

Parent Times

March 2020





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President's Corner

Spring is almost here...

which means lots of fun family-friendly activities from Spring Training games to Spring Break getaways! Embrace this beautiful time of year to get outside with your friends and family and maybe to even plan a playdate or two with your classmates!

Now that March has arrived, we're ready to announce voting for our new **2020-2021 Board of Directors**. We are so excited about the amazing Slate of Directors we are presenting to our members today! 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 TODAY!**

I hope to see everyone **THIS SATURDAY NIGHT** for our **Annual Gala and Auction "Glitz and Glam"** held at Arizona Country Club at 7pm! This is such a fun event with music, dancing, dinner and drinks and an AMAZING Silent Auction. If you haven't done so already, buy your tickets TODAY! The Gala will also have great raffle prizes with tickets available at the door for a chance to win jewelry generously donated by Schmitt Jewelers, packs of Disneyland Tickets, a 2020-2021 NCPG Membership and more!

As always, please reach out to me or any Board member if you are interested in getting involved with any committees. We sincerely appreciate your continued support and welcome your feedback throughout the year as we strive to make this our best year yet! I am here as a resource and would love to hear from you.

Lastly, be sure to 'Save the Date' for our **Spring Festival** at All Saints Episcopal Day School on **Saturday, April 4 from 10am - 12pm** and our next class on **Wednesday, April 8**. Until then, I wish you and yours a very fun and safe March!

xo,

Megan Anderson Garvey
NCPG Board President
president@ncpgaz.org

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

ncpg

north central parenting group



2019-2020 Board of Directors

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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**

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 – Kate Reading

Photographer – Jennifer Bowen



Member to Meet

Kristy Bidwill

Class: 3A **Child:** Morgan, age 5

How did you meet your spouse/partner: Tim and I met on a track nearly 19 years ago. We both had hired the same running coach to train us for marathons. However, it took 10 years before we started dating. We were married in February 2013.

Career or previous career: Often times I think my career as a partner of a national architecture, engineering and planning firm was much simpler than my current role. I traded in my business suit in for a multi-attire career as a full-time mom running a part-time business as an executive coach, speaker and author. As a mom I stay actively involved in our son's school by serving on the school board.

5 words to describe you: Passionate, Driven, Committed, Energetic, Optimistic

Favorite family vacation spot: I enjoy a good beach – Carmel, Del Mar, Hamptons, Hawaii...the list is endless. Our family lake house is my exception for a rocky shoreline.

Favorite family spot to dine in town: Our country club, Chelsea's Kitchen and the all of the Collin's restaurants

Where were you born and raised: Wichita, Kansas. I moved to Manhattan, Kansas for college and to Arizona two days after college graduation.

What do you miss most about being a kid?
Reacting with complete authenticity, never giving a second thought to how my choice will be perceived.

What's your favorite thing to do with your child/children?
The two extremes: sports and snuggle

Most meaningful moment as a parent? Hearing our son's contagious laugh, watching him show kindness and compassion to others, seeing him display good manners without being prompted.

Most "OMG did that really happen" moment as a parent? The time Morgan fell just walking across the carpet in KidStop, landed perfectly on the tail wing of a space shuttle toy that stuck deep into his forearm. Next thing I know, we are waiting for Phoenix Children's Hospital Urgent Care to open. (Luckily they are next door to either other.) He still has a little scar from where they glued his arm shut.

How do you balance meeting your children's needs as well as your own? My alarm goes off at 4 am every morning so I can workout before anyone else is awake. It is my only true "me" time all day. I hold it sacred. Let's be honest, there are not many distractions at this hour.

If you could give your pre-baby self advice, what would it be?
Enjoy every stage, as it is the only.

Who introduced you to NCPG and for how many years have you been a part of the group? Andrea Tyler Evans, friend who had been a member years ago. Since I was a more mature, in age, new mom, she thought it would be a good way for me to meet moms with young kids. 5 years

Best thing learned in NCPG? Mama needs a support system. Kids are constantly evolving and you never know what is coming next. Some of the best things I've learned are things I didn't even know to ask.



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By Arizona Tuition Connection

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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
<i>*Teachers will start promptly at 9:45!</i>	
11:45 am	Nursery closes
11:30 am - 1:15 pm	Pre-Infant & Pre-Teen Class

Class Dates

March 4th **	April 22nd
April 8th **	May 6th **

**Parent Times magazine distributed.

Board Meeting Schedule

April 6th
May 4th

Saint Barnabas on the Desert Episcopal Church

6715 N. Mockingbird Lane
Paradise Valley, AZ 85253



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 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:

GALA GLITZ!

Send us your high-resolution photos of your pre party and Gala fun

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.



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)

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



Our nursery is a "nut free zone" so please be mindful when you pack snacks for your little ones.

For more information on our childcare please review on our website at www.ncpgaz.org/childcare

Fundraising

Annual Spring GALA will be at Arizona Country Club!
**Saturday, March 7th. GLITZ & GLAM...
DON'T MISS IT!!!!!!**

Let's get it on!

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

Spring Festival April 4th, 10-12pm!

All Saints' Episcopal School

Spring Festival is right around the corner! Mark your calendars for April 4th from 10am-12pm at All Saints' Episcopal Church! Have your kids enjoy bounce houses, face painting, dancing to DJ RYAN, Kidtastics, and so much more! Lunch will be provided, too! Evite to follow.



Save the Date for
Mom's Night Out!
Thursday, April 23rd.
Evite coming soon!





AFTER-SCHOOL ACTIVITIES

The Pros And Cons Of Filling Your Kids' Schedule

By Emily Starbuck Gerson

When Robyn Parets' two boys were young, she was torn in numerous directions, running all over Boston to take them to extracurricular activities. Like many parents, she thought her kids needed to be involved in as many activities as possible. But one day at her 7-year-old son Noah's soccer game, she noticed he was more interested in pulling grass than actually kicking the ball.

"That was a lightbulb moment for me; my kid didn't love it and he wasn't good at it," she says. "He isn't a traditional sports type, so why am I even knocking myself to get to those games?"

Since her kids were little, Parets has owned Pretzel Kids, a nationwide kids yoga company that trains adults to teach yoga to kids, so she knew the importance of mindfulness and stress management. Following that aha moment, she focused on guiding her kids to just one activity each that they both were good at and liked — not just what all the other kids were doing.

In recent decades, there's been increasing pressure on parents to involve their children in extracurriculars. Part of it is the competitive nature of getting into schools and college these days. Another factor is the need for after-school care with today's working family. There are certainly mental, physical and developmental benefits to being involved in after-school activities like sports or the arts, but overscheduling kids can also do more harm than good.

Keeping your kids so busy outside of school that they lack free time for play or rest can lead to stress, anxiety and depression, says Dr. Harpreet Kaur, a licensed clinical psychologist for kids and teens at CHOC Children's in Orange County, CA.

"I think parents feel this pressure to prepare their kids for academic success and make them competitive college applicants and make them successful for a job, but they often miss out on that unstructured playtime that provides some of the skills that kids need to be successful anyway," she says.

THE BENEFITS OF EXTRACURRICULARS

Don't get us wrong — there are plenty of compelling reasons to have kids involved in extracurricular activities. Kaur says extracurriculars help improve the overall functioning of children.

ENCOURAGES POSITIVE HABITS

Kids do best when they have structure and routine, she says, and those involved in extracurriculars perform better academically and are more likely to finish high school.

"These children engage more with their parents and are more active in their community," Kaur says. "They're also less likely to engage in drug use or other criminal activities."

HELPS DEVELOP SKILLS AND INTERESTS

Jennifer Fink, a nurse-turned-freelance writer in Mayville, Wisconsin, is the mother of four boys. She founded the site BuildingBoys.net to help parents and teachers better support and advocate for boys, and she says an extracurricular activity "gives children a chance to develop their skills, learn more about their interests and connect with others who may share the same passions and interests that they do."

FOSTERS TIME-MANAGEMENT SKILLS

Fink has found that getting involved in extracurriculars can also help teach the kids time management.

"Sometimes a kid wants to do a lot of different things, and it may look like too much to us," she says. "I think there's some value in letting them try it and see how it goes. If all of those things are really important to the kid, they may find a way to make it work and learn very important time management skills in the process — things like how to get your homework done even when you're playing on a sports team and taking a dance class."

THE DOWNSIDE OF OVERSCHEDULING

Unfortunately, overscheduling kids in too many extracurricular activities can take a toll on both the children and their parents, and it's becoming increasingly common — an alarming trend that Kaur has observed in her practice.

INTERRUPTS VALUABLE UNSTRUCTURED PLAYTIME

Kaur says there's simply not enough information out there about how valuable play is.

"Unstructured playtime promotes social skill development, and kids develop problem-solving skills," she says. "It allows them to be creative thinkers and develop assertiveness, and they learn how to cope with negative emotions. If you think about children when they get into a conflict on the playground, they have to manage some of these things without an adult present."

Kaur says unstructured playtime has become so deprioritized that an American Academy of Pediatrics report recently encouraged pediatricians to prescribe play to help make it more common for children again.

continued...

TRIGGERS STRESS, ANXIETY AND DEPRESSION

When kids are too overscheduled and stressed, they’re more prone to anxiety, irritability, tiredness and destructibility, Kaur says. She adds that rates of anxiety and depression are already somewhat high in the general adolescent population, and “overscheduling kids just makes those rates increase.”

INCREASES PRESSURE ON PARENTS

In addition to stress the kids feel from being overscheduled, Fink says it’s also hard on the parents, who often have to be in more places at once than is physically possible.

“I think parents need to be cognizant of their own tolerance and capability and energy, as well, because sometimes I think that’s where the negatives first show up,” she says. “The kids might still be doing OK, but if you’re driving yourself crazy trying to get everybody to everything, it’s not necessarily worth it.”



7 WAYS TO FIND BALANCE

If your family feels hopelessly overbooked and over-stressed, here’s the good news: There’s a lot you can do to regain a sense of balance.

1. CREATE A VISUAL SCHEDULE

Kaur recommends that parents create some sort of visual reminder of everything that’s going on, whether it’s a calendar or list of activities, and to color code it by family member.

“If one person has too many things going on in their schedule, it’s easy to identify, and it helps families be more aware when they’re creating schedules for their children,” she says.

2. SCHEDULE DOWNTIME

Another way to help busy kids, Kaur says, is to schedule at least an hour a week for family time to relax and have quality interactions together. This could be anything from cooking or playing a game to watching a movie as a family, she says.

3. MAKE ROOM FOR UNSTRUCTURED PLAY

Kaur also urges parents to give kids of all ages unstructured playtime.

“It’s so helpful for a child’s development and allowing them to pick an activity they enjoy and blocking out an afternoon or weekend time for the child to pursue their own interest,” she says.

4. PRACTICE MODERATION

While it’s tempting to have your child involved in a million activities in order to look like a stellar college applicant, Kaur says, pay attention to what the children value and where their interests are, and consider picking just one or two activities that are meaningful. It’s wise to focus on quality over quantity and schedule in moderation, Kaur says.

5. TRY MINDFULNESS

In her business, Parets has also noticed a stark increase in stressed and overscheduled kids, and she sees yoga and mindfulness as a potent antidote. She started her own kids on yoga from a young age and saw how much it helped them. In families with frazzled kids, she recommends dropping them to just one extracurricular and then bringing them to yoga.

“Here, they’ll find a place that’s noncompetitive, where they can just be themselves, feel good in their own skin, gain confidence and all the other benefits that go along with it,” she says.

6. CELEBRATE DIFFERENCES AND TALENTS

Parets has noticed that many parents fear their kids being “different” from other kids if they aren’t involved in certain activities, and they worry that their kids won’t get into college if they aren’t involved in everything under the sun. But in her experience, tuning into your child’s true talent and nurturing it, even if it’s not the most popular extracurricular, makes them happier and healthier — and there are colleges that are happy to accept someone who shines at one thing rather than is simply involved in 10 things, she says.

7. FIND THE RIGHT BALANCE

While Fink points out that there’s no single definition of “overscheduled,” and it varies depending on each kid and family, the rule of thumb that’s worked best for her family is also just one extracurricular activity per season per child.

Parets says, “... when I saw that spark in their eyes, I knew. They had their one thing, and I wasn’t running myself ragged taking them to four activities a week. You have to find some balance; if that activity you’re taking them to is meaningful to them, then it works better for the whole family. They’re happy, you’re happy.”

Birth Announcement

Help us welcome this new addition to our NCPG family!



Oliver Aaron Ross Reading
12.28.19

Welcomed by Drew, Ilyssa, and Kate Reading
7 lbs 2 oz - 20"

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NCPG LITTLE ATHLETES





5 “Must Ask” Questions Before Purchasing Any Financial Products From a Sales Professional.

By Thanasi, Life Managed

My friend Joe, an ER doc in Colorado asked me how he should save for his daughter’s college education. The answer was simple, I told him to enroll in a 529 Plan directly through the State of Colorado. When you put money into a 529, you protect your money from federal and state taxes, and you can take tax-free distributions when paying for qualified education expenses. Some plans offer special tax incentives to state residents, and some allow sales professionals to sign up consumers and charge hefty commissions. At the time, Vanguard had a very solid no-load, low-cost plan, so I suggested Joe funded this one. “Well,” he said, my advisor told me to get a Blackrock Plan!” “He did?” I said. “Well, that makes no sense because in Colorado you can deduct up to \$400,000 of contributions at your state tax rate and the plan is virtually free!”

The reason for this mishap, is the structure and nature of the salesmen’s business who advised my friend.

For commission-based advisors, they are incentivized to sell a specific plan or product that has a commission as high as 5.75%. Let’s walk through the potential damage caused by the advisor.

Joe Earns \$300,000 Per Year and Deposits \$25,000 into the 529. At the 4.63% Colorado marginal tax rate, we have \$1157.50 of state tax savings. If Joe paid the sales load cost of 5.75% x \$25,000 = \$1437.50 this would have been a cumulative hit of \$2595 that this advisor would have cost Joe.

Do you know how your advisor is compensated and what his/her incentives are?

I recently came across a “college savings plan” that was built around a life insurance vehicle. A prospective client of mine told me he is funding a plan where he gets a death benefit in the event of premature death,

his cash is protected by creditors, he gets a guaranteed return, AND he can borrow from his own money whenever he wants (for college)! This seems brilliant, right? The problem is that life is busy, and we just take people’s word for it. This plan came from a salesman who cannot use 529 plans and instead promotes the product he/she can sell. What the clients do not know, is that there are far more efficient ways to protect against premature death and build college savings.

Here are five “must ask” questions before purchasing any financial products from a sales professional.

1. How much will this product cost me?
2. What are the alternatives to this product to achieve my goals?
3. How difficult is it to pull my money from this product and are there penalties or restrictions?
4. What are the tax advantages or disadvantages of this product?
5. How can things go wrong with this product?

A lot of this boils down to information asymmetry – where one party has more or better information than the other. The best scenario is for an individual to admit that we lack the proper knowledge in a field that we do not work in every day and rely on a professional. Therefore brokers, financial advisors, financial planners, and life insurance agents have a job. Unfortunately, not ALL financial advice is created equal and it is up to you, the consumer, to ask the tough questions and make sure you do not have to bear the costs and consequences into your future financial years.

Shameless plug coming here – 529 plans are a part of our comprehensive financial life planning and they only cost our clients \$110 per \$100,000 invested per year paid directly to the investment manager.

The best probability of eliminating any future mishaps from financial products is to align yourself with a Fiduciary Advisor because a Fiduciary must do what is in your best interest and give you the most efficient path towards achieving any and all of your goals.

OCCASIONALLY YOU MAY NEED TO BE SAVED FROM YOURSELF.

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- ✓ College Education Fund Planning
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NCPG 2020 CAMP GUIDE

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8am-2:45pm
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allsaints.org/school-life/summer-camp



ARCADIA YOUTH BASKETBALL

June 11-14, June 18-21
\$180 for half day (am or pm)
Ages: 5 to 14
8:30am-12pm or 1pm-4:30pm
arcadiayouthbasketballaz.com



ARIZONA SCIENCE CENTER CAMP INNOVATION (STEM)

June 3- Aug 2
Weekly programs
\$295 per week for full day
\$60 for early/aftercare
9am-4pm for full day,
7:30am-6pm, extended care
Ages: Grade 1-2
azscience.org/events-programs/camp-innovation



AZ DIAMONDBACKS MLB CAMP

June-August
\$195 to \$395
Ages: 6 to 14
mlb.com/dbacks/academy/camps



CACTUS DAY CAMP

June 3-July 26
Two week sessions: \$950
Ages: 3 and up
Water fun, Sports, Art, Imaginative Play, and more!
cactusdaycamp.com



CAMELBACK BIBLE CHURCH

June 8-12
\$30/half day, \$100 for sportball til 3:30pm
Ages: 4 to 12
9am-12pm or 3:15pm
camelbackbible.com/summer-camps

CAMELBACK VILLAGE

\$280 Members, \$325 Non members per wk
Ages 6-11
Full-Day Camp (9am-3pm, Mon-Fri)
After care avail for additional fee.
Multi-sport camp with swimming
villageclubs.com/village-fitness-camps

CAMP DAISY & HARRY STEIN

Jewish Learning
1,2,4 & 8 week sessions
Ages: Grades 2-10
Overnight camp with art, archery, zip line rock wall and so much more
campstein.org



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One-week full-day sessions May 21-Aug 3.
\$285, 9am-3pm, extended hours available.
Ages: Infant - Grade 4
Specialty camps, special guests, field trips, splash pad, indoor playground, sports, movement, music, yoga, art, cooking, science, Shabbat.
phoenix.kidsoutandabout.com/content/camp-simcha

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\$215 per week
Extended Care \$25 am or pm
Ages: 6 to 17
9:30am-3:30pm
childsplayaz.org/Summer



CHILDREN'S MUSEUM

June and July
Ages: 5-8
Week or day options
Explore the Musuem's floors of exhibits and hands on experiences
childrensmuseumofphoenix.org/exhibits-and-experiences/camps/



CHRIST LUTHERAN CHURCH

Every week
\$110/week,
\$20/week aftercare
Ages: 5 to 12
9am-3pm
A little less structured, kind of like daycare, has a drop in option for \$25
clsphx.org



CODAKID

Various dates & times.
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Ages: 6-15
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CodaBot: Build and code custom robots
codakid.com/camp-locations/codakid-headquarters



COVENANT SUMMER CAMP

May 8th-Aug 2nd
Ages: Preschool - 4th grade
M-F, 7am-6pm



COYOTE CAMP

(Squaw Peak Hilton)
May 29-August 9
Ages: 5 to 12
9am-4 pm with 8am early care offered.
Desert adventures and afternoon pool time
squawpeakhilton.com/activities/coyote-camp



DESERT BOTANICAL GARDEN

\$210/week
Member:\$175/week
Ages: 5 to 12
8:30am-3pm
Garden Camp Adventures
learn.dbg.org/mainstore.asp?vid=0&cid=1244



FLIP DUNK

Daily options
\$30-\$60/day
Ages: 4 and up
Half and full day options. 9am-4pm
Gymnastics, tumbling, or just free jumping fun!
flipdunksports.com



FRIENDLY PINES CAMP

Overnight sessions in Prescott
Ages: 6 to 13
3 night half sessions, 6 night sessions,
1 week camp, and 2 week camp
30+ activities for campers tto help build their own camp experience
friendlypines.com



GCU BASKETBALL CAMP

June 1-4, 15-18, 22-25
\$250
M-F, 9am-4pm
Ages: 6-14
Head Coach "Thunder Dan" Majerle, assistant coaches and Lopes basketball players invite you to a basketball camp featuring drills, demonstrations, competitions, individual instruction and tournament games. Participants will also learn basic offensive and defensive skills.
gcumensbasketballcamps.com/individual-summer-camps.cfm



HUBBARD SPORTS CAMPS

\$175 for half day;
\$240 full day;
\$50 before & aftercare
Ages: 4.5-13
8:20am-3:30pm, half days,
extended days also offered
Multi-sport camp with swimming
hubbardsports.com



IMAGINE THAT

June 3rd- July 5th weekly
Ages: 3 to 11
9am-12pm or 9am-3pm
Sports, Science, Art, Themed weekly sessions with News reporter, Princess, Jr Chef and much more.
imaginethatsummercamp.com

LITTLE BIG MINDS

June
\$300-\$325/week
3 to 8
9am-3pm
7am-3pm week by week sessions
Spanish immersion with weekly themes of travel or activities
littlebigmindspreschool.com/summer-camp



MORE THAN MODELING

June and July
Ages: 5 to 15
9am-3pm
Fun and educational classes based upon nutrition, fashion, posing and everything else modeling based. Also science, math and etiquette based curriculum
morethanmodeling.com

PHOENIX COUNTRY DAY CAMP

\$770 for two weeks-full day
Ages: K-8
8am-3pm or 8am-5:30pm
pcds.org/summer/general-information-policies

PHOENIX ZOO

All summer long
\$250 for full day, \$155 for half day
Ages: K-8
Choose from eight weeks of full-day (8 a.m. – 3 p.m.) or half-day (8 a.m. – Noon) sessions, with the option to add Extended Day Camp (3 – 6 p.m.). Please note that for kindergarten only half-days are offered, and for seventh and eighth grades only full-days are offered. All camp participants receive a shirt, hat and water bottle with lanyard. Additional shirts are available for \$10 each. Campers must wear their Camp Zoo shirts every day. Full-Day campers must bring their own lunch every day. We also have special day camps designed for children with orthopedic and sensory impairments. animal encounters, petting zoo, and plenty of fun!
phoenixzoo.org/camps-programs/camp-zoo

PRINCE OF PEACE SUMMER CAMP

All Summer long- must sign up for 2 weeks packages from \$110 and up
Ages: 2 to 5
9am-12pm, 9am-3pm, 7am-6pm
Multiple day options, or M-F
Bi-weekly themes and events for your child to enjoy! Water Fun, art, play, and more!
poppreschool.com/summer-camp

REPTILE ENCOUNTERS

May 27th- Aug 2nd
\$200-\$300/week
6 to 14
10-3 and 9-4 M-F
The best way to learn about the animals is from the animals themselves! Each day includes activities that are STEAM (Science, Technology, Engineering, Art, & Math) oriented, but these academic components are hidden within animal interactions, activities, games, and helping care for the animals.
phoenixherp.com

SCOTTSDALE ART SCHOOL

Ages: 6 to 17
scottsdaleartschool.org

SHEMER ART CENTER

June 1st-26th
\$250/week
Ages: 6 to 13
M-F, 9am-4pm
Classes will include drawing, painting and ceramics, each taught by professional artists and instructors, with an Art Show on the last day!
shemerartcenter.org



SOLEL CAMP

June 3- July 26
M-F, Full Day: \$275
Ages: Toddler
6wks-3rd Grade
7:30am - 5:30pm (Fri 4pm)
solelpreschool.org/programs-camps



SKY ZONE SKYCAMP

May 22- August 2nd
\$90/single day
\$225/half day week or \$325/full day week
Ages: 5 and up
8am-5pm; 8am-12:30pm or 12:30pm-5pm
Sign up siblings and receive \$20 off each additional child. Maximize your savings by paying for 2 or more sessions and receive a 10% discount. 1st Pair of Sky Socks are included and can be used each day. If lost, \$3.50 to replace. Lunch & Snacks included for Full Day Jumpers. Snacks included for Half Day Jumpers.
skyzone.com/phoenix/programs/camp



SUNKIST WRESTLING

Weekly Options: \$195
Ages: 5 to 14
8:30-4pm
The Day Camps include a gymnastics & tumbling routine, conditioning, technique, live wrestling and games.
sunkistkids.org

TUTU SCHOOL

Each of our camp sessions focuses on a different ballet story from the classical repertoire, and favorites include: Swan Lake, Sleeping Beauty, The Firebird, and Cinderella.
tutuschool.com/arcadia/camp

VALLEY YOUTH THEATER

Ages: 7 to 15
M-F, 9am-3pm, Before-and after-camp experiences available \$750
Session 1: June 1-26, Session 2: July 6-31
Our campers experience what it takes to create a full musical production from audition to performance, alongside professional teaching artists who will provide foundational training in acting, singing and dance. Fun and interactive classes in these three disciplines will help build self confidence and teach campers to work together as an ensemble to bring their musical performance to life. Family and friends will applaud their hard work on the final day of camp with a performance where all are welcomed.
vyt.com/education





Three words to best describe your parenting style...



Amy Guido (3A)

- Connection,
- Collaboration
- Imperfection



Barb Grady (3B)

- Love
- Love
- Love.

What would love do?



Jemeille Ackourey (K)

- Supportive
- Predictable
- Fun

What should I do if my child is fearful especially seems fearful of everything.

Amy Guido (3A)

Help them to learn about their automatic unhelpful thoughts, they can't hurt you—it's believing them that causes suffering. If we learn to challenge and change our thoughts, we change how we feel and act... this knowledge is power that changes their whole world.

Barb Grady (3B)

Here's my 5-step process for dealing with fears:

1. Talk about it. There's' nothing so scary we can't talk about it. Acknowledge children's fear and never belittle or make fun of them.

2. Feeling. Ask your child to describe the feeling and where he/she experiences it in his/her body

3. Relaxing. Deep breathing, along with stretching and relaxing muscles are life skills you must teach. Create a safe and peaceful place your child can go to in his/her mind. Teach the balloon, pretzel, faucet and STAR composure techniques.

4. Desensitization is a fairly simple process requiring common sense and patience. Fear of darkens can be remedied by giving your child a dimmer on his/her bedroom light. Take baby steps into the fear. Provide opportunities to see how others cope with the situation they fear.

5. Reinforcement is accomplished with each success. Noticing (rather than judging) and saying "you should be proud of yourself" is reinforcing. Support children as they develop behaviors which help them master the feared situation.

Jemeille Ackourey (K)

Acknowledge the fear. Let them know that you understand. Let them know that everyone is afraid at times. You might even give an example of a time when you were afraid and that with courage and practice, you were able to move past fear.

Teach children that fear is our friend. Fear tells us to pause and to consider our safety. Let them know that their body has a "pause alarm" or a "dinky

bell" that lets them know that they need to examine the environment before proceeding. Help children identify where their alarm is- is it in the belly and shows up as a bellyache? Perhaps tightness in the throat? Maybe it shows up as a headache? Let them know that their body is telling them to pause and to consider their options.

Teach them that courage is our friend, as well. There is a hero that lives within all of us. The hero tells us that we are smart- "You know how to ask your trusted adults for advice and coaching." You are able- "You are competent. You have skills and you can use these skills to ____ (fill in the blank)." You are courageous- "Look at all the things you have accomplished that you were once afraid of."

Don't force but rather encourage to build courage. Reward small steps towards the goal. Praise. Reassure.

To grow courage, one needs to grow confidence. Never belittle, tease, or shame a child because of his fear.

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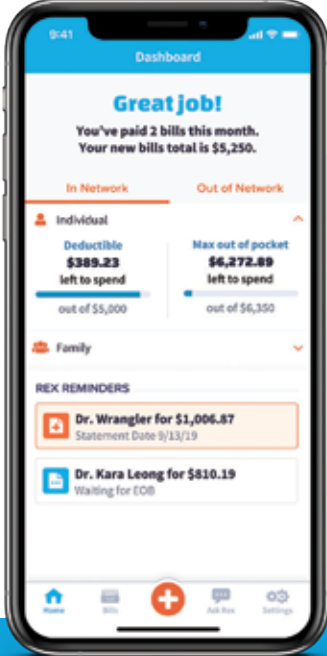
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5 WAYS WE CAN HELP OUR CHILDREN SUCCEED

By Claire McCarthy, MD, Faculty Editor, Harvard Health Publishing

In the wake of the recent college admissions scandal, in which rich parents paid thousands or even millions of dollars to bribe coaches or have someone else take standardized tests for their children so that they could get into elite colleges, there has been a lot of discussion about admission to elite colleges — and about what it takes to succeed. All parents want their children to succeed in life. Going to an elite college can help, mostly in terms of networking and resume-building, but is that the ticket to success? Probably not.

True success and happiness in life comes from being able to create, persevere, roll with life's punches, and work with others. The good news is that parents and caregivers can teach children these skills from infancy onward — for free. Here are five ways parents can set up their children for success.

1. Reinforce executive function skills. Executive function skills are our “air traffic control” skills, such

as our ability to pay attention, plan, troubleshoot, multitask, control our emotions, negotiate, and delay gratification. These are skills that children learn as they grow — and are skills that can be taught and reinforced. There are activities and games that parents can do with their children that help build these skills, many of which involve using their imagination and interacting with others — which works best when devices are turned off, and when time is not filled up with scheduled activities.

2. Let children be independent — and let them fail. These days, many parents limit their children's independence. Some of it is for good reason — we want children to be safe — but children cannot grow into independent adults if they never get to explore the world around them and make choices for themselves, which inevitably means that they will make at least the occasional bad choice. But learning from mistakes is some of the best learning we do. If you

start early, giving your children leeway while teaching them safety skills at the same time, they will be ready and confident when the time comes. It's always tempting to jump in and save them, but try to limit that to the real emergencies. If they fall from a jungle gym and get hurt, get a bad grade because they left an assignment at home, flub an audition or team tryout, next time they will do better, especially if you are supportive and help them think it through. They will also learn that they can survive these mistakes, which is helpful as you try to...

3. Foster resilience. Resilience is the ability to manage adversity, to deal with setbacks and failure and get back up again. Letting children be independent — and fail — helps build this. It's how they practice. Having the consistent support of loving adults is key, but that support should be the “I've got your back” and “I'll love you no matter what” kind of support, not the “I'll do this for you” or “I'll make sure you succeed” kind of support.

4. Build social skills and empathy. The ability to

“play in the sandbox” is key to success, and to do that children need to learn how to make and keep friends, how to listen to others and care about their thoughts and feelings. From teaching “please” and “thank you” and taking turns, to getting them involved in activities involving social interactions, to getting involved in community and volunteer activities, there are many ways that parents can build these skills. Setting a good example always helps.

5. Encourage curiosity and creativity. Go places like parks or museums or historical sites. Explore together. Go to the library and get books. Have lots of paper and paint around. Make things together. Watch documentaries, read the news and talk about it. Make up stories. Build things. Help your child see the world as full of fascination and possibility. Help them understand how much ability they have to create. These are the skills that make a difference, not where someone goes to college. These are the skills that help people find their way, succeed at what they do — and have fun doing it.

Follow me on Twitter @drClaire

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2 PICK YOUR TIME

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4 Days per week for 2 weeks
8:00am - 7:00pm

3 PICK YOUR SEMESTER

- #1 April 27th - May 7th
- #2 May 11th - May 21st
- #3 June 1st - June 11th
- #4 June 15th - June 30th
- #5 July 6th - July 16th
- #6 July 20th- July 30th
- #7 Aug 10th - Aug 20th

4 CONFIRM YOUR SELECTIONS

phone: 480-994-KIDS(5437)
email: sofuf@kidtastics.com
www.kidtastics.com/phoenix

Note: You organize the group and our instructor will travel to you!
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Craft: Cute Idea for Spring Training Pictures!

By Bobbie Byrd, www.clumsycrafter.com

To make this sports themed craft you will need:

- One 2X10 board cut into 10 inch sections.
- I got 10 picture frames out of this one board which was \$7.
- Sand paper
- White chalk paint or craft paint
- Red acrylic craft paint or chalk paint
- One clothespin per picture frame
- Red sharpie or paint pen
- Hot glue or a strong craft glue



1. To begin, cut your board or have the boards cut at the lumber store. You can change the size of the boards. I just wanted something that was going to give a thick boarder around the picture and could stand up on it's side by itself because of the width of the board.
2. Lightly sand the edges of your board. You're just trying to get rid of sharp corners and any splinters.
3. Coat the board with white paint. If you have several to do you might just want to use spray paint.
4. Once your board is dry, it's time to make the red arcs that will be the main part of the red baseball seam.
5. Place a round bowl on the corner of the board. Use the red sharpie or paint pen to trace around the outside of the bowl, making it look like it does in the picture above.
6. Dip a child's finger in red paint and then blot it lightly on a paper towel. Press their finger down on one side of the seam and at angle. Go all the way down that side of the seam and then go to the other side and repeat the process. Do both red seams.
7. Now you just need to glue the clothespin onto the top of the board and let it dry.

It's simple but adorable and something that parents will keep for years.

This is great for younger kids but also a doable craft for older kids. Give them several printed examples of how other sports balls look and let them pick their own to paint onto the board.



Recipe: Irish Nachos

By Barbara Bianchi, www.glutenfreehomestead.com

What teenager doesn't love Nachos? These "Irish style" Nachos are perfectly fun and delicious for a St. Pat's Party. Irish nachos are a fun twist on traditional nachos. Crispy, sea-soned potato slices are drowned in cheese, bacon, green onions and cilantro.

Prep Time: 15 minutes
Cook Time: 45 minutes
Total Time: 1 hour
Servings: 4

Ingredients

- 1 1/2 pounds russet potatoes wash with a vegetable brush, sliced 1/8 inch thick
- 2 tablespoons extra virgin olive oil
- Salt & pepper to taste
- 1 cup Mexican shredded cheese
- 1 package Applegate Sunday bacon cooked and cut up into pieces
- 2 scallions thinly sliced
- 1 teaspoon cilantro

For dip:

- 4 ounces organic sour cream
- 1 tomato diced
- 1/2 cup jalapeño peppers sliced (optional)

Instructions

1. Preheat oven to 450
2. Toss potatoes with olive oil. Bake potato slices on a baking sheet for about 15 minutes, turn over and bake another 15 - 20 minutes until golden and slightly crisp.
3. Next, overlap the potatoes in a cast-iron skillet that can be baked in the oven. Season potatoes with salt and pepper. Sprinkle with cheese and bacon. Bake for 5 minutes to melt cheese. Then sprinkle with scallions and cilantro.
4. **For dip:** In a separate dish, stir diced tomatoes into the sour cream. Serve on the side as a dip.

Notes

- If you don't have an oven-safe cast-iron skillet, you can use another oven safe dish like a pie plate or casserole dish.



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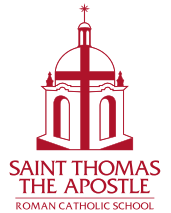


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