Phoenix, 85020

Friday Gymnastics Classes: Jan 11th - May 3rd

• **Ages 1-2** (parent must attend class) -
10:30 - 11:00am: \$10 per class

• **Ages 2-4** (beginners/ No Parents) -
11:15-11:45am: \$14 per class

• **Ages 2.5-4** - 1:00-1:45pm: \$14 per class

• **Ages 3.5-5** - 1:45-2:30pm: \$14 per class

www.kidtastics.com

480 - 994 - KIDS

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*Call for other locations

KIDTASTICS

2019 Spring Festivals for Families

RaisingArizonaKids.com

ARIZONA ALOHA FESTIVAL (MARCH 8-10). Experience the sights, sounds and flavors of Hawaiian culture at the 25th annual Arizona Aloha Festival. Enjoy songs and dances from the islands, plus traditional crafts, travel information and kid activities at Tempe Beach Park.

OSTRICH FESTIVAL (MARCH 8-10). A festival, a fair and a parade! The 31st annual Ostrich Festival is a community and family event featuring live ostrich races, ostrich-themed activities and local and regional music, dance and entertainment. Performers include Flo Rida, The Commodores, and Andy Grammer in Chandler's Tumbleweed Park.

ART DETOUR (MARCH 14-18). Downtown Phoenix's original art walk and longest-running arts festival celebrates its 31st anniversary. Step into 100 artist studios, galleries and pop-up spaces and enjoy cultural performances and family-friendly activities, including the 12th annual Mutant Piñata Show.

SCOTTSDALE ARTS FESTIVAL (MARCH 8-10). This three-day celebration of art, music, food and family fun offers more than 150 juried artists, continuous live music and entertainment, gourmet food trucks and tons of creative activities for kids at the Imagine Nation Family area. All ticket holders get free admission to the Scottsdale Museum of Contemporary Art.

ST. PATRICK'S DAY PARADE & FAIRE (MARCH 16). It's the 36th annual St. Patrick's Day Parade and Irish Family Faire in downtown Phoenix! The 10 a.m. parade travels south from Third and Sheridan streets to Willetta Street and includes marching bands, Irish step dancers, bagpipers, floats and more. The Faire follows at Margaret T. Hance Park with three stages of performers, food and craft vendors and merchandise.

ARIZONA BAO FESTIVAL (MARCH 24). More than 10 local businesses will be making steamed buns, gua bao, BBQ pork buns, sweet buns and other inspired dumpling creations at Unexpected Venue in Phoenix.

TEMPE FESTIVAL OF THE ARTS (MARCH 29-31). As many as 375 artist booths line Mill Avenue and the surrounding streets during this three-day festival weekend. Kids Block is a hands-on interactive block for young artists and a youth exhibition featuring more than 300 student works from around the Valley; items will be on display and for sale Saturday and Sunday. Chalk-A-Lot Street at Fourth and Mill features professional chalk muralists competing for awards, and the public can contribute their own chalk art. Plus, food and beverage vendors and live entertainment.

PHOENIX PRIDE FESTIVAL (APRIL 6-7). Last year more than 40,000 people visited this festival which includes six stages and over 300 exhibitors with food, shopping and community resources. Also available, a kid spaces, dance pavilion, food vendors and more. 12-9 p.m. \$25-\$90; discounts for ages 13-17; free for ages 12 and younger. Steele Indian School Park, 300 E. Indian School Road, Phoenix. phoenixpride.org

SCOTTSDALE CULINARY FESTIVAL (APRIL 13-14). Sample tastes from some of Arizona's best restaurants while enjoying culinary demos and live music from 80s group Berlin on the Civic Center lawn. A family fun area has games, crafts and prizes. 12-9 p.m. Saturday; 12-6 p.m. Sunday. \$12-\$125; Free for ages 12 and younger. Scottsdale Civic Center Mall, 7380 E. 2nd St., Scottsdale. scottsdalefest.org/scfweekend

FRENCH FRY & MUSIC FESTIVAL (APRIL 20). For every time you passed a drive-thru despite your french fry craving, your reward is now. The inaugural French Fry & Music Festival, produced by the same people behind Phoenix Pizza Festival and Downtown Donut Festival, gathers over 20 fry vendors offering the salty creations. There will also be musicians, bands, DJs, and beer and wine at Margaret T. Hance Park.

HARU IN THE GARDEN (APRIL 23). Usher in the spring season with Asian fusion dancing, Japanese folk music, Chinese traditional string musicians, Taiko drumming and a Sapporo beer garden at Japanese Friendship Garden in Phoenix.

FESTIVAL OF TALES (APRIL 27). Enjoy a fun day of reading, literacy and cultural activities for children — including storytelling, arts and crafts, games, face painting, live music and food trucks. The event brings books to life and provides nearly 5,000 free books to children. The free-to-the-public event is staffed and funded by Paradise Valley Community College students, staff and volunteers and the nonprofit Southwest Human Development.

NCPG & amazon smile

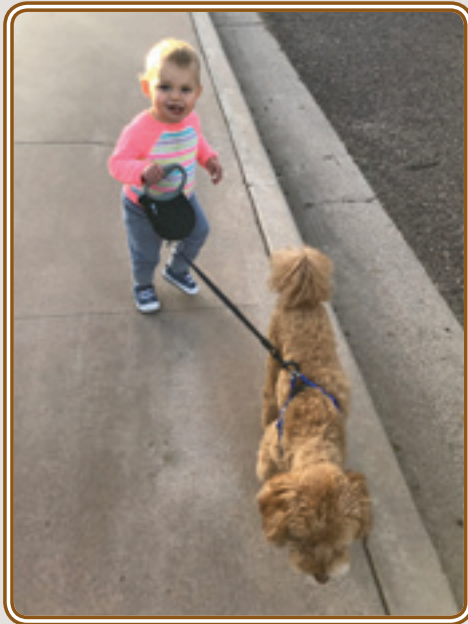
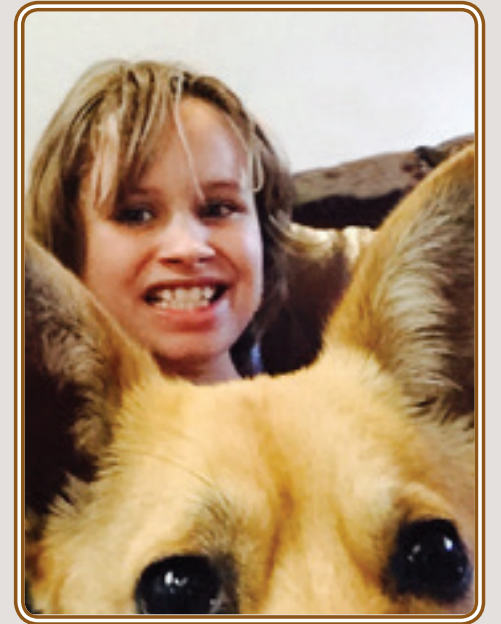
This is a simple and automatic way for us to support NCPG every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to North Central Parenting Group.

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



NCPG KIDDOS AND THEIR BEST FRIENDS





LOVE LANGUAGES MYSTERY GAME



FOR CHILDREN

To Get Started:

Each clue box has two comments that parents sometimes make to their children.

Read each clue box and, of the two comments, pick the one you like better and wish your mom or dad would say to you. Then circle the letter that goes with that comment. Be careful and only circle one letter in each clue box! After you've gone through all 20 clue boxes, go back and count how many A's, B's, C's, D's, and E's that you circled. Then write your scores in the blanks at the end of the game. Ask your mom or dad for help if you have any questions. And have fun unlocking the love language mystery!

The 5 Love Languages

- | | |
|--|--|
| 1 A Give me a hug! | 11 A I'm going to give you a big hug! |
| B You are terrific! | B You are an awesome kid! |
| 2 C I've got a special birthday present for you! | 12 C I made your favorite food. |
| D I'll help you with your project. | D I checked your homework, and it looks great! |
| 3 E Let's go to a movie. | 13 E You are fun to hang out with! |
| A Give me a high-five! | A I'll race you! |
| 4 B You are so smart! | 14 B Wow! You did it! |
| C Have you made your Christmas list? | C Check under your bed for a special present! |
| 5 D Would you help me cook dinner? | 15 D I cleaned up your room for you. |
| E I like going to fun places with you! | E Let's play a game together. |
| 6 A Give me a kiss! | 16 A Would you like for me to scratch your back? |
| B You are #1! | B You can do it! Don't give up! |
| 7 C I've got a surprise for you. | 17 C What would you like for your birthday? |
| D We can make something really cool. | D We can pick up your friend on the way to the movie. |
| 8 E Let's watch TV together! | 18 E I always like doing stuff with you. |
| A Tag, you're it! | A You are so huggable! |
| 9 B You did a great job! | 19 B How did you know how to do that? You are brilliant! |
| C You've earned a special surprise! | C I can't wait to give you your present! |
| 10 D You can invite your friends. | 20 D Don't worry! I'll pick you up on time! |
| E Let's go to your favorite restaurant. | E Let's spend the day doing whatever you want to do! |

SOLVE THE MYSTERY!



LOVE LANGUAGES MYSTERY GAME



FOR CHILDREN

• How many A's did you circle? _____

A's stand for physical touch. People whose love language is physical touch like to receive hugs, kisses, and high-fives.

• How many B's did you circle? _____

B's stand for words of affirmation. People whose love language is words of affirmation like for others to use words to tell them that they are special and that they do a good job.

• How many C's did you circle? _____

C's stand for gifts. People with the love language of gifts feel good when someone gives them a special present or surprise.

• How many D's did you circle? _____

D's stand for acts of service. A person whose love language is acts of service likes it when others do nice things for them such as helping with chores, helping with school projects, or driving them places.

• How many E's did you circle? _____

E's stand for quality time. People with the love language of quality time like it when others do things with them like play a game, watch television, or go to a ballgame.

To Solve the Love Language Mystery:

Look at your scores. The highest score represents your primary love language—how you most like to receive love. This doesn't mean the others aren't important, it just means that this is your favorite.

CONGRATULATIONS!

You've solved the love language mystery game and discovered your love language. Good job! Make sure to share the results with your parents.

FOR MOM AND DAD



For more information about the 5 love languages for children, please visit 5lovelanguages.com.

The 5 Love Languages® for Children® is available for purchase online or at bookstores everywhere.



A Perfect Pet for Peyton, a 5 Love Languages Discovery Book, tells an entertaining and playful story of five children who each, with the help of Mr. Chapman and the unique pets at his special emporium, discover their own personal love language. Based on the concepts found in Gary's highly successful *The 5 Love Languages*, parents and children alike will experience firsthand the power of the love languages as they snuggle up and spend precious time together reading this book over and over again.

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[/DrGaryChapman](https://twitter.com/DrGaryChapman)

[/5LoveLanguages](https://www.facebook.com/5LoveLanguages)

Get the app on iTunes!

Secondary Infertility

by Southwest Fertility Center




Planning to expand your family can be an exciting time, but for some, it can be stressful and devastating — even for couples who already have one or more children. Many couples are unaware that the inability to become pregnant after previously having at least one child is common and known clinically as secondary infertility. In contrast to primary infertility, where a woman has never been able to conceive, secondary infertility often comes as a surprise given the couple's previous history of conceiving and birthing their first child. In fact, secondary infertility is becoming increasingly common and now comprises up to 30% of reasons why couples seek fertility treatment. Current statistics show that more than 3 million women in the US have trouble conceiving after previously having at least one child.

The causes of both secondary and primary infertility are similar and use comparable diagnostic tests to determine the underlying cause. These causes can include: uterine, ovarian, tubal, and male factors related to fertility. Evaluations with a fertility specialist are generally recommended when a female < 35 years old is unable to conceive after one year of trying or at least 6 months if she is > 35 years old. These recommendations are the same regardless of number of prior children.


As parents begin to delay planning for subsequent children, advanced female age becomes a prevalent factor in causing secondary infertility. Moreover, contrary to popular belief, female fertility decreases more rapidly at age 37, opposed to the common misconception of age 35. The reason for the abrupt change in fertility at age 37 is due to a more rapid decrease in the number of eggs and the increased likelihood of the remaining eggs carrying abnormal chromosomes. When these eggs are fertilized, many of these embryos result in chemical pregnancies, miscarriages, and a few specific chromosomal abnormalities can be born viable such as Down syndrome.

Given the increased risk of having a miscarriage from a chromosomally abnormal embryo, one treatment option for older patients is to do in vitro fertilization (IVF) with preimplantation genetic testing (PGT-A/PGS). This technique involves undergoing IVF and testing the embryos prior to transferring them to assure it is a chromosomally normal embryo, thereby



Dr. Sujatha Gunnala is proud to introduce

Dr. Vinay Gunnala



Dr. Sujatha Gunnala and the entire Southwest Fertility Center family are overjoyed to welcome her youngest son, Dr. Vinay Gunnala, to the practice that has been providing fertility care to patients in Arizona for over 4 decades.

Born and raised in Phoenix, Vinay is thrilled to return home and begin his career at Southwest Fertility Center under the guidance and mentorship of his mom. Vinay specializes in all aspects of reproductive medicine including reproductive surgery, ovulation induction, and IVF with and without pre-implantation genetic testing. Dr. Gunnala brings aspects of the state-of-the-art medical training he received during his fellowship at Cornell, but more importantly, Vinay shares the SWFC beliefs of combining the highest level of clinical practice with compassionate, personalized care.

Next Generation
Continued Quality

PHOENIX 3125 N. 32nd St, Suite 200 **MESA** 1520 S. Dobson Rd. Suite 214
(602) 956-7481 / southwestfertilitycenter.com

decreasing the risk of a miscarriage. In fact, preimplantation genetic testing is becoming increasingly common and can also be used electively for gender selection and family balancing.

There are advantages to in vitro fertilization (IVF); however, many are surprised to learn that fertility treatment does not always equate to IVF. The reality is that there are a variety of treatment options available to women with secondary infertility as well as primary infertility. These options sometimes include surgery or less invasive treatment such as intrauterine insemination (IUI) with or without oral medications. Ultimately, treatment options will depend on the diagnostic workup of the couple and should be tailored to the couple's wishes and desires. The overall comfort of the couple going through fertility treatment is just as important as the treatment itself and therefore the patient experience through this stressful time should not be underestimated.

Secondary infertility is common and increasing in prevalence. It is important to remember that there are various treatment options available to those struggling to conceive. The difficulty to conceive is not only stressful, but is also unique for all couples. Hope and perseverance are two simple qualities, which will be useful regardless of a couple's fertility journey. I can promise that at Southwest Fertility Center we will be there for every step of that journey.





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TURN TANTRUMS INTO TALKING

by Amy Maschue, M.S. CCC-SLP & Mom of 8



We've all been there. You've got to go but your little guy doesn't want to get in the car. You wrestle him in and breathe deeply as he cries. Why do tantrums happen? He knows how to talk. Tantrums are essentially communication breakdowns. They're your child's ultimate go-to when other communication attempts fail. To turn tantrums into talking words need to be the most effective and efficient way for your child to get what he wants.

Tantrum are emotional responses. When your emotions are running high the efficacy of your reasoning and communication skills is lessened. Because moments of high frustration also negatively affect your child's communication, the best way to reduce tantrums is to practice and grow communication skills in the midst of positive interactions that are abundant each day.

Between ages two and four, your child knows more than his developing communication skills allow him to express. This knowledge/production mismatch is often the source of communication breakdowns (aka tantrums) but is thankfully balanced by a genuine excitement to communicate. Speech and language skills develop because your child is a natural code breaker. He listens to what is said and watches what is done around him to detect patterns of sounds to say words, grammar to produce sentences and relationships between people and things to learn new vocabulary and social skills. Next, your child tests these patterns by doing and talking. Through interactions with others, he determines if his patterns are correct or need modification. The increased communicative competence that naturally results from this pattern detection and production process reduces communication breakdowns by making your child a more effective an efficient communicator with a wider array of repair strategies.

The best way to maximize your child's communication is to model the speech and language patterns that give him the biggest bang for his communication buck in daily conversation. By modeling the patterns that are considered critical milestones in communication development you can be sure that your child is acquiring the knowledge about sound, grammar, vocabulary and social concepts that is necessary to be a successful communicator. Further, daily activities are the best learning environment for young children because they naturally provide repeated opportunities to notice, practice and modify new speech and language patterns without adding to the demands of a family's already busy schedule >>>>>



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Communication Patterns to Highlight in ANY Daily Activity	Getting-In-the-Car Examples
Talk about sounds (Specific Sounds and Rhyme)	"SSS...Seat, Stop, Steering wheel all start with the s sound. "Belt, melt, welt...they rhyme!"
Talk about action and location words (Verbs and Prepositions)	"I am putting your arm under the strap." "I buckled the belt. It's on your lap."
Talk about more than one (Plurals and Sequence Words)	"Our car has five seats." "First we need to buckle in, then we can drive to the swings."
Talk about you and me (Pronouns and Perspective)	"I like taking you to the store. You love getting apples." "This seat is mine and the blue carseat is yours."

Turning tantrums into talking really is easy and can be done in any activity. You'll be successful even if you only do it in the minutes it takes to get your child in/out of the car! Here's a few ideas to get you started.

Modeling these patterns in the activities you already do with your child will work to reduce tantrums because words will work better but the best result of these efforts will undoubtedly be the fun you have watching your child learn and grow into a strong communicator. Pick an activity. Pick a pattern. Go have fun!

Amy Maschue, M.S. CCC -SLP & Mom of 8 is a parent at Saint Thomas the Apostle School (STA) who is actively involved in the school community. Mrs. Maschue over sees STA's School Tuition Organization (STO) information sessions as well as coordinates our used uniform sales. Her expertise and commitment to communication and language development is an asset to our community.

Irish Soda Bread Muffins

For St. Patrick's approaching, try a traditional soda bread to celebrate!

Prep: 10 m, Cook: 20 m, Ready: 30 m

INGREDIENTS

- 3 cups all-purpose flour
- 1 cup raisins
- 1/2 cup white sugar
- 2 tablespoons white sugar
- 1 tablespoon caraway seeds
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 teaspoon baking soda
- 1 3/4 cups buttermilk
- 1 egg
- 1/4 cup butter, melted



DIRECTIONS

- Preheat oven to 400° F (200° C). Line a muffin tin with paper liners.
- Mix flour, raisins, 1/2 cup plus 2 table-
spoons sugar, caraway seeds, baking powder, salt, and baking soda in a large bowl.

- Whisk buttermilk and egg together in a small bowl. Stir into flour mixture. Fold butter into the batter.
- Spoon batter into the prepared muffin tin.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 30 minutes.



Rainbow Cookies

Moist, mellow, and full of almond flavor.

Prep: 45 m, Cook: 10 m, Ready: 10 h 30 m

INGREDIENTS

- 8 ounces almond paste
- 1 cup butter, softened
- 1 cup white sugar
- 4 eggs, separated
- 2 cups all-purpose flour
- 6 drops red food coloring
- 6 drops green food coloring
- 1/4 cup seedless red raspberry jam
- 1/4 cup apricot jam
- 1 cup semisweet chocolate chips, melted

DIRECTIONS

- Preheat oven to 350° F (175° C). Line three 9x13 inch baking pans with parchment paper.
- In a large bowl, break apart almond paste with a fork, and cream together with butter, sugar, and egg yolks. When mixture is fluffy and smooth, stir in flour to form a dough. In a small bowl, beat egg whites until soft peaks form. Fold egg whites into the dough. Divide dough into 3 equal portions. Mix one portion with red food coloring, and one with green food coloring.
- Spread each portion into one of the prepared baking pans.
- Bake 10 to 12 minutes in the pre-heated oven, until lightly browned.

- Carefully remove from pan and parchment paper, and cool completely on wire racks.
- Place green layer onto a piece of plastic wrap large enough to wrap all three layers. Spread green layer with raspberry jam, and top with uncolored layer. Spread with apricot jam, and top with pink layer. Transfer layers to a baking sheet, and enclose with plastic wrap. Place a heavy pan or cutting board on top of wrapped layers to compress. Chill in the refrigerator 8 hours, or overnight.
 - Remove plastic wrap. Top with melted chocolate chips, and refrigerate 1 hour, or until chocolate is firm. Slice into small squares to serve.



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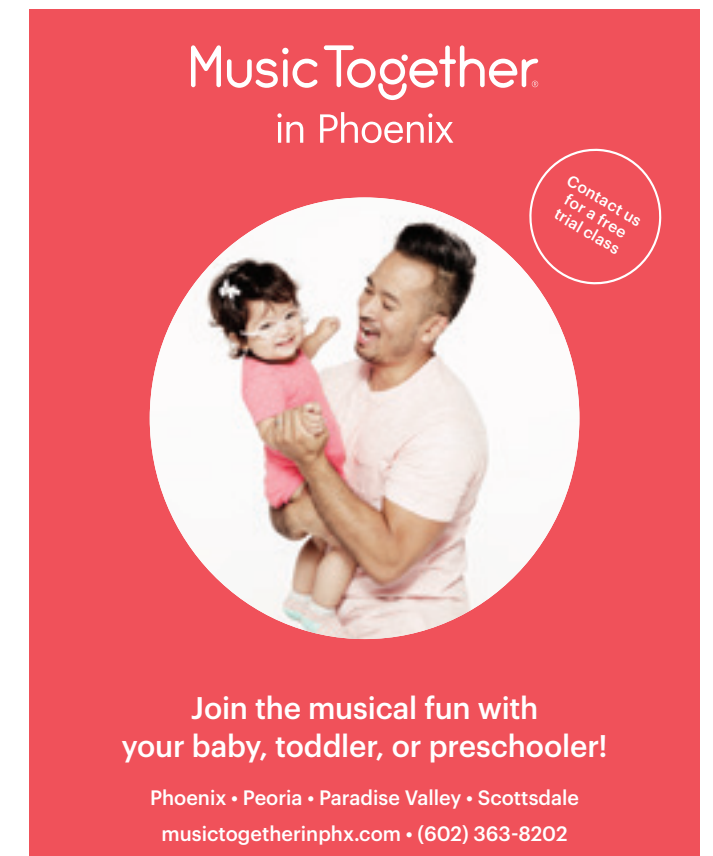
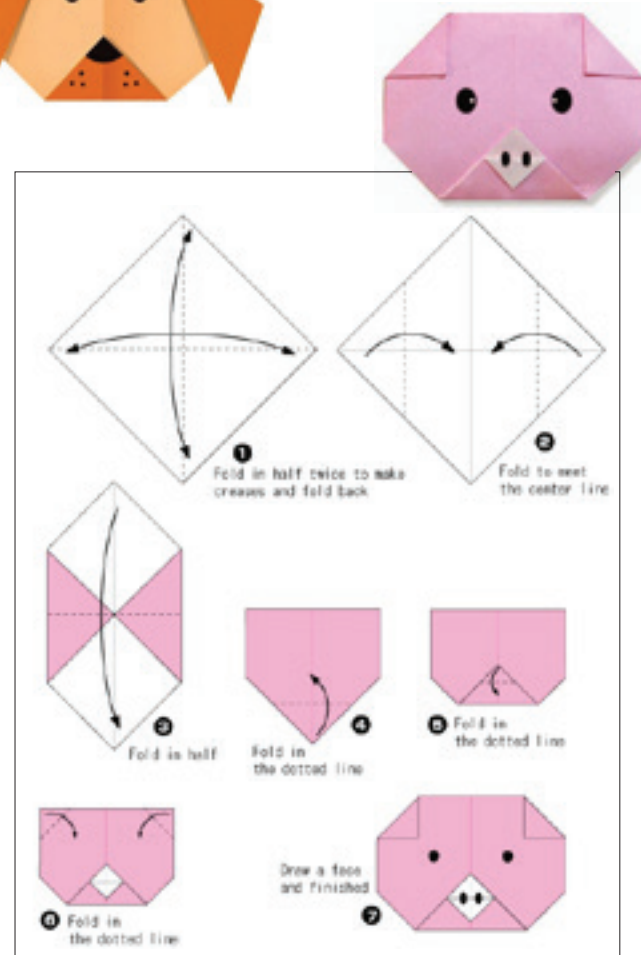
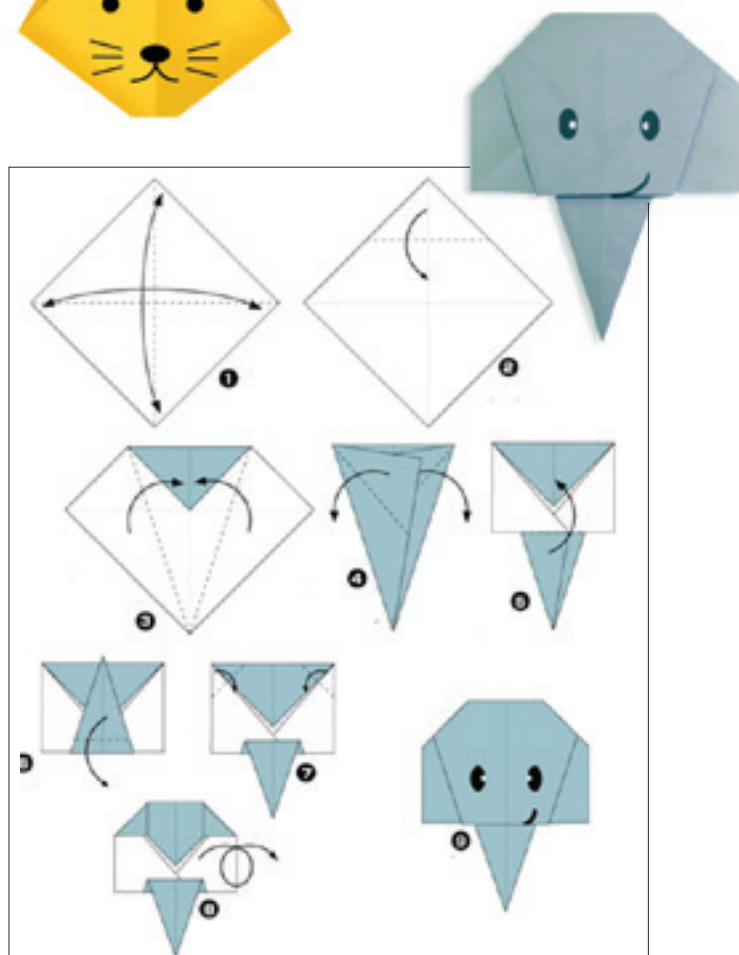
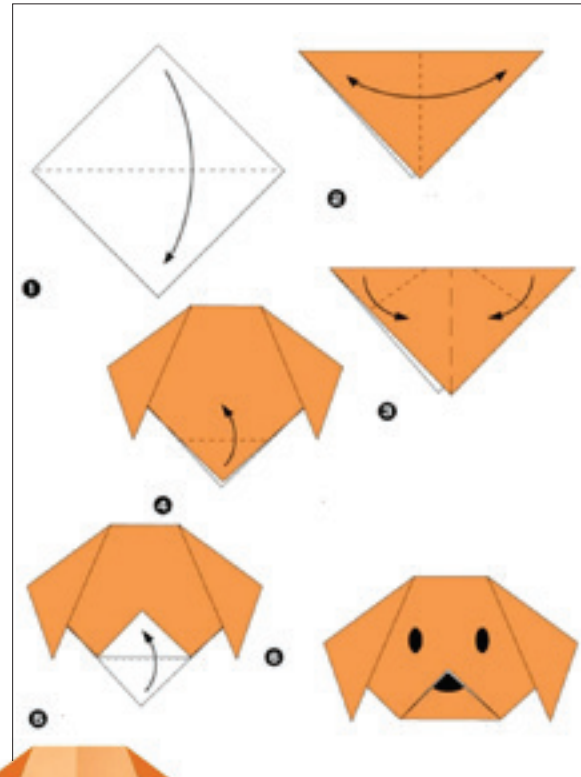
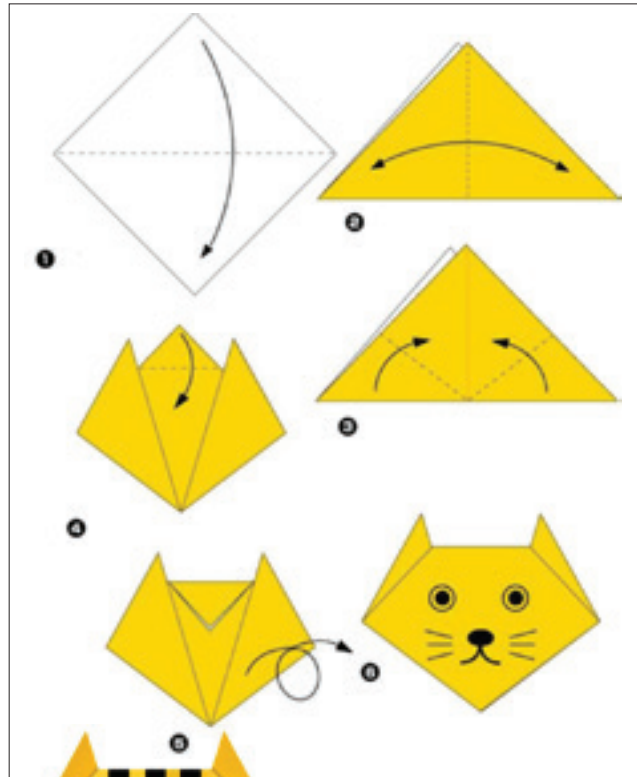
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