

# Parent Times

March 2021





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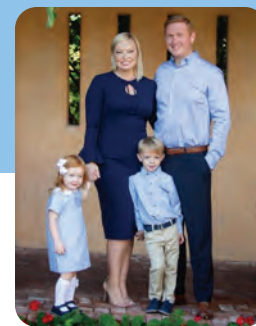
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## President's Corner

**To the entire North Central Parenting Group community:**

Spring is here — which means lots of fun family-friendly activities! Embrace this beautiful time of year to get outside with your friends and family and maybe to even plan a “socially distanced” playdate or two with your classmates!

Now that March has arrived, we're ready to announce voting for our new 2021-2022 Board of Directors. We are so excited about the amazing Slate of Directors we are presenting to our members this year! The Slate includes a wonderful group of members that have volunteered their time to help NCPG run smoothly and within budget, provide great instructors with relevant content to educate our members, curate fun events to allow our members to come together and create new friendships, foster strong partnerships in our community that benefit our members, and most importantly, help represent the voices of their fellow members.

**Please take time to VOTE on the Slate this week — the link will be emailed out shortly!**

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 resume in-person meetings by the fall.

*“The comeback is always stronger than the setback.”*

— author unknown

Additionally, please be reassured that your Board of Directors continues to work diligently to brainstorm new and creative ways for us all to connect and encourage community (amongst our members) during this extraordinary time. We have redirected a total of \$500 per class (\$250 per semester) from our social budget to support virtual or socially distanced gatherings of your choosing!

Also, our special events directors have also planned a few fun, alternative events for us all to engage. Please **‘Save the Date’ for a Virtual Couples Comedy Night on Saturday, March 13 at 8pm** (pour a glass of wine and join with your spouse) and our **Spring All-Class Zoo Day at the Phoenix Zoo** (bring your family and receive a goodie bag and raffle ticket plus free entry) **on Sunday, April 18!** More details to come!

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 continued health and happiness in 2021!

xo,

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

ncpg

north central parenting group



## 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**. 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, neill@foxnoggin.com

**Front Cover** – Beau Dupuy

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.





## Member to Meet Trisha Pfeiffer

**Class:** Pre-K/Jr. Kindergarten

**Children & Ages:** Ronan 5.5, Declan 3, and Capri Due March 2021

**Spouse's name:** Jeremy Pfeiffer

**How did you meet your spouse/partner:** Jeremy and I met when we were 15 years old in the back of a good friends pick up truck! I knew that night that he was my person!!

**Years married/together:** Married for 12 amazing years and have been together for almost 22 years

**Spouse/partner's favorite date night spot:** 100% Vecina! The best food ever!

**Career or previous career:** I am the owner of The Nanny Joynt! We specialize in full time long term nanny and household staffing.

**5 words to describe you:** Compassionate, sensitive, loving, loyal, and indecisive.

**Favorite family vacation spot?** Virgin Islands or anywhere tropical!

**Favorite family spot to dine in town?** Grassroots

**Do you have a hidden talent?** I was a competitive dancer all my life and danced professionally for several years during college.

**Favorite date spot or activity when you are child-free?** When we are child free we love booking our favorite massage therapist to come do in-home messages :)

**Favorite children's book to read?**

*I Love You Stinky Face*

**Favorite adult book to read?**

Who has time to read ha!

**Where were you born and raised?** I was born and raised right here in Phoenix, AZ

**What do you miss most about being a kid?**

Being 100% carefree! Not a stress in the world!

**When you have 30 minutes of free time what do you do?** Chat on the phone with one of my girlfriends.

**What's your favorite thing to do with your child/children?** I love traveling with my children. Witnessing them experiences a new culture or place is my favorite!

**Most meaningful moment as a parent?** There are so many.. I would say when my boys make a good choice on their own or do something generous/kind for someone else or one another. Raising good hearted humans is so important to us.

**What is your favorite family tradition?** During Christmas time we have an "Experiences Advent Calendar" Each day has something fun to do together as a family. My boys wake up so excited to see what is in store for each day.

**Best parenting advice given to you?** Even when the days feel long be sure to enjoy each minute with your children. Be intentional with your time with them because it goes all too fast.

**How do you balance meeting your children's needs as well as your own?** My NANNY haha! She is a godsend and allows me to be a better mom!

**If you could give your pre-baby self advice, what would it be?** Travel more now before you have children!

**Who introduced you to NCPG and for how many years have you been a part of the group?** Christy R. reached out to me to see if I would be interested in a sponsorship. When I learned more about the group I just knew I wanted to be a part of it!

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*-Kate, current preschool parent*

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# Concerned Your Child has a Learning Disorder?

## Phoenix Children's Dr. Kauffman Outlines What You Can Do

As a child, Dr. Kauffman did not have an easy start in school. In first grade, Dr. Kauffman's teacher was convinced she should be held back or moved to special education. She had difficulties reading and was falling behind in class. Many times, Dr. Kauffman dealt with the problem by faking illnesses and escaping to the school nurse's office. It was an age-appropriate response to the struggles she was having, but it did little to improve her situation and only reinforced her teacher's opinion that she was not ready for first grade.

Dr. Kauffman's parents, on the other hand, weren't convinced that she needed to repeat a grade or transfer to a different program. They knew there was something else going on, and they were determined to get to the bottom of it. After much investigating, they figured out the issue: She was dyslexic, and her problematic behavior was the result of her own frustration and worry.

Knowing the diagnosis made all the difference. Yes, Dr. Kauffman was eligible for educational support services, but she also discovered that she was capable of high achievements in math and science with hard work and support from her family.

It was hard work then, and it continues to be hard work for her now. But the obstacles Dr. Kauffman faced in life led her to the career she loves today: being Dr. Kauffman, pediatrician at Phoenix Children's Pediatrics – Scottsdale.

*Photo by krakenimages on Unsplash.*

She knew from a young age that she wanted to be a doctor and that she was in a unique position to help other children with special needs. Today, this is a huge part of her work and an area she's passionate about.

We recently reached out to Dr. Kauffman to gain insights on what families with children struggling with learning disorders can do — including understanding their rights under the law and accessing services their children need and deserve — to help their children lead rich, full lives.

### Q: What is a learning disorder?

Dr. Kauffman: Learning disorders include a wide range of specific learning challenges that impair an individual's ability to achieve an expected level of academic performance. This can include challenges with understanding or using spoken or written language. It may look like a limited ability to listen, think, speak, read, write, spell or complete mathematical calculations. Learning disorders do not include problems that result from visual, hearing, motor or developmental disabilities, emotional disturbance or environmental, cultural or economic disadvantage.

### Q: How common are learning disorders?

Dr. Kauffman: Very common. Medical literature estimates that 9-20% of school-aged children have a reading disability and 6% have a math disability.

### Q: When should a parent be concerned about a child?

Dr. Kauffman: Parents know their children best and often have a gut feeling when something is wrong. A learning disorder may be present if your child:

- Shows age-appropriate achievement in most developmental areas but lags behind in specific skills
- Struggles to identify letters versus pictures or numbers; has a hard time with letter names and letter sounds; has difficulty rhyming, separating and blending sounds within words; or has trouble understanding phonics
- Has challenges writing their own name, understanding the spatial aspects of writing or spelling simple words







- Struggles with the names of written numbers (like “four” or “fifteen”); doesn’t understand concepts such as less than, more than or equal to; has trouble adding and subtracting numbers; does not grasp the meaning of math symbols (like + or =)

### Q: What should a parent do if he or she suspects a child has a learning disorder?

Dr. Kauffman: First, speak with the child’s teacher about appropriate academic milestones for the grade level. For example, a child in second grade should be able to write letters, whereas a student in fourth grade should be able to master two-digit multiplication. Understanding these benchmarks will give a parent a sense right away if a child is on track.

Second, look at the schoolwork the child completes without any help from parents, older siblings or classmates. Make note of the comments the teacher provides. If a child continues to receive the same comments and seems to be making

minimal or no improvement, this is a red flag.

A silver lining of the COVID-19 pandemic has been the opportunity for parents to work much more closely with children on schoolwork. If a child is continuing to learn online, take note of any areas that provide considerable difficulty.

Finally — and most importantly — stay in regular contact with the child’s teacher. Parents and teachers can make a much bigger difference when working together to help a child succeed.

### Q: How does a parent arrange for a child to be tested for a learning disorder?

Dr. Kauffman: Before a child can receive special education and related services for the first time, a full evaluation must be conducted to determine if a disability is present. Parents have the right to request this evaluation at any time. Our nation’s special education law, the Individuals with Disabilities Educa-

tion Act (IDEA), requires schools to perform a full and individual initial assessment within 45 days of receiving a request. The law also states that parents are not required to furnish medical verifications or any other documentation in order to proceed with testing. For children enrolled in private school, parents can arrange for testing at a nearby public school.

### Q: What does testing include?

Dr. Kauffman: Testing may include an IQ test and/or grade-level assessments in reading, writing, math and all other areas of learning. The purpose of the test is to determine if a child has a disability (as defined by IDEA), to gather insights that will help inform the child’s educational needs and to guide decision making about educational programming and support services now and in the future.

### Q: What happens if a child is diagnosed with a learning disorder?

Dr. Kauffman: Once testing is complete, parents will sit down with the diagnostician and child’s teacher to discuss next steps, including development of an Individual Education Plan (IEP). IDEA requires that the IEP plan contain measurable annual goals designed to “meet the child’s needs that result from the child’s disability, to enable the child to be involved in and make progress in the general education curriculum, and meet each of the child’s other educational needs that result from the child’s disability.”

### Q: How does an IEP work if a child is learning from home?

Dr. Kauffman: Many students continue to learn online amid the pandemic. While this presents some challenges, IEPs have been modified to accommodate virtual learning. Kids should receive the same services via online education. If a child is not receiving services, parents should contact the child’s teacher, principal or school district’s special education department.

### Q: Is it too late to intervene for children who have struggled with a learning disorder for many years?

Dr. Kauffman: Absolutely not! It is never too late to seek help. A parent’s advocacy for a child is the single most important factor in accessing services and support that will make a difference in the immediate future and over the long haul. Learning disorder symptoms tend to persist throughout adulthood. They never really go away. Services and support

help children learn how to overcome the challenges they pose (and often become stronger, harder-working and more resilient as a result).

Even if it seems impossible right now, all kinds of possibilities are within a child’s reach, from academic achievement and improved self-esteem to educational and employment opportunities in the future. Who knows where I would be if my parents hadn’t fought for me? Today — in spite of incredible challenges in school — I have fought my way to a career I love and the opportunity to help children whose potential is just waiting to be unlocked.

### About Alexandra G. Kauffman, MD

Dr. Alexandra Kauffman is a general pediatrician providing a wide range of patient care and is currently accepting new patients at Phoenix Children’s Pediatrics – Scottsdale. She earned her medical degree at University of Arizona College of Medicine and completed her residency at Phoenix Children’s. In addition to comprehensive pediatric care services, she has a special interest in caring for children with complex medical conditions. For more information, visit <https://www.phoenixchildrens.org/find-a-doctor/alexandra-g-kauffman-md>.

### PUT YOUR KIDS IN THE BEST HANDS with Dr. Ali Kauffman

Join us in welcoming Dr. Ali Kauffman to Phoenix Children’s Pediatrics – Scottsdale. A highly experienced pediatrician, Dr. Kauffman enjoys building long-term relationships with her patients and their families as she provides the best primary care possible. Her playful approach immediately puts the most concerned visitor at ease and makes going to the doctor, dare we say, fun!



Get to know Dr. Kauffman by calling **602-933-5730** to schedule a “meet the provider” session or appointment.

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# 2020-2021 Calendar

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

## Class Schedule

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

## Class Dates

April 7th \*\*  
April 21st  
May 5th \*\*

\*\* Parent Times magazine distributed.

## Board Meeting Schedule

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!

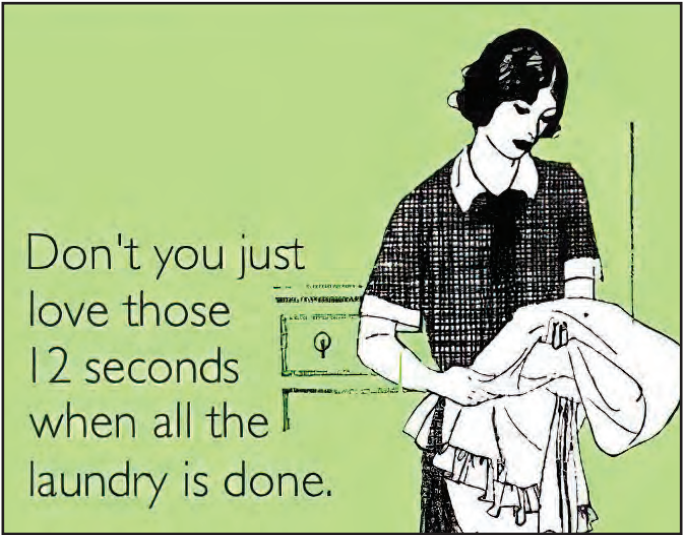
## Childcare



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.



## SPECIAL EVENT

### NCPG COUPLES NIGHT March 13, 2021, 8-9 pm

*"Your show is hilarious!  
I never stopped laughing!"*  
- Robin Williams

MARK CORDES  
IS  
**THE SPOUSE WHISPERER**

Please join NCPG to watch Mark Cordes via Zoom. Known for his comedy act "The Spouse Whisperer," he is sure to entertain you and your spouse!

**CLICK HERE to ZOOM!\***

Meeting ID: 384 140 9028 Passcode: NCPG

\*Zoom URL: <https://zoom.us/j/3841409028?pwd=Q0ZlR0t0M0U0R2J6eGJvS3RJKzBGZz09>

## SAVE THE DATE

### FUN DAY @ THE ZOO



Sunday, April 18th  
8am - 5pm



**PHOENIX ZOO**  
455 N. Galvin Pkwy.  
Phoenix, AZ 85008



### IT'S BEEN A WILD YEAR!

So, we're inviting all NCPG Members (Moms, Dads + Kiddos) to a special (socially-distanced) day at the Phoenix Zoo in lieu of our Spring Festival!



Follow the NCPG signs to pick up your gift bag at the front curb between 8am - 10am!





# Combating an Epidemic of Loneliness

WAYS TO SEEK SUPPORT WHILE SOCIAL DISTANCING.

By Emily Sohn, NY Times. Dec. 18, 2020

Humans can survive three minutes without air, three days without water, three weeks without food and — according to survival lore — three months without companionship. Whether true or not, what’s clear is that people need people. And pandemics, many of us are learning, can be lonely times.

After months of lockdowns and shelter-in-place orders, some experts worry about a rise in the number of people feeling alone, especially young people and older adults. But resilience is also widespread, and studying loneliness can reveal a variety of ways to combat it.

“In light of the pandemic, there are ways that we can increase that sense of connection or reduce feelings of loneliness in ways that we may be able to do safely at a distance,” said Julianne Holt-Lunstad, a professor of psychology and neuroscience at Brigham Young University. “One of the things that research has shown is that social support is incredibly helpful in times of stress.”

## LONELINESS IS MORE THAN BEING ALONE.

Loneliness is a complicated emotion. You can feel lonely in a crowded room or feel content in solitude. And people vary widely in how much human connection they need, Dr. Holt-Lunstad said. A useful way to think about loneliness, she said, is as the difference between how much social connection people want and how much they are getting.

It’s a subjective feeling, but researchers have begun to find signals in the brain that put the need for social interaction on par with the need to eat. In a study published in November, scientists deprived participants of contact with other people and then scanned their brains. After just 10 hours of isolation in a lab — where they could read or draw but had no access to their phones or computers — people reported feeling lonely and craving social interaction. When they then looked at pictures of people engaged

in social activities, scans showed midbrain activation identical to that of people who looked at pictures of food after 10 hours of fasting.

“It was surprisingly consistent across people,” said Livia Tomova, a cognitive neuroscientist at the University of Cambridge in Britain, and co-author of the study. “Social interaction is not just something that’s kind of fun or comforting. It’s something that we really need in order to function.”

Without that social connection, people often become depressed, which further feeds feelings of loneliness. Chronic loneliness is also linked to higher rates of heart disease, Alzheimer’s disease, suicide and even death.



Photo by Katy Anne on Unsplash

## FIND A FRIEND.

If loneliness is interfering with your ability to function, or if you’re thinking about self-harm, seek professional help. The National Suicide Prevention Lifeline offers free and confidential support at 1-800-273-8255, and many therapists are offering virtual appointments. For milder forms of loneliness, decades of research suggest a number of strategies to ease the toll of pandemic lockdowns.

The most obvious is seeking support from friends. Across a number of studies, people with strong social relationships had a higher likelihood of living longer than people with weaker connections. Just knowing that people are there for them, Dr. Holt-Lunstad said, leads to a reduction in stress. In one small study, subjects could complete a stressful task (giving a speech that they were told was being recorded and judged) while maintaining lower heart rate and blood pressure by

simply thinking about a good friend instead of a casual acquaintance.

In a time of social distancing, this might mean calling, texting to check in, dropping off a gift or driving by and waving. “By providing support to others, it can provide a sense of meaning and purpose,” Dr. Holt-Lunstad said. “It can strengthen social bonds, and in turn lead to less loneliness.”

When seeking out connections, focus on your most unconditionally supportive friends and family. Some research shows that people feel more stressed and disconnected when their friendship networks include people who have betrayed them, weren’t there for them during tough times, frequently argue with them or otherwise cause negative feelings. A call with a close friend, in other words, will probably help more than a college reunion over Zoom.

“Simply increasing social contact is not sufficient,” said Bert Uchino, a professor of psychology at the University of Utah in Salt Lake City. “You need to increase contact in the relationships that are important and very positive to you. I think those are relationships that will get people through.”

## HELP A STRANGER.

This might also be a good time to help out your neighbors. Using the neighborhood social app NextDoor to randomly assign people to perform small acts of kindness — like delivering groceries, chatting over a fence or participating in a neighborhood cleanup event — Dr. Holt-Lunstad and her colleagues found that loneliness rates dropped from 10 percent of people to 5 percent in people who did the kind acts.



Photo by bewakoof.com on Unsplash



Research suggests you don't even need to know the people you're helping. Just donating money to a good cause might help, Dr. Uchino said. In a series of experiments, researchers found that people who gave money to others were happier than if they spent it on themselves.

But if you're overwhelmed by giving, it can become detrimental. Instead, try hobbies like cooking, gardening, writing in a journal or even listening to music. Creative arts can reduce loneliness, too, and while singing in person in a choir might not be possible right now, singing from balconies or through virtual groups can be powerful.



Photo by Priscilla Du Preez on Unsplash

**REACH OUT IN REAL LIFE.**

Loneliness can strike at any age, but young people may bear the brunt of canceled activities and lost social time. An estimated 73 percent of Generation Z adults reported feeling lonely in a survey released by the American Psychological Association in October.

Although group video calls and social media conversations have taken over many people's lives during the pandemic, we still don't know how virtual communication affects loneliness. A 2012 study found that phone or in-person conversations between mothers and daughters led to hormonal changes that reduced stress, while text messages did not. And heavy social media use has been linked with higher rates of loneliness. For young people, who were already used to digital forms of communication like texting, it may turn out to be an adequate substitute for in-person interaction. And some types of social media use can help people feel more connected, added Dr. Tomova, who is working to figure out what most satisfies our hunger for

social interaction and why. "It's not clear yet," she said. "We don't know a lot of things."

For now, many people are waiting out the tough reality of a unique situation, including Henry, 96, a resident of Grand Oaks Assisted Living Community in Washington. Initially he was doing well while waiting out the pandemic. Then, over the summer, his closest friend died from non-Covid-19 causes.

Now Henry, who didn't want his last name published because of the nature of his career in government, feels isolated and alone. His closest relatives and friends live in England and in other parts of the United States, and the pandemic has kept them from visiting him. Even if they could, they would have to talk to him through a window overlooking the courtyard.

For social interaction, he depends on phone calls and visits to the street, where he can interact with strangers walking by. "I wish I could have closer contact with some people," he said. "The isolation is inevitable, so you have to adjust to it. That's what I'm doing."

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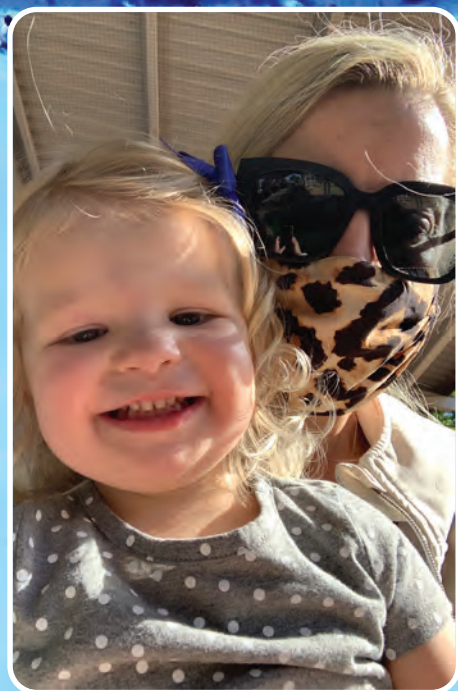
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# FESTIVE FAMILY FOTOS WINTER/SPRING 2021





# 10 Fun and Free Educational Websites for Kids

By Apryl Duncan.

Your children can learn something new today in a safe online environment. These free educational websites for kids are fun while offering online learning games, printables, videos, and more.



## 1. Sesame Street

Younger children will love everything about Sesame Street's online home. They can watch hundreds of the show's video clips and play games that help them learn letters, animal sounds, rhymes, colors, and more: [sesamestreet.org](http://sesamestreet.org)



## 2. Scholastic

Scholastic is one of the more unique educational websites for kids. This site, from the publishers of the educational magazines you find in schools, contains activities organized by grade level. Kids

from pre-K all the way up to high school can find learning activities geared toward them:

[learnathome.scholastic.com/thanks.html](http://learnathome.scholastic.com/thanks.html)



## 3. PBS Kids

Each of the educational shows your children watch on PBS has its own section on PB-SKids.org. Find sing-a-long songs, sorting and counting games, bonus videos, and more: [pbskids.org](http://pbskids.org)



## 4. CoolMath

CoolMath.com calls itself "an amusement park of math and more." Children can play online math games that help them with addition, subtraction, multiplication,

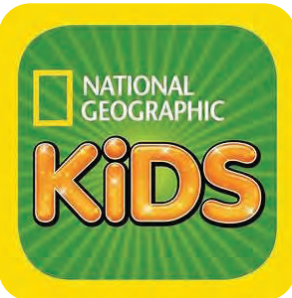
division, decimals, money and more. CoolMath is geared toward ages 13 and up, but sister site CoolMath4Kids.com is appropriate for ages 3 through 12. CoolMath Games offers "brain training" games for all ages: [coolmath.com](http://coolmath.com)



## 5. TIME for Kids

From the publishers of TIME magazine, TIMEforKids.com is loaded with fascinating articles, photos, and videos, covering politics, the environment, entertainment, sports, health, and more. TIME for

Kids isn't as interactive as most of the other sites on this list, but it tackles subjects that are in the news in a kid-friendly way: [timeforkids.com](http://timeforkids.com)



## 6. National Geographic Kids

Watch animal web cams, learn interesting animal facts, see and share photos of nature, learn about different countries, try science experiments, and much more! There's also a "Little Kids"

section for the younger explorers in your home: [kids.nationalgeographic.com](http://kids.nationalgeographic.com)



## 7. How Stuff Works

When your child wants to know why the sky is blue, how a tornado forms, or who invented the Chia Pet, head on over to How Stuff Works. The articles answer questions about cars, culture, entertainment, science, money, technology, and more. Games, quizzes, and videos round out the learning experience: [howstuffworks.com](http://howstuffworks.com)

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### 8. Starfall

Starfall.com has been online since 2002. It's ad-free and offers learning games and activities for kids in pre-K through grade 3, covering math, reading, writing, and music, plus seasonal options: [starfall.com](http://starfall.com)



### 9. The KIDZ Page

TheKidzPage.com has more than 5,000 pages of learning games and activities. Online coloring pages, jigsaw puzzles and word games are just a few categories on this massive

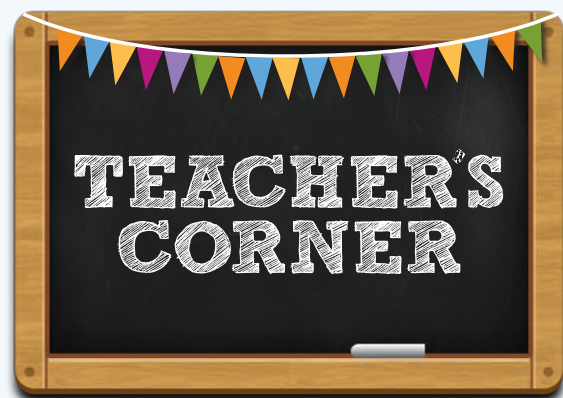
site. Each holiday has its own section of activities and games to enjoy with your children: [thekidzpage.com](http://thekidzpage.com)



### 10. Fun Brain

One visit to Fun Brain and you'll want to bookmark it for your kids. Math, reading, online books, and learning games are just some of the site's many treats. Fun Brain caters to

preschoolers through 8th graders: [funbrain.com](http://funbrain.com)



Kristin



Chelsea



Michelle

## What do you do when you start to feel overwhelmed?

### Kristin Klecka, Class 2B

Breathe and ask for help. I am TERRIBLE at admitting that I can't do it all and therefore asking for help is not the easiest for me. However, a while back I found myself getting more and more irritable with my family because I was trying to take it all on. Then I read a book on Helicopter Parenting and realized I shouldn't be doing for my kids what they can do for themselves. Now, I ask for help with everything. They are happy to contribute and I am less stressed.

### Chelsea Kunde, Class 3A

Cry :) No really, sometimes I find it helpful to take a long shower and let a good cry out. In privacy. Judgement free zone. Then I like to get organized. If I can take on things in smaller chunks this helps me. I like to write out my lists, check them off, and take breaks in between to work on my own calm down skills.

### Michelle Cox, Elementary and Middle School

I love to break tasks and even time into small steps and increments. My only focus becomes making it through the next step or time block. I give myself permission to take breaks as needed.

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# Recipe: 15 Minute Garlic Butter Chicken with Parmesan Cauliflower Rice

By Christina Cherrier: [www.eatwell101.com](http://www.eatwell101.com)

**SERVES: 4 PREP TIME: 10 MIN COOK TIME: 20 MIN**

This chicken parmesan with cauliflower rice is crispy, soft and SO delish – The ultimate gluten-free / low carb dinner.

## Ingredients

- 2 large boneless and skinless chicken breasts, halved horizontally to make 4
- 1/2 cup fresh Parmesan, finely grated
- Salt and fresh cracked black pepper
- 2 large cloves garlic, grated
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 4 tablespoons unsalted butter, divided
- 1 head cauliflower, riced
- 1/2 cup white onion, chopped
- 2 large cloves garlic, minced
- 2 tablespoons vegetable stock
- Juice of one lemon (+ zest, if you like)
- Red chili pepper flakes, optional
- 1/4 cup fresh parsley, chopped

## Instructions

### THE CHICKEN

1. To make this parmesan chicken recipe: In a shallow plate, combine parmesan cheese, grated garlic, paprika, and Italian seasoning. Season the chicken breasts with salt and pepper; dredge in the parmesan mixture; shake off excess and set aside.
2. In a large non-stick skillet melt 2 tablespoons of butter over medium-high heat. Cook chicken cutlets until golden on each side and cooked through – about 3-4 minutes for each side, depending on the thickness of your chicken cutlets. Transfer to a plate.

### THE CAULIFLOWER RICE

1. In the same pan, melt 2 tablespoons of butter. Fry the garlic and onion for minute until fragrant — be careful not to burn.
2. Add the riced cauliflower to the skillet and stir to mix everything together well and coat in melted butter. Cook, stirring regularly for 1 minute.
3. Stir in the 2 tablespoons vegetable stock, about half the parsley, and lemon zest (if using). Cook the cauliflower rice for one minute to reduce juices then add the lemon juice and a few sprinkles of leftover parmesan cheese, if you like.
4. Adjust seasoning as needed. Stir in the remaining parsley. Return chicken breasts over cauliflower rice and reheat quickly. Serve your parmesan chicken with fresh cracked black pepper, red chili pepper flakes, and more parmesan.

**NOTE:** Make sure to use a non-stick pan otherwise the parmesan might stick.

**FOR MORE TIPS:** [www.eatwell101.com/garlic-butter-chicken-with-parmesan-cauliflower-rice](http://www.eatwell101.com/garlic-butter-chicken-with-parmesan-cauliflower-rice)



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# CRAFT: EGG CARTON FLORAL WREATH

By Sarah Lipoff, [www.parents.com/fun/arts-crafts/kid/creative-egg-carton-crafts/](http://www.parents.com/fun/arts-crafts/kid/creative-egg-carton-crafts/)

No matter the season, your kids can create a special wreath to greet guests at the front door.

## WHAT YOU'LL NEED

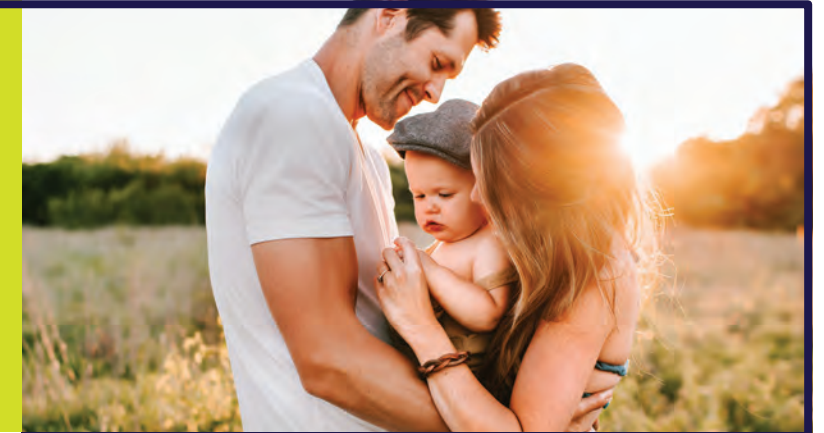
- 2 egg cartons; scissors
- 8-color set of watercolor paints
- paintbrushes
- small container
- scrap paper
- paper plate
- glue
- Length of ribbon or wreath hanger



## MAKE IT

1. Cut off the two top halves of each egg carton, leaving just the bottoms. Save one top for later. Separate each of the 24 egg cups from the cartons; use scissors to trim and smooth the edges. Pick a color scheme for the wreath that correlates with the season (pastel colors for spring; foliage colors for fall; red and green for an egg carton Christmas craft).
2. Fill the small container with water. Place the cups on the scrap paper and paint the inside and outside with the watercolor paints, diluting the paints in water when necessary. Next, paint the inside of the egg carton top with big dabs of the same colors used to create the egg cup flowers.
3. While the egg cups and the lid are drying, cut away the inner circle of the paper plate, leaving the outer rim, which will be the base of your wreath. Paint the base one solid color and set aside to dry.
4. Once the cups are dry, use scissors to cut three to four evenly spaced vertical slits down the sides. Start at the outside edge of the cup and cut downward, but don't cut through the bottom of each cup. These slits form separate petals that can be gently flattened out like individual flowers.
5. Arrange each flower along the paper plate rim and then hot-glue each cup onto the plate until it is covered. Then, cut 24 small circles from the painted carton lid and glue each one to the centers of each flower cup. Loop a length of ribbon through the center of the wreath and secure it with a knot, or use a metal wreath hook to hang the finished wreath on the front door.

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