

# Parent Times

Mar/Apr 2023



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## President's Corner

### Happy NCPG Mamas

Spring is officially in the air! I hope everyone is enjoying the warmer weather and all the fun outdoor activities in our area. This time of year always reminds me how much I love living in Arizona and makes me want to take advantage of every beautiful day that comes our way. NCPG has a couple of fun events coming up that you definitely won't want to miss! Our **2nd Annual Sip & Bid Fundraiser** will be on Thursday, March 23rd at 6 pm at Wine Girl Scottsdale. Proceeds from the event will go towards NCPG Membership Scholarships, UMOM, and Wiggled Out, which was founded by NCPG's very own Chelsea Kunde! Tickets are \$65 and can be purchased online or at the door of the event. Another exciting event to make sure to add to your calendar is our **Annual NCPG Spring Fest**, which will take place on Saturday, April 22nd from 10 am to 12 pm at St. Thomas.

Springtime also means that it is already time to start thinking about **REGISTRATION** for our 2023-2024 year! Early Bird Registration for **CURRENT MEMBERS** will be from April 1st-30th and fees will remain the same as last year at \$385. Be sure to mark your calendars to register early, as we anticipate several classes filling up quickly. Unlike previous years, we may be unable to guarantee placement with your existing group during the early bird period, so do not wait to register, as spots will be given on a first come first serve basis. Registration for **NEW MEMBERS** will begin on May 1st and prices will increase to \$399. Please reach out to our Membership team at [membership@ncpgaz.org](mailto:membership@ncpgaz.org) with any questions.

As always, feel free to email me at [president@ncpgaz.org](mailto:president@ncpgaz.org) with any thoughts, questions, concerns, or suggestions.

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.

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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](http://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](mailto:communications@ncpgaz.org). Thanks for your help!

**Editors** – Catherine Jacobson & Amanda Shaw  
**Designer** – Neill Fox, [foxnoggin.com](https://www.foxnoggin.com), [neill@foxnoggin.com](mailto:neill@foxnoggin.com)

**Front Cover** – Gina Sandor and Family  
**Photo** – IG: @sweetsummerbali



**Wigged Out** was nominated as our member-owned charity for the upcoming Sip & Bid event on March 23 at Wine Girl. We are so proud to not only have them be apart of our event but also a longtime NCPG member. A little bit about our friends at Wigged Out...



### Who We Are

Wigged Out Inc. is a 501(c)3 non-profit organization, which is dedicated to assisting residents of the Phoenix metropolitan area and surrounding regions.

### What We Do

Wigged Out Inc. provides financial assistance to those who are in need of a wig, hairpiece, hair accessories, etc. due to the effects of a documented medical condition.



Wigged Out Co-founder and NCPG Member, Chelsea Kunde

### How We Started

Chelsea was diagnosed with Hodgkin’s Lymphoma in January 2011. As bridesmaids and friends we came together to do some of the preliminary shopping for our overwhelmed bride.

We quickly learned that it was an emotionally and financially taxing experience for someone already going through so much – we wanted to do more – and Wigged Out Inc. was born!



### Recipient Spotlights



The hair loss conversation was extremely hard. She cried so much. When she looks in the mirror and sees bald spots it makes her sad. Thank you so much for helping our family during these difficult times.

Emma, 4,  
Ovarian Cancer

I have my days of struggling with confidence. You really never know how it can hinder your daily living until you actually go through it. I didn't think it would affect me as much, but having no hair at all has really affected me.

Betty,  
Alopecia







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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

March 22  
April 5  
April 19  
May 3\*\*  
*\*\*Parent Times magazine distributed.*

## Board Meeting Schedule

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

We have 1 issue left for the year and we're in need of a killer cover photo! Next month's theme is summer time! We also have one chance left for your little Picassos to be featured in our coloring contest. Get those crayons out, channel their inner creativity, and send us a pic of their masterpiece!

Don't forget, we're always looking for fun photos to add into the center collage. Photos from playdates, moms' night out, kids sports, and outdoor activities. We'll take them all!

Lastly, please make sure to send any birth announcements our way to be featured.  
[communications@ncpgaz.org](mailto: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](mailto: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](mailto: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](mailto: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



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AND A MEMBER-OWNED  
CHARITY

MARCH 23RD | 6PM  
WINE GIRL



Save the Date

*Spring Festival*

April 22, 10:00 am-12 noon

St. Thomas Catholic School  
*More details to come*





# Member to Meet: Caitlin Linquist, Pre-K/JK

**Children and ages:** Luna (5), Soleil (3) and Ayla (9 months)

**Spouse:** Ben

**Hometown:** Park City, Utah

**Career or former career:** Attorney turned lifestyle blogger (find me at [@caitlinclairexo](#)).

**Favorite date night spot:** Vecina or Tratto

**Favorite local family spot to dine:** Who goes out to restaurants with kids? Chick-fil-A for the win! Just kidding (kind of). Although, on Sundays we like to head up north and eat breakfast at the Pinnacle Peak General Store and then hike around the lower trails of Tom's Thumb.

**Favorite place to vacation with the family:** Akumal, Mexico. A house on the beach with a pool... say no more.

**How do you balance meeting your children's needs as well as your own:** Sleep!! LONG LIVE their 3-hour weekend naps (it's how I stay sane and get things done)!! Around here, we also have a strict 7PM bedtime. Mama needs quiet time, aka Netflix, but so do they. In addition to sleep, we also hang out with cool parents who have cool kids, so it's a win-win for everyone!

**Favorite local place to take your children for fun:** Grandma's! Just kidding. I wish they lived here. Probably the same places everyone else loves: the park, the zoo, the aquarium, the trampoline park, frozen yogurt, Starbucks, or Target... anything that gets us out of the house to get their willies out. My girls also really love Rachel's Young at Art Studio.

**Best advice for traveling with kids:** I think the best thing we do is pack each person in our family in their own separate color of packing cubes so that when we arrive at the destination, I know what goes where. We also restrict iPads to travel days only so it's a big novelty item they can quietly zone in on. I also bring LOTS of snacks but limit sugar... no one, especially me, wants to see my kids bouncing off the walls. I always bring coloring books, a small card game, and a small new toy or stuffed animal to break out when they start to lose it.

**How do you simplify your morning routine with kids:** To prevent delays, and meltdowns, it helps to pick out outfits, including headbands, underwear, socks etc., the night before. We also do everything in the same order each morning and night to streamline the process and provide predictability. As a result, our five-year-old, Luna, is beginning to get herself and her little sister, Soleil, out of bed and get themselves started on the morning routine before I walk in

the room...hallelujah! Also, I do an assembly line of hair (life of a girl mom) while they're distracted and sitting still eating their breakfast. It's a game changer. And lastly, we have a set number of hugs and kisses that are allowed, three is our limit, when saying goodbye because we learned very quickly that it can get out of hand!

**Most meaningful moment as a parent:** This "gentle parenting" thing is hard! But watching my daughters be able to make their voices heard and problem solve on their own makes it all worth the many, many deep breaths. Every day I hear my girls self-advocate and tell one another "Please don't do that" or express themselves with "I am feeling angry" and it makes me so proud they can find their own solutions. It's helping them to become better friends, and nothing makes me happier than watching my kids' relationship blossom and soar.

**Most "OMG did that really happen" moment as a parent:** After potty training our oldest, COVID hit. And we may or may not have allowed an occasional pee-on-the-rocks moment by the pool during swimming. Fast forward to when restaurants began to open back up, we took our kids out one day to a lovely patio restaurant. As we were being seated, Luna exclaimed she had to go potty. Before I even could set my bag down, I turned around only to find she was already squatting on the rocks in the middle of the restaurant. Parenting win.

**Best parenting advice given to you:** Putting everyone else's needs before your own isn't selfless, it's self-abandonment. For some reason, society expects and glorifies this... but you can't pour from an empty cup. Take care of you, so you can be better at taking care of them.

**How were you introduced to NCPG and how many years have you been a part of the group:** I don't remember where I heard about NCPG... probably a fellow mom... but joining the group was one of the best decisions. I've learned invaluable lessons and made forever friendships. I joined when my oldest was about four months old (2018) and I've never looked back.

**Best thing learned at NCPG so far:** I think one of the most 'aha' moments for me was understanding how to tune into my daughter's temperament. I have always been a more outgoing, social butterfly, so parties are my jam. But my oldest daughter is slower to adapt to new people and situations. Once I identified her characteristics and needs, I was able to meet her where she was and became more appreciative of her uniqueness and better equipped to help support her. I've since taken these lessons to apply to all my children, allowing each of their unique personalities to inform the way I parent them individually.



# Birth Announcements



Help us welcome these new additions to our NCPG family!



**Collins McCall Jacobson**

10.4.22  
7 lbs, 1 oz, 20.25 in  
Parents: Lauren and Dan Siddall  
Sibling: Mila, 2



**Daniel Jackson "DJ" Siddall**

10.4.22  
7 lbs, 1 oz, 20.25 in  
Parents: Lauren and Dan Siddall  
Sibling: Mila, 2



**John Joseph "JJ" Roehm**

5.22.22  
6 lbs, 11 oz, 20.25 in  
Parents: Jenna and Nick Roehm  
Sibling: Riley, 3



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# The Perks of Owning More Than One Home

According to the recent Luxury Market Report from Luxury Home Marketing: "As trends such as remote working and flexi-hours took hold in 2021, so too did the flexibility of relocating as well as the growth of second homeownership."

Where we live has become, more than ever, our safe space and our getaway. And with the rise in remote work, more people are reconsidering where they want to live and buying second homes to give them greater flexibility. If you fall in that category, here are just a few of the perks you'll enjoy, and how owning a second home may be a great decision for your lifestyle and your future.

## Enjoy a Change in Scenery (or Weather)

When you have two homes, you can alternate between them as the weather changes or as you crave different scenery. Do you want to live in an area with a particular season? Would alternating between a resort and a suburban setting be ideal? With two homes, you have those options. Being able to move between homes based on which location best suits you at the time gives you added flexibility and variety that can help increase your happiness!

## Build Your Wealth Faster

With long-term home prices projected to continue rising, if you purchase a second home, you could benefit from rising equity on both properties to build your wealth (and your net worth) even faster.

## Be Closer to Loved Ones

One option worth exploring is whether you want your second home to be near the people who matter most in your life. This makes it easier to see your loved ones but still gives you your own dedicated, private space so you can be nearby for major life events or longer visits.

## Turn it into a Seasonal Rental

If you rent your property seasonally, you may use it yourself for 14 days per year—or 10% of the number of days that you rent to others at a fair market price—and still be able to deduct your expenses

## Is Arizona's Short Term Rental Market Oversaturated?

The short answer is yes. However, it depends on the area. Old Town and many areas of Scottsdale definitely fall into the oversaturated category, but there are several areas of Arizona that still have great potential and will experience significant growth in years to come.



## Is it a Seller's Market?\*

Contract Ratio indicates how "hot" a market is. It specifically measures the number of completed sales contracts relative to the supply of active listings. As of March 1, the contract ratio for all areas & types has risen above 60. This means we are officially in a hot market again.

You should therefore anticipate house price rises over the coming months, no matter what you read in the media, which tends to base their reports and projections on housing data that is one to several months out of date, such as the S&P Case-Shiller® Home Price Index®.

The opportunity to buy at the bottom of the correction occurred in the fourth quarter of 2022. Congratulations if you bought when everyone else was fearful. That was good market timing.

\* Commentary written by Tina Tamboer, Senior Housing Analyst with The Cromford Report. ©2023 Cromford Associates LLC and Tamboer Consulting LLC

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# TEACHER'S CORNER

## How do you find balance within your own family when juggling responsibilities?

Balance is something that is ever changing as your needs and the needs of your family change.

1. Set priorities.
2. Plan and do things in advance.
3. Negotiate flex hours or part-time hours, if possible.
4. Find a number two and a number three person.
5. Share with other families.
6. Limit after-work and after-school involvements.
7. Build rituals into your life.



**BARB GRADY**  
Class 3B

## What advice do you have for managing regressions at any stage?

Seek to understand your child and know regressions are normal. Reassure your child. Let them know that they are safe and supported. Try to show them that you notice the regressive behavior without shaming them.



**CHELSEA KUNDE**  
Class 3A

## How do you find balance within your own family when juggling responsibilities?

I will be very honest that balance is something I constantly work on. I am a "YES" person and someone who likes to be busy. I often am adding one too many things to my day, but I do find that blocking my schedule and keeping a calendar is the most helpful. I try to be present with my kids in the afternoons and put my phone down, which is easier said than done. I have been trying to prioritize sleep and have picked up a new hobby in tennis. When I pay attention to these areas, I feel more balanced overall. But listen, if you have the secret to balance, let me know, I am all ears ;)

## What advice do you have for managing regressions at any stage?

I have a love/hate for the word regression. Regressions happen, but we sometimes get thrown on how to get back on course. Go back to your foundation, re-set, stay consistent, and follow through. Regressions are temporary. Don't make them permanent by going back to the foundation you have built. You can always make a change to any behavior at any time.



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# TOP 3 FAMILY-FRIENDLY UPGRADES FOR YOUR NEXT HOME RENOVATION

By: *Tori Mallett – Princeton Construction*

Princeton Construction, established in 2011, is a truly customer-focused construction firm that helps mitigate challenges for our clientele in the Phoenix area. We assist clients who are searching for general contracting and construction management services. Throughout the years, we have built and maintained our reputation on honesty and integrity while offering experience, services, and knowledge in the commercial and residential construction industry. Being a family-motivated company, we have a few of our employees who are proud members of the North Central Parenting Group, and we understand the importance of keeping a kid-friendly home. In turn, we would like to share our top 3 family-friendly upgrades you can do for your next home renovation.

## BREAKFAST NOOK

A breakfast nook doesn't have to be just for eating. A well-planned, custom breakfast nook area in your home can offer a number of benefits. Breakfast nooks are designed to be a warm and welcoming area for your family and friends. Likewise, they can be utilized as a workspace for the entire family. Homework, arts & crafts, game night, and other activities can be done at the comfort of your breakfast table. This cozy and inviting area can be a game-changer in your home and family lifestyle.



## PERGOLA

We all know that Arizona has beautiful, sunny weather. Giving your backyard or patio a fresh face-lift with a custom-built pergola is a great way to kick off your landscaping project. A pergola can add decorative value, provide privacy, create a defined space, combat tough weather and heat, and can be attached to a structure rather easily. A pergola can provide shade and create a nice, relaxing area for your family and friends to enjoy, year-round.



## BUILT-IN STORAGE

Extra storage space is a blessing in a family home. Especially, when you have little ones, items and belongings can become disorganized rather quickly. Incorporating built-in storage cabinets into your home can maximize your living space and manage organization within your home. Built-in storage can be utilized in every area of your home. For example, a mud-room, media-center storage, closet storage, custom laundry cabinets or drawers, and a more space-saving possibilities await! When brainstorming your next renovation project, adding more custom storage should be a top priority.



There are many different elements to consider when doing a home remodel. At Princeton Construction, our residential team can offer you clear communication, transparency, and honest feedback throughout the entire project. If you are considering doing a home remodel or a ground-up new build, our team would love to talk with you about your ideas and design plans. We hope this article has helped give you some inspiration and guidance to carry out into your future projects.





# Craft: Paper Bee Craft

<https://www.firefliesandmudpies.com/>



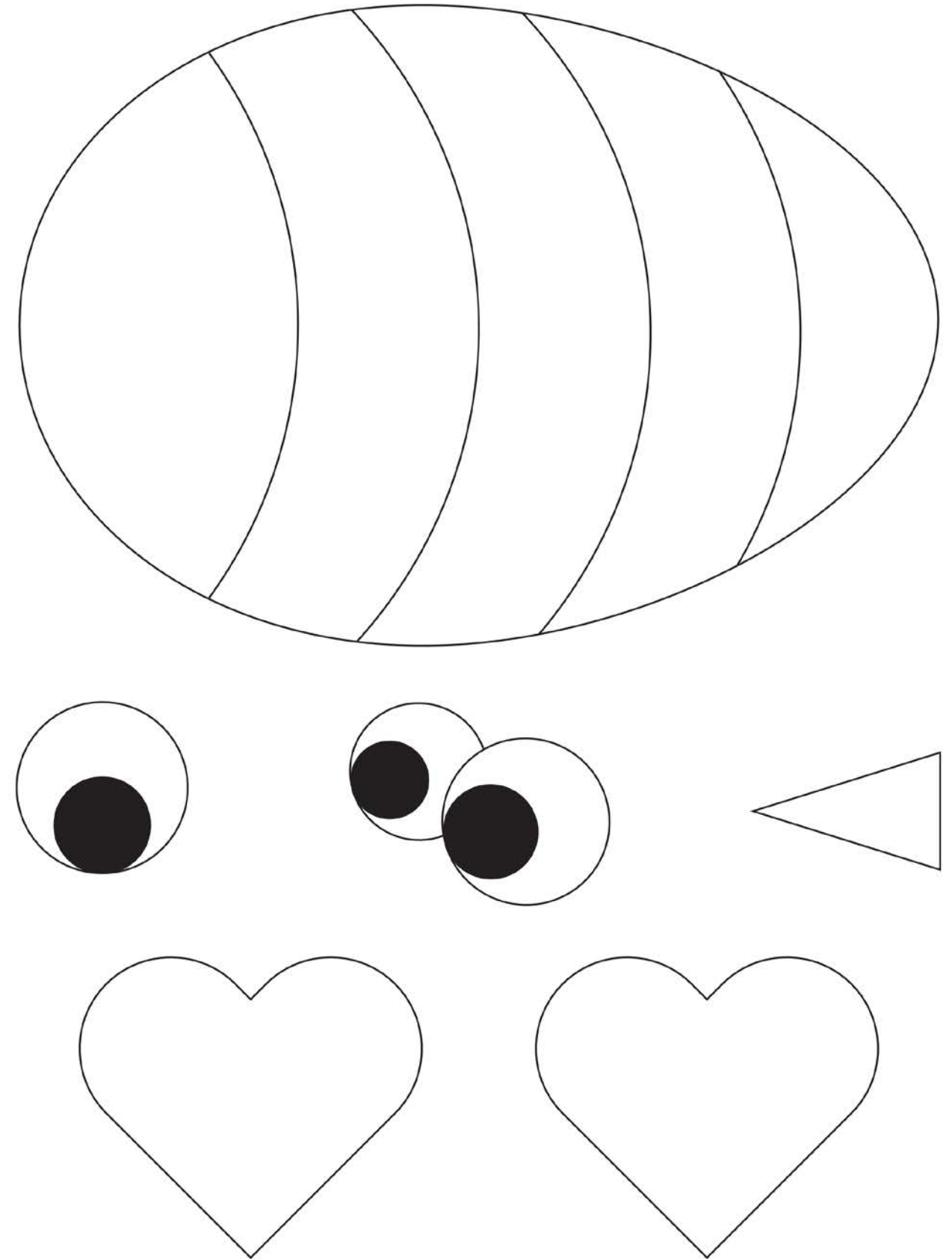
## SUPPLIES

- Paper Bee Template
- White cardstock
- Washable paint
- Paintbrushes
- Scissors
- Tacky craft glue
- Large wiggly eyes (optional)
- Black marker
- Black pipe cleaners
- Tape



## DIRECTIONS

1. Use the template opposite!
2. Invite kids to paint their template with washable paint.
3. When the paint is dry, invite kids to cut out their shapes.
4. Glue the bee's wings, stinger, and eye to the body with tacky craft glue. Draw a mouth on the bee's face with a black marker.
5. Last, fold the black pipe cleaner in half, then tape it to the back of the bee's head to make antennae.



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# Recipe: Garlic Butter-Roasted Salmon with Potatoes & Asparagus

<https://www.eatingwell.com/recipe/280316/garlic-butter-roasted-salmon-with-potatoes-asparagus/>

**YIELDS:** 4 serving(s)

**PREP TIME:** 10 mins

**TOTAL TIME:** 40 mins

## INGREDIENTS

- 1 pound baby Yukon Gold potatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 12 ounces asparagus, trimmed
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1 ¼ pounds salmon fillet, skinned and cut into 4 portions
- Chopped parsley for garnish

## DIRECTIONS

**Step 1:** Preheat oven to 400 degrees F. Toss potatoes, 1 tablespoon oil, 1/4 teaspoon salt and 1/8 teaspoon pepper together in a medium bowl. Spread in an even layer on a large rimmed baking sheet. Roast until starting to soften and brown, about 15 minutes.

**Step 2:** Meanwhile, toss asparagus with the remaining 1 tablespoon oil, 1/8 teaspoon salt and 1/8 teaspoon pepper in the medium bowl. Combine butter, lemon juice, garlic, 1/4 teaspoon salt and the remaining 1/4 teaspoon pepper in a small bowl.

**Step 3:** Sprinkle salmon with the remaining 1/8 teaspoon salt. Move the potatoes to one side of the pan. Place the salmon in the center of the pan; drizzle with the butter mixture. Spread the asparagus on the empty side of the pan. Roast until the salmon is just cooked through and the vegetables are tender, 10 to 12 minutes. Garnish with parsley.



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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](mailto:communications@ncpgaz.org) by **April 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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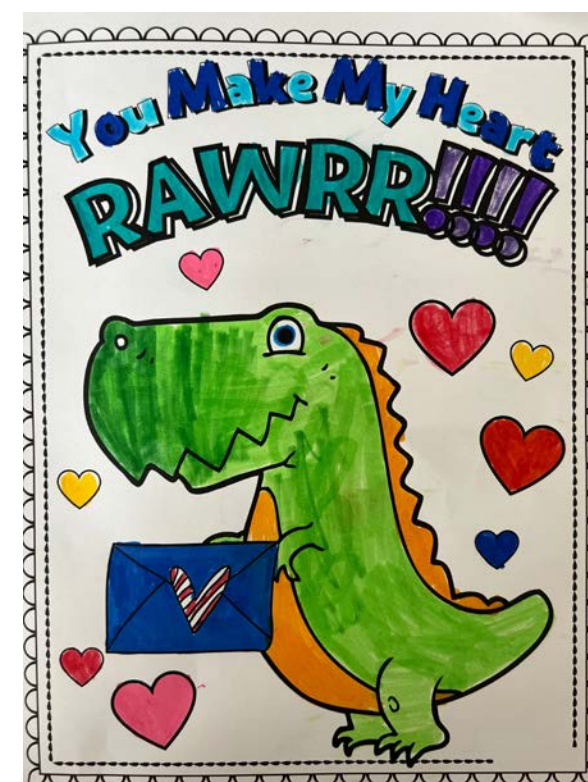


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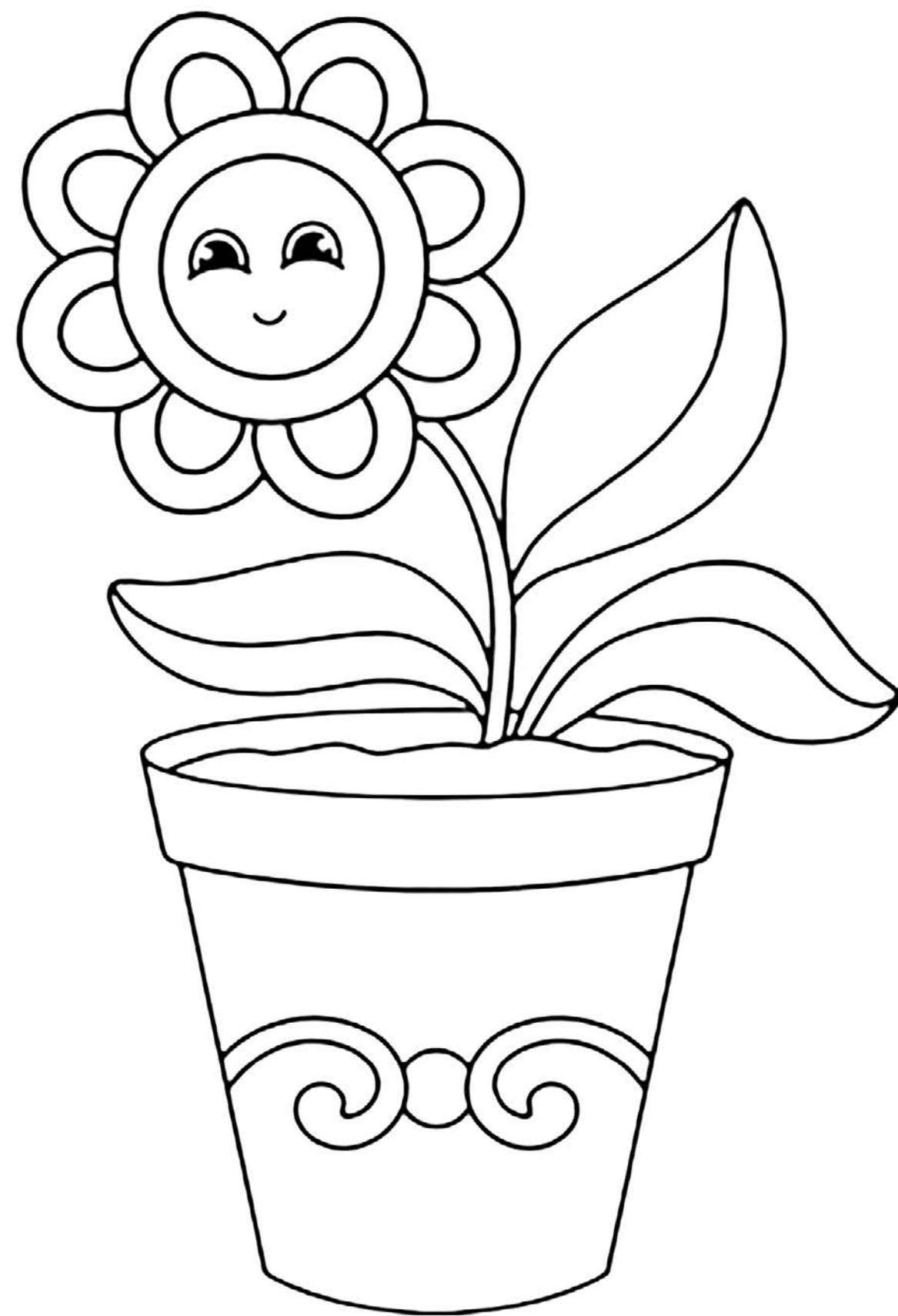


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