

Parent Times

March 2022



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President's Corner

Hello NCPG Mamas!

I can't believe how fast this year is flying by!

Can you believe we only have 4 classes left this year!? I want to thank you so much for your continued flexibility this year as we have navigated another challenging year together. As some of us have had our spring breaks already, I hope you were able to enjoy some downtime and get some well deserved relaxation time. And to everyone who has spring breaks in the upcoming weeks, I hope you are able to do the same.


We have been hard at work putting together the board for next year. We are so excited with the group of ladies who will be running this amazing organization next year. We will be emailing out the slate soon so please make sure to vote to approve it!

I want to give a big thank you to our Special Events directors for putting on such a wonderful **Spring Festival**. I had such a fun time with my family, I hope you all did too. Up next is our **Mom's Night Out "Gala" on April 28th at Wine Girl Scottsdale**. Hope to see you all there!

As always, please reach out for any questions, comments, or concerns.

All my best,

Megan Hedstrom, President
president@ncpgaz.com





north central parenting group



2021-2022 Board of Directors

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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:  [ncpgaz](https://www.facebook.com/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 – **Alexis Smith (Hubby: Murphy; Kids: Hunter, Selah)**. Photographer: **Clickaway Photography**

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: Brooke Dahn

Class: Newborn A

Child & Age: Baby girl Dallas born September 8, 2021

Spouse: Evan Dahn

How did you meet your spouse/partner: We met randomly while I was on a girls trip in Dallas. Evan was living there at the time and I was living in San Diego. We hit it off and the rest is history!

Years married/together: 5 years married

Spouse/partners favorite date night spot: Home! Cooking a delicious meal and drinking fine wine.

Career or previous career: I work in Medical Sales for a tissue regeneration company.

5 words to describe you: Family oriented, hardworking , athletic, compassionate, and friend.

Favorite family vacation spot? San Diego, CA

Favorite family spot to dine in town? Yama Sushi

Do you have a hidden talent? I secretly have a narrator's voice.

Favorite date spot or activity when you are child-free? We love doing staycations for special occasions.

Favorite children's book to read? Goodnight Moon

Favorite adult book to read? The best book I read recently was The Book of Lost Names by Kristin Harmel.

Where were you born and raised?

Phoenix/Scottsdale. I am a 5th generation Phoenician!

What do you miss most about being a kid? Having an imagination that would keep you entertained for hours.

When you have 30 minutes of free time what do you do? I love to walk the greenbelt in our neighborhood & get fresh air.

What story does your family always tell about you?

My dad calls me "PC" for Perfect Child. I was far from perfect, but it still makes me smile.

What's your favorite thing to do with your child?

Snuggle in bed in the mornings.

Most meaningful moment as a parent? When Dallas started to recognize our voices & smile at mom and dad. It melts my heart!

Most "OMG did that really happen" moment as a parent? Our NCPG mama group did a holiday brunch in December. All was going well until Dallas had a huge blowout at the brunch table! All over her cute outfit and all over everything!

What is your favorite family tradition? Going to the family cabin in Munds Park for Thanksgiving (family photo from Thanksgiving 2021).

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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

April 6**

April 27

May 4**

May 18

** Parent Times magazine distributed.

Board Meeting Dates

April 4

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!

Keep sending us your photos of outings, birthday's, Spring Break trips, etc.



We Want You!

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.

Membership

Membership has a prorated rate of \$160, and enrollment is still open for a handful of classes. Please contact membership at membership@ncpgaz.org for additional information

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!

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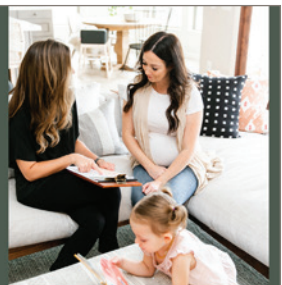
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Orthodontic Evaluations

A Key Role in Your Child's Oral Health

Story and photos courtesy Serrano Orthodontics

As a parent, you're probably already aware of how important dental check-ups and cleanings are for maintaining a healthy smile. But did you know that orthodontic evaluations can play a key role in your child's oral health, too?

Many people tend to associate orthodontics with teens in braces, so you may not even be aware that these early exams are an option. However, orthodontists actually work with patients of all ages, including younger children. It's never too early to take an interest in providing your child with a healthy, happy smile!

As a matter of fact, the American Association of Orthodontists recommends that all children have their first orthodontic evaluation by the time they're seven years old. This gives orthodontists the chance to evaluate a child's mouth while it's still developing and diagnose any potential issues before they become more serious. In turn, this allows us to choose between a "watch and wait" approach or explore age-appropriate treatment if necessary.

There are several issues an orthodontist will be checking for during a child's first orthodontic evaluation. Let's look at some of the most common ones!

NOTICEABLE CROWDING OR EXCESSIVE

SPACING – Spacing problems can show up when a tooth is lost prematurely, where one has never developed, or with teeth that are too small or spaced apart. When crowding is the issue, it can often be corrected with treatment like expanding the arches or removing certain teeth.

UNUSUAL TOOTH LOSS PATTERNS – A child's baby teeth tend to fall out in a fairly specific order. Any significant deviation from this pattern could signify a developmental issue that requires further attention from an expert orthodontist.

MISSING OR EXTRA TEETH – Most children will have at least four permanent molars and up to four permanent incisors by the time they're seven years old. Any more or less than this could indicate a problem with missing, crowding, or extra teeth.

MISALIGNED TEETH OR JAWS – Crooked teeth can be challenging to brush and floss effectively. They're also more susceptible to uneven wear and tear. Over a long enough period of time, this can affect both the shape and position of the surrounding gum tissue. When we begin the process of aligning teeth when a child is younger, it gives them a head start on a healthier smile!

If issues like these are left untreated, there is a significant risk for growth asymmetries, periodontal and bone issues, impacted teeth, premature wear or fracture of teeth, and more. Early orthodontic evaluations are one of the easiest ways to help prevent these problems from occurring in the first place! A simple consultation with Drs. Paul or Andrew Serrano can save you time and money in the long run by confirming no issue exists or correcting issues early before they have the chance to cause trouble.

Preventative care like this can also reduce the need for extensive orthodontic treatment as an adult. If further treatment does become necessary at a later date, it often takes less time and is more efficient.

For more than 30 years, Serrano Orthodontics has been creating life-changing smiles for Arizona families. We do not require a dental referral and offer FREE consultations for all new patients. Our award-winning care will have you and your child feeling right at home from the moment you enter our Chandler or Phoenix office!



Call **602-536-6842** to contact our Phoenix office or **480-605-0421** for our Chandler location. You can also schedule an evaluation for your child by visiting our website at www.serranoorthodontics.com.



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Spring Memories





Montessori Room

Love. Respect. Learning. Article and photos courtesy of Montessori Room.

At Montessori Room, we celebrate the individual child and all of their educational differences. Montessori Room takes a traditional AML approach to your child's educational career where we focus on mathematics, language and literature, sensorial as well as practical life, and most importantly, empathy and care of themselves and others.



Our core values are:

- To serve the whole child; physically, emotionally and academically.
- To encourage children to use free choice to explore who they are as unique individuals.
- To respect the child as an individual and encourage body autonomy.
- To instill social grace and courtesy through love and a peaceful environment.
- To teach children a love for learning, by encouraging their own work choices.

Now enrolling infant through five for our 2022 Summer Program as well as the 2022/2023 school year.



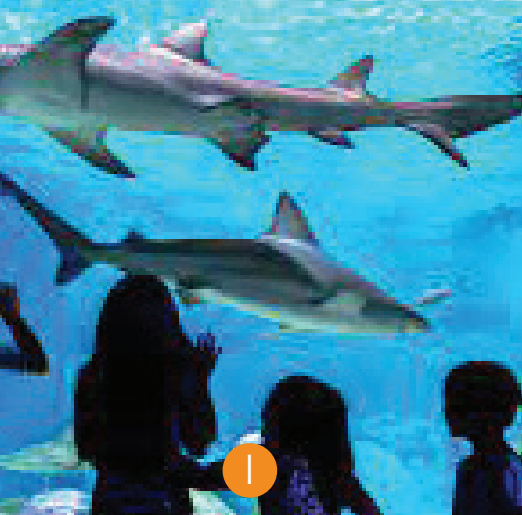
What should I do if my child is fearful?



Jemeille Ackourey Kinder

Acknowledge the fear. Let them know that you understand. Let them know that everyone is afraid at times. You might even give an example of a time when you were afraid and that with courage and practice, you were able to move past fear. Teach children that fear is our friend. Fear tells us to pause and to consider our safety. Let them know that their body has a "pause alarm" or a "dinky bell" that lets them know that they need to examine the environment before proceeding. Help children identify where their alarm is- is it in the belly and shows up as a bellyache? Perhaps tightness in the throat? Maybe it shows up as a headache? Let them know that their body is telling them to pause and to consider their options. Teach them that courage is their friend, as well. There is a hero that lives within all of us. The hero tells us that we are smart- "You know how to ask your trusted adults for advice and coaching." You are able- "You are competent. You have skills and you can use these skills to ____ (fill in the blank)." You are courageous- "Look at all the things you have accomplished that you were once afraid of." Don't force but rather encourage to build courage. Reward small steps towards the goal. Praise. Reassure. To grow courage, one needs to grow confidence. Never belittle, tease, or shame a child because of his fear.





1



2



3



5



7



9



4



6



8

10 SUMMER CAMPS FOR KIDDOS 2022

1

OdySea Aquarium

All summer long your children can learn about the ocean and all of the fish in it!

www.odyseaaquarium.com

2

Cactus Day Camp

Ages 4-13. Come swim, play games, do crafts and learn new sports.

www.cactusdaycamp.com

3

Paula Jacqueline Cakes & Pastries

Ages 5-16 Learn the art of baking and bring home yummy creations each day.

www.paulajacqueline.com

4

AZ on the Rocks

Ages 6-12. Climbing, yoga, ninja course and more!

www.azontherocks.com

5

Arizona Science Center

Grades 1-10 Explore STEM projects with hands on challenges.

www.azscience.org

6

It's All About Etiquette

Ages 6-18. Learn all about social etiquette while having fun!

www.itsallaboutetiquette.com

7

Rachel's Young at Art Studio

Kids 3-8 Let your children draw, paint and craft all summer long!

www.rachelsyoungatart.com

8

Children's Museum of Phoenix

Ages 5-8. Features hands on learning opportunities all summer long!

childrensmuseumofphoenix.org

9

i.d.e.a. Museum

Ages 6-12 can participate in STEM activities and embark on an exploration of imagination.

www.ideamuseum.org

10

Camp Hubbard

Ages 4-14. Enjoy games, sports and activities.

www.hubbardsports.com

Recipe: Spring Asparagus Salad with Israeli Cous Cous

By: Sylvia Fountaine | Feasting at Home • www.feastingathome.com/spring-asparagus-salad



PREP TIME: 15 mins
COOK TIME: 25 mins

TOTAL TIME: 40 mins
YIELD: 4-6 servings

Ingredients

- 1 1-2 bunches asparagus, trimmed
- 1-2 tablespoons olive oil
- salt and pepper to taste
- 1 ½ cups dry Israeli Cous Cous (uncooked) or use orzo, quinoa, freekah, or regular cous cous (about 4 cups cooked)
- ½ Cup kalamata olives (pitted, sliced)
- ½ Cup feta cheese (optional)
- ½ cup toasted pine nuts (optional, sub slivered almonds)
- ½ cup dill or Italian parsley, chopped
- 2 tablespoons tarragon (optional)
- 3 scallions, sliced at a diagonal
- Zest from one lemon (divided)

Dressing:

- 1/3 C olive oil
- 3 Tablespoons whole grain mustard
- 2 Tablespoons Red wine vinegar
- 2 Tablespoons lemon juice
- 1 tsp salt
- 1 teaspoon pepper

Preparation

1. 425 F oven.
2. Trim the tough ends of the asparagus off. Lay them on a baking sheet and drizzle with 1-2 T olive oil, sprinkle with a generous pinch of salt and cracked pepper, and half of the lemon zest. Roast in the oven until just tender, about 20-25 minutes. Cut into bite size pieces. (Alternatively, for faster preparation, blanch bite size pieces of asparagus, with the cous cous water, during the last 2-3 minutes of the cous cous's cooking time.)
3. Bring a large pot of salted water to a boil. Add Israeli Cous Cous, and cook until al dente.
4. Make the dressing. In a small bowl, stir all ingredients together.
5. Drain couscous, and place in a large bowl. Toss it with the dressing, olives, asparagus, feta, pine nuts, fresh herbs, scallions and remaining lemon zest.
6. Taste and adjust salt and lemon to your liking.
7. Serve warm, or chill and serve as a salad.
8. If serving chilled, taste the salad once more before serving and adjust salt, lemon and olive oil one more time as the cous cous may soak up some of the flavorful dressing.



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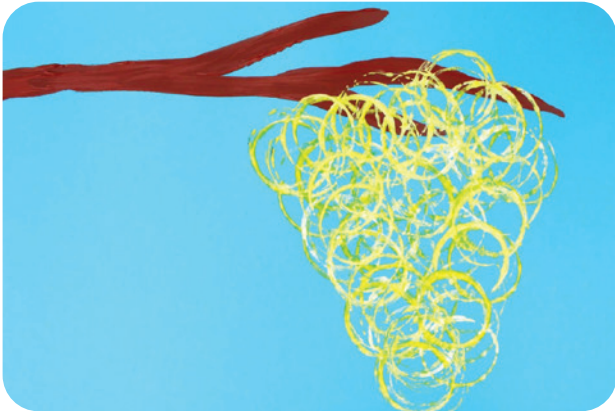
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By Emma Owl • www.emmaowl.com/bottle-top-beehive-and-hand-print-bees



What you need!

- Willing hands
- Non-toxic kids paint. We use this paint a lot!
- Cardboard or paper for a background and wings.
- We used both solid cardboard wings and tissue paper wings – up to you to decide!
- Googly eyes

What do do!

1. With the bottle tops we cut out a beehive shape and printed bottle tops onto the hive shape.
2. The plastic cup beehive we painted hanging off a branch onto a blue background. I have included a full video at the end of this page!

And then for the fun part!! THE BEES!!

3. We used our hands to make them. Paint on stripes and print print!
4. Once the hand prints are dry, shadow cut around them and add wings and eyes and feelers!
5. We used Q-tips to make feelers on some and used a marker to draw feelers onto others!
6. The bee wings are easy to cut out freehand.
7. Put it all together and you have a great bee filled beehive!



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