

Parent Times

Jan/Feb 2023



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President's
Corner

Happy New Year
To You All

I hope that everyone had a magical holiday season and that you are as excited as I am for 2023. We have a fun spring planned for NCPG and are particularly looking forward to our **Spring Festival** and **2nd Annual Sip & Bid Fundraising Event!** The Spring Festival details will be coming soon, so be on the lookout for that, as well as information for other events in the coming months. Our Special Events team did an AMAZING job with the **Winter Festival** so I personally can't wait to see what they will do next.

As we shared previously, Sip & Bid will take place on **Thursday, March 23rd at 6 PM at Wine Girl Scottsdale**. We are so excited to be changing up our fundraising goals for this year and will be raising money for NCPG Scholarships, UMOM, and an NCPG Member Run Charity. Details about event and raffle tickets and silent auction items will be coming soon!

As we start off 2023, the Board is already hard at work preparing for the next NCPG year! I am proud to announce that we have 22 returning board members for next year, including myself as President and Jenna Roehm as Vice President. We are both thrilled to be serving you all again and can't wait to meet those who will be joining us on the board. **Board applications will be accepted after the Board & Bites information session on January 9th** and will be reviewed by the Executive Board shortly thereafter. Selections will be made in January and the 2023-2024 Board of Directors Slate will be sent to the general membership in March.

As always, feel free to reach out with any questions, thoughts, suggestions, or issues. The Board is always here to listen and to continue making NCPG the best it can be!

Sincerely,

Ilyssa Reading
2022-2023 NCPG 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.

n c p g
north central parenting group



2022-2023 Board of Directors

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

www.ncpgaz.org Follow us on Instagram: [ncpgaz](https://www.instagram.com/ncpgaz)

Parent Times

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

Editors – Catherine Jacobson & Amanda Shaw
Designer – Neill Fox, foxnoggin.com, neill@foxnoggin.com

Front Cover – Member Amanda Shaw, Jeff (husband), Milly (7), Frankie (5), Gwendolyn (3)
Photo – Rachel Baker, [@Rachel_Baker_photo](https://www.instagram.com/Rachel_Baker_photo)

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By Jenny Clark, Founder & Executive Director, Love Your School

As a mother of five children, four of whom have learning disabilities, I know first hand the challenges that come from navigating life with a unique learner. Every family looks different and every child deserves the opportunity to thrive in a learning environment that is right for them. I started a non-profit, **Love Your School**, almost 3 years ago as a resource to help families understand the variety of schooling options available in Arizona. Love Your School also serves as an outlet for families and educators across the state looking for the latest happenings in AZ education. In the following article, I'll share some of the guidance that we offer many families through our non-profit.

Arizona Early Intervention

If you have a child 3 years or younger that you suspect may have a developmental or learning delay, you can request a free screening from **Arizona Early Intervention Program (AZEIP)**. This process is simple and done online through their web portal. You'll receive a contact within 48 hour to schedule your screening. Many families find that their child does not qualify for services under AZEIP (this happened to our family once!) and they request an additional screening a few months later or request an evaluation from the public school district at age three. Keep this in mind - and don't give up if you suspect that your child still needs support, even if they didn't qualify under the AZEIP guidelines.

Requesting Evaluations from the District

Once your child turns three, you request an evaluation via email through your locally zoned public school district. We always recommend families do everything with the district in writing, to ensure that you have time to understand the

process and so that you have a paper trail of communication with the district. The process of requesting an evaluation is as simple as sending an email to the district special education coordinator, which you can look up online. We have a sample request for an evaluation email, but we also love the examples from **Learning Ally**.

The district has 15 days to respond to your initial letter and schedule, or deny, a "Review of Existing Data" meeting, or a ROED. If they agree to schedule this meeting, in it you will discuss your concerns, complete some paperwork, and hopefully come to an agreement about evaluating your child with further testing in your areas of concern. Unfortunately the district can deny your request to evaluate. If they do so, and you disagree, you can request a due process hearing to get an outside opinion. **Understood.org** has a great outline of your options if the school refuses to evaluate. We also support families through this process at Love Your School.

If the evaluation is scheduled, after the evaluations are completed, the district team will come back together with the parents to review the results. This is often called a MET meeting, or Multidisciplinary Education Team Meeting. In this meeting, the team must decide together, based on the data, whether the child qualifies for special education services. If your child is enrolled in the public school that did the evaluation, an IEP will then be drafted within 30 days, or a 504 plan if only accommodations are needed. If your child is homeschooled or at a private school, this information can be taken into consideration for you, or your private school.

The Value of Evaluations

The value in seeking an evaluation is of course gaining insight and answers into challenges that your child may be experiencing as a result of a disability or delay. Having a diagnosis or knowledge into why your child may be struggling is invaluable, so when in doubt, we recommend requesting evaluations as opposed to a "wait and see" approach. If your child is homeschooled or enrolled in private school, your child is eligible for additional funds from the **Arizona Empowerment Scholarship Account (ESA)** program that can be used for tuition, tutoring, therapies and more qualifying expenses. If your family receives tuition-tax credit scholarships for private school or is interested in those scholarships, the qualifying child would also be eligible to apply for a **"Disabled - Displaced"** tuition tax credit scholarship for private school tuition.

Lastly, if you're worried about your child's education and are curious about whether they may have a developmental or learning disability, remember that you know your child better than anyone! Evaluations are a valuable tool in discovering how your child learns, so don't delay if you're looking for answers and support. As always, Love Your School is here to help any family who has questions or needs support navigating the evaluation process, and our advocacy services are available free of charge to families.



Arizona native and mother of five, Jenny Clark knows full well the unique variations in how children learn. They thrive in a variety of different educational environments. Jenny grew up in Arizona, attended her local district school from K-12, and then continued on to the University of Arizona and received a BSBA in Business Economics. Today, she utilizes a variety of schooling options for her own family, and loves sharing with other families about their options and helping them find the right fit for their kids!

That's what inspired Love Your School. Jenny wanted to create an avenue for families and schools to share more about the amazing ways Arizona kids are learning, and growing, and loving their education – whether they are in district, charter, private, online, homeschool, microschool, learning pod, or receive an Arizona Empowerment Scholarship.

Looking for some one-on-one help for your family, we've got you covered! You can email Jenny at jenny@loveyourschool.org or reach out to us on Facebook or Instagram! We're here to help!




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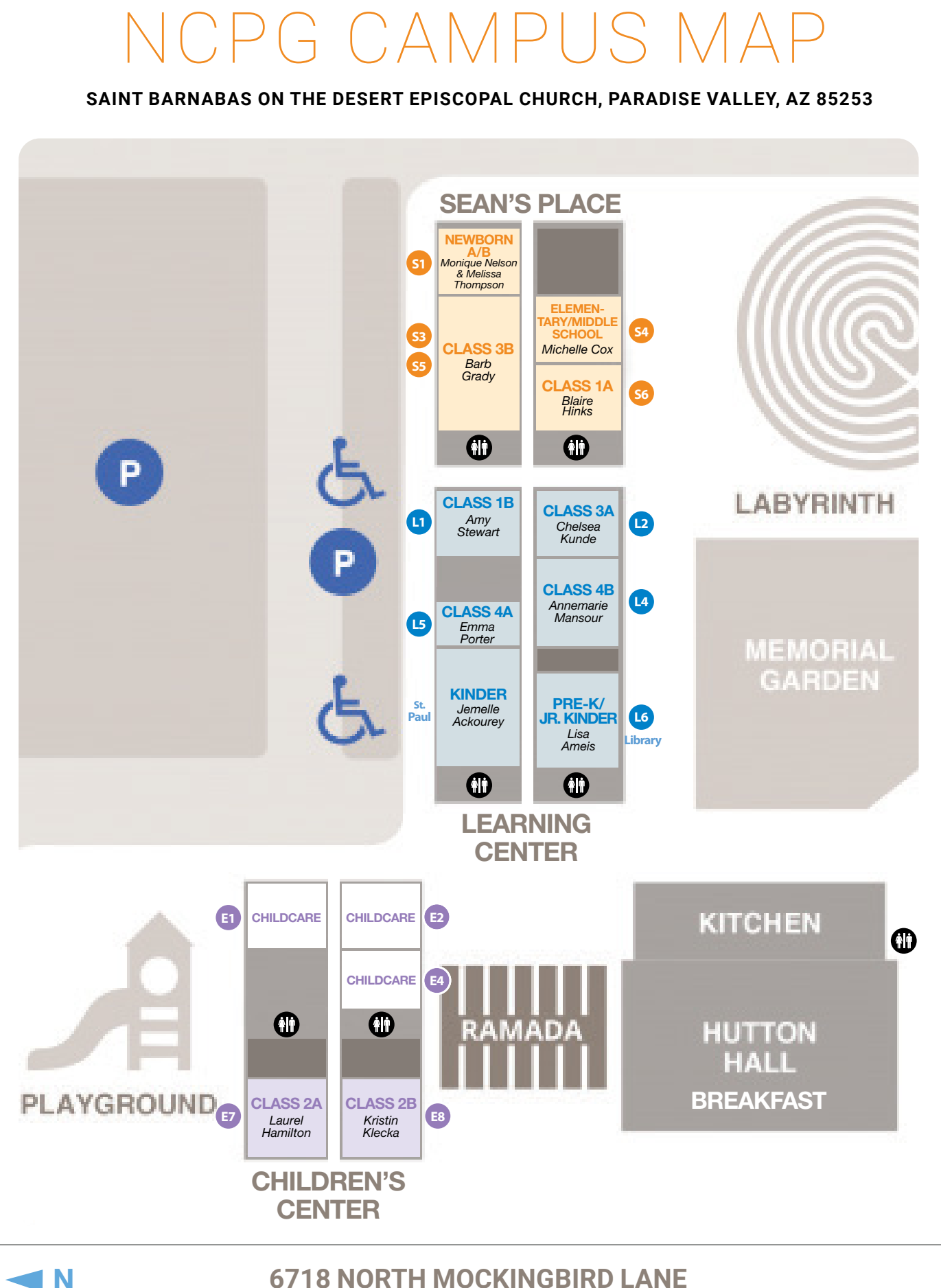
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2023 Calendar

Class Schedule

8:45 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 am - 1:15 pm Newborn A & Middle School Class



Saint Barnabas on the Desert Episcopal Church
6715 N. Mockingbird Lane
Paradise Valley, AZ 85253

Class Dates

January 25	April 5
February 8	April 19
March 8**	May 3**
March 22	

***Parent Times magazine distributed.*

Board Meeting Schedule

February 6
March 6
April 3
May 1

Board

Announcements

Food & Drink

No food or drinks (other than water) are permitted outside of Hutton Hall. Please respect this request from the church, as an additional housekeeping fee will be charged to NCPG if we do not comply.

Parking

Please only park in **DESIGNATED PARKING SPOTS** at Saint Barnabas. Also, keep an extra eye out to ensure you are not parking in handicap parking, as some of the church signage is difficult to see.

Communications

Send us your photos to be featured in the upcoming issues of *Parent Times* magazine to communications@ncpgaz.org. We are looking for family photos, class events and playdate shots, as well as high-resolution, professional cover photos. You might end up on the cover!

We also want to celebrate all of the new NCPG babies and showcase them in our magazine! Please let us know if you've recently welcomed a new baby into your family and send us a photo, plus all of the baby deets (name, weight, height, DOB!) to communications@ncpgaz.org.

As a reminder, try to submit hi-resolution photos (300 dpi) or best phone resolution possible!



Childcare

Only babies under 6 months and/or are not yet crawling are permitted in class. This is to maintain the educational nature of our classes and to avoid unnecessary distractions. Please take advantage of our onsite childcare if you want your little one to be close by.

We are proud to welcome back Busy Bee's into our amazing space. **The cost will be \$50 for the first child and \$25 for each additional child and is available from 8:45am-11:45am.** Childcare registration can be completed online and registration will open the Wednesday two weeks prior to each class. **Registration for childcare closes 24 hours prior to class** so please be sure to sign up in advance. Please contact childcare@ncpgaz.org for any questions and visit our website for full details and directions on registering.



Membership

Spots remain available in a handful of classes for the 2022-2023 year! We are still offering one-time trial class visits if you know someone that is interested. Please email membership@ncpgaz.org or additional information about open classes and registration.

Public Relations

Be sure to follow [@ncpgaz on Instagram](https://www.instagram.com/ncpgaz) and **NCPG Facebook** for the latest announcements and updates. These are private pages for current members only.



Sponsorship

If you have or know of a business who might be interested in being a sponsor or advertiser with NCPG, please email us at sponsorship@ncpgaz.org. NCPG members receive 20% off all sponsorship packages. Please visit the sponsorship tables before class throughout the year!

Social

Please join us between **9:00 and 9:40 am** inside Hutton Hall for breakfast prior to class



Save the Date

Sip
& Bid

**THURSDAY
MARCH 23
WINE GIRL
SCOTTSDALE
6 PM**



NCPG Classes

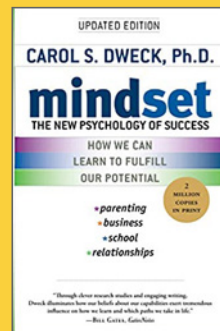
For complete descriptions of all our classes, visit ncpgaz.org/classes

And to understand our Class Progression system, visit ncpgaz.org/class-progression

Raising Children with a GROWTH MINDSET



"I can't do it!" "I'm not smart enough!" "I give up!" At some point, you have likely heard your child utter such phrases of defeat when faced with a challenge. Although their development will be filled with difficulties and triumphs, there are practices you can implement that will strengthen their resolve and help them perceive obstacles as motivators rather than deterrents.



These practices stem from a framework called Growth Mindset. Pioneered by Carol Dweck, Stanford University professor, Yale PhD graduate, and writer of *The New Psychology of Success*, this concept has become quite popular among parents and educators alike. The Mindset Scholars Network defines growth mindset as such:

A growth mindset is the belief that intelligence can be developed. Students with a growth mindset understand they can get smarter through hard work, the use of effective strategies, and help from others when needed. It is contrasted with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth.

Despite the reality that many individuals of all ages have developed fixed mindsets, it is important to know that one's mindset can shift. As a parent, there are a number of strategies you can use to help foster a growth mindset in your child. At the top of the opposite page are some tips and suggestions you can start using today!



Growth Mindset Strategies

Focus on the Process

Emphasize process and perseverance by posting your child's work in progress, instead of only finished products, so they can see how work evolves with effort and feedback.

The Struggle is Good

Explicitly teach your child that when you put effort towards a task and struggle, you are building connections in your brain. Your brain is getting stronger!

Talk-Up Effort & Strategy

When your child is putting forth effort, but using an ineffective strategy, prompt them to use another strategy in lieu of praising the effort. Then praise the use of multiple strategies and perseverance.

Set High Expectations

Portray challenges as fun and exciting, while portraying easy tasks as boring and less useful for the brain.

Use Growth Mindset Language

"You can train your brain to do this!"

"Choose another strategy and try again."

"Mistakes help you learn."



At Christ Church School, we are passionate about Growth Mindset and have seen how influential this framework can be on a child's academic achievement and social-emotional development. Likewise, implementing growth mindset has had a profound impact on the classroom culture from our Twos classes through 4th Grade. Students are learning to celebrate mistakes, seek out opportunities for challenges, and accept that everyone is performing at a pace that feels right for them.

If you would like to learn more about what we do at Christ Church School, we invite you to give us a call at **602.381.9906**, or visit our website at **ccsaz.org** to schedule a tour. We look forward to hearing from you!



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Member to Meet Brigitte Berry, 1A

Child: Dannie, 13 months

Spouse/partner name: Jonathan (Jon) Berry

Hometown: Vancouver, British Columbia

Career or former career: 4 years as Realtor, Coldwell Banker Global Luxury. Previously, 11 years as a nonprofit executive.

Favorite date night spot: We try to mix it up and experience as many new restaurants as possible, but some of our favorites are: Vecina, Christopher's and Hillstone.

Favorite local family spot to dine: Anywhere with a booth! We frequent Mora and Neighborly Public House.

Favorite place to vacation with the family: Of course, Vancouver. But we also love to cruise! We took Dannie to Alaska this past summer.

How do you balance meeting your children's needs as well as your own: It's a daily quandary! I am so grateful to have support from family and our nanny. I have incredible admiration for mamas who manage on their own and/or with multiple children! Thankfully, I have a good little sleeper and find time after Dannie goes down for my hobbies. Otherwise, Dannie comes with us to do the things we enjoy, and we hope she will grow to love them, too!

Favorite local place to take your children for fun: Dannie is still young, but she loves the wind in her hair and daily walks. We enjoy Butterfly Wonderland.

Best advice for traveling with kids: We started traveling early and often with Dannie in hopes that she will settle into it. I'll let you know how that goes. Also, lots and lots of wipes.

How do you simplify your morning routine with kids: Jon and Dannie have daddy/daughter time first thing every morning. Then, he gets the coffee going and I make breakfast, and we all sit down together. Afterward, I take Dannie (and our miniature Whoodle, Oscar) for our morning walk so Jon can focus on his work.

Most meaningful moment as a parent: EVERY. SINGLE. MOMENT. It's hard to wrap my head around how quickly she is growing and developing! Our nighttime routine—bath, story and bedtime—is everything to me right now.

Most "OMG did that really happen" moment as a parent: That time we went to Richardson's for happy hour and the diaper bag didn't have any diapers in it, just when we REALLY needed one.

Best parenting advice given to you: If you practice gratitude and manners in front of your children for the smallest things, "Thank you, Daddy, for handing me the fork," or "Please can you open the door", it will become a part of who they are, and not something to be taught.

How were you introduced to NCPG and how many years have you been a part of the group: This is my second year, and my girlfriend Caroline Connor suggested the organization!

Best thing learned at NCPG so far: Time with my instructors and classmates has been invaluable! I learn something every class and particularly enjoy our open dialog and "hot topic" conversations.



Birth Announcements



Help us welcome these new additions to our NCPG family!



Jack Fox

7.12.22
6 lbs 12 oz, 21"

Parents:
Kate and Zac Fox
Sibling: Eleanor



Leonidas Ryker Krohn

9.10.22
9 lbs 7 oz, 22"

Parents:
Jeff and Cassie Krohn
Siblings:
Maverick and Jaxon



Pierce King Dodenhoff

10.28.22
8 lbs 5 oz, 21"

Parents:
Elise and Reed Dodenhoff
Sibling: Quinn, 2



Mackay Matthew Cramer

10.29.22
9 lbs 3 oz, 21.5"

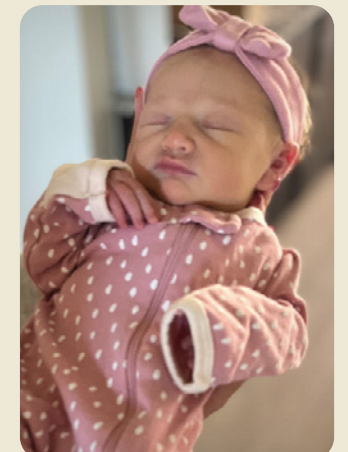
Parents:
Cory and Kiley Cramer



Sloane Rose Simon

11.22.22
6 lbs 14 oz, 19.75"

Parents:
Brittany and Joshua Simon



Ruby Rose Boomer

11.23.22
7 lbs 13 oz, 21"
Parents: Maxwell Boomer
and Darby Rousseau



NCPG HOLIDAY FUN!



NCPG 2022 WINTER FESTIVAL



15 Minute Full Body Mama Workout

By Kaileigh van Horne, Owner, The Athletic Club, Scottsdale



Working out during pregnancy and postpartum not only helps physically but also promotes and supports mental health. Moving your body often and effectively as a mom will help you with the strength to carry around your kid(s) to all their various activities as well as being energized to keep up with their busy bodies. The major drawback about working out as a mom is time. There are some days you are able to schedule out that alone time to head to the gym and get an uninterrupted workout and a lot of days where you are trying to squeeze any alone time in, mostly during never long enough nap times. Also, pregnancy and postpartum brings so many adjustments and changes to your body.

You may have some reservations about working out as you simply don't know what to do. Prenatal and postnatal exercise specialist, owner of The Athletic Club, fitness expert and mom of two, Kaileigh van Horne, gets it and is here to help by providing a workout you can do at home. She wrote a workout specifically for moms short on time that will leave you feeling motivated to take on whatever else the day has in store. She emphasizes that exercising is not about "bouncing back" to fit in your old jeans but "bouncing forward" to being the strongest you've ever been because being a mom is truly the biggest workout of all time!

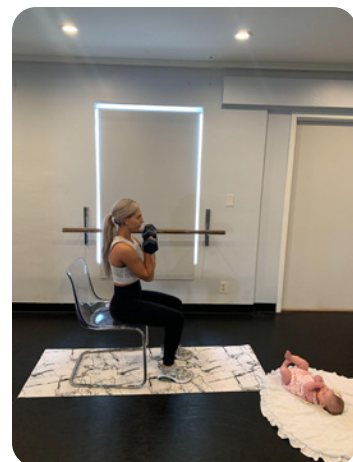
All you need is a chair and a pair of dumbbells. If you don't have any weights you can always grab household items or even a child and incorporate them in the fun instead. Don't forget your warm-up and cool down as well!

THE ATHLETIC CLUB

If you are looking for more workouts, exercise guidance or a new gym, come workout with Kaileigh at The Athletic Club, her newly opened gym! At The Athletic Club there are group classes throughout the day as well as some personal training hours available. You can learn more at www.theathleticclubaz.com or emailing Kaileigh at theathleticclubaz@gmail.com.

PROTOCOL: 15 MINUTE AMRAP (AS MANY ROUNDS AS POSSIBLE)

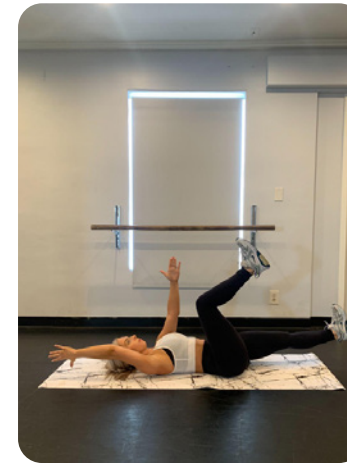
After completing a warm-up you will set 15 minutes on the clock. You will do 10 reps of each move. Once you complete the last exercise you will start over and keep going until the 15 minutes is up. Don't forget to stretch at the end!



1 | 10 SEATED TO STANDING ARNOLD PRESS

You will start in a seated position with a bicep, palms facing you.

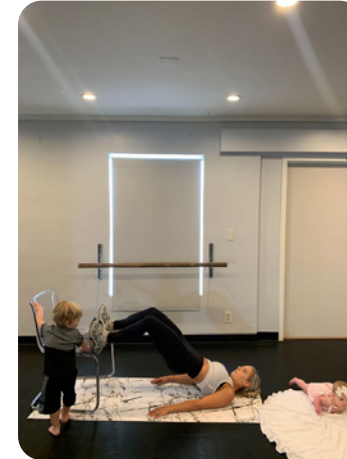
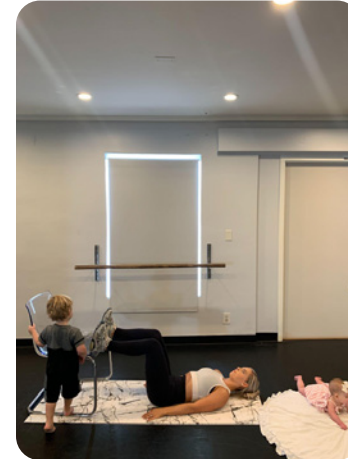
As you stand you will press and rotate your palms out.



2 | 10 DEADBUGS

You will lay down on your back and reach your arms straight to the sky as well as your knees above your hips.

You will extend the opposite arm and opposite leg. With a big exhale you will bring both arm and leg to start position and alternate on the other side. 1 rep = left and right.

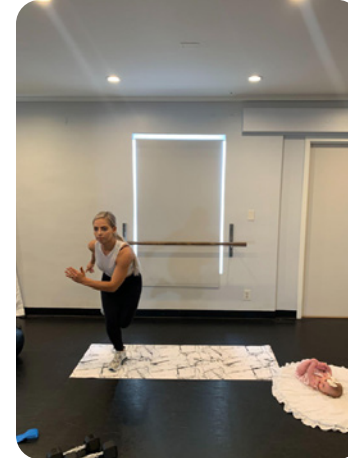


3 | 10 HEELS ELEVATED GLUTE BRIDGE

While lying down you will place both heels shoulder width apart on a chair.

From there you will brace your core pressing ribs down towards hips.

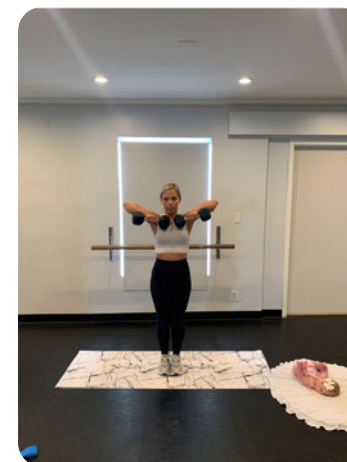
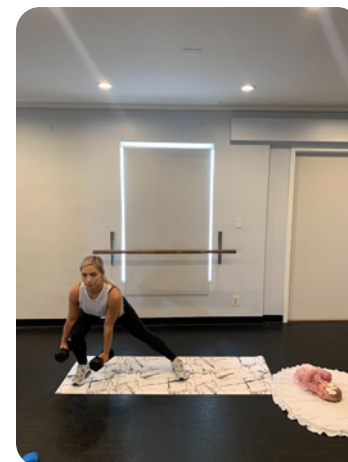
As you exhale you will drive through your heels and lift your hips up holding for a second at the top and then slowly coming back down.



4 | 10 SKATERS

You will start on one leg and bound laterally onto your other leg.

If jumping side to side is too much you will take it to a step and touch. 1 rep = left and right.

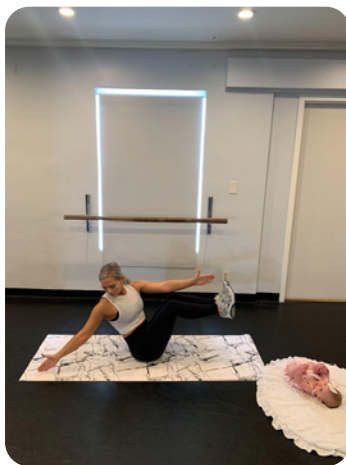
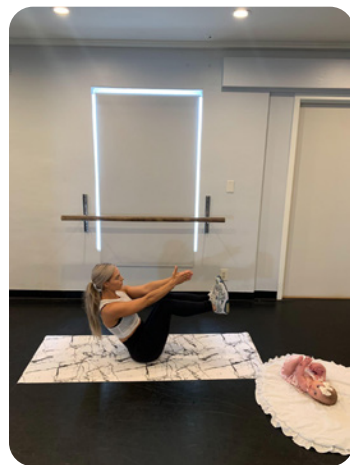


5 | 10 LATERAL LUNGES + UPRIGHT ROWS

Start with your feet together and then step out to one side making sure to keep chest, hips, knees and toes all forward.

The leg that you step out on bends while the one you stepped away from stays straight.

Return to feet together and drive elbows higher than your shoulders in an upright row. 1 rep = left and right.

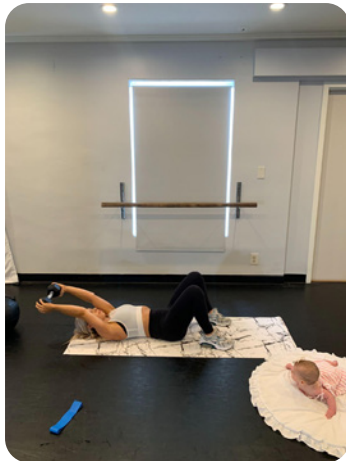


6 | 10 BOAT HOLD REACH BACKS

In a seated position you will hinge back, lifting legs and keeping your chest proud.

From there you will keep one arm straight in front as you reach the other straight arm to the back diagonal following with your eyes.

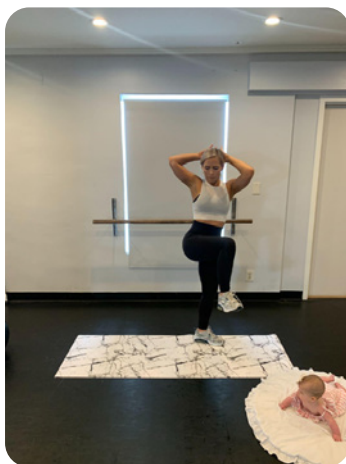
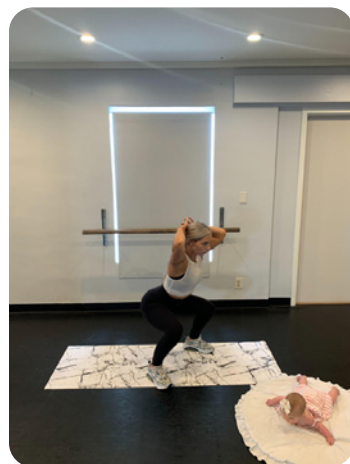
If it ever is too much you can place your feet on the ground. 1 rep = left and right.



7 | 10 STRAIGHT ARM PULLOVERS

Start by lying on your back with feet planted on the ground and weight straight up towards the ceiling. You will brace your core pressing ribs towards hips.

You will then keep your arms straight and lower them down towards your face making sure to keep your lower back on the ground the entire time. You will then exhale and return the weight to the starting position.



8 | SQUAT KNEE DRIVE ROTATIONS

You will start with your hands behind your head and perform a squat.

At the top you will drive your knee up in front of your hip and rotate towards that leg while balancing for a couple seconds.

Return back to a squat and do the other side. 1 rep = left and right.



Once you have completed move 8 you go back to move one and keep going until the 15 minutes is up!!

Have more or less time? No worries, set the timer for however long you want to workout. Any movement is better than none!

Have fun getting sweaty and boosting those endorphins. I apologize in advance if your workout turns into the picture at left!

TEACHER'S CORNER

How do you deal with picky eaters?

Blaire: Picky eaters are usually going through a growth stage. Stay the course and always include other foods on their plate. Don't get into a habit of giving only what they want. You may have to introduce a food 1,000 times before they take their first bite. Picky eaters can be overwhelmed by all the choices. Try to keep the plate simple. Include something they like with things they are still working on.

The issue here is recognizing a picky eater from a problem feeder. Problem feeders will only eat one to three things and refuse all other items. Textures can be overwhelming to them, and gagging may be part of mealtime. Problem feeders need feeding intervention by a professional as soon as it is recognized. There are amazing oral motor therapists as well as feeding therapists that can help your child through this.

Monique: Ignore it. All kids are picky at one time or another. If you make too big of a deal about it, you may have a power struggle on your hands and this is how eating disorders can be created. Keep offering lots of healthy choices but also remember you are not a short order cook. One or two choices at mealtime. Kids will eat when they get hungry and if they see you eating healthy choices they will want to eat what you are eating too. Try to eat at least one meal a day as a family. If noneating becomes a concern and you are truly worried about nutrition, speak to your pediatrician about a supplement like PediaSure that you can offer at the end of a day if your child truly has eaten nothing and avoid the power struggle. Overall, don't make it a big deal as they will outgrow this phase.



BLAIRE HINKS
Class 1A

How do you deal with conflict with a spouse on different approaches to aspects of parenting?

Blaire: Date night! Be open to hearing your partner out. Don't go into it with a judgmental mind. Look at the issue as a whole and work together to come to a compromise that will work for both of you. Validate what the true points are. Don't validate the invalid. Try to keep emotions at bay and look at the problem you are trying to solve as a team. If you can't come to an agreement, table it if you can. Your relationship came before the baby, focus on getting both of you back on track if the issue causes strife, then try to tackle the issue as you both can see fit.

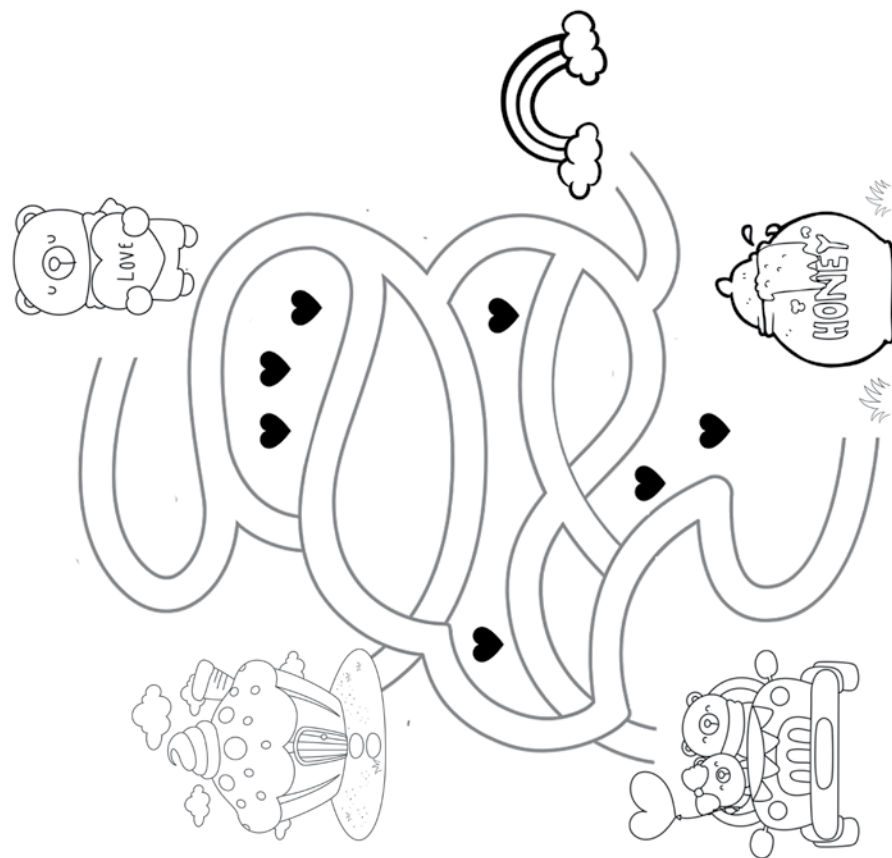
Monique: You are never going to agree on everything. You are two different people raised in different households. You don't have to agree on everything. Don't sweat the small stuff. Discuss how you will handle big subjects, like spanking, and if you disagree on the big item issues get a third-party mediator involved like your pediatrician. Trust me. And if you come home to find your newborn in a baby bathtub full of bubbles up to her neck because "That is how dad sees mom take a bath," just smile and say, "Well she seemed happy, and I didn't have to do the bath today." :)



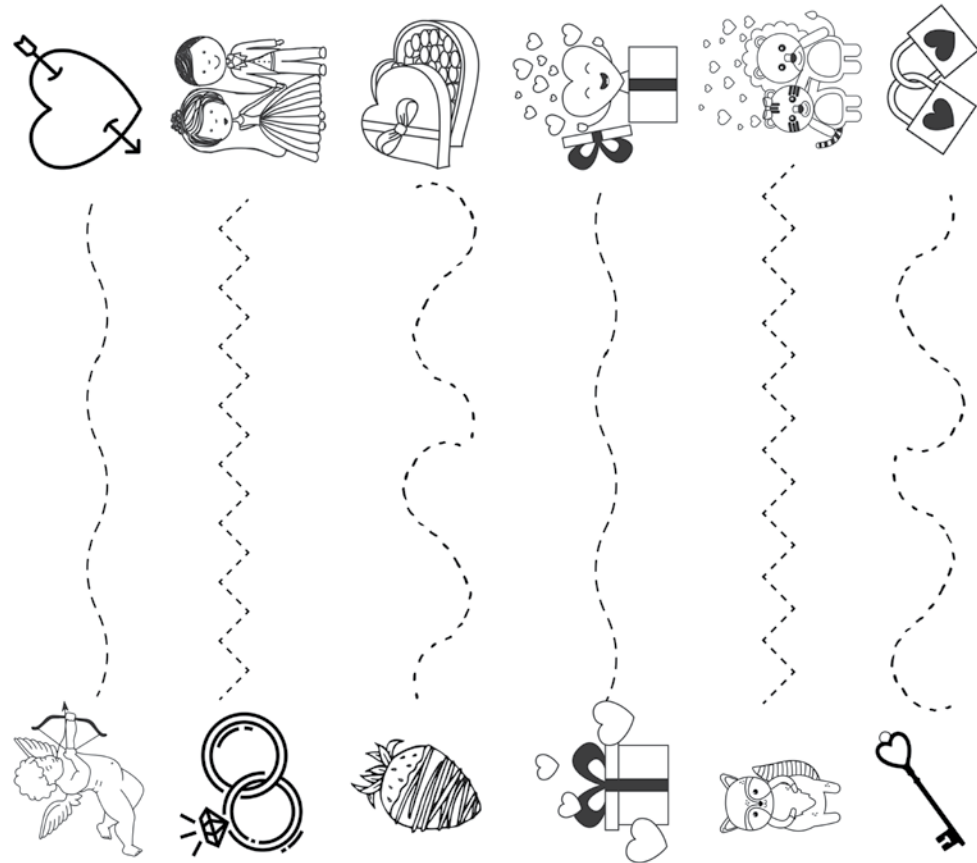
MONIQUE NELSON
Newborn A and B

LOVE MAZE

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Recipe: Burrito Zoodles

<https://www.delish.com/cooking/recipe-ideas/a23067486/burrito-zoodles-recipe/>



Kick off 2023 with a healthy dish for the whole family! Zoodles allow this dish to be extra delicious and satisfying while keeping it low carb and something you don't feel bad about. It's a win-win and we can't get enough.

YIELDS: 4 serving(s)
PREP TIME: 10 mins
TOTAL TIME: 30 mins

INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- Kosher salt
- Freshly ground black pepper

DIRECTIONS

Step 1: In a large skillet over medium heat, heat oil. Add onions and cook until soft, 5 minutes. Add garlic and cook 1 minute. Add ground beef, breaking up with a wooden spoon, and cook until no longer pink, 6 minutes. Drain fat.

Step 2: Return skillet over medium heat. Stir in spices and season with salt and pepper. Add beans, tomatoes, corn, enchilada sauce, and cheeses. Cook until cheese is melty, 5 minutes. Add zoodles and cook, tossing to coat, 3 minutes.

Step 3: Garnish with cilantro before serving.


- 1 (15-oz.) can black beans, drained and rinsed
- 1 c. cherry tomatoes, halved
- 1 c. sweet corn
- 1 c. red enchilada sauce
- 1 c. shredded cheddar
- 1 c. shredded Monterey Jack
- 1 (14-oz.) package zoodles
- Freshly chopped cilantro, for garnish

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NCPG COLORING CONTEST

Introducing NCPG's coloring pages on the following pages.
Check out each issue for some fun. We would love to feature
your "artists" in the upcoming *Parent Times*!

Snap a pic of your cutie's masterpiece and email it to
communications@ncpgaz.org by **February 20th**.

Please include your name and your child's name and age in the
email to see if they will be featured in the next issue.

HERE ARE LAST ISSUE'S WINNERS!

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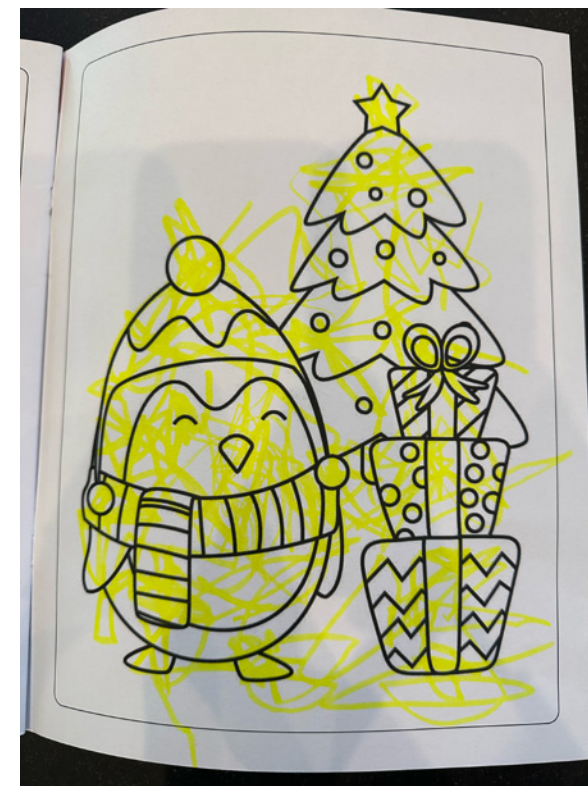
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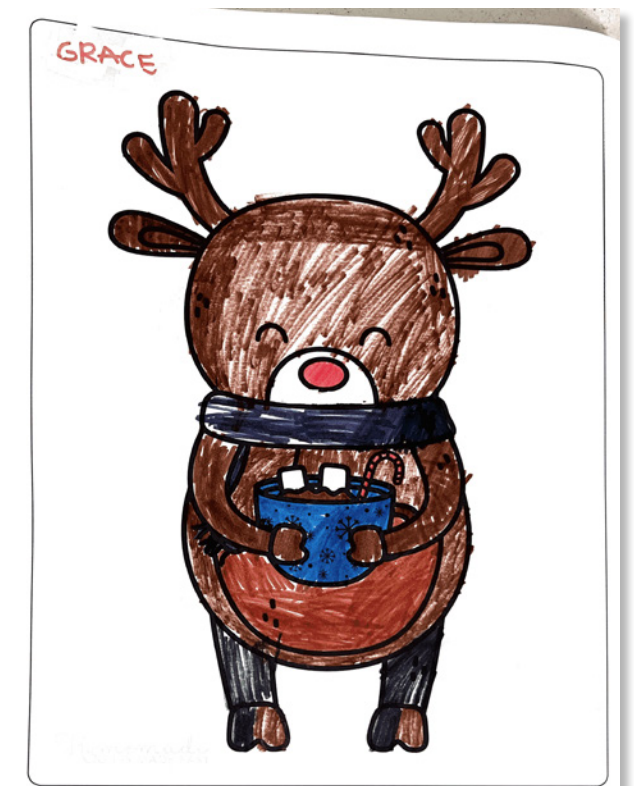

@thebashfulbaby

Bashful
BABY

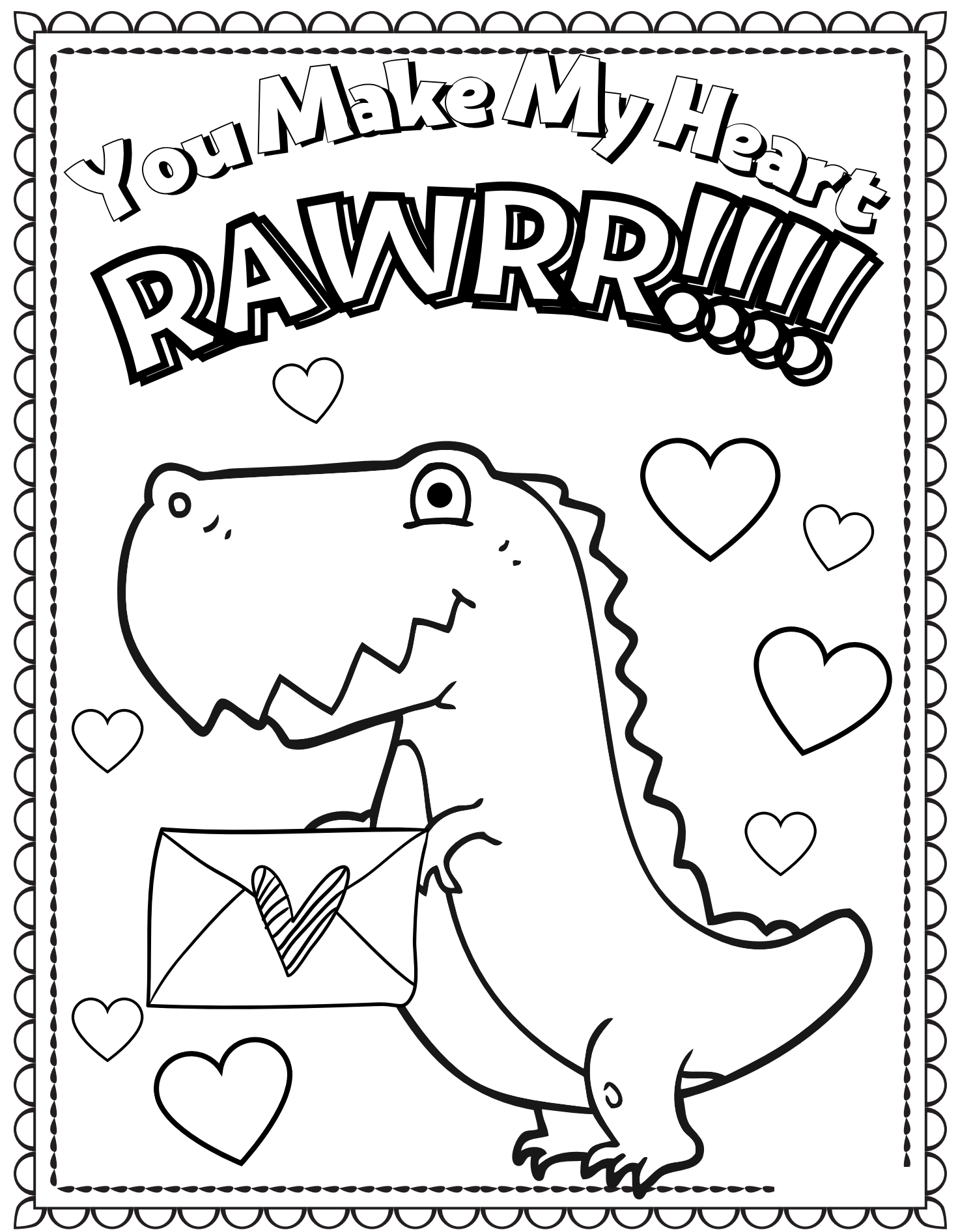
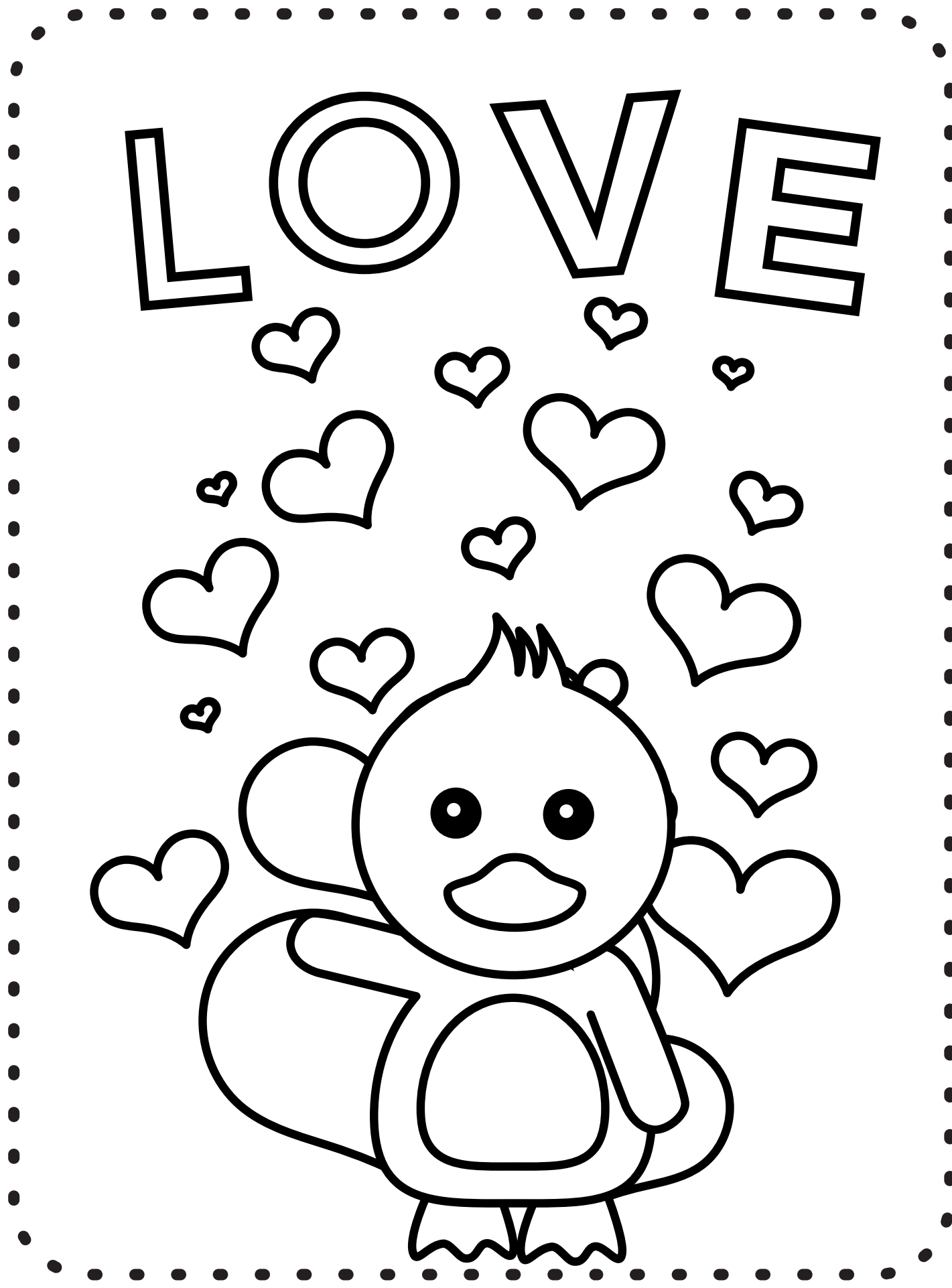
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