

Parent Times

October 2019



ncpg
north central parenting group
learn • connect • inspire



BULB FLORAL

FRESH FLOWER DELIVERY
ON THE FIRST FRIDAY OF EVERY MONTH

@bulbfloral
949-275-2912

TEXT OR DM FOR A FINISHED VASE ARRANGEMENT
DELIVERED TO YOUR DOOR ON THE FIRST FRIDAY OF THE MONTH

MENTION CODE NCPG19 for \$75 OFF A COMMITMENT OF 6 MONTHS OR MORE
Every stem is hand-selected. Deliver to a friend or yourself. Flexible terms. \$100/month.
Visit bulbfloral.com for more info.



President's Corner

Wow!

What an incredible first month we've had! I am so inspired by you all and feel so fortunate to be a part of such a welcoming and supportive community - from our members to our teachers and sponsors. THANK YOU ALL!

We had a phenomenal turnout for our first day, with over **265 members** in attendance! As our organization continues to grow, we want to focus on maintaining the quality and charm of our classes while also adapting to meet the growing needs of families who could also benefit from NCPG within the confines of our space limitations at the church. For classes that are now full, we'll continue to monitor class attendance this Fall and open any available spaces as soon as possible.

We had an amazing first **Parent's Night Out** two weeks ago. Thank you to all that attended! Our next event is **NCPG's Fall Festival** on **Saturday, October 19th** from **10 am - 12 pm** at **All Saints Episcopal Day School**. This is such a fun family event, and we hope you and your families will be able to join us.

NCPG Cares will be hosting a Christmas Angels drive benefiting the **Salvation Army** again this holiday season. It has been so well received these last two years, and thanks to your incredibly generous donations, we are pleased to be partnering with them for a third consecutive year. Please be on the lookout in early November for the Christmas Angel tree at breakfast before class.

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. We sincerely appreciate your support and welcome your feedback. Together, let's make this our best year yet! As always, please reach out anytime throughout the year with any questions or concerns. I am here as a resource and would love to hear from you.

xo,

Megan Anderson Garvey
NCPG Board President, 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

- President:** Megan Garvey
Vice-President: Tiffany Kaufman
Treasury: Ursula Smalley
Executive Assistant: Lexie Carlson Fabor
Sponsorships Co-Directors: Briana Gillette, Kristen White & Christy Radovcic
Communications Co-Directors: Kelly Anderson & Colleen Fillion
Membership Co-Directors: Megan Hedstrom & Ilyssa Reading
Education Co-Directors: Ann Derksen & Katie Morris
Childcare Co-Directors: Caroline Londen & Whitney Emmerson
Special Events Co-Directors: Kristina Spellman & Candice Norman
Social Co-Directors: Jen Malone & Krystal Grogan
Public Relations: Katrina Stuart
Fundraising Co-Directors: Melissa Collins, Dilini Malsom & Allison Barnow
Community Outreach Co-Directors: Alyson Kennedy & Kristen Reardon
Transitional Director: Stacy Medeiros

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

www.ncpgaz.org  Like us on Facebook: **ncpgaz**

Parent Times

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

Editors – Kelly Anderson & Colleen Fillion
Designer – Neill Fox, foxnoggin.com, neill@foxnoggin.com

Front Cover – Aspen Kasalek
Photographer – Sierra Campbell Photography



Member to Meet

Deanna Sheedy

Member & Class: Deanna Sheedy, Class 4B

Children & Ages: Madeleine 3 years old

Spouse/Partners name: John Sheedy

How did you meet your spouse/partner: In high school

Years married/together: We have been married 9 years

Career or previous career: Executive Director of non-profit, PLAY – Play and Learn Through Art and Yoga

Where were you born and raised? Phoenix, AZ

When you have 30 minutes of free time what do you do? Read, Exercise, or take a nap!

What’s your favorite thing to do with your child?
My favorite thing to do with Madeleine right now is play dress up with her. It cracks me up!

Most meaningful moment as a parent?
Most meaningful moments are watching her share with others, when she looks at other kids who are hurting and asks what’s wrong and tries to help and every time she says “I love you mama”.


Most “OMG did that really happen” moment as a parent? When Madeleine was about 2 years old we were at Target together. Somehow she ended up taking off her diaper and going to the bathroom on some clothes that I ended up having to buy. I still have flashbacks going to Target.

What is your favorite family tradition?
Every summer we went rent a house in San Diego and spend time together as a family at the beach.

If you could give your pre-baby self advice, what would it be? Don’t stress over the little things.

Who introduced you to NCPG and for how many years have you been a part of the group?
A few friends who had been members for a couple years and this will be year 5 for me!

Best thing learned in NCPG? That you are not alone and the support, knowledge and friendships gained through the classes!



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

OCCASIONALLY YOU MAY NEED TO BE SAVED FROM YOURSELF.

Hire an Independent Fee-Only Financial Life Manager Today

- ✓ College Education Funding Plan
- ✓ Automate your savings through your monthly spending plan
- ✓ Goal Based Planning
- ✓ Tax Loophole Strategies for Business Owners

✉ thanasi@lifemanaged.com
🌐 www.lifemanaged.com



Engaging With Wonder

A journey through the St. Francis Xavier primary STEM Lab

By Cari Sheedy, SFX Science Teacher



St. Francis Xavier School, Phoenix- As Preschool C finishes scooping soil, selecting their rainforest frog and sheltering their prized terrarium inhabitant with vegetation, they pile ice onto the lid of their habitat and watch closely as small drops of “rain” gather on the lid. You can feel their curiosity as they wait. They are impatient and excited. They are curious and have a keen observational eye. “It’s raining!”, “mine is all cloudy”, “mine’s broken!”. As a scientist at heart, their exclamations of inquiry sound to me like raw analytical thought that as their teacher, I’d love to take credit for, but what we are actually hearing is something even better. Their clamor is wonder, and it has nothing to do with us.

Typically, STEM lab starts with a story, and discussion. Then students move to Learning Stations where they will observe, record, label and engage in all things science. The stories we read and the activities we do are fluid and allow for quick transition to topics of high student interest. Earlier this morning students had walked into their main classroom and were met by hanging paper vines and spiders and a blue paper river running through their classroom. Welcome to B for Brazil! This year’s theme in PSC is around the world with the ABC’s. In STEM Lab students have been honing skills through living things. After collaborating with their teacher the focus of the day went from

sound to rain and capitalized on student excitement about the Amazon Rainforest.

The National Research Council’s (NRC) Framework has outlined the three dimensions required for K-12 students to be proficient in science. 1: Practices, 2: Crosscutting Concepts and 3: Disciplinary Core Ideas. The STEM program at St. Francis is unique. The space itself is aligned to meet this framework. Units are divided into four Disciplinary Core Ideas. Earth and Space Science, Physical Science, Life Science and Engineering. Learning Stations around the room and in the Outdoor Environment feature content relating to the featured unit, but what makes this space one where wonder can flourish is the unique learning focus. In the STEM lab, the content from each unit is always one of but never the only method for inviting students to engage in science and engineering practices. As a mom of young boys, and a science teacher for students ages 3-15 I have had the privilege to get to know a lot about the power of wonder. Wonder doesn’t like to be lead. It will let you walk alongside and engage, but it retreats when it’s not in control.

The STEM lab at St. Francis is a space that interacts with wonder. Each Learning Station is designed to allow students to practice building connections between what they

know, their interest, and how the world works. Students notice the shift in thematic content in the STEM lab from what they are “learning about” to what they are “learning with” as broad topics like the rainforest are vehicles for Cross-Cutting Concepts and Practices that remain fixed. In the St. Francis STEM lab students practice thinking



and engaging like scientists. We use wonder as a guide, and what students are “learning about” has become a fluid, student-driven, series of teachable moments. We created a space where students use scientific practices to engage natural wonder. We let wonder remain in control. We allow natural interest to help us build foundations for learning what we hope will last a lifetime.



**PILATES for
PREGNANCY**
WITH ANNIE VERDERAME

Online Mat Pilates classes for
Pre and Postnatal women, helping
to prepare the body for delivery –
and recovery afterwards!

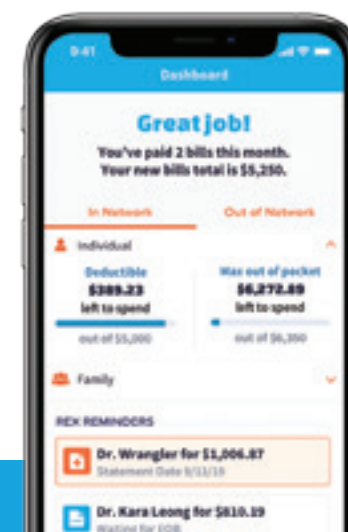
www.pilatesforpregnancy.org



10% DISCOUNT for NCPG Moms with code: **NCPG10**
More info: annie@annieverderamepilates.com



**Understand, manage,
and pay your medical bills,
all in one app!**



Use code **NCPG** to
access the RexPay
Beta app.



Scan to download
from the App Store
or Google Play.

rexpai.com

Home is where your story begins



| KRISTEN WHITE |

born phx • live phx • sell phx

602.653.5000

Kristen@KristenWhiteRealty.com



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

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

**Parent Times magazine distributed.

Board Meeting Schedule

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

Board Announcements

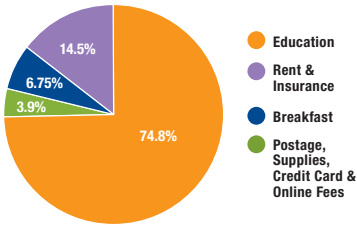
Treasury

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

For more information please contact:
treasurer@ncpgaz.org

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 or check the website for availability! Be sure to visit the membership table at breakfast before our next class to get your swag bag. Remaining bags are on a first come, first serve basis.

Communications

WE WANT YOUR PICTURES!

Next month's theme for *Parent Times* is:

FALL FUN –

- Pumpkin Patches
- Halloween Events
- Fall Break Trips, etc!



Send us your high-resolution photos of the kids for our photo spread. Who knows — your child might wind up on the cover!

Please send all birth announcements, snapshots of NCPG kids and parents, and professional photos to be considered for the front cover in hi-resolution to 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



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

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. Kidstastics 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



Spring GALA

Saturday, March 7th
Arizona Country Club

More details to come!!



Children's Museum

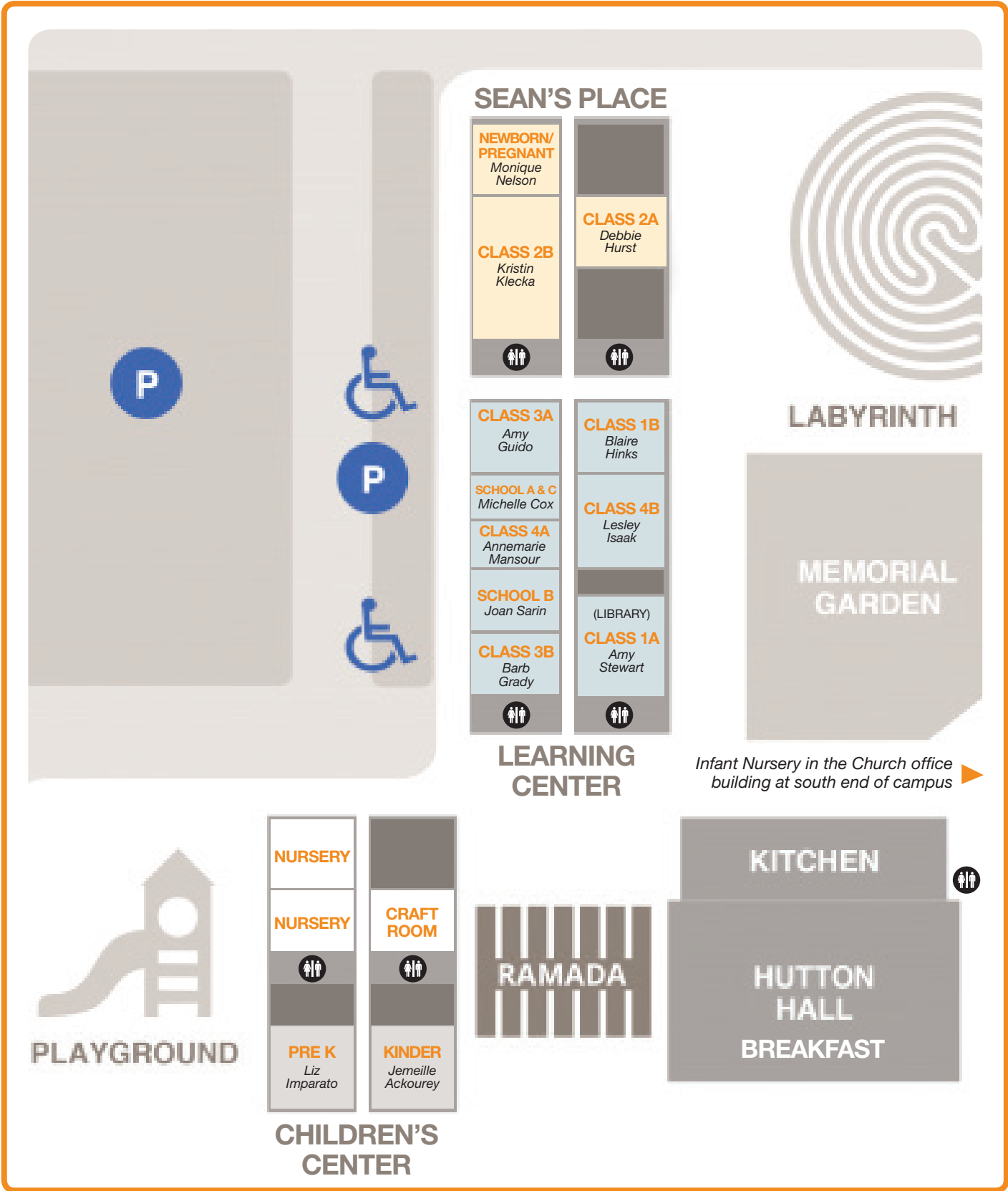
Playdate with Santa

Wed., December 4
5:00-7:00 pm



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.

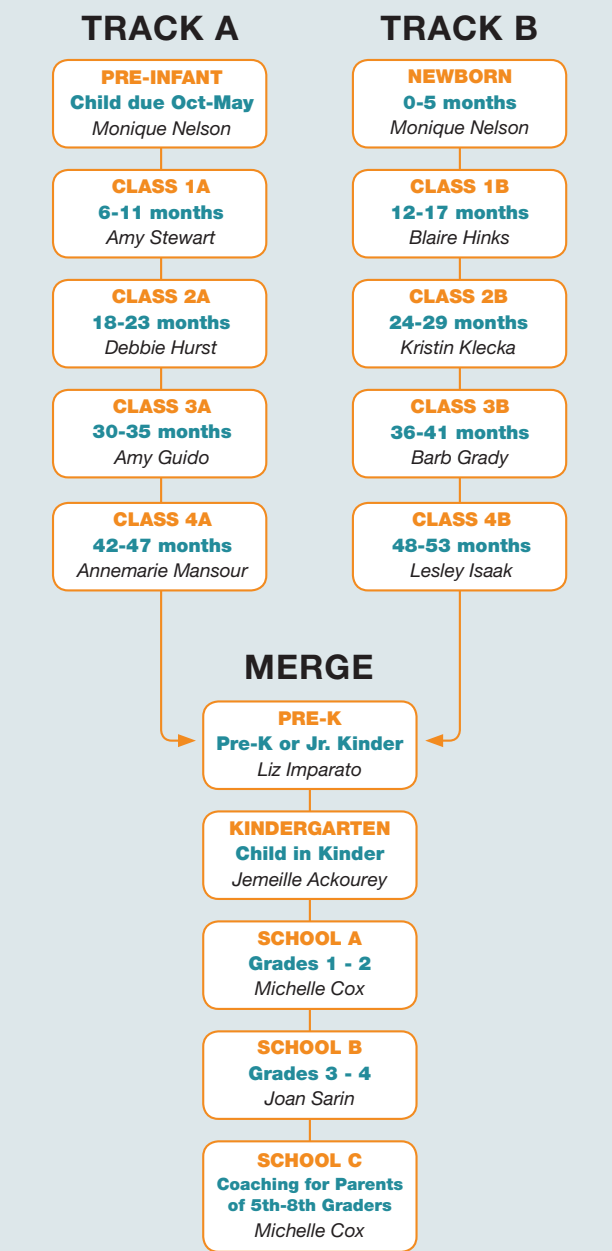
SCHOOL A, B & C (Grades 1-8)
NCPG has added elementary and middle school classes to help Valley parents navigate the challenges of parenting increasingly independent children. These classes will cover topics such as: how to partner with your child's teacher and school, bullying recognition and prevention, 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. 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.

What Kind of Mom Are You?



Aren't we all a little guilty of labeling other moms? Sure, we all share the common goal of nurturing a happy, healthy family, and we make different choices to get there. But just for fun, have you ever considered what "mom" category you most likely fall into?

1. It is a busy school night. What is for dinner?

- A. Tofu stir-fry
- B. Pizza
- C. Crockpot meal
- D. Hotdogs
- E. Mac and cheese
- F. One of your wholesome pre-made meals from the freezer

2. Your family pet is a:

- A. Rescue dog or cat
- B. Cat or purse-sized puppy
- C. Golden retriever or a labrador
- D. A boxer or German shepherd
- E. Dogs, cats, fish, gerbils...we have a houseful
- F. Zhu Zhu Pet

3. Your kids want to go to an amusement park with friends. You:

- A. Say okay, but with strict instructions that they are not to eat anything with artificial colors.

- B. Warn them not to ruin those jeans you got them. They cost a fortune.
- C. Look online to see if there are any coupon deals.
- D. Insist on going, too. You are never too old for roller coasters!
- E. Say no problem and offer to drive.
- F. Agree, but secretly begin agonizing about the safety of the rides.

4. Your 10-year-old is begging for the latest smartphone. You say:

- A. No way. You can use a flip phone when you need to reach me.
- B. Yes, let's go shopping!
- C. Okay, but first we are going to draw up a contract together and discuss the rules and responsibilities of owning a smartphone.
- D. Well, I don't want you to be the only one of your friends who doesn't have one.
- E. Sure, whatever. Let's add you to the family plan.
- F. Are you kidding? A phone will expose your developing brain to harmful radiation.

5. Your child has an early morning soccer game. You are most likely to wear:

- A. Yoga pants and an organic cotton t-shirt.
- B. Designer jeans, Ugg boots, hip jacket and a cute hat.
- C. Comfy jeans and your favorite t-shirt.
- D. Team shirt, capris and a great attitude.
- E. Oops, forgot to do laundry. Pull on something relatively clean.
- F. Soccer causes concussions. My kids don't play soccer.

6. You relax by:

- A. Making homemade soaps and gardening.
- B. Shopping and a spa day.
- C. Relax? What?
- D. Cheering on your favorite team.
- E. Sleeping in and watching old movies.
- F. Cleaning and organizing.

7. A vacation for your family looks like:

- A. Camping.
- B. Relaxing at a beach-side resort.
- C. Disney World and a full schedule of activities.
- D. Wherever my child's tournament is also being played.
- E. A leisurely drive to your destination with stops at historical landmarks and tourist attractions along the way.
- F. Family lake house.

8. How many extracurricular activities is each of your children in?

- A. 0-2
- B. 2-3
- C. 4-5
- D. 6+
- E. I don't have a clue.

9. Your car:

- A. Has a picture of the earth on it.
- B. Is detailed at least once a month.
- C. Has your website on the rear windshield.
- D. Features decals of your kids' names and the sports they play.
- E. Is littered with crumbs, sippy cups and toys.
- F. Is meticulously clean.

10. Your friend invites you to join her for a manicure. You say:

- A. Come over! I'll show you how to do an inexpensive, all-natural mani that you'll love.
- B. Sure, I could use a little pampering.
- C. I'd love to and then post a photo of the two of you enjoying your time on Facebook.
- D. Absolutely! I wonder if they can put a baseball design on my nails?
- E. Fun! Let's have lunch, too!
- F. Hmmm. Does this place clean their tools between clients?

11. Your favorite workout is:

- A. Om! Yoga all the way.
- B. Tennis.
- C. Jazzercise. Group exercise is motivating.
- D. Running. Walking is for whiners.
- E. Chasing my kids.
- F. Weights and cardio with a personal trainer.

12. Your toddler has a meltdown at the store. You:

- A. Hand him homemade fruit leather you stashed in your purse. He is quickly appeased.
- B. Are surprised. This undesirable behavior clearly runs on your husband's side.
- C. Take a photo of your screaming tot and post it to Facebook with the breezy status "Another day in paradise!" Your friends quickly commiserate.
- D. Annoyed, you pick him up, abandon the cart and flee the store.
- E. Allow him to carry on. He's only embarrassing himself.
- F. Get worried and wonder if he is acting out because he is coming down with something.

13. Your parenting mantra is:

- A. "Eat real food. Live simply. Recycle like there is no tomorrow."

- B. "To be the best mom, you have to take care of yourself."
- C. "Need something done? Ask a busy mom!"
- D. "Winners never quit and quitters never win."
- E. "Keep calm and carry on."
- F. "Cleanliness is next to godliness!"

14. You organize your family by:

- A. Using an old-fashioned day-planner.
- B. Hiring a virtual assistant.
- C. Plugging everything into your smartphone.
- D. Recording all activities on the family wall calendar, color-coded according to the family member.
- E. Taking a fly-by-the-seat-of-your-pants approach. It will all work out.
- F. Each person has a folder

15. On the first day of school. You:

- A. Sadly drop your child off and start researching how to home school.
- B. Skip through the morning routine singing "It's the most wonderful day of the year!"
- C. Post Instagram photos of your kids dressed for the first day in Pinterest-inspired poses.
- D. Give your kids a pep talk before dropping them off.
- E. Weep at the passing of another summer.
- F. Deliver an extra supply of disinfectant wipes to the teacher.

16. Your kids are performing in the school musical. You:

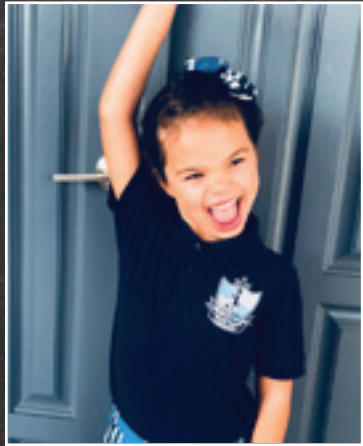
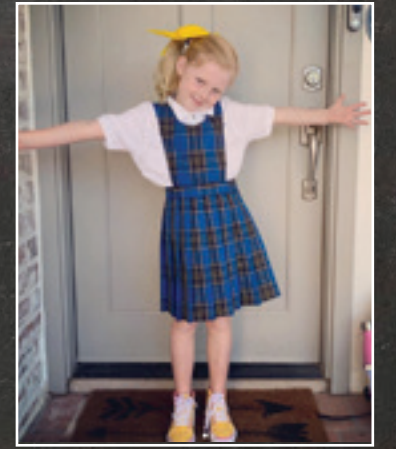
- A. Prepare a healthy dinner before performance time. Good food will help them focus.
- B. Work with the music teacher to ensure the costume designs are just right.
- C. Arrive an hour and half before performance time. How else are you going to visit with friends and get a good seat for your YouTube recording?
- D. Rehearse daily with your kids. You would be mortified if they screwed up.
- E. Remind your kids to practice their lines and assume they have it under control.
- F. Stay awake worrying the night before. What if a piece of equipment falls on their heads? Could they fall off of the stage? You've heard about these things happening.

(Answers on page 16)

NCPG & **amazon**smile

This is a simple and automatic way for us to support NCPG every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find 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!*



Back to School 2019





What Kind of Mom Are You?

(Continued from page 13)

If most of your answers were:

A: Crunchy Mama

From food to cleansers, you take an all-natural approach to life. You are committed to a healthy lifestyle and to feeding your family wholesome, unprocessed foods. You either belong to a Community Supported Agriculture (CSA) for locally sourced foods or you grow your own. You typically shop at places like Whole Foods and Sprouts with your cloth bags in hand. If you wear makeup, you keep it simple. You opted for a natural birth with your children, hired a doula and had a birth plan in place when you were pregnant. You have a "breast is best" philosophy for feeding your babies. You may have opted to homeschool your kids. **What others admire about you:** Your commitment to living a more holistic, simpler life.

B: Butterfly Mama

You rarely have a hair out of place and other moms are constantly wondering how you manage to look so classy and put together all of the time. You have a quiet confidence and own your fashionable style. You not only care about how you look, you also have the attitude that self-care is important to being a better mother. Your home further reflects your creativity and is a show stopper that is as comfortable as it is stylish. Whether you shop at garage sales or high-end department stores, you always know what looks good and your kids generally share your sense of style. **What others admire about you:** Your charming personality and fashion sense.

C: Connected Mama

Social media has created a perfect storm of connection for you. You not only get to chat daily with friends and family from afar, you can share entertaining bits and pieces of your daily life with friends who may be right around the corner. Networking comes with ease and you manage to find friends where ever you go. You frequently organize moms night outs, get togethers and events. Your smart phone is your favorite device. Of all the moms listed, you are probably the most sleep deprived. But you thrive on busyness and tend to be exceptionally organized. **What others admire about you:** Your vast network and your resourcefulness.

D: Sports Mama

You love sports as much as your kids. Your competitive nature can get you a little riled up during games. You push your children to always do their best whether in school, sports or life. You typically wear your hair in a pony tail, sporting a sun visor and a t-shirt that says "Baseball/Soccer/Football Mom." You come to games prepared with a cooler full of healthy snacks, bottled water, blankets, an umbrella and a comfortable bleacher chair. Your favorite mode of transportation is your SUV or minivan to accommodate the sports equipment, random water bottles and any team members who need rides. As something of a mother hen, you carry a first-aid kit and can always be depended on to offer praise and encouragement to every player. **What others admire about you:** Your can-do, up-beat and playful personality.

E: Free Spirit Mama

You tend to take a go-with-the-flow approach to life and prefer to live for the present. Your favorite outfit is whatever is clean and ready to throw on first thing in the morning. You don't let a screaming child rush you into decisions you aren't comfortable with. You aren't one to hurry to urgent care the minute your child sneezes, falls or nibbles on some sand. You don't worry too much about the daily messes and chaos of life. Your attitude is that inconveniences and frustrations will sort themselves out eventually. For now, you say, let's celebrate the moments and embrace the journey. **What others admire about you:** Your reliable, even-keeled sense of calm.

F: Mama Bear

Committed to the health and wellness of the family, you are an avid reader of medical news and child development books. You tend to worry about your family frequently and pay close attention to any sniffles or complaints of body aches. You frequently evaluate if your kids' behavior is due to illness, allergy or some other disorder and you aren't shy about consulting with the pediatrician. Your kids knew about stranger danger and how germs spread before any other kid on the block. You keep a bottle of hand sanitizer in the car, the house and in your purse. You are happiest in a clean, well-organized environment. **What others admire about you:** Your nurturing, fiercely protective spirit.

Craft: Halloween Milk Jug Ghosts

If you drink milk I bet you can easily gather up a few empty milk jug plastic containers. If you don't drink milk, I bet your neighbors do. I gathered four plastic milk jugs and had my kids draw some cute little Halloween faces on them to create a very frugal, yet super fun, craft project!

Items Needed:

- Empty milk jugs
- Sharpie marker
- Pencil
- Knife or X-acto knife
- Rocks
- Mini lights

DIRECTIONS:

1. Clean out your empty milk jug.
2. Draw out your Halloween face using a pencil and then complete the face with a permanent sharpie marker.
3. On the opposite side of the face, cut a 3 sided opening flap just about 2" wide and 2" tall. (I would highly suggest the adults handle this step)
4. Place a few rocks in the bottom of your milk jugs to weigh them down.
5. In the same opening, add part of the string of lights in it. Then lead the lights to the next opening. I added about 5 to 7 lights in each jug.

Voila! That's it! You have super cute Milk Jug Halloween Decorations for your home!



St. Francis Xavier School Open House



Wed, October 30th 8:00 - 9:30 am

Preschool & Kindergarten Open House

Join us for Pledge & Prayer; Parent Ambassadors will give tours; parents will visit the classrooms and listen to a presentation given by our Principal and Teachers.

Please register online at school.sfxphx.org



Since 1961, the Valley's top-ranked private school, serving 750 students in grades Pre-K through High School.

Admissions Open House
Sunday, November 3, 2019
www.pcds.org/openhouse



To the Mama Who Doesn't Have a Village...

By: Justine Lorelle LoMonaco www.motherly.com

For most of my life, living near family was never a priority. We moved around a lot when I was a kid so I grew up less sentimental about childhood homes and without a strong need to live near relatives. Instead, I followed my career across the country from my parents, and never really felt too much of a strain to keep in touch. That all changed when I became pregnant the first time.

Suddenly, I felt an innate desire to talk to my mom almost every day. I wanted to share every detail of my pregnancy with someone who could not only relate, but also cared about each baby kick or hour of heartburn as much as I did. When my daughter was born, the pull of the village grew even stronger. Because—true talk? Raising a baby is hard, but doing so without family support is even harder. I can't help but feel that my friends who have done it with grandparents nearby may have had a slightly easier go of things.

Raising a baby without grandparents nearby is hard because you have less help. The practicality of free babysitting aside, finding any kind of babysitting can be a challenge when you don't have family to lean on. Leaving my baby with a stranger rattles my nerves. And even close friends aren't always so readily available to drop everything to spend an hour with my daughters. I feel a twinge of jealousy when my mom friends casually mention leaving their children with their parents so they can run errands, work with more ease or simply take a nap.

Raising a baby without grandparents nearby is hard because you have less emotional support. Don't get me wrong—my small village of friends is an incredible support system for me. But there's just something about the people who have known you your whole life—who know that you had the same sassy streak as your toddler when you were her age, or who can pull out a baby photo showing that you had the same cowlick your infant now flaunts. They can give you perspective on the bad phases while reveling in the good ones alongside you. They know your whole history and they have a hand in helping you raise your future.

Raising a baby without grandparents nearby is hard because there's not as much time to focus on my marriage. My husband and I have a date night probably once every other month—and it's always when one set of grandparents is visiting. As our girls get older, I like to think we'll make it more of a priority, but for now, I find myself hesitant to spend extra money on a sitter or impose on friends to sit with the girls for an evening. Even though I know they probably wouldn't mind, it's hard to coordinate schedules and I feel emotionally burdened asking for help all the time. With grandparents, the extra time with their grandchildren never seems like a burden, and I would be lying if I said I didn't wish we had

that time more often. For now, it doesn't look like we'll ever live close to either set of grandparents. But while it can definitely be a challenge, I also know it makes their visits so much sweeter. My toddler waits at the window all morning when she knows they're coming to stay with us, and it fills my heart watching her play with them from the moment she gets up until she goes to bed (though the grandparents are probably exhausted!).

So we do our best to keep grandparents close in mind, having daily FaceTime calls and sharing photos on social media. And the grandparents do their part, too, visiting every other month or so to be here as much as they can. I've also learned the importance of embracing the village we do have close by my girls are lucky enough to have a few honorary "aunties" and "uncles" who do their best to help out when I need an extra hand or two.

Living far from grandparents isn't always easy, but it does come with one very important positive: It makes us appreciate our time together even more.

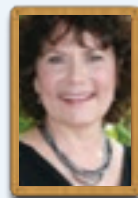




If You Could Do It All Over Again...



Michelle



Joan



Lesley

There are always things to worry about both big and small. If you could do it all over again what is the one thing you would have spent more time focusing on as a parent with your own children?

Michelle Cox: School A&C

Over the years, I have asked this question often. I feel really good about some of the choices I have made as a parent. I also feel deep regret and wish I could have a whole lot of re-dos. As I look back, the one thing I would change is to be more kind and gentle with myself. I spent years beating myself up because I "couldn't get it right" and I was afraid I was failing my kids. That hurt all of us. I'd try really hard to worry less about doing things right, and I'd give myself and my kids a break when we have a bad day. I'd remind myself every single day that I'm doing the best I can, even when it doesn't really look that great. A lot of days don't look so great, that's part of the learning. We can always try again. My child does not need me to be perfect.

Joan Sarin: School B

I wish I had been more willing to accept ALL feelings, whether they were difficult, sad, angry,

mean or self-deprecating. I would have liked to invite them to express feelings without concern of my overlay of how they "should" be feeling, or feeling sad or upset about the feeling they were expressing. That way I would have been more trusting that they would learn how to navigate the complexities of emotional life. Just listening and validating whatever feelings are there encourages this learning to take place. In order to be effective at this, we need to understand the basic principles of emotion for ourselves.

Lesley Issak: 4B

I remember hearing adults from the older generations saying "I wish I would have played with my children more". So, I have no regrets in that area, because I heard their words and made sure that wasn't an issue for me and my kids! My children are all high schoolers now, and we still enjoy playing games together. More importantly, we know how to be playful with each other which I think makes for a strong connection.

I think what I would have focused on more is finding a way to encourage or foster more curiosity. In the first few years of parenting, we did lots of things outside, went to zoos and museums, traveled, read endless books together, had new experiences all the time! I know we helped the children in exploring, expanding their worlds, and we created some excitement around learning. Then came electronics, and answers at our fingertips ("Mom, who knows more, God or Santa? Can you Google it?"). I feel like their natural curiosity was slightly snuffed. They didn't have to ponder over things anymore, they could just go right to the internet and get their answer. They told me once that they didn't need to travel to South Dakota to see Mt. Rushmore because they could just Google the image. So, I don't know the exact answer, but I wish I would have found the right balance to help them keep their curiosity for experiencing the real world!

NCPG 50% off 1st month for new enrollments. Use code NCPG19

TUTU School

storybook adventures in ballet | 602.734.9950 | tutuschoolarcadia.com

classes for children 18 months to 8 years

TAKE CONTROL OF THE AIR YOU BREATHE

- Organic Mattresses & Bedding
- Air Purification
- Non-toxic Flooring

ORGANIC LIVING

8342 N 7TH ST, PHOENIX AZ 85020
(602) 224-5313 | ECOCLEAN@ECOCLEAN-AZ.COM
ORGANICLIVINGAZ.COM

tinkergarten
WWW.TINKERGARTEN.COM

USE PROMO CODE "NCPG" FOR 10% OFF A SESSION!*

*EXCLUSIONS APPLY

SAINT THOMAS THE APOSTLE
ROMAN CATHOLIC SCHOOL

SAINT THOMAS THE APOSTLE
PRESCHOOL

Where Faith Inspires Hearts and Minds

4510 N 24th Street • Phoenix, AZ 85016 • (602) 954-9088 • staphxschool.org

ACCEPTING APPLICATIONS STARTING NOVEMBER 1st

staphxschool.org/admissions_welcome

S.T.A CARNIVAL
CATCH THE WAVE!
NOVEMBER 9TH
10AM-3PM

SPONSORSHIPS, PRE-SALES & DETAILS:
STAPHXSCHOOL.ORG/CARNIVAL

ALLISON MIKES
REALTOR

Associate Broker
602.791.3481
AllisonSellsHouses.com

REALTOR

HomeSmart

Birth Announcements

Help us welcome these new additions to our NCPG family!



Laura Husband welcomed
Luke Scott
8/22/19



Kendall Chester welcomed
Wallace Andrew
8/22/19

PARENTING A TODDLER AND A BABY IS...

1. Knowing that there are so many things you could be doing while your children are napping simultaneously, but deciding to take a nap with them instead.
2. Becoming Chopped-level creative with the few measly ingredients in your fridge because you would do anything to avoid going grocery shopping with two littles in tow.
3. Looking forward to your dentist appointment as if it were a day at the spa because it's a childless hour of self care that nobody can take away from you. (Oral hygiene is very important, people!)
4. Wondering how to enter "parenting two children" into the "Exercise" section of your calorie tracking app.
5. Remembering when you felt tired with one baby and wishing you could have that much energy again.
6. Wondering if coffee counts towards your daily water consumption goals.
7. Acknowledging the fact that you will never be on time for any function ever again, but being thankful that when you finally arrive all you have to do is point at your children and shrug and most people will understand.
8. Saying "YEP" to anyone who asks to hold your baby before the question has even formed on their lips.
9. Learning how to give every ounce of yourself, all day, every day, often without recognition or thanks, and knowing that you would do it again in a heartbeat because you love your kids more than you realized you could love anyone or anything until the moment you met them.



Kayla Young for PREGNANTCHICKEN.COM

HUSBAND: How were the kids today?
ME:



ARIZONA'S FAMILY HOME SAFETY EXPERTS



- Specializing in:
- In-Home Safety Assessments
 - Pool Fencing
 - Safety Gates
 - Cabinet Locks
 - Furniture Anchoring
 - Outlet Covers
 - ... and more!

...WITH ARIZONA'S ONLY CERTIFIED PROFESSIONAL CHILDPROOFER!

Certified Professional Childproofers® Dustin Diering



480.634.7366
www.azchildproofers.com



Servicing Valleywide
Licensed - Bonded - Insured - ROC #269159 - ROC #269160

MUSICOLOGY

Sing Play Dance Learn

musicologyaz.com | 480-596-4020
Scottsdale, Arcadia, Chandler & NW Phoenix

#Real "Mom"ents

"When my oldest turned three and had been potty trained for about a year, I began to teach him how to wipe his own butt when he pooped. One day I was in such a hurry to get some errands done in town that I didn't "double check" his "work" after he wiped his own butt and in a whirlwind we were out the door. As we stood in line at the grocery store I saw him out of the corner of my eye picking at his seat. I bent down and softly whispered in his ear "don't pick at your booty, okay?" and he ever so loudly replied "MY BUTT ITCHES REAL BAD!" I could feel my face and ears turning red as I bent down again and softly whispered, "Well, wait until we get to the car and we'll figure out what itches." He then replied "IT'S THE HOLE MAMA! THE HOLE REALLY ITCHES." I could have just left my cart and sat in the car as all the people waiting in line (even lanes down) burst into laughter, when a chuckling older woman came up behind me, put her hand on my shoulder and said, 'Oh, this sure brings back the memories, I've raised six boys. I sure miss these days.' We laugh about this a lot now, and I hope to be that little old lady one day giving a younger mom some reassurance."

- Anonymous Mommy

Have a Funny Mom Story You Want to Share?

Please send us your funny or real MOMent to communications@ncpgaz.org and feel free to submit anonymously or share your name & class!

Recipe: Five Healthy Halloween Treats

by Jacqueline Parisi (<https://blog.hellofresh.com/author/jacqueline/>)

These healthy Halloween treats are scary good. But making them? Now that's not scary at all. The festive recipes are simple enough for anyone to conquer. All it takes is a little creativity, a whole lot of imagination, and a BIG appetite.



Apple Monsters

Remember last week when we shared the best apples for baking, snacking, and cooking? We told you that Granny Smiths were best when cooked, tossed into salads, and blended into juices. Well, turns out we forgot to include another very important use of this tart and slightly sour fruit: carved into monsters!

Quarter each apple, then cut the middles out to create a mouth. Slather the inside with a smear of creamy peanut butter, stick sunflower seed teeth into the mouth, add a sliced strawberry tongue, and stick 1-2 sugar eyes onto the "head" with a dollop of peanut butter.



Boooooonana Ghosts

These bananas are pale as a ghost thanks to a thick coating of white chocolate.

Cut the fruit in half lengthwise, then in half to make four quarters. Insert a popsicle stick into the banana's wider end, place on parchment paper, and freeze 24 hours. Add 100g white chocolate to a microwave safe bowl and microwave in 30 second increments, stirring until it's smooth. Dip the frozen bananas into the chocolate and place back on the parchment paper. Add dark chocolate chips as eyes while the white chocolate is still warm. Place back in the freezer for 2 hours.



Watermelon Head

We contemplated calling this a vomiting watermelon, but we're not sure that would have been the most appetizing idea. Then again, he is throwing up watermelon and pineapple, which are two of our favorite fruits. So let's be real: whatever you call it, we're going to eat it.



Jack O' Apples

Once you've carved your fair share of pumpkins and gotten the stringy bright orange flesh all over, take a stab at apples... literally. Use a knife to carve out eyes, a nose, and creepy smile. Then, take a bite with the spooky face staring back... we dare you.



Jack O' Oranges

And then, when you've carved all the pumpkins and apples in sight, get started on the citrus. Scoop out the insides, but don't throw them away! You could always blend them into a juice or smoothie. Then, carve eerie faces and overload the insides with berries, apples, kiwis, and whatever else you have on hand.

Every Jewel Needs a Chance to Shine.

Schmitt Jewelers is proud to support the North Central Parenting Group who provides parents a forum for the exchange of ideas about effective child rearing.

SCHMITT JEWELERS
4402 E. Camelback Rd. Phoenix | (602) 848-8444
schmittjewelers.com

CCS SCHEDULE A TOUR TODAY!

Educating the **WHOLE** Child
Heart
Mind **Spirit**

CHRIST CHURCH SCHOOL
PRESCHOOL-ELEMENTARY

ACADEMIC EXCELLENCE
ENRICHED BY FAITH

4015 E. Lincoln Drive, Paradise Valley
602.381.9906 • info@ccsaz.org

CLASSES FOR TODDLERS THROUGH 4TH GRADE

KIDTASTICS
Where Kid-ology is Key

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

Do you know someone in our organization
that could use a little helping hand?



These are just a few examples of the issues we deal with
each and every day, and there are so many more!

NCPG wants to HELP...

with meals, babysitting hours, toys, and more importantly, kindness.

If you know someone who could use a hand,
please send nominations to outreach@ncpgaz.org
or stop by the submission box that can be found near the
breakfast table and nominate anonymously.

NCPG  **CARES**

What's *YOUR* Happy Weight?



LOSE 2 - 7 LBS. A WEEK WITH A SUNFARE MEAL PROGRAM!

Find your happy weight with one of our incredible weight loss meal programs.
Whether you need to drop pounds quickly or prefer a slow and steady
approach, we can help you finally achieve weight loss success.

Visit us online or give us a call to learn more about our fresh-made, always
healthy, diet-focused meals that are delivered right to your front door, daily.

Call and mention this ad for a

FREE DAY OF MEALS

with a complimentary consultation!



623.582.0588

Sunfare.com

Thank You to Our 2019-2020 Sponsors

PLATINUM



SCHMITT JEWELERS

SILVER



ORGANIC LIVING



BRONZE

