

Parent Times

Oct 2021



ncpg

north central parenting group

learn • connect • inspire

Their future
is in your
hands...



PH
THE LAW OFFICES OF
PAULA HANNAH

plan accordingly.

Estate Planning | Wills | Trusts

I make the estate planning process easy and convenient to serve busy parents like you. I can guide you through the process in person or via Zoom. Evening and weekend appointments available. *NCPG members automatically get a 10% discount.* To schedule a FREE consultation, please call **602.922.4010** or email **Paula@PaulaHannahLaw.com**.

OCCASIONALLY
YOU MAY NEED TO BE
SAVED FROM YOURSELF.

Hire an Independent
Fee-Only Financial Life Manager Today

- ✓ College Education Fund Planning
- ✓ Automate your savings through your monthly spending plan
- ✓ Goal Based Planning
- ✓ Tax Loophole Strategies for Business Owners



thanasi@lifemanaged.com
www.lifemanaged.com
602.931.5043



President's Corner



Hello North Central Parenting Group!

WOW! What an incredible first month we've had! It was so great to see you all back in person at the last two classes. I know we had some hiccups we were working through with the church, but thank you so much for your flexibility with moving rooms last minute and AC issues. We think everything has been worked out, but we all appreciate your go-with-the-flow attitude so we can keep meeting in person.

We have had great turnout for the last two classes! We definitely recognize that everyone has missed that in-person connection. And I've heard of some classes hosting burrito breakfasts before class! Thank you for getting creative! Because of the space confines of the church, many of our classes are already full and smaller than we've had in the past which has led to some waitlists. We'll continue to monitor class attendance this fall and open any available spaces as soon as possible.

We are so excited to be welcoming **Mary Flo Ridley** from **Birds & Bees** for our all class guest speaker this month. We hope you will all be able to join! Also, our special events team is hard at work planning another Zoo event since it was so well received last spring!

NCPG Cares will be hosting a **Christmas Angels** drive benefiting **The Salvation Army** again this holiday season. It has been so well received these last few years and thanks to your incredibly generous donations we are pleased to be partnering with them for a fifth consecutive year. Please be on the lookout in early November for more details about this wonderful event.

There are so many ways to get involved with NCPG this year! We always need help on committees, and it's never too early to start thinking about a Board position for next year. If you are interested or have questions about getting involved, please do not hesitate to reach out to me personally. We sincerely appreciate your support and welcome your feedback. Together, let's make this our best year yet! As always, please reach out anytime throughout the year with any questions or concerns. I am here as a resource and would love to hear from you.

All My Best,

Megan Hedstrom
NCPG President
president@ncpgaz.com



ncpg

north central parenting group



2021-2022 Board of Directors

President: **Megan Hedstrom**
Vice-President: **Ilyssa Reading**
Treasurer: **Cristina Kiernan**
Executive Admin: **Ashley Wisdom**
Sponsorship: **Alexandria Dembow, Hayley McInroe, Mary Patterson**
Transitional Director: **Jenn Barham**
Alternate Director: **Rachel Hall**
Childcare: **Serena Baker, Jenna Rohem**
Communications: **Ashley McFate, Amanda Shaw**
Community Outreach: **Channa Abramson, Katrina Makhni**
Education: **Jen Dupuy, Deirdre Opeka**
Events: **Liz Anzalone, Shauna Schmeisser**
Fundraising: **Arlee Maracigan, Ashley Stewart**
Membership: **Alexis Smith, Michelle Van Der Werf**
Public Relations: **Aarika Gaona**
Social: **Lindsay Fee, Cristin Salzman**

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

ncpgaz.org Like us on Facebook: ncpgaz

Parent Times

Members, this monthly newsletter 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! Also, please send us photos of you and your family — we are always looking for photos of our community to include in the newsletter and on the NCPG website. Please keep in mind that when you submit photos, you are agreeing that we can use them in our newsletter as well as the NCPG website.

Editors — **Ashley McFate, Amanda Shaw**
Designer — **Neill Fox, www.foxnoggin.com**

Front Cover — **??????????? Family**

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.

Member to Meet:

Caitlin Headley

Class 4A



Children & Ages: Addison 3.5, Olivia 2, Weston 8 months

Spouse: Rob Headley

How did you meet your spouse: Rob and I met at Viva, an event for Valley of the Sun Women's 20/30 club that I was a member of at the time. He was a member of the Scottsdale 20/30 club so it was a surprise we hadn't met sooner at one of our events!

Years married/together: We met in March 2015, and were married in October 2016 — this year we celebrate 5 years of marriage! 3 babies later, we sure did move fast.. haha!

Spouse/partners favorite date night spot: With 3 kids under 3 when we go out, we go big. Binkleys is our favorite even though we only make it once a year! My husband is a big foodie. For more casual dates we walk over to LGO for lunch together!

Career or previous career: Hospital Medical Sales Representative at Abbvie

5 words to describe you: Caring, Organized, Sarcastic, Energetic, Loving

Favorite family vacation spot? Newport, CA

Favorite family spot to dine in town? We love Lou's Bar & Grill at Papago

Do you have a hidden talent? Being an extrovert even though I'm really an introvert — that feels like a talent!

Favorite date spot or activity when you are child-free? We love activity centered dates like top golf or foot golf! I need to add goofy golf to this list soon.

Favorite children's book to read? Llama Llama Time to Share

Favorite adult book to read? Twilight (how lame am I?)

Where were you born and raised? Phoenix!

What do you miss most about being a kid? The ability to

be carefree! The love for Santa, Disneyland, and MAGIC! It's fun to experience these things now through my kids eyes, though!

When you have 30 minutes of free time what do you do? Peleton!

What's your favorite thing to do with your child/children? I love taking them to gymnastics because my girls love it so much!

Most meaningful moment as a parent? I walked in on Addison helping Olivia put on her shorts the other day and it was the sweetest moment (if you can imagine a 3 year old helping a 2 year old). Knowing they are sisters forever and that Weston will always have 2 big sisters to care for him... that's what having a family is all about isn't it??

Most "OMG did that really happen" moment as a parent? The first night all 3 of them slept 11 hours. AMEN!

What is your favorite family tradition? All things Christmas, but mostly our Christmas morning traditions!

Best parenting advice given to you? Follow TakingCraBabies. But also, we only get 18 summers with them.

How do you balance meeting your children's needs as well as your own? At their ages, I'm still working on this! But I give myself grace and remember my cup must be full before anything can run over into their cups! If I'm not taking care of myself, I'm not the best Mom I can be and they deserve that.

If you could give your pre-baby self advice, what would it be? Don't stress all the small stuff, life works out how it should if you trust in God and His plan.

Who introduced you to NCPG and for how many years have you been a part of the group? Lindsay Kesler, she is the sweetest person I swear. 4 years now!

Best thing learned in NCPG? I am a better Mom when I lean on the other mom's in my class for advice. It really does take a village and knowledge is power!

CALL OR TEXT TO SCHEDULE
YOUR CHILD'S 2 LESSON INTRO
NCPG MEMBERS SAVE \$50 ON SIGNUP

FOCUS
DISCIPLINE



RESPECT
CONFIDENCE

PH: 480.900.5284 OR 480.485.6189

premiermartialartsarcadia

facebook.com/premiermartialartsphoenix



For
who
they
are

Growing thoughtful, confident
leaders and lifelong-learners
since 1963.

and
who
they
will
become.



www.allsaints.org/admission

2021-2022 Calendar

NOTE: Classes will be offered virtually until in-person classes are able to resume.

Class Schedule

Newborn B - Elementary:

Class will begin promptly at 9:45am and end by 11:30am.

Newborn A & Middle:

Class will begin promptly at 11:30 and end by 1:15pm.

Class Dates

October 20	February 23
November 10**	March 23**
December 8**	April 6**
January 12**	April 27
January 26	May 4**
February 9**	May 18

** Parent Times magazine distributed.

Board Meeting Dates

November 1	March 7
December 6	April 4
January 10	May 2
February 7	



Church of the Beatitudes

555 West Glendale Avenue
Phoenix, AZ 85021

Board

Announcements

Church Update on Masks

The Church of the Beatitudes is now requiring that NCPG members wear a mask at all times when indoors on their campus. Please remember to bring your mask to class and to properly cover your mouth and nose while inside your classroom or in any public indoor area at the church.

Communications

WE WANT YOUR PICTURES!

Next month's theme for *Parent Times* is

FALL FUN!

Send us high-resolution photos of the kids or your family for our photo spread. Who knows... you 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.

Education—Special Event

SAVE THE DATE: 10/20

Our guest speaker will be **Mary Flo** from **Birds and Bees**.

She will be speaking in place of regular class on Wednesday, October 20, 2021.



Childcare

Due to limitations on church space there will be no childcare this year! If you're in need of a babysitter, we encourage you to utilize Busy Bees!



Public Relations



Please continue to follow along on our private Instagram page [@ncpgaz](https://www.instagram.com/ncpgaz) for helpful information and updates!



Please continue to use the members-only NCPG Facebook Group [ncpgaz](https://www.facebook.com/ncpgaz) to ask questions, share advice, local events, deals and to buy & sell. We ask that we keep everything positive and respectful on the page. Please request to join the group, if you haven't already and join the fun!

Community Outreach

Know someone in NCPG that needs a hand? NCPG Cares. Please email us at outreach@ncpgaz.org; we want to help!

NCPG ♥ CARES

Membership

Spots remain available in a handful of classes for the 2021-2022 year! Space is limited so please contact membership at membership@ncpgaz.org for additional information about open classes and registration.

Save the Date November 14, 10am Bubbles and Barre Event

Take a Pure Barre class and have some bubbles, treats and food from local vendors.



More details to come!



Since 1961, PCDS has been creating knowledge through curiosity and collaboration. Serving 750 students Pre-k through Grade 12.

REGISTER NOW FOR OPEN HOUSE

Sunday, November 7th, 11am-1pm



PCDS.ORG/OPENHOUSE

3901 East Stanford Dr, Paradise Valley, AZ 85253 602.955.8200



Princeton Construction

COMMERCIAL, RESIDENTIAL, & SERVICE

AT PRINCETON CONSTRUCTION CUSTOMER SERVICE, SATISFACTION, AND OVERALL VALUE IS OUR HIGHEST PRIORITY AND WE STAND BEHIND OUR WORK.

WE ARE A LOCAL PHOENIX COMPANY AND STRIVE TO FOSTER AND MAINTAIN LASTING RELATIONSHIPS THROUGHOUT THE VALLEY WITH CLIENTS, SUBCONTRACTORS, AND VENDORS.

4112 E. INDIAN SCHOOL ROAD
PHOENIX, AZ 85018
(602) 603-1102
WWW.PRINCETONAZ.COM
AZ ROC # 275988

** FAMILY OWNED AND OPERATED BY NCPG MEMBER **

6 Ways To Calm a Toddler Mid-Tantrum Without Giving In to Every Whim

by Lauren Barrett

Source: afineparent.com/positive-parenting-faq/calming-toddler-tantrums.html#more-16858



We have all been there. Walking through Target with our toddlers in tow; everything is going well until we have to walk by the toy section.

Your toddler sees a toy he has to have. In my case, it's a truck. My son wants it and asks for it. Very gently, I tell him that he can't have a toy today, but it doesn't seem to matter that I say it kindly and calmly. My son starts reaching out for the toy, whining, and then the tears begin. I can see it written all over his sad little face; he is headed straight for tantrum town.

Here's the thing about tantrums—sometimes they are absolutely unavoidable. Perhaps I warned my son prior to going into the store that we wouldn't be getting a toy on that trip. Maybe I even told him we could get one next time; or maybe I made the point of singing his favorite song or starting a game of “I Spy” right as we rounded the toy bin aisle. Yet...the tantrum STILL happened.

It isn't our job as parents to make sure our toddlers' lives are always happy and conflict free. In fact, wanting something that they cannot have is necessary for our young ones to learn how to handle disappointment.

Why Do We Not Want to Give Into Toddler Tantrums?

As parents, we don't enjoy seeing our little ones sad and it's especially unpleasant to see (and deal with) them pitching a fit. When we see our toddler upset, our tendency is to problem solve—and for toddlers, this may mean giving in to the toy or activity they are seeking.



While this might be the road to least resistance, we have to resist the innate urge to swoop in and make everything better by letting go of our boundaries when our toddler scrunches up his face and opens his mouth to let out a big wail.

Not giving into these tantrums helps our toddlers with:

> **Handling Emotions:** A toddler who hasn't figured out how to deal with feelings of frustration, sadness, and anger never learns to regulate these feelings as they grow older and inevitably experiences all of these emotions. Letting your toddler learn how to positively cope with a variety of experiences helps her in the long run.

> **Solving Problems:** If your toddler always got his way every time he threw a tantrum, he will continue to act out because it's working for him. But by setting boundaries, we are helping our toddlers grow up to be problem solvers.

> **Accountability:** Toddlers who are held within healthy boundaries grow up knowing that they are accountable for their actions and won't use excuses for mistakes or to get out of things they don't want to do.

> **Resilience:** Toddlers who have learned that throwing a tantrum will get them out of doing things they don't like will eventually experience learned helplessness—actually believing they can't do something even though they have the skills to do it. On the other hand, toddlers who are given the skills to persevere through adversity develop resilience.

Even though tantrums are sometimes unavoidable, there are ways to lessen the intensity and length of the tantrum. These actions are positive ways parents can help their toddler mid-tantrum, while still teaching valuable skills needed for growing up to be an emotionally stable adult.

In my research, I have found 6 effective ways to calm a toddler mid-tantrum. Read on to find out what they are!

#1: Validate the Magnitude

One evening, my son was sad that his grandma had to leave to go home. He started crying uncontrollably as she tried to walk out the door. I realized at this moment that there were several ways in which I could respond to my son's reaction. I could:

Become frustrated by his loud crying and tell him to stop because it's really not a big deal, he will see her again soon.

Completely ignore his crying, as I really don't have time to deal with it.

Take a more empathetic approach and validate his emotion while offering sympathy and compassion.

Clinical psychologist and mom of three, Dr. Becky, from Good Inside, recommends a more empathic approach in which parents validate the very real emotions that our



What Do You and Your Family Do For Fun?

Marina Awerbuch
Class 2A

Bike rides to
coffee shop in the
fall and spring.

Monique Nelson
Newborn A & B

When the kids were little, camping was our favorite family activity. No TV or devices, fun scavenger hunts in the woods, smores by the campfire, nature walks, family games at a picnic table. The kids will say these are their best memories, even over expensive vacations.

toddlers feel. This can include using the following steps:

First, we want to OK the feeling:

"You're feeling sad because Grandma left. It's okay to feel sad."

Next, we hold our boundary:

"But Grandma has to go home. She can't stay any longer. I'm sorry that makes you sad."

Then, we VALIDATE the MAGNITUDE:

"How sad are you right now? Are you this sad? [Hold hands close to your body like you are measuring something] Are

you this sad? [Continue to stretch your hands wider] Wow! Are you this sad? [Stretch your hands really wide] That's really sad!"

Another way to frame it that works well with my toddler is to pick two points and gradually stretch those points to be farther and farther apart.

"Are you as sad as from the tippy-tip of your head down to your itty-bitty toe? Are you that sad? Or are you as sad as the top of the ceiling all the way down to the floor? Are you that sad? Wow! Or are you as sad from the top of the tree where the birds are all the way down to the dirt with the worms? Are you that sad? Are you as sad from way out to the sun all the way back to earth? That sad? That's really sad!"

Usually after one or two distances, my son's tears subside as he looks at me in curiosity. He's processing his level of sadness and before long, his tantrum is over.

By validating the magnitude, we are letting our toddlers know that we are taking their feelings seriously and telling them that what they are experiencing is a big deal. The result is that our kids feel heard.

Another benefit, according to Dr. Becky, is that we are taking something abstract (the feeling) and making it con-

crete, which is less confusing to toddlers. Our toddlers feel seen and understood, and that may be all they need to calm down.

#2: You Didn't Want That to Happen

Another strategy I learned from Dr. Becky is to emphasize how much you know your child didn't want something (the thing they are upset about) to happen.

"Your toy broke. Wow. You didn't want that to happen. That stinks."

The phrase "you didn't want to happen" works so wonderfully in the moment compared to phrases like, "Next time, you need to be careful with your toys."

Think about how we feel when something bad or annoying happens to us. For example, we are rushing to load the dishwasher and grabbing too many dishes at once in our rush to load it. While unloading, we drop a dish and it shatters into a million pieces.

What would we prefer our spouse say to us at that moment?

1. *"You should have been more careful."*
2. *"Oh man! I am sorry. You didn't want that to happen."*

The obvious answer for me, personally, is B. My husband would get the evil eye if he said A because who really

wants to get called out for a mistake we already know we made?

Our kids feel the same way. Lectures and advice can come later, when our child has calmed down. For now, during the tantrum, we can just simply say, *"You didn't want that to happen, did you?"*

#3: Use Sign Language

Younger kids can have a hard time understanding abstract ideas and feelings. That's where sign language comes into play.

I have started teaching my son signs for his feelings. Without a visual representation for their feelings, toddlers



Birth Announcements

Help us welcome these new additions to our NCPG family!



Dallas Elizabeth Dahn

Born 9/8/21 (3 weeks early!)
6 lbs, 7 oz



Dayton James Kennedy

Born 7/21/21

can be left feeling confused and frustrated by their inability to communicate the big emotions they are experiencing. This powerlessness eventually leads to a tantrum or meltdown.

Research has also shown that sign language can help calm a child in a stressful situation and that children can often learn the sign for a word before the actual verbal word. My son now has a way to communicate and identify his feelings for the next time a situation arises. Instead of crying, he can say or sign that he's sad, angry, scared, etc.

I often sign the feeling in the moment in which my son or I are actually experiencing that feeling, including when my son is having a tantrum.

For example, when my son is sad that TV time is over, he will often start crying and whining. I will repeatedly identify the feeling my son may be experiencing and back it up with the sign.

"You are sad, sad, sad [signing the word sad over and over with exaggerated facial expressions]. It's okay to be sad [Sign sad again]. But the dinger rang, and it's time for bed. You can help me pick out a book to read."

#4: Become a Broadcaster

I first heard of this strategy in Dr. Harvey Karp's Happiest Toddler on the Block book. The premise behind it is to narrate and mimic your child's emotions like a football broadcaster would do while calling a game.

Instead of immediately jumping in with our adult voice of reason (*"No, I am sorry. We can't have any TV now."*), we can get on our child's level and echo our kid's feelings (Dr. Karp recommends repeating back with one-third of their level so as not to appear sarcastic or overdoing it).

"TV, TV. You want TV now, now, now! You are sad! You are stomping your feet. You want TV! TV! Now. You want TV, now."

Doing this can stop our child's tantrum in seconds because our toddler feels seen and heard. It may also be helpful to pair this tactic with the sign language mentioned in the previous section!

#5: Redirect

Once our child has started to settle down a bit (before they are fully recovered), we can use redirection to help them refocus on what they can do instead. Toddlers are told "no" often; so now we want to focus on the "yes."

Redirection can look like this:

"TV time is over. But we can read THREE fun books together. Maybe some of your favorites. C'mon, you can help me pick



them out."

The point is to take their minds off what they can't have in the moment and shift to what they can do instead.

Another way to redirect is to act the fool—a strategy by Dr. Karp.

"TV time is over. I know that makes you sad. But can you help me with your bedtime routine? I forget how to do it. Hmm...do we first brush your toes? Do I bathe you in dirty mud? No, that can't be right. Pleeeasssseeeeeee. I need your help!"

This example of redirection will affirm how smart they are, build their confidence and instantly take their minds off wanting TV. It's a major win for all!

#6: Magic Breaths

I have heard of Magic Breaths (slow deep breathing) from a few places, including Dr. Karp's book and the children's show Daniel Tiger. My son and I practice magic breaths every night before bed, when my son is calm and focused. The point is to teach them in a calm moment so they can be used successfully during a tantrum.

When my son is having a tantrum and I get the feeling that he wants to hit or throw something, I will take his hand and place it by the top of his head. I will say "Magic Breath" and together we will take a deep breath, as I move his hand slightly lower. We will do this four times until his hand returns back to its normal position.

As our children get older, we can move from doing Magic Breaths with our children to reminding them about Magic Breaths when we sense their anger rising. In education, we call this shift the gradual release of responsibility; the purpose being to move from modeling, to reminding, to being able to do independently without prompting. Magic Breaths can always be part of our child's toolkit, even as they grow older.

With these 6 strategies, we can breathe a sigh of relief the next time our toddler has the inevitable tantrum. Instead of feeling helpless and out of control like our toddlers, we have research-based, proven to work strategies that will calm the meltdown.

The next time your toddler starts gearing up for a breakdown, run through this list and find one that works for you and your toddler.

You got this!

The 2-Minute Action Plan for Fine Parents

Here are some questions to contemplate as you take a few minutes to assess how you currently react to your toddler's tantrums:

1. Do you jump in and try to prevent a tantrum from happening, even if it means giving in?
2. Do you find yourself yelling and getting in a power struggle with your child during a tantrum?
3. Do you find yourself helpless and not knowing what to do when your child has a meltdown?
4. Would you like your child's tantrums to be shorter?

If you answered "yes" to any of these questions, you might want to consider some of the strategies above to positively calm your child's tantrum.

The Ongoing Action Plan for Fine Parents

As you move forward in seeking how best to use tantrums as an opportunity for your child to grow and learn, it may be helpful to assess where you are now so you can compare it to where you will be! Here is one helpful way to monitor long-term progress:

- > Keep track of how many meltdowns your toddler has throughout the day right now & how long those tantrums last. Doing this for one week will give you a good "baseline," or an average number that represents the norm right now.
- > Once you have a baseline on tantrums, start implementing the "validating the magnitude" strategy. Keep track of how quickly the tantrum ends for a few days; the hope is that you will see a decrease in the length of tantrums over time!
- > Next, try the "you didn't want that to happen" strategy. Again, keep track of how quickly the tantrum ends; does the duration become even shorter?

- > Third, try pairing the "broadcaster" strategy with sign language. Continue to keep track of how quickly the tantrum ends.
- > Last, try redirecting. Keep track of how quickly the tantrums end and compare to the success of other strategies. Which one did your child respond to most successfully?
- > Finally, teach your child how to do magic breaths. Keep in mind that this strategy takes some practice while your child is in a calm space to be pulled on successfully when they are upset. You may want to consider "teaching" magic breaths during calm moments throughout your trials of the other strategies and then adding it to the mix once you feel like your child has the hang of it!





Out & About!



Fun Fall and Halloween Ideas for the Whole Family



MacDonalds Ranch Pumpkin Patch

Pick your pumpkin or pan for gold at this family-run and family-friendly ranch. Other activities include a hay-bale maze, petting zoo, photo areas and lawn games, the train ride, face painting, and the caterpillar bounce

Arizona Harvest Fest

Held annually in downtown Chandler, this open-air market is a perfect spot to start your holiday shopping—with more than 100 merchants selling gourmet food, home decor, jewelry, art, clothing and more. Stay entertained with live entertainment, kids' rides and a fun zone.

Pumpkin Fest at the Scottsdale Princess

Walk through a pumpkin patch, roast smores, go through a hay maze or choose a variety of fun rides! The Scottsdale Princess has their Pumpkin Fest through November.

Spooky Science at the Arizona Science Center

Calling all ghosts n' goblins! Spooky Science returns to Arizona Science Center. From hair-raising activities to creepy-crawlies, celebrate Halloween with frightfully fun-themed demonstrations and activities that inspire, educate and entertain people of all ages about the science of Halloween.



We Are at Your Service.

We offer the following:
 Custom Design
 Jewelry & Watch Repair
 Appraisals
 Trade-In & Trade-Up
 Financing
 Jewelry Insurance
 Gold & Diamond Buying



SCHMITT JEWELERS
 50th Anniversary
 4402 E. Camelback Rd. Phoenix
 (602) 840-1144
 SchmittJewelers.com



ST. FRANCIS XAVIER
 A Jesuit Catholic Elementary School
 Preschool - 8th Grade



Save the Date

Our Preschool & Kindergarten Open House will be held on Wednesday, October 27th. Please visit our admissions page on the school website at school.sfxphx.org for the details, and to register.

Preschool & Kindergarten Open House
 Wednesday, Oct. 27th, 2021.



SAINT THOMAS THE APOSTLE
 ROMAN CATHOLIC SCHOOL



SAINT THOMAS THE APOSTLE
 PRESCHOOL

Where Faith Inspires Hearts and Minds

4510 N 24th Street • Phoenix, AZ 85016 • (602) 954-9088 • staphxschool.org



Our mission is to teach our children the life and message of Christ by instilling deep faith, academic excellence and a commitment to service.

Ask us about our **FUNDforALLSTA** program making Catholic education affordable and accessible to families of all income levels!

This school is authorized under Federal law to enroll nonimmigrant alien students.



You have the perfect size family.

Here's how to keep it that way.

A vasectomy is the most effective, most trusted, and most convenient form of birth control there is. If you think your family portrait has just the right number of members, give us a call. We'll show you why a vasectomy is the safe, time-tested choice for preventing pregnancies. It's covered by most insurance plans, too.

Contact Dr. Gil Brito at Arizona Urology Specialists at 480-661-2662 or visit arizonaurologyspecialists.com for more information.

Arizona
UROLOGY SPECIALISTS™

Recipe: *No Bake Cookie Dough Balls*

weelicious.com/no-bake-cookie-dough-balls/



Makes: (25) 1" cookie dough balls

Prep Time: 10 mins

Cook Time: 0 mins

Ingredients:

- 1 cup old fashioned oats
- 1/2 cup unsweetened coconut flakes
- 1/2 cup peanut butter or sun butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips (semi sweet or vegan)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia or hemp seeds
- 1 teaspoon vanilla extract
- Dye-free sprinkles

Preparation:

1. Place all of the ingredients except the sprinkles in a food processor and pulse until thoroughly combined.
2. Use your hands to roll the mixture into 1-inch balls, then roll in the sprinkles.
3. Store in an airtight container in the refrigerator.



Non-Candy Halloween Treats

Ditch the sugar rush and try to replace some of the candy in your kiddos bag for these non-candy items:

Slime

Kids are slime-obsessed, and Amazon has lots of fun options, including these individual containers of multicolored metallic goo.

Glow-in-the-Dark Vampire Teeth

Even if they didn't dress up like a vampire, it's hard to resist trying out these spooky glowing plastic teeth.

Hair Scrunchies

Festive and practical, these Halloween hair scrunchies are less than 50 cents a piece.

Magnets

If you want to combine your love for DIY projects and Halloween, these magnets are the best of both worlds and are the perfect trick-or-treat bag stuffer when you're looking for a non-candy alternative.

Plush Toys

Not everything about All Hallows' Eve has to be spooky. Oriental Trading's mini plush Halloween characters, including a pumpkin and a ghost, make for the sweetest keepsakes.

Stamps

It's never too early to get kids interested in arts and crafts, and these Halloween stampers are bound to do just that.

Bookmarks

Getting a child excited about reading can be difficult, but maybe a cool, festive bookmark would make it just a bit easier.

CRAFT: HALLOWEEN SPIDER SLIME

thetiptoe fairy.com/halloween-spider-slime/

Supplies

- 2 (5 oz) bottles of clear school glue
- 10 oz water
- 8 oz liquid starch
- 1/4 cup glitter
- 1/4 cup Halloween spider confetti

Directions

This slime is very easy to make, and it makes a big bucket full so there's enough for 3-4 kids.

- In a bowl pour out the entire contents of both bottles of glue.
- Add the water to the glue.
- Add the glitter and confetti spiders. Stir it all up.
- Slowly add about half the starch to the concoction and stir. If there is still some liquid, add about half of what is left of the starch and keep stirring.
- When it looks like a big glob of goo (like the picture above), then stop adding liquid starch. If there's still liquid in the bowl, then keep adding the starch a little bit at a time until it forms a glob.
- Once it's too thick to stir, then start kneading the slime with your hands to work any excess water into it, so that it's no longer sticky.




dwellinspect
ARIZONA

Arizona's FASTEST GROWING
Home Inspection and Consulting Firm

• Home	• Termites	• Sprinklers	• Pool
• Business	• Mold	• Sewer	• 200% Guarantee

480.867.4599 | dwellinspectaz.com

*** Family Owned and Operated by NCPG Member, Megan Garvey ***



CCS COME LEARN WITH US!

CHRIST CHURCH SCHOOL
PRESCHOOL - ELEMENTARY

ACADEMIC EXCELLENCE
ENRICHED BY FAITH

4015 E. Lincoln Drive, Paradise Valley
602.381.9906 • info@ccsaz.org

CLASSES FOR TODDLERS THROUGH 4TH GRADE


AZDHS CERTIFIED



MONTESORI ROOM

Now Enrolling
Infant through
Kinder!

Authentic Montessori Education; Designed by teachers,
loved by parents.
www.montessorioroom.com



Discipline is helping a child solve a problem.

Punishment is making a child suffer for having a problem.

To raise problem-solvers, focus on solutions not retributions.

- LR KNOST

big little feelings

Thank You to Our 2021-2022 Sponsors

PLATINUM



GOLD



BRONZE

