

Parent Times

Nov 2021



ncpg

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President's Corner

Hello North Central Parenting Group!

I think it's officially Fall in Phoenix! Hope those of you that had an October break this year were able to take some time to unwind. I know I needed it!

Thank you to all who joined us to hear **Mary Flo** from **Birds and Bees** speak! I took away so much from it; I hope you did too! A huge thank you to our education directors Jen Dupuy & Deirdre Opeka for bringing us such a wonderful guest speaker this year.

Up next will be our all class event at the **Zoo on November 6th!** Please remember to RSVP to the evite if you haven't already and let us know if you have a Zoo Membership you can use!

Finally, **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 soon for more details about this wonderful event. We will be doing a drive by drop off event again this year at Christ Church School.

Lastly, we have an exiting discount to share with you! **Lovevery** reached out to our organization is providing us with a \$20 new subscription discount. Lovevery has developmental toys from birth to age 4. The discount code is **NCPGLOVE20** and will run from **November 1-15, 2021.**

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,



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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: pgaz

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 — **Anzalone Family (Board Member and Mom: Liz, Husband: Jason, Daughter: Liliana, Son: Alexander, Baby Girl — Coming October 2021 Photo: Rich Lander**

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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Member to Meet:

Macaila Scarano

Class 1A



Child & Age: Luca, 1yr
Spouse: Andrew Scarano
How did you meet your spouse: Mutual Friends
Years married/together: Married 3, together 11
Spouse's favorite date night spot: The movies
Career or previous career: Esteticien, Eyebrow specialist
5 words to describe you: Enthusiastic, Calm, Considerate, Ambitious and Intuitive
Favorite family vacation spot? San Clemente, CA
Favorite family spot to dine in town? Pomo Pizzeria
Do you have a hidden talent? I loved tap dancing and will still bust out some moves.
Favorite date spot or activity when you are child-free? Exercising outdoors, going to a movie and dinner. Also, getting together with friends is nice being child-free.
Favorite children's book to read? "Little Blue Truck" series
Favorite adult book to read? Self-help/informative books
Where were you born and raised? Phoenix, AZ
What do you miss most about being a kid? The joy in the simplest things. Now having a child I can feel that again through his eyes and it's amazing!
When you have 30 minutes of free time what do you do? Work out or meal prep. Everyone once in a while I sit down and enjoy the silence!
What story does your family always tell about you? They tell stories about how OCD I was. Yikes! I'm not like that anymore.

What's your favorite thing to do with your child? Summer time water activities and showing him new things.
Most meaningful moment as a parent? When he crawls super fast to me when I get home from work. My heart explodes to see his excitement!
Most "OMG did that really happen" moment as a parent? When he started putting EVERYTHING in his mouth. YUCK!
What is your favorite family tradition? Christmas eve night and the whole family gets matching pjs.
Best parenting advice given to you? During the tough times I remind my self "every phase is temporary."
How do you balance meeting your children's needs as well as your own? A lot of deep breaths and sacrifice. But, I'm a planner, so I plan my time wisely around nap time and play time.
If you could give your pre-baby self advice, what would it be? I say, things typically won't go the way you envision, so just go with the flow. My husband says, sleep as much as possible!
Who introduced you to NCPG and for how many years have you been a part of the group? A handful of my brow clients. This is my first year.
Best thing learned at NCPG? That all other moms are on the same page as you! It's just so refreshing to hear it in class!



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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

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

** Parent Times magazine distributed.

Board Meeting Dates

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



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

Holiday 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

We greatly value your input and feedback! In mid-November, please be on the lookout for a **MID-YEAR EVALUATION**. All submissions are anonymous and help us in providing you with the best member experience.

Membership

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

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

SALVATION ARMY CHRISTMAS ANGELS TOY DRIVE

Wednesday 11/10

Bag & Tag Pick-up

9:15-9:45 (Before Class)
Church of the Beatitudes
Common Area

Wednesday, 12/1

Drive-Thru Toy

Drop-Off Event

7:30-9:30am
Christ Church School
Parking Lot

More info to come!



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Teaching Your Child to Be a “Mathematical Wizard”

By Dr. Emma Whitman, Head of School, All Saints’ Episcopal Day School



Many of us were taught math in a classroom where there was always one right answer and one right way to do things. We memorized facts, and we repeated them. However, to really understand math, you have to become a “Math Wizard.”

A Math Wizard does more than repeat—they understand and use their special tools and power to solve complicated problems creatively. For children to truly understand mathematical concepts, they need three things:

1. To identify the language being used and link the terms to concrete concepts
2. To construct their own knowledge around concepts
3. To be able to apply the knowledge and to a new, similar concept

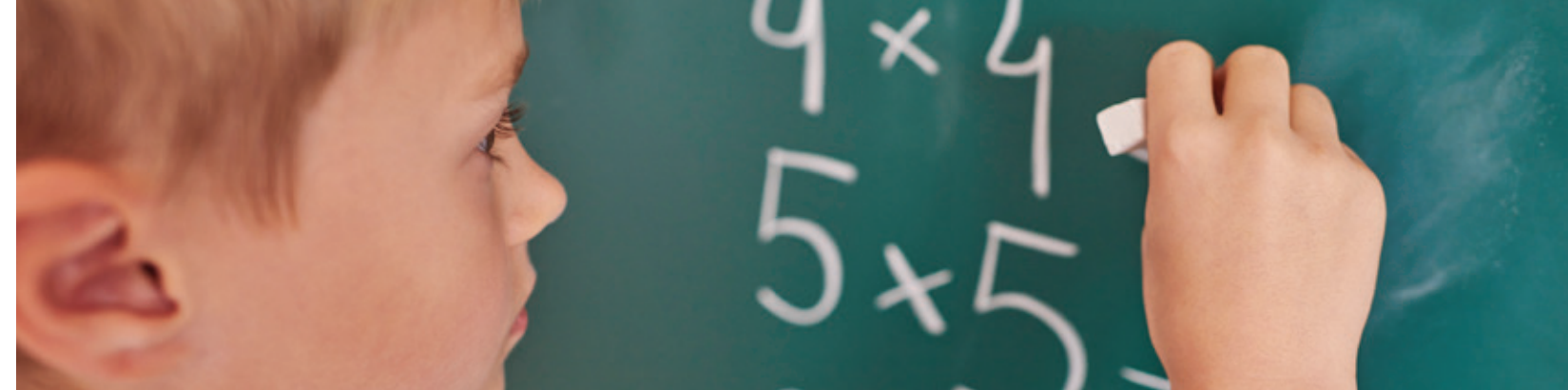
It is important to remember that being excited about math and having the confidence to explore new ideas is central to this process since it is the driving force behind any new discovery for children.

So how do you help your child become a Math Wizard who has the confidence and skill to decode math of the future?

THE IDEA OF MATH: The first step is recognizing that the idea of math is far more than what we learned as children. Did you know there are many categories of “math” that children need to know and understand? According to the Erikson Institute Early Math Collaborative, key concepts for children to understand include: sets, number sense, counting, operations, pattern, measurement, data analysis, spatial relationships, and shape.

USE MATH LANGUAGE EVERYWHERE: Point out numbers, signs, how you gather information (data), how we use groups to organize information, how shapes can shift and change, how you can measure things with tools or any object. It is wonderful for children to start to see math in the natural world.

ASK YOUR CHILD OPEN-ENDED QUESTIONS: WHY and HOW questions lead children to think, and problem solve. These types of questions empower children to have confidence and know that their “thinking” matters. It also allows them to ask their questions back to you, so you are constantly engaging in these high-level thinking questions.



Here are some ideas to put math into action with your child:

- **SETS:** Create a memory game with your child and play it. This will teach your child the concept of “sets.” Talk about similarities, differences, and expand the game by creating sets of 3–6 objects.
- **PATTERNS:** Go on a walk and identify repeating patterns. Find things that have the ABAB and the AB-BABB pattern in nature. You can also create patterns while painting or identify them when you sing songs.
- **MEASUREMENT:** Have your child measure different objects using a measuring stick or even other objects to help them understand the concept of measurement and how counting and operations all relate to each other.
- **DATA ANALYSIS:** Give your child a clipboard and ask them to go around the house and tally the circle shapes that they see. Have them count the tallies and then do the same with squares around the house. Have your child compare the total tallies. Collecting, organizing, and analyzing information are all parts

of the data analysis process that can be taught to young children.

- **SPATIAL RELATIONSHIPS:** Words that describe spatial relationships are taught to children from a young age, but some of the more complicated words aren’t used as often. While building a fort or playing with blocks or legos, incorporate words and concepts like through, above, between, around, or within.
- Read books that embed math language. Some of my favorites include: Rosie’s Walk (spatial relations), Mouse Count (Counting), The Napping House (pattern), and Jack by Jack (measurement). Here are some other great ideas: <https://earlymath.erikson.edu/the-best-childrens-books-for-early-math-learning/>

Being able to recognize math in the world is the most important skill a Math Wizard can have. As parents, seeing math “in the wild” and showing it to your children will help them get excited about learning more complex mathematical concepts in the classroom and in life. Class Mantras at Christ Church School!





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10 Tips for Surviving the Holidays!

By: Linda Walter LCSW

Source: psychologytoday.com/us/blog/life-without-anxiety/201212/10-tips-surviving-the-holidays



The holiday season can bring mixed emotions for many. For some, it's their favorite time of year. For others, it brings feelings of sadness and loss. Seeing old friends and family members may be exciting or may bring up memories of disappointments.

Do you ever get together with your family and notice you've all of a sudden become that 13-year-old teenager again who's arguing with your parents or siblings? Or perhaps you find yourself looking at a sibling and thinking for the first time in 20 years, "Mom always loved her better." Sometimes when we see family members, we revert to old childhood patterns which may hurt us and remind us of difficult times. Even though we think we've worked through these patterns, they just seem to crop right back up.

Feeling depressed or anxious is not unusual during the holiday season. Upcoming dinners, parties, and other family or friend gatherings may cause a great deal of stress. These feelings may be even worse for those who have experienced divorce, lost a loved one, are living far from family and friends, etc..

Here are some tips to "beat the holiday blues:"

1. KEEP YOUR REGULAR ROUTINE

A change in routine can lead to additional stress. Try to exercise at your usual time, go to meetings that you normally go to, and stick to as normal a diet as you possibly can.

2. THINK MODERATION

While it may be easy to drink and eat too much at parties and special dinners, we should try not to overindulge with food and/or alcohol. Remember, eating and drinking may feel like they temporarily "ease the pain" of the holiday blues, but they can also lead to feelings of guilt.

3. BE REALISTIC, AND TRY NOT TO EXPECT THE "IDEAL" HOLIDAY

So many of us have an idealized version of what the holidays should be like and are very disappointed when they don't live up to those expectations. Try to be realistic. Remember, nobody has a perfect holiday or perfect family.

4. STAY CONNECTED

Make sure to leave time to spend with friends and/or family who value you. And if they don't live close by, call them for a "reality check" or some "grounding." Remember to ask for support if you need it.

5. THROW GUILT OUT THE WINDOW

Try not to put unreasonable pressure on yourself to be happy, to rejoice, or even to enjoy the holidays. Likewise, try not to overanalyze your interactions with others. Give yourself a break this holiday season.

6. DON'T BE ALONE IF YOU DON'T WANT TO BE

If you anticipate spending the holidays alone, try to volunteer somewhere, like in a soup kitchen, with children in group homes, or the elderly in various facilities. People will so appreciate you that you may feel better about yourself, but more importantly, you'll have company.

7. FOCUS ON TODAY, NOT YESTERDAY

There's something about being with family and old friends that makes us become who we were and not who we are. When you find yourself reverting to old childhood patterns with family members, try to walk away for a minute and remember who you are now. Also remember that it's not necessary to play the same role as you did when you were younger, even if others are encouraging you to do so by their behaviors. If there is someone at the get-together who knows what you are like today, make sure to reach out to them and draw them into the interactions. That will help to ground you.

8. JUST SAY NO

It's OK to say no when you're asked to do more than you can. It's fine to say no to some invitations and fine to say no to those asking for favors. Remember, this is your holiday, too!

9. ASK FOR HELP

Holidays are often a time people attempt to take on too much or do too much on their own. It's OK to ask for help from family and friends. Whether for decorating, shopping, cooking, or a shoulder to lean on, ask.

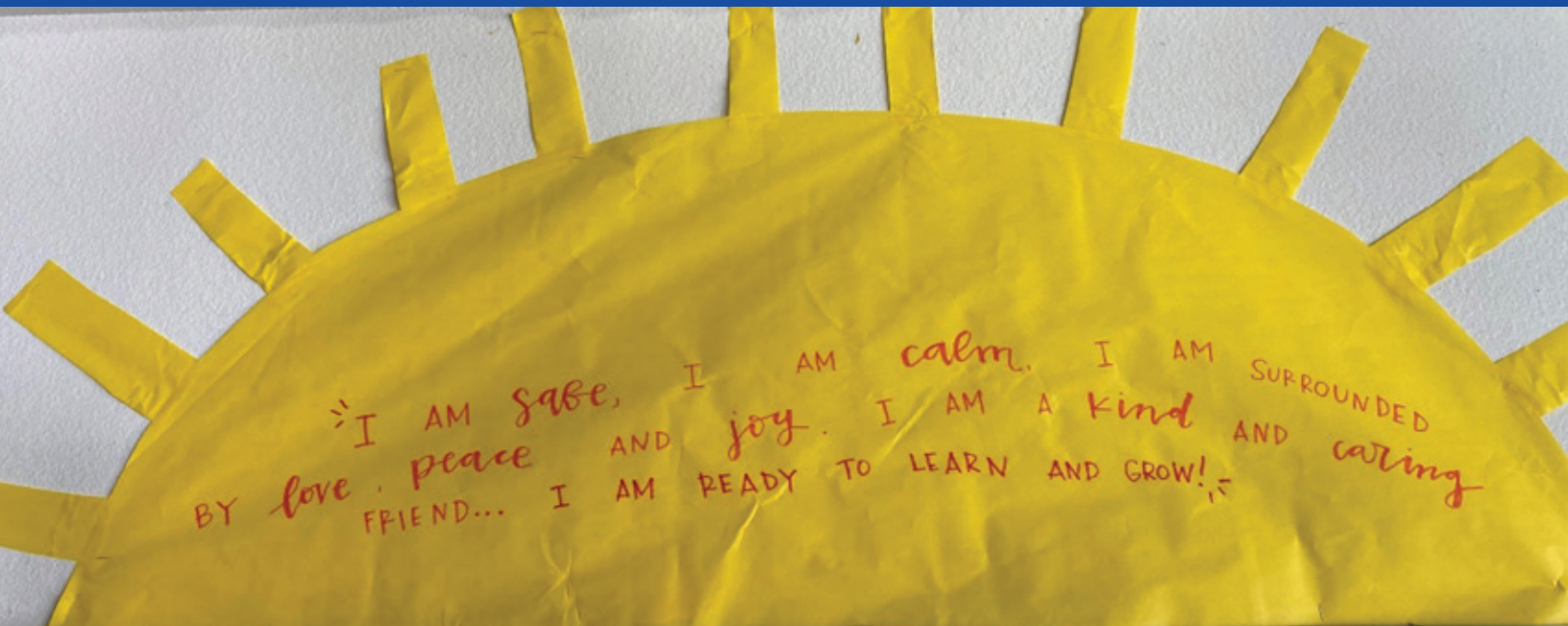
10. BE GOOD TO YOURSELF

If you're feeling blue, pamper yourself. Do what feels good, and what you want to do. Try to take a walk or spend time alone, if that's what you want. Remember, this is your holiday, too, and you can be there for yourself just like you try to be for everyone else.

The holidays only come once a year and only last for a few weeks. If you follow these 10 tips, you might just find this year to be more joyful and less stressful.



Class Mantras at Christ Church School



What is mantra? A mantra is an ancient meditative practice that aids in creating an optimal experience. It can be a unique expression of what is most desired. A mantra is intended to use thoughts as a guide to the right frame of mind which will help achieve a specific goal or task. Classroom mantras help foster strong, empowered, focused, and confident classes.

Mantras are a great way to help children focus, boost their wellbeing, and encourage success. These can be short, positive “I am” statements that call one into an intentional way of being or they can be sayings repeated often to clear the mind and allow for a reset and purposeful focus. Mantras can be utilized in many ways and have multiple benefits. They encourage positivity, help with

focus, allow for relaxation or concentration, and boost self-esteem and brain health.

This year at Christ Church School each classroom developed their mantra. Each group worked to determine what is most important to their class environment allowing them to collectively develop a strong classroom statement. These statements are age appropriate, valuable to each day, and a powerful tool to set the tone for the day or even guide the class

environment. At CCS our mantras range from very simple with our youngest students saying, “Om” to the elementary students reciting, “Donut give up” and “Work hard. Be kind.” The two-year-old Cubbies are gently reminded to focus by reciting “Listening ears, gentle hands, and following feet.” Room 7 often declares, “We are KIND. We are STRONG. We are



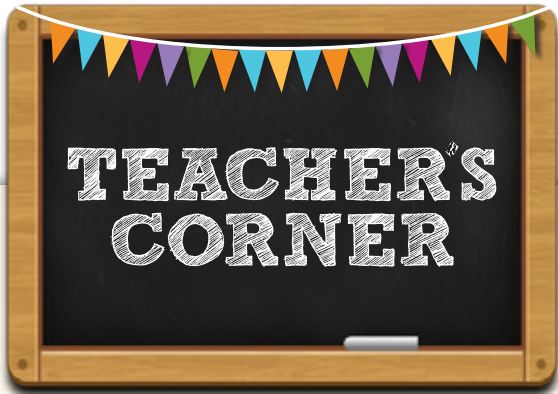
SMART. We are a Room 7 FAMILY.” Our Kindergarteners begin each morning circle by reciting their mantra, “I am calm. I am safe. I am surrounded by peace, love, and joy!” and then the class sets personal and class intentions for the day. Even

our Administrative Team has a mantra, “Never fear Admin is here and always happy to help!”

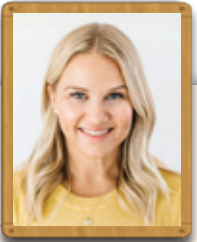
A mantra helps to focus on what’s important! So where to begin? With children you can start each morning with a positive mantra setting the mood for the day. Or recite your personal or family mantra during your drive to school. At bedtime, reviewing mantras is a great way to end the day allowing for positive affirmations and gratitude throughout the day. Keep it simple and make it meaningful to you!

Many people use mantras without even realizing it! Using specific words help center, give strength, provide calmness, and allow for focus – calling all attention on the statement being repeated. Mantras can even be found in the world around us like the song Fearless from the movie Spirit Untamed which reminds us to “Be strong. Be brave. Let courage lead the way. Stand tall and know who you are.”

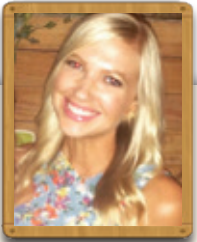
At Christ Church School we encourage our students to be strong and confident, have a positive and productive outlook, and focus on their wellbeing and composure. Mantras are a lifelong tool that allows students to understand the expectations of the environment and prepare themselves to be successful. How will you help your children create a meaningful and powerful mantra?



Jemeille



Chelsea



Emma

What do you do when your child hits a regression? (in any stage: sleep, potty training, playing with friends, etc).

Jemeille Ackourey, Kinder

Kids absorb the parent’s stress, so the calmer you are the better the outcome. Try to identify if there was a triggering event. The smallest of change in the life of a child could be the cause. Work with the information you have and create an emotionally safe environment. Provide reassurance, comfort and stay with your routine.

Chelsea Kunde, Class 3A

Pause. Assess the situation. Come up with a plan to tighten the area back up. A plan that everyone can follow and be successful. Regressions happen but never have to be permanent. Be consistent and get back on track.

Emma Porter, Class 4A

Read articles/books or listen to podcasts to get some new tools under my belt or remind me of what has worked in the past. I try to remind myself everything is a phase. It may feel like forever in the moment, but it passes! Also, coffee always helps.

Recipe: Best Crock Pot Turkey Breast

By: Allison Treadwell. Source: www.crockpotsandflipflops.com/best-slow-cooker-turkey-breast/

Make the Best Slow Cooker Turkey Breast ever! No oven needed. This recipe is perfect for small holidays gatherings or to have homemade turkey for lunches and meals all week. For a tender, juicy turkey breast cook it in the Crock Pot!

Prep: 15 mins **Cook:** 5 hours **Serves:** 8

Ingredients

- 1 5-6 pounds bone-in turkey breast completely thawed
- 5 stalks celery
- 1 yellow onion cut into large chunks
- 5 carrots cut into 4-inch pieces
- 1 cup chicken broth
- 6 tablespoons butter cut into pats

Spices

- 1 tablespoon garlic powder
- 1/2 teaspoon pepper
- 1 teaspoon seasoned salt
- 1/4 teaspoon dried parsley
- 1 teaspoon Italian Seasoning
- 1/4 teaspoon dried sage
- 1 teaspoon paprika
- 1/4 teaspoon dried thyme

Preparation

1. Completely thaw your turkey breast. This can take up to two days so prepare ahead of time for this step!
2. Cut off the skin of the turkey breast.
3. Layer celery, carrots, and half of the onion on bottom of crockpot.
4. Pour chicken broth over the vegetables.
5. Place the turkey breast, BREAST DOWN on top of the vegetables.
6. Take the remaining half of the onion and 4 tablespoons of butter and put them inside the turkey.
7. Mix all the spices together in a bowl and stir to combine. Pour all the spices over the entire turkey. Make sure to get the underside.
8. Take remaining 2 tablespoons of butter and melt it. Pour it over turkey.
9. Cook on low for 5 hours or until internal temperature reaches 165 degrees.
10. Remove the turkey and turn it breast side up.
11. Slice turkey and enjoy.

For more details, check out crockpotsandflipflops.com or facebook.com/crockpotsandflipflops



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**** FAMILY OWNED AND OPERATED BY NCPG MEMBER ****

CRAFT: TURKEY WINDSOCKS

Source: www.happinessishomemade.net/thanksgiving-kids-craft-turkey-windsocks/

Supplies

- 2 Recycled Food Can (cleaned and dried, with top and bottom removed)
- Brown Paint
- Elmer's CraftBond Quick Dry Glue
- Elmer's Medium Tip Painters Pen, Orange
- Large Googly Eyes
- Ribbons in Fall Colors
- Feathers, Felt, and/or Construction Paper in Fall Colors (can mix and match)
- Masking Tape, optional

For this project, there are lots of different options in material choices that can be mixed and matched to create your craft. In our example windsocks, we used construction paper and feathers for the turkey's feathers, but you could also use felt, crepe paper, leaves, or other similar supplies that you may already have on-hand.

Directions

1. Start by painting the can brown and allowing it to dry completely before using the Painters marker to draw the turkey's beak.
2. Attach the googly eyes to the can using Elmer's CraftBond Quick Dry glue.
3. Run a thick line of glue inside the rim at the back side of the can, and attach the turkey's tail "feathers" (made from actual feathers, construction paper, felt, etc.). Note: if the interior rim of your can has sharp edges, you can cover it with a layer or two of masking tape to protect your fingers!
4. Cut 10-15 pieces of ribbon approximately 18" in length.
5. Run another thick line of Elmer's CraftBond glue around the entire inside rim at the bottom of the can, and use the glue to attach the ribbon streamers. Allow to dry completely.
6. Use the glue to attach a red wattle (made of felt or paper) and a ribbon for hanging.
7. Easy peasy and super cute!



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