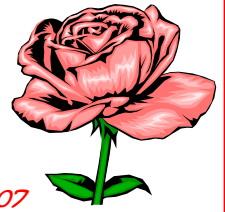




Diaper Rap



May 2007

A Publication of The Next Generation Diaper Service & Breast-Feeding Supply * 3841 N. Oracle Road, Tucson, AZ 85705
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A note from Management....

We would like to wish you all a Happy Mother's Day and thank you for choosing to use The Next Generation to help with your diapering needs. For those of you new to our family, we would like to tell you a little bit about ourselves. Pam and I are sisters and we bought the service five years ago in January after it for our two older children. Pam has three little boys, T.J. (8years old) and Brandon (5 years old) and Zachary (9mos). Karen has two little boys, Michael (8 years old) and Matthew (7years old). Together, with our loyal employees Dwight, Sarah, Rosemary and Kari our Mom Barbara, children and husbands, we strive to provide you with the best cloth diaper service Tucson and the Phoenix metro area has to offer. This is not an easy task with large corporations that have million dollar advertising budgets to promote the ever-changing disposable diaper as our competition. Please remember to tell your friends and family members about us. We've got a great new referral program, because You, our wonderful clients, are the best advertising there is!

We would like you to know about these details of our lives because sometimes we are not in the office as much as people would like us to be. Sometimes it takes us a little longer to call you back and sometimes, with 5 little ones under foot, as much as we hate to admit it, we goof up. But, most of all, we would like you to realize that we are just like most of you, busy parents trying to balance a home life and a career.

Summer is a slow time for us with everyone taking time to vacation and visit loved ones in cooler areas of the country. Please be assured that deliveries will remain on schedule and we will answer messages daily. During this time we will have limited hours in the office. It is especially important to have you diapers out by 6:00am, with people vacationing your delivery time may fluctuate greatly from week to week and not having to knock to collect your diapers makes the route much more efficient,

Be sure to use our website when you can! This is a much easier form of communication for us. Email can be answered at any time of day or night, making it easier for us to get you orders adjusted and your questions answered without disturbing you. If you plan on vacationing please let us know as soon as possible so that we may adjust your delivery schedule.

Have a great summer wherever you may be. We'll be spending time teaching our little guys to fish and swim, playing ball, gardening, and participating in lots of other summer activities.

We appreciate your patience and your patronage,

Karen and Pam

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Happy Mother's Day

The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new. ~Rajneesh

Are you ready for Summer?



Gabby's Hats ~ \$11.00

Swim Diapers ~ \$11.00



Vacation Plans?

If you plan on traveling this summer please call the office and let us know when you'll be away. We'll adjust your delivery schedule so that dirty diapers are not left sitting for more than a week. For Delivery days that we do not come to your home you'll receive a vacation credit.

Tantrums, Fussing and Whining

from The No-Cry Discipline Solution (McGraw-Hill 2007) by Elizabeth Pantley

If you ask parents to list the most frustrating discipline problems during early childhood, you would find that these three items appear on every list. All children master their own version of these behaviors – every parent has to deal with them!

Controlling their emotions

Most often these behaviors are caused by a child's inability to express or control his emotions. Tiredness, hunger, boredom, frustration and other causes that ignite The Big Three can frequently be avoided or modified. When your child begins a meltdown, try to determine if you can tell what underlying issue is causing the problem. Solve that problem and you'll likely have your sweet child back again.

Handling tantrums, fussing and whining

No matter how diligent you are in recognizing trigger causes, your child will still have meltdown moments. Or even meltdown days. The following tips can help you handle those inevitable bumps in the road. Be flexible and practice those solutions that seem to bring the best results.

Offer choices

You may be able to avoid problems by giving your child more of a say in his life. You can do this by offering choices. Instead of saying, "Get ready for bed right now," which may provoke a tantrum, offer a choice, "What would you like to do first, put on your pajamas or brush your teeth?" Children who are busy deciding things are often happy.

Get eye-to-eye

When you make a request from a distance your child will likely ignore you. Noncompliance creates stress, which leads to fussing and tantrums – from both of you. Instead, get down to your child's level, look him in the eye and make clear, concise requests. This will catch his full attention.

Tell him what you DO want

Instead of focusing on misbehavior and what you don't want him to do, explain exactly what you'd like your child to do or say instead. Give him simple instructions to follow.

Validate his feelings

Help your child identify and understand her emotions. Give words to her feelings, "You're sad. You want to stay here and play. I know." This doesn't mean you must give in to her request, but

~Wanted! ~

Baby/children's gift bags -Do you left over gift bags from your baby shower or your Childs birthday, we'll by those from you for \$.50 a piece. Call and let us know you'll be sending them.

letting her know that you understand her problem may be enough to help her calm down.

Teach the Quiet Bunny

When children get worked up, their physiological symptoms keep them in an agitated state. You can teach your child how to relax and then use this approach when fussing begins.

You can start each morning or end each day with a brief relaxation session. Have your child sit or lie comfortably with eyes closed. Tell a story that he's a quiet bunny. Name body parts (feet, legs, tummy, etc.) and have your child wiggle it, and then relax it.

Once your child is familiar with this process you can call upon it at times when he is agitated. Crouch down to your child's level, put your hands on his shoulders, look him in the eye and say, let's do our Quiet Bunny. And then talk him through the process. Over time, just mentioning it and asking him to close his eyes will bring relaxation.

Distract and involve

Children can easily be distracted when a new activity is suggested. If your child is whining or fussing try viewing it as an "activity" that your child is engaged in. Since children aren't very good multi-taskers you might be able to end the unpleasant activity with the recommendation of something different to do.

Invoke his imagination

If a child is upset about something, it can help to vocalize his fantasy of what he wishes would happen: "I bet you wish we could buy every single toy in this store." This can become a fun game.

Use the preventive approach

Review desired behavior prior to leaving the house, or when entering a public building, or before you begin a playdate. This might prevent the whining or tantrum from even beginning. Put your comments in the positive (tell what you want, not what you don't want) and be specific.

When it's over, it's over

After an episode of misbehavior is finished you can let it go and move on. Don't feel you must teach a lesson by withholding your approval, love or company. Children bounce right back, and it is okay for you to bounce right back, too.

Excerpted with permission by McGraw-Hill Publishing from The No-Cry Discipline Solution (McGraw-Hill 2007) by Elizabeth Pantley <http://www.pantley.com/elizabeth>



Baby & Me Sign Language Class

May 17th - June 21st @ 6:30 PM

Ages: Birth - 2 years of age.

Cost: \$70.00; includes "SIGN with your BABY™" book.

Where: Tucson Medical Center, 5301 E Grant Rd

Book Reading

June 2, 2007 @ 11:00 AM

Barnes & Noble

5130 East Broadway

Tucson

Come join Rhonda with Love 2 Sign LLC as she reads and signs some of our favorite books.

~ Summer special ~

Prepay for 24 weeks and receive 4 weeks free along with two full weeks of credit for vacation. Email or call the office for this special.

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!



Ways to stuff your life with meaning, inspiration, creativity and simplicity:

- Create your own entertainment.
- Make eye contact and smile to a stranger.
- Let meditation be a daily habit.
- Grow your own sprouts.
- Plant sunflower seeds in a pot and bring sunshine to your front garden.
- Sew an old fashioned rag doll and make a child smile.
- Bake sourdough rye bread with caraway seeds.
- Make a huge pot of soup and invite some friends over for a soup and salad evening.
- Make a ritual of having a fire each full moon. You can tell stories, sing or just enjoy the peace of the evening.
- Start a women's/men's circle.
- Eat from hand-thrown earthenware bowls.
- Celebrate life with ritual, ceremony and meaning ~ birth, babymoon, blessingway, losing of first teeth, menarche, coming of age, housewarming, unions, transitions.
- Give thanks at each meal. Don't eat in front of the tv, standing up or on the run! Sit down, light a candle, set the table with placemats, flowers and enjoy your food.
- Eat to Mozart.
- Keep a dream journal.
- Breastfeed.
- Play Scrabble.
- Sing, sing, sing!
- Cuddle.
- Have friends over for dinner.
- Make a herb garden.
- Hand write a thank you note.
- Say I love you and mean it.

Diaper cover grab bags, \$6.00 each

Each bag contains an assortment of discontinued new and used covers, great to have as extras on hand. Sold by size, **Call for availability!**

Hello Next Generation Families,
I've been doing family photography for 7 years now. People are most comfortable and most like their true selves at home and for that reason I do on location photography for:

**Family portraits
Children/infants
Maternity, etc.**

*I do posed and candid photographs during the session.
I do not charge for prints! All photos from the session are processed and placed on a CD for clients to take to a printer of choice.*

**Sessions are by the hour (\$100 p/hr)
My phone number is 520-663-3520
email: nicoler82000@gmail.com**

Thanks, Nicole Ripley



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.

EVENTS

Attachment Parenting Discussion and Support Group 4th Sunday of each month • 4:30 - 6:00 pm Attachment parenting is the practice and philosophy of parenting that fosters strong, healthy emotional bonds between parents and children. This approach values responsiveness to the infant or child's physical and emotional needs. Ada Peirce McCormick Building, in the Chapel at 1401 East First Street (NE corner of 1st Stl and Highland Underpass). For info please call Freia @ 975-5138

KIDS YOGA GARDEN

Little Bodies, Big Spirits Every Wednesday 3:45-4:30 FREE! Storytime Yoga for kids ages 2-5 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

Next Generation Diaper Service Baby Wearing Seminar

Every Wednesday - 9AM -1PM
What is baby wearing? What are the benefits? Stop by Next Generation Diaper Service at 3841 N Oracle Rd. for a demonstration and answers to many of your questions about baby wearing.

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



Just a note - If we don't have a signed service agreement on file for your family please call the office immediately; we will begin charging a deposit on June 1st.

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

The Holistic Moms Network is a non-profit support and discussion network for moms with an interest in natural/holistic and alternative health and parenting. Our goal is to develop a thriving local community of holistic parents with a wide range of interests. The Tucson Metro Area Chapter will offer monthly meetings on a variety of natural health and parenting topics as well as activities such as playgroups for new moms (and other events for not so new moms).

Please visit Web: www.holisticmoms.org
Phone: 520-245-7941 Email: tucsonhmn@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