









Diaper Rap



December 2007

A Publication of The Next Generation Diaper Service & Breast-Feeding Supply * 3841 N. Oracle Road, Tucson, AZ 85705
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Inside This Issue:

-  *Announcements – Page 1*
-  *“Our Children’s Needs” II – Page 2*
-  *Recipes – Page 3*
-  *Tucson Events and Classifieds – Page 4*
-  *Notes, Tucson Ongoing/Groups – Page 5*
-  *Phoenix Events and Classifieds – Page 6*

Service Notes:

We would like to welcome the many new families who have joined the service and would just like to point out a few service items that are extremely important to us.

Please do not throw any paper or plastic items in your pail.

- Wipes - if you would like to add cloth wipes to your order, please let us know these can be thrown in your pail and returned to you weekly.
- Plastic grocery bags- please take your diapers out of these and dump them in to the bag we provide or a similar size garbage bag.
- Deodorizing disk - should be taken out of the plastic and put in the slot in the lid of your pail.
- Solids- There is no easy way to say this but it needs to be said, If it can be dumped in the toilet please do, there is no need to scrape or soak or anything of the sort but solids in your pail cause extra odor and stains.

Email invoice- In an effort to reduce the amount of paper and resources we use, if possible please sign up for our email invoicing just send an email to diapers@theriver.com. It also not necessary to send us a copy of your invoice with your payment just make sure the name on your check matches the name on your account.

Dear Next Generation Family,

We hope this newsletter finds your families happy, healthy and ready for the New Year. As many of you may know, and for those of you who don't we had some equipment failure in the weeks before Christmas. To those of you whose orders were affected we sincerely apologize and thank you for your patience while we remedied the situation. Being a family owned business, events like this often turn our lives upside down and having this happen just before the holidays was even more stressful. We are happy to announce that we have purchased a new washer and in the next few days, life will be back to normal.

We want to thank all of you who have contributed to our newsletter during 2007 and encourage you to stay in touch during 2008 and to Michelle who creates and organizes our newsletter, we couldn't do it without her!! Please remember if you have an article or ad or topic you would like to see discussed please let us know. We've got some exciting things planned for the New Year, so keep an eye out for information in the upcoming months.

For those of you in Tucson, don't forget our Mom and babies group that meets on Wednesdays at 10:00 and for our Phoenix area families if you're ever in the neighborhood stop by and say hi.

Please remember if you ever have a question about anything baby related don't hesitate to ask us, we have lots of experience and resources at our fingertips. Babies are our business!!

Thank you for your continued support!

The Next Generation Staff



Our Children's Needs - Part 2

Robert Elias Najemy

SECURITY

Children need to feel secure. Few feel secure when there are conflicts occurring around them. Few can relax inwardly when others around them are shouting, accusing, criticizing and hating each other. To a small child, tension between parents, or between parents and the child or other children, constitute a deep chasm of insecurity.

When the conflict is between the parents, it is often worse for the child. The child has not yet learned to feel separate itself from the parents. It feels identification with both parents. Thus when they are in conflict, it feels that the conflict is taking place between two parts of its own being. It might even begin hating itself as a result.

Children cannot feel secure if the parents do not feel secure. If we are constantly worrying and have anxiety about money, health and the future, then our children will automatically be programmed to feel insecure about these aspects of life. This insecurity will remain with them and they will waste large portions of time, energy and thought throughout their life, trying in vain to find «security» by controlling these external circumstances. As adults, it is possible that this inner programming that we are not secure may never be appeased. Thus the most effective way to offer a security base to our children is not to be found in providing them with a large inheritance but rather to establish an inner feeling of security within ourselves. If we believe in ourselves and in our ability to cope with all of life's situations, the child will feel the same. As we feel more secure, we will have less moments of conflict with others and our home will be in general more peaceful and more supportive for the child.

UNCONDITIONAL LOVE

We all know that a child needs love and want to be able to love our children unconditionally; but it is not so easy. We are human beings with needs, feelings, expectations, attachments, fears and conditionings which prevent us from being able to accept our children independently of their behavior. Having children is an excellent opportunity in life to develop unconditional love. We are more inclined to forgive, overlook and to continue loving when we feel that this is our child.

What do we mean by unconditional love? We mean that our feelings of love and acceptance for our children do not change or fluctuate depending on what they do or say, or what they decide to do with their lives. It is not necessary to love and accept our children's behavior. We must make a distinction between our children's being, soul or consciousness and their behavior. We can reject a certain behavior, and explain so to them, without

rejecting their being or self. "I love you but I am disturbed by this particular behavior."

Our children need to know that we accept and love them regardless of what they may do, but also that certain forms of behavior are not acceptable to us. We should, however, investigate for ourselves why this behavior is not acceptable. Is it because it will be potentially harmful to the child, to someone else, or to ourselves? Or is it simply because we are programmed that it should not be done? Or does the behavior conflict with our expectations based on our personal needs and dreams for the child? Or are we afraid of what the others will think about our child and subsequently about us?

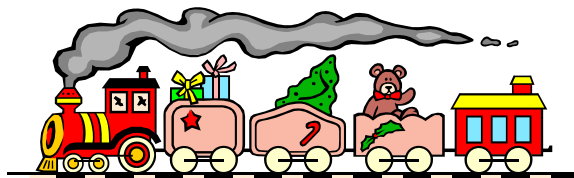
We must be very clear about why we are rejecting a certain behavior. Our rejection can come out of a place of real love and concern for the child, if, in fact, we are not simply protecting our own interests. As long as a certain behavior does no real harm to anyone, it is best to allow the child to pursue it. Something within them, some need is guiding them to explore that kind of activity. They have something to learn through doing that. This does not mean that there are not moments where control or even natural or logical consequences may be necessary. But we need to be sure that the reasons are valid and have to do with real issues of safety or morality and not because we are disappointed with their grades or selection of hobbies, interests or friends.

In order to love our children unconditionally, we will need to start loving ourselves unconditionally. We will have to let go of all the prerequisites we have put on our own self-love. We will need to love ourselves even though we are not perfect, even though we make mistakes, even when others do not love and accept us. The more we free our self-love from the various prerequisites, the more our love for our children and others will become unconditional.

If you would like to receive a free email course with 16 messages concerning how we can help our Children, Send in an email to the following address to get one message each week on Life's Lessons for 16 weeks.
communicatingchildren@GetResponse.com

If we care for our bodies and minds, they will care for us.
Be Well

(Robert Elias Najemy's recently released book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at <http://www.amazon.com/exec/obidos/redirect-home/holisticharmo-20> and <http://www.HolisticHarmony.com/psychohappiness.html> . His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.)



Pomegranate-Glazed Turkey with Roasted Fennel

Makes 4 servings

Ingredients

4 medium fennel bulbs, cored and thickly sliced
5 teaspoons canola oil, divided
½ teaspoon chopped fresh thyme, plus 1 sprig
1 teaspoon kosher salt, divided
¾ teaspoon freshly ground pepper, divided
4 turkey cutlets, ¼ inch thick (1 pound)
1 cup pomegranate juice
¼ cup reduced-sodium chicken broth or water
1 teaspoon cornstarch

Instructions

1. Preheat oven to 450°F.
2. Toss fennel, 3 teaspoons oil, chopped thyme and 1/4 teaspoon each salt and pepper in a medium bowl. Spread on a rimmed baking sheet. Roast, stirring twice, until tender and golden, about 25 minutes.
3. Meanwhile, sprinkle both sides of turkey with the remaining 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat the remaining 2 teaspoons oil in a large skillet over medium-high heat. Add the turkey and cook until browned, 1 to 3 minutes per side. Transfer to a plate.
4. Add pomegranate juice and thyme sprig to the pan; bring to a boil. Boil, stirring often, until reduced to 1/4 cup, 6 to 10 minutes. Discard the thyme. Whisk together broth (or water) and cornstarch; add to the pan and cook, stirring constantly, until thickened, about 15 seconds. Reduce heat to medium, return the turkey and any accumulated juices to the pan, turning to coat with sauce, and cook for 1 minute. To serve, top roasted fennel with turkey and sauce.

Yukon Gold & Sweet Potato Mash

Makes 6 servings, about 2/3 cup each

Ingredients

1 pound Yukon Gold potatoes, peeled and cut into 1 ½-inch chunks
1 pound sweet potatoes, peeled and cut into 1 ½-inch chunks
½ cup low-fat milk
2 tablespoons butter
1 teaspoon brown sugar
¾ teaspoon salt
¼ teaspoon freshly ground pepper

Instructions

1. Place potatoes and sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat and cook until very tender when pierced with a fork, 20 to 25 minutes.
2. Drain the potatoes, then mash them in the pot to the desired consistency. Place milk and butter in a small bowl and microwave on High until the butter is mostly melted and the milk is warm, 30 to 40 seconds. (Alternatively, place in a small saucepan and heat over medium until the milk is warm.) Stir the milk mixture, sugar, salt and pepper into the mashed potatoes until combined.



TUCSON EVENTS AND ACTIVITIES

ZOO LIGHTS

Enjoy the holidays with ZOO LIGHTS!!! Zoo Lights is 6-8pm every Thursday through Sunday evening from December 1 to December 23.

Light displays and holiday decor are guaranteed to put you in the winter spirit at this year's ZOO LIGHTS. Jingle bells, hot cocoa, twinkling lights, Santa and even light falling snow are a must for all Tucson residents. Each evening of the event will highlight stage entertainment, refreshments and the "Ho! Ho! Ho!" of Santa! Event nights are December 1-2, 6-9, 13-16 and 20-23.

\$4 Adults / \$3 Adult members / \$2 children (2-14)

FREE with a new toy for Toys for Tots

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Festival of Lights -

Saturday, December 15th to Friday, December 28th, 2007

This year celebrates the 57th anniversary of the Winterhaven Festival of Lights! The Winterhaven neighborhood, located in central Tucson, welcomes thousands of visitors every year for two magical weeks in December. Visitors to the Festival will see Winterhaven's majestic trees decorated in dazzling lights and will enjoy seeing wonderful decorations and lights on Winterhaven homes. Many people will walk the streets of Winterhaven to enjoy the sights, but visitors may also take a haywagon carriage or trolley through the neighborhood. Cars and buses are allowed on certain nights.



Winterhaven is located in central Tucson. The neighborhood is bordered by Prince on the North, Country Club on the East, Ft Lowell Blvd on the South, and Tucson Blvd on the West. Entrances into the neighborhood during the Festival are off Ft Lowell and Prince. TO AVOID THE LONG LINES ON FT LOWELL, CONSIDER THE PRINCE RD ENTRANCE! Please go to the map link to see suggested routes through the neighborhood. There are no official parking areas.

There is no entrance fee to the Festival of Lights. For fifty-seven years, the residents of Winterhaven have hosted the Festival as their gift to the community. However, the event is a fundraiser for the Tucson Community Food Bank. Please consider bringing canned food or making a donation when arriving. Food Bank volunteers will be at the Country Club and Ft Lowell entrances.



Kidz klimb

Kids Climb lets kids climb without the adults getting in their way. Held every Saturday from 9-11AM. Cost is \$12. Our staff will belay for the kids so all they have to do is have fun. Admission closes at 9:30am, program ends @ 11am. 330 s. toole ave. suite 400, tucson, az. 85701 520.882.5924 www.rocksandropes.com

~ Join Us! ~

Every Wed at the Diaper Service Drop-in 10am-12pm an informal group for Mamas and their babies to share questions, ideas, experiences, breastfeeding, babywearing, diapering, leaping birth stories...

Older children welcome...

(Need not be a diaper service customer to attend!)

Call Sarah at 747-4611 with any questions

SERVICE NOTES

Email invoicing available-!! Help us keep our costs down by signing up for email invoicing, this convenient method is a great way to keep track of your monthly invoice. Life gets a little hectic when you have a new baby around, sign up for email invoicing and you'll know exactly where your diaper invoice is each month when your ready to pay those bills. As the cost of gas continues to rise this is another way we can continue to keep our prices down.

The envelope please... it is not necessary to use a new envelope, or send a copy of the invoice when you are leaving your payment with your diapers (any old envelope will do). If your account is in one family name and the check is in another just make a note in the memo field, we'll get it posted to the right account. The Next Generation is all about recycling and reusing when possible!!!

Auto pay is also available... we can take your credit or debit card number and automatically charge your card each month on your due date. This saves the hassle of check writing.. Call or email us and we'll send you a form.



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Carrie Kargel, LMT
480.238.9828

TUCSON SUPPORT GROUPS

Spirit of Service is a non-profit organization working to provide alternative health care to uninsured and under insured members of the community. Some services that are currently offered are acupuncture, massage, reflexology and counseling.

Web: www.spiritofserviceaz.com

Phone: 520-668-6331. Email: healingartsalliance@yahoo.com

Postpartum Social Support Network

Have you recently given birth? Are you feeling exhausted, anxious, depressed, or just not yourself? If you are—you are not alone.

Web: www.postpartum.net

Location 1:

St. Joseph's Hospital
Carole Sheehan
520.873.6858
Support Group meets every
Wednesday from 6:00p-7:30p

Location 2:

Northwest Medical Center, Ste 130
Alison Sutton Ryan
520.877.4149
Meets Wednesdays - 10:00a-11:30a

PHOENIX CLASSIFIEDS

Let us help you! Do you want to get rid of those unwanted items or advertise your helpful services in our Classifieds section? Send your information to us via E-mail today at Nextgenerationbaby@comcast.net

DESERT SONG YOGA

4811 North 7th Street
Phoenix, Arizona 85014
(602)265-8222

Kids' Yoga - A yoga class especially for children ages 4-10. Children participate in activities that promote self-esteem, body awareness, strength, flexibility and self-reliance.

Prenatal Yoga - This class uses gentle stretching, visualization, relaxation and breathing techniques to help guide you through your pregnancy and delivery.

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Dr. Laurinda Kwan, ND

1250 E Baseline Rd. Suite 104
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- ❖ Is your little one teething? Frequent Ear Infections? Allergies? Asthma?
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- ❖ Take the natural step toward wellness for your entire family. Dr. Kwan is now accepting new patients. Call the office to book your appointment today: (480) 456-0402.
- ❖ Dr. Kwan is a proud member of the Next Generation Community and loves the cloth diapers and wipes she uses for her adorable 9-month old son, Kanyon.

ZooLights! It's Nature All A-Glow!

For the first time in the event's history, ZooLights will be open every evening including December 24 and December 25, from 6 p.m. to 10 p.m.

Jengo the talking giraffe will return to entertain kids, Stingray Bay will be open with some new friends.....bamboo sharks and nurse sharks, plus there will be an all new dancing tree show!

Don't miss ZooLights 2007/08, one of the largest holiday light shows in the southwest with 2.5 million lights, hundreds of custom lighted animal displays with new ones appearing every year, carousel rides, camel rides, wagon rides and more!

To purchase your tickets call our reservations department at 602.914.4333.

455 North Galvin Parkway Phoenix, AZ 85008