

# Parent Times

September 2019



ncpg  
north central parenting group  
learn • connect • inspire



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## President's Corner

### Welcome...

to all of our returning members and to all of the new faces joining us for the 2019-20 NCPG year! We are so excited to have you all with us as we kick off our **35th year of NCPG!**

Your Board has been hard at work over the summer preparing for a great year of learning, growing, friendship, and fun. We have a wonderful lineup planned full of **Parents' Night Out** events, a variety of **play-dates** and **philanthropy opportunities** for the whole family, the **Fall** and **Spring Festivals**, and of course, our amazing **Spring Gala**. Membership is at a record high for the beginning of a new year, so we **THANK YOU** for your participation, support, and commitment to such an amazing organization! We've also welcomed a new teacher to our impressive roster, so please help me in welcoming Blaire Hinks (1B)!

*NCPG's goal is to offer quality parenting classes while providing a forum for parents to share ideas and gain lifelong friendships.*

This will be my third year as an NCPG member. As a new resident of Arizona, having moved back to my husband's hometown just two years ago (after 15 years spent living in Hawaii), NCPG was recommended to me by my sister-in-law (a former NCPG board member) and has truly been my lifeline. Having two small children and not really knowing anyone here previously, NCPG has blessed me with lifelong friendships and given me a newly found confidence as a parent thanks to the knowledge shared by our amazing teachers. I am immensely grateful for NCPG and look forward to giving back this year to insure this phenomenal organization continues to thrive. It is my hope that each and every one of you has an equally fulfilling experience, and I thank you for allowing me the great honor of serving as your 2019-20 NCPG President!

There are so many ways to get involved with NCPG this year! We always need help on committees, and it's never too early to start thinking about a Board position for next year. If you are interested or have questions about getting involved, please do not hesitate to reach out to me personally. I look forward to serving as your President this year, and I am always available as a resource should you need me.

xo,

**Megan Anderson Garvey**  
NCPG Board President, [president@ncpgaz.org](mailto:president@ncpgaz.org)

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.



ncpg

north central parenting group



## 2019-2020 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](http://www.ncpgaz.org) Like us on Facebook: [ncpgaz](https://www.facebook.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 –** Kelly Anderson & Colleen Fillion

**Designer –** Neill Fox, [foxnoggin.com](mailto:foxnoggin.com), [neill@foxnoggin.com](mailto:neill@foxnoggin.com)

**Front Cover –** Maddie Malone  
**Photographer –** Jessica Juniper





## Member to Meet Taylor Simshauser

**Member & Class:** Taylor Simshauser, 1B.

**Children & Ages:** Tatum, 9 months.

**How did you meet your spouse/partner:**  
At the University of Arizona!

**Spouse/partners favorite date night spot:**  
Haha! JT's (for their wings).

**Career or previous career:** Family & Interiors Photographer.

**Favorite family vacation spot?** North Shore of Oahu.

**Favorite family spot to dine in town?** Lou's at Papago.

**Favorite date spot or activity when you are child-free?**  
I love a day at the pool at The Royal Palms.

**Where were you born and raised?** Laguna Beach, CA.

**When you have 30 minutes of free time what do you do?**  
I love doing yoga when I can get some free time.

**Most meaningful moment as a parent?** Seeing her belly laugh and also crawl for the first time. I was just so excited for her.

**Best parenting advice given to you?** Everything is a phase.

**If you could give your pre-baby self advice, what would it be?** That yes, life will change, but you will not even want to remember life before your babe was in it.

**Who introduced you to NCPG and for how many years have you been a part of the group?** My friend Deirdre told me to join and I have been a member for 1 year.

**NCPG & amazon**smile

the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to North Central Parenting Group.

Use the same account on AmazonSmile as your regular Amazon account. Your shopping cart, Wish List, baby registry, and other account settings will all be the same. On your first visit to AmazonSmile, you will need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. AmazonSmile 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!*

# Music and Early Childhood Development

## EARLYBIRDS HAVE RECENTLY HATCHED AT MUSIC WORKS COMMUNITY!

Join us for 45 minutes of fun with your Infants, Crawlers, Walkers and Toddlers... 45 minutes of Bounces, Wiggles, Tickles, Tapping and Clapping, Simple Songs, Lullabies and Beat Motions with Music... 45 minutes of Parent Empowerment with Brain Benefits based on the neuroscience research of the well-recognized early childhood brain development expert, Jill Stamm, PhD.



PRELUDE is pleased to announce that our Community of Teachers have attended facilitation with Dr. Jill Stamm's Brain Boxes® and have permission to integrate The Early Brain Development® Curriculum with our PRELUDE's EarlyBirds Musical Explorations.



## WHY MUSICAL EXPERIENCES FOR THE VERY YOUNG?

Dr. John Feierabend, a leading authority in early childhood music, comments:

*"During these years, when the mind is making sense of the world, musical syntax is developing. Beat, meter, rhythm, tonality, and expressive sensitivity should be presented. Would you not talk to a baby simply because he/she cannot talk? Then why should we wait to introduce music until the child can sing and move?"*

(continued on page 7)



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# All Saints' Episcopal Day School

We invite you to visit our campus, nestled in the heart of North Central Phoenix, to learn about the All Saints' community. The best way to become familiar with everything All Saints' has to offer is through a campus visit during an Open House or call 602.274.4866 to schedule a private tour.

- ✓ Tour the campus with a Parent Ambassador
- ✓ Learn about the application process
- ✓ Meet with administrators and faculty
- ✓ Enjoy a light breakfast

Open Houses will be held at All Saints' Episcopal Day School  
6300 N. Central Ave., Phoenix, AZ 85012  
9 a.m. – 11 a.m.

## OPEN HOUSE

For Prospective Parents

November 06  
December 04  
January 22

KEY DATES	Application Opens	Pre-K-Eighth Grade Application Deadline	Kindergarten Play Date	Pre-K Play Date	First-Eighth Grades Individual Assessments	Admissions Decisions Announced in Early
	OCT 01	JAN 24	JAN 24	JAN 25	FEB 01	MARCH
For more information call the Admissions Office 602.274.4866						
All Faiths Welcome   Pre-K through Eighth Grade   Indexed Tuition						
All Saints' Episcopal Day School www.allsaints.org						

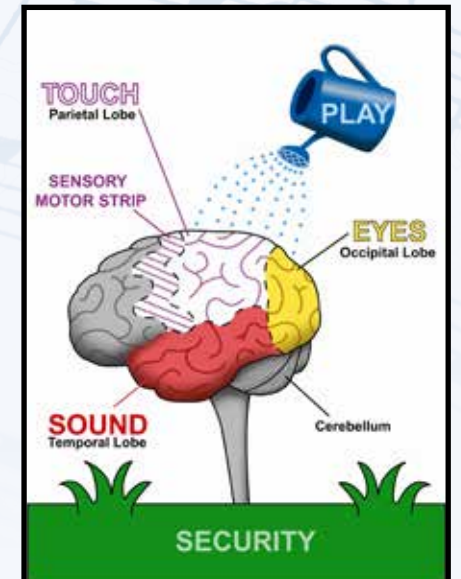
(MusicWorks – continued from page 5)

Music is the medium through which PRELUDE uses Dr. Jill Stamm's *Brain Boxes*® and the *S.T.E.P.S. to Early Brain Development*® within the context of *First Steps in Music*, a curriculum for infants and toddlers created by the well-known early childhood music educator, Dr. John Feierabend. Our classes offer music activities to encourage positive one-to-one interactions between the parent or caregiver and child, to increase quality time for bonding and learning. PRELUDE's EarlyBirds classes draw upon two unique aspects of *First Steps in Music*:

- Folk and traditional songs and rhymes because of their natural melodic expressiveness, natural flow of the language and texts filled with wonder.
- Early childhood research related to the development of:
  1. Music Intelligence
  2. Singing Skills
  3. Sensitivity to the Beat and Beat Groups
  4. Expressive Movement
  5. Musical Memory
  6. Preference, and
  7. Neurological Connections

The goals for the Very Young are to experience activities that will prepare for the later development of:

- Accurate Rhythmic Skills
- Accurate Singing Skills
- Sensitivity to the Expressive Qualities in Music



Music Works Community of Teachers recognize the importance of supporting your child during these formative years — the foundation for successful and future learning. It's as easy as ABC — Attention, Bonding and Communication. A musical environment enhances these ABC's during these developmental years.

**ATTENTION** refers to the ability to use the brain's energy to pay attention. Research has discovered that 'attention' is partly wired as early as age one. Face-to-face interactions in certain kinds of play can help children attend better and longer. Music during these interactions enhances these key moments of early 'play'.

**BONDING** develops security, the cornerstone of normal brain development. Touch, for example, is now known to release brain chemicals that impact attachment. What better way to bond than through focused musical interactions?

**COMMUNICATION** includes understanding speech as well as learning to talk -activities that will later influence learning to read. Rhythm is inherent in speech; chant and song add a lasting and memorable dimension to early language development. In addition, American Sign Language will be utilized to further communication skills through songs and signing – preverbal communication accompanied by music...two languages, both beyond and before speech!



Supporting your little ones in these three ABC areas provides the foundation necessary for successful future learning and development. PRELUDE's instructors are experienced musicians who can provide experiences and materials for the parent to create experienced musicians who can provide experiences and materials for the parent to create musical moments of bonding.

For more information, join us at our Fall Open House on Thursday, September 12 and 26, from 9:30 am– 11:00 am, or visit our website to find out more about our EarlyBirds program: [www.MusicWorksCommunity.com](http://www.MusicWorksCommunity.com)



## Wigged Out



Wigged Out is a non-profit organization founded by NCPG members Chelsea Kunde, Katie Perry, and Lindsey Dies after Chelsea was diagnosed with cancer — only three months before her wedding in 2011.

Today, Wigged Out helps women and children with medically related hair loss get new wigs to improve their self-confidence and quality of life.

TO LEARN MORE: [www.wiggedout.org](http://www.wiggedout.org)

FOLLOW US: @wiggedoutinc Wigged Out

You're invited to join us on October 4th for our 6th Annual Golf Classic at the Arizona Biltmore. Visit [www.wiggedout.org](http://www.wiggedout.org) for info!





# 2019-2020 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** Pre-Infant & Pre-Teen Class



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

## Class Dates

September 11th **	January 8th
September 25th	January 22nd
October 9th **	February 5th **
October 23rd	February 19th
November 6th **	March 4th **
November 20th	April 8th **
December 11th **	April 22nd
	May 6th **

\*\*Parent Times magazine distributed.

## Board Meeting Schedule

September 30th  
November 4th  
December 9th  
January 6th  
February 10th  
March 2nd  
April 6th  
May 4th

# Board Announcements

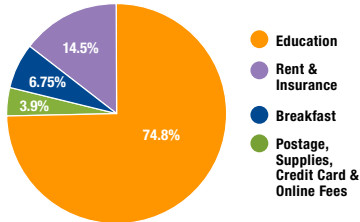
## Treasury

NCPG continues to offer scholarship opportunities for both membership and nursery dues.

For more information  
please contact:  
[treasurer@ncpgaz.org](mailto:treasurer@ncpgaz.org)

### Membership Fee Breakdown

100% of Membership Fees collected support the below breakdown of expenses.



### Sponsorship & Fundraising Fees Support:

Spring/Fall Festivals, NCPG Cares, Mom's Night Out, Play Dates, Parent Times Magazine, Member Swag, Public Relations

## Membership

We still have space in a few of our classes for the 2019-2020 year. Please contact [membership@ncpgaz.org](mailto:membership@ncpgaz.org) or check the website for availability!

## Communications

### WE WANT YOUR PICTURES!

Next month's theme for *Parent Times* is **BACK TO SCHOOL!** Send us your high-resolution photos of the kids for our photo spread. Who knows — your child might wind up on the cover!

### WE WANT YOUR STORIES!

Have a funny mom story you want to share? Please send us your funny or outrageous mom moment and feel free to submit anonymously!



Please send all birth announcements, snapshots of NCPG kids and parents, and professional photos to be considered for the front cover in hi-resolution to [communications@ncpgaz.org](mailto:communications@ncpgaz.org).

## Fundraising - Save the Date

Our Annual Spring GALA will be returning to Arizona Country Club!

**SATURDAY, MARCH 7, 2020**

## Childcare

1. Our nursery is a **nut free zone** so be mindful when you pack snacks for your little ones.
2. The days are still hot! We will open up the playground when temperatures drop. For more information on our childcare please review on our website at [www.ncpgaz.org/childcare](http://www.ncpgaz.org/childcare)



## Public Relations



Our private **NCPG Instagram** page [@ncpgaz](https://www.instagram.com/ncpgaz) is live! Please request to join this new account. Thanks!



Please continue to use the members only **NCPG Facebook Group** to ask questions, share advice, local events and deals, and to buy and sell. We just ask that we keep everything respectful and positive on the page. Please request to join the group and you will be approved: [ncpgaz](https://www.facebook.com/ncpgaz)

## Education: Classroom Norms

### Be Respectful:

Be respectful to yourself, others and the learning environment. This includes keeping cell phone use to a minimum and having no food or drinks in the classroom (water is allowed).

### Be Kind:

NCPG is a community where parents support one another. Remember to disagree lovingly so it is a safe environment for all.

### Be Responsible:

Teachers are responsible to create data driven, research-based lessons. All members are responsible for confidentiality within the classroom. NCPG believes in a safe environment where members feel free to share openly and honestly.



## Special Events

### Parents Night Out

September 26th, 6 pm

Lou's Bar & Grill at Papago  
5595 E. Karsten Way, Phoenix, 85008



Let's start off this year celebrating parenthood and making new connections! Come meet, mingle and enjoy a Parents Night Out right on the golf course. We'll provide heavy appetizers and a cash bar. A cornhole tournament with prizes will create friendly competition and entertainment. We can't wait to see you outside the classroom!

### Guest Speaker: Pattie Fitzgerald

Wed., September 25th



St. Barnabas on the Desert, Hutton Hall

"An Ounce of Prevention." Lean how to trust the RIGHT people around your children, recognize different types of TRICKY people, & learn how to communicate this with your children effectively throughout their childhood.

## Fall Festival

Sat., October 19th  
10 am-12 pm



All Saints, 6300 N. Central Ave., Phoenix 85012

One of our favorite family events of the year is back with entertainment, activities and fun for all. Join us for face painting, balloon animals, train rides and more! Just in time for Halloween, a special guest from Mad Science will perform a Fire & Ice show. Kidtastics will also be there with a toddler-favorite, indoor tumbling and gymnastics. Let your kiddos come in their costume to add to the fun! We look forward to seeing you there.

### Holiday Breakfast & Salvation Army Gift Delivery

Wed., December 11th





# Meet Our Amazing Teachers!

NCPG is delighted to have an outstanding group of teachers returning to NCPG this year, and have also expanded our teacher community with the addition of a fabulous new teacher. We encourage you to get to know each of these highly educated and knowledgeable women.



## Monique Nelson

PRE-INFANT (*Child Due October- May*)  
NEWBORN (*0-5 months*)

Monique is an Arizona native. She received her Bachelor of Science degree from Arizona State University in biology/premed. She holds an additional degree in nursing with a clinical focus in pediatrics. This will be her 20th year teaching pregnancy & infancy for NCPG. In addition to teaching Monique works for Soleo Health where she is their Director of Patient advocacy. Prior to that, she spent 20 plus years working as a pediatric triage nurse. She and her husband Dave have been blessed with 2 children Taylor and Dylan.



## Amy Stewart

CLASS 1A (*6-11 months*)

Amy has a Masters of Science degree in Nursing and is a Certified Pediatric Nurse. She has worked as a Registered Nurse at Scottsdale Healthcare Shea for over 15 years. In addition to hospital nursing, Amy works as a University nursing professor. She also runs Hope in Adoption LLC, providing online parenting workshops geared to parent's hoping to adopt a better approach to their parenting, online workshops and support groups to parents who have been blessed through the adoption of children, and online workshops and parenting support groups to same gender parents. Amy feels her greatest accomplishments are found in her home. She loves being the wife to her husband Drew and mother to her 5 children Merik (10), Sophie (8), Olivia (3), Gracie (2), and Spencer (9 months). Amy has taught for NCPG for 7 years.



## Blair Hinks

CLASS 1B (*12-17 months*)

Blair is a native to Arizona. She grew up in the Madison School District and went to Xavier College Prep for high school. She graduated from University of Arizona in 2002 with a BS in Business Marketing. She went on to help manage at the Hubbard Swim School. During her 17 years at the swim school she was in charge of staff training, the special needs program and taught countless number of swim classes to babies and young children. Blaire has been married to her husband, Otto, for almost 15 years and they have six children; Tommy (13), Maggie (11), Joe (9), Will (7), Rosie (4), and Grace (2). After years of teaching new moms in the pool and having six babies of her own, she realized there was need for support in the home for new moms after birth. Blaire opened her own business, Lille Landsby Postpartum Village, in 2018. She is a lactation counselor, postpartum doula, and baby-wearing instructor that provides a holistic in-home care approach for all families with little ones. Blaire's favorite things to do during her down time are going on adventures with her family, date night with her husband, and working out.



## Debbie Hurst

CLASS 2A (*18-23 months*)

Debbie is a native Arizonan. She earned a Bachelor of Science degree from Brigham Young University in Elementary Education with a minor in Child Development and Family Relations, and her Ma.Ed from the University of Phoenix. Debbie retired from the elementary classroom after twenty-nine years of teaching, specifically in grades one and three. During that time she counseled parents, providing benchmarks of child growth and development throughout the school year in addition to parenting tips through meetings and weekly newsletters. Debbie also trained and mentored numerous interns, student teachers, and new faculty members in addition to serving on school advisement committees. She is currently under contract as adjunct faculty with Grand Canyon University in the College of Education where she teaches and also supervises student teachers during their field experience. Debbie has received training with the Rosemond Leadership Parenting Institute as a certified Parenting with Love and Leadership parent coach. She believes a nurturing environment containing love, leadership, communication, positive reinforcement, and mutual respect are paramount and fundamental in a child's life. Debbie has been married to her husband Craig for forty-one years and they are the proud parents of three children (including Amy Stewart, a fellow NCPG instructor) and nine grandchildren. She enjoys traveling, cooking, playing the piano, and spending time with family and friends.



## Kristin Klecka

CLASS 2B (*24-29 months*)

Kristin is an educator who has been working with children since the early 2000's. Trained in Elementary Education, she has worked full-time with two different grade levels (fourth and second) for six years and has also substitute taught in grade levels K-6, including leading gifted/honors classes. Teaching in both California and Arizona, Kristin has a firm grasp of critical early years teaching skills and methods such as Core Knowledge. Kristin's course work at the University of Arizona resulted in a Bachelor of Arts in Family Studies and she subsequently obtained a Master's Degree in Elementary Education at the University of Pepperdine in Los Angeles, CA. She also achieved her teaching credential in California. But, her greatest accomplishment has been being a wife and full-time mom to three children ages 13, 11, and 9. They have taught her more about love and life than anything else. Kristin likes to cook, exercise, spend time with friends, and travel. Kristin has been an educator for NCPG for three years and is looking forward to another great year.

*"The mediocre teacher tells.*

*The good teacher explains.*

*The superior teacher demonstrates.*

*The great teacher inspires."*

- WILLIAM ARTHUR WARD -



## Amy Guido

CLASS 3A (*30-25 months*)

Amy is a masters prepared Licensed Clinical Social Worker and double graduate of ASU. She brings over 20 years of behavioral health care and leadership experience with children, teens and adults (as well as 10 years of being a "stay-at-home" mom and school volunteer). Her current private practice supports children, teens and adults in achieving their goals using evidence-based best practices. Offering house-call and tele-health options, she reduces barriers to care for busy families and professionals. She is also a parent with her husband, David, to two sons ages 11 and 13. In her free time, she enjoys walks with her goldendoodles, attending fitness classes, taking beach and mountain getaways, and spending quality time with friends and family. Amy is also a NCPG alumni (and prior board member), who is excited to continue with our enthusiastic team of parent educators. This is her 5th year with NCPG.



## Barb Grady

CLASS 3B (*36-41 months*)

Barb begins her 27th year teaching for NCPG. She is a nationally certified counselor, certified teacher and parenting coach. In 1999, Barb began her business, Parenting-Plus, where she offers parenting classes, personal growth groups, individual consulting and life/parent coaching for both adults and children. Barb has taught preschool, Kindergarten, 1st, and 2nd grades as well as high school and college. Barb has two daughters: Jody, who is a director for Honor Health and has two children (Carter 8 and Grady 6), and Annie, who works as a senior program coordinator for the non-profit Daily Acts in California. Barb loves being an involved grandparent! She is delighted to return this year to share her passion and to motivate and inspire parents. You can learn more about Barb and access parenting resources from her website: [www.parenting-plus.com](http://www.parenting-plus.com) and her YouTube channel "Barb Says."



## Annemarie Mansour

CLASS 4A (*42-47 months*)

Annemarie has her bachelor's degree in Psychology and Child Development from Saint Mary's College of California, and her Master's Degree in Psychology from Palo Alto University. Annemarie has worked as a Family Behavioral Specialist, helping families with children ages 0-6 manage behavior problems to ready their children for kindergarten. She is currently the Preschool Director at Saint Thomas the Apostle School and also teaches a 3 year old preschool class. Annemarie and her husband Nick have been married for 21 years and have four children; Nick (20), Isabelle (18), Marissa (16) and Joseph (12). Annemarie's favorite days are those spent with her children and husband relaxing at home, reading, cooking and making each other laugh. Annemarie has loved being a part of the NCPG community the past two years helping parents navigate this journey of parenthood.



## Lesley Isaak

CLASS 4B (*48-53 months*)

Lesley is a Licensed Professional Counselor, specializing in the treatment of children, teenagers, and young adults (ages 6 and up), as well as their families. Lesley graduated with a business degree from the University of Arizona and worked in administrative and management positions until becoming a stay-at-home mom. After 9 years of fun and exhaustion at home, which included enjoying classes at NCPG as a new mom, Lesley returned to school and earned her Masters in Professional Counseling from Ottawa University. For the last 8 years, she has focused on providing education, therapy, and ideas to assist families in creating a healthy, supportive environment at home. When she has free time, Lesley enjoys being outdoors – hiking, biking, working in the yard – and most importantly, hanging out with her husband and their four

boys (now ages 14, 15, 16, and 18 years old). At NCPG, Lesley is excited to be starting her third year of teaching the parents of 4 year olds.



## Liz Imparato

PRE K (*enrolled in Pre-K or Junior Kindergarten*)

Liz is a licensed professional counselor in private practice. She earned her master's degree in professional counseling in 2015 and has had a life-long interest in psychology. Liz's practice involves working with a variety of personal issues facing clients including ways to be successful in the role of parent. Liz has two sons (37 and 35) and when they were young she enjoyed being involved in teaching Sunday school and leading a den of cub scouts. Liz brings a passion for the issues mothers face to her teaching and is excited to be teaching for NCPG for her second year. In her spare time, Liz enjoys time in her vegetable garden, hiking, traveling, and spending time with friends and family, especially her two young grandsons.



## Jemeille Ackourey

KINDERGARTEN (*Child in Kindergarten*)

Jemeille is a Licensed Professional Counselor and has a master's degree in counseling from the University of Phoenix. She provides services to individuals, couples and families at her uptown Phoenix office. Jemeille served the Boys & Girls Clubs of Metropolitan Phoenix for 23 years, before retiring in 2005 as their Vice President of Operations. Throughout her career, she 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. In her leisure time, Jemeille enjoys working in her garden, cooking, entertaining, loom weaving, yoga, travel and long walks with her 2 golden doodles, Ellis and Adler. Jemeille's greatest joy is her family. Her marriage to Karl has brought together a blended family of 5 children, their spouses and 5 grandchildren.



## Michelle Cox

SCHOOL A & C (*Grades 1-3 and 7-8*)

Michelle has been married for over 23 years and is the mother of four teens. She loves to spend time with her family as they discover new places and explore the outdoors. Michelle is the founder of Build Family Connection and has been coaching and teaching parents for the last 10 years. Michelle graduated with a BS in Education from Northern Arizona University, completed "The Choice in Coaching: Arbinger Mastery Training for Coaches," a graduate of the Coachville School of Coaching, and is a PCC certified coach with the International Coaching Federation.



## Joan Sarin

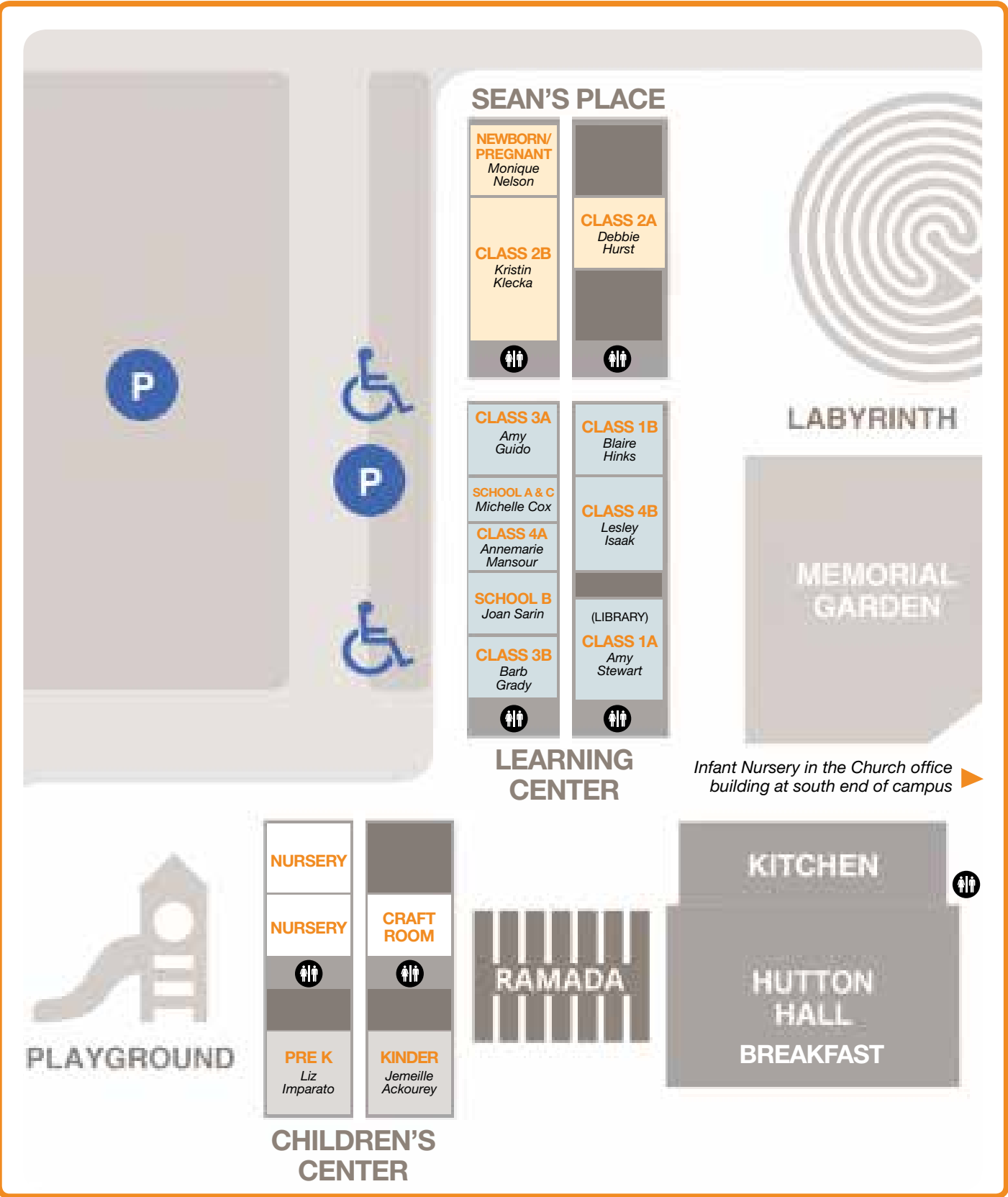
SCHOOL B (*Grades 4-6*)

Joan looks forward to her sixth year teaching for NCPG, and to a new grade level (she has taught at various levels from pre-K to 6/7th grades). She has been a consultant with UC Berkeley's Greater Good Science Center's Education team for several years, teaching education professionals how to bring social-emotional learning (SEL) and prosocial qualities into the classroom, as well as helping to develop resources for teachers in SEL, mindfulness and character development. A veteran practitioner certified as a Six Seconds facilitator, Joan has taught emotional intelligence and character development to preschool through university students for more than a dozen years. Her experience as a teacher, school administrator, and mother of two grown children has informed her work. Joan also facilitated parenting groups in Montessori and public schools. She holds a B.A. from Tulane University and an M.S. in social psychology from the University of Pittsburgh. She is a long-time yoga and meditation practitioner and lives with her husband in Phoenix.



# NCPG Campus Map

SAINT BARNABAS ON THE DESERT EPISCOPAL CHURCH — 6715 N. MOCKINGBIRD LANE, PARADISE VALLEY, AZ 85253



# Class Descriptions

**PRE-INFANT** (Child due between October and May)  
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!

**NEWBORN** (0-5 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!

**CLASS 1A** (6-11 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.

**CLASS 1B** (12-17 months)  
Bye bye baby-hello toddler! Mobility and exploration are under way. In this class we cover discipline, napping, language development and social skills. We also discuss preschool readiness, preparing for siblings and potty training. The goal of this class is to help prepare parents for the many transitions that are a part of this stage of development.

**CLASS 2A & CLASS 2B** (18-29 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.

**CLASS 3A & CLASS 3B** (30-41 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.

**CLASS 4A & CLASS 4B** (42-53 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 OR JR. KINDERGARTEN** (Enrolled in Pre-K or Jr. Kindergarten)  
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)  
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.

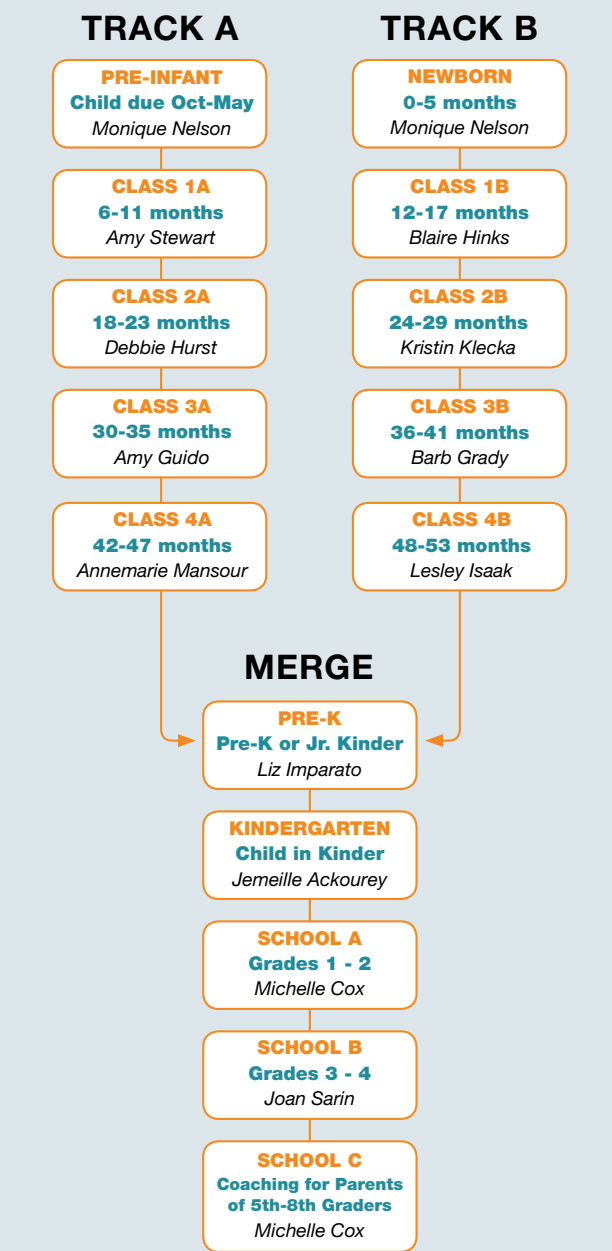
**SCHOOL A, B & C** (Grades 1-8)  
NCPG has added elementary and middle school classes to help Valley parents navigate the challenges of parenting increasingly independent children. These classes will cover topics such as: how to partner with your child's teacher and school, bullying recognition and prevention, nutrition for learning, deepening your relationship with your child as he/she gets older, parenting in the digital age, raising your child to be an innovator, and encouraging autonomy.

# Class Progression

(Based on age of child on September 1st)  
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.

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](mailto:membership@ncpgaz.org). We do our best to accommodate requests.



Class 4A will most likely move to Pre-K.  
Class 4B will most likely split, half to Pre-K, half to Kinder.  
Everyone will be placed in the class based on their child's school grade.



# Back to School Safety Tips

WWW.MILMAKINDUSTRIES.COM



Summer is coming to an end and the kiddos are heading back to school. This always bring along the conversation of kids walking to school, to the bus, or staying home after school by themselves. With that I decided to put together a list of things for those of you who have kids who fall into these categories.

The reality is that not all parents are in a situation to pick up and drop off their kids at school or the bus stop. Debating aside, it should be a priority to arm parents who do have their kids walk and bike to school with as much knowledge as possible to keep their children safe. My goal is to educate all parents who may find themselves in this situation.

The safer we can make the kiddos the better! First and foremost the below information is assuming that your child/children have the necessary skills to walk to/from the bus or school. That they can stay aware of traffic, that they can cross a street safely, etc.

## SAFETY IN NUMBERS

For those of you who have kids that walk to/from the bus or walk to/from school, try and have them walk with someone else. Chances are if your kids have to wts.

## THE ROUTE

One thing that is often overlooked is the route the kids walk to the bus or school.

- Make sure you have walked this route your kids so they are clear on the directions.
- Try and avoid major intersection crossings. This may not always be possible, but it should be a consideration. For crossings in most areas, there will be a crossing guard at intersections. Make sure kids are walking to that intersection as opposed to crossing at a different one.
- Have them walk a well visible route. With communities today, there are plenty of walking or bike paths behind neighborhoods, but those usually are not visible. Make sure the route is well visible from the neighborhood or other traffic.

## NOTICE WHAT IS NORMAL

Just like I have talked about in other blog posts, your kids can notice what is and is not normal. Actually, they probably do a better job of it than most adults. Tell them to pay attention to cars and to people as they are walking to/from school or the bus.

- Did they see a new car somewhere? Parked down the street? Did they see a person they have never seen before? Talking about these things will help keep them aware.

## GIVE THEM TIME

Make sure kids have enough time to get to school or the bus stop. The last thing we want is a kid feeling rushed. I could just imagine one of my kids being late and feeling frantic about missing the bus or being late to school. This could cause them to cross at a different place to save time, or not look when crossing the street, or take a different route. So give them enough time to be about 5 minutes early.

## GIVE THEM A PLAN

What do they do if someone tries to pick them up? What do they do if a stranger starts talking to them? Talk to your kids about these situations. It is sad, but in today's world bad things happen. Help prepare them by talking to them.

- Give them some scenarios about a stranger approaching, a person with a dog, puppies or candy... I know it may sound cheesy, but these talks and discussions are huge.
- A saying I always like to use is You Don't Know What You Don't Know. Kids won't know what to do or how to react if you never talk to them about it!

## HOME ALONE

Awareness comes back into play here. Your kids should be aware enough to know if something is not normal when they return to the house after school.

- Is the door cracked open?
- Is the garage door up and not supposed to be?
- Is the side gate is open?

Discuss these things with your kids if they will be coming home to an empty house and staying by themselves. Talk to them about what they should do if they notice any of these things. Talk about what to do if they walked in to door and they saw clothes thrown about, or things broken like the house had been burglarized.

- What do they do if the doorbell rings?
- Make sure they know where you are and how to get a hold of you. Phone numbers should be posted somewhere easily visible. These should include parents' numbers, both work and cell. A close neighbor or relative's number and of course 911 for any emergency.
- Give them rules on what they can and cannot do as far as having friends over, cooking food, going outside, etc.

## TEST RUN

Conduct a test-run. Leave them at home for a short period of time and see how they do. This will give you a good gauge of how prepared they are and areas that you as a family need to improve upon. You can do this with getting into the house as well. Make sure they can unlock the doors, turn off the alarm, etc. All these things should be tested out beforehand.

Thanks for taking the time to read. Our children are the most important things in our lives, so anything we can do to make them a little safer the better it is for us!





**CCS** DISCOVER MORE AT [CCSAZ.ORG](http://CCSAZ.ORG)

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**CLASSES FOR TODDLERS THROUGH 4TH GRADE**



**KIDTASTICS GYMNASTICS**

**GYMNASTICS AT A LOCATION NEAR YOU: AGES 1-6**


- Creative Bridges Preschool - 7321 N. 10th St., Phx
- SUMC Preschool - 4140 N. Miller Rd., Scottsdale
- Shepard of the Desert Preschool - 9400 E. Mt. View Rd., Scottsdale

**Kidtastics dance**

**DANCE AT A LOCATION NEAR YOU: AGES 3-6**

- Aviano Desert Ridge Clubhouse - 22500 N. Aviano Way, Phx
- Creative Bridges Preschool - 7321 N. 10th St., Phx

Find the best time for you: [www.kidtastics.com/calendar](http://www.kidtastics.com/calendar)











# Meet the Board



## Megan Garvey Sponsorship President

**Kids:** Anderson (4), Magnolia (2)

**Class:** 4B

**Where did you grow up?** Born and raised in Mississippi, lived in Hawaii for 15 years, and moved to Arizona in 2017.

**What made you want to join the board?**

Having newly relocated to Phoenix and with two young children, my sister-in-law (a former NCPG board member) suggested I check it out. I am so grateful that she did and I quickly realized how invaluable this community would be for me and my family.

**What made you decide to do the board another year? Are you in same role, or new one?** I've absolutely loved giving back to this organization that continues to provide so much value to my family from the class content to the amazing friendships. I can only hope to help other new moms have the same great introduction and experience with NCPG. I served as the membership co-chair last year, and I'm honored to be serving as the president this year.

**Do you have a hidden talent?** I love to sing!

**People might not know about you?** My parents are both veterinarians and I grew up on a farm — think Dr. Doolittle.

**Favorite family restaurant?** Luci's or Pomelo's at the Orchard!

**Favorite restaurant with NO kids?** Still looking for my favorite, but I've heard great things about Cafe Monarch, Lon's & Elements.

**What made you choose your children's names?** Anderson is my maiden name and Magnolia is the state flower of my home state of Mississippi (I wanted them to both know their family/southern roots)

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Sleep in, work out, spa treatment, lounge by the pool or go for a walk outside, shopping and lunch at Nordstrom followed by a movie and drinks with girlfriends...oh and maybe a quick trip to Target in there somewhere too. :)

**What has been your favorite "age" so far with your kids?** I am actually loving the current ages of my children. My son just turned four and amazes me daily with his comprehension, curiosity, and general zest for learning. My daughter just turned two and is talking and understanding so much. It seems she changes daily and is just the sweetest little angel. Not every day is easy, but a part of me wishes I could freeze this moment!

**What is one thing you would share with someone new to NCPG?** Take comfort in the fact that you are not alone in your current chapter. We're a community — all here to become better, more informed parents. This is a safe and intimate environment where we can all learn and grow through sharing our own experiences and by learning from our amazing and knowledgeable teachers. Have fun and enjoy this time with friends!



## Tiffany Kaufman Sponsorship Vice President

**Kids:** I have two beautiful girls. Emery will be 4 in December and Reese is 18 months old.

**Class:** 4A

**Where did you grow up?** I grew up in a suburb outside of Chicago and moved to Arizona in 2010.

**What made you decide to do the board**

**another year? Are you in same role, or new one?** This is my 3rd year on the board and second year as VP. As a stay at home mom, I really love being involved and having my own outlet. I also love all the friendships I've made with members outside of my class. It's really been a fun and rewarding experience!

**Favorite family restaurant?** Our favorite family restaurant is Sauce. It's quick, casual, and tasty!

**Favorite restaurant with NO kids?** We love date night and trying new places but our go-to restaurant without kids is Chelsea's kitchen. We love their patio and pretty much the entire menu.

**What made you choose your children's names?** For our first daughter, we wanted something unique. We read every name list imaginable and Emery was the only name that really stood out. I still love it and can't imagine her being named anything else. Our second time around was tricky because we didn't know the gender and needed to come up with a boy & girl name. That said, we wanted something unique and compatible with Emery. We made a short list and Reese was at the top!

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** If I had one day to myself I would probably workout and then head to the spa for some pampering!

**What has been your favorite "age" so far with your kids?** It's hard to say what my favorite age is so far. They are all special and challenging in their own ways.

**What is one thing you would share with someone new to NCPG?** Joining NCPG was one of the best decisions I made as a parent. I'm so fortunate for the friendships and support NCPG has given me. I really can't imagine motherhood without it.



## Ursula Smalley Sponsorship Treasurer

**Kids:** Camilla (5), Randall III (2)

**Class:** Pre-K

**Where did you grow up?** Rio de Janeiro, Brazil.

**What made you want to join the board?**

Sounded like a good opportunity to meet other members and give back to this organization that has been such an amazing resource to me.

**What made you decide to do the board another year?** Are you in same role, or new one? New role, was Social Director, now Treasurer. I enjoy the strategy and planning that goes into running an organization like this.

**Favorite family restaurant?** Lou's at Papago Park and Rita's (both great places for the kids to run around).

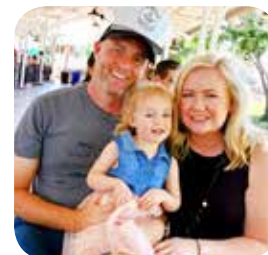
**What made you choose your children's names?** Camilla because I wanted something that translated well for both Portuguese and English. Randall is a family name, my son is named after his grandfather and father.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Sleeping in, watching movies all day in pajamas and ordering takeout.

**What has been your favorite "age" so far with your kids?** Right now!

My oldest is so curious, talkative and helpful and my youngest is less needy and finally old enough to keep up with big sister. They can entertain themselves for hours, it's amazing.

**What is one thing you would share with someone new to NCPG?** Class is like a group therapy session where you can open up about your problems, ask questions and receive support from similar women going through the same experiences! You leave feeling rejuvenated and empowered to be a better parent.



## Lexie Carlson Fabor Sponsorship Executive Assitant

**Kids:** Evelyn (2)

**Class:** 3A

**Where did you grow up?** Scottsdale.

**What made you want to join the board?** I really value all of the support and education NCPG has provided to me over the last 2

years. Being a part of the board helps me guarantee that the legacy continues for years to come.

**What made you decide to do the board another year?** Are you in same role, or new one? Returning board member in the new position of Executive Admin. I really wanted to continue to support the organization in a new capacity.

**People might not know:** My first name used to be Jennifer.

**Favorite family restaurant?** Doughbird, Base, Macintosh, Collins, North, Wallys — we eat out too much.

**Favorite restaurant with NO kids?** Ocean 44, Tratto.

**Funny story/quote from one of your kids?** She thinks her stuffed kitty is real and has named him Ricky after our cat also named Ricky. So one is Pink Ricky and the other is Black Ricky.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** I'd go to Target in the morning, Flower Child for lunch (side of mac and cheese for sure), get a massage and facial at the Phoenixian and take a nap in the quiet room, and finish off the day with steak dinner by myself and an enormous glass of red wine.

**What has been your favorite "age" so far with your kids?** I am loving the 2s because my kid hasn't turned terrible yet. She'll probably be a threenager to try my patience.

**What is one thing you would share with someone new to NCPG?** Attend the events and classes, you get out of it what you make of it.



## Briana Gillette Sponsorship

**Kids:** Madison Rose(4), Brooklyn Alice(2)

**Class:** 4B.

**Where did you grow up?** Huntington Beach, CA and Newport, OR.

**What made you want to join the board?** My desire to be able to give back to an organization that has given me so much

**Do you have a hidden talent?** I was a competitive swimmer from age 4 through college.

**People might not know:** I'm a news junkie. I love a good historical documentary or podcast. And my favorite channel is the BBC.

**Favorite family restaurant?** Zinburger or Isabellas.

**Favorite restaurant with NO kids?** Postino for day dates and J&G's for a nice date night.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Mani/Pedi then laying by the pool with a cold beer.

**What has been your favorite "age" so far with your kids?** I am loving 4! I love Madison's emerging independence and her ability to hold a conversation.

**What is one thing you would share with someone new to NCPG?** Joining NCPG was the single best thing I have ever done for my family and children. The friendships you will develop are invaluable.



## Kristen White Sponsorship

**Kids:** Vivienne (2 years and 8 months)

**Class:** 3A

**Where did you grow up:** Phoenix.

**What made you want to join the board:** NCPG has been such a great network of support so, I wanted the opportunity to give back and continue to meet more fabulous

moms & their babies!

**Do you have a hidden talent:** I love to reconfigure & redesign floor plans

**People might not know:** I am the youngest of 10 children & my daughter is my parents 21st grandchild.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** I would just enjoy the things that used to be the norm before Vivienne blessed my life - head to a spa for a massage and to chill by the pool, enjoy an amazing dinner and glass(es) of wine and end with a grand finale of the opportunity to sleep in!



## Christy Radovcic Sponsorship

**Kids:** Peyton (22), Mila (almost 4), Lily (2.5)

**Class:** 4B

**Where did you grow up?** Louisville, KY.

**What made you want to join the board?** I heard there was wine at the meetings.

**People might not know:** I spent five years in Disaster Management with the American Red Cross.

**Favorite family restaurant?** Dough Bird.

**Favorite restaurant with NO kids?** There are so many but I love happy hour oysters at Buck and Rider and the bartender is serious when it comes to bourbon.

**What made you choose your children's names?** These are long stories

(continued on next page)



**Funny story/quote from one of your kids?** Mila can be bossy to Lily, telling her where to sit or pulling/pushing her to do what she wants. I finally told her to let Lily do what she wants with her body. Mila thinks this is now a valid argument for any time you disagree. Example: "Mila, the song goes like this....". Mila's response: "Let me do what I want with my body."

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Loitering.

**What has been your favorite "age" so far with your kids?** I think over five but it's been a while. I'll let you know in a few years.

**What is one thing you would share with someone new to NCPG?** Hang in there.



**Kelly Anderson** *Communications*

**Kids:** 2 girls — Elliott (5) Collins (2)

**Class :** Kindergarten

**Where did you grow up?** I grew up in Phoenix, but have lived in Denver, San Fran, Seattle, back to Phoenix, and in the next year relocating to San Diego!

**What made you want to join the board?**

To get more involved in an organization I think is a great way to bring moms and families together. I decided to do another year in Communications because I enjoy putting the monthly magazine together, and finding new fun things we can add.

**People might not know:** I am currently in the process to become a Certified Birthing Doula & Lactation Consultant

**Favorite Family Restaurant?** Anything Mexican.

**Favorite restaurant with NO kids?** Dominick's Steakhouse at Scottsdale Qtr.

**What made you choose your children's names?** I loved Elliott for girl forever and knew that's what I would name my first girl. Collins was actually my husband's grandfathers middle name whom he was very close to, and I thought it was fun and different for a girl.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** The Spa at the Montelucia & eating all my favorite foods that I have to hide from kids so they don't try to steal it.

**What has been your favorite "age" so far with your kids?** They are all pretty exciting to experience, but I love the age right around 8 months old when they start turning into a "real" little personality and start interacting with you.

**What is one thing you would share with someone new to NCPG?** Go to as many events and classes as possible!



**Colleen Fillion** *Communications*

**Kids:** Madeleine (5), Burke (3)

**Class:** Kindergarten

**Where did you grow up?** Born and raised in Phoenix.

**What made you want to join the board?** It's a great chance to meet other moms outside of my class, and help support our community.

**What made you decide to do the board another year? Are you in same role, or new one?** I took a year off after doing Social and realized that it's something I really enjoyed being a part of, so now I work on your monthly newsletters with Kelly.

**People might not know:** I'm actually third generation born and raised in Phoenix. My grandfather was born here before AZ had even became a state.

**Favorite family restaurant?** LGO and Sushiholic.

**Favorite restaurant with NO kids?** Everything, but mostly Cibo.

**What made you choose your children's names?** Madeleine Howell, and Burke O'Malley are all family and maiden names from both sides of my husband and I's family.

**Funny story/quote from one of your kids?** Everything my son says and does everyone BUT me thinks is funny.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Watching movies, eating popcorn and junior mints, and maybe sneak in a nap.

**What has been your favorite "age" so far with your kids?** Now, both kids are the most fun at their current stage. I can take Maddie out for girl's days, and Burke is talking and finding his own personality- it's beautiful madness

**What is one thing you would share with someone new to NCPG?** Don't stress. Everyone is nervous about their parenting, about life. Just take a breath, give it a try, and you'll be pleasantly surprised!



**Megan Hedstrom** *Membership*

**Kids:** Griffin (3), Declan (1)

**Class:** 3B

**Where did you grow up?** Been an Arizona girl since I was 7.

**What made you want to join the board?** I have loved my experience at NCPG and I wanted to give some of my time back to the organization and meet other moms I might not have otherwise! Loved my experience so much I wanted to stay on! I moved from Fundraising to Membership.

organization and meet other moms I might not have otherwise! Loved my experience so much I wanted to stay on! I moved from Fundraising to Membership.

**People might not know:** I lived in Paris in 7th grade.

**Favorite family restaurant?** Sometimes against my better judgement but we take our kids almost anywhere.

**Favorite restaurant with NO kids?** The Mission.

**What made you choose your children's names?** My heritage is Irish and I wanted to honor that and luckily my husband like Irish names!

**Funny story/quote from one of your kids?:** My three year old cracks us up daily, but most recently she's been holding her brother and pretending to feed him and then patting him on the back and says "give me a good burp Deck Deck"

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Work out, facial, and enjoy roaming the aisles of Target alone!

**What has been your favorite "age" so far with your kids?** It honestly just keeps getting better but when they can communicate in full sentences, that's a big turning point (mostly for the best ;)

**What is one thing you would share with someone new to NCPG?** Take advantage of all the classes you can. I can't tell you how many times I go back to my notes!



**Ilyssa Reading** *Membership*

**Kids:** Kate (1)

**Class:** 2A

**Where did you grow up?** I grew up in Scottsdale, AZ.

**What made you want to join the board?** I joined the board because I have loved the last two years in NCPG and wanted the opportunity to get more involved and meet some incredible mamas!

nity to get more involved and meet some incredible mamas!

**Do you have a hidden talent?** It's not really a talent, but I have run three marathons.

**People might not know:** I have been to 48 out of 50 states.

**Favorite Family Restaurant?** Sushiholic. They are great with Kate and we can be in and out in an hour!

**Favorite restaurant with NO kids?** City Hall.

**What made you choose your children's names?** Kate's full name is Catherine Olive. She was named after my great-grandmother, Catherine and my husband's grandmother, Olive. I also have a mild obsession with British royalty and love Kate Middleton so that may have had something to do with it :)

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** A nice long spa day!

**What has been your favorite "age" so far with your kids?** I love the age that Kate is at right now! She is starting to talk more and is super active...she definitely keeps me on my toes!

**What is one thing you would share with someone new to NCPG?** To come to as many classes as they can (the teachers are amazing and I have learned so much from them!) and to make an effort to socialize outside of class with the other mom's. Their knowledge and support is incredibly helpful in navigating this crazy journey called motherhood!



**Ann Derksen** *Education*

**Kids:** Mary (3), Timmy (2)

**Class:** 4B

**Where did you grow up?** Native to Phoenix Arizona.

**What made you want to join the board?** I thought it would be a great way to be involved with the community and give back to this wonderful group.

**What made you decide to do the board another year? Are you in same role, or new one?** I have loved working with the teachers and Katie Morris as Co-Director of Education the past two years and look forward to another wonderful year.

**Favorite family restaurant?** Rustler's Rooste.

**Favorite restaurant with NO kids?** When we get a special night away we like to go to Café Monarch.

**What made you choose your children's names?** Our children's names are named after our parents who are our guardian angels in heaven.

**What is one thing you would share with someone new to NCPG?** Welcome! We are so excited to have you join this amazing community!



**Katie Morris** *Education*

**Kids:** I have two girls. Betsy Jean (4), Poppy (2)

**Class:** 4B

**Where did you grow up?** Phoenix.

**What made you want to join the board?** I have loved working on the NCPG board. I have met wonderful friends! I also feel

providing educational parenting classes is so important. I am proud of the work we have done and I'm happy to be returning for my 3rd year as the Education Co-director.

**Favorite Family Restaurant?** Our favorite family restaurant is Los Olivos in old town Scottsdale.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** I would spend it at the spa with some girlfriends.



**Caroline Londen** *Childcare*

**Kids:** Lily (15), Sophie (10), Penelope (3), Thomas (1)

**Class:** 3B

**Where did you grow up?:** My dad was in the military so we moved around, but I spent my teens growing up in Gilbert AZ

**What made you decide to do the board another year? Are you in same role, or new one?:** I decided to stay another year to give back to a great organization! I'm in my same role and ready to make Childcare even better!

**Do you have a hidden talent?:** I'm a trained seamstress! My favorite things to sew are costumes and home stuff. I also like to quilt and cross stitch and I occasionally moonlight as a Stuffed Animal Surgeon!

**People might not know:** My mom, my sister, and I all have different forms of Vitiligo (loss of skin pigment) We use a lot of sunscreen!

**Favorite family restaurant?:** America's Taco Shop.

**Favorite restaurant with NO kids?** Ruth's Chris Steak House.

**What made you choose your children's names?:** My husband chose all of our kids names. He has very good taste!

**Funny story/quote from one of your kids?:** My second daughter was kicking doors instead of using the handle. After she had done it again when told not to I asked her if she had really just kicked the door. She replied No! I just pushed it with my foot!! Maybe she'll become a lawyer?!!

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?:** I wish I could say something productive like garden or read books but this situation recently happened to me and all I did was sleep and watch Riverdale and think about showering.

**What has been your favorite "age" so far with your kids?** 18 months. They are still so baby like but have a personality. However I am really digging my 15 year old. It's amazing just to talk with her and see her become this cool person that I could totally be friends with.

**What is one thing you would share with someone new to NCPG?** Put yourself out there!! Chances are someone else wants to make mommy friends too, or is dealing with the same thing you are.



**Whitney Emmerson** *Childcare*

**Kids:** Harper (20 months)

**Class:** 2A

**Where did you grow up?** Denver, Colorado.

**What made you want to join the board?** This past year was my first year in NCPG, and I have loved the organization and the connections that I have made in the group. A good

friend of mine has served for a few years on the board, and she suggested that I join the board to become more involved.

**People might not know:** I met my husband on a plane.

**Favorite family restaurant?** Chelsea's Kitchen.

**Favorite restaurant with NO kids?** Hillstone.

**What made you choose your children's names?** I have always loved the name Harper. We wanted to incorporate a family name as well, so her middle name is Rose after my husband's grandmother.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** A spa day and/or lounging by the pool or on a beach, reading a good book.

**What has been your favorite "age" so far with your kids?** Each "age" has been my favorite as I am in them. I love the age she is now. She has developed such a personality and learns so much each and every day. It's so fun to watch her learn and grow.



**Kristina Spellman** *Special Events*

**Kids:** Karter (5), Kemper (3), Kolby (6 months)

**Class:** Kindergarten

**Where did you grow up:** Phoenix!

**What made you want to join the board?** I joined because I believe so much in this group! I think NCPG is beyond helpful to parents, not only with educational information, but being that ear and support system when you really need it!

**What made you decide to do the board another year? Are you in same role, or new one?** I wanted to continue to support a group I love so much! This year, I'll be planning special events! I love this idea of getting everyone together outside of your designated classes to enjoy a glass of wine together, or shop at Mom's/Parents Night Outs, or bring in the little ones for our fun playdates! It's also such a great way to meet new people!

(continued on next page)



**Favorite family restaurant?** Lou's Bar and Grill at the Papago Golf Course! A fun outdoor spot that has a great place for kids to run around!

**Favorite restaurant with NO kids?** Rokerij or Steak 44, fun atmosphere and yummy food!

**What made you choose your children's names?** All the girls in our family have names that start with K, so I kept the tradition alive!

**Funny story/quote from one of your kids?** My oldest was getting ready for her dance recital, which included getting ready in mommy's room, complete with curling hair and applying makeup, she looks in the mirror to admire herself and asks me, "so when is the Uber picking me up?" Kids really do watch everything you do!

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Going to a spin class then head to the SPA! A day dreams are made of!

**What has been your favorite "age" so far with your kids?** There is something special at each age! I never thought I loved the newborn phase until I just had by last baby, but it's so fun to have conversations with my 3 and 5 year old. Their stories just keep getting better!

**What is one thing you would share with someone new to NCPG?** You'll truly realize you aren't the only one, or "that parent!" We are all in the same boat in this parenthood journey!



**Candice Norman** [Special Events](#)

**Kids:** Maddox (5), Malone (2)

**Class:** Kindergarten

**Where did you grow up?** Phoenix, AZ.

**What made you want to join the board?** I want to give back to this organization in a way that it has given so much support to me.

**Do you have a hidden talent?** Too many to count.

**People might not know:** I'm a furniture designer and wood worker by trade.

**Favorite family restaurant?** I've never been to a restaurant with my children that I didn't regret.

**Favorite restaurant with NO kids?** Cibo.

**What made you choose your children's names?** Movie Credits.

**Funny story/quote from one of your kids?** While looking at an old picture of our dog... "Hi buddy, you're dead."

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Sleeping.

**What has been your favorite "age" so far with your kids?** I love three.

**What is one thing you would share with someone new to NCPG?** Bring your whole heart and share your deepest parenting fears. There is so much comfort in the discovery that we're all the same at the core.



**Jen Malone** [Social](#)

**Kids :** Madison (3)

**Class:** Class 4A

**Where did you grow up?** Phoenix, AZ.

**What made you want to join the Board?** So I could give back to an organization that has given so much to me.

**Hidden Talent?** I'm not sure if this is a hidden talent, but I never used to be able to nap. Now, I can literally nap in a fully lighted room with noise if given the opportunity. I'm always that tired! Ha!

**People might not know:** People might not know that I have been skydiving. I went the summer I was 19 with friends. Ah, the things we do before children! I wouldn't have the guts now!

**Favorite restaurant with kids?** My current favorite family restaurant right now is Lou's at Papago. When the weather is great, it's a great place to have dinner and let the kids loose!

**Favorite Restaurant with NO kids?** My favorite restaurant with no kids in Hillstone. I love their martini's and grilled chicken salad!

**Funny quote or story about your kids?** Maddie listened to the theme song from Ghostbusters last Halloween and has asked to listen to it every day in the car on the way to school ever since. I don't see an end in sight, lol.

**If you had one day to yourself without your husband or kids what would you do?** If I had one day to myself without a child, I would go to the spa, get a massage, lay out and have a great dinner with lots of wine!

**What has been your favorite "age" with your kids?** My favorite age with Maddie has to be right now, at 3 years old. We have these talks that we never had before and she is hilarious. She is definitely a "threenager!"

**What is one thing you would share with someone new to NCPG?** One thing that I would share to someone new in NCPG is fully embrace it and it will be one of the best decisions you ever make. I have made some of my best friends and so has Maddie because of this wonderful organization.



**Krystal Grogan** [Social](#)

**Kids:** Graham (1)

**Class:** 1B

**Where did you grow up?** The Carolinas.

**What made you want to join the board?** Opportunity to give back to an organization that played a huge role in helping me learn the early ropes of motherhood.

**Do you have a hidden talent?** Other than my love for sauvignon blanc... no.

**People might not know:** Chris and I honeymooned in Argentina, unbelievable!

**Favorite family restaurant?** Soby's in Greenville, South Carolina.

**Favorite restaurant with NO kids?** Steak 44.

**What made you choose your children's names?** Named after Billy Graham who's messages were a big part of my house growing up.

**Funny story/quote from one of your kids?** Too many, he's a funny little buddy.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Fly somewhere to catch a baseball game at a field I've never been.

**What has been your favorite "age" so far with your kids?** 8 months.

**What is one thing you would share with someone new to NCPG?** You get out of it what you put in. It's an incredibly giving organization and group of mamas, jump in with both feet!



**Katrina Stuart** [Public Relations](#)

**Kids:** Cole (almost 4), Kinsley (18 months)

**Class:** 4A

**Where did you grow up?** Issaquah, WA, Andover, KS, and St. Joseph, MI. After high school in MI, I went to college at U of A and I've been in AZ ever since!

**What made you decide to do the board another year? Are you in same role, or new one?** I did Sponsorship these past two years and loved it! I wanted stay involved for another year, but thought it would be fun to experience a different position. This year I'll be the Public Relations Director.

**Favorite family restaurant?** Our go-to is Ingo's patio.

**Favorite restaurant with NO kids:** We love Steak 44, Tarbell's Tavern, and Tuck Shop.

**What made you choose your children's names?** For our first, I loved the name Cole, but my husband wanted to name our son Gabriel. I ultimately won that battle! For round two, I had a pretty long list of girl names. Kinsley was on the list and while it was not necessarily my first choice, it was one that my husband did not veto. It's easy to stress about choosing the perfect name, but whatever name you choose always ends up fitting the child. I now can't imagine my daughter being called anything besides Kinsley!

**What has been your favorite "age" so far with your kids?** I have loved every age with my kids EXCEPT pregnancy. :) If I had to choose, it would be 6-18 months. I enjoy this particular time as it's when they become more interactive and develop their little personalities. They are also super sweet and want to please you at this age.

**What is one thing you would share with someone new to NCPG?** I'd recommend getting involved as much as possible. If you make NCPG a priority, then chances are you will gain both valuable parenting knowledge and incredible friendships!



**Melissa Collins** [Fundraising](#)

**Kids:** Topher (5), Fitz (3)

**Class:** Kindergarten

**Where did you grow up:** East Greenwich, RI.

**What made you decide to do the board another year? Are you in same role, or new one?** I wanted to give back to an organization that has helped me so much during this journey of motherhood. I had so much fun putting together the gala I decided to do it one more year! Great friendships were formed and all goals surpassed so I thought why not!

**Favorite family restaurant?** Our family restaurant The Collins is our current fave although we have several others that I love for all different reasons.

**Favorite restaurant with NO kids?** Ocean Club.

**What made you choose your children's names?** Topher is a junior after my husband and we tried a lot of names out to go along with it and Fitz was the winner. It sounds cute together. Topher and Fitz...best friends.

**Funny story/quote from one of your kids?** I honestly can't keep up with the funnies from my five year old. He is hilarious.

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** If I could also be anywhere I'd be on the beach with a fruity cocktail hanging with girlfriends.

**What has been your favorite "age" so far with your kids?** It's hard to look back and choose just one time as a favorite. All those early days come with highs and lows. I think the start of Kindergarten is going to be really exciting. While I'm sad Topher's not really a baby anymore it's unbelievable to watch him learning math and how to read. He's a sponge.

**What is one thing you would share with someone new to NCPG?** Come here as a place to center yourself when things feel out of control at home. Sometimes you just need to vent or hear other moms tactics they've tried with the kids. We are all constantly learning. It's great to know you are not alone.



**Dilini Malson** [Fundraising](#)

**Kids:** Nilani (20 months), stepson Chase (18)

**Class:** 2B

**Where did you grow up?** Los Angeles, CA.

**What made you want to join the board?** I did a lot of non profit board work in LA and wanted to get more involved now that I live here... and I've enjoyed my first year with NCPG so figured this was

a great opportunity to do that!

**Favorite family restaurant?** Right now, we love The Henry and Tocaya.

**Favorite restaurant with NO kids?** Giorgio Baldi in Santa Monica and Cafe Monarch in Scottsdale.

**What made you choose your children's names?** I wanted my daughter's name to represent both of her ethnicities, so she has a Sri Lankan first name (Nilani) to go with her German last name!

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Watching mindless (most likely Bravo) tv shows and Life-time movies uninterrupted and unjudged... in my sweats with the AC blasting.



**Allison Barnow** [Fundraising](#)

**Kids:** Hudson 5, Kensington 3.

**Class:** Kindergarten.

**Where did you grow up?** Scottsdale.

**What made you want to join the board?** To meet more NCPG members.

**Hidden talent?** Working with children.

**Favorite family restaurant?** Isabella's.

**Favorite restaurant with NO kids?** AZ 88 and House Brassiere.

**What made you choose your children's names?** I knew when our son was born that his name should be Hudson. He just looked like a Hudson. For Kensington- Husband and I met in Kensington, London and we loved the name for our daughter.

**Funny story/quote from one of your kids?** "Mom, I want to become an astronaut and take you to the moon so you can become an astronaut and Kensie can become an alien"



**Alyson Kennedy** [Community Outreach](#)

**Kids:** Avery (4), Emma (2), Girl #3 (due in Nov.)

**Class:** 4B

**Where did you grow up?** Mesa.

**What made you decide to do the board another year? Are you in same role, or new one?** This will be my third year on the board. I did Sponsorship my first year and transitioned into Community Outreach last year and also this year. I decided to stay on another year because I love my role and working with Kristen. And I love helping to organize the Christmas Angels program with Salvation Army. The board is an awesome opportunity to meet NCPG members outside of your class!

**Favorite family restaurant?** My oldest daughter has food allergies so we are frequent visitors of Flower Child. My kids could eat there every meal and they are really great with allergies!

**Favorite restaurant with NO kids?** My husband and I love Buck and Rider. We have a hard time venturing away from it for date night!

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** Alone at our house!

**What has been your favorite "age" so far with your kids?** My favorite age is 1-2. They learn so much during this time! I love how their little (or big I should say for our girls!) personalities come out and how they learn new things every day.

**What is one thing you would share with someone new to NCPG?** You might not think the women in your class around you are going to become your good friends...but they do!



**Kristen Reardon** [Community Outreach](#)

**Kids:** Josephine (4), Maisie (2), Blaine (4 mos.)

**Where did you grow up?** Boulder, Colorado.

**What made you decide to do the board another year? Are you in same role, or new one?** I decided to return to the board another year in the same role because Alyson Kennedy and I made a great team together and we loved putting together all of the NCPG cares packages for our members and coordinating the Salvation Army drive.

**Favorite family restaurant?** Lou's Bar and Grill or Rita's

**Favorite restaurant with NO kids?** Atlas Bistro or Restaurant Progress

**What made you choose your children's names?** All of our children are named after family members...both first and middle names. I guess we don't really think outside the box : )

**If you were to have one day all to yourself (no kids/family/husband) how would you spend it?** At a spa of course.





Barb



Blair

## Best Ways To Instill Confidence In Children

### Barb Grady : 3B

The very best gift you can give your child to instill confidence is positive self-esteem. In order to create positive self-esteem research says you need to help your child create an internal locus of control:

1. Learn to unconditionally love yourself and your child. People are lovable and worthwhile simply because they exist.
2. Learn to regulate your emotions so you discipline without damage.
3. Allow your child to own his/her

feelings. All feelings are OK but not all behaviors are OK.

4. Connect everyday. Just be present with your child following his/her lead for 15 minutes daily to form a close one on one relationship.
5. Encourage your child rather than praise him/her and give authentic feedback. "You did it" rather than "good job."
6. Notice rather than judge. Say what your child is doing and focus on improvement—not perfection.

### Blair Hinks : 1B

The best way to instill confidence in young children is to let try things on their own even if it involves failure. It allows for us, as parents, to acknowledge the failure but encourage the path to success by trying repeatedly without showing frustration on our end.

Practical praise for the little things can be a great motivator, but showing praise in an enthusiastic manner for big successes allows them to see the importance of their efforts and creates confidence and self-esteem.

Oh, excuse me. Today you don't like bananas? I'm sorry, I must have confused you with that toddler that ate three entire bananas yesterday



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# Birth Announcements

Help us welcome these new additions to our NCPG family!



Lindsay Marsh  
welcomed twin boys  
Travis & Tyler  
5/3/19



Claire Todd  
welcomed  
Theodore Todd  
5/31/19



Mollie Conwell  
welcomed  
Collin Brian  
8/12/19

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## FALL 2019 EVENING SEMINAR SERIES:

*Discipline and Other Tools for Creating  
Your Dream of a Happy, Healthy Family*

*Presented by NCPG Instructor Barb Grady*

### CLASS DESCRIPTION

Unable to attend North Central Parenting Group's morning classes? Do you just need a little extra support with discipline? Want to bring your spouse? We've got you covered with our brand-new Evening Seminar Series. Sign up today to join other parents (moms and dads welcome) in learning more about discipline and other tools for creating your dream of a happy, healthy family.

1. Identify both your parenting joys and your parenting frustrations
2. Learn research based, concrete discipline tools for your parenting toolbox
3. Class will be tailored to meet the desired needs of attendees

### CLASS INSTRUCTOR

Barb Grady begins her 27th year teaching for NCPG. She is a nationally certified counselor and certified teacher. In 1999, Barb began her business, Parenting-Plus, where she provides consultation services, parenting classes and workshops, individual consulting and life/parent coaching for adults, teens and kids. For more information about Barb, check out her website at [www.parenting-plus.com](http://www.parenting-plus.com) or her YouTube channel Barb Says.



### CLASS DETAILS

Cost: \$100 per person (includes 4 evening classes)  
Dates: Thursdays 10/3, 10/17, 10/24 & 11/7 from 6-8pm

\*Minimum of 15 participants required to hold class.

\*\*Class does not include other benefits of full NCPG membership; as this seminar fee is for the 4 evening classes only.



# Recipe: Crunch Granola Pretzel Sticks

Courtesy of: Taste of Home

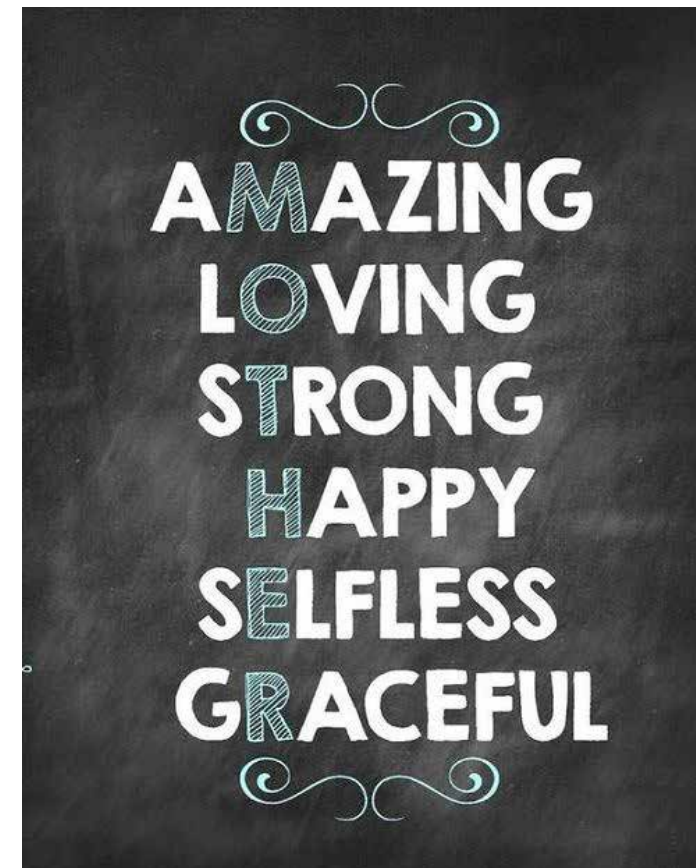
**TOTAL TIME:** Prep: 25 Min + Standing  
**YIELD:** 2 dozen

## INGREDIENTS

- 1 package (12oz) dark chocolate chips
- 24 pretzel rods
- 1 cup granola without raisins

## DIRECTIONS

1. In a microwave, melt chocolate chips in a 2-cup glass measuring cup
2. Stir until smooth
3. Pour into one side of a large shallow dish.
4. Roll each pretzel halfway into chocolate.
5. Allow excess coating to drip off
6. Sprinkle pretzels with granola.
7. Place on waxed paper until set.
8. Store in an airtight container.



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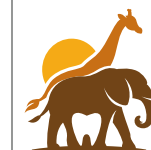
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# CRAFT: How to Make Sidewalk Chalk Paint

Learn how to make sidewalk chalk paint and keep your children entertained all day long with this quick and easy kids art and craft activity! A great outdoor craft for kids!

DIY sidewalk chalk paint is one of our favorite (and inexpensive!) outdoor summer activities! Making your own sidewalk chalk paint is super easy, and it only requires a couple of ingredients, so virtually ANYONE can do it!

What you need:

- 1/2 cup Cornstarch
- 2/3 cup Water
- Food Coloring

Mix together the water and cornstarch, and stir until the cornstarch dissolves. Our chalk paint recipe generally calls for a 1:1 ratio of cornstarch and water, but since we were painting on the sidewalk instead of paper, I incorporated just a bit more water and found that we liked it even better. We were able to paint longer brushstrokes without needing to reload the paintbrush with paint, which is always great for younger kids.

Divide the paint mixture into the wells of a muffin tin or similar painting tray, and add food coloring to achieve the desired colors (NOTE: Colors will dry much lighter on the sidewalk than they appear in the tin!)

Large kid's paintbrushes work best, but any paintbrush will do!

Since the entire batch of paint only costs about \$.50 to make, don't worry about ruining expensive paints when it comes time to experiment with color mixing.

When the kids were done painting with the paintbrushes, they decided to paint their hands and feet and make hand/footprints on the sidewalk. They had a blast with it! The paint washes off their skin easily with soap and water, and we didn't run into any problems with the food coloring staining their skin or the concrete.

NOTE: We didn't have any problems with staining or clean up (our paint hosed cleanly away and easily washed off of the children with soap and water), but I cannot guarantee that the food coloring might not stain, especially if you have light or very porous concrete. Please use at your own discretion...it also works great on dark colored construction paper, so if you're worried about clean up, that's another fun way to try it out!



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