ncpg

Parent Times

September 2014

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north central parenting group

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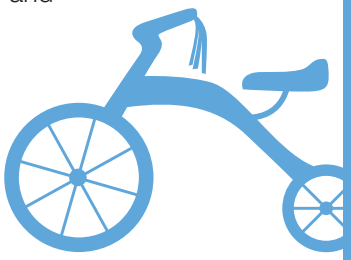
President's Corner

Dear North Central Parenting Group Members,

To our new members…WELCOME, we are so excited that you will be joining us this year! And a BIG welcome back to our returning members! We look forward to learning, growing together, and supporting one another as moms.

I am so excited to be returning to the Board for my third year, and I can't wait for you to see all the new and exciting things we have planned for our 30th year in the Valley. I am surrounded by a fabulous group of women on the Board this year, and I hope you will take the time to contact us with any questions.



We also have a fabulous group of teachers returning to us, as well as a new instructor for our Kindergarten class.

I look forward to our year together and please don't hesitate to reach out to me if there is ever anything you need.

Sincerely,

Molly Livak

ncpg

north central parenting group

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NCPG is a non-profit, non-denominational organization providing classes to parents of infant to kindergarten age children.

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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!

Editor – Kelly Vasbinder
Designer – Neill Fox, www.foxnoggin.com

On the Cover

Sofia Ghelfi photographed by Jen Wilbur at Blue Stitch Photography. See more of Jen's work at **www.bluestitchphotography.com**.

Parenting Your Strong-Willed Child

By Dr. Laura Markham Source: Aha! Parenting.com

Have a strong-willed child? You're lucky! Strong willed children can be a challenge to parent when they're young, but if sensitively parented, they become terrific teens and young adults. Self-motivated and inner-directed, they go after what they want and are almost impervious to peer pressure. As long as parents resist the impulse to "break their will," strong-willed kids often become leaders.

What exactly is a strong-willed, or spirited, child? Some parents call them "difficult" or "stubborn," but we could also see strong-willed kids as people of integrity who aren't easily swayed from their own viewpoints. Strong-willed kids want to learn things for themselves rather than accepting what others accept, so they test the limits over and over. They want desperately to be "in charge" of themselves, and will sometimes put their desire to "be right" above everything else. When their heart is set on something, their brains seem to have a hard time switching gears. Strong-willed kids have big, passionate feelings and live at full throttle.

Often, strong-willed kids are prone to power-struggles with their parents. However, it takes two to have a power struggle. You don't have to attend every argument to which you're invited! If you can take a deep breath when your buttons get pushed, and remind yourself that you can let your child save face and still get what you want, you can learn to sidestep those power struggles.

Strong-willed kids aren't just being difficult. They feel their integrity is compromised if they're forced to submit to another person's will. If they're allowed to choose, they love to cooperate. If this bothers you because you think obedience is an important quality, I'd ask you to reconsider. Of course you want to raise a responsible, considerate, cooperative child who does the right thing, even when it's hard. But that doesn't imply obedience. That implies doing the right thing because you want to. Morality is doing what's right, no matter what you're told. Obedience is doing what you're told, no matter what's right.

So of course you want your child to do what you say. But not because he's obedient, meaning that he always does what someone bigger tells him to do. No, you want him to do what you say because he trusts YOU, because he's learned that even though you can't always say yes to what he wants, you have his best interests at heart. You want to raise a child who has self-discipline, takes responsibility, and is considerate -- and most important, has the discernment to figure out who to trust and when to be influenced by someone else.

Breaking a child's will leaves him open to the influence of others who often will not serve him. What's more, it's a betrayal of the spiritual contract we make as parents. That said, strong-willed kids can be a handful -- high energy, challenging, persistent. How do we protect those fabulous qualities and encourage their cooperation?

Ten Tips for Positive Parenting Your Strong-Willed, Spirited Child

1. Avoid power struggles by using routines and rules. That way, you aren't bossing them around, it's just that "The rule is we use the potty after every meal and snack," or "The schedule is that lights-out is at 8pm. If you hurry, we'll have time for two books," or "In our house, we finish homework before screen time." The parent stops being the bad guy.

continued on page 4

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2. Remember that strong-willed kids are experiential learners. That means they have to see for themselves if the stove is hot. So unless you're worried about serious injury, it's more effective to let them learn through experience, instead of trying to control them. And you can expect your strong-willed child to test your limits repeatedly--that's how he learns. Once you know that, it's easier to stay calm, which avoids wear and tear on your relationship--and your nerves.

3. Your strong-willed child wants mastery more than anything. Let her take charge of as many of her own activities as possible. Don't nag at her to brush her teeth; ask "What else do you need to do before we leave?" If she looks blank, tick off the short list: "Every morning we eat, brush teeth, use the toilet, and pack the backpack. I saw you pack your backpack, that's terrific! Now, what do you still need to do before we leave?" Kids who feel more independent and in charge of themselves will have less need to be oppositional. Not to mention, they take responsibility early.

4. Give your strong-willed child choices. If you give orders, he will almost certainly bristle. If you offer a choice, he feels like the master of his own destiny. Of course, only offer choices you can live with and don't let yourself get resentful by handing away your power. If going to the store is non-negotiable and he wants to keep playing, an appropriate choice is: "Do you want to leave now or in ten minutes? Okay, ten minutes with no fuss? Let's shake on it... And since it could be hard to stop playing in ten minutes, how can I help you then?"

5. Give her authority over her own body. "I hear that you don't want to wear your jacket today. I think it's cold and I am definitely wearing a jacket. Of course, you are in charge of your own body, as long as you stay safe and healthy, so you get to decide whether to wear a jacket. But I'm afraid that you will be cold once we are outside, and I won't want to come back to the house. How about I put your jacket in the backpack, and then we'll have it if you change your mind?" She's not going to get pneumonia, unless you push her into it by acting like you've won if she asks for the jacket. And since she won't lose face by wearing her jacket, she'll be begging for it once she gets cold. It's just hard for her to imagine feeling cold when she's so warm right now in the house, and a jacket seems like such a hassle. She's sure she's right -- her own body is telling her so -- so naturally she resists you. You don't want to undermine that self-confidence, just teach her that there's no shame in letting new information change her mind.

6. Don't push him into opposing you. Force always creates "push-back" — with humans of all ages. If you take a hard and fast position, you can easily push your child into defying you, just to prove a point. You'll know when it's a power struggle and you're invested in winning. Just stop, take a breath, and remind yourself that winning a battle with your child always sets you up to lose what's most important: the relationship. When in doubt say "Ok, you can decide this for yourself." If he can't, then say what part of it he can decide, or find another way for him to meet his need for autonomy without compromising his health or safety.

7. Side-step power struggles by letting your child save face. You don't have to prove you're right. You can, and should, set reasonable expectations and enforce them. But under no circumstances should you try to break your child's will or force him to acquiesce to your views. He has to do what you want, but he's allowed to have his own opinions and feelings about it.

8. Listen to her. You, as the adult, might reasonably presume you know best. But your strong-willed child has a strong will partly as a result of her integrity. She has a viewpoint that is making her hold fast to her position, and she is trying to protect something that seems important to her. Only by listening calmly to her and reflecting her words will you come to understand what's making her oppose you. A non-judgmental "I hear that you don't want to take a bath. Can you tell me more about why?" might just elicit the information that she's afraid she'll go down the drain, like Alice in the song. It may not seem like a good reason to you, but she has a reason. And you won't find it out if you get into a clash and order her into the tub.

9. See it from his point of view. For instance, he may be angry because you promised to wash his superman cape and then forgot. To you, he is being stubborn. To him, he is justifiably upset, and you are being hypocritical, because he is not allowed to break his promises to you, but you broke yours to him. How do you clear this up and move on? You apologize profusely for breaking your promise, you reassure him that you try very hard to keep your promises, and you go, together, to wash the cape. You might even teach him how to wash his own clothes! Just consider how would you want to be treated, and treat him accordingly.

10. Discipline through the relationship, never through punishment. Kids don't learn when they're in the middle of a fight. Like all of us, that's when adrenaline is pumping and learning shuts off. Kids behave because they want to please us. The more you fight with and punish your child, the more you undermine her desire to please you. If she's upset, help her express her hurt, fear or disappointment, so they evaporate. Then she'll be ready to listen to you when you remind her that in your house, everyone speaks kindly to each other. (Of course, you have to model that. Your child won't always do what you say, but she will always, eventually, do what you do.)

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Ask the Expert

Each month, we invite local experts to share their knowledge with NCPG members. This month we hear from StudioMixx owner, Shandi Rooney.

10 Tips to Getting Back into Working Out

1. Make the time… You won't find the time, you have to create the time to workout. Take two days (starting now!) and keep track of exactly how you spend your time. Schedule your workout into an open time slot, and add it into your phone calendar so your workout makes the "to do list." "You just have to prioritize sometimes," says Shandi. "Look at the house and say, 'Maybe the house isn't perfect today, but I'm going to get my workout in.'"

2. Stay off of the Scale… Progress isn't measured in pounds. A single number does not reflect your body composition or body type. It won't tell you if that weight is comprised mainly of muscle or if you carry a lot of fat or if you're retaining water. Deciding on an arbitrary number for your weight does not work. Your body won't function at 100 pound just because you decided it would. Your body knows where it is happiest.

3. Hit Play… Exercise DVDs are cost-effective, private and flexible, and they allow you to stop and start your workouts based on real-life time constraints. For example, you can do laundry while working out. Try Shandi's three-disc DVD collection Mixxtreme Fitness. Purchase at www.stuidomixxaz.com

4. Hit It Hard… When you're short on time, focus on higher-payoff workouts. If you're focused, there's no reason you can't get results in less than 20 minutes when working out three to four times a week. See the Mixx in 20 workout below.

5. Rise and Shine… For most people, the day only gets more demanding as it goes on. So exercising first thing in the morning will ensure you fit it in. Lay out your workout clothes the night before, this way you won't waste any time and can't claim you forgot anything.

6. Workout Smart… A smart workout is one where you approach fitness in an intelligent and balanced manner, working arms with abs, cardio with balance, planks with pushups. The results a revved up metabolism that keeps you burning fat even when you aren't working out. You should always work multiple muscle groups at one time to maximize your workout.

7. Burn More Fat… Interval training alternates short bursts of intense activity with longer intervals of much lower intensity. Interval training on a treadmill burns more 30 percent more fat and calories than steady state jogging or walking. TREDMIXX at StudioMixx is the most effective form of interval training using the treadmill to reach high intensity levels and floor work to sculpt and recover before spiking the heart rate again.

8. Stay Hydrated… Water acts as a natural appetite suppressant and aids in metabolism, making it essential for weight loss.

9. Eat High-Protein Foods… High-protein foods take more work to digest, metabolize, and process, staying in your stomach longer so you feel full for an extended amount of time. The cumulative effect has obvious benefits for anyone who is watching her weight. Your body uses the amino acids in protein to build lean muscle, which not only makes you stronger and more toned but also fries calories even when you're not active. Experts advise consuming between 0.5 grams and 1.0 grams of protein per pound of your body weight.

10. Employ the Buddy System…. There's strength in numbers, the old saying goes, and that's especially true for many women when it comes to exercising. Social support encourages physical activity. An exercise buddy (or two) makes such support even more personal and will keep boredom away and makes time pass quickly.

Do you know a business that wants to share their expertise with NCPG members? Contact ***communications@ncpgaz.org.***

StudioMixx 20 Minute Cardio/Sculpt Workout

Each Exercise should be done for one minute. Repeat the series four times.

JUMPING JACKS - Stand with feet together, knees slightly bent, and arms to sides. Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lower arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.

PUSHUPS SHOULDER TAP - Starting on knees with hands slightly wider than shoulder width. Lower body down to the ground, push your body back up. Rapidly tap shoulder with opposite hand and place it back on floor. Continue and repeat.

STRAIGHT ARM PLANK WITH ALTERNATING KNEE PULL - Start in an upper pushup position with the wrist under shoulders. Begin to pull each knee into the opposite wrist one at a time.

SQUAT AND ALTERNATE KICKS - Start with feet shoulder width apart and squat down like you are going to sit down in a low chair. Make sure not to bend forward. At the top of the squat, kick your right leg. Squat back down and at the top of the squat, kick the left leg. Repeat.

NCPG 2014-15 Instructor Roster

We are delighted to have a fabulous group of teachers returning to NCPG this year with a few new additions! We encourage you to get to know a little bit more about all of these wonderful women. Also, our Class Reps will again be working hard to update you on the latest NCPG events and will be planning some great play dates throughout the year.

Monique Nelson

PRE-INFANT & INFANT I

Monique, a native Arizonan, received her Bachelor's of Science degree from Arizona State University in biology/premed. However, she had a slight change in career plans when she met and married her husband of 18 years, David. She decided to stay in the Valley and went back to school to attain a degree in Nursing and became a registered nurse, with her focus on pediatrics. Monique worked as a pediatric triage/advice nurse for North Scottsdale Pediatric Associates off and on for 18 years. She teaches not only for NCPG but Scottsdale Parenting group as well. She also taught for East Valley Positive Parenting group before the group dissolved. Monique is the proud parent of two children, Taylor age 15 and Dylan age 10.

Amy Stewart

INFANT II

Amy has a Bachelor's of Science degree in Nursing. She has worked as a Registered Nurse at Scottsdale Healthcare Shea for the past 10 years. After becoming a mother, Amy switched her nursing roles from adult care to pediatrics. She has earned her pediatric nurse certification. Amy has directed various programs and teaching projects throughout the hospital system. She has also led women, family, and children groups with her church organization. Amy feels her greatest accomplishments are found in her home. She loves being the wife to her husband, Drew, and mother to her son, Merik, 4, and daughter, Sophie, 2. Amy loves being active and enjoys competing in sprint triathlons.

Patti Carter

TODDLER I

An Arizona native, Patti has a Bachelor's degree in Education, a Master's degree in Counseling, a Law degree, and a Professional Certificate in Nonprofit Management. Over the past thirty years, Patti has taught for a variety of programs, working with toddlers through adults. She conducts workshops and courses for students, parents and professionals on child development, parenting, and family relationships. She also works as a nonprofit consultant, specializing in program development and fundraising. In her free time, Patti is very involved in animal rescue and fosters/adopts out dogs and cats. She also likes to squeeze in a yoga class or a good book! Patti and her husband have 3 adult children: Leah 28, Mark 26 and Steven 24.

Gina Marianetti

TODDLER II

Gina Marianetti, is a Licensed Clinical Social Worker and holds a master's degree in Social Work from Arizona State University. Although originally from New Mexico, she has worked as a Social Worker in Phoenix for over 10 years. Gina is passionate about her work with children and families. She has worked in several local schools as well as Phoenix Children's Hospital. Currently, Gina has a private practice working with children and families experiencing issues related to grief, loss and trauma, as well helping children to develop healthy social skills and self-esteem. Additionally, Gina is a Faculty Associate instructor in the Graduate Social Work Department at ASU. Gina enjoys spending time with her husband Jim, 2 ½ year old daughter Eleanor, and their son Everett, who was born in March. Together they love staying active through hiking, swimming, and visiting family out of state.

Barb Grady

PRE-SCHOOL I

Barb Grady loves teaching for NCPG and has done so for over 20 years. She is a nationally certified counselor and counsels at GateWay Community College. Barb is a certified teacher and taught preschool, Kindergarten, 1st and 2nd grades prior to becoming a parenting instructor. Barb provided counseling services for families and emotionally disabled children for the Tempe School District. In 1999, Barb began her business, Parenting- Plus, where she offers parenting classes, individual consulting and life/parent coaching for both adults and children. Barb trains preschool and elementary school teachers in emotional intelligence, brain-based learning strategies and classroom management techniques. Barb has two daughters: Jody, (29) who is a nurse, and has a 2 year old son Carter and a one year old son named Grady (after Barb), and Annie, (25) who is passionate about sustainability and beginning her Master of Communication degree at the University of Alaska in Fairbanks.

Tibby Cornelius

PRESCHOOL II

Tibby Cornelius is the CEO (Coordinator of Exciting Optimism) of Jest in Time. She founded Jest in Time 19 years ago to teach and motivate others to invite more laughter, humor and play into their lives. Tibby has a B.A. in psychology from Westmont College, and a Master of Counseling Degree from ASU. She also is a Certified Parent Effectiveness Training Instructor, Certified MegaSkills Instructor, Certified Positive Discipline Instructor, Adjunct Faculty of Phoenix College, Faculty of AGTS, and a Certified Laughter Leader. Tibby has been happily married to her husband, Dennis, for 40 years and has three huge grown sons, three adorable daughters-in-law and six wonderful grandchildren! She has worked with thousands of people nationally teaching them how to live happily ever laughter.

Joan Sarin

PRE-KINDERGARTEN

Joan Sarin, M.S. is a social psychologist, EQ Educator and Stepfamily Coach. She has taught at every level from preschool through college, focusing on emotional intelligence, positive psychology and personal development. Her twenty years as a stepmom and mom have provided her with abundant opportunities to convert her theories into practical experience. She consults in schools, training both students and parents to integrate emotional intelligence into their daily lives. Her private practice focuses on facilitating family members in making breakthroughs in their relationships through a unique coaching method, the Truwell Technology.

Jemelle Ackourey

KINDERGARTEN

Jemeille Ackourey is a Licensed Professional Counselor and has a master's degree in counseling. She provides services to individuals and families at her North Central Phoenix office. Her compassionate assistant is Ellis, a golden doodle and certified therapy dog. Jemeille served the Boys & Girls Clubs of Metropolitan Phoenix for 23 years before retiring in 2005 as their Vice President of Operations.Throughout her professional career, Jemeille has been volunteering her time and expertise at various community agencies, associations and schools where she trains staff, educates students, mentors youth, and advises on program and organizational development. She has served on numerous educational and community boards and advisory committees. Jemeille's greatest joy is her family. Her marriage to Karl has brought together a blended family of 5 children, their spouses, significant others, and 4 grandchildren.

Class Descriptions

PRE-INFANT *(Pregnant by September)*
This class provides the foundation for a successful transition into motherhood. There are many new things to learn about a newborn's development, behaviors, and most importantly needs. Please feel free to bring your infant with you to class if you should have him or her during the school year!

INFANT I *(0-6 months old)*
All the infant "firsts" are shared and cherished in these important first six months. Bedtime routines are established and new foods are introduced. Please feel free to bring your infant (0-6 months old) to class with you!

INFANT II *(7-13 months old)*
The entirety of the first year is discussed and celebrated. The child is developing new behaviors and reaching milestones in crawling, walking and babbling.

TODDLER I *(14-20 months)*
Mobility and exploration are under way. This class focuses on nutrition, napping and discipline.

TODDLER II *(21-29 months)*
Helping parents prepare and guide their children through the major transitions of this stage and year ahead. Preparing for preschool, potty training, moving from the crib to the bed, behavioral changes and social interaction are the goals of this class.

PRE-SCHOOL I *(30-40 months)*
This class focuses on the struggle for power between child and parent, providing useful and effective parenting strategies while respecting the child's need for independence. Sibling interaction and the family are discussed as well.

PRE-SCHOOL II *(41-50 months)*
This class devotes much time to children's social development, covering a variety of issues from anger management to conflict resolution to peer relationships. Additionally, topics in this class will include: establishing family rules, building self-confidence and self-reliance, and encouraging cognitive and physical development.

PRE-K *(51-59 months)*
Parents discuss and prepare for the next step into kindergarten, including but not limited to: choosing a school that meets their child's and family's needs, learning math and reading tools that will enhance kindergarten success, and finding ways to encourage self-confidence and independence. Also, every class features take home crafts and recipes that focus on kindergarten readiness skills.

KINDERGARTEN *(enrolled in Kindergarten)*
NEW CLASS THIS YEAR!
Come to this class for support, encouragement, and many laughs as we help moms and their children transition into elementary school. Topics will focus on nurturing a child's autonomy, helping them set appropriate boundaries, fostering their awareness, and encouraging responsibility.

SEE CLASSROOM MAP ON FOLLOWING PAGE >>>

Class Progression

For 30 years, North Central Parenting Group has followed a class progression that has proven to be most beneficial to members and instructors. We group parents by their first child's age (as of Sept. 1) and they follow the progression shown in the diagram. Parenting a 3 month old is much different than parenting an 11 month old, so classes for the "little ones" were created for a much smaller age range. As our children age, the developmental differences between a few months lessens, therefore the age range in classes widens. The result of this widened age range is that at preschool age, NCPG combines the two Toddler classes to progress through the rest of their NCPG years together.

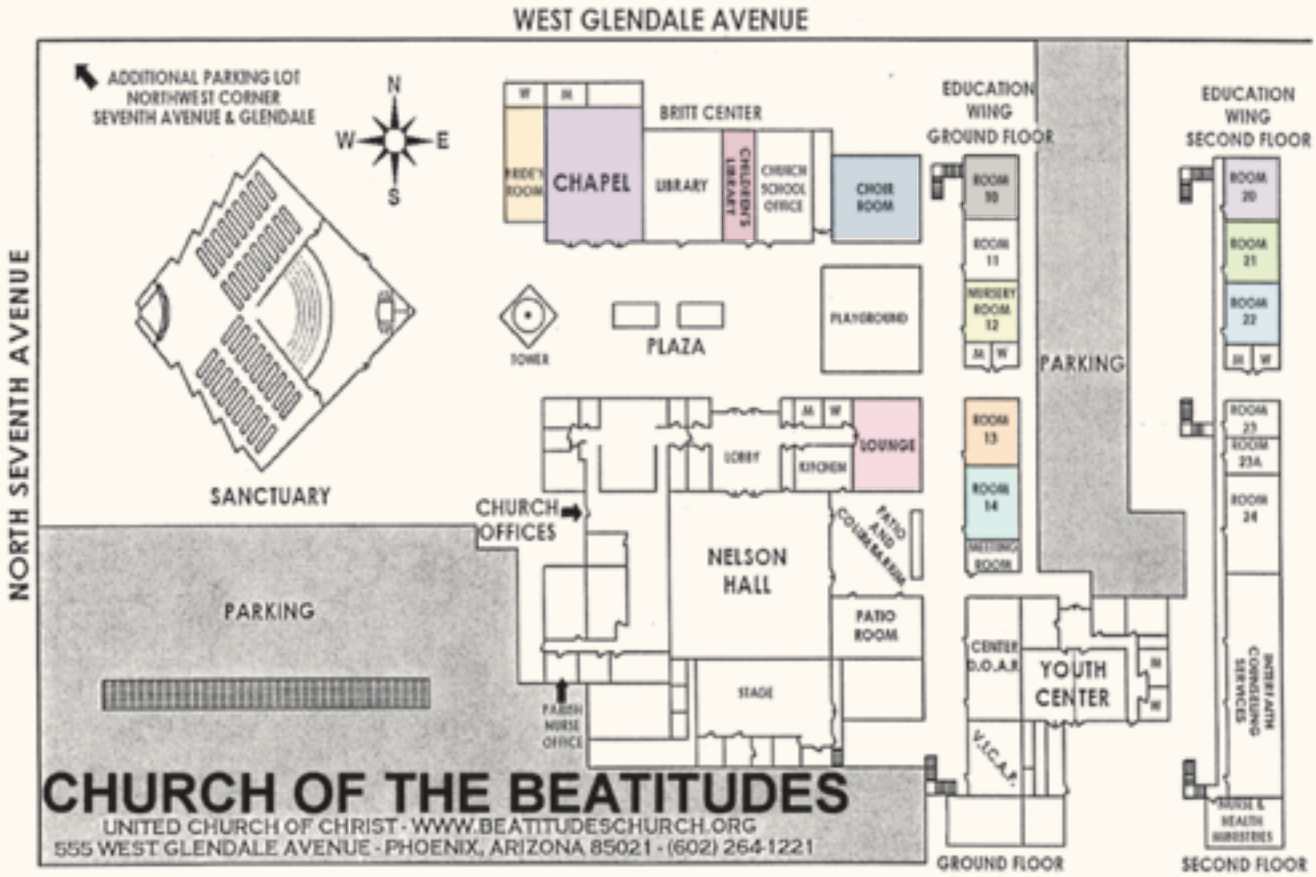
Pre Infant » Infant II » Toddler II
Infant I » Toddler I
» Preschool I » Preschool II » Pre-K » Kindergarten

This diagram depicts a typical class progression in NCPG. Of course, there are several variables in play:

1. Progression may vary depending on your child's birth date. If your child is the oldest or youngest in a class, you may not follow the same progression as other members.
2. Member enrollment also affects class progression as the Board strives to have no class be too big or too small.

If you have any questions about your class assignment, please contact ***membership@ncpgaz.org****. We can accommodate requests.*

NCPG Classroom Locations



CLASSROOM LOCATIONS

- Pre-Infant – Monique Nelson
  Lounge
- Infant I –Monique Nelson
  Lounge
- Infant II – Amy Stewart
  Room 20
- Toddler I – Patti Carter
  Room 21
- Toddler II – Gina Marianetti
  Room 13
- Preschool I – Barb Grady
  Bride's Room
- Preschool II – Tibby Cornelius
  Choir Room
- Pre-K – Joan Sarin
  Room 22
- Kindergarten – Jemeille Ackourey
  Chapel

NURSERY LOCATIONS

- Ladybugs 0-11 months (non-walkers)
  Nursery - Room 12
- Butterflies 12-23 months (walkers)
  Nursery - Room 12
- Monkeys 24-30+ months
  Children's Library
- Nursery Quiet Room
  Room 14
- Storage
  Room 10

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Campbell Martin and Caroline Christensen meet some "new friends" at the Children's Museum of Phoenix.

Kelly, James and Geneva Vasbinder enjoy a boat ride in Lake Geneva, WI.

Connor Frey enjoys the wind in his hair at Misson Beach.

Samson Binch takes a hike in the Grand Tetons.

Scarlette Shapiro has high hopes of being a beach bum in Kauai, Hawaii.

Katrina, Adam and Nixon Schaefer check out the Eiffel Tower in Paris.

Summer Smiles!

Buddies Hank Ragland and Lucas Ackerman enjoy a picnic together.

Jennifer Nelson and her son, Carter, enjoy their first swim lessons at Hubbard!

Berkeley Garcia takes digging holes in the beach very seriously!

James Livengood channels his inner He-Man at Black Butte Ranch in Oregon.

Kelly, Patrick and Parker Ellison hit the road in Park City, UT.

Lyla Shapiro, hangs ten in Kauai, Hawaii

Events Calendar

Class Schedule:

8:45 a.m. – Nursery opens
9:00 – 9:25 a.m. – Refreshments served
9:30-11:30 a.m. – Classes are held
11:35 a.m. – Nursery closes
11:45 – 1:45 p.m. – Pre-Infant Class

Location:

The Church of the Beatitudes
555 West Glendale Avenue
Phoenix, AZ 85021

Class Dates:

September 10*	January 21
September 24	February 4 *
October 8 *	February 18
October 22	March 4 *
November 5 *	April 1 *
November 19	April 15
December 10 *	April 29 *
January 7	

*Monthly *Parent Times* magazine distributed

Evening Lecture Series:

6:00-8:00pm

Location:

Children's Museum of Phoenix
215 N. 7th St.
Phoenix, AZ 85034

Lecture Dates:

September 17
November 12
February 25
April 8

Board Meeting Dates:

September 8	March 2
October 6	March 30
November 3	April 27
December 8	June 1
January 5	

Special Events

Fall Family Festival

Saturday, October 25th at 10 a.m.
All Saints' Episcopal Day School, 300 N. Central Avenue

Bring your kids dressed in their adorable Halloween costumes for all to see and join us for lots of Halloween fun! There will be a bounce house, kids' crafts, bubbles and a trackless space train. Lunch and ice cream will be provided for all!

NCPG 30th Anniversary Celebration and Fundraiser

Saturday, February 21, 2015
Phoenix Country Club, 2901 N. 7th Street

Join us for an evening full of food, fun, and a fabulous silent auction. This event helps fund NCPG activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely members' participation in this fundraiser. Save the date now!

NEW EVENT!

NCPG Evening Lecture Series

In honor of our 30th anniversary, NCPG has partnered with the Children's Museum of Phoenix (CMoP) to invite all Valley parents to an Evening Lecture Series. Featuring:

September 17

Brain-Based Parenting, with Neuro-developmentalist, Lisa Smith *(details at right)*

November 12

Nutrition with Jan Katzen-Luchenta, AMI, CFP

February 25

Bullying: Actions and Accountability with Pam Baumann, Co-founder & Director for MASK (Mothers Awareness on School-age Kids)

April 8

Best of NCPG; Panel of Experts

Time: 6:00pm-8:00pm
Location: Children's Museum of Phoenix
215 N. 7th St., Phoenix, AZ 85034
Cost: $10 advance registration, $12 at the door.
NCPG and CMoP members are free!

Register at **NCPGAZ.org/Lecture-Series**

Introducing Our First Lecture:

Brain-Based Parenting Sept. 17, 2014

6:00-6:30
Social Hour with Light Refreshments

6:30-7:30
Lecture by Dr. Lisa Smith

7:30-8:00
Question & Answer Period

Based on child & adolescent development, the "Triune" brain, Maslow's Hierarchy of Needs, and the basics of human behavior.

You will walk away with strategies for the following:

- Understanding the basics of behavior in order to interpret behavior – especially "missed" behavior (from a Neurodevelopmental perspective).
- Communicating clearly, effectively and concisely while matching your words to your child/teen's development and "brain-state" at the time
- Brain-based techniques to move from chaos to calm!
- Brain-based boundaries for the "boundary buster" child.
- Neurodevelopmental strategies & effective tools for peaceful parenting!

Dr. Lisa Smith has a Master's Degree in Child and Adolescent Developmental Psychology, a Doctorate in Metaphysics. She is a certified Neurodevelopmentalist and worked to heal her son, who was diagnosed with autism at age 3 1/2. He is now 21 and indistinguishable from his peers.

Lisa has authored 3 books, has appeared on television, speaks around the country about Parenting On Purpose and is available for individual consultation. You can check out her website at **www.monsterproofyourchild.com**

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Meet the Board

Molly Livak

President

Children: Alice (2.5), Kathryn "Khaki" (20mo) & Baby #3 due in October

Spouse: Luke

NCPG class: Preschool I

Best thing about being a Mom: everything, but mostly the unconditional love they have for you and you have for them!

I stay sane by… watching reality tv, surrounding myself with friends & family and drinking plenty of wine!

People might not know that I… love anything with a monogram!

Come to me for… ANYTHING! If you ever need anything, please don't hesitate to reach out to me at a meeting, via email, phone…I'd love to hear from you!

Sarah Frey

Vice President

Children: Tessa (5) and Connor (2)

Spouse: Brian

NCPG class: Toddler II

Best thing about being a Mom: Kids expose you to a new world of friends, activities and perspectives you didn't have previously.

I stay sane by... working, even a few hours a day as a PR consultant gives me a mental break.

People might not know that I... moved here from Annapolis, Maryland after 11 years in the DC area.

Come to me for... anything! I support the president and other board positions as needed so I can help direct you to the right place.

Amy Forsythe

Education Co-Director

Kids: Connor (13) Elise (2) Savannah (5.5mo)

Spouse: Warren

NCPG class: Toddler II

Best thing about being a Mom: Experiencing the world again through my kid's eyes. I love seeing their pure unadulterated joy as they have their first moments. And their hugs and kisses are pretty much...THE best! Someone told me once to always look at your child while they sleep. When you've had a particularly draining and frustrating day and you see them snuggled safely and cozy in bed, you fall in love with them all over again. I never go to bed without checking on my sleeping angels....

I stay sane by... Still trying to learn how to take time for myself. It's all about my kids, all the time! But I force myself to hit the gym most days for even 30 minutes and have just started to read adult literature again. I've come to really appreciate my girlfriends too and love some friend time...with a cocktail, ideally!

People might not know that I.... Used to teach preschool. I felt pretty confident dealing with 2-4 year olds, but having kids of my own is a whole new ball game. I do everything I said I'd never do. We also have a place in Flagstaff so we spend lots of time up North.

Come to me for.... Anything! But I have a teenager, a toddler, and an infant. I can sympathize on all levels.

Anna Peterman

Treasurer

Kids: Lillian (3)

Spouse: Greg

Class: Preschool II

Best thing about being a mom: The unconditional love and watching her learn from mistakes and absorb new information like a little sponge.

I stay sane by… enforcing a one hour mommy workout time Monday through Friday. No one's allowed to encroach on this time (unless for dire emergencies)!!

People may not know that I… do obstacle mud runs for "fun".

Come to me for… anything financial related; Payment Plans, Reimbursement Forms, Refunds, Scholarship Opportunities, etc. Please do not hesitate to contact me if you have any questions, I'm here to help!

Caroline Keating

Assistant Treasurer

Children: Jack (21mo) and another son due in October

Spouse: Jim

NCPG class: Toddler II

Best thing about being a Mom: The cuddles, love and sloppy kisses. It is very rewarding to have a purpose, other than yourself.

I stay sane by... Having plenty of date nights and mom's night outs!

People might not know that I... Have two horses, Gerry and Honor. I love to compete in horse shows.

Come to me for... Any accounting questions you may have.

Julie Christensen

Fundraising Co-Director

Children: Ford (3), Cannon (2)

Spouse: Greg

NCPG class: Preschool II

Best thing about being a Mom: Seeing the world through my kids eyes

I stay sane by... Yoga

People might not know that I... Used to have a maternity line called Jules Ford

Come to me for... A girl's night out!

Stephanie Binch

Fundraising Co-Director

Children: Samson (20mo)

Spouse: William

NCPG class: Toddler I

Best thing about being a Mom: Watching Samson grow and being challenged in ways I never thought imaginable. Waking up and seeing his smiling face and hearing all the laughter in our house.

I stay sane by... Going to Pilates as much as possible, it's so hard to find time. Also taking Samson on long walks, and I always try to take a nap when he takes a nap!!

People might not know that I....am an extreme snowboarder although I have reigned in since having Samson.

Come to me for... Advice on what not to do in regards to getting your baby to sleep! Anything I can help with please ask me!

Sara Snyder

Fundraising Co-Director

Child: Lila Gisèle (3mo)

Spouse: Jeremy

NCPG class: Infant I

Best thing about being a Mom: getting sweet cuddles, giggles and coos

I stay sane by... wine, yoga & Netflix marathons

People might not know that.... French is my first language

Come to me for...event planning, travel ideas & a good app for photos of your kids!

Stacey Brown

Membership Co-Director

Children: Greyson (2), baby girl due in October.

Partner: John Rothstein

NCPG class: Toddler II

Best thing about being a Mom: Walking into their room every morning to see the excitement they have on their face to see you. Unconditional love is an amazing start to the day!

I stay sane by... enjoying a glass of wine with friends or family!

People might not know that I... would rather eat leftovers than the original meal!

Come to me for... Anything. I always want to be there for anyone that needs me.

Brittany Moran

Membership Co-Director

Children: Daphne Rose (20mo)

Spouse: Jim

NCPG class: Toddler I

Best thing about being a Mom: using problem-solving skills constantly; smiles and hugs from Daphne

I stay sane by... meeting up with friends (without our kids)

People might not know that I... own my own business

Come to me for... a helping hand and help translating Spanish

Shaly Vassigh

Education Co-Director

Children: Kian (5) and Kamran (3)

Spouse: Goudarz

NCPG class: Kindergarten

Best thing about being a Mom: Seeing them do the right thing even when I'm not looking

I stay sane by... wine, NCPG Hot Topics time, and date night with my husband.

People might not know that I... am of Indian descent but born and raised in Ames, Iowa!

Come to me for... Let me know how you like what you're learning in your class and with any questions or feedback on our Evening Lecture Series.

Joey Ghelfi

Education Co-Director

Children: Sofia (2) Jack (4wo)

Spouse: JD

NCPG class: Preschool I

Best thing about being a Mom: Life becomes simple and innocent again… and the laughter is endless. My little goofball cracks me up everyday!

I stay sane by… making time for my husband, family and friends.

People might not know that I… taught yoga.

Come to me for… Sugar. I am a candy-holic. I'll always have something sweet stashed in my purse somewhere.

Carlie Garcia

Communications Co-Director

Children: Berkeley (2.5), Anderson (3mo) and dog Kota (4 year-old mini Australian Shepherd)

Spouse: Ernie

NCPG class: Preschool I

Best thing about being a Mom: Rediscovering things through the lens of my kiddos, and always remembering to make time for play! Even if that means a race to pick up the toys!

I stay sane by… Keeping a little time for myself. Whether it's going for a hike, a run, or getting in a yoga class! I also love a good pedicure, a night out (sans kiddos) and an iced dirty chai latte (*with soy milk)!

People might not know that I… Married my high school sweetheart and have an insatiable love for chips and guacamole.

Come to me for… Anything related to Facebook, advertising with NCPG, and/or the newsletter!

continued on page 18

Kelly Vasbinder

Communications Co-Director

Children: James & Geneva (20mo twins)

Spouse: Jordan

NCPG class: Toddler II

Best thing about being a Mom: It always changes! But right now, every time they hug me, grab my hand or give me a kiss. I just melt.

I stay sane by… Getting out of the house! Whether with the twins, on a date night or with friends- a change of scenery does wonders! And, a nightly glass of wine helps too!

People might not know that I… write personalized children's books.

Come to me for… Anything IVF related. I'm always happy to talk or listen if you or someone you know is going through the process. I also love to talk about and listen to anything from motherhood to celebrity gossip! And, of course, for anything in regards to this newsletter!

Jennifer Nelson

Nursery Director

Children: Carter (4mo old son)

Spouse: Jared

NCPG class: infant I

Best thing about being a Mom: the bond you have with your children. There will never be another relationship as unique and special as you two share with each other!

I stay sane by… Going to the gym. It's my mommy time to get away and focus on my health and well-being. A glass of wine with girlfriends doesn't hurt either ;)

People might not know that I… absolutely love to cook! I enjoy trying new recipes of all cuisines and have never met a plate of food I didn't like!

Come to me for… A good laugh! I definitely live by the motto "Life is too important to be taken seriously"

Laura Golding

Sitter Director

Children: Olivia (2) William (4mo)

Spouse: Michael

NCPG class: Toddler II

Best thing about being a Mom: experiencing a love that is beyond words

I stay sane by… drinking wine and exercising

People might not know that I… Met my husband is Las Vegas

Come to me for… Cocktails and conversation

Kelly Ellison

Special Events Co-Director

Children: Parker (2.5)

Spouse: Patrick

NCPG class: Preschool II

Board position: Special Events

Best thing about being a Mom: the unbelievable amount of happiness and love that I feel when I think about my son.

I stay sane by… staying connected to my friends and family and taking time for myself

People might not know that I… love to cook

Come to me for… Anything!

Megan Livengood

Special Events Co-Director

Children: James (2.5)

Spouse: Jeremy

NCPG class: Pre-school I

Best thing about being a Mom: Discovering all the love I have in my heart and watching it grow every single day.

I stay sane by… practicing and teaching yoga. Oh, and wine.

People might not know that I… grew up in Oregon and even though I have lived in Phoenix for almost 8 years, I still consider Oregon home.

Come to me for when you need someone to listen. I am a great listener.

Mary Butterfield

Social Co-Director

Children: Joey (22mo) and another due in November

Spouse: Steven

NCPG class: Toddler II

Best thing about being a Mom: is hearing my daughter laugh.

I stay sane by… Going to yoga a few times a week and going on date night once a week with my husband.

People might not know that I… was born and raised in Phoenix.

Come to me for… questions regarding class play dates, moms night out and the morning breakfast.

Ayuna Tachenko

Social Co-Director

Children: Two daughters (4 and 2)

Best thing about being a Mom: Everything and every little moment

I stay sane by… Making time for myself and socializing with people

People might not know that I… love traveling, organization and learning about psychology

Come to me for… for any questions on communications with the Board and announcements. I am your liaison for social reps and the board. I am excited to serve on the NCPG Board to help our members get the most value of this amazing resource and organization.

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New Arrivals!

Carter Patrick Nelson
May 18, 2014
7lbs 12oz, 21¾ inches
Parents: Jennifer & Jared

Anderson Brian Garcia
June 4, 2014
6lbs 12oz, 20 inches
Sister: Berkeley (2½), Parents: Carlie & Ernie

William Gerald Luke
August 3, 2014
8lbs 10oz, 21½ inches
Sister: Lucy (2), Parents: Colleen & Ryan

William Michael Golding
May 8, 2014
7lbs 13.25oz, 20 inches
Sister: Olivia (2), Parents: Laura & Michael

Vivienne Grace Wolfswinkel
March 25, 2014
7lbs 6oz, 19.5 inches
Parents: Ashton and Sarah

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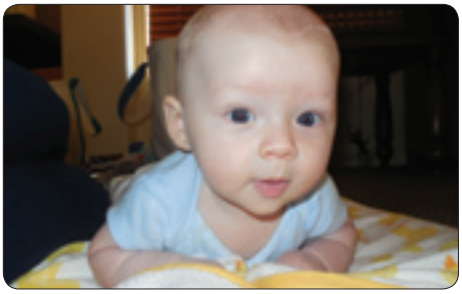
LITTLE SNAPPERS 6 mos - 35 mos **GROUP LESSONS** 3 yrs - 12 yrs

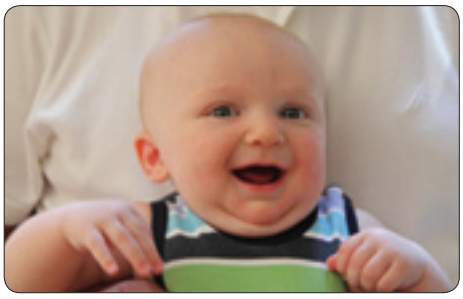
New Members and Their New Additions!

Evan Ball
March 5, 2014
6lbs, 1oz, 19 inches
Parents: Laurie & Dave

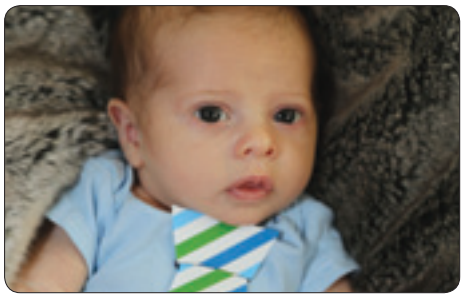
Connor Tennyson Tetreault
February 27, 2014
5lbs 9oz, 19.5 inches
Parents: Jenny & Connor



Topher Patrick Collins
February 26, 2014
7lbs 12oz, 19½ inches
Parents: Melissa & Christopher



Keaton Charles Baumhefner
April 20, 2014
8lbs 12.9oz, 21½ inches
Parents: Lindsay & Matt



Benjamin Gatlin Stewart
May 11, 2014
8lbs 1oz, 19½ inches
Parents: John & Candice

Lila Gisèle Snyder
June 1, 2014
7lbs 12oz, 20 inches
Parents: Sara & Jeremy

Harlow Eileen Phipps
June 25, 2014
7lbs 8 oz, 20½ inches
Parents: Jessica & Colin

Ellie Drew Stephens
August 11, 2014
7lbs 2.6oz, 20 inches
Parents: Tish & Robbie

Austin Carl Johnson
August 13, 2014
9lbs 8oz, 21½ inches
Parents: Lori & Peter

Mustard-Herb Panko Crusted Chicken Breasts

Recipe and photos by *ForTheLoveOfCooking.net*

Yield: 3-4

Prep Time: 5 min.

Cook Time: 20-25 min.

Total Time: 30 min.

Ingredients:

1/4 cup Italian seasoned panko crumbs
2 tbsp fresh parsley
1 ½ tbsp Parmesan cheese, grated
1 tsp fresh thyme, leaves only
2 chicken boneless skinless chicken breasts
Sea salt and freshly cracked, pepper, to taste
2 tbsp Dijon mustard
1 clove of garlic, minced
Cooking spray

Directions:

Preheat the oven to 450 degrees. Coat a baking sheet with tin foil and spray it with cooking spray.

Pour the panko crumbs, parsley, cheese, and thyme onto a plate, mix until well combined. Season both sides of the chicken breasts with sea salt and freshly cracked pepper. Mix the mustard and garlic together then rub evenly all over each chicken breast. Roll each chicken breast in the panko mixture until coated really well. Place the chicken on the baking sheet.

Place into the oven and bake for 20-25 minutes or until a meat thermometer reads 170 degrees. Let the meat rest for 7-10 minutes before slicing and serving. Enjoy!

THE LIST: Favorite Indoor Places to Play

Flip Dunk Sports
1515 E Bethany Home Road #160
Phoenix, AZ 85014

Pump It Up of Tempe
1325 West Auto Drive, Suite 101
Tempe, AZ 85284

i.d.e.a. Museum
150 W. Pepper Place
Mesa, AZ 85201

Children's Museum of Phoenix
215 N 7th Street
Phoenix, AZ 85034

Butterfly Wonderland
9500 E. Via de Ventura
Scottsdale, AZ 85256

AZ Science Center
600 E. Washington Street
Phoenix, AZ 85004

SEA LIFE Arizona
5000 S Arizona Mills Circle, #145
Tempe, AZ 85282

Imagination Avenue
10614 N 32nd Street
Phoenix, AZ 85028

Playtime Oasis
13802 N. Scottsdale Road, Suite 116
Scottsdale, AZ 85254

Jambo Park
12046 N. 32nd Street
Phoenix, AZ 85028

Stuffington Bear Factory
1717 E McDowell Rd
Phoenix, AZ 85006

Arcadia Ice Arena
3853 E. Thomas Road
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CRAFT CORNER

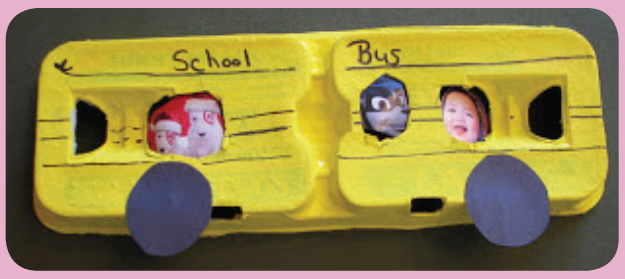
Back to School Egg Carton Bus!

You will need:

Top of an egg carton, yellow paint, black marker, old magazine or pictures, paint brushes, black paper, scissors and glue.

Instructions:

1. First, paint the egg carton yellow (allow to dry).
2. While drying; Cut out circles for tires, and heads and faces to put in the windows of the school bus.
3. Glue on tires, faces and decorate the bus with the black marker! Have fun!



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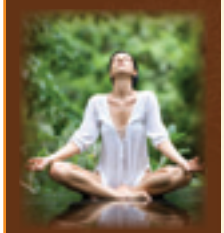

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ncpg 2014-2015 REGISTRATION FORM

Class Registration: • $250

Annual Nursery Fees: • First Child ($300) • Second Child ($50) • Additional Child (no charge)

Please Note:

- No refunds on registration and/or nursery fees after 9/30/14.
- Guests are welcome to attend one meeting. Please make reservations with the Membership Director. The guest nursery fee is $25 per visit, per child. Space is subject to availability.
- Financial assistance for tuition and/or nursery costs is available to those for whom the fees are prohibitive. Confidential inquiries are handled by the Membership Director.
- There will be a $25 charge for returned checks.

Name: _____ Spouse's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Child's Name*: _____ DOB: _____ Nursery (Y / N)

Child's Name: _____ DOB: _____ Nursery (Y / N)

Child's Name: _____ DOB: _____ Nursery (Y / N)

**You will be grouped by your oldest child's birth date unless you indicate otherwise.*

• How did you hear about us? ☐ Current Member ☐ Friend ☐ Newspaper ☐ Hospital ☐ Online

☐ Other (please explain): _____

• Would you like to be on a committee? ☐ Fundraising ☐ Special Events ☐ Communications

By signing below I acknowledge that neither North Central Parenting Group (NCPG) or Church of the Beatitudes (CB) carry insurance to cover any injuries to NCPG members or their families. As consideration for participation in the NCPG program, I hereby release, remise forever, discharge, and agree to save and hold harmless and indemnity NCPG and CB, and the employees, officers, directors, and agents of each, of and from all liability, claims, demands, causes of action and possible causes of action whatsoever, arising out of or related to any loss, damage, or injury that including negligence of any of the foregoing. I agree to defend and indemnify NCPG from and against any and all liability or claims arising out of any loss, damage or injuries sustained by myself, my minor child or family member participating in any function of NCPG.

Signature _____ Date _____

PAYMENT BY CREDIT CARD:

Class Registration	$250
Nursery (First Child)	$300
Nursery (Second Child)	$50
Credit Card Usage Fee	4% of Total
TOTAL:	**$** _____

Credit Card #: _____ Expiration Date: _____ Security Code: _____

Check One: ☐ Pay in Full ☐ Two Equal Payments*

***Terms & Conditions**

Credit card will be charged for half the total registration/nursery fee(s) upon registration. The second payment will be automatically charged to the credit card on January 30th regardless of whether member continues with membership or nursery usage unless the second payment is received prior via cash or check. Policy of no refunds on registration and nursery fees after 9/30/14 remains in effect. Credit card processing fees apply. Credit card information will be kept secure on file until second payment is made, after which it will be securely destroyed. Must register by December 1st to utilize payment plan.

I acknowledge that I have reviewed and accepted the Terms and Conditions of the Two Equal Payment Plan and authorize NCPG to charge my credit card upon registration and on January 30th, 2015.

Signature _____ Date _____

(Signature & Date Required)

PAYMENT BY CHECK:

Class Registration	$250
Nursery (First Child)	$300
Nursery (Second Child)	$50
TOTAL:	**$** _____ Check # _____

(If paying only the first half of the total registration/nursery fee(s), you are required to fill out credit card information above and sign/date after the Two Equal Payment Plan Terms & Conditions.)

Please mail payment and registration form to: **NCPG, P.O. Box 32644, Phoenix, AZ 85064**

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Calling all Photographers!

Do you like taking pictures?
Do you have a camera of your own?

Then, please consider volunteering as an **"NCPG Photographer!"** We would love your help capturing memories at the occasional meeting, playdate, event and Moms Night Out!

Please contact: **communications@ncpgaz.org**

Thank you!

NCPG is now on Amazon Smile!

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You shop. Amazon gives.

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On your first visit to AmazonSmile, you need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make will result in a donation.

Please let all your friends and family members know about it too!