

Parent Times

November 2019



ncpg
north central parenting group
learn · connect · inspire



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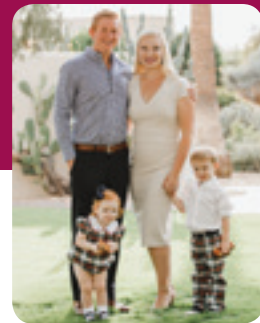
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President's Corner

Happy November!

This is such a magical time of year with the holidays quickly approaching and all of the joy and giving that surrounds us during this season! It can also be a very stressful time while juggling our children, extended families, budgets, and full social calendars! I hope you will lean into our amazing NCPG community and find peace and comfort from our educational class topics, talented educators, and supportive friends and classmates. Remember, some of our most special memories will come from traditions we establish with our families and watching our kids experience the magic of the holiday season.

Thank you to those that joined us for our recent **Fall Festival!** It was a huge success with fun had by all. Special thanks to our amazing Special Events Directors, Kristina Spellman and Candice Norman, for all of your hard work creating such a lovely family event!

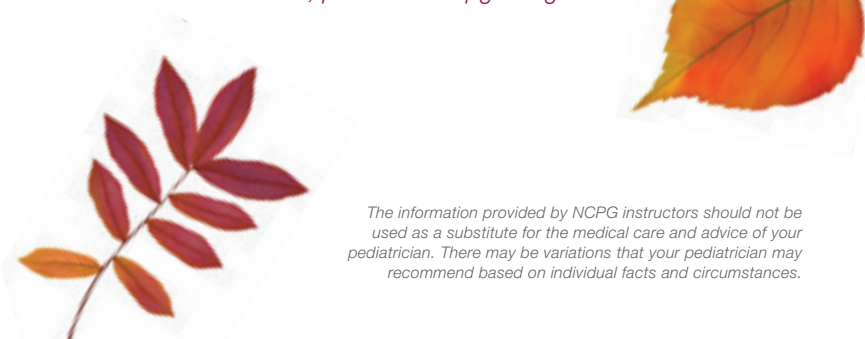
Also, starting today (and at our next class on November 20), our Community Outreach Directors, Alyson Kennedy and Kristen Reardon, will begin distributing **Salvation Army Christmas Angel** tags as part of our annual **NCPG Cares** commitment. If you would like to help provide gifts for children in need this holiday season, you can take tags for one child or a whole family. Please pick up a tag at breakfast either day or email outreach@ncpgaz.org with any questions.

Lastly, there are so many ways to get involved with NCPG! We always need help on committees, and it's almost time to start thinking about **Board positions for next year**. If you are interested or have questions about getting involved, please do not hesitate to reach out. We also sincerely appreciate your support and welcome your feedback throughout the year as we strive to make this our best year yet! As always, please reach out anytime — I am here as a resource and would love to hear from you.

Wishing you and yours a safe and Happy Thanksgiving!

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



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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 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. Thanks for your help!

Editors – Kelly Anderson & Colleen Fillion

Designer – Neill Fox, foxnoggin.com, neill@foxnoggin.com

Front Cover – Kristy Bidwill's son, Morgan
Photographer – Jordan McBride



Member to Meet Jules Koechling

Class: 1B

Children & Ages: Russell Owen, 13 months.
Baby Boy #2 Due in February 2020!

Spouse: Mark Koechling

How did you meet your spouse/partner: We met at USC (fight on!) my freshman year. But, we did not date until nine years later when we reconnected in NYC.

Years together/married: Together for 6 years, married for 3 and counting! :)

Spouse/partners favorite date night spot:
Chelsea's Kitchen

Career or previous career: Previously worked in movie/TV creative advertising in LA, then fashion video advertising for Ralph Lauren in NYC, and most recently marketing for True Food Kitchen, but now my full time job is Mr. Russell, and loving every minute (well mostly every minute, haha) of it!

Favorite family vacation spot? We spend our summers in the Northwoods of Wisconsin on a beautiful lake called Lake Owen. It's by far our favorite place to vacation and escape the heat!

Favorite family spot to dine in town?
True Food Kitchen

Favorite date spot or activity when you are child-free?
My husband and I like to play golf together and then have a relaxing sunset dinner at our country club.

Favorite children's book to read? Right now... Russell is a big fan of "Dear Zoo". But soon we will be reading a lot of "big brother" books so he's ready for his baby brother in February!

Where were you born and raised? I was born and raised here in Phoenix! Grew up in Arcadia, went to ASEDs and then ventured to a boarding prep school in Massachusetts for High School, then off to USC. Post college I lived in LA and NYC. My husband and I just moved back to Phoenix just about three years ago — it's been great to get back to AZ, I had not "lived" here since I was 13 years old!

Most "OMG did that really happen" moment as a parent?
Umm... labor!!!


If you could give your pre-baby self advice, what would it be? Don't sweat the small stuff and you'll never be "fully prepared." Take each day as they come and enjoy it!

Who introduced you to NCPG and for how many years have you been a part of the group? Oddly enough, my mom introduced me. She joined NCPG when she had me over 32 years ago! I have been a member for one year, I started in the newborn class.

Best thing learned in NCPG? That every parent needs a great support system. NCPG has introduced me to amazing women, many of whom have become great friends!

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.



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



When Should My Child First Visit the Dentist

by Affiliated Pediatric Dentistry



A common question many parents have is when should their child first visit the dentist.

Although everyone develops at different rates, most children typically start getting teeth between the ages of 6-8 months. Some may find it surprising that cavities can be detected in mouths as early as 1-2 years of age, which is why American Academy of Pediatric Dentistry recommends that regular dental visits should start around 12 months old.

Although some may feel like their child is too young or doesn't have enough teeth to see the dentist, there are many benefits to getting children to the dental office at a young age. First, the earlier kids get acquainted with their dental office, the better chance they have to acclimate to that environment and get used to all the new sights, sounds, tastes and equipment. This leads to more positive visits and helps to establish a trusting relationship with their dentist over time. Additionally, the younger a child sees a dentist the more likely they are to prevent dental decay. Since every mouth is unique, examining the mouth allows the dentist to determine if your child is at high, moderate or low risk for developing cavities. This allows the dentist to



develop a custom prevention plan for your child to ensure you are establishing the right habits at home to keep their mouth healthy.

Unfortunately, many parents do not recognize the value of keeping baby teeth healthy. After all, aren't they going to fall out anyways? While it is true that baby teeth will eventually be replaced with permanent teeth, there are many reasons why it's important to keep them in good shape including:

- Baby teeth hold space in the jaws for the permanent teeth. If a tooth is lost early due to a cavity, this leads to premature space loss which will make it challenging for the permanent tooth to come into the mouth in the proper position
- Early loss of baby teeth can lead to speech delays
- Kids who have cavities on baby teeth tend to be at higher risk for developing cavities on permanent teeth
- Cavities can be painful and lead to significant amount of missed school
- Healthy teeth allow children to chew properly and maintain proper nutrition as well as a healthy smile



Sometimes finding the right dental practice to bring your child to can also be a barrier to starting care. At Affiliated Pediatric Dentistry and Orthodontics (APDO), we understand how important this decision can be for you which is why we make every effort to provide the premier dental experience for our families. For the past 35 years, our goal has been to deliver the highest quality pediatric and orthodontic dental care in a comprehensive, accessible, and family-oriented environment with advanced technology. All of our doctors are board certified and received extensive specialized training in their fields of expertise. We provide not only pediatric dental care for kids but also adult orthodontic care at both our Grayhawk and Scottsdale offices. If you're curious about establishing a safe and fun dental home for your child or maybe considering orthodontics for yourself, we would love to have the opportunity to serve you at APDO.



Find A Convenient Location Near You

AGES 1 TO 6

- Creative Bridges Preschool - 7321 N. 10th St
- SUMC Preschool - 4140 N. Miller Rd
- Sheperd of the Desert Preschool - 9400 E. Mt. View
- Aviano Desert Ridge Club House - 22500 N. Aviano Way

COME FLIP WITH KIDTASTICS



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 13
December 04
January 22

KEY DATES

Application
Opens
OCT 01

Pre-K-Eighth Grade
Application Deadline
JAN 24

Kindergarten
Play Date
JAN 24

Pre-K
Play Date
JAN 25

First-Eighth Grades
Individual Assessments
FEB 01

Admissions Decisions
Announced in Early
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



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

| | |
|------------------|---------------|
| November 20th | February 19th |
| December 11th ** | March 4th ** |
| January 8th | April 8th ** |
| January 22nd | April 22nd |
| February 5th ** | May 6th ** |

**Parent Times magazine distributed.

Board Meeting Schedule

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

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!

Communications

WE WANT YOUR PICTURES!

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

FUN with Grandparents

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

TIME is precious..
Waste it wisely

Childcare

Childcare signup starts the Thursday morning after class. Please book early as our childcare does fill up! Just a reminder that we can not accommodate day of class drop ins or refunds. If you have any questions, please contact Childcare via email: childcare@ncpgaz.org



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

Children's Museum Playdate with Santa

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



Holiday Breakfast & Salvation Army Gift Delivery

Wed., December 11



Spring GALA

Saturday, March 7
Arizona Country Club

More details to come!!



I love spending time with my children
except when they are sick, hungry,
tired, or annoying.



someecards



"It's not our job to toughen our children
up to face a cruel and heartless world.
It's our job to raise children who will make
the world a little less cruel and heartless."

L.R. Knost



Finding Purpose Beyond Target Runs

By Kristen Heriaud, Mom & Baby Tech Enthusiast at Hälsa Baby

There were few things I enjoyed more than a Target run after the birth of my first baby, Tatum. She was the sort of child that seemed content anywhere, big-eyed and smiley, as I drank my latte looking at the latest Cat & Jack onesies. I never thought at that time I'd return to work. My days felt too content, basking in the thoughtless tasks of carwashes, grocery shops and coffee with friends with my sweet girl, hip-side.

Then came my second. Kip.

Suddenly, Target became an adrenalin-filled nightmare where at any point, a rack might get pulled down and a fruit packet squeezed across a cart-full of essentials. A regular babysitter soon entered my life and at some point, I started embarking on these trips alone feeling both released from the stress and missing the joy of what was once special. I stopped grabbing a latte on my way into Target, mission-filled to get the essentials and get out. Things started to annoy me like slow lines and crying babies, and the thoughtlessness of it all started to etch away at my core. I was bored, ashamed and uneasy — something had to change.

Then, out of nowhere, came a phone call from an old friend, Mel, who I'd met some ten years ago on a business trip to Dallas. We'd met poolside at Hotel Zaza and spent the day drinking cocktails with his friends after I'd learned my client needed to postpone meetings by a day. (Remember those days, when you could drink for ten hours and still go to work the next?) A friendship spun out of that day in the sun and Mel and I kept in touch over the years.

Photo by Jomjakkapat Parrueng - Unsplash.com

Our Call Went Something Like This:

"My wife has tried every wearable baby monitor and doesn't like any of them – so, I'm making a better one. Any interest in running our marketing?" I almost dropped my iPhone to look over my stained shoulder to see if he was talking to someone else. Who, me? I could sterilize a bottle like a boss, but could I really play in the mud with smart adults without making a fool of myself? After a few conversations with Mel, learning more about the product, my confidence returned and I felt energized at the prospect of doing something beyond errand runs. *I know marketing, I know moms and I know baby products. I can do this!*

Nearly one year since that call, I've managed to regain my professional footing and am the head of product marketing for Hälsa Baby. Hälsa Baby is a clinical-grade wearable for infants, toddlers and kiddos. It fastens to a child's ankle and monitors body temperature, oxygen levels and other vitals, while connecting to a hub offering customizable nightlight and ambient noise options. You can even set thresholds and tell the app to send a notification if Jack's fever spikes past, say 101-degrees. We've worked with teams of physicians, data analysts, technologists, fabric specialists and most importantly, moms, to get it right. And by 'right' I mean, you'll sleep more and worry less about your little one's health — I promise. There's nothing out there like it, and I'm so proud to be a part of it.

I'm finding retirement from full-time mom to part-time professional can still come at a cost. Somedays I'm overwhelmed juggling family, career and self. And the guilt of not always being there for my kids chases me like these unwanted wrinkles. But I have a renewed confidence that is slowly trickling over into my career and capability as a mom and wife. Having less time with the kids has made my time with them even sweeter. In end, I think every mom has to find her own sense of contentment in the time she has, which can feel like an ever-moving target. Speaking of Target, I've resorted to curbside pick-up...and am at peace with that.

END NOTE: Hälsa Baby is running an exclusive pilot program with NCPG moms beginning January 2020. **All participating moms will receive a free Hälsa Baby monitor.**

For more information on this program or our product, please email

Kristen.h@synergentl.com.

hålsa
baby

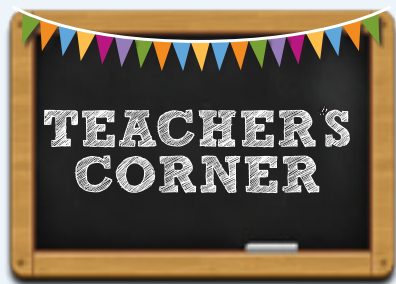


Photo by Nathan Dumieo - Unsplash.com

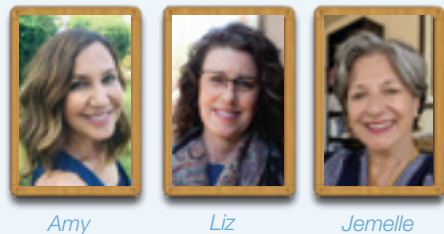


Fall Fun





School Age Sibling Empathy



For school age siblings, what are some tips/advice to help foster a good relationship between them and get them to empathize with each other?

Amy Guido: 3A

I liked to say that if they fought over something, that thing would get a time out.. because it was clearly getting in the way of their awesome relationship. Taking turns finding the truth in each siblings' experience is also important. "You are probably thinking I had that first and are feeling mad and hurt... and you are probably thinking you've had it long enough and that's mine, and feeling sad and mad... did I get that right?" Letting each child have a chance without interruption from the other. Disarming a quarrel first is super important before any problem solving — once seen and heard, problems often melt away or can be solved more calmly and easily.

Liz Imparto: Pre-K

This can be tricky and so it's important for the parents to just do their best. When tempers flare and siblings get into conflict, as long as physical boundaries are not crossed and they can do it

safely, it is important to help them to resolve the issue together. For younger children, remember the capabilities of their age and stage of development. When the children are a little older, help each to verbalize their own hurt first and then ask them to think about how their sibling might feel. Once they can talk with each other, they will likely be able to find a workable solution together. Over time, this is what will help develop a good relationship.

Jemeille Ackourey: Kinder

Your family is an organized body of people; therefore it needs to function as an organization. Good leadership and teamwork are critical elements to the success of any organization. It is the leadership, Mom and Dad that sets the family vision and models the organizational values. An element of this value system is how to work as a team for the good of all. This concept defines "interdependence," which is the cornerstone to all good relationships. Ok, so how do you put wheels on this concept?

- **Fun.** Create opportunities for kids to enjoy experiences together. This has been proven to be the most important step to forming a bond.
- **Communication.** Create a home environment where everyone's thoughts and feelings are validated and respected.
- **Create opportunities for siblings to work together to complete projects.** Everyone contributes to the goal. No one person is more valuable than the other. Everyone has their unique skill. The process (teamwork) of getting to the goal is rewarded and/or celebrated with words of affirmation and validation.
- **Teach and model respectful conflict resolution.** When children are in conflict with each other, the parent's role is that of a coach. Allow them to problem solve. Let them own the resolution. Praise their work together to resolve a difficult situation.
- **Model.** Oh, so important!!! Children need to see respect, kindness, support and interdependence between the parents and within each unique parent/child relationship.

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Birth Announcements

Help us welcome these new additions to our NCPG family!

Katie Ballot welcomed
Isabella Lynn
6/26/19

Ana Kuivinen welcomed
Jane Charlotte
8/19/19

Caitlin & Rob Headley welcomed
Olivia Grace
8/30/19



Until she was about a year old, Minna seemed like your average, healthy baby girl.

Soon, however, we started to notice some dramatic delays in her development and began the process of diagnosing the underlying cause. We immediately began therapy and visited a number of specialists in Phoenix and Tucson. Finally, at 21 months of age, after numerous tests and a full genome sequencing of her DNA, we were heartbroken to learn that she has Rett Syndrome is a very rare and severe genetic mutation that is located on the X chromosome and primarily affects females. Worldwide, Rett occurs in only 1 of every 10,000 female births. Although it is genetic, it is not inherited.

A child with Rett Syndrome will begin to experience impaired brain function between the ages of 6 to 18 months. This leads to diminished speech and motor skills, leaving many children with Rett Syndrome unable to walk, talk or use their hands. In addition, they often experience respiratory, feeding and GI issues, seizures, scoliosis and other challenges. Typically, girls with Rett only live until middle age.

Fortunately, we believe Minna has a milder version of the mutation in which one single letter of her gene coding is incorrect. We have no way to tell what symptoms she may experience and to what degree, but we are hopeful that she will continue to progress and possibly learn to walk and communicate to some extent. Despite her challenges, she continues to be a very sweet, happy and content little girl.

Our family was completely devastated by this diagnosis. It was really a ‘worst case scenario’ and some days are all smiles, while others are all tears. We truly thought she was going to pull ahead and come out on top. Small victories mean the world to us now and if there is one thing we’ve learned in the past 6 months it’s that we have an amazing care and support system surrounding us. From family and friends to doctors and complete strangers, the amount of love and support has been a transformative force in our lives.

Support at the state level has also been a blessing. Arizona is actually ranked number one in the nation for serving people with developmental disabilities. Minna has qualified for Arizona’s Long Term Care Medicaid program and receives intensive therapy almost every day of the week including physical, occupational, speech, feeding, music and swimming. She attends SEEK, a special needs preschool, 2 days a week where she will soon receive one-on-one behavioral coaching. She loves to socialize and engage with people and explore her surroundings. She understands the world around her and she will slowly continue to learn and progress. Though Minna cannot verbally communicate with us, her eyes express so much. It’s truly amazing what you can learn from someone

when you are forced to look deeper. She has such a unique disposition and smile that have already taught us so many life lessons, which we would have never had the opportunity to learn otherwise.

The one thing that keeps us going everyday is hope. There is a lot to be hopeful for in the Rett community. Researchers are on the brink of finding a cure, which may not only benefit Rett patients, but possibly a number of other disorders and health issues like Alzheimer’s and cancer. We have partnered with the Center for Rare Childhood Disorders (C4RCD) at TGen to fund groundbreaking research toward a cure. TGen’s expertise in Rett syndrome continues to expand into new and exciting areas, augmented by its affiliation with City of Hope. TGen and City of Hope are focused on fixing the underlying genetic mutation that causes Rett Syndrome (mutations in the MeCP2 gene) by applying gene therapy approaches.

To learn more about Minna’s story you can follow her on Instagram at **mission_minna** and her Mission Minna Facebook Page. Minna also has a donation site **www.tgen.org/minna** where people can donate toward research for the cure.



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Healthy Home, Healthy Children, Happy Family

Your home is your sanctuary and where you spend most of your life.

Nowadays, newer homes are designed to be energy efficient and comfortable. They are built tightly so very little cool air or heat can escape. In essence, this creates a "Ziploc bag" effect and can seal in whatever may be off-gassing in your home. This can include chemicals from remodeling, new carpet, plug-in deodorizers, cleaning products, paint, new furniture, etc. Whatever is in your air, you end up inhaling through your lungs and ultimately ends up in your bloodstream.

While we can't control the air pollution when we walk out of the house, there are steps we can take to transform our home into a safe haven from airborne pollutants.

Prevention is key. It's important to do your due diligence when it comes to researching the items you bring into your indoor environment. Question the safety of the material and do your best to choose non-toxic items. Beware of terms like "green." Reusing materials like plastic bottles can be good for the environment but aren't necessarily conducive to healthy air quality.

Invest in a quality air purification system. A combination of activated charcoal and HEPA filtration is key when managing the toxins in a home. Carbon protects against chemicals, odors and gases. The HEPA filter will eliminate allergens and particulates. Make sure to avoid machines that create ozone, ions, UV, or other dangerous byproducts.

The bedroom is the most important room of the house. You sleep or a third of your life. In terms of where you most directly rest, restore and replenish yourself, your bed is probably the most important part of your home. During the sleeping hours is when our body is in the elimination process, riding itself of toxins and repairing on a cellular level.

While your resting, you're breathing. For eight or nine hours, you're in very intimate contact with a large object- your mattress. And whatever your mattress is breathing out, or off-gassing, you are breathing in.



Did you know the average mattress is riddled with dangerous combinations of suffocants, stabilizers and fire retardants?

Organic Living carries an extensive line of GOTS-certified organic mattresses made from organic cotton, organic wool batting, and GOLS-certified natural latex. The wool acts as a natural flame barrier that allows the finished product to pass federal fire regulations without using chemicals that can cause serious health issues, such as obesity, infertility and cancer.

Our most popular organic mattresses are made of 3-inch layers of natural latex in individually-customized firmness combinations to provide the exact cushioning and support your body needs.

There may be no immediate escape from pollution outside of your door. But in your home, and specifically your bedroom, you can create your own healing nest. Unbleached sheets of organic cotton, a duvet, an organic mattress topper or comforter filled with organic wool, pillows made of natural latex rubber. Don a pair of organic PJ's and you're ready for a truly regenerative sleep!

Family owned and with over 25 years experience in healthy and non-toxic homes, Organic Living is proud to provide a certified air specialist, medical grade air purifiers and the finest organic mattresses and bedding. Aimed at creating the highest standard of living, Organic Living also provides Zero V.O.C paints, sustainable flooring and non-toxic cleaning products allowing you to transform your home into the purest and safest environment possible.

Visit us at:
[Organic Living, 8342 N. 7th Street](https://www.organiclivingaz.com)
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Craft: Handcrafted Fall Napkin Rings

<https://www.happinessishomemade.net/easy-fall-kids-crafts-anyone-can-make>

Kids love to decorate for parties, and setting the table is one of the most important jobs on Thanksgiving! Handcrafted napkin rings are the perfect final touch to add unique adornment to your holiday table. This craft is suitable for all ages with adult supervision; older children will be able to complete this project with minimal assistance.

YOU WILL NEED:

- Cardboard Tubes (toilet paper rolls, paper towel rolls, gift wrap, etc.), cut into 1½” sections.
- Felt, fabric, ribbon or twine to cover your cardboard tubes
- Embellishments to decorate your napkin rings – felt, leaves, buttons, beads, faux flowers
- Craft glue or a hot glue gun (with adult supervision)
- Binder clips or paper clips (optional)

2 SIMPLE STEPS:

1. Cover your tube sections with your choice of materials. We used the items listed above, but paper, colored tape or paint would also work well. Binder clips or paper clips are handy for holding ends and edges while your glue dries.
2. Embellish your napkin rings to match your Thanksgiving table. Heavier items may need to be glued on with a hot glue gun or stronger adhesive. Insert your napkins, and you're ready to show off your personalized holiday decorations!

With these lovely child-made napkin rings on my Thanksgiving table, I'll be reminded of how grateful I am to have the opportunity to share my love of creativity with my children and for the special moments we've spent laughing and crafting together!



BREAKING DOWN THE CONVENIENCE ECONOMY

By: David Hertzberg & Brian Yunt – Co-Founders of The Mat Phoenix



The Convenience or Service Economy has been gaining momentum over the last 5 years. The broad definition is empowering customers by giving them control over their purchases determining when, how and where they want it.

At The Mat we have been thinking a lot about the Convenience Economy and how every day household tasks like laundry fit into that. We wanted to see how much doing laundry was impacting the household and potentially shift the way we handle this task.

Let's start with the statistics around laundry. According to the Bureau of Labor Statics the average American women spends 17 minutes a day doing laundry, that's compared to their male counterparts at 5 minutes per day. When you add that up it equals almost 2 hours a week spent on laundry, over eight hours a month. This does not take into account all the other things that have to be done at work and at home for the family (see chart below).

Whether it is laundry or other life chores, when we look at all the things we have to get done in a day and the amount of time it takes to do them, it can be overwhelming. In today's Convenience Economy there are many opportunities at our fingertips to help make our lives easier. Deciding among services like food delivery, house-keeping or dog walking; determining where to spend your resources to get the most value for your time can be a challenging decision.

We came up with 3 ways to evaluate your priorities when it comes to convenience services:

1. Is it Easy? Life is hard enough, taking on something else that is challenging to try to make your life easier seems counterintuitive. These things are supposed to make your life better. Consider the sign-up process, is that easy to navigate? What is the process for this service? Is it automatic or do I have to do something to schedule it?

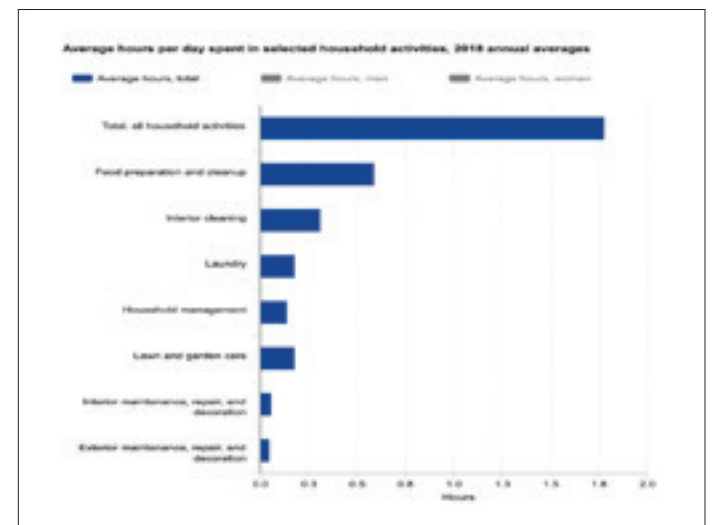
2. Is this time well spent? This is where it is important to evaluate the time spent vs time gained doing something else. Could you be working on a side novel? Making brownies for the school function or meeting an old friend for drinks? Let's use this time to spend with our loved ones, garden or visit a museum.

3. Is it convenient? It has to work with your schedule and your time. If it is extra work then, it is not worth it. This is where you look at the location of the services, does it come to your door or do you have to go somewhere?

Do you have to make arrangements based on delivery?

Time and resources are precious, so whether it is doing laundry or something else, we need to rethink what we have always done to find time for what we want.

The Mat Phoenix is a subscription-based laundry service that delivers next day clean laundry to your doorstep folded and ready to be put away. If you are interested in learning how laundry service can create convenience and time in your life please call, text or sign up online.
www.cleanlaundry.delivery



#Real“Mom”ents

Back to the days of having a newborn and the precious moments of when they smile and coo at you..... then there are the real moments you forgot about when you decided to have baby #2. I remember sitting on my couch nursing my baby when you hear the “rumble” in the pants and then feel the warmth. Yep — Poop all over me! Then in my reaction of realizing this, I must have moved too much and then caused the baby to spit up all over me, a lot! So I'm now sitting on my couch with poop all over my lap, spit up all over my shirt and home alone with no help. There is so much of both that if I were to move or stand up the mess is guaranteed to run all over my couch. So as any awesome mom would do, I sat there in filth and tried to finish nursing until my husband got back from the store to help me get up without destroying our furniture. Oh the memories!!

~ Kelly Anderson: Kindergarten

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: No-Bake Honey Nut Cheerios Snack Bars

<https://www.averiecooks.com/no-bake-honey-nut-cheerios-snack-bars/#>

YIELD: ONE 8-BY-8-INCH PAN, 12 SNACK BARS
TOTAL TIME: 2+ HOURS, FOR CHILLING **PREP TIME:** 10 MINUTES **COOK TIME:** 3 MINUTES, MICROWAVE

These fast, easy, bars cost just a fraction of storebought bars to make, they're healthier, and they've got fun, bright colors. They're a texture lover's dream between the cereal, dried fruit, and chocolate covered sunflower seeds. Use what you have on hand and enjoy. Almsot any dried fruit, nut, or seed can be substituted. The bars are perfect for quickie breakfast or snacks on the go.

- INGREDIENTS:**
- 1/4 cup creamy unsalted butter (half of one stick)
 - 1/4 cup honey (light-colored corn syrup may be substituted and will keep the bars firmer at room temp than using honey)
 - 1/4 cup light brown sugar, packed
 - 1 tablespoon vanilla extract
 - 3 cups Honey Nut Cheerios (or similar storebrand cereal; plain Cheerios may be substituted for a less sweet bar)
 - 1 cup raisins, optional (honey-roasted peanuts, chopped almonds, trail mix may be substituted)
 - About 1/2 cup chocolate-covered sunflower seeds, optional (I used Trader Joe's)
 - Pinch sea salt or Kosher salt for sprinkling, optional

- DIRECTIONS:**
1. Line an 8-inch square pan with aluminum foil leaving overhang, spray with cooking spray; set aside.
 2. In a large microwave-safe bowl, combine butter, honey, brown sugar, and heat on high power for 1 minute to melt.
 3. Stop to stir. Mixture will be on the granular side, this is okay.
 4. Return bowl to microwave and heat for 1 more minute on high power. Stop to stir
 5. Return bowl to microwave and heat for 1 more minute on high power. Stop to stir. On this third and final burst, mixture will become quite bubbly and foamy; use caution when removing from micro because this is boiling hot caramel and can cause burns.
 6. Stir in the vanilla using caution because mixture could bubble up.
 7. Stir in the cereal.
 8. Stir in the optional raisins (or nuts).
 9. Turn mixture out into prepared pan, packing it down firmly with a spatula and smoothing the top.
 10. Optionally, sprinkle evenly with sunflower seeds and salt (the salt cuts some of the sweetness and I recommend it).
 11. Cover pan with a sheet of foil (to prevent fridge smells), and place pan in fridge to set up for at least 2 to 3 hours, or overnight, or until bars are completely set before lifting out with foil overhang, slicing, and serving.
 12. Bars will keep airtight in the refrigerator for up to 2 weeks, or in the freezer for up to 6 months. I recommend storing them in the fridge rather than room temp because they soften and get loose.



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24 NCPG Parent Times

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CLASS NOTES

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!

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

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or stop by the submission box that can be found near the
breakfast table and nominate anonymously.

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