



# Diaper Rap



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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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Dear Next Generation Family,

We hope this news letter finds you happy and healthy in the new year. 2007 marks our 5th anniversary of owning the service. Little did we know when we started this journey how many wonderful friends we'd meet along the way and the many milestones we'd share with those friends as we watch our little ones grow. We want you to know how much we appreciate your loyalty to our unique little business and how much your daily words of encouragement mean to us as we struggle to find balance in our lives as parents and business owners. Thank you again for your continued support, we wouldn't be around if it weren't for each and every one of you and your continued support of a healthier way of diapering your babies!

Also, welcome to our all of our new families from Bare Care Diaper service. Please let us know if you have any questions or concerns.

Sincerely,  
*Karen & Pam*  
*& The Next Generation Staff*

## Announcing – Next Generation Diaper Service Baby Wearing Seminar

March 7 & March 21 - 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.

Announcing a new item for sale on our website, just in time to warm you up on cold winter nights! We welcome the addition of the very popular "Melissa's Slow Cooker Cookbook", published by local Tucson author, Melissa Mullin. This Slow Cooker e-Cookbook has 96 pages of delicious, easy to create recipes that will have your family spoiled for home cooking in no time. Click here to go to the website

<<http://www.nextgenerationbaby.com/page/page/4233131.htm>> and view the e-Cookbook for sale now.

Just take your crock pot or slow cooker out from it's hiding place and get started with these new, inspiring recipes. Melissa has compiled a tasty collection of not just your standard soups & stews, but hearty, all-day simmered goodness such as Beef Tips in Mushroom Sauce, Cheesy Artichoke Chicken and Pasta, Ginger Pork Wraps, or warm, rich desserts like Crockpot Apple Pie. Melissa takes all of the guesswork and lengthy preparation time out, and puts in easy-to-assemble ingredients, perfect for those brief moments you have alone while the baby naps! Just toss the ingredients in, cover with the lid, and forget about it until dinner time. You can even start with frozen meats and seafood!

Get home cooked flavor and slow simmered appeal by preparing an entire meal quickly and easily at morning or mid day, then letting the slow cooker do the work for you until dinner. The finished product is an old fashioned, delicious meal on the table with minimal effort and maximum flavor – with only one pot to clean up! Recipes include Pork Chops with Jalapeño-Pecan Cornbread stuffing, Tarragon Mustard Turkey with Fettuccini and Slow Cooker Scallop Potatoes.

You can download the e-cookbook the same day as your purchase, and by tonight you can be cooking your family a healthy & delicious home cooked meal. So check out this affordable, e-cookbook today by visiting our online store at: <http://www.nextgenerationbaby.com/page/page/2352894.htm>

Thanks!

The staff at Next Generation Cloth Diaper Service



## Simple Secrets That Create Happy Family Memories -

Dr. Michele Borba

**Did you know that research has found that doing simple rituals enhances our feelings of togetherness and family belonging by almost 20 percent? What's more, those home traditions and customs also increase our kids' social skills and development. Here are nine simple, no-cost secrets moms are using to create happy memories. What are you doing to preserve memories of your times together?**

1. **Nighttime rituals:** Read a nighttime story; remind each other of the best part of the day; give hugs and kiss goodnight; with older kids reconvene in the kitchen for a nighttime snack around 9:30. Then everyone gets his goodnight send-off: a kiss, a backrub, and affirm their love for one another and it's off to bed (or in some cases, back to homework).
2. **Special greetings and ways to say "I love you":** Rub noses for an "Eskimo kiss"; create your own unique family funny hugs.
3. **Celebration of successes:** Hang a flag on the front door when something special has happened to a family member; use a "fancy" plate at the table when a family member has done something to deserve recognition.
4. **Birthday memories:** Each family member chooses his or her favorite birthday dinner menu, cake, outing, and Some families even hang the family member's shirt on a flagpole or broomstick stuck in the front lawn to let the world (or at least the neighborhood) know it's that person's special day.
5. **Musical memories:** Choose special songs to be piped through the household for family events; for a birthday, have your whole family wake-up to the Beatles singing, "Today is your birthday...gonna have a good time," Bruce Springsteen's

can remind your family it's the Fourth of July by singing "*Born in the USA*".

6. **Sports and outdoors:** Go fishing on Father's Day; be diehard Bluejay fans together; go berry-picking every spring; have relay races and egg tosses at family picnics.
7. **Volunteering and service projects:** Bake an extra turkey for Mrs. Jones at Thanksgiving; serve Christmas Eve dinner at the homeless shelter or help out at another, less "popular" time of year. Make a commitment to help a favorite charity as a family once a week or month.
8. **Enjoy each other's company. Spread a rug or towel on your living room floor and gather the troops, serve simple sandwiches, finger food, and boxed drinks, put up some upbeat music and have an indoor picnic. Who says you have to go anywhere to have a good time together?**
9. **Family Game Night: Dust off the Chutes and Ladders, Yahtzee, Monopoly, Candyland, or that old deck of cards. Older kids might like Trouble, Uno, Kerplunk, Risk, or poker. Some families hold Family Game Night once a week for thirty minutes to an hour. Have an assortment and let a different family member choose what you play each time.**

**When I surveyed hundreds of moms about what really matters in good mothering, creating family rituals and traditions always came up in the top of their lists. Why? Because they didn't have to take much time or money, and they create joy and laughter in the family and wonderful memories that last a lifetime. Here are the steps to begin creating new rituals in your home.**

### ***Four Steps to Creating Family Rituals and Increasing the Laughter In Your Family***

**Step One: Begin by Making a List of New Traditions You'd Like to Start in Your Home.** Let your brain go wild and allow

your only rule to be "anything goes" at this stage. You might want to ask other moms, and ask your kids for ideas. Also think back on your own family traditions when you were growing up and include any you're fond of.

**Step Two. Now Choose One Idea You Want to Begin With.** One mom said her got into the habit of always putting her makeup on with her four-year-old daughter next to her. Another mom makes a tradition of taking her son out for hot cocoa after school every Wednesday. It really doesn't matter what the ritual is, as long as it's one your family enjoys doing together.

**Step Three: Write Down the Tradition—Ink It.** Put the ritual in your Palm Pilot or include it on your weekly calendar. Or tell your family. Saying and writing it add commitment (you'll also have someone to help remind you to do it). Research says the sooner you begin, (suggestion: within twenty-four hours), the greater the likelihood you'll stick to it.

**Step Four: Plan It, Do It!** Celebrate success. And keep at it. You're on the road to creating family memories. Traditions are sacred and must be consistently honored every night, week, month, or once a year. This is the stuff that is meant to bond families and make you closer.

Whatever ritual you choose to do, make it become a family habit. Traditions are sacred and must be consistently honored every night, week, month, or once a year. This is the stuff that is meant to bond families and make you closer.

*Michele Borba, Ed.D. is a mom of three, former teacher, and renowned educational consultant who has presented workshops to one million parents and teachers worldwide. She is also the award-winning author of 12 Simple Secrets Real Moms Know: Getting Back to Basics and Raising Happy Kids, Parents Do Make a Difference, Don't Give Me That Attitude!, Building Moral Intelligence, No More Misbehavin', and Nobody Likes Me, Everybody Hates Me! (all Jossey-Bass). Dr. Borba is an advisory board member for Parents, and a frequent guest on Today, American Morning, CNN Headline News, MSNBC, The Early Show, The View, and Fox & Friends. For more simple parenting secrets tips like these visit [www.micheleborba.com](http://www.micheleborba.com) or her daily blog, Borba's Reality Check on her website.*

## Next Generation Families - Mom and Tot of the Month – Julie and Josey

We have been using cloth diapers since Josey was born. I made the decision while I was pregnant because I consider cloth to be better for the environment, and I just couldn't stand the waste of throwing away so many paper diapers.



Josey is 28 months old. We bought a potty about 6 months ago, and her interest in it varies. At first, she loved to sit on it and she used it once or twice early on, so we thought we were on our way to potty training! After a month or so, she began refusing every time we asked if she wanted to sit on the potty. About a month ago, she started showing interest again, mainly by having her doll use the potty. We talk about it with her but don't push her to use it, and she has used it again a few times recently. Still, her interest varies. Josey knows what she likes and what she doesn't and if she feels pressured, she fights it.

I hadn't made the connection between using cloth diapers and non-mainstream parenting, but I guess there is one. I gave birth at the Birth Center, naturally and drug-free. Josey has been breastfed from birth--and still is. I belong to the Holistic Moms Network, subscribe to Mothering magazine, and try to maintain our health and household with natural and homeopathic options. Still, I think the best parenting decision I've made is no TV for Josey. (And Rob and I limit our TV viewing to evenings, with a few no-TV nights every week.)

My favorite thing about parenting is watching Josey learn something new. Sometimes it seems like she's not even paying attention, and suddenly she just gets it. I have used sign language with Josey since she was a few months old, and she started signing to me around 9-10 months--simple things like "eat" and "more." She's been talking for over a year, so she doesn't sign too many words anymore, but she just started signing letters to me. A few days ago, she looked at her hand, then looked at me, and said, "Momma, R!"

Josey likes to go to the park and the zoo, and she's always asking to get together with friends. But Josey's favorite thing to do is read. We have lots of books, and she just loves them.

**Do you want to be featured in next months newsletter? Answer the following questions and/or add your own story and picture and submit to [diapers@theriver.com](mailto:diapers@theriver.com)**

- **How long have you been using cloth diapers?**
- **What was your biggest challenge with cloth diapering?**
- **How old is your child and have you started potty training?**
- **How did you hear about cloth diapering - or what made you decide to use cloth diapers?**
- **What other non-mainstream things do you do (ie. breastfeeding, had natural child birth, etc.)**
- **What is your favorite thing about parenting?**
- **What is your child's favorite thing to do?**
- **Is there anything else you would like to add to your story?**



### 1<sup>st</sup> ANNUAL HOLISTIC FAIR FOR CHILDREN & FAMILIES

March 3, 2007

**Saturday**  
10:00 am to 4:00 pm  
Carmel Community Center  
97 W. Oakland  
Chandler, AZ

Make plans now to join local practitioners who are dedicated to providing holistic products & services for Children & Families. Speakers will be presenting information on natural holistic practices and alternative medical therapies – **Admission is free** – Come and discover for yourself how easy it can be to bring wellness & balance to your family, life, work, home and school environments. For more information call (480)343-9555 or see [www.hypno4kids.com](http://www.hypno4kids.com).

#### Strawberry Milkshake

You'll need:

- 1 cup milk (or soymilk, rice milk, etc.)
- 2 tablespoons chopped fresh strawberries or 1 tablespoon strawberry jam
- Pinch of brown sugar (or other natural sweetener)
- Ice (optional)

Mix four to five ice cubes, if desired. Pour into a tall glass with a straw and enjoy your cool shake.



**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](mailto:diapers@theriver.com)**

## EVENTS

### Coats for Cubs February 21 – April 22

Give your furs back to the animals! Now through Earth Day (April 22), the Buffalo Exchange is accepting donations of real fur apparel - including trims, accessories (such as hats, gloves and muffs) and shearing - for The Humane Society of the United States. Because the resale chain is not purchasing the items, condition is unimportant. The furs are used as bedding to provide comfort for orphaned and injured wildlife. Those who would like to claim a tax deduction should mail the fur directly to The HSUS, Attn: Coats for Cubs, 2100 L St. NW, Washington, DC 20037. Buffalo Exchange stores 2001 E. Speedway (795-0508) and 6170 E. Speedway Blvd. (885-8392) Store hours are 10 a.m.-7 p.m. weekdays, 10-6 Saturdays, noon-5 Sundays. Call to verify times. (866) 235-8255.

\*\*If you do not own furs, you may be able to purchase them to donate to this cause from good-will or other used clothing stores.\*\*

**Steam Locomotive Saturdays 10 am. - 1 pm.** Explore transportation history in southern Arizona through interactive exhibits featured at the Southern Arizona Transportation Museum. Listen and look at the modern-day freight trains passing by, ring the locomotive bell, have a photo taken with life-size sculptures of Dr. John Henry "Doc" Holliday and Wyatt Earp, or relax on an original 1941 bench while taking in the beauty of the restored and still operating passenger lobby. Volunteers will also be on hand at the Locomotive No. 1673 ramada to answer questions. The Historic Depot, 414 N. Toole Ave. Contact Laura Caywood Barker at 623-2223 or contactUs@tucsonhistoricdepot.org. Free

**Valley of the Moon Historic Tour 4 pm. - 5 pm** Historic fairy houses, winding paths, magical gardens and secret grottos are part of this family-fun tour held every Saturday. Valley of the Moon is a nonprofit historic site, which in 1945 began preserving the historic works and philosophies of George Legler. Valley of the Moon, 2544 E. Allen Rd. Donations accepted. Call: 323-1331.

### Wednesdays at 2:30 pm Three Jewels KIDS' CLUB!

Activities and practice for kids ages 6-12. Informal and fun approach to dharma and compassion. Ongoing. **Three Jewels, 314 E. 6 Street, Tucson, AZ 207-9889.** All programs offered free-of-charge.

**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 St 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

**Tuesday, March 13<sup>th</sup>, 6:30PM**

**Holistic Moms Network Monthly Meeting: Clear the Clutter** What are the effects of clutter in your daily life? How can you improve your quality of life? Adriel Bush, professional organizer, will guide and inspire you to create and maintain organization in your home – a must for those wanting to spend more quality time with family and friends. Children are welcome! We will be meeting at the Lighthouse Branch YMCA at 2900 N Columbus Blvd near Ft. Lowell.



## Service Notes



- **Solid Waste disposal?** You can help our staff, If you have older children it would be greatly appreciated if you would please dump any solid waste out of the diapers, however, do not rinse the diaper. This will also help to reduce odor.
- **Cloth Please!** 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.
- **Questions/Problems:** If you have questions, problems or need to change your order, e-mail is an excellent way to reach us. Our email address is diaper@theriver.com. Remember, we're here to help!

## 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](http://www.spiritofserviceaz.com)

Phone: 520-668-6331. Email: [healingartsalliance@yahoo.com](mailto: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](http://www.holisticmoms.org)

Phone: 520-245-7941 Email: [tucsonhmn@yahoo.com](mailto: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](http://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