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A Publication of The Next Generation Diaper Service & Breast-Feeding Supply * 3841 N. Oracle Road, Tucson, AZ 85705
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We Deliver!

For your convenience, our trucks deliver more than just diapers. If there's something you need, chances are we have it! Just give us a call or email us at diapers@theriver.com and we will add any product we carry to your order, and bring it straight to your door!

Next Generation Referral Program

You our customers are our best form of advertising, we've put into place a new and exciting referral program. Here's how it works...

Request some of our business cards to hand out to friends, family and any parents to be that you meet.

Put your name on the back of the card to receive credit.

The card is good for 10% off of their first purchase, so they'll want to present it to us to get that discount.

When they sign up for diaper service or spend \$100.00 dollars on diapering supplies or breastfeeding supplies you'll receive a free week of service. There's no limit to the number of free weeks you can receive, so let people know how easy cloth diapering is and get some free service!!!

The Family with the most referrals as of December 31st will win a prize to be announced at a later date.

NEW ITEMS!

DESERT OFFERINGS BABY SKIN CARE - Only the best for the babies- Desert Offerings makes a baby body wash- baby salve and Baby oil- and baby powder with all organic ingredients like white clay , apricot oil and delicate flowers of roses ,calendula, lavender and chamomile- They are fresh and pure – and they smell so sweet---



Baby body wash 4oz...\$10.00

Baby body wash 8oz...\$18.00

Baby oil 1oz...\$10.00

Baby oil 2oz...\$18.00

Salve 1.8oz...\$9.00



desert offerings

OUR CHILDREN'S NEEDS – Part 1

Robert Elias Najemy

A human being is pretty much formed and programmed in his or her concepts about himself or herself and the surrounding world by the age of eight. Most of the work, which is done today by psychologists and psychiatrists, is to solve the problems and fill the gaps left by the experiences of those earlier years. Wouldn't it be better to pay more attention to how we bring up our children so that they can be stronger, more able, happier, more in harmony with themselves and their environment? The future of the world depends on our children. The quality of our children and their ability to create a better world depends on us, but not in the way most may think. Let us consider here how we can help our children and ourselves to find harmony, health and happiness.

SEEDS DO NOT LEARN TO GROW

Seeds grow into beautiful plants and huge almost immortal trees with no education or training whatsoever. What they are to become and how they are to become that, are already printed in their consciousness and chromosomes. The same is true for all the animals, plants and insects upon the earth. Is man the only exception? Are we so unintelligent that we cannot understand what we must become and how we must become that? Are we so far behind the plants and animals in this matter? Or have we destroyed this contact with our inner consciousness, our inner voice that could guide us on our way?

Adults in their well meaning way, with an exaggerated concern for their children, and an underestimation of the divine potential which lies within those small beings, inadvertently destroy that small inner voice, as they try to mould their children into what they believe their child should become. This is also true of the educational system as a whole. Thus the question, concerning how we can help our children, becomes, more accurately, how can we help ourselves out of our mistaken concepts and anxiety about the future and lack of confidence in ourselves, our children and mankind so as not to become obstacles to the child's natural development?

Our emphasis should not be so much on how we can teach but on how we can learn and grow maturer emotionally, mentally and spiritually. Then the "real parent", the divine within each child, will take over for us and for our children. We cannot help our children find the voice within them if we have not found our own. We cannot help our children to

be healthy if we have not created health for ourselves. We cannot help them have self-confidence unless we ourselves have it. Their self-respect depends on our self-respect, their inner peace on ours, and their self-mastery on our self-mastery. Learning through example is much more effective for children than learning through words. When the person who gives advice is not an example of those words, then not only do those words have no power, but they create a feeling of resentment and rejection towards the hypocrisy which is so obvious. All children are idealists. They expect there to be a consistency between thoughts, words and actions. When there is not, they feel insecure, they do not know what to believe. Consistency gives a child a feeling of security and respect.

WHAT ARE THEIR NEEDS?

This list of children's needs will by no means be complete. These are some of the obvious needs that come to mind at this moment. When I asked a small group of children to think about the basic needs of children, one child shocked me with the most simple answers. She said, «The first need of children is PARENTS». How simple, how obvious, and yet today how fragile is that assurance that the child will have the same two parents from its birth until adulthood. «The second need of children», she said, «is to have a good relationship with your parents». This 11 year-old child was telling me what took so many psychologists so many years to understand and verify.

In working with adults with various emotional problems, most difficulties seem to originate from the lack of affirmation of love and acceptance during their childhood. When this base of love and acceptance is missing, then we have lot of work to do in our adult life in order to regain that self-love and self-acceptance. When this base of love is there as a child, then we can proceed on to other needs and activities. When it is not there, then whatever we will do in our lives will have as a major motive, proving our ability and our self-worth. If we care for our bodies and minds, they will care for us.

(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/holisticcharm-20>

and

<http://www.HolisticHarmony.com/psychofhappiness.html>

.His writings can be viewed at

<http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.)

October 21, 2006
TUCSON BUDDY WALK

Buddy Walk is celebration of diversity, featuring local and national talent, good food, entertainment, resources and information about Down syndrome and the unique contributions made by individuals of all abilities.

2 p.m. - 6 p.m. at DeMeester Outdoor Performance Center, Reid Park.

Pre-registration can be done online at www.firstgiving.com/sandsaz or call 520-722- 9281 for further information.



NEW!

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

Fall Pumpkin Celebration

Apple Annie's Produce & Pumpkins

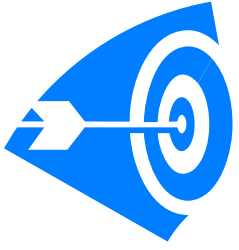
October 6-7; October 13-14; October 20-21; October 27-28
9:00 AM - 5:30 PM

Enjoy old-fashioned family fun picking your own pumpkins, fall vegetables and apples. Pumpkins of all sizes will be available for picking in our huge pumpkin patch. \$3/person fee includes hayride to the pumpkin patch and children's play area; children 2 and under are free. We-pick pumpkins will be available at the pumpkin stand. Tons of fun for the whole family! Don't forget to bring your camera and a jacket. Fall days can be quite cool here in Willcox!



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



* Please make sure you put only cloth diapers in your pail. If you think about when you wash a tissue what it does to your wash, multiply that by several hundred. You get the picture. This is what happens by putting paper wipes, disposable diapers or grocery bags in your bag. We have cloth wipes available that may be thrown in with your diapers. Call the office for more details.

Diaper Do's & Don'ts

Please only use diapers as...

- * Sheet Saver Under Baby in Bed
- * Burp Cloth
- * Bib to Catch Dribbled Milk
- * Wash Cloth and at Bath Time
- * A Diaper!

Please do not use the diapers for...

- * Dusting
- * Cleaning Cars
- * Absorbing/wiping any oil or grease
- * Cleaning up Spilled Chemicals
- * Soaking in Chemicals or Cleaning Solutions (i.e., Bleach)

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

TUCSON ONGOING EVENTS

KIDS YOGA GARDEN

Little Bodies, Big Spirits Every Wednesday 3:45-4:30 FREE!

Storytime Yoga for kids ages 2-6 with parent participation.. Join us for our "informal" Yoga circle including storytime with yoga poses, music, dancing and lots of fun and laughter for parent/child. FREE! All classes are held at Three Jewels, 314 E. 6th ST, just west of 4th Ave. Carolina Freund, M.A., YKA 520-248-0226 carolinafreund@yahoo.com

Three Jewels KIDS' CLUB!

Activities and practice for kids ages 6-12. Informal and fun approach to dharma and compassion. Ongoing Wednesdays at 230 pm.

Three Jewels, 314 E. 6 Street 207-9889 www.3jewelstucson.com

Have a recipe or product review to share in the newsletter? Those families that submit ideas, articles, recipes, etc. for our monthly newsletter will have their names put into a drawing, each month we'll give away a price such as free diaper service, baby care products, massages and much more.

Please email your ideas to diapers@theriver.com

Diaper Rap is a publication of *The Next Generation*, 3841 North Oracle Road, Tucson, AZ 85705. Tucson Phone: (520) 747-4611 Phoenix Phone: (480) 610-2229. E-mail Nextgenerationbaby@comcast.net. The views expressed by contributing writers are not necessarily those of *The Next Generation*, and *The Next Generation* is not liable for the contents of such articles.

PHOENIX ACTIVITIES

Enchanted Island is filled with charm and magic, offering nine fanciful rides and a variety of popular attractions geared especially toward children aged 2 to 10.

Ride the historic Encanto Carousel. Pedal-boat across fish-filled lagoons. Test your skill at our arcade games, and share the memories over a fluffy ball of cotton candy. 1202 W. Encanto Blvd. | Phoenix, AZ 85007 | Phone: 602-254-1200



Also try Freestone Railroad at 1021 E. Juniper Ave. Gilbert, AZ 85234 Phone: 480-632-2702 Reopening September 1st for train rides and activities from 2-10 years of age.

Dr. Laurinda Kwan, ND

1250 E Baseline Rd. Suite 104
Tempe, AZ 85283
(480) 456-0402

- ❖ Is your little one teething? Frequent Ear Infections? Allergies? Asthma?
- ❖ Do you suffer from fatigue? Post Partum Depression? GI problems? Hormonal concerns?
- ❖ Naturopathic Doctors (NDs) are primary care doctors clinically trained in natural therapeutics to treat both acute and chronic conditions. NDs diagnose disease and treat the cause using natural therapies specific to your individual needs.
- ❖ Dr. Kwan focuses in using homeopathy to help stimulate your bodies own natural healing mechanisms. Homeopathy has been proven successful in treating difficult conditions that do not respond well to conventional medicine.
- ❖ 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.

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.

GENTLE STRENGTH COOPERATIVE

234 W. University Drive
Tempe, AZ 85281
480-968-4831

www.gentlestrength.com

Member owned co-op that is open to the public. Organic produce, natural foods and supplements, fresh deli sandwiches and salads made daily.

KRISTY ANDERSON, ND

Naturopathic Physician
26705 S. 195th Street
Queen Creek, AZ 85242
480-229-1348

Email: andersonaz02@yahoo.com

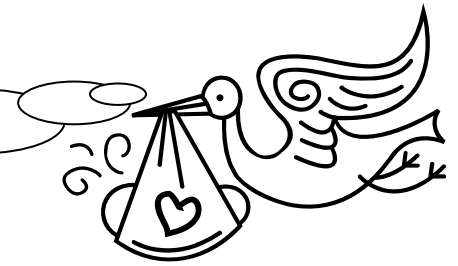
Naturopathic physician serving the far southeast valley. Holistic, supportive family healthcare for all your family needs, from pediatrics to elderly. Come experience the difference holistic, natural medicine can make in your lives and the lives of your children.

ORGANICALLY GROWN FOR YOU

3848 E. Roeser Road
Phoenix, AZ 85040
602-438-1818
www.og4you.com

Farm fresh organic fruits, vegetables and groceries with the convenience of home delivery to the entire Phoenix Metro area. We offer different box sizes and variations so you can pick the one that fits your household's needs and lifestyle. Recipes are also included that incorporate the food in the order.

3RD AnNuAL StOrK SaLe!



Save the Date!

To benefit the Birth & Women's Health Center, an El Rio Clinic

WHAT

A Fun Resale Event Featuring:

TOYS! ☺ CHILDREN'S FURNITURE! ☺ BABY GEAR!
Maternity Wear & Clothing for babies and kids thru age 10
KID'S ACTIVITIES! ☺ GIVEAWAYS! ☺ RAFFLE PRIZES! ☺ VENDORS!

WHERE

Birth and Women's Health Center

2595 N. Wyatt Drive in Tucson
(next to TMC) 795-9912

WHEN

SATURDAY, OCTOBER 6TH, 2007

8AM - 12PM

BRING THE
WHOLE FAMILY!

Benefiting:



An El Rio Clinic

Sponsored By:



Participants Include: Arbonne International, Belly Casting, Celebrate Family, Charming Chains, Desert Doula, International School of Tucson, Jennifer Pillow Agency, Juice Plus, Kid's Center, Lead Awareness Booth, M&I Bank, Mary Kay, Mom's Breastaurant, Next Generation Diaper Supply, Portraits by Paige, Skelly Jelly Designs, Tucson Breastfeeding Coalition, Tucson Community Food Bank, Tucson Waldorf School