

PARENT TIMES



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Our Sponsors

Thank you to all our sponsors for their very generous support.

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T-shirts for Sale!

Our very own NCPG tank tops and short sleeve t-shirts will be on sale before every class. Check them out and place your order at the registration table.

Socks, Shoes, Cocktails, Corks and Coupons!

Dear NCPG Friends,

Wow, 2010 is off to a great start! In only two months we've made a difference for Crisis Nursery and Charlie's Angels, THANK YOU to all that have donated to these wonderful causes! In March we will be collecting **Socks & Shoes for Crisis Nursery!**

Cheers to **Nicole Debrovner** and **Stefanie Reifler** for planning another **SUPER Mom's Night Out!** (see the pics on page 6!) It was great seeing so many members at The Vig, hope everyone had a good time! Keep your eye out for the Evite invitation for the upcoming **Spring Family Fun Event on March 13th!** It is always such a great time for the whole family — hope to see you all there!



If you haven't already — MARK your calendar and book the babysitter for **Corks for Kids on April 24th!** It is going to be a fabulous event at the **Sheraton Phoenix Downtown** with dinner, dancing and wonderful auction items. There will be romantic get-aways, mommy spa days, and many children's classes, toys and much more. Thanks to each class for helping in contributing to the auction, the class baskets are turning out wonderful! We hope you will all come and support the organization that has given so much to each of us. Corks for Kids, in addition to membership dues, is our main revenue to keep the organization financially strong.



With the new season comes spring shopping, don't start until you pick up the one and only **NCPG Coupon Book!** There are great coupons for wonderful clothing boutiques in town, along with discounts on children's classes and fun entertainment. **For only \$10**, you will save MUCH more!!! Thank you to all that helped secure the retailers and **Katie Kerrigan & Andrea Evens** for leading the team!

And a VERY SPECIAL thank you to Neill Fox at Foxnoggin! For those of you that haven't had the opportunity to meet the mastermind of creativity behind NCPG, you are missing out! For the second year, he graciously designed the coupon book, along with our HIP & COOL monthly newsletter and website — thank you, Neill!!! He takes creativity to a whole new level, not only with NCPG and his company Foxnoggin, but it overflows to his personal life! Just check out Caddy Daddy and Nate the Golfer!



Are you looking for a way to give back to a great organization, meet new friends and have fun? Think about joining the NCPG board of Directors for the 2010-2011 year. It is something you won't regret! If you are interested or have any questions, contact us at director@ncpgaz.org. Applications are on our website.

Enjoy spring with your families and all the fun activities we have ahead of us.

XO, Brenda and Tiffany

s m i l e !

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Hard Wired for Music

We are hard wired from birth for many things: language, physical development, social-emotional skills and...music!

Children are born music makers! Children are born to sing and move; infants even as young as a few months of age can show rhythmic and tonal responses to music. Babies will often coo or sound on the resting tone of a song (usually the last note). Toddlers can bounce to the beat and preschool age children can learn entire songs. If this is so, why do we have such a large amount of adults who do not feel comfortable singing “Happy Birthday” or dancing in public? The answer lies in a child’s early childhood years.

Little musicians need to be musically nurtured to develop their potential.

It is true that a child who is exposed to many languages will gain the phonemes of the many languages and conversely, a child who is not given adequate verbal stimulation will grow up with a limited vocabulary. Similarly, to develop musically, a child needs to be in an environment with a wide variety of musical experiences. The easiest and most natural time for a child to gain their basic music competence is between birth and age five. During these years, the window for developing accurate rhythm and singing in-tune is wide open. If a child’s musical atmosphere in their early years is filled with rich music experiences, a child will be fortunate to grow up with all the music potential they are born with!

Children get their disposition for being a music-maker from their parents.

How do I nurture this inborn music in my child? Many parents are worried that they themselves are not musical and might destroy their little one’s possibilities of being a confident music maker. Actually the very opposite is true. A child gets his disposition to be a music maker by seeing the grown ups in his life joyously make music. If your child sees you having a blast singing and cutting up the rug, they will see it is safe and they may even imitate you. Parents are the best music models for their children!

Ways to nurture your child musically.

There are many easy ways to incorporate music into your child’s life:

- Sing, sing, sing! Sing in the car with the radio, make up songs (or change the words to familiar songs) about whatever you are doing with your little one, changing diaper, going to the store, eating some broccoli. Lullaby time can be the most precious time, singing your child off to sleep with love.
- Dance, dance, dance! Put on your favorite dance music and move your bodies. It’s fun to invite friends over and dance together. And while playing a CD in the car is good, your child is buckled in tight and can’t get the large movement experience that is important for rhythm development.
- Play, play, play! Get out the pots and pans and have a jam session to some fun and inspiring music that you enjoy. Wooden spoons on plastic bowls and shakers of dried beans in a sealed up water bottle can make some interesting sounds for children to experiment with. Children benefit by having different sensory experiences of tapping, shaking and scraping.

If you find yourself wishing for more ways to play with your child with music, join one of the great early-childhood music programs in town. Children learn best when they are in a relaxed atmosphere that is non-performance oriented, developmentally appropriate and lots of fun for both the children and the adults.

Active music making is a whole brain experience. It helps children regulate their emotions; it can soothe the soul and sometimes bring peace to an over-cranky toddler. Lastly, music is a meaningful way to bond with your child.

**Kathy Rowe, M.A. Music Education and
Center Director of Music Together in Phoenix, LLC**
www.MusicTogetherInPhx.com

Values Lead to Effective Discipline

Lynne Kenney, PsyD The Family Coach, author of The Family Coach Method, www.lynnekenney.com

I'd like you to think about the fact that your discipline style is closely connected to your values. Your values are your reference for positive behavioral expectations in your family. Your values reflect the mission you have established. Your values reinforce your family rules.

Once you have identified and confirmed your family values as a whole, discipline becomes clear, consistent and predictable. You now have specific values you can refer to, which your children understand and recognize: "We value kindness, so we help our brothers and sisters when they need us..." "We value respect, so we do as Daddy asks the first time." Your goal is to help your children develop skills and habits that are values-based.

Let's listen in on a common family mini-crisis and one parent's values-based response (the parent's half of the dialogue):

"Hey, we said we're a family who respects one another with our words."

"Calling your sister stupid doesn't sound respectful."

"What's another way you can tell your sister you are not happy with her behavior?"

"Do you want to ask her to do something differently?"

"What is your sister doing that makes you want to call her a name?"

"If she wore your shirt without asking, perhaps you can say to her, 'Sarah, when you borrow my shirt, please ask me first.'"

No more fighting in this family.

Are you struck by how powerful short direct sentences can be? Imagine using these words in a discussion with your child. Can you see how you can turn the situation from a potential screaming match into something else entirely? Where will these sentences lead your family? Directly to respect, honor and love. Now you are thinking, reflecting and choosing; you are not impulsively reacting. You are using your mission and values in a consistent way that gives each child a feeling of security within the family.

When you articulate the kind of family you are and how you live, the playing field is the same for everyone. It means you've all agreed on what you value. This will begin to color the way you act with one another and in the world outside the family.

Goal Setting For Success

Lynne Kenney, PsyD The Family Coach

2010 is in whether you were ready for it or not and trailing in its sparkly, sugary, tempestuous wake are dozens of New Year's Resolutions—lose those extra five pounds, spend more time with your kids, learn all the presidents in alphabetical order, never let Christmas day go by without a camera again.

New Year is a symbol of another chance to "get it right," an annual beacon of hope. But hope isn't just passively wishing and waiting for something to happen. Hope leads to the drive to set and pursue goals, to take risks and initiate action. Hope fuels problem-solving and helps children (and parents alike) develop personal strengths and social resources.

But how can you teach yourself and your children to set goals in a manner that will actually lead to success?

There are many different approaches to goal setting, what we want is for you to have a system that works for YOU!

Consider these easy to master steps to success.

1. Set Specific and Measurable Goals. Write them down!
2. Set initial goals that you can achieve within a week or so.
3. Give yourself a healthy reward or do yourself a solid when you meet your goal.
4. Anticipate set-backs and breathe past them, you can start again meeting your goal right now!
5. Keep all your plans on paper, write it, post it, celebrate it!

FishfulThinking.com, ***Listplanit.com*** and ***COZI.com*** give parents tools to organize their families, teach their children how to set positive goals, develop a system of appropriate rewards, and promote strategies of thinking that will enable children to go after whatever they want out of life.

Set yourself up for success. Each year, each day, each moment, is a new beginning.

Birth Announcements

Well, winter certainly was a busy time for new babies! Congratulations to the ALL the proud parents and families and a big welcome to the new additions to our NCPG family!



Taylor Paige Cosmas
November 15, 2009

Parents: Katie & Mark Cosmas
Weight: 5 lbs 14 oz, Height: 18 inches

A Quick Apology...

to the Cosmas and Reitz families
whose children got switched at birth—
well, at least that's what happened
in our last newsletter! Here they are
in all their newborn glory with
the correct info for each. Sorry!



Charles (Charlie) Arlo Reitz
November 23, 2009

Parents: Julie & Brett Reitz, Sister: Caroline
Weight: 7 lbs 5 oz, Height: 19 inches



Isaac Morris Feuer
November 19, 2009

Parents: Stacey & Jon Feuer Sister: Ella
Weight: 6 lbs 12 oz, Height: 20 inches



Addison Ione Jennings
January 6, 2010

Parents: Jennifer & John Jennings
Sister: Alexandra
Weight: 9 lbs 13oz, Height: 21 inches



Christopher Percy Lovisetto
January 11, 2010

Parents: Beth & Alex Lovisetto
Weight: 9 lbs 5 oz, Height: 20.5 inches



Adelyn Grace Burns
January 12, 2010

Parents: Jen & Adam Burns, Sister: Nancy Kate
Weight: 9 lbs 5 oz, Height: 20 inches



Sutton Chick Burley
January 18, 2010

Parents: Shelby & Chip Burley
Weight: 6 lbs, 11oz, Height: 19 3/4 inches



Kate Marie Rizzo Hyde
January 18, 2010

Parents: Julie & Matt Hyde, Sister: Samantha
Weights: 6 lbs 13 oz, Height: 20 inches



Clayton Lee Sonne
January 23, 2010

Parents: Diana & Chris Sonne, Sister: Lily
Weight: 8 lbs 9 oz, Height: 21 inches



Mason Thomas Petlowany
January 26, 2010

Parents: Monica & Josh Petlowany
Weight: 7.4 lbs, Height: 20.4 inches



Perry Page Osland (girl)
February 9, 2010

Parents: Brooke & Erik Osland
Weight: 7.2 lbs, Height: 20 inches

News & Events

Spring Family Party

March 13th, 10:30am-1pm
Christ Church School

Mark your calendar! Fun for the entire family!

Corks for Kids

April 24th, Sheraton Downtown

Join us for our yearly fundraiser and definitely... **THE EVENT OF THE YEAR!**

Girls Night Out!

What a great time. Over 35 ladies and perhaps a few more cocktails led to a fun-filled evening for everyone! Thanks everyone for coming!



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Are You a Helicopter Parent?



by Bob Hubbard, Owner,
Hubbard Family Swim School

I received the following inquiry from a mom:

I am a Mom of a boy who is 3 ½ and a daughter who just turned 2. I have a recent struggle in my parenting in that I think that I might be doing my kids a great disservice by playing and interacting with them so much. I just love to play with them — that's what I do to engage them. When I finally had my own kids, I wanted to really be present with them and spend quality time with them. For example, I once told my husband that I saw another Mom bring a book to the park and just sit and read, or that I see other Moms chat and leave their kids to do their own thing. I am always the Mom running around the playground chasing all the kids or playing games with them. My concern is that my kids are so attached to me that they rarely (if ever) leave my side and always want me to play with them.

Wow, what a hot button question for a parent. Wikipedia defines this type of parental behavior as that of a helicopter parent. Constantly hovering above their child to make sure they are behaving appropriately or are protected from all of the world's dangers and that everyone plays fair or has an equal chance to participate in every activity. Now we can talk about letting your kids practice new play or communication skills or even to fall down or fail at something. What do I mean fail? Well let's start by saying we need to teach them how to create their own skills, how to play with others, or how to learn how to lose on the playground or in competition.

Many parents today are trying to over-structure and control the world in which their child will be operating. I recently received a phone call from a gentleman who introduced himself and said he was calling for his son who had recently graduated from high school and was working this summer at a local city pool as a lifeguard. His son is going to be attending a local junior college and dad (yes, dad!) wanted to know if we were hiring for our winter teaching staff. My first reaction was to tell dad to have his son call me and we would begin the conversation. I realize this young man may be an excellent lifeguard and swim instructor, and just because his dad is hovering and will not let the parent strings detach, I shouldn't hold it against the young man. Are you that dad or mother?

At seventeen years of age, I left home for a college 600 miles away that I had only seen in pictures. I spoke to my parents once a week from the hallway pay phone and began to experience life on my own, far away from the protection of my parent's household. Did I make some mistakes? Certainly, but those experiences helped me to learn and grow and make better decisions. I don't tell my kids, nor did I tell my parents until many years later, that I hitch-hiked from college to Ft. Lauderdale some eleven hundred miles in January of my sophomore year for spring break.

Honestly, I'm not sure that the mom above is the textbook helicopter parent, but I would encourage her to let the reins go and let her kids interact with others on their own. Let your kids learn how to negotiate with a more aggressive child who is dominating the playground or swing set. Let them play with the other kids while you sit back and chat with the other moms, or become one of those moms who catches up on her reading while her kids play. If your kids fall down — let them get up. If they look at you — give them a thumbs up and go back to reading your book, or just hold the other parent down and say "he'll be fine."

And if you need a recommendation for a good book to read while sitting on a park bench call me.

Don't Say Cheese!

by Mark Skalny

Just Kids
PHOTOGRAPHY STUDIO

That magical kick at a soccer match...your daughter's perfect pirouette at a ballet recital...the look on your child's face with that first bite of a freshly baked chocolate chip cookie! Fleeting, special moments, but ones easily captured with your basic digital camera.

However, the ability to capture those moments is the number one complaint I hear from my friends, family and clients. "How do I create that special image without having a degree in photography or the latest technical equipment?" To answer this question, I have compiled some "tips and tricks" for every parent or grandparent from the moment you push the "on" button to the "save and close!"

First, I would like to relate that I have been photographing children of all ages for over 15 years, and I too have missed many of those great shots for countless different reasons. Foremost, the lesson I have learned is that the memories we create with our family and friends are lasting ones, whether or not you capture them digitally. Being part of the experiences of their lives is reward enough, but it certainly wouldn't hurt to have a few great shots to keep forever!

The tips and tricks that follow are in order of what I have found to work the best for consistent results...

Fill the Frame

No matter what kind of camera you have, start by filling the frame with the focal point (the subject). Too often, we look at grandma's photos and there's little Jack somewhere in the jungle of playground equipment, lost in a chaos of pipes and slides. Next time, get closer to the subject. This can be done by using the zoom feature on the camera or physically moving in tighter to the subject. Fill the entire frame with the focal point and eliminate all the background distractions.

Read the Light

My studio is located in Arizona, and come the summer months (besides the heat) the sunlight here is challenging when we shoot outdoors. What I tell my students is to keep your subject in the same type of light – all shade or all sun. By choosing a setting that is blanketed by the same type or quality of light will create even exposures across your subjects. The most flattering type of light is when you have an overcast day, or find a side of a building, or maybe under a tree, where the light is even and omnidirectional, "sending or receiving signals from all directions" (Webster's dictionary).

Fill Flash

People will always ask me, "Why are you using your flash on a bright sunny day?" The reason is to fill in the hard shadows on the person's face. All camera/flash systems have a way of using just enough flash to fill in the shadows on the faces when the sun is too strong. Balance fill-flash is a powerful tool. This is where you may need to actually

read your manual to figure out how your camera's flash works. The basic idea is simple...use just enough flash to soften down the dark shadow areas.

Composition

Once you understand some of the above, we can work on composition. There are many rules in the world of photography, but for the beginner, I like to start with the "rule of thirds." Simply put, when you look through the viewfinder, or on the back of the camera, divide that view by thirds, vertically and horizontally. Where the lines intersect is the strongest visual point of the photo. When composing your photo in the camera, place your subject's eye on that apex. See how the photo changes?

These are just a few, but my best, suggestions for any photographer at any level. You don't need a fancy camera, lots of lenses, or a truck load of lights to capture some amazing images. You just need to be there, in the moment, remembering these tips, and keeping that shutter snapping away. "Click" ... a memory captured forever!

Lastly, with digital photography, please remember to "back up your images"!

Happy Shooting!

Mark Skalny is part Owner and Senior Photographer for Just Kids Studio owned and operated by Arizona Parenting Magazine.

**As a special treat for
NCPG members, Mark will present
a FREE Camera Q&A and Tutorial!**

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**For every \$39.00 Quick Take purchased March 13th
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Things To Do!



Peter Pan
Desert Stages Theater
Feb 19-Mar 21
1 or 3pm, Sat & Sun

Little Mermaid
Broadway Palms
Mar 9 - April 9
10:30 Lunch/11:30 Show or
12:00 Lunch/ 1pm Show

The Hobbit
Valley Youth Theater
March 19 - April 4th
Sat: 12 or 3:30
Sun: 12:30 or 4

Renaissance Festival
Through March 28th,
10am-6pm
www.royalfairs.com/Arizona

Phoenix WorldFEST
Saturday, March 27th,
Noon-11pm
Heritage & Science Park
115 North 6th Street
Phoenix, Arizona 85004

Noon: Sister Cities Parade
Noon-5pm:
Friendship Stage
International Performances
Noon-5pm: KidsWorld &
Sister Cities Village
Noon-10pm: WorldSTAGE
Live Entertainment
Noon-11 pm: World of Beers

Just Kids Studio
"Quick Take" Event!
Saturday, March 13th, 10-3
15 minute themed portrait
session with the kids in time
for Spring and Easter! For
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AZ Parenting Magazine
Camp Jamboree
March 27th, 11am-4pm
Loocated at Paradise Plaza
4848 East Cactus Road
(602) 279-7977
www.campjamboree.com

The event's activities are
FREE. 40-60 state and
national camps showcase
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Climbing, Petting Zoo, Face
Painting, "Fear Factor" Sen-
sory Booth, Bouncy houses,
Magic Show, Fantastic Fire
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only to name a few!

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Sunday, March 21
10am-2pm. Special
**'Meet Cinderella' Spring
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www.artplayhealing.com

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