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May 2019



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Presidents' Corner

To the entire NCPG Community,

It's bittersweet that I'm writing my final letter as your President. This past year has been such a pleasure to serve as the President of NCPG. Even more, it has been so rewarding to serve alongside such a dedicated, fun, and hard-working group of women on the Board of Directors! The women on this Board have been such an amazing support system, building up one another, and promoting a welcoming and fun environment to work in. You killed it this year girls!!! Thank you for your time and service to NCPG! I am so happy to be turning NCPG over to my friend, Megan Garvey, and I'm so excited to see the amazing leader she will be in the 2019-2020 year.

Lastly, to Tiffany Kaufman, my Vice President, right hand, and true leader behind the scenes, THANK YOU one thousand times over for all that you do! Without you, this year would have never been then same! Megan – you are one lucky girl to be able to work alongside Tiffany next year as your VP! Love you Tiff!

xo,

Stacy Medeiros, *NCPG Outgoing President, 2018-2019*

Dear NCPG Members, Teachers and Sponsors,

Thank you for the great honor of serving as your Membership Co-Chair this past year and as your incoming President for this next year! NCPG has meant so much to me and my family since relocating to Arizona and joining this phenomenal organization just over two years ago. I am so grateful for the opportunity to volunteer alongside such strong women that help to lead, educate, and charter such an amazing and fulfilling organization, and I am committed to seeing NCPG thrive in this coming year.

A special THANK YOU to Stacy Medeiros, Tiffany Kaufman, and the entire 2018-19 NCPG Board! Your exceptional leadership and enthusiasm contributed to NCPG's enormous success this year. I am forever grateful for your mentorship and sincerely thank you all for your hard work to support such an outstanding organization in the lives of so many local families. Without you, we would not be where we are today! For those of you leaving the Board in May, THANK YOU for your service and dedication. For those new women joining Tiffany and I, get ready - we have an exciting and rewarding year ahead of us!

Hope that you all enjoy this summer with your families, and I look forward to seeing everyone back in September!

Megan Anderson Garvey, *NCPG 2019-2020 President*

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.

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north central parenting group



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Parent Times

Members, this monthly magazine is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at communications@ncpgaz.org. Thanks for your help!

Editors – Kelly Anderson & Chandra Petelin

Designer – Neill Fox, foxnoggin.com, neill@foxnoggin.com

Front Cover – Priya Patel

Photographer – Artistic Impressions by Mara



Member to Meet

Kathy Fox

Member & Class: Kathy Fox, School B (Grades 4-6)

Child & Age: Nate Fox, 13 years old.

Spouse: Neill Fox, Owner of Foxnoggin Thinking Design and graphic designer of NCPG *Parent Times*!

How did you meet your spouse/partner? We met at an advertising agency we both worked at where we became the best of friends... and still are.

Years married/together: We've been an item for 25 years and married 18 years.

Spouse/partners favorite date night spot: Dinner somewhere different (we love to experience new things) and a movie or concert, especially with our favorite local band, Roger Clyne & The Peacemakers.

5 words to describe you: Creative, fun, quirky, OCD-organized, memory like a rolodex!

Favorite family vacation spot: Seattle, Washington & Rocky Point/ Puerto Peñasco, Mexico.

Favorite family spot to dine in town: For breakfast, OHSO is a favorite. Taco our dog loves to join us! Lunch at Flowerchild! Dinner at Farm & Craft.

Favorite date spot or activity when you are child-free: Ingo's is a favorite middle of the week break. Just the right amount of time to catch up and keep life going.

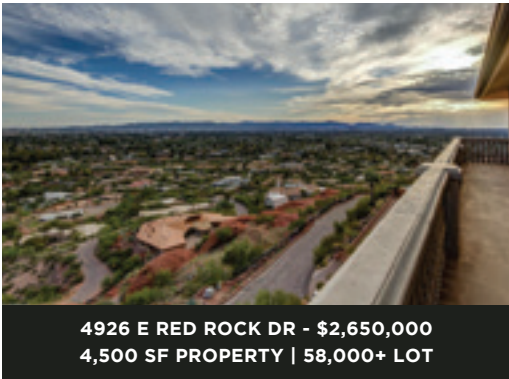
When you have 30 minutes of free time what do you do? Gardening. From planning, planting and picking weeds. There is something so zen for me when I get my hands in the dirt and create.

What's your favorite thing to do with your child? Now that we have a teenager fighting for his independence and hormones flying everywhere, it's challenging. Favorite things to do are just being in the moment and joining in whether it's a goofy dance party or trying to keep up with the lingo...spontaneous is key! Family hikes, bikes and camping trips are always top of the list!

What is yor favorite family tradition? Holiday Christmas calendar with our son Nate's custom drawings. >>>>>>>

Best parenting advice given to you: Don't sweat the small stuff! Life is too short and no one is perfect.

Who introduced you to NCPG and for how many years have you been a part of the group? A good friend, Monica McQueen introduced me to NCPG 13 years ago. At 10 years, I almost called it quits thinking I'd learned all I needed. So glad I stuck it out and NCPG continued to add more age groups that include the adolescent years. So grateful to have found this group!



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- Ages 2.5-4** - 1:00-1:45pm: \$14 per class
- Ages 3.5-5** - 1:45-2:30pm: \$14 per class

JOIN AT ANY TIME.



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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
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Class Dates

Please stayed tuned as we will have our 2019/2020 Class Schedule finalized & released soon!

Board Meeting

June 3

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

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.



Send Us Your Summer Photos!

Send us your photos over the summer so we can show what fun things you all do in our newsletter for our September issue! Also, any new babies born over the summer we would love to share all our "mini" NCPG members with everyone.

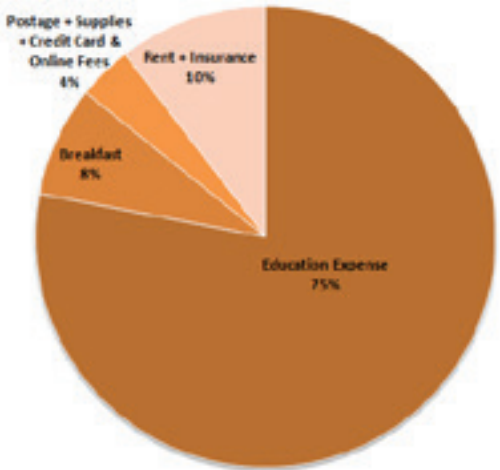
Please send all birth announcements, snapshots of NCPG kids and parents, and professional photos to be considered for the front cover to communications@ncpgaz.org.

Membership

Don't forget to register for your NCPG 2019-2020 Membership before summer! The annual membership fee is \$300 and registration is now open to new members. Classes are filling quickly, so don't delay to secure your class placement!

MEMBERSHIP FEE BREAKDOWN

100% of Membership Fees collected support the expenses at right.



SPONSORSHIP & FUNDRAISING FEES SUPPORT:

- Spring/Fall Festival
- NCPG Cares
- Mom's Night Out
- Play Dates,
- Parent Time Magazine
- Member Swag
- Public Relations

TO REGISTER:

- 1 Submit form online at <http://ncpgaz.org/join-ncpg>, or
- 2 Mail in your completed form with payment information to the address provided on the form.

PLEASE NOTE: Class placement assignments will be made in the order that they are received. Please email membership@ncpgaz.org with any questions or concerns.

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.

11 Weird Facts About Babies

I don't have kneecaps!

www.pregnantchicken.com

I'm going to throw something out there that might be unpopular, but I'm of the firm belief that babies are weird AF. This doesn't mean I don't appreciate their cuteness or their delicate yet divine milky smell, because even thinking about tiny babies leaves me making this face:

But still!

There are all kinds of weird facts about babies. Don't believe me? Read on.



1 Newborns can't taste salt.

Until around 4-5 months, salt is a mystery to tiny humans. Sweet, bitter, and sour though are all detectable from day one. Is it a coincidence they can't taste salt at the same time mom is sweating so much she could float an ocean liner? Science should look into that.

And while we're on the subject of taste...They have about 3 times as many taste buds as an adult. So

yes, those mashed carrots DO taste like death, hence the face.

2. They cry without tears for the first few weeks of their life.

Just to clarify, they'll definitely cry for a significant portion of those first few weeks of their life. There just won't be tears running down those itty-bitty baby cheeks because it takes about 3-4 weeks for their tear ducts fully develop.

3. Speaking of crying, babies cry with mom's accent.

Studies performed at the University of Würzburg found the pattern of a baby's cry reflected the characteristics of their mother's native language. Researchers were able to tell the difference between French and German babies based solely off their cry patterns. Cool, non?

4. They like to face right.

Most babies have a head-turning preference. Only 15% of babies prefer to turn their heads to the left when lying on their backs.

5. Newborns can recognize mom's voice from just one syllable.

Superpower or annoying factoid that will haunt you in a few years when they ignore everything you say? I'll let you be the judge.

6. They are hormonal AF.

Leftover hormones from mom can cause some bizarre (but totally normal) newborn surprises. Female babies can have bloody discharge (called pseudomenstruation), and some female AND male babies can lactate. Give 'em a couple weeks and those hormones will settle down.

7. 4.5 babies are born worldwide every second.

This isn't so much a weird fact as it just downright surprising when you run the numbers. (Happy birthday to the 4.5 babies born while you read that fact).

8. Babies can remember songs they heard in utero for up to 4 months.

Baby not sleeping? Try pumping up the jams to whatever was your go-to musical crutch during your pregnancy. Just remember that if you listened with ear buds, it ain't gonna help.

9. Babies don't have kneecaps.

Now before you feel the urge to see if your baby's legs will bend in ungodly angles, stop. They have

cartilage that will eventually turn into kneecaps in place, but until they are about 6-7 months, they are rockin' soft knees.

10. Some babies can sleep with their eyes open.

Nocturnal lagophthalmos is the sciency name for sleeping with your eyes open. Add it to the list of things babies do that are totally normal but also pretty kooky dook when compared to their older counterparts.

11. They can breathe and swallow at the same time.


Go ahead and see if you can still do it, I'll wait. See? You can't. At around 3 months, your larynx moves down from your sinus into your throat taking away your ability to breathe and swallow simultaneously.

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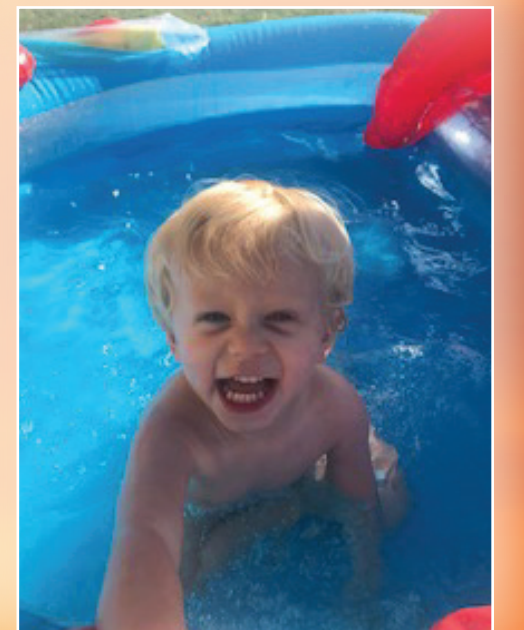
Born and raised in Phoenix, Vinay is thrilled to return home and begin his career at Southwest Fertility Center under the guidance and mentorship of his mom. Vinay specializes in all aspects of reproductive medicine including reproductive surgery, ovulation induction, and IVF with and without pre-implantation 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.

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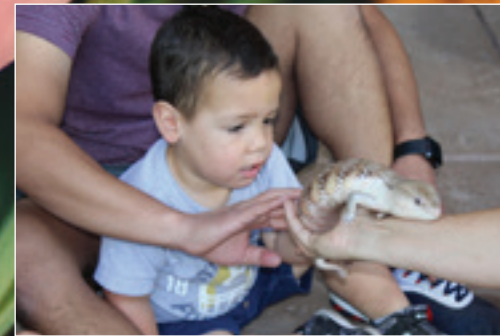
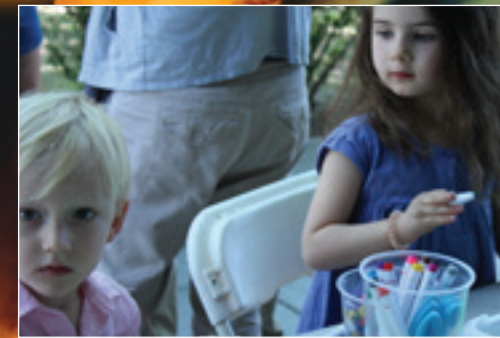
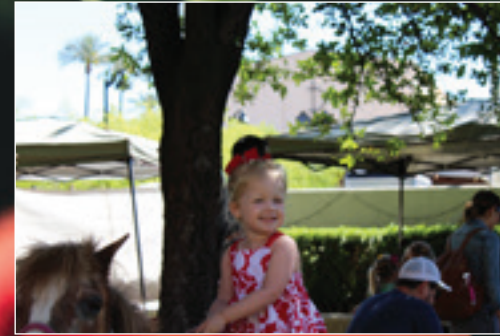


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NCPG SPRING FESTIVAL 2019



Why Time Away From Kids Is So Good For A Marriage

By Rita Templeton,
Love & Marriage

Marriage is hard, but marriage with kids is even harder. In fact, studies have shown that the rate of relationship decline is almost twice as fast among parents versus childless marriages. I'm no scientist or psychologist, but I am married with four kids. So while I can't back my theory up with facts, I can say from personal experience that the likely culprit is probably just tiredness.

Because parenting is hard, man.

Kids, and their care, suck up the majority of our focus. And it's like a marathon: long, unrelenting, and we push through even when we're exhausted (which is, basically, every damn day). Breaks come few and far between, if at all, and they're almost never enough to make us feel fully recovered. So while we're pounding the proverbial pavement of parenthood, our marriages are made less and less of a priority, and we hope they'll self-sustain while we get down to the business of raising our children.

That's where my husband and I have been lately, passing like two ships in the night. He works at least 60 hours per week, every week. I work, too, and two evenings a week I teach classes at a gym, so I leave as soon as he walks in the door. The days when I'm not teaching, we're shuttling kids back and forth to Scouts and basketball practice. And even if there's none of that, there's always an endless stream of homework and school projects and appointments.

We fall into bed sometimes barely having seen or talked to each other at all, our intimacy reduced to a peck on the lips before the snoring commences (his, of course, never mine). We love each other deeply, but even the best relationships require connection – and against the backdrop of a hectic shared life, moments to connect are not always easy to come by.

But recently, thanks to the combined efforts of my husband's hard work and the generosity of the kind of boss everyone should have and a mother gracious enough to watch our children, we were able to spend a week away together – just he and I, sans kids – at a tropical resort.

We've been married for 18 years, we never had a honeymoon, and I can count on one hand the number of times we've been away by ourselves for just a night or two, so naturally we hopped on a plane faster than you can say "poolside mojitos."

I'm not gonna lie, I did have some trouble switching out of my perpetual "mommy mode" for the first couple of days. But once I did, something magical happened: I remembered what it's like to be a wife. A partner. A lover. All those things, unencumbered by the demands of parenthood, came rushing back like an old familiar friend in all the glory of our younger days.

We could talk, at length, about topics other than who's taking the eight-year-old to his basketball game and how

we can get our middle-schooler to bring up his grades. We could focus on each other without the near-constant interruptions that accompany daily life with kids. Nobody yelled, "Mommy, can you help me wipe my butt?"

It was glorious. And yes, we could move beyond that perfunctory bedtime kiss without worrying about an ill-timed knock on the bedroom door. The whole trip made it sadly obvious that we had been suffering from "relationship burnout" of sorts, and we hadn't even realized it. That's because it didn't come in the form of screaming fights or seething resentments; we weren't overtly unhappy or teetering on the edge of divorce, but there was a subtle disconnection, a rift between us that had opened up when everyday life wedged its way in. Somewhere along the line, we had stopped seeing each other beyond our roles as co-parents, and as partners in the most functional sense – somebody to tag team with on chauffeur duties and to remind us to take the trash out. It happens so easily, the shift into autopilot, the slow fade from romance into roommates.

Our vacation wasn't spent gazing lovingly into each other's eyes and having drawn-out, passionate sessions between the sheets (reminder: married almost two decades), but it didn't take those Hallmark-movie moments to rekindle the fire. Just a moment to step back, breathe, and look at each other outside the parameters of parenthood was all we really needed.

By removing ourselves temporarily from the daily drudgery, and shifting our focus, we were reminded that we – he and I – are the foundation of our family. Our children gather their strength, their sense of security, from that foundation. And if it's weak, so is our family structure. To neglect our relationship is to do a disservice to our kids, which is ironic, because our devotion to our family unit is why our marriage gets pushed to the back burner in the first place.

I know a whole week away isn't always feasible – if it were, we'd all be in wedded bliss. Hell, it took us 18 years to get the opportunity. But although a weeklong vacation was fantastic, I know now that it doesn't take such a hefty chunk of time or money to achieve the reconnection we so badly needed. It simply requires an awareness of how life gets in the way, and a commitment to make "us" a priority no matter what ... even if it's just penciling in regular date nights. Even if the kids have to miss a basketball practice or a Scout meeting here and there. It may be years before we have the chance to go on another vacation, but that doesn't mean we can't do little things.

I'm still gonna start saving up for a weekend away, though.



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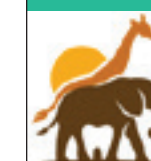
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RECIPES: Kid-friendly Summer Treats

Robin Miller (www.robinrescuesdinner.com) on www.foodnetwork.com

Hooray! School's out and the lazy days of summer are here! And with that comes, "Mom, I'm bored..." Take advantage of having your little (and not so little) ones around and make memories and treats at the same time. We love to cook together in our house, and dessert is always a hit. Living in the desert, cold desserts are a must!

Chocolate Chip Waffles with Strawberry Ice Cream (Serves 4)

Chocolate chip waffles make perfect ice cream sandwiches! I like the combination of strawberry with chocolate, but you can use any light ice cream or frozen yogurt flavor you want.

INGREDIENTS

- 8 frozen chocolate chip waffles
- 1/2 cup mini semi-sweet chocolate chips
- 2 cups light strawberry ice cream

DIRECTIONS

- Toast waffles according to package directions.
- Place chocolate chips in a shallow dish.
- Top four waffles with an equal amount of ice cream (1/2 cup each).
- Top with second waffle.
- Press down gently so that ice cream fills the sandwich.
- Roll sandwiches in chocolate chips, pressing gently so that the chips stick to the ice cream.
- Serve or freeze until ready to serve.



Frozen Creamsicle Pie (Serves 8)

Blend whipped topping, sweetened condensed milk and orange juice and you've got a virtual creamsicle. And by using light whipped topping and fat-free sweetened condensed milk, the calories and fat are greatly reduced. I've also made this pie with lemon juice and lime juice (1/3 cup instead of 1/2 cup) and that's yummy too!

NOTE: The filling makes more than you need for one 9-inch crust, so I like to freeze the extra in popsicle molds or lined muffin tins!

INGREDIENTS

- 14-ounce can fat-free sweetened condensed milk
- 8-ounce tub frozen light non-dairy whipped topping, thawed according to package directions
- 1/2 cup orange juice
- 1 teaspoon finely grated fresh orange zest
- 1 teaspoon vanilla extract
- 9-inch prepared graham cracker crust

DIRECTIONS

- Whisk together condensed milk, whipped topping, orange juice, orange zest and vanilla.
- Pour mixture into prepared crust and freeze until firm (at least 4 hours).





Summer Cubs Camp 2019

Weekly Sessions • 9:00am-1:30pm Daily • Ages 2-6
www.ccsaz.org/cubscamp2019.html



Week 1: June 3-7
Circus-themed songs, activities, crafts, and snacks. Step right up for summer circus fun!



Week 2: June 10-14
A 'fin-tastic' week of underwater fun! Learn about the ocean through activities and water-play.



Week 3: June 17-21
Blast off and learn about the stars and planets with outer space-themed activities, songs, and more.

Everyone is welcome. Bring a friend!



All weeks feature music and fitness classes.





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CRAFT: Pool Noodle Race Track

1. START YOUR ENGINES!

- Buy an extra large diameter foam pool noodle, I got mine 1/2 price at the super market (\$1.50)
- Cut the noodle in half with a serrated knife (one side than the other side or electric knife you can cut straight through both sides)
- Once the noodle is in two pieces lay them on the ground side by side
- Insert toothpicks where the two halves of the foam noodles touch each other
- Use as many toothpicks as need to hold the noodle tracks tight together
- With a needle-nose pliers, clip the ends of the tooth picks flush to the noodle

2. DECORATE YOUR TRACK!

- Using cardstock at toothpicks to create small flags for along the sides of the track
- With cardstock cut to size I stamped Start and Finish
- Cut wooden or bamboo skewers down to size leaving the pointed end exposed (makes it easier to insert into the foam)
- Use fast drying Aleene's Tacky glue to glue the two pieces of cardstock together with the cut ends of the wooden skewers sandwiched in between

3. READY TO RACE!

- Prop the track up on a chair, table, bed, pretty much anything, the higher the prop the faster the cars go.



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



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

NCPG wants to HELP...

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

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

NCPG  CARES

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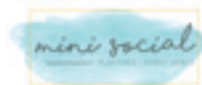
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