

Parent Times

May 2020

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President's Corner

Dear NCPG Members

These past few months have been filled with many challenges and uncertainties for families everywhere! Despite the numerous hardships, one cannot deny the shift in perspective and a deepened sense of gratitude for so many of us. While we may be living in an ever changing time, one constant remains -- we are in this together! I am personally so grateful for this phenomenal community and all of you. We are here to support and care for one another, and our NCPG Family will be stronger for it!

We are thrilled to host the final speaker in our supplemental **Virtual Speaker Series** (in the place of our now canceled remaining 2019-2020 in-person classes) on **Wednesday, May 6 at 10am** with our very own **NCPG 1B Instructor, Blaire Hinks**. Please see the below overview for all the details. We have also asked each of our valued NCPG instructors to continue reaching out to their classes directly to share and review any remaining syllabus topics and resources during this time.

Additionally, given the emotional, social, and financial effects that this has had on our members' lives, **the Board of Directors has extended Early Bird Registration for current members for the 2020-2021 year. Early Bird Registration opened April 1 and will go through May 31.** Current members who register in April and May will be able to take advantage of the \$265 early bird pricing and will be guaranteed a spot with their existing group. Open registration for new members will begin on June 1, and the cost of registration will be \$320. Spots after June 1 will be given on a first come, first served basis.

Lastly, I would like to take a moment to say 'thank you' for the great honor of serving as your President for the 2019-2020 year and **continuing on in this role for the 2020-2021 year!** NCPG has meant so much to me and my family since relocating to Arizona and joining this tremendous organization. I am so grateful for the opportunity to volunteer alongside such strong women and mothers that help to lead, educate, and charter such an amazing and fulfilling organization, and I am committed to seeing NCPG thrive in this coming year.

A very special 'thank you' to **Tiffany Kaufman**, our amazing VP, what a gift you have been to me and our Board! I am truly grateful for the opportunity to have worked alongside you and to now call you a cherished friend! Your exceptional leadership and enthusiasm contributed to our enormous success this year. You are a true rockstar, and I love you! **To the entire 2019-2020 NCPG Board**, 'thank you' for your commitment and hard work throughout the year. I am forever thankful for you and so honored to have worked with you all!!! For those new women joining us on the Board this coming year, get ready -- we have an exciting and rewarding year ahead of us!

To our membership, our goal for our Board continues to be as transparent and inclusive as possible, and we sincerely appreciate your support and welcome your feedback. While we are faced with new challenges due to COVID-19, I am confident that we will make this our best year yet! As always, please reach out anytime throughout the year with any questions or concerns. I am always available as a resource and would love to hear from you.

If you have any questions or would like more specifics on anything, please do not hesitate to email me at: **president@ncpgaz.org** any time. Please know your flexibility and understanding during this time is greatly appreciated. We will be in contact with any additional updates and details as they are available. Sending you and yours all my best for continued health and happiness! Hope that you all enjoy the summer with your family and friends, and I look forward to seeing everyone back in September! Stay well!

xo

Megan Garvey
NCPG President 2019-2021

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

ncpg

north central parenting group



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

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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
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Front Cover – Nate Fox
Photographer – Keith Alstrin, AlstrinPhotography.com



Member to Meet

Colby Kant Harris

Class: Kinder

Children: Hadley, age 5 and Hudson, age 3

Spouse: Adam

How did you meet your spouse/partner:
Mutual friends set us up.

Years married/together:
In the spring, we'll have been married for 15 years.
(Wait, how did that happen??)

Career or previous career:
I'm a clinical psychologist

Favorite family vacation spot:
Coronado, California

Favorite family spot to dine in town:
LGO or Chelsea's Kitchen

Favorite children's book to read?
Spoon by Amy Krause Rosenthal

Where were you born and raised?
I was born in Philadelphia but I moved to Phoenix when I was two years old.

When you have 30 minutes of free time what do you do?
I want to say something really awesome, but honestly I probably think about all the things I "should be" doing.... and then my 30 minutes would be over.

Best parenting advice given to you?
Parenting is a master class in letting go.

How do you balance meeting your children's needs as well as your own?
I'm still practicing this one, but I try to remind myself that taking care of me actually allows me to take better care of them.

Who introduced you to NCPG and for how many years have you been a member of the group?
When I moved back to Phoenix about four years ago, my mom told me she had heard about a parenting group that looked "interesting" and that I should look into it. I did – and it looked great! Thanks, Mom! I've been a member for three years.

Best thing learned in NCPG?
A group of accepting, supportive moms is nourishing for the soul.

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As we look toward the future with hope & positivity, I am here to provide real estate advice & services to my NCPG family!

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\$290 per child for 8 lessons
Group: (min 3-max 4 children)
\$240 per child for 8 lessons



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



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2019-2020 Calendar

Class Schedule

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

Board Meeting Schedule

2020-2021 Board Members to join us in June. Please visit ncpgaz.org for more information.

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Board Announcements

Treasury

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

For more information please contact: treasurer@ncpgaz.org

Sponsorship

If you would like to be a sponsor of NCPG next year, or know a company that would, please email us at sponsorship@ncpg.org and we will send information on sponsorship & advertising opportunities.

Communications

WE WANT YOUR PICTURES!

Next year we will kick off our *Parent Times* with **ANNUAL SUMMER FUN** spread.

Please make sure to send us all off your travel, swimming, camp, and other summer time photos of your kids!!

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

Membership

Early Bird Registration is live for current members who wish to guarantee their spot in NCPG for next year! Members who register during the months of **April and May will pay the discounted rate of \$265** and will be guaranteed a spot with their existing group. Open registration for the general public will begin on June 1st, and the **rate will increase to \$320**. Beginning June 1st, spots will be given on a first come first serve basis, and existing members will no longer have priority over new members who wish to join NCPG. Feel free to contact membership at membership@ncpgaz.org with any questions.

Childcare

As many of you are aware, Busy Bees has increased their hourly rate for sitters. In accordance with that rate change, and in order for us to be able to provide this service to our members, we will be increasing our rate for NCPG childcare. When we start back this Fall, the new rate for NCPG childcare will be **\$40 per class for a single child. Each subsequent child will be an additional \$20 per class**. We look forward to continuing to provide quality childcare services to our members.



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Birth Announcement

Help us welcome this new addition to our NCPG family!



Hattie Marie Hildebrand
February 10, 2020

Alana and Colin and big brother Carson.

How to Bounce Back from Epic Parenting Fails

By Amy Morin, LCSW



As a parent, you're going to fail at one time or another.

In fact, there's a good chance you'll fail on a regular basis.

Parenting fails don't make you a bad parent.

In fact, every time you mess up, you have an opportunity to sharpen your parenting skills and teach your child valuable life lessons.

Social media has changed the way parents discuss failure.

Social media has led to an interesting shift in the way we talk about parent failures. It's encouraged us to be more open about funny and relatable parenting problems while also discouraging us from talking about the deeper, more serious issues.

Continued on pg 10

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Look up the hashtag “ParentFail” on social media and you’ll find humorous parenting stories. A quick peek at Twitter reveals these parenting fail confessions:

- I’ve clearly done something wrong when [my] son Facetimes me from the driveway, asking me to bring him a yogurt before he leaves. #ParentFail
- My 3-year-old just said he loves Walmart. When I asked why he said, ‘Because they have free internet.’ #ParentFail
- Just in case all the moms and dads out there think they’re having a #parentfail today, you’re wrong. I’m winning. Two words: #SalsaFight

It’s great so many parents can laugh at themselves and share the humorous side to parenting. But not all social media discussions about parenting remain lighthearted. Parent shaming has become a serious problem.

Post a picture of your child enjoying a day at the beach and someone might be quick to remind you, “Too much sun exposure is bad for kids.” Or, share a photo of your child enjoying a hearty meal at his favorite restaurant and you might need to brace yourself for comments like, “I’d never let my child eat that much in one sitting. That’s why kids are so overweight these days.”

Who wants their happy memories and proud moments to be met with criticism and judgment?

Parents are Shaming and Judging from Afar

Unfortunately, even tragic accidents often spur people to become the judge and jury in the court of public opinion.

When the news broke that child fell into the gorilla enclosure at the Cincinnati Zoo in May of 2016, the parents were vilified. Many people demanded the

parents be charged with a crime without knowing the details of how the child fell.

How to Bounce Back from Parenting Fails

Whether you lost your temper and said things you didn’t mean or you role modeled some poor choices, parenting fails are inevitable. But, each time you mess up is a chance to become better. Here are five ways to successfully bounce back from parenting fails:

1. Acknowledge your mistake. Before you can fix it, you have to admit that you messed up. So take a minute to acknowledge your failure—even if it’s just to yourself.
2. Turn your failure into a teachable moment. If your parenting mistakes hurt your child, apologize. Role model how to accept full responsibility for your actions and show you’re committed to doing better next time.
3. Maintain your sense of humor. Sharing your silly and harmless parenting fails can be a good way to find joy in parenting blunders. And it may help you spark some conversation with other parents who completely understand. So by all means, share your stories.
4. Get support when you need it. Find a community of supportive parents who are willing to talk about tough parenting issues and epic parenting fails. Having conversations with other people who understand can help you become a better parent. And don’t be afraid to seek professional help if you’re struggling.
5. Create a plan to do better next time. Whether you’ve been bribing your child to behave or yelling more than you’d like, create a plan that will help you become the parent you want to be.

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Making the Big Move?

Let's Keep Those Kiddos Happy!

Moving into a new home is exciting, but we all know it can be stressful too. Adding to our stress, we worry about our children's feelings and experiences during a move. Our kids may be looking forward to a new home but are anxious about the upcoming changes and loss of what is familiar to them. Our children also may be worried about the big unknowns – Will they make new friends? Will they like their new school? Will they fit in?

Help your children navigate the emotional turmoil and ease their transition. Here are some tips for making their move a smooth and positive experience!

Listen to Their Feelings

Prep your child(ren) about the move as early as possible. Initiate conversations about what they are feeling and share your feelings as well. Discuss how things will change for them but encourage them



to be optimistic about having a fresh start, making new friends, and discovering great things about their new community with you. Create a storyboard or book with younger children -- include photos of your current and new homes, family members, school and new local favorites. Draw a map showing the route from your current home to your new home. Be understanding when they express anxiety while emphasizing the positives and how proud of them you are for being brave during a big change.

Do Your Research and Explore Together

Before you move, introduce your child to their new community – you may want to tour the local school with your child, take an evening stroll down your new street, or visit a nearby park, bookstore or the local library. For older children, let them bring a good friend along to scope out their new community. Take a day to discover the best local ice cream shop, park, café, and other hang out spots together. For summertime, book a day camp in advance or enroll your preschooler in a Kindergarten bootcamp to kickstart new friendships.

Lead by Example

Does your new neighborhood have a local mom's group on Facebook? If so, this can be a great way to meet friends who can offer a wealth of information about your new community. It may also allow

you to set up a play date for your child before school starts or over a weekend. Show your children that it's not difficult to form and enjoy new friendships and connections to your community.

Empower Your Children

Let your child pick a paint color or theme for their new room. For the younger ones, have them draw a picture of their new room before the move and hang it up. Let them help decide furniture placement and where their bedroom items go. Have them pick out a favorite outfit or a new one to wear to school. It's important to give your children a voice and decision-making power so they feel a sense of control during the upheaval of a move.

Foster Their Friendships

Help your children maintain their connections to close friends. Gift them an album for photos of friends and keep phone numbers. If you have addresses, help your child send postcards. If it's a local move, invite a friend for a playdate or to help your child set up his or her new room. Host a welcome party or movie night in the new house for



your teenager. If you're moving further away, your teen can give friends a Skype tour of their new home. Encourage your children to not give up a friendship over distance – finally a good reason for cell phones and apps!

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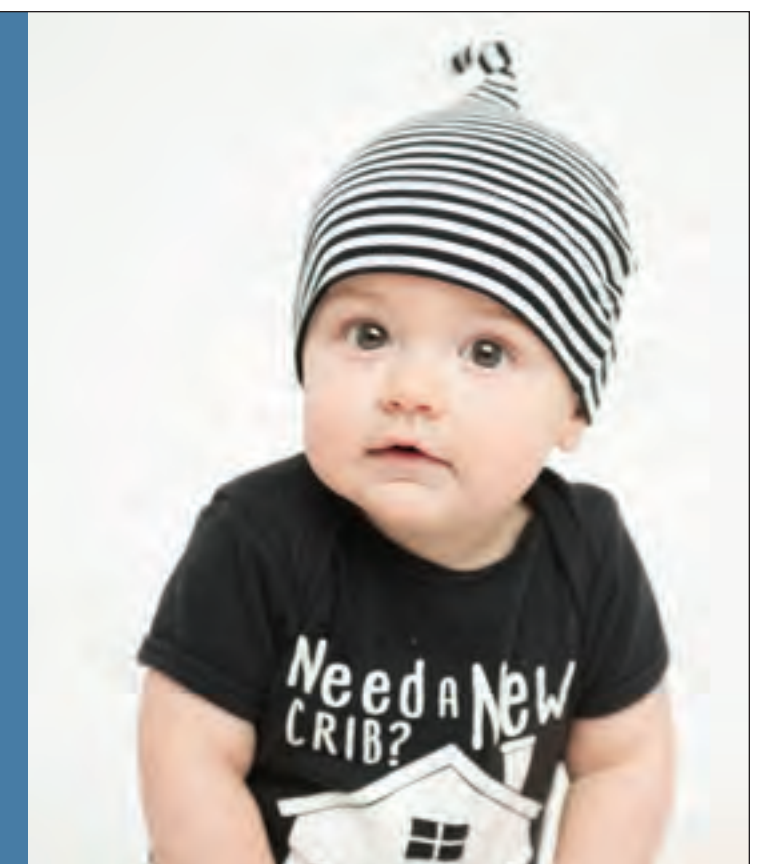


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NCPG mommies!*



Jemeille Ackourey



Amy Guido



Joan Sarin

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

Jemeille Ackourey (K)

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. Explore with your child ways to manage herself and to set boundaries when in uncomfortable situations.

Amy Guido (3A)

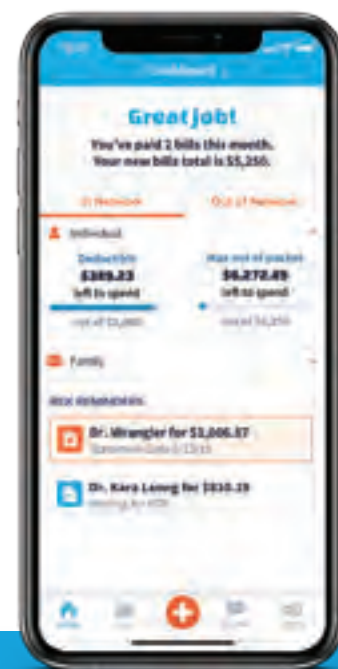
It can be hard to not compare and despair or judge and condemn between fellow parents. Once we see ourselves as no better or worse than anyone else, we can stop competing and instead show ourselves and one another more compassion and humility. Your child will likely learn something different on a playdate with a parent who parents differently, provided that you have confidence in the safety and supervision, sensibility and sensitivity of the parent whose care they are being left. If you don't feel a sense of trust in the other parent, it is perfectly fine to let them know you'd like to stay during the play date. Trust is something that is developed slowly over time, this is your

child, it's OK to take it slow and build up (to drop off playdates) over time as trust develops.

Joan Sarin (School B)

There's no substitute for communication on these matters! Have conversations about what each of your hopes, concerns and fears are for your child. Discuss your understanding about his or her development and personality, and share with each other specific examples that illustrate those. These discussions will get the two of you closer to the same page. Also be willing (but not pushy) about sharing what you're learning in your NCPG class with the other parent, to the extent he is open (much depends upon your tone and attitude). Focus on what you do agree upon, and then make compromises as necessary. You might agree that each of you gets the primary decision in different arenas of life (dress/friends/school/ permissiveness/discipline/sports, etc.) according to what is most important to each of you.

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Change Your Thoughts, Change Your Life

By Donny Starkins

Photo: Jared Rice. Unsplash.com

In order to change the way we're living, we have to change the way we're thinking, and in order to change the way we're thinking, we have to actually notice what we are thinking about. This is where the power of meditation comes in. This is how we shift our mindset! Changing your mindset takes time—but it is possible if we are willing to practice meditation.

Before the Coronavirus and this long “life pause” that we are all in, many of us were going at a very fast pace, seeking, striving, rushing to check that next item off on the “to do” list. We were never actually taking time to pause, slow down and get quiet enough to sit and think about what we've been thinking about.

In many of the meditation practices, you are told to focus your attention on an object of your choice. It could be your breath, it could be a mantra, it could be a chakra, it could be a feeling—anything. Then, whenever your attention wanders away, you simply bring it back again and again, as many times as it happens, and that will develop the “muscle” of awareness and mental strength.

Now let's apply these meditation skills to your daily life.

As you go about your day and are noticing that you're believing in a story that's not true, or having thoughts that are not serving you, it is NOW when you create a new mindset, a new way of looking things that is helpful for you. It's all about when you notice it happening, and then what you do next is the key! Maybe it's taking a deep breath, maybe it's a word or affirmation, or maybe you have an “anchor” (a physical object like a ring, bracelet, sticky note, or anything else that can serve as a pattern interrupt). Thus you apply this skill of meditation and again and again. And this is how the use the practice to live a better life.

Can you see how the change happened from the inside-out? All that arises starts with our thoughts. Our thoughts create our perspective, and how we choose to see the world. And if we continue to live in those limited thoughts and beliefs, they turn into behaviors and actions that don't serve us or the world. This is one thing we DO have control over, and we gain more control by our willingness and commitment to practice!

My hope is that you'll take time each morning to pause, sit and meditate, even if it's just for a couple minutes, because it's all about consistency! You are better off meditating every day for 3 minutes, then twice a week for 10 minutes. It's a practice! And remember, whatever we practice WILL grow stronger!

So just for today.. Start and stick with a practice that allows you to have more focus, better perspective and an inner strength to help you navigate through these challenging times!

Photo: Zoltan Tasi. Unsplash.com

Recipe: Lemon Berry Yogurt Cake



INGREDIENTS

- 3 cups (345g) cake flour* (spoon & leveled)
- 1 and 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (240g) plain Greek yogurt, at room temperature*
- 2 teaspoons lemon zest
- 1/3 cup (80ml) fresh lemon juice
- 1 cup (230g; 2 sticks) unsalted butter, softened to room temperature
- 2 cups (400g) granulated sugar
- 1 and 1/2 teaspoons pure vanilla extract
- 3 large eggs, at room temperature
- 2 cups (325g) mixed berries, fresh or frozen (do not thaw)*

LEMON GLAZE

- 1 cup (120g) confectioner's sugar
- 3 Tablespoons (45ml) fresh lemon juice
- 1/4 teaspoon pure vanilla extract

INSTRUCTIONS

1. Make the cake: Preheat oven to 350°F (177°C). Generously grease a 10-12 cup bundt pan with butter or nonstick spray.
2. Whisk the cake flour, baking powder, baking soda, and salt together in a large bowl. Set aside.
3. Whisk the yogurt, lemon zest, and lemon juice together in a medium bowl. Set aside.
4. Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together on high speed until smooth and creamy, about 2-3 minutes. Scrape down the sides and up the bottom of the bowl with a rubber spatula. On medium speed, beat in the vanilla extract. On low speed, beat the eggs in 1 at a time allowing each to fully mix in before adding the next. After the 3rd egg is added, be careful not to over-mix. Stop the mixer once all eggs are incorporated.
5. Pour the dry ingredients into the butter/eggs. Pour the yogurt mixture on top. Turn the mixer onto medium speed and beat everything together *just* until combined. Do not over-mix. Using a rubber spatula, fold in the berries. The batter will be a little thick and very creamy.
6. Pour/spoon batter evenly into prepared pan. Bake for 55-70 minutes. Loosely tent the baking cake with aluminum foil halfway through bake time to ensure the surface does not over-brown. Use a toothpick to test for doneness and begin checking at 55 minutes. Once the toothpick comes out completely clean, the cake is done. This is a large cake so don't be alarmed if it takes longer in your oven.
7. Remove cake from the oven and allow to cool for 1 hour inside the pan. Then invert the slightly cooled cake onto a wire rack or serving dish. Allow to cool completely before glazing, slicing, and serving.
8. Make the glaze: Whisk the glaze ingredients together. If desired, add more confectioners' sugar to thicken or more lemon juice to thin out. Drizzle on top of cooled cake. Icing will set after a few hours, making this cake convenient for storing and/or transporting.
9. Cover leftover cake tightly and store in the refrigerator for up to 5 days.



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How To Make 3-Ingredient Slime Without Borax

MAKES: 2 cups, enough for 1 kid

INGREDIENTS

- 2 (4-ounce) bottles washable school glue, such as Elmer’s (see note for variations)
- 1 to 2 drops liquid food coloring (optional)
- 1/4 cup glitter (optional)
- 1 teaspoon baking soda
- 2 to 3 tablespoons saline solution (i.e., contact lens solution), divided

INSTRUCTIONS

1. Color the glue (optional): Pour the glue into a medium bowl. Stir in the food coloring and glitter, if desired. This mixture doesn’t need to be homogeneous, as you’ll mix it even more after adding the baking soda.
2. Add the baking soda: Add the baking soda to the glue mixture and stir until smooth.
3. Add the contact lens solution: Pour in 2 tablespoons of the contact lens solution and stir slowly. The mixture should begin to harden, becoming stringy.
4. Mix until a ball forms: Continue mixing slowly until a ball of slime forms.
5. Knead by hand: Pick up the slime and work between your two hands, until smooth. If the slime is particularly slimy, work in another 1/2 tablespoon of contact lens solution as needed.
5. **PLAYING WITH SLIME!**
Once mixed, you can play with the slime immediately or store for future play.

- **Hidden Figures:** Fold small figures or cars into the slime and ask your children to find them.
- **Polka-Dot Slime:** Fold 10 to 15 soft pom-poms into clear slime (no coloring, no glitter)
- **Cut-and-Measure Slime:** Provide your kids with a metal or plastic ruler and kid-safe scissors. See who can stretch their slime the furthest. Or practice counting and cut the slime into 10-inch pieces.

RECIPE NOTES

- **Storage:** Store in an airtight container at room temperature.
- **Glitter glue slime:** Glitter glue is wonderful way to add glitter to your slime and it is much less messy, if you can find it. Skip the optional glitter called for here if using glitter glue.

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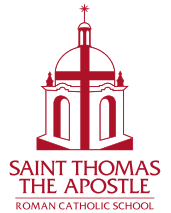
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