

# Parent Times

February 2021



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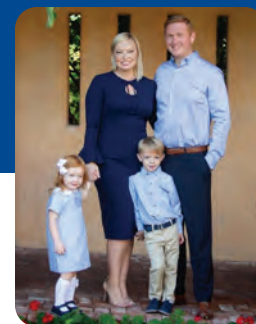
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## President's Corner

### PRESIDENT'S MID-YEAR REPORT

Happy 2021! I hope that you all were able to enjoy a happy and healthy holiday season with your families!

Since joining NCPG four years ago, it has been my personal mission to foster a warm and welcoming environment of inclusivity, transparency, and community for all of our valued NCPG members. While COVID-19 has certainly made it difficult for us all to connect on a personal level, I do strongly believe that NCPG still provides an invaluable service and education to our members & parents (as we navigate these important years together) through our amazing and knowledgeable NCPG instructors... and we will get through this difficult chapter soon!

We all miss the sense of connection and community, that NCPG is renowned for, during these trying times, but I implore you all to stay the course with our zoom classes (and small individual class gatherings) as we strive to hopefully be able to resume in-person meetings by the fall.

Additionally, please be reassured that your Board of Directors is carefully monitoring the situation and continues to make the best decisions that we can with the information at hand. We are working diligently to brainstorm new and creative ways for us all to connect and encourage community (amongst our members) and will be redirecting both our social and special events budget funds to support these new event ideas this spring as well.

In the interim, we are unable to resume in-person classes at this time due to the high COVID-19 transmission rates, Saint Barnabas on the Desert's on-going closure to groups, and the liability that NCPG would assume, by meeting in-person, until it is deemed safe to do so.

I am a big believer in choosing a word of intent at the start of each calendar year. For me personally it helps to have a word to focus on throughout the year as I make both personal and professional decisions. 2020 definitely took its toll, and my word for 2021 is **COMEBACK**. I am focused on becoming the very best version of myself this year...mentally, emotionally, spiritually, and physically! I also believe that this word is relevant for those volunteer endeavors that I support...NCPG will come back stronger than ever (after this pandemic) because we all have realized how much we need this organization and how greatly we have missed what it provides to each of us.

*"The comeback is always stronger than the setback."* — author unknown

In an effort to further build community and connection (and show you the faces of your fellow NCPG members volunteering their time to insure the continued longevity of this amazing organization), I've asked each of our 2020-2021 Board of Directors to also share their word of intention for the year to help provide further inspiration to us all as we navigate these challenging times.

We sincerely appreciate your support and understanding and welcome your feedback during this extraordinary year. As always please reach out with questions or concerns, I would love to serve as a resource and hear from you anytime.

Wishing you and yours a bright new year!

xo,

Megan Garvey  
NCPG Board President 2019-2021  
president@ncpgaz.org

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north central parenting group

### ♥ Sharing Our Words of Intent for 2021 ♥



### 2020-2021 Board of Directors

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

ncpgaz.org Like us on Facebook: f ncpgaz

### Parent Times

It's finally starting to feel like Fall! Members, this monthly newsletter is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at [communications@ncpgaz.org](mailto:communications@ncpgaz.org). Thanks for your help! Also, please send us photos of you and your family- we are always looking for photos of our community to include in the newsletter and on the NCPG website. Please keep in mind that when you submit photos, you are agreeing that we can use them in our newsletter as well as the NCPG website.

Editors – Ashley McFate & Amanda Shaw  
Designer – Neill Fox, [foxnoggin.com](mailto:foxnoggin.com), [neill@foxnoggin.com](mailto:neill@foxnoggin.com)

Front Cover – Lindsay Powers family

The information provided by NCPG instructors should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations that your pediatrician may recommend based on individual facts and circumstances.

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## Member to Meet Whitney Stein

**Children & Ages:** Henry (5), Charlie (3), & Archibald (1)

**Spouse:** Brandon

**How did you meet your spouse:** We met when I was 19 at ASU. After a few years of friendship, I realized he was what I was always hoping for.

**Years married/together:** Together for almost 11, married for 8.

**Spouse/partners favorite date night spot:** We love to walk up to Vecina.

**Career or previous career:** Dyslexia specialist & owner of The Dyslexia Connection

**5 words to describe you:** determined, focused, curious, loyal, loving

**Favorite family vacation spot?** La Jolla

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

**Do you have a hidden talent?** Armature therapist?! But really, my primary professional role is helping parents in all aspects navigate the world of dyslexia, and that often leads to simply being there for our clients with open ears. I am thankful to thoroughly enjoy how my role has evolved as I've had children of my own.

**Favorite date spot or activity when you are child-free?** We love to take the bikes out, or simply cook at home when the kids go to my

parents...maybe that's because my husband does the cooking :) but really anything that involves delicious food and the chance to connect with each other.

**Favorite children's book to read?** *The Whale on the Snail*, *Princess Pinecone*, and all of the Danny books.

**Favorite adult book to read?** Recently read *Before We Were Yours*...I couldn't put it down! But I love to read, anything from parenting books, professional books, mystery, romance, etc.

**Where were you born and raised?** Born and raised in Phoenix

**What do you miss most about being a kid?** Care free living, going to our childhood cabin, and getting to go to work with my dad.

**When you have 30 minutes of free time what do you do?** I love to sit outside and read, but more recently I've gotten very into practicing yoga.

**What story does your family always tell about you?** Not sure about my family, but my husbands favorite story to tell is about us. According to him it was a very long 4 year chase to get out of the friendzone, and it all ended with him making me a shirt that said "I Brandon." I still have the shirt and the boys love to hear about it.

**What's your favorite thing to do with your children?** We love to go to the zoo, or most recently hiking with my oldest. Also, anything one on one is just the best.

**Most meaningful moment as a parent?** I'd have to say realizing the innate temperament of our kids has truly given us deeper wisdom and understanding of who our boys uniquely are. This has helped guide our parenting, soften our approach and simply allow for more empathy.

**Most "OMG did that really happen" moment as a parent?** Is it too cliché to actually think those moments happen daily?! With 3 boys, our house and life is never dull.

**What is your favorite family tradition?** We love Friday night pizza night, and not that it's a tradition, but we eat together as a family every night. It's crazy sometimes, but I really think all 5 of us just love the down time together. We also celebrate a lot of holidays as an interfaith family, so the holiday traditions are so fun.

**Best parenting advice given to you?** I'm not sure I remember anything monumental, but I do have a couple friends with older children who I've always looked up to. I was never too proud to call or text, looking for advice. But on that note, I think I quickly realized there's a thousand different ways to parent and choices to make. You have to block out a lot of opinions and suggestions that don't work for you, and trust your instincts. What works for you may not work for the next family, and that's perfectly ok!

**How do you balance meeting your children's needs as well as your own?** Boy oh boy, it's ever evolving. My ability to work part time and be a mom part time, though a constant balancing act, has been amazing. Also, I know that if I'm not good for myself, I cannot be good for my kids. I try to do self care through morning quiet time, reading, exercising, and when I feel loved and connected with my husband our whole world feels right, so we put a big emphasis on date nights or even just a mid week lunch.

**If you could give your pre-baby self advice, what would it be?** Never stop dating your husband, try to find humor in everything, and never doubt your mom intuition...it's there for a reason.

**Who introduced you to NCPG and for how many years have you been a part of the group?** Alyson Kennedy, and this is my 3rd year.

**Best thing learned in NCPG?** Simply, positive parenting overall, and the awareness of developmental changes which helps change my perspective and approach with my three boys who are all so close in age.

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# 2020-2021 Calendar

**NOTE:** Classes will be offered virtually until in-person classes are able to resume.

## Class Schedule

<b>8:45 am</b>	Nursery opens
<b>9:00-9:40 am</b>	Refreshments served
<b>9:45*-11:30 am</b>	Classes are held
<b>*Teachers will start promptly at 9:45!</b>	
<b>11:45 am</b>	Nursery closes
<b>11:30 am-1:15 pm</b>	Pre-Infant & Pre-Teen Class

## Class Dates

February 17th	April 21st
March 3rd **	May 5th **
April 7th **	

\*\* Parent Times magazine distributed.

## Board Meeting Schedule

March 1st
April 12th
May 3rd



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

## Board Announcements

### Membership

Spots remain available in a handful of classes for the 2020-2021 year! Space is limited so please contact [membership@ncpgaz.org](mailto:membership@ncpgaz.org) for additional information about open classes and registration.

### Communications

#### WE WANT YOUR PICTURES!

Spring is here and we are on the hunt for a festive cover image! Send us your high-resolution photos and your babies might wind up on the cover!



Please also send birth announcement pics, snapshots of NCPG kids and parents, and any professional photos to [communications@ncpgaz.org](mailto:communications@ncpgaz.org).

### Public Relations



Please follow along on our private **NCPG Instagram** @ncpgaz for helpful information and updates!



Please continue to use the members-only **NCPG Facebook Group** to ask questions, share advice, local events, deals and to buy & sell. We ask that we keep everything positive and respectful on the page. Please request to join the group, if you haven't already and join the fun!

### Childcare

Our number one priority at NCPG NCPG Childcare is the safety of your children. Childcare will remain closed until we have consistently met the benchmarks set forth by the CDC and Arizona Department of Health for childcare settings, our facility lifts their restrictions on groups, and when we confidently feel that we can safely offer childcare.

In the meantime, if you need childcare during the virtual meetings, **Busy Bees Babysitting**, our trusted provider, is currently offering in-home sitters and has implemented procedures and guidelines to ensure the safety of your children and their Bees. If you don't already have an account, please feel free to reach out to us at [childcare@ncpgaz.com](mailto:childcare@ncpgaz.com) and we can help get you registered.

We look forward to serving you and your children again soon. Thank you for your patience during this time.

### Check Out Our New Website!



If you haven't seen the new website yet, please take a moment to check it out at [ncpgaz.org](http://ncpgaz.org)

And thanks to everyone who helped with this exciting project!



I can't wait for the day  
when I can drink with  
my kids instead of  
because of them.

someecards



## NCPG All-Class Music Together Virtual Playdate Feb 20, 2021 10:00 am

Join us for a special family music event, just for NCPG families!

Bring your infant, toddler and/or big kid for 40 minutes of singing & toe tapping, dancing & jamming, while nurturing their inner musician.



Music Together supports families of young children with rich music & movement experiences that help children on their path towards basic music competence.

#### FUN. FABULOUS. UPLIFTING. MAGICAL.

These are a few of the ways that parents describe the joys of Music Together. The magic of music is inside all of us. We can help you discover it — together!



Parents, give your children something very special, the gift of music-making, together with YOU!



**ZOOM\***  
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**Meeting ID:**  
**384 140 9028**  
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**NCPG**

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in Phoenix

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Under "How'd you hear," please write "NCPG Family"

\* ZOOM URL: <https://zoom.us/j/3841409028?pwd=Q0ZlRTdMOUtrR2J6ejBvS3RJKzBGZz09>





## February is National Children's Dental Health Month

To celebrate we are going to talk about the importance of establishing a dental home for your child. Have you ever wondered, "When should I take my child to the dentist?" "When am I supposed to start brushing their teeth?" "They are only baby teeth." Most parents feel like their child is too young or doesn't have enough teeth to see the dentist. However, the American Academy of Pediatric Dentistry recommends that a child's first dental visit should be within 6 months of the eruption of the 1st tooth or by age 1. The average age to start getting baby teeth in is about 6 months of age - give or take a few months. It is important to start taking care of those teeth as soon as they come in.

There are many benefits of having a child come to their first dental appointment at a young age. The earlier the kids get used to their dental office, the better their chance of acclimating to the environment as they get older. This leads to more positive visits



and helps establish a trusting relationship with the dentist over time. Another important reason is to discuss prevention including oral hygiene habits and dietary recommendations with the parents. This allows the dentist to come up with a unique plan for your child to ensure healthy dental habits from an early age.

At Affiliated Pediatric Dentistry & Orthodontics, we know the importance of establishing a place to call your "dental home." We make every effort to provide a premier dental experience for the child and the parents. All of our doctors are board certified and have received extensive training in their respective specialties. We have modified our office flow and implemented new protocols to help keep our staff, patients, and families healthy during Covid. If you are interested in establishing a safe and fun dental home for your child, we would love to have the opportunity to serve you at Affiliated Pediatric Dentistry & Orthodontics.



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# UPGRADES TO INCREASE YOUR HOME VALUE

Sometimes you have  
to spend money  
to make money.

By Allison Mikes

That's doubly true when it comes to selling your home. It might seem counterintuitive to invest in a place you won't be living in much longer, but it can actually be one of the smartest ways to spend your money.

In my 18 years working in the Valley's real estate market, I've found there are a few key places in your home that, when upgraded, drastically increase a house's market value -- enough to not only recoup your original investment, but to put some extra money in your pocket by the end!

Here are *six upgrades* to consider if you want the most bang for your buck:

## Kitchen

A beautiful kitchen elevates the rest of the home. Renovations can range from upgraded fixtures & backsplash (which can add a modern touch for only a modest fee) to new countertops, appliances & cabinets. Keep upgrades focused on the functional rather than the luxurious to maintain a healthy return on investment. If new cabinets aren't in the budget, having them professionally painted or stained, then adding new, modern hardware is a great, affordable way to update their look.

## Bathrooms

Buyers are always keen on updated bathrooms, so spruce yours up by replacing the outdated vanity, fixtures & lighting. Utilizing a furniture piece for the vanity is a great way to improve a small space without spending a fortune on custom cabinetry. And...play with patterns! Create a unique & affordable design element by adding a patterned tile floor. This helps keep the eye moving, making a small bath appear less cramped.

## Roof

A new roof can be the difference-maker for buyers, as it represents one less chore for them after move in. The National Association of Realtors estimates that a new roof recovers 107% of its costs at resale.



## Air Conditioning

No surprise here -- it's Arizona! A modern energy-efficient HVAC system is a big point in your favor in the eyes of buyers, as it's one feature that's almost impossible to live without. This upgrade isn't as flashy as a new paint job, but it's just as important.

## Windows

Energy-efficient windows will minimize heating and cooling costs, which tells buyers they'll be saving money in the long-run, particularly when those hot, desert summers roll around. Bonus points for improving your home's curb appeal, this upgrade can increase your home value by thousands.

## Curb Appeal

For a fresh perspective on the value of your home, walk across the street, turn around and look at what prospective buyers are seeing. Ask yourself, "Does my house have curb appeal? Does my home look attractive, welcoming & structurally sound at first glance?" Keep things clean and tidy by freshening up the paint, or add a pop of color by painting the front door. Decorative accents like lanterns, colorful pots, and flowers also create a memorable first-look.

**One last tip:** as important as these renovations can be, don't forget the little things either! By staying up on your regular maintenance and keeping the little details accounted for, you won't be overwhelmed by last minute fixes right before you're ready to show. Something as small as a few broken outlet covers or nicks in the drywall (from little Johnny's scooter) can distract a Buyer's eye from the beautifully renovated areas of your home. Like they say, you only have one chance to make a first impression!

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# How to Teach The Value of a Dollar to Your Children

Teaching your children about the value of money is a long process. By starting early in their childhood and continuing through college, you can help them secure a stable financial future and build upon the legacy you are creating today, for future generations to come.

Here are 5 ways to build a strong foundation:

- 1

Teach your child the difference between their “needs” and “wants” and the importance of waiting. This is an imperative concept to understand because good habits are rooted in the ability to delay gratification. Use a commission structure to help convey the concept of earning, saving and then purchasing a toy, so they can conceptualize the time and work necessary to achieve their end goal.
- 2

Include your children in basic financial decisions. Speak to your children when you are shopping so they can understand that “things” cost money. If you explain to them how much their Gogo Squeezes cost, and that you go to work to afford more of the things they enjoy, this will resonate with them. You can even explain how to make tradeoffs. If you had \$20 to spend on their snacks but you showed them the cost of their favorite snacks, they can learn how to prioritize and value what they truly enjoy the most to stretch the \$20.
- 3

Get your kid a piggy bank. Explain the concept of saving and then encourage them to plan on how they will spend their hard saved money. Let them dream big and cheer them on so they can achieve their goals quicker. You might consider matching their contributions which will be a good habit for them to develop as they enter the workforce in their later years.

- 4

Use analogies to explain how compound interest and sacrifice works. Do you want 1 barbie today, or 10 barbies tomorrow? Depending on the age of your child, teaching compound interest could be a tough task, but the idea that a dollar saved today, could be worth \$16, in 40 years could really get them thinking. If this concept got skipped in your childhood education, feel free to reach out for a quick lesson because it’s never too late.
- 5

Introduce philanthropy. Talk to your children about what you are doing to give back. Concentrating on giving is a fun and engaging way to introduce kids to the mathematics behind dollars and cents. These conversations can also act as a cornerstone to humility and sacrifice for longer term good.

While these 5 ideas can prove to be helpful, there is nothing that can replace conversations. Honest discussion around work, sacrifice, humility, discipline and patience are at the core of a good financial foundation. You have heard it thousands of times, “money doesn’t grow on trees,” and by helping your children understand how it does grow, you can be sure to leave your legacy in good hands.

*Athanassios Panagiotakopoulos is an Investment Advisor Representative with Dynamic Wealth Advisors dba Life Managed. All investment advisory services are offered through Dynamic Wealth Advisors.*



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10 NCPG Parent Times

NCPG Parent Times 11





# NCPG Holiday Happenings







## 15 Fun Valentines Day Family Traditions

[www.ahaparenting.com/parenting-tools/traditions/family-valentine-rituals](http://www.ahaparenting.com/parenting-tools/traditions/family-valentine-rituals)

Valentine's Day is one of my favorite holidays, because it celebrates the purpose of life.

No, not chocolate, LOVE!

Parents often ask me how they can find time to deepen their connection with their children, given how busy they are. Because Valentines Day is all about love, it gives you the perfect opportunity to create more love in your family, not only between parent and child, but between siblings.

We all need to be cherished. But despite our good intentions, too often we forget to tell the people we love just how precious they are to us. Valentines Day reminds us to tell all of our loved ones (not only our sweethearts) how glad we are that they're in our lives.

Want some simple ideas to celebrate Valentines Day, when you're too busy, too broke, and maybe even too harried to remember that you really adore these people you live with?

### 1 Rethink Gifts.

Valentines Gifts are NEVER about the item or product. That teaches all the wrong lessons about love. Make this about the heart to heart expressions that build intimacy and connection. That means handmade cards, extra loving time together, or massages, not purchased gifts.

If you must buy a gift, choose it using the GIFT test: does it create more Gratitude, Intimacy, Fondness and Trust between you, or does it just impress? In other words, a bottle of inexpensive champagne, some sandwiches, and an invitation to a massage and picnic supper in bed after the kids are asleep meets this test a lot better than jewelry or candy. Or try one of the gift ideas below -- for adults or kids.

### 2 Alternate gift ideas:

#### A Letter of Appreciation.

The best gift of all is always a simple letter to your loved ones detailing how grateful you are to have them in your life. Be as specific as possible; "The way you let me sleep in the morning while you make the kids breakfast" and "The way you dance with such exuberance" are more satisfying than "You're lovable," because the recipient feels seen and appreciated. Don't worry if it isn't eloquent. Any heartfelt love letter will be cherished by the recipient much more than a store-bought gift. This isn't only for your partner; children feel loved when we notice who they are and what they contribute to us, our family, and the world. Your kids will reread your letters during tough times. They'll save them for the rest of their lives.

#### Homemade Valentines.

Children may pester you to purchase things for them -- how can they not, when they're surrounded by constant buying messages and opportunities? -- but they feel most loved when we spend time WITH them, or doing something FOR them, including making something for them. Why not make Valentines? This can be as simple as 15 minutes with red construction paper, scissors, and magic markers, or as elaborate as a joyful, creative family project for three hours. Need inspiration? There are web sites galore. But I usually stick to the simplest: construction paper hearts with a deeply felt message detailing something you appreciate about the recipient.

#### A gift certificate for a backrub or foot massage every night for a month.

Kids feel loved when we listen to them and give them an opportunity to talk through their daily challenges. Every single day, spend 15 minutes snuggling with each child before bed. Not reading, that's separate. Snuggle time is just chatting, or snuggling companionably. Most kids love a back, hand or foot rub. Darkness helps you connect soul to soul. After the month, you'll realize the gift was really to you, and you won't be willing to give up your new habit.

### 3 Get up a few minutes early so you can enjoy opening each others' Valentines at breakfast.

Be sure to include something heart-shaped or sweet to eat.

### 4 Let your kids know your love is with them all day.

...by tucking little construction paper hearts with love notes into their backpack, lunch, jacket pocket, etc for them to find throughout the day.

### 5 Make the dinner mood festive.

Make the dinner mood festive with a short family dance party before dinner. Don't forget the romantic slow dance for the grown-ups! Finish with a family hug. After the dancing, eat with candles on the table.

*continued >>>*

**4-TO-1**

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**6 At dinner, go around the table and give each person a chance to give an appreciation...**

to every other family member. They don't have to be earth-shaking to strengthen relationships.

"I appreciate Eli for helping me with my homework....I appreciate Mom for spending special time with me at bedtime....I appreciate Dad for always being cheerful....I appreciate myself for getting out of the house on time in the morning."

**7 Find five minutes to spend by yourself giving thanks for those you love.**

One at a time, visualize yourself hugging them, and them beaming back at you. Let the infinite tenderness of your love for them wash over you. Ask for help to let go of anything that gets in the way of being close to this person, who is so precious to you.

(Does the idea of asking for help bother you? It doesn't have to be God, or even the healing spirit of the universe, that you're talking to. It could simply be your own deepest wisdom, which is also the heart of love. The interesting thing about asking for help in this way is that, in my experience, it always works... although not necessarily as we would have expected.)

**8 Spread the love.**

Before Valentines Day, invite your kids' friends to make Valentines. Good music (theirs), delicious snacks (your job) and a digital or instant camera ("Here's a picture of me making your valentine") seem to provide enough cool context for tweens and even younger teens to let themselves enjoy this project. In fact, inviting friends always seems to double the fun, whatever their age.

**9 Keep Valentines from past years and decorate the house...**

with them for the week before and the week after. Each year you'll

ooh and ah over beautiful ones from the past, and the messy, misspelled hearts from the little ones will become priceless evidence of their past adorableness, which even they will treasure as they get older. For the month of February, your house will be papered with love.

**10 Your kids can make very simple Valentines for their class...**

which do so much more to fill kids' cups than the store-bought "fast-food" ones. Just cut out hearts, or run them out of the computer. Your child can color and decorate and elaborate as much or little as he wants. Or take your child's drawing and have it color-xeroxed with red ink, then just write in the names.

**11 Make some extra valentines...**

to pass out as you go through your day. You'll be amazed whose day you'll be moved to brighten: the subway token clerk, the grocer, coworkers, neighbors, a homeless person you pass on the street. And you'll go home with your own heart glowing and a few sizes larger. You might even just want to leave anonymous valentines at each neighbor's door.

**12 Need candy to make the day complete?**

In our house, sweets were never a major part of Valentines day, but my kids certainly came home from school with treats, and we often make cookies if we can find the time. Be aware that teachers say the red dye is worse than the sugar in setting kids off, and scientists confirm that red dye is pretty bad for you. Chocolate, on the other hand, is the perfect food, according to the strictly unscientific research I've conducted.

**13 How about a telephone Valentine chain?**

Call someone dear to your family and pass the phone around to take turns telling this person you love them. Then ask that person to "Pass it forward" by calling someone they love, asking that person to call another, etc.

**14 Sound surround yourself with love.**

This is the day for your Love Song playlist. Or let your kids create a new one. Skip the heartbroken ones and go straight for celebration, all day long!

**15 Love in Practice.**

If you'd like your kids to take pride in making the world a better place, Valentines Day is a great opportunity to make love tangible in the world by taking valentines goodies or homemade valentines to a nursing home, hospital, or soup kitchen.

As four wise philosophers once said, "In the end, the love you take is equal to the love you make."

However you decide to celebrate, I hope February 14 brings more love into your life. Happy Valentines Day!



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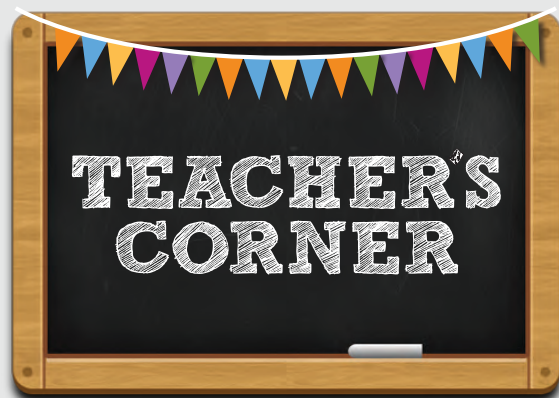
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**Happy Valentine's Day to all the NCPG mommies!**

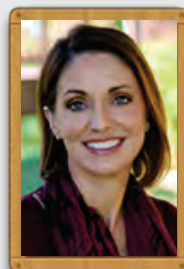




Jemelle



Kristin



Lesley

## How do you suggest to deal with different parenting styles among friends at play dates, sleepovers, and so on?

### Jemeille Ackourey

If emotional, psychological or physical safety is an issue than there is only one answer, your child does not participate. Just about anything, other than safety, is a wonderful way to teach children that life is filled with rules and expectations and they can be different depending on the environment. Let children know what your rules and expectations are when in your home and under your watch. Let your child know what rules and expectations are portable and must travel with them wherever they go — no exceptions!

Many things you can be flexible with — “I know that when you are at Marie’s house bedtime is 9pm. That is their house rule. It works for them. When you are here at our house bedtime is 8:30. This is what works best for us.”

Your child might notice differences in parenting styles, as well as personalities. Remind your child that people are different and manage their homes in ways that work for them. Help your child not to judge but rather reflect on her own feelings- “How does that leave you feeling when Marie’s Mom is raising her voice at your friend?” Acknowledge her feeling. This is a perfect way to determine if your child benefits from engaging in the playdate or sleepover. Explore with your child ways to manage herself and to set boundaries when in uncomfortable situations.

### Lesley Isaak

We can’t change anyone else’s parenting style, but we can prepare our own children on what our expectations are for them — whether they are at our home or someone else’s. If the parenting style is very different than yours and makes you uncomfortable, you have the option to say something or to not send your child to that home without you present. I think it’s important to try and not be too judgmental of others, we don’t know their experience that got them to the thinking they have today. That said, we also have to do what we feel is best (safest) for our children at all times.

### Kristin Klecka

This is very difficult and can make or break a friendship. I find that making things about me is the best way to handle it. I kind of come from the standpoint, it’s not you, it’s me. This seems to make them feel less judged, and we usually find humor when discussing the issue rather than frustration!

# Birth Announcements

Help us welcome these new additions to our NCPG family!



## Kai Zane Leadon

Born to Abby & Kory Leadon

11.13.20 — 12:02pm  
7lbs 7oz, 21 inches



## Luna Evelyn Jeffers

Born to Danielle Jeffers

11.9.2020  
8lbs 10z, 20 inches

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# Recipe: Banana Bread Overnight Oats

<https://www.superhealthykids.com/recipes/banana-bread-overnight-oats/>

## Nutrition

Serving: 1g | Calories: 461kcal  
Carbohydrates: 66g | Protein: 21g  
Fat: 15g | Saturated Fat: 4g  
Cholesterol: 14mg | Sodium: 59mg  
Fiber: 12g | Sugar: 18g

## Ingredients

- 1 1/2 medium banana
- 2/3 cup oats, dry
- 1/2 cup Greek yogurt, plain
- 1 1/2 tablespoon chia seeds
- 2/3 cup milk
- 1/2 teaspoon cinnamon
- 2 tablespoon pecans, chopped

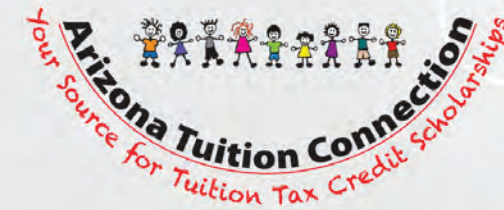
## Instructions

1. Mash 1 banana with a fork in a large bowl. Add the oats, yogurt, chia seeds, milk, and cinnamon. Stir well.
2. Pour mixture into two half-pint (1-cup) canning jars. Cover and refrigerate overnight.
3. Cut half of a banana into slices and top each jar with some of the banana slices and 1 tablespoon of chopped pecans. Enjoy!



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# CRAFT: “YOU MAKE MY HEART FLUTTER” BUTTERFLIES

By Angela Thayer, <https://teachingmama.org/make-heart-flutter-valentine-craft/>



I love handprint crafts. They are always so cute and they capture the size of my children’s hands, which are growing so quickly! Today I’m sharing with you a fun Valentine’s craft with the “You Make My Heart Flutter” phrase on it.

Here’s what you need for the craft:

- paint
- construction paper
- googly eyes
- pipe cleaners
- glue
- marker

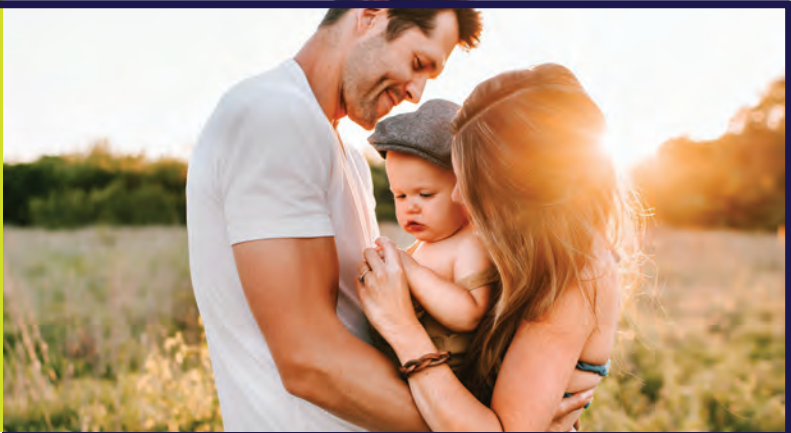
Before doing the activity, cut two large hearts and one small heart out of construction paper. Also cut out a long oval for the butterfly’s body. Cut the pipe cleaners to 3 inches and curl the ends.

Dip your child’s hand into washable paint and stamp it onto both hearts. (I recommend placing a bowl of water next to you so your child can wash his hands right away.) Let the paint dry.

After it’s dry, attach the two hearts to the back of the body. (If you can, use a hot glue gun. I found that Elmer’s glue made the marker bleed through the paper.) Then write the words “You make my heart flutter” on the body. Glue on the googly eyes, pipe cleaners, and draw a smile.

You can do it in any color. My toddler (2.5 years old) loved making his handprints on the heart wings.

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