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# Schools and camps and spring emerging

Could it already be spring? I feel like we just celebrated Thanksgiving. The weeks are flying by and all in all this winter has largely lived up to the idea of climate change. I can easily recall harsh New York City winters in years gone by with large amounts of snowfall and frigid temperatures for days on end. Certainly not the case these days. I don't really miss it personally, but I know a lot of kids do. It's not easy to find a good snowball fight these days. It disappears faster than they can roll it. Again, I personally am not complaining.

I recently heard a rather bright and caring person ask why access to quality education should be limited by zip code? I thought that was a very thought-provoking question. The debate about Charter Schools will go on, but our thinking right now is that as publishers of parent guides, it's important that we let our readers know what options



are out there for their children. As a result, we have in this issue a special advertising section showing some of the many Charter School options in the communities. This is the time of year when applications are due and when the lotteries take place. If you are interested, please be sure to contact the schools and navigate through the simple application process.

We also have a special advertising section showing many of the wonderful programs your children can sign on for this summer. Some are more traditional camps and others are various kinds of specialized programs. The options are growing larger it seems with something for everyone. You can do a whole summer, or sessions or even a week here and a week there. As a person who went to traditional summer camp I'm finding the possibilities these days quite fascinating.

The month of March is a good time to start planning not only camp for the kids

but also summer plans for the family. Do your research now to get the best deals for family vacations. Check out our website at [NYParenting.com](http://NYParenting.com) to find articles about family travel that will post from time to time through the month of March. There's an interesting piece about travel to Raleigh and also a piece about other family destinations just outside of NYC by our resident writer Shneika L. Johnson.

Not everything gets into the magazine. More can be found online including our Full Calendar for the metro area. We do a lot of ticket give-a-ways too, so sign on for our newsletters for your chance to win. Soon there will other exciting offers too so don't delay. Good luck!

Thanks for reading. Have a great month.

Susan Weiss-Voskidis,  
Publisher/Executive Editor  
[Susan@nyparenting.com](mailto:Susan@nyparenting.com)

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# 5 great benefits of sleep-away camp

BY DENISE YEARIAN

**D**ay camps are a summer staple for many families, but sleep-away camps provide an iconic outdoor setting with a wealth of ways to help children grow, expand their horizons, and make memories that will last a lifetime. Here are five benefits to sending your child to residential camp this summer:

## 1. Foster independence.

Residential camp is an ideal place to learn independent living and self-responsibility. Out from under their parents' shadow, campers are expected to get up, go to bed, and attend scheduled events on time, as well as keep their cabin area clean. And for those who have never spent the night away from their parents, it enables them to embrace the experience as their own, without having to filter it

through what Mom and Dad think or feel.

## 2. Practice kindness.

Sleep-away camp is a good way to put character-building skills learned at home into practice. Here, kids have an opportunity to show empathy toward others in need, such as sharing shampoo or toothpaste with someone who forgot a toiletry item, or extending kindness to a camper who feels left out.

## 3. Make diverse friendships.

The residential camp community is the perfect platform for children to step outside their normal social circle and forge friendships with kids from other parts of the state, country — even the world. And with the widespread use of electronic communication, it's easier than ever for these friendships to continue to grow long after camp is over.

## 4. Venture out.

Many sleep-away camps offer atypical activities that may not be available at day camps, such as overnight hiking trips, mountain boarding, wilderness adventures, etc. Activities such as these challenge kids to take risks under trained supervision, using appropriate safety gear.

## 5. Take a tech break.

More often than not, children are instructed to leave their tech devices at home before coming to camp. This can turn into a big bonus, as it gives campers the opportunity to work on other communication skills, such as letter writing, and real “face time” with other campers, as well as ample time to enjoy planned camp activities.

*Denise Morrison Yearian is the former editor of two parenting magazines and the mother of three children and four grandchildren.*



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# March madness

## Great ideas in NYC this month

In my house, March is the month of spring fever and March Madness. The NCAA Basketball Tournament is in full swing, and my boys will be glued to the television all month long.

They have anxiously been awaiting the launch of **Nintendo Switch**, which is available March 3. It's a new system, a gaming console you can play both at home and on-the-go ([www.nintendo.com/switch](http://www.nintendo.com/switch)).

The most Delyssacious new fabulyss find is **DO**, gourmet edible, bakeable, customizable cookie dough! A cookie dough shop just opened Downtown. You will find ice cream SandDOWiches, cookie dough ice cream pie, and cookie dough Nutella cupcakes. I promise your kids will thank you.

[550 LaGuardia Pl. between W. Third and Bleecker streets in Greenwich Village, (646) 892-3600, [www.cookieidonyc.com](http://www.cookieidonyc.com)].

With spring break on some of our minds, I have a new Fabulyssfind for you: **The Flash Lab on Madison Avenue**. Flash Lab was formed by two New York-state licensed estheticians and laser spe-

cialists. Hair removal at its best — and who does not like a glass of champagne before a treatment? The lab is beautiful, clean, and has cutting-edge equipment.

[635 Madison Ave. between E. 59th and E. 60th streets in Midtown, (646) 998-5277, [www.flashlablaser.com](http://www.flashlablaser.com)].

A New York City mom recently started a new company I want to share with you: Ronit Potik now manufactures sexy, empowering lingerie and undies for moms at her company **Barely Undies**. A portion of the proceeds is donated to organizations that help survivors of domestic abuse, a cause that is close to her heart. You can also sign up for a monthly subscription.

([www.barelyundies.com](http://www.barelyundies.com)).

A new Upper East Side cycling studio is opening this month. **Cyc** offers a series of exhilarating, beat-based rides that activate the whole body, the whole time. The renowned workout incorporates calorie-burning endurance intervals and weighted sectors inspired by more than 20 different sports movements from box-



## FABULYSS FINDS

LYSS STERN

ing, rowing, volleyball, and more. Each unique ride and motivating playlist are designed to get you cyc'd!

For exact locations on the Upper East Side, Hell's Kitchen, Astor Place, and Chelsea, visit [www.cycfitness.com](http://www.cycfitness.com).

Also new to the workout scene, **Rumble-Boxing** just opened in Chelsea. Rumble incorporates the best principles of the sweet science of boxing and strength training, all to help you develop that lean, strong, and confident fighter's physique.

[146 W. 23rd St. between Seventh and Sixth avenues in Chelsea, (212) 804-7918, [www.rumble-boxing.com](http://www.rumble-boxing.com)].

Lyss Stern is the founder of **DivaLyssacious Moms** ([www.divamoms.com](http://www.divamoms.com)).

### March Madness crispy baked chicken wings

Makes about 60

Prep time: 20 minutes

Total time: 1 hour, 10 minutes

#### INGREDIENTS:

##### Buffalo sauce:

1 tablespoon unsalted butter, melted

1/4 teaspoon cayenne pepper

1/4 teaspoon freshly ground black pepper

1/4 teaspoon kosher salt

1/4 cup hot pepper sauce

##### Ginger-soy glaze:

1/4 cup honey

2 tablespoons soy sauce

3 large garlic cloves, crushed

1 2- by 1-inch piece of ginger, peeled, sliced

#### Wings:

5 pounds chicken wings, tips removed, drumettes and flats separated

2 tablespoons vegetable oil

1 tablespoon kosher salt

1/2 teaspoon freshly ground black pepper

#### DIRECTIONS:

**For buffalo sauce:** Mix first four ingredients in a medium bowl; let stand for five minutes. Whisk in hot sauce; keep warm.

**DO AHEAD:** Can be made one week ahead. Let cool completely; cover and chill. Rewarm before using.

**For ginger-soy glaze:** Bring all ingredients and 1/4 cup water to a boil in a small saucepan, stirring to dissolve honey. Reduce heat to low; simmer, stirring occasionally, until reduced to 1/4 cup, 7–8 minutes.

Strain into a medium bowl. Let sit for 15

minutes to thicken slightly.

**DO AHEAD:** Can be made five days ahead. Cover; chill. Rewarm before using.

**For wings:** Preheat oven to 400-degrees Fahrenheit. Set a wire rack inside each of two large, rimmed baking sheets. Place all ingredients in a large bowl; toss to coat. Divide wings between prepared racks and spread out in a single layer. Bake wings until cooked through and skin is crispy, 45–50 minutes. Line another rimmed baking sheet with foil; top with a wire rack. Add half of wings to ginger-soy glaze and toss to evenly coat. Place wings in a single layer on prepared rack and bake until glaze is glossy and lightly caramelized, 8–10 minutes. Toss remaining half of wings in Buffalo sauce. Serve immediately.

[www.epicurious.com/recipes/food/views/crispy-baked-chicken-wings-388693](http://www.epicurious.com/recipes/food/views/crispy-baked-chicken-wings-388693)





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# The perfect fit

## Unique child-care arrangements that allow for more flexibility

BY KRISTEN J. DUCA

**I**t is not out of the question to ask a potential child-care candidate if she would be willing to share a full-time schedule with your family and your friend or neighbor's family.

This arrangement can work as long as each family gives the caregiver set days and hours.

More and more, people with children are working flexible schedules in order to strive for a desirable work-life-family balance. With work schedules that allow for flexible hours, parents may neither need nor want a caregiver on a full-time basis.

However, many caregivers still desire a full-time schedule along with the appropriate compensation to match.

In an attempt to satisfy the caregiver's needs, some parents decide to hire the caregiver on a full-time basis even though they do not necessarily need a caregiver for so many hours.

The parents use the additional hours that the caregiver is in their home looking after their child while they are not at work to run errands, exercise, prepare meals, engage in housekeeping, meet up with friends, shop for household goods, and so on.

Here are a few ways parents are making

child-care schedules work for them and the caregivers:

### **Caregiver shares**

If your budget allows you the luxury of employing a caregiver for additional time to give you a chance to take care of personal errands, relations, or issues — then by all means, do it.

If you do not have the financial means to employ a caregiver for extra hours or if you want to spend the time when you are not at work alone with your child, then consider a caregiver-share arrangement.

If you have a friend or neighbor who desires a similar child care situation, you can jointly evaluate whether both families' hours provide the caregiver with enough hours and income to satisfy her needs. Obviously, you will have a problem if the hours both you and your friend



desire overlap.

If you do not have a friend who also desires a caregiver share, then you may need to do a little bit of researching and networking to find someone you could work with in a caregiver-share situation. Have an idea of what hours and days you need the caregiver to work for your family before you start your search.

### Rotating caregiver arrangements

Some families desire “rotating caregiver” arrangements that enable them to employ more than one caregiver for their children.

These families do not like the idea of hiring one caregiver exclusively for the entire week. They do not want the caregiver to get bored or overtired.

As a result, they hire a few caregivers who desire part-time or flexible work schedules with the hopes that each caregiver will show up to work fresh and energized.

Additionally, they believe that their child may learn more by getting various perspectives and experiencing different activities.

It is important to make sure the caregiver candidate is receptive to a rotating-caregiver situation. While some caregiv-

More and more, people with children are working flexible schedules in order to strive for a desirable work-life-family balance. With work schedules that allow for flexible hours, parents may neither need nor want a caregiver on a full-time basis.

ers welcome a flexible work schedule, others prefer a more traditional work-week.

You do not want the caregiver to feel like you do not think she is capable of taking care of your child on a full-time basis. You may need to explain to her your philosophy on rotating-caregiver arrangements.

Moreover, you do not want to get into a situation where the caregiver feels jealousy or resentment toward you, your fam-

ily, the other caregivers, or your child.

### Caregiver organization

Additionally, if you employ multiple caregivers, then remember that organization is of the utmost importance. You will want to clearly communicate the exact hours and days each caregiver will work each week.

Whether you create a master calendar or a detailed spreadsheet of hours that you need coverage, make sure the caregivers know exactly when they will take care of your child. This will prevent any mistakes, such as both caregivers showing up for work at the same time.


Also, take into consideration the vacation days and holidays that affect your caregivers as well as your family.

If you work together as a team, the arrangement should be positive and beneficial to all involved.

*New York-based working mother Kristen Duca and her husband are the parents of two girls. She has worked in the financial services industry for two decades in addition to serving as a contributing writer for New York area publications. She is the author of “Ultimate Nanny: How to Find, Interview, and Manage the Most Important Person You Will Ever Hire – Your Child’s Nanny” available on amazon.com.*

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[sokeefe@advantagecamps.net](mailto:sokeefe@advantagecamps.net)

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Contact: Gordon Ken

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*Continued on page 16*

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A drop-off playground. Children may join in on the fun every Mon., Tues., & Thurs. from 9-12 on an as needed basis.

**Italian Summer Mini Camp Ages 3-6**  
#1: June 13 - July 13 & #2: August 15 - August 31

**Tutoring Services on- and off- site All ages**

**Inquire About Adult Private and Group Classes**

1556 Third Avenue  
@87th, Suite 603  
212.427.7770  
[www.collinaitaliana.com](http://www.collinaitaliana.com)  
[info@collinaitaliana.com](mailto:info@collinaitaliana.com)



## CONSTRUCTION KIDS

## Old School Tools, New School Learning

### Register Now For Summer Camp 2017

**Ages 4 to 6:**  
Encourage Imagination and problem-solving

**Ages 7 to 9:** New  
**Advanced Camp**  
Engineering Challenges and Kid Safe Power Tool Lessons



Multiple locations in Manhattan and Brooklyn  
[www.constructionkids.com](http://www.constructionkids.com) • [info@constructionkids.com](mailto:info@constructionkids.com)  
718-522-2902





# STEM Camps

from pre-k to tween!  
**ages 4-13**



**real world math + science...  
out of this world fun!**

## summer 2017:

- coding with Scratch
- coding with Python
- digital animation
- LEGO® WeDo robotics
- Hummingbird robotics
- physics
- rocket science
- engineering
- chemical reactions
- ScratchJr

## 5 Manhattan summer locations:

- **Tribeca** 124 Hudson Street
- **UES-74** 351 E. 74<sup>th</sup> Street
- **UWS-68** 30 W. 68<sup>th</sup> Street
- **UWS-81** 173 W. 81<sup>st</sup> Street
- **UWS-100** 805 Columbus Ave.



sign up for Launch's exciting and educational one week science, technology, engineering, and math (STEM) summer camps with topics rotating weekly

### Also at Launch:

Math Programs • STEM Classes  
Holiday Camps • Private Instruction

**212-600-1010 • [info@launchmath.com](mailto:info@launchmath.com)  
[www.launchmath.com](http://www.launchmath.com)**



## Join The Ballet Club for Camp this Summer!

Three creative and fun full-day and half-day summer programs for ages 3.5-8 years old



- Ballet Arts Camp
- Movement & Art Camp
- Movement Mini Camp including ballet, yoga, drama, creative dance, indoor and outdoor games, and more.

Select  
the weeks  
that work  
for you!



To register, call:  
**917-281-1030**  
email: [info@theballetclub.com](mailto:info@theballetclub.com)  
or on our website:  
[www.theballetclub.com](http://www.theballetclub.com)  
328 East 61<sup>st</sup> Street, 2<sup>nd</sup> floor  
New York, New York 10065

## Camp Choices 2017

### DIRECTORY

*Continued from page 14*

offered in the afternoon. You may select the weeks that work for you. To register please call or visit our website.

#### British International School of NY

20 Waterside Plaza,  
E. 23<sup>rd</sup> Street  
212-481-2700

[www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp)

Keep calm and come to Camp! Designed to keep young hands and minds active over those hot summer days, the BIS-NY Summer Camp offers daily swimming instruction at our onsite pool, along with a variety of activities to build friendships and explore new skills, from creative science experiments, to outdoor games and arts and crafts – all taught by our highly qualified teachers and teaching assistants. For children ages 3-10. Please call or visit our website. Camp as space is limited. We look forward to welcoming you!

along with drawing, painting, and creative play. We aim to foster each child's confidence in their skills at designing, making, repairing, and revising. Camp for ages 4 to 6 encourages the imagination and problem-solving skills of our campers by showing them that they can learn to make anything they want with the help of some wood, a hammer, and some nails. Advanced camp for Ages 7 to 9 is designed for campers who are looking to challenge their engineering, problem solving, and critical reasoning abilities with complex multi-day projects. The camp weeks will incorporate traditional ConstructionKids tools with our new power tool lessons and usage. These camps are great for alumni who want to take their skills to the next level!

#### Digital Media Academy

Locations: Concordia College,  
NYU, Stony Brook University  
866-656-3342

[www.digitalmediaacademy.org](http://www.digitalmediaacademy.org)  
[info@digitalmediaacademy.org](mailto:info@digitalmediaacademy.org)

Our tech camps jump-start young imaginations and help kids and teens pursue their creative dreams while teaching them important STEM concepts. From game design to app development, animation to photography, film-making to music production, and everything in between, students (6-17) have the opportunity to tackle today's coolest tech topics! Learn by doing! Project-based one-week camps and two-week academies provide students with the confidence to pursue a future in technology. Take charge of tech this summer and #CreateTheNext with DMA!

#### Downtown Day Camp

120 Warren St.  
212-766-1104

[www.downtowndaycamps.com](http://www.downtowndaycamps.com)  
[info@downtowndaycamps.com](mailto:info@downtowndaycamps.com)

Celebrating over 25 years since 1992! Offering Aquatics, Athletics, Arts & Sciences! Private TriBeCa facilities include a 75-foot pool, real outdoor ball fields, arts and dance studios, gyms, and more! Our wide variety of activities include: Swim Lessons, Field Sport Instruction, P.E. Class, Pier 25 Mini-Golf, Ooey Goey Science, Visual Arts, Lego Construction,

*Continued on page 18*

#### Collina Italiana

1556 Third Ave. (at 87<sup>th</sup> Street),  
Suite 603  
212-427-7770

[www.collinaitaliana.com](http://www.collinaitaliana.com)

Announcing our Italian Summer in the City 2017 on the Upper East Side of Manhattan. The program is designed for kids 3-6 year old who want to absorb the warm and lively culture of Italy. Have fun Italian style: learn and practice Italian, meet new friends, and enjoy a unique summer in the city. The program includes Giochiamo in Italiano, where campers learn Italian through play, music, theater, and games; Cinema Italiano, Italian movies and cartoons; Arte Insieme, which encourages campers to be creative, make art, and speak Italian; Le Uscite, taking campers to museums to discover Italian art!

#### Construction Kids Summer Camps

718-522-2902

[www.constructionkids.com](http://www.constructionkids.com)

Located throughout Brooklyn and Manhattan

Children Are Born to Build!

Our week long summer camps are known for the dynamic projects that campers build. We teach safe, appropriate tool usage,



Our **SPECIAL CAMP**  
for Your **SPECIAL Child**

### Our Victory Day Camp

A Place Where Everyone Knows Your Name  
Great Things Come in Small Packages

**"45 Campers Maximum"**

- Professional Staff Social Skills Development
- Small Groups (Max 9) Academics (If Required)
- Boys and Girls Ages 5-14
- 2 to 1 Camper to Staff Ratio Traditional Adaptive Day Camp Activities
- Drama, Movement, Sports, Music, Swim

Directors: Fred/Iris Tunick. Samantha Horn

**7 Weeks • June 26-August 11**

On Site Interview Required For Enrollment

We pick up from the upper westside of Manhattan!

Questions: 914.674.4841 • 600 Broadway, Dobbs Ferry NY  
[www.OurVictory.Com](http://www.OurVictory.Com) • Email: [Ourvictory@aol.com](mailto:Ourvictory@aol.com)



# Every kind of fun imaginable! For campers 4 to 14

Advantage Day Camp delivers great variety – and a great summer! Get ready for days packed with:

- Kickball, soccer, gaga ball, art, swimming, tennis – even rock wall climbing at our Manhattan Plaza location
- Enrichment classes in everything from yoga to fencing to chess
- Excursions to visit the Intrepid museum, go bowling and more
- An extra hour of supervised time before and after camp—at no extra charge!
- Choice of individual days with a 10- or 20-pack, weekly packages or a full season
- Option to share days or weeks with siblings
- 2 great locations -- Manhattan Plaza Racquet Club on West 43rd St. or Roosevelt Island



**Best Day Camp  
in NYC!**

**Sign up now at [advantagecamps.net](http://advantagecamps.net)**

Contact Steve O'Keefe at 212.935.0250 ext 812 or 646.884.9648 or  
[sokeefe@advantagecamps.net](mailto:sokeefe@advantagecamps.net)



**Best Tennis  
Camp in NYC!**

If your camper lives for tennis, then go for more drills, more skills, more time on the court! At Advantage All-City Junior Tennis Camp players 5 to 17 receive expert instruction from some of the finest coaches in the East. Held at Roosevelt Island Racquet Club, an oasis in the East River.

Contact Gordon Kent at 212.935.0250 or [gkent@advantagetennisclubs.com](mailto:gkent@advantagetennisclubs.com).  
Sign up now at [advantagetennisclubs.com/camps/](http://advantagetennisclubs.com/camps/)



## Summer Camp for Pre-K Students (ages 4-5)

Students are invited to explore, question and problem solve using their creativity. Our summer program will be enriching, refreshing and full of fun summer activities, such as indoor soccer, yoga, gardening and much more!



## Weekly Themes

Hours: 9 am – 5 pm, Mon – Fri

**Biology (7/3–7/14):** Virtual trips to the Amazon, Sahara and Antarctica to learn about ecosystems.

**Speech, Drama and Art (7/17–7/21):** Children learn how to communicate their own unique ideas.

**Technology (7/24–8/04):** What makes everyday items work.

**Earth Science (8/07–8/18):** World journeys to examine the composition of the earth from its surface to its core.

**Natural Science (8/21–9/1):** Children participate in a variety of scientific experiments to understand magnetism, floatation and molecular changes.

[www.EvolutionEnrichment.com](http://www.EvolutionEnrichment.com)

Call for more info or schedule a tour:

**212-375-9500**

38 Delancey Street, 2<sup>nd</sup> Fl.  
New York, NY 10002

Subways:  
**J Z B D F M**

Busses:  
M15, M9, M21, B39

# Camp Choices 2017

## DIRECTORY

*Continued from page 16*

Movement & Dance, Drumming & Music, Animal Hour, Karate, Tennis, Craft-Making, Trips, Crazy Hat Day & More! 2 – 8 week flexible sessions. Bus service available. Please call or visit our website to book an on-site tour.

### ESF Summer Camps at Riverdale Country School

5250 Fieldston Road  
718-432-1013 1-800-529-CAMP  
[www.esfcamps.com/Riverdale](http://www.esfcamps.com/Riverdale)

Award-winning, family-owned and operated camp since 1982. ESF features exciting programs offering over 60 activities, a wide variety of sports and new adventures for boys and girls ages 3 to 15. We ensure that your child is continually exposed to a variety of new experiences. Our award-winning camps are filled with the perfect blend of Education, Sports and Fun! Our full-time team of dedicated professionals works year-round to ensure that our camp programs are fresh, creative and exciting each summer. At the Riverdale Country School offering 1-8 week options. An optional extended day program is available. Optional bus transportation from New York City and Westchester County.

### Evolution Enrichment Center

38 Delancey Street, 2nd floor -  
Lower East Side  
212-375-9500

[www.evolutionenrichment.com](http://www.evolutionenrichment.com)

Summer vacation does not have to be a summer slide. Students will be invited to explore, question, and develop thinking strategies to help them problem solve with the help of the prior knowledge! They will predict, reason, and visualize with the help of auditory cues and read-aloud sessions. We welcome you to a summer camp that will be enriching, refreshing, and stimulating for students that want to learn with all their senses and a whole-body experience. We want to expand the imagination of our young learners, and take them on a life-changing journey over the course of 9 weeks! We will be identifying relationships in every day tools, classifying objects, and learning to think outside of the box.

### Financial Literacy Camp for Kids

703-371-3155

[www.sparkbusinessacademy.com](http://www.sparkbusinessacademy.com)

Spark Business Academy's mission is to promote financial literacy and empower students, millennials and young professionals with the tools and mindset to make educated financial decisions and develop into responsible global citizens.

Financial literacy is an essential 21st century skill that will give students an edge in life.

Unique financial education summer programs for ages 5-18 in multiple locations.

### Galli Theater's Acting Camps

151 West 26th Street, 7th Floor  
212-731-0668

[gallitheaternyc.com](http://gallitheaternyc.com)

[galliny@gmail.com](mailto:galliny@gmail.com)

Has your child ever wanted to play a prince or a princess? Our theater camps are just the right place to act out different roles from classic fairytales! Each camp focuses on a specific fairytale and the children choose their roles, rehearse, and present the piece at the end of the session for family and friends. Costumes, sets, and music are provided to complete the transformation. We offer camps in English, German and French. To register please email us or visit our website

### International Ivy Summer Enrichment Program

855-678-6335

[www.iisummer.com](http://www.iisummer.com)

Caedmon School  
(Upper East Side)  
Redeemer Presbyterian Church  
(Upper West Side)  
Corlears School  
(Chelsea/Greenwich Village)

Promoting creativity and hands-on learning for students between the ages of 7-15 in subjects such as Robotics, Video Game Creation, Computer Programming, Science, Math, Minecraft, Language Arts, Performing Arts, Visual Arts, Culinary Arts and more. New Steam Camp this summer. Weekly sessions, Full or Half day. Families can enroll for one week or multiple weeks.

*Continued on page 20*





# EARLY START IMAGINATION CAMP!

**EXCLUSIVE PROGRAM FOR AGES 3-5**

- » Low child to staff ratio » Flexible enrollment
- » American Red Cross Swim Program
- » Lunch/transportation/extended day options
- » Ready for September Enrichment
- » Specialized Early Childhood Staff



**REGISTER TODAY!**

**CENTRAL PARK & DOWNTOWN (@ PS 84 & PS 110)**



**800-317-1392 • WWW.OASISCHILDREN.COM**

## DIGITAL MEDIA Academy®

Empowering the next generation of tech makers + thinkers.



### SAVE \$75

**Discount code: MF17**

Kids and teens follow their passion for technology at Digital Media Academy STEM summer camps. Save \$75 on an unforgettable summer experience learning Programming, Filmmaking, Music Production, Robotics, 3D Printing, Game Design, and more!



Visit [www.DigitalMediaAcademy.org](http://www.DigitalMediaAcademy.org) to register. Offer expires 5/31/17.

# SUPERCHARGE YOUR SUMMER



**EXPERIENCES  
FOR LIFE**

Day, Sports, and Specialty camps  
for boys and girls, Ages 3-15

**JUNE 19 - AUGUST 11, 2017**

**AT RIVERDALE  
COUNTRY SCHOOL**  
BRONX, NY

BUSING AVAILBLE THROUGHOUT  
THE NEW YORK CITY AREA AND  
WESTCHESTER COUNTY\*

**esfcamps.com/Riverdale**  
**718.432.1013**



	 <b>MINI CAMP</b> AGE 3
	 <b>DAY CAMP</b> AGES 4-8
	 <b>SPORTS CAMP</b> AGES 6-14
	 <b>SENIOR CAMP</b> AGES 9-15
	 <b>MAJOR CAMPS</b> GRADES 1-9
	 <b>TECH CAMPS</b> GRADES 1-9
	 <b>JUNIOR BUSINESS ACADEMY</b> GRADES 5-8
	 <b>TENNIS CAMP</b> AGES 6-15
	 <b>EXTEND YOUR DAY</b> AGES 3-15

# 92Y CAMPS



**60 years of experience**  
**50 acres of fun • Countless memories**

**Save \$200 on the best summer ever!**

**This special offer ends Fri, Mar 31.**

**92Y.org/Camps • 212.415.5573**

Restrictions may apply.



An agency of UJA-Federation

## Camp Choices 2017

### DIRECTORY

*Continued from page 18*

#### **Launch Math & Science Centers**

**173 West 81st Street**

**212-600-1010**

**www.launchmath.com**

We offer exciting and educational one-week STEM summer camps for kids from Pre-K to 8th grade (ages 4-13.) Our camps are week-long sessions packed with hands-on STEM projects, with multiple camps offered each week for three different age groups. Campers build architectural structures, design electronic circuits, code phone apps, program autonomous robots- and that is just the beginning! Plus, all campers get to keep their projects so the fun can continue at home. For summer 2017, Launch has 5 different camp locations throughout Manhattan: Tribeca, UES-74th, UWS-68th, UWS-81st, and UWS-100th. Register today at launchmath.com!

#### **Neighborhood Playhouse School of Theatre: Summer Teen Conservatory & Youth Programs**

**340 E. 54th Street**

**212-688-3770 or www.**

**playhousejuniors.com juniors@neighborhoodplayhouse.org**

Young actors seeking rigorous, dynamic training in the artistic Mecca of NYC can now apply

for three exciting summer intensives, where Sanford Meisner's world-renowned acting method was born! Faculty from our adult Professional Acting program, working professionals and master teachers, train students in a conservatory environment. The performance skills learned are applicable to all mediums: film, theatre, television, and new media. The Conservatory (15-18yrs) mirrors a challenging, diverse college-level curriculum. The Studio (12-14yrs) provides serious, engaging pre-professional training and the Youth Workshop (9-11 yrs) explores a variety of techniques for the young actor. Each program culminates in a presentation for family & friends of the skills learned throughout this exhilarating course. Acceptance to the program(s) is by application and personal interview only. Please see [www.playhousejuniors.com](http://www.playhousejuniors.com) for details. Applications are processed on a rolling basis until the program is at capacity. Space is limited. Apply now.

#### **Oasis Day Camps**

**Central Park & Downtown at**

**PS 84 & PS 110**

**646-519-5057**

**www.oasischildren.com**

Located on the Upper West Side we utilize Central Park's incredible collection of recreational facilities including tennis and basketball courts, softball fields, soccer

*Continued on page 22*



**physique swimming**

**Ages 6 months and up!**



**2017 Swim Classes!**  
**After School at Pine Street School!**

**Pine Street School**  
25 Pine Street

Downtown | East Village | Midtown East | Midtown West | Upper East Side | Uptown

[physiqueswimming.com](http://physiqueswimming.com) | 212.725.0939 | [info@physiqueswimming.com](mailto:info@physiqueswimming.com)



## Galli Theater: Fairytale Theater for the Whole Family

Performances \* School Shows \* Parties \* Workshops



### Sleeping Beauty

March 4th, 5th, 11th, 12th, 18th, 19th, 25th, & 26th • Showtime: 2pm

A wicked fairy is upset at not being invited to a Princess' birthday celebration and casts a sleeping spell on the entire kingdom for a hundred years. Will the perfect prince come and bestow the kiss that alone can break the curse and wake the sleeping princess and the kingdom?

*Recommended age: 4 years & older*

### Spring Break Camp - Price: \$410

Monday, April 10-Friday, April 14, 9:30am-2:30pm

### Summer Acting Camp - Price: \$410

Aug. 21-25, 9:30am-2:30pm • Aug. 28-Sept. 1, 9:30am-2:30pm

At "My Little Village Preschool", 33 Avenue A

Please visit [gallitheaternyc.com](http://gallitheaternyc.com) for further Summer Camp dates!

#### Galli Theater

151 West 26th Street, 7fl.  
New York, NY 10001

Tel: 212 731 0668

Email: [galliny@gmail.com](mailto:galliny@gmail.com)

[www.gallitheaternyc.com](http://www.gallitheaternyc.com)



For tickets, birthday parties, school shows and camps please visit [gallitheaternyc.com](http://gallitheaternyc.com), email us at [galliny@gmail.com](mailto:galliny@gmail.com) or call us at 212-731-0668



## SUMMER AT ST.BART'S 2017

### ST. BART'S DAY CAMP

Ages 3.7-6 • June 5th-August 18th (11 weeks)

### JUNIOR ADVENTURERS & ADVENTURE CAMP

Ages 6-13 • June 26th – August 18th (8 weeks)

*All options include swimming everyday!*

SWIMMING • SPORTS • MUSIC • ARTS & CRAFTS  
ROOFTOP PLAYGROUND • DANCE & MOVEMENT

*For more information, or to schedule a tour, contact us at*

**Info-camp@stbarts.org • (212)378-0203**

**[www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp)**



## GO EAST THIS SUMMER!

(East River and 23rd St. that is...)

Although not quite the Hamptons, the BIS-NY Summer Camp offers daily swim instruction at our on-site pool, the relaxing breeze and quiet of our waterfront campus, and the non-stop fun and activity of our themed summer camp to keep young hands and minds active!

All offered on a weekly basis to allow you to dip in and out to meet the needs of your summer schedule.

Escape the hustle and bustle and join us: [www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp).

When: June 26th - August 4th 2017 • 9am - 3pm

FLEXIBLE WEEKLY ENROLLMENT

For: Boys & Girls 3 - 10 years old

At: The British International School of New York - 20 Waterside Plaza, East 23rd St, NY, NY, 10010

• [www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp) • [camp@bis-ny.org](mailto:camp@bis-ny.org) • (212) 481-2700 •

BOOK BY  
MARCH 31<sup>ST</sup>  
for  
10% OFF  
EARLY BIRD DISCOUNT

# Camp Choices 2017

## DIRECTORY

*Continued from page 20*

fields, nature trails, and an incredible Olympic-sized outdoor swimming pool. Our camp is for kids ages 3-11. For emerging teens ages 12-14 we offer a Teen Travel program which gives emerging teens the opportunity to take unique trips every day. Children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans! Our downtown camp is located in the heart of Manhattan's Lower East Side and has everything a camp should; great facilities, loads of activities, and most importantly, the most well trained, caring staff in the industry. Plus our campers get the added benefit of visual and performing arts instruction from Kids Creative – a leader in the NYC arts education community!

state of the art kitchen and a large classroom with big windows overlooking Wall St! Campers swim every morning for 1.5hr at Seahorse Aquatics Club in LES. Afternoons are spent in thoughtfully curated activities such as science, art, cooking and sports. Our caring staff provides a friendly experience for campers to grow and learn, and is a favorite to many returning campers.

### Summer at St. Bart's 325 Park Avenue (at 51st Street) 212-378-0203

[www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp)

Campers ages 3.7-13 have week after week of fun! Each day includes swimming sports, music, arts and crafts, a rooftop playground, dance and movement, and more! Our Day Camp is perfect for ages 3.7-6. Junior Adventurers or Adventure Camp is great for campers' ages 6-13 and includes fun-filled trips around the city. There is SWIMMING EVERY DAY! For families with working parents, early drop-off and after camp options are available. To receive more information or schedule a tour, contact Summer at St. Bart's at [info-camp@stbarts.org](mailto:info-camp@stbarts.org) or call. Check out our new online registration at <http://stbarts.org/resources/summer-camp/>.

### Xaverian Summer Enrichment Program

7100 Shore Road  
718-836-7100

[www.xaverian.org](http://www.xaverian.org)

The Xaverian Community of Emerging Leaders, (XCEL) is a program that integrates educational, spiritual and leadership development for young men and women entering the 8th grade. The daily morning includes TACHS prep classes, as well as elective course options in robotics, film production, and dramatics, followed by a variety of recreational activities in the afternoons. XCEL students spend one day each week at an off-campus location using the city as their classroom. Along with weekly leadership seminars, students also participate in a one day servant leadership retreat and service project. For more information, visit [www.xaverian.org/xcel](http://www.xaverian.org/xcel) or contact XCEL Director Mr. Vincent Raimondo at [vraimondo@xaverian.org](mailto:vraimondo@xaverian.org) at ext 193.

### Oasis Early Start Imagination Camp

Central Park & Downtown at  
PS 84 & PS 110  
800-317-1392

[www.oasischildren.com](http://www.oasischildren.com)

This program is designed to meet the social, emotional, and physical needs of our Early Start Campers. For most children, camp means a set of "firsts," this is especially true for our youngest campers—the first time playing with others, the first time learning to swim, and the first time riding a bus. This program strives to create a nurturing transition into the camp environment, working hard to make both our families and campers feel safe. The ESIC campers are ages 3-5 who have not yet started Kindergarten and are fully potty trained. Being a larger camp, Early Start campers also have opportunities to participate in special events and activities with the entire camp community.

### Physique Summer Camp

Pine St School  
25 Pine St

212-725-0939

[www.physiqueswimming.com](http://www.physiqueswimming.com)  
[info@physiqueswimming.com](mailto:info@physiqueswimming.com)

Based out of Pine Street School, which is located in the Financial District. The space features an expansive multi-purpose room,



Meisner Acting Dance Film & TV Audition Technique, and more...  
[WWW.PLAYHOUSEJUNIORS.COM](http://WWW.PLAYHOUSEJUNIORS.COM)

**SERIOUS ACTOR TRAINING  
FOR TEENS IN THE HEART OF NYC**

**4 WEEK SUMMER INTENSIVE**

Performing Arts Conservatory (15-18 yrs)

July 17th - August 12th

Dynamic conservatory training including  
Meisner Acting, Dance, Singing, TV and Film  
and Audition skills

**APPLY NOW!  
LIMITED SPACE AVAILABLE**

340 East 54th Street NY, NY 10022 | 212.688.3770

FORMER NP JUNIOR ALUMNI  
Daisy EAGAN Brendan SEXTON, III Scarlett JOHANSSON Ally SHEEDY Frances CONROY Anderson COOPER



**THE WEEKDAY SCHOOL AT  
RIVERSIDE CHURCH**

*is pleased to announce*

**SUMMERSIDE 2017  
IS HERE!**

Registration for the  
Summerside  
Camp program  
is under way.

For information and registration

- Online:  
[www.wdsnyc.org/summerside](http://www.wdsnyc.org/summerside)
- Email: [tpool@wdsnyc.org](mailto:tpool@wdsnyc.org)
- Phone: 212-870-6743

Session I: June 19-30  
Session II: July 3-14 (Closed 7/4)  
Session III: July 17-28  
Register for one, two or all sessions.

Mini Camp for 2's and young 3's  
8:45am-12:30pm  
Full Camp for 3-6 year-olds  
8:45am-2:30pm

**Be sure  
to save a space -  
Register  
by May 1, 2017**





## Fun Financial Literacy Camps for Kids!

*Unique financial education summer programs for ages 5-18 praised by leading business publications and local parents*



Save \$100 through Mar 31 –  
coupon code NYP

[sparkbusinessacademy.com](http://sparkbusinessacademy.com)

703.371.3155

## INTERNATIONAL IVY SUMMER ENRICHMENT PROGRAMS



Ages 7-15

**NEW STEAM CAMP IN NYC!**  
**JUNE 26 - AUGUST 18, 2017**  
Weekly Sessions, Full or Half Day

### OPEN HOUSE

Chelsea  
Corlears School  
Saturday, March 11  
Noon - 3PM

International Ivy offers fun-filled and stimulating classes to fuel kids' creativity and interests in a variety of subjects like Robotics, Video Game Creation, Computer Programming, Science, Engineering, Math, Business, Visual Arts, Digital Arts and more.



MANHATTAN - UPPER EAST SIDE @ THE CAEDMON SCHOOL

MANHATTAN - UPPER WEST SIDE @ THE REDEEMER PRESBYTERIAN CHURCH

MANHATTAN - CHELSEA/GREENWICH VILLAGE @ THE CORLEARS SCHOOL

LEARN MORE: VISIT [WWW.IISUMMER.COM](http://WWW.IISUMMER.COM) or CALL 855-678-6335.

## XCEL: The Xaverian Community of Emerging Leaders



**XCEL** is a summer enrichment program that integrates educational, spiritual, and leadership development for young women and men entering the eighth grade in September. In the Xaverian tradition, we seek students who possess zeal in the classroom and humility in their leadership. The program will run from June 26 to July 27, Monday through Thursday, 8:30am – 2:00pm.

### XCEL Timeline:

**Monday, April 3**  
Completed XCEL  
application due

**Wednesday, June 7**  
Orientation Night  
for XCEL families

**Monday, June 26**  
First Day of XCEL

**Thursday, July 27**  
XCEL closing  
ceremony

**Free bus service  
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# Band-aids don't work

## Suggestions for parenting the adopted adolescent

BY JUDY M. MILLER

**A**re you an adoptive parent or considering adoption? Has your child reached adolescence or is he coming close to it? Here are some insights about parenting adopted tweens and teens:

### **Loss is always part of adoption**

Regardless of circumstance or age — be it minutes or years old, the child who joins his family through adoption has suffered profound loss. The initial loss is separation from the child's birth mother, and that loss expands outward to encompass birth family, culture or origin, and birth history.

Loss is the "hub" of inherent issues in adoption. It must be considered, understood, and honored by parents, so that they can support their child as he navigates from childhood into adulthood. Loss accumulates, one layer stacking upon another. The hub can be quite deep.

Varying degrees of grief, guilt, shame, rejection, identity, intimacy, and control

are often experienced throughout the adopted person's lifetime. These feelings tie into loss and extend from it, like the spokes of a wheel. These feelings are known as the inherent issues in the adoption "landscape." Inherent issues affect many adopted people, as well as the majority of birth parents and adoptive parents. For this article though, I only address the issues as they pertain to an adopted person.

### **Inherent issues ebb and flow life-long**

Feelings tied to being adopted typically begin to make themselves known with the onset of adolescence, as early as the age of 6, just when the hormones begin to fluctuate in preparation for puberty. Children also begin to understand much more about adoption and how it has and will forever impact them.

Often, adoptive parents find themselves dealing with puberty and one or more adoption issues. As any parent who has raised a child can share, no one ever feels quite ready to parent a teenager. And parenting the adopted teen requires

even more preparation: knowing the child's history (and historical framework if adopted internationally) and how that can affect him, understanding the core issues and how to use them as tools in parenting, and having a level of genuine empathy for the child.

### **There might be more going on than the core issues**

Depending on circumstances, the child may also have suffered neglect, exposure to drugs or alcohol, and experienced or witnessed sexual, emotional, or physical abuse. These truths are difficult for parents to share, but necessary to discuss with their child. This information is part of the child's story, and it is important for parents to share and review all of his birth history and related facts with him prior to adolescence, in age-appropriate language.

Yes, any "hard truths" are difficult to share. Parents have invested lots of emotion in their adoption journeys. They love their children deeply and do not want to inflict pain. Parents find that sharing why their child could be adopted or not having the answers to his questions challenging. But, to not share the difficult truths leave children unprepared and open to injury by others as well as wondering why their parents, who love them and have their best interests at heart, did not provide them with the truth.

Education about loss in adoption empowers parents to help their children. Loss, neglect, abuse, attachment, and a whole range of other topics can be examined and discussed during adoption preparation education with "wait-

### **Best ways to help**

Here are a few more tips for parents looking to help their adopted teens:

**Education promotes understanding.** Understanding encourages empathy, which in turn grows patience. These tools are necessary to effectively parent the adopted child.

**If seeking therapy for your child,**

**address your own first.** Think of airplane cabin decompression: put your oxygen mask on before your child's. If you do not, you cannot possibly help your child.

**Work with a therapist well-versed in adoption and adoption issues.** Therapists unfamiliar with adoption and inherent issues in adoption will be ineffective.





ing” parents.

Adoption preparation education was not available when my husband and I adopted. We were unprepared. Our major concern over our daughter’s apparent distress mingled with profound joy when she joined us in her infancy. The enormity of what adoption meant — forever uprooting and separating our daughter from the rich ancient culture she was born into — became crystal clear in that instant. Although humans are resilient, she grieved for some time while she adjusted to parents, family, and a society that did not look, sound, feel, or smell like that with which she was familiar. She did attach, but sadness and grief lingered. Her psychosocial development stalled. We committed to educating ourselves when seeking therapy for our daughter.

Our love was not enough. It served as a huge bandage that kept her wound from becoming infected further. This bandage did not and could not address the underlying cause of the wound and why it was not healing. Part of the education we received was about loss, and how it affects the adopted child — feelings of grief, guilt, shame, rejection, identity, intimacy, and control.

By understanding what she was facing, we were able to better support her needs and help her resolve and eventually talk about what she felt.

*Judy M. Miller savors time with her kids, three of whom are adopted. She is a certified Gottman Educator and the author of “What To Expect From Your Adopted Tween, Writing to Heal Adoption Grief: Making Connections & Moving Forward,” and “For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey.”*



# Understanding real estate titles

*My spouse and I bought an apartment together before we were married. The deed states that we own it as “joint tenants with rights of survivorship.” We got married after we bought it. Is our apartment protected from creditors? What happens to our ownership interests if one of us dies or we get divorced?*

**T**here are three general methods to categorize ownership in real property in New York: Tenancy in common, joint tenancy with rights of survivorship, and tenants-by-the-entirety. The law makes ownership in co-operative apartments treated the same as real property, even though it is technically ownership in a corporation.

A tenancy in common means that each owner has a divisible interest in the real property. There can be more than one owner, and it can be in 50-50 division or any other allocation (i.e. 60-40, 20-10, etc.). Sometimes you can see more complex structures where a portion of the property is held as joint tenancy with rights of sur-  
 v

vorship between two parties and another portion is held by a tenancy in common owner. This means that any tenancy in common may transfer or encumber his interest in his share of the real property. He can also devise the tenancy in common interest at death in a Last Will and Testament or have it pass under the laws of intestacy when he dies without a will.

In a joint tenancy structure, a joint owner's interest can be sold or encumbered during her lifetime with the consent of the other joint tenant(s), however, her share cannot be devised in a Will or pass by intestacy. Instead, it passes to the surviving joint tenant(s) — hence the “right of survivorship.” Put another way, the last man standing takes full ownership to the property.

Since the passage of the Marriage Equality Act in New York State in 2011, tenants-by-the-entirety is available to all spouses, whether opposite sex or same sex. A tenants-by-the-entirety affords not only survivorship rights, but also certain creditor protection rights.

A tenancy-by-the-entirety affords



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greater creditor protection to the surviving tenant. A tenancy-by-the-entirety is only available to persons who are married at the time they take title. If you take title before you are married as joint tenancy with rights of survivorship and later marry, the tenants-by-the-entirety does not automatically spring into effect or convert the joint tenancy; rather, you would need to execute a new deed reflecting the change in ownership status.

Even if you closed on the apartment the day before your wedding and the deed says “as husband and wife,” if you were not legally married when you received the title, and the title would likely be deemed by a court of law or title company as a joint tenancy with rights of survivorship, since the intention to confer survivorship rights is usually (although not always) interpreted in the case law by the statement of “as husband and wife.”

Now that same-sex marriage is legal throughout the United States, a trend toward the use of the phrase “as spouses” rather than “as husband and wife” will likely become more common to appropriately reflect the legal changes to the definition and scope of marriage.

These rules only apply to transactions that occurred after 1975. If the real property at issue was purchased before 1975, and the deed states that the parties were married when in fact the parties were not married or the validity of the marriage is later challenged, the ownership will be

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deemed a tenancy in common, which does not provide for survivorship interest.

If the property at issue is a cooperative apartment, the rules described above only apply since 1996. Prior to 1996, shares in cooperative apartments were not deemed to be the equivalent of real property and could not be held as tenants-by-entirety.

As noted above, tenants-by-the-entirety are afforded extra creditor protection on their home that is not available to joint tenancy with rights of survivorship tenants. For example, if your husband has judgment creditors, that creditor cannot satisfy the judgment against the apartment while you continue to own it with your husband as a tenant-by-the-entirety. If you hold the property as joint-tenants, the creditor may enforce the judgment against your husband's interest in the apartment. Although it is limited to your husband's indivisible one-half interest in that case, it could force a sale of the apartment.

There are many more elements to consider when assessing ownership to real property, and every situation is different. It is always a good idea to review titling to your assets upon the occurrence of any life change — whether marriage, death, divorce, or the birth of a child or grandchild, and to update your documents to ensure they continue to meet your goals and objec-

tives. You should always consult with your attorney before undertaking any changes.

*What happens to my house after I die? How does title get transferred?*

**T**he answer depends on how the property is titled (see above). For example, if you are married and the house is owned by you and your spouse (and your spouse is still alive), then you most likely hold title as tenants by the entirety. If this is the case, then, upon the death of the first spouse, the surviving spouse automatically takes sole title to the house as the surviving tenant by the entirety. In that scenario, since your spouse would be the sole owner after your death, he would have the option of selling the house upon your death or to continue living there.

If you own the property individually or jointly with another person without rights of survivorship, then your Will (if you have one) dictates what happens to your property when you die. Your Will can state that you leave the property to one or more individuals, or you can direct that it be sold when you die. Either way, an executor or administrator needs to be appointed by the court before title can be transferred or the property can be sold in either a pro-

bate or administration proceeding.

A probate proceeding is the process by which a Will is offered for probate, meaning that it is presented to the court to be recognized as a valid Will and to have an executor appointed to represent the decedent's interests and administer the estate (meaning to pay the decedent's debts and distribute his remaining assets as dictated by the Will).

If there is no Will, the process is similar except that the court appoints an administrator and the assets are distributed under the laws of intestacy to the decedent's next-of-kin, which is dictated by statute and not in accordance with any wishes the decedent may have expressed verbally but never reduced to a valid Last Will and Testament. Once the executor is appointed, he or she can sign a real estate broker's agreement, and a contract of sale and deed on behalf of the estate.

As always, you should consult with an experienced estate attorney to discuss how these and other rules or laws could affect the distribution of your property when you die.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. You can find Besunder on [www.besunderlaw.com](http://www.besunderlaw.com).*



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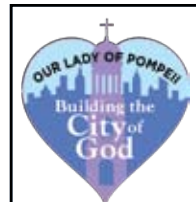
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# Support, info, & hope

## What every woman needs to know about divorce

BY TAMMY SCILEPPI

**A**ntonia Di Leo is a successful career woman, with three beautiful children. Like millions of New York women, she went through a difficult divorce and had no one to turn to — and didn't know who to trust. It was a scary and overwhelming time, but she got through it.

After reading about a workshop called Second Saturday — which has been running throughout the country for 28-plus years — she felt that every woman going through such a tough and challenging time should have the important knowledge offered in this program before she begins an often perilous journey.

"The objective of this valuable workshop," says Di Leo, "is to empower women going through a divorce."

After her divorce, Di Leo was able to turn her life around with help from family and a lot of friends. She points out that during this time, it's so important to be around positive people that support you and love you through thick and thin.

"I also started speaking with a family friend who is now my fiancé. We have known each other since we were 14, and both our families used to vacation together when we were younger. He supported me emotionally and showed me the true meaning of love, commitment, and support. My children adore him and we have a beautiful life together with a cottage in Pennsylvania, to show them what growing up in the outdoors is like."

Di Leo obtained her license as a marriage and family therapist, and was certified in divorce mediation. She's now work-

ing as a mental health therapist for two online companies, so she can work from home and be with her kids.

She's also now running her own Second Saturday workshops.

"I am also creating these workshops in Manhattan and Long Island, and in the process of developing a conference on how to manage divorce, so women are prepared and have sound professional advice before entering into this frightening time."

Second Saturday has three components: a financial, legal, and emotional piece. These are also the main issues that women struggle with during the divorce process.

Each workshop will have a professional from each field present on his or her topic; the professional will also stay until the workshop is over and answer any questions people need help with. The workshops will run at the MetLife Building in Manhattan every Thursday from 6 to 8 pm, and the first will be on March 30.

The presenter for the legal portion is divorce attorney Lisa M. Gardner from Wisselman and Associates, financial presenter Wendy Brown is an advisor from Merrill Lynch, and Di Leo and marriage and family therapist Lauren Brugger will present on the emotional aspect of divorce.

The fee for the two-hour workshop is \$45, and you can call to reserve a spot, but at this point, says Di Leo, the workshop does not require a definite RSVP, since women going through this may need to keep the workshop confidential, or could be going through a difficult time emotionally, and the group does not want to burden them with feeling obligated to RSVP.

Di Leo says the reason she became

interested in starting these workshops is two-fold.

"Going through a difficult divorce, and being a mother of three and going through such a difficult time with children, I wanted to be an example to other women that they can do it, and there are people that truly care and want to help."

The busy mom has a 10-year-old son Giancarlo, and twin girls, Gianna and Olivia, who are 8.

"They are my heart and soul and I cherish the time we have together," she says.

The family currently lives in Nassau County, Long Island, and Di Leo says she has the space at the MetLife Building, and also conducts video sessions for people who have a tough schedule.

*Second Saturday divorce workshop at MetLife Building [200 Park Ave., 13th floor, between E. 43rd and E. 45th streets in Midtown, [www.secondsaturday.com](http://www.secondsaturday.com)]. March 30, 6–8 pm. Meets every Thursday. \$45 per person.*

*Learn from the professionals: Antonia Di Leo, marriage and family therapist and divorce mediator, (516) 382-5440 and marriage and family therapist Lauren Brugger, (516) 667-0707. Lisa M. Gardner, matrimonial and family law attorney at Wisselman and Associates, (516) 773-8300. Wendy Brown, certified divorce financial planner at Merrill Lynch, Fenner and Smith, (212) 338-6093.*

*Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.*





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# Mutual parenting

## After a divorce, quality time over quantity time

BY ALLISON PLITT

**P**arental separation will always hurt children, but within the last decade, we as a society know more about the needs of children from their birth to their adolescence. Most importantly, we are aware that children need to know that the parents' separation is in no way their fault. According to author Penelope Leach, our society may know more about the needs of children, but our legal system focuses on the needs of parents when granting divorces, and Leach has some suggestions on how parents can better help their kids through the divorce.

The author takes a look at just how divorce affects families in her 2014 book "When Parents Part." According to Leach, the most recently published statistics concerning divorce are grim. For example, children in post-divorce households were "less satisfied" with life than children from intact families. Furthermore, separated or divorced adults had lower scores on the "Well-being Index, which covers emotional and physical health, health behaviors, life evaluation, work environment, and access to basic health necessities."

Yet, nearly half of all U.S. marriages end in divorce. Two unhappily married adults know they don't need to live out their lives together in melancholy. Luckily, divorces are granted by the U.S. legal system. But, according to Leach, it still archaically focuses on the parents' happiness and their rights to see their children. Instead, the court system should be paying attention to the needs of the children and how the children are

affected by the residential and visiting arrangements of the separated parents, she writes.

Parents should find age-appropriate words to tell their child why the separation happened and ask their child how it makes him feel, advises Leach. Despite what feelings the parents have for each other as partners, they should muster all of their inner strength and let their children know that they are strong and not destroyed by what is happening, she writes.

### Effects of divorce by age

Children experience various reactions to parental separation at different ages. Not only do parents need to be physically present, but they also need to be emotionally attentive and listen to the thoughts, feelings, and responses of their children, she finds.

For example, if two spouses separate when they have a newborn, it is now common knowledge that newborns must be with their mothers throughout the first year of the baby's life. The father may also have contact with the newborn, and his presence will also impact the child, but if a new baby can bond and create a strong attachment with its mother

during its first year of life, the more secure it will feel in the future, says Leach.

The mother, again, cannot be emotionally vacant. If the baby cries, she must pick the baby up and try to soothe him. The baby can sense if the mother is upset, and thus, its attachment to the mother can break apart.

When the legal system insists on "equal or shared parenting," meaning that both

the mother and the father have equal amounts of shared time with the newborn, this concept puts the priority of the parent before that of the child who is shuttled between both caregivers, says Leach. In that case, the attachment between newborn and mother is put at risk.

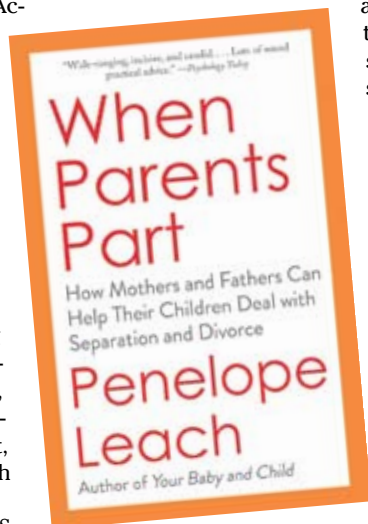
During a baby's second year, it forms an attachment with the father, but the baby will still stay physically attached to the mother until its fourth birthday. In the best interests of the child, the father can visit a toddler during the day when it is 2 and 3 years old, she writes.

A child will not be willing to leave his mother overnight until he is 4 or 5 years old. The more securely attached the child is to the mother, the better able the child will be to spend the night with the other parent. It is important that a parent not confess all her feelings to a toddler, warns Leach. Let the child know, however, that parents aren't perfect, and things will get better, she writes.

When children enter elementary school, the parents' separation has yet another adverse effect on them. This is the age when children personally feel rejected by the parents who seek separation, writes Leach. Children at this age are also very frightened about what is going to happen to them, she says.

Adolescents and teenagers react by spending more time with their peer group to see if other families act "normally." According to Leach, if they are not carefully supervised, the probability of them engaging in high-risk behavior, such as drinking or taking drugs, increases. Sometimes parents wait until their teenagers go to college before they divorce. Unfortunately, these adolescents then view their whole childhoods as a lie and are less likely to confide in their parents in the future, writes the author.

Leach provides a lot of practical advice for separating couples, such as advising parents to keep a consistent daily routine







at home if the children are suffering from separation anxiety. Children should be informed of any changes to their schedule or if a visitor is coming to stay at the home. Leach also suggests that a parent invite other single-parent families to share holiday celebrations and vacations where everyone will be able to help each other out.

### **Mutual parenting**

What Leach does believe in is the idea of “mutual parenting,” which is that each parent supports the relationship that their ex-partner has with each of the children and to protect the children from the failure of the relationship. Children notice and care about what is happening to their parents, but a child should never feel “motherless” or “fatherless,” says Leach.

Mutual parenting is about not allowing an ex-spouse’s hurt feelings from changing the way she sees the other parent as a capable and loving caregiver to their children, writes Leach. Never use a child as a confidante to discuss feelings, she warns. When parents are committed to putting their children’s happiness first, they are in joint communication about scheduling arrangements and discussing information about their children.

If parents are unable to support each other in “mutual parenting,” Leach sug-

gests, then the next step they should take is “polite parenting,” where they follow the arrangements of an agreement to the best of their ability. They do not deliberately alienate their children from each other.

It is against the law for one parent to ruin a child’s relationship with another, according to Leach. When one parent thinks the other is unfit, it is easy to make an allegation of abuse, addiction, or dangerous neglect, she writes. Wildly exaggerated accusations, however, may damage rather than protect the children, Leach warns.

Even if a parent cannot take care of her children on her own, she is still able to have a loving relationship with them. The other parent should, nevertheless, be honest with the children about the ex-spouse’s inability to parent the children, advises Leach.

Most recently, the U.S. legal system has begun to take into account the rights of the children when it emphasizes quality over quantity parenting. When children are shuttled between houses to ensure that both parents have equal time with them, everyone’s schedules are upended, Leach writes. She suggests it is easier for children to spend the week with the resident parent while attending school and spend the week-end with the non-resident parent.

Fathers often ask for more contact, es-

pecially overnight visits from children, because they fear they will fail to build a close relationship with their children, says the author. Research has shown that these fears are “groundless” because the “quality of contact — parent and child looking forward to seeing each other and having fun together — is far more important than quantity,” writes Leach. Parents also think that bonds with their children will become closer during overnights, but recent research has again shown that daytime-only contact does not reduce attachment, she says.

Many studies show that children, adolescents, and adults who have close relationships with their fathers do better in school, at work, and in their social lives than those who do not. Such research shows that fathers are just as important as mothers to children, says Leach.

According to Leach, when the family unit breaks, separated partners should “muster selfless concern for the children ... That selfless concern can keep them united in their determination to carry on being and helping each other be loving parents ... No longer a wife, husband or partner, but always and forever a mother or father.”

*Allison Plitt lives in Queens with her daughter and is a frequent contributor to this publication.*



# Trust your gut

## Your thyroid health really depends on the health of your stomach

Out of the 27 million Americans who suffer from thyroid dysfunction, more than half are due to an autoimmune disorder called Hashimoto's disease, in which the immune system attacks and destroys thyroid gland tissue.

"Thyroid replacement hormones are a first line of defense for many doctors, prescribed with the promise of wiping out a number of symptoms in one fell swoop. But taking that approach is turning a blind eye to what caused the thyroid to become depressed in the first place," writes Dr. Datis Kharrazian in "Why Do I Still Have Thyroid Symptoms When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism." The underlying causes can range from irregular immune function and poor blood sugar metabolism to gut infections, adrenal problems, and hormonal imbalances.

It is a necessity for patients with

Hashimoto's disease to get their guts in good working order before they see improvement and actually feel better. We asked Dr. Raphael Kellman, founder of the Kellman Center for Functional & Integrative Medicine in Midtown, to explain the crucial relationship between gut health and thyroid health.

**Danielle Sullivan:** What is the connection between microbiome health and autoimmune disease, and Hashimoto's disease in particular?

**Dr. Kellman:** From my experience, the microbiome is the key to healing and reversing autoimmune conditions including Hashimoto's Thyroiditis. The gut microbiome is comprised of trillions of bacteria living within the intestine along with the vast majority of the immune system. It's no accident that they are in such close proximity. The bacteria are highly involved with immunity, educating, and regulating the immune system, helping it to recognize



## HEALTHY LIVING

DANIELLE SULLIVAN

the difference between friend, our own healthy tissue, and foe. These microorganisms maintain the integrity of the gut wall, fortifying it, protecting the body.

A healthy microbiome lowers inflammation; produces beneficial compounds like vitamins, neurotransmitters, natural antibiotics; and short chain fatty acids that are very important to the health of the intestine and brain. If the ecology becomes unbalanced and unhealthy, we lose these protections. Yeast, parasites, and less beneficial bacteria overtake the system, intestinal permeability begins, inflammation grows out of control, and very often the immune system begins to attack the body's own healthy tissue. In the case of Hashimoto's, the victim is the thyroid. Once this process is switched on, however, other areas of the body may come under attack as well.

**DS:** How important is it to heal the gut in order to have optimal thyroid health? Will thyroid health ever really be functional if the gut is not?

**DK:** The thyroid and microbiome are intricately intertwined. To start, a portion of thyroid hormone gets activated or converted in the intestine. If that isn't possible because the intestine is damaged or microbiome unbalanced, the body experiences a low thyroid state. An unhealthy gut leads to widespread inflammation and autoimmunity perpetuating antibody production that may attack healthy thyroid tissue.

Additionally, GI issues may lead to nutrient deficiencies that can affect many systems, including the thyroid. On the other hand, the gut is very sensitive to changes in thyroid hormone and requires an adequate amount to contract properly, sort and digest food, and expel waste.



Without it, intestinal conditions are more likely. The intestine and thyroid need each other, so it's imperative to work on both to improve the whole.

**DS:** How does gluten affect the gut balance? Does it affect everyone with thyroid disease or only those who have celiac or a wheat allergy?

**DK:** For many, gluten can produce problems in the body triggering intestinal permeability, inflammation, and immune responses. It's a fallacy that only those diagnosed with celiac disease need to avoid it. Anyone with an autoimmune condition should steer clear of it. Most chronic diseases today stem from inflammatory conditions, which can often be traced back to inflammation in the gut. By eliminating gluten and eating a diet low in inflammatory foods, we can start to reverse damage that has been done.

**DS:** What symptoms present with an imbalanced gut?

**DK:** Symptoms can manifest in many systems since the microbiome is connected to everything in the body. Frequently, patients have intestinal complaints like constipation, diarrhea, bloating, heartburn, gas, and abdominal pain.

For some, they may suffer mood changes, depression, anxiety, difficulty concentrating, brain fog, and even memory problems.

Skin conditions are also very prevalent as well as sugar cravings, insulin imbalances, craving unhealthy foods, fatigue, weight gain, and joint pain. Whenever we see inflammatory markers go way up on testing, it's a sure sign of microbiome imbalances.

**DS:** What is the best probiotic for those with Hashimoto's disease?

**DK:** *Saccharomyces boulardii* is very useful in autoimmune conditions, helping to rebalance the immune system and clear out pathogens. We often see antibody levels drop as a result of administering this strain. *B. infantis* 35624 targets inflammation in the intestine, especially levels of TNF-alpha, helping to resolve it. I also recommend a good, broad-range probiotic rich with different strains of both *Lactobacillus* and *Bifidobacterium*. There are many great products out there now like Ther-Biotic by Klaire Labs.

**DS:** What is the best food plan for someone with an autoimmune disease, and Hashimoto's disease in particular?

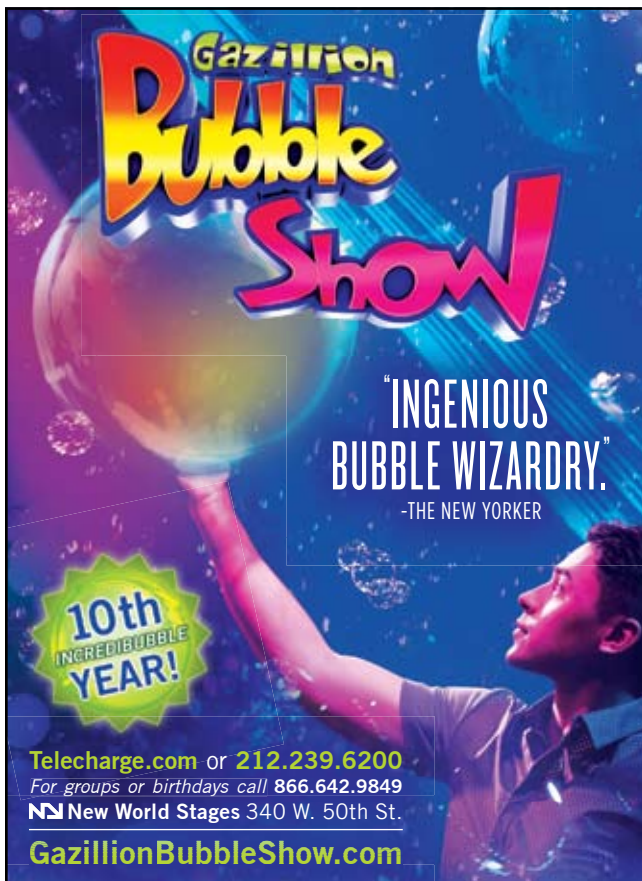
**DK:** It's important to gear eating towards improving the health of the microbiome while limiting or omitting inflammatory foods like gluten or dairy for some people. Prepackaged, processed, fast, high-sugar, and chemical-laden foods should be avoided. Prebiotic fibers are those found in certain plants that feed healthy gut

bacteria helping them to thrive and reproduce. Onion, garlic, Jerusalem artichoke, jicama, and asparagus are all examples of foods that are good for the microbiome.

The diet then should include mainly plants with clean, grass-fed, and wild proteins as side dishes. Fermented foods like kimchi, sauerkraut, yogurt, and kefir help to infuse the intestine with mega doses of beneficial bacteria.

It's a grave mistake to overlook or underestimate the role of gut bacteria in autoimmune conditions. Frequently, doctors focus on viruses and toxins, which are known triggers, however, these things are filtered through the microbiome. Healthy bacteria have the ability to protect the body from these attacks, washing them away. There is no pill that can match the power these super organisms have in their ability to correct the immune system, lower inflammation, detox, and protect the body. These benefits come from deep inside a healthy gut, so we must do our part to make sure our greatest health ally thrives.

*Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*

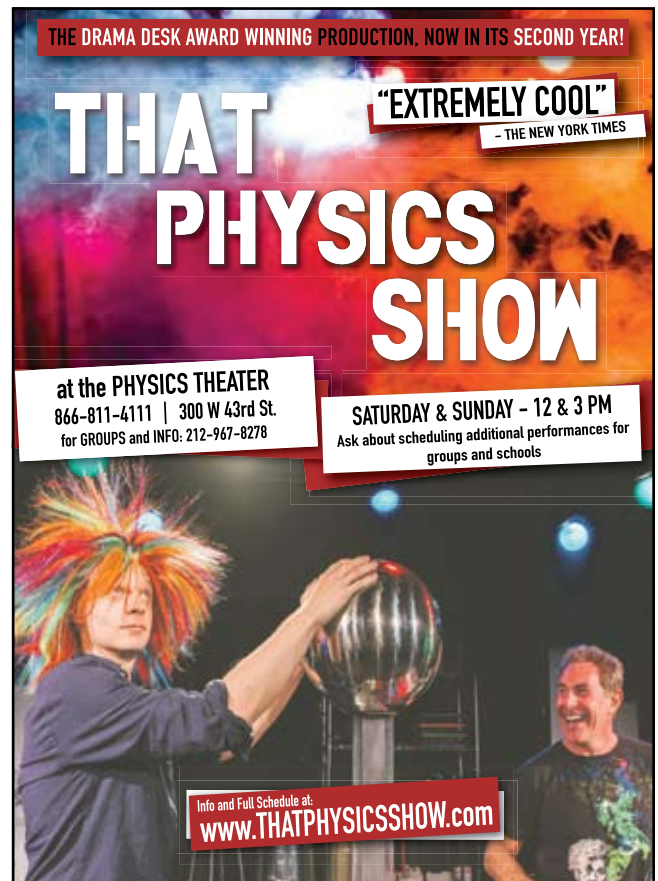


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# Calendar

MARCH



Richard Termine

## Discover the world of 'Cinderella'

New York Theatre Ballet dances in to the Schimmel Center at Pace University on March 12 and performs the beloved classic "Cinderella."

As part of the Once Upon a Ballet series for families, this fantastical rendition is complete with a dancing clock, wacky stepsisters, and everyone's favorite princess, Cinderella. Featuring choreography by Donald Mahler, costumes by

Metropolitan Opera's resident costume designer Sylvia Taalsohn Nolan, and sets by Gillian Bradshaw-Smith, this ballet is suitable for children 3 years and older.

"Cinderella," March 12, 3 pm. Tickets are \$10, \$20 for adults.

*Schimmel Center at Pace University [3 Spruce St. between Nassau and Gold streets in the Financial District, (212) 346-1715; [www.schimmelcenter.org](http://www.schimmelcenter.org)].*



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# Calendar

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This calendar is dedicated to bringing our readers the most comprehensive list of events in your area. But to do so, we need your help!

Send your listing request to [manhattancalendar@cnglocal.com](mailto:manhattancalendar@cnglocal.com) — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

### WED, MARCH 1

#### IN MANHATTAN

**Little Guggs:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [strollertours@guggenheim.org](mailto:strollertours@guggenheim.org); [www.guggenheim.org](http://www.guggenheim.org); 11 am to noon; \$30 includes museum admission and snacks (\$15 members).

This program is designed for little art lovers and their parents and guardians who will explore one or two works of art in the galleries and then make a work of art in our studio. The hour includes a short story, trips to the galleries and art making activities. Designed for children ages 2-4 years old. Registration required.

### THURS, MARCH 2

#### IN MANHATTAN

**Read Across America Day:** Intrepid Sea, Air, and Space Museum; 11 am; Call for tickets.

The Intrepid Museum is proud to be part of this year's Read Across America Day, a nationwide reading celebration that takes place annually on March 2 — Dr. Seuss's birthday! This year, the Intrepid Museum will partner with The Garden of Dreams Foundation, a nonprofit that provides unforgettable experiences for children facing obstacles, on behalf of The Madison Square Garden Company and MSG Networks, for the nationwide celebration. The event will feature a classic Dr. Seuss book reading and fun activities to follow with Knicks alumnae and a classroom of students from the foundation.

### FRI, MARCH 3

#### IN MANHATTAN

**Dr. Seuss' Truffula Trees:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Noon to 6 pm; Free with museum admission.

Using coffee filters, liquid watercolor, and pipe cleaners, young artists will build Truffula Trees to pay homage to Dr. Seuss on his birthday. CMA guests will revisit the story of The Lorax, learning about forestation and environmental conservation.



Bjorn Bolinder

## Storytelling with mimes

Take a trip to "Destination Everywhere" at the Jeffrey and Paula Gural Theatre on March 4.

This hour-long interactive performance is just perfect for children in grades kindergarten through third and invites audiences of all ages to unplug and use the two most basic tools they possess — their bodies and imagination.

A speaking emcee helps to guide even the youngest audience members through nine original short plays set to a soundtrack of hit music. Kids will learn about creating friendships despite all odds in "Biggie & Lil," watch the mimes try to scare each other with

spooky stories in "The Sleepover," and travel underwater, to the moon, and beyond in "Vacation Club."

Following the performance, audience members are invited to participate in a "mini mime workshop," where kids and parents alike will explore new ways to create, connect, and communicate by learning basic mime skills from the Broken Box ensemble.

"Destination Everywhere," March 4, 3 pm. Tickets are \$15.

*Jeffrey and Paula Gural Theatre [502 W. 53rd St. between 10th and 11th avenues in Hell's Kitchen, (800) 838-3006; [www.brokenboxmime.com](http://www.brokenboxmime.com)].*

**Kids in the Kitchen:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 1 pm; \$50 (parents are free).

Children and grown ups will explore Jewish recipes with teachers Rachel and Jody, including Shabbat and holiday favorites and creative snacks! We will sing Shababa songs and blessings with Rebecca, set a beautiful Shabbat table and celebrate with family and friends! \*Please note: All children must be accompanied by an adult. Pre-registration required. Space limited to 12 children per session).

**Grownups Cracking Up:** 14 Street Y, 344 E. 14th St. between First and Second avenues; (212) 780-0800; [info@14streety.org](mailto:info@14streety.org); 4 pm to 6 pm; Free for members.

Laugh, sing, drink, and eat as we wrap a week and usher in the weekend. Join us for

a monthly Shabbat experience in conjunction with PJ Library where plentiful stories are told, grown-up bellies are full of laughter and drink, kids sing and play, and together we all break bread and eat pizza.

### SAT, MARCH 4

#### IN MANHATTAN

**Make Your Mark:** Whitney Museum of American Art, 99 Gansvoort St.; (212) 570-3600; [whitney.org](http://whitney.org); 10 am to 11 am; \$22 (\$18 for seniors; free for children and members).

Dash, smudge, and dot! Bring your little ones to enjoy an interactive experience of looking, sharing, and working together in the galleries. This month, discover how artists make different marks in the exhibit Fast Forward — Painting from the 1980s and through-

# Calendar

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out the museum. This program has been developed specifically for kids ages 4 to 5. Siblings are welcome to join the group but must have a ticket.

**Sketching tour:** Whitney Museum of American Art, 99 Gansvoort St.; (212) 570-3600; [whitney.org](http://whitney.org); 10 am to 11 am; \$5 per child, plus museum admission.

Explore current exhibitions through drawing! Look closely at works of art and create sketches based on what you see. This month explore brush strokes, blots, and dots to learn how artists make their mark in different ways in the exhibitions *Fast Forward: Painting from the 1980s* and *Human Interest: Portraits from the Whitney's Collection*. This program has been developed specifically for kids ages 6 to 10.

**Nation Beat:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am and 2 pm; \$17 (\$14 members).

This internationally touring company offers a distinct mix of Brazilian rhythms — maracatu, coco, and forró — with a healthy mix of New Orleans funk, rock, jazz, bluegrass, and even country blues. The American/Brazilian collective plays a 21st-century mash-up inspired by Brazilian maracatu drumming, New Orleans second line rhythms, Appalachian music, funk and country-blues.

**Living History:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11 am; Free with museum admission.

In celebration of Women's History Month, acclaimed historical musician Linda Russell will explore the women of the past as reflected in the popular songs and stories of the day — in their own words. Recommended for all ages.

**Nature's Music Workshop:** Belvedere Castle, 79th Street Transverse; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); Noon to 1:30 pm; Free.

Discover which trees and natural materials are used to build modern day and tribal musical instruments. Instruments including log drums and a Native American flute will be on display. Participants will construct an authentic Native American instrument. Registration is required.

**Dr. Seuss' Truffula Trees:** Noon to 6 pm. Children's Museum of the Arts. See Friday, March 3.

**Reading & book signing:** Sugar Hill Children's Museum of Art, 898 St. Nicholas Ave.; (212) 335-0004; [www.sugarhillmuseum.org](http://www.sugarhillmuseum.org); 2 pm to 4 pm; Free.

Bestselling novelist and children's author Julia Alvarez will share her new picture book that gently addresses the emotional side of death.

**"The Bookbinder":** Clark Studio Theatre, 165 W. 65th Street; 2 pm; \$20 General Admission.



Stephanie Berger

## The wildest instruments

Polygraph Lounge comes to Carnegie Hall's Resnick Education Wing for two performances on March 26.

Carnegie Kids presents the innovative duo and their unusual collection of handmade instruments and original songs about the sounds all around you.

The concert makes for a fun show for the entire family. Kids will also have the chance to try out the duo's instruments in an interactive sound

playground.

Inspire your children's imaginations and creativity at a playful and interactive concert. The show is approximately 45 minutes long.

Polygraph Lounge on March 26 at noon and 2 pm. Free on a first-come, first-served basis.

*Carnegie Hall's Resnick Education Wing [154 57th St. and Seventh Avenue in Midtown, (212) 247-7800; [carnegiehall.org/Education](http://carnegiehall.org/Education)].*

A spooky fairy tale told with shadowplay, paper art, puppetry, and music. Recommended for children 7 years and older.

**"Destination Everywhere":** Jeffrey and Paula Gural Theatre, 502 W. 53rd St. between 10th and 11th avenues; (800) 838-3006; [www.brokenboxmime.com](http://www.brokenboxmime.com); 3 pm; \$15.

The hour-long, interactive performance invites audiences of all ages to unplug and use the two most basic tools they possess — their body and imagination. A speaking emcee helps to guide even the youngest audience members through nine original short plays set to a soundtrack of hit music. Kids will learn about creating friendships despite all odds in "Biggie & Lil," watch the mimes try to scare each other with spooky stories in "The Sleepover," and travel underwater, to the moon, and beyond in "Vacation Club." Especially suitable for students in kindergarten through third grade.

## SUN, MARCH 5 IN MANHATTAN

### Family Tour & Robotics Workshop:

Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); 9:30 am to 12:30 pm; \$30 per family includes workshop materials (\$20 for members; free for family and kids club).

Join us for this unique design-build workshop inspired by the exhibition *Tales of Our Time*. Using wires, motors, and microcontrollers, families learn basic circuitry and programming skills in order to create their own robotic sculptures. Must register as a family unit.

**Living History:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11 am; Free with museum admission.

In celebration of Women's History Month, join culinary historian Lavada Nahon as she shares some of the most important historical



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resources that her mother passed down. Recommended for all ages.

**Macy's story time:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11:30 am; Free with museum admission.

All ages are welcome to join this special story time.

**Dr. Seuss' Truffula Trees:** Noon to 6 pm. Children's Museum of the Arts. See Friday, March 3.

**Thalia Kids book club:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 1 pm; \$16 (\$13 members).

For the "Mixed-Up Files of Mrs. Basil E. Frankweiler": 50th Anniversary Celebration, it's an afternoon of readings and lively discussion with contemporary authors who have been inspired by E. L. Konigsburg's Newbery Award-winning classic. Including Blue Balliett ("Chasing Vermeer"), Chris Grabenstein ("Escape from Mr. Lemoncello's Library"), Wendy Mass ("The Candymakers"), and Alexander London ("The Wild Ones"). Ages 8 to 12.

**Fire workshop:** Inwood Hill Park, Isham Street and Seaman Avenue; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Join rangers and learn about man's greatest discovery. Learn primitive and modern methods of making fire. Registration required. For older children.

**"Tesseract - Nacho Flores":** The NYU Skirball Center for the Performing Arts, 566 LaGuardia Pl. between Thompson Street and LaGuardia Place; [www.nyuskirball.org](http://www.nyuskirball.org); 2 pm; \$20-\$45.

Presented as part of the Tilt Kids Festival, "Tesseract" is the US premier of the Franco-Spanish aerialist balancing act on the tight-rope. These acts create a whole new kind of circus. Children of all ages will enjoy this show, which runs for approximately 30 minutes.

## MON, MARCH 6

### IN MANHATTAN

**Dr. Seuss' Truffula Trees:** Noon to 6 pm. Children's Museum of the Arts. See Friday, March 3.

## THURS, MARCH 9

### IN MANHATTAN

**Autism workshop:** Address in Manhattan provided upon RSVP. Email Alicia at [abarby@ramapoforchildren.org](mailto:abarby@ramapoforchildren.org), (212) 754-7003; 10 am-noon; Free.

A four-part series for parents and caregivers of children under the age of 4 who have recently been diagnosed with autism spectrum disorder, or are in the process of evaluation. Learn to maintain a strong connection with your child, set reasonable limits, address sensory needs, and respond to conflicts. Limited space, RSVP required.



Samuel Trevisi

## Fun in Español

The bilingual sensation Andres Salguero comes to Symphony Space on March 18.

Salguero, better known as 123 Andrés (Uno, Dos, Tres Andrés), is one of the most exciting new voices on the family music scene in the US and Latin America, and a rock star for bi-lingual tots. A native of Bogotá, Colombia, this 2016 Latin Grammy winner brings audiences joyful sounds, a passion for bilingualism, and a high-energy love of music that gets kids singing and dancing in Spanish and English. He'll be dancing along with the kids to his hit "Salta Salta" and tunes from his latest award-winning album.

123 Andrés, March 18 at 11 am. Tickets \$17, \$14 for members.

*Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org)].*

ited space, RSVP required.

**Dr. Seuss' Truffula Trees:** Noon to 6 pm. Children's Museum of the Arts. See Friday, March 3.

**Cross-Stitch Circle:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

Beginning cross stitchers and younger children will learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers and older children and adults make a handcrafted gift for someone. Ages 7 and up.

## FRI, MARCH 10

### IN MANHATTAN

**Community Garden Collaboration:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); 10 am to 5 pm; Free with Museum Admission.

For children 5 years and older. Help the museum celebrate Plant a Flower Day by adding your green creation to our "Community

Garden!" Using wire, tissue paper and recycled materials, young artists will build sculptures of plant life from their imagination.

**Teen Night:** Battery Park City, 6 River Terrace; [registration@bpcparks.org](mailto:registration@bpcparks.org); 4 pm to 7 pm; Free.

A teaching artist will lead an introductory silk-screening workshop. Teens will design their own screens, and are welcome to bring T-shirts, canvas bags, denim jackets, or anything they can think of to print on! Drop by for a few hours to meet friends and make new ones. Play table tennis, foosball, life-size chess, and more! Supplies and snacks will be provided.

## SAT, MARCH 11

### IN MANHATTAN

**Make Your Mark:** 10 am to 11 am. Whitney Museum of American Art. See Saturday, March 4.

**Sketching tour:** 10 am to 11 am. Whitney Museum of American Art. See Saturday, March 4.

**Community Garden Collaboration:** 10

# Calendar

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am to 5 pm. Children's Museum of the Arts. See Friday, March 10.

**African Storytelling:** Cultural Services of the French Embassy, 972 Fifth Ave. at 79th Street; (212) 439-1400; 11 am to 3 pm and 11 am to noon; 2 to 3 pm English; Free.

Theater director Toto Kisaku offers a hands-on storytelling experience, bringing families together to create a performative telling of an African folktale. Parents and kids will split into teams to create costumes, sound effects, and creative recitation of the text, then reunite to perform the folktale together in this participatory performance. In French.

**Living History:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11 am; Free with museum admission.

Meet Dolley Madison and join in for the opening weekend of the Joyce B. Cowin Women's History Gallery and its inaugural exhibition, *Saving Washington*, about First Lady Dolley Madison! The "lady president-tress" didn't just save a painting of George Washington during the War of 1812 — she was the most influential woman in Washington even before her husband became commander-in-chief! She helped fund the Lewis and Clark expedition, repair the White House, and build the Washington Monument, among other things. Suitable for all ages.

**Little Guggs:** 11 am to noon. Solomon R. Guggenheim Museum. See Wednesday, March 1.

**The Ages of Music:** Modern: David Gefen Hall, 10 Lincoln Center Plaza; (212) 721-6500; 2 pm; \$14 to \$41.

For children 6 to 12 years old. Interactive concerts showcasing leading composers' oil.

**Step Afrika:** Gerald W. Lynch Theater, 524 W. 59th Street; (212) 721-6500; 2 pm; \$25.

A dance spectacle that celebrates the art of stepping. For children 6 years and older.

**Pause/Play:** 14 Street Y, 344 E. 14th St. between First and Second avenues; (212) 780-0800; [info@14streety.org](mailto:info@14streety.org); 2 pm to pm; Free for members or with museum admission.

Celebrate Purim, come in costume, enjoy the whole day of stories, carnivals, balloon art, and hamentashen. Then, enjoy a PJ Play performed by Play Me a Story. Children and their families engage and connect with the interactive experience of PJ Library books being brought to life through storytelling, song, puppets and play.

**Astronomy – the Night Sky:** Pats Lawn, W. 218th Street and Indian Road; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 7 pm to 8:30 pm; Free.

This program highlights the history and folklore of the solar system, using the naked eye to locate stars and planets.

## Elementary, my dear



Megan Gay Photography

Holmes and Watson are on the scene again in the case of "Sherlock Holmes and the Case of the Fallen Giant" at the Merkin Concert Hall on March 26.

This playful libretto by E.M. Lewis and mysterious score by composer Evan Meier is presented by the American Lyric Theater. "Sherlock Holmes" is an opera mash-up honoring the classic detective stories of Holmes and Dr. Watson in a romp through a fairytale world to solve a mystery unlike any Holmes and Watson have encountered before.

Suitable for older teens who have a love of who dunnits.

"Sherlock Holmes and the Case of the Fallen Giant," March 26, 3 pm. Tickets are \$25.

*Merkin Concert Hall at Kaufman Music Center [129 W. 67th St. between Amsterdam Avenue and Broadway on the Upper West Side, (212) 501-3330; [www.kaufmanmusiccenter.org](http://www.kaufmanmusiccenter.org)].*

### SUN, MARCH 12

#### IN MANHATTAN

**Community Garden Collaboration:** 10 am to 5 pm. Children's Museum of the Arts. See Friday, March 10.

**Purim festival:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 11 am; \$12.

Come dressed in costume to 92Y's annual extravaganza of music, games, exciting performances, creative crafts and more!

**Living History:** 11 am. New-York Historical Society. See Saturday, March 11.

**Macy's story time:** 11:30 am. New-York Historical Society. See Sunday, March 5.

**"Cinderella":** Schimmel Center at Pace University, 3 Spruce St.; (212) 346-1715; [www.schimmelcenter.org](http://www.schimmelcenter.org); 3 pm; \$10 (\$20 adults).

New York Theatre Ballet presents "Cinderella," part of the Once Upon a Ballet series for families. The show features choreography by Donald Mahler, costumes by Metropolitan Opera's Resident Costume Designer Sylvia Taalsohn Nolan, and sets by Gillian Bradshaw-Smith. "Cinderella" is appropriate for boys and girls 3 years and older.

### MON, MARCH 13

#### IN MANHATTAN

**Community Garden Collaboration:** 10 am to 5 pm. Children's Museum of the Arts. See Friday, March 10.

### THURS, MARCH 16

#### IN MANHATTAN

**Community Garden Collaboration:** 10 am to 5 pm. Children's Museum of the Arts. See Friday, March 10.

**Autism workshop:** 10 am–noon. Manhattan. See Thursday, March 9.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, March 9.

### FRI, MARCH 17

#### IN MANHATTAN

**St. Patrick's Day Parade:** Step off at 44th Street and Fifth Avenue; 11 am to 5 pm; Free.

Slainte! It's time to celebrate the wearing of the green at the annual iconic parade. Marchers high-step in all their Irish glory up Fifth Avenue, from 44th Street to 79th Street, and end at the American Irish Historical Society at E. 80th Street. The route passes St. Patrick's Cathedral and Central Park.

**Teen Night:** Battery Park City, 6 River Ter-



Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

race; registration@bpcparks.org; 4 pm to 7 pm; Free.

A teaching artist will lead an introductory silk-screening workshop. Teens will design their own screens, and are welcome to bring T-shirts, canvas bags, denim jackets, or anything they can think of to print on! Drop by for a few hours to meet friends and make new ones. Play table tennis, foosball, life-size chess, and more! Supplies and snacks will be provided.

**"Boro-Linc Brooklyn" Kotchegna Dance Company:** Clark Studio Theatre, 165 W. 65th Street; 6:30 pm; \$20 General Admission.

Children of all ages enjoy a production of elaborate masks to the explosive percussion of a corps of brilliant drummers. Kotchegna Dance Company brings to life the ancient stories and legends of Africa's Ivory Coast.

## SAT, MARCH 18

### IN MANHATTAN

**Philosophy for Kids:** French Institute Alliance Francaise Haskell Library, 22 E. 60th St. between Madison and Park avenues; 11 am to 11:30 am; noon to 12:30 pm; Free.

Acclaimed scholar and New York Times columnist Simon Critchley and his students offer a series of discussions. Celebrating kids' unabashed curiosity, he will invite New York's youngest intellectuals to engage in deep conversations about subjects ranging from friendships to society, and other key themes in philosophy. No parents allowed! For children 5 to 12 years old.

**123 Andres:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$17 (\$14 members).

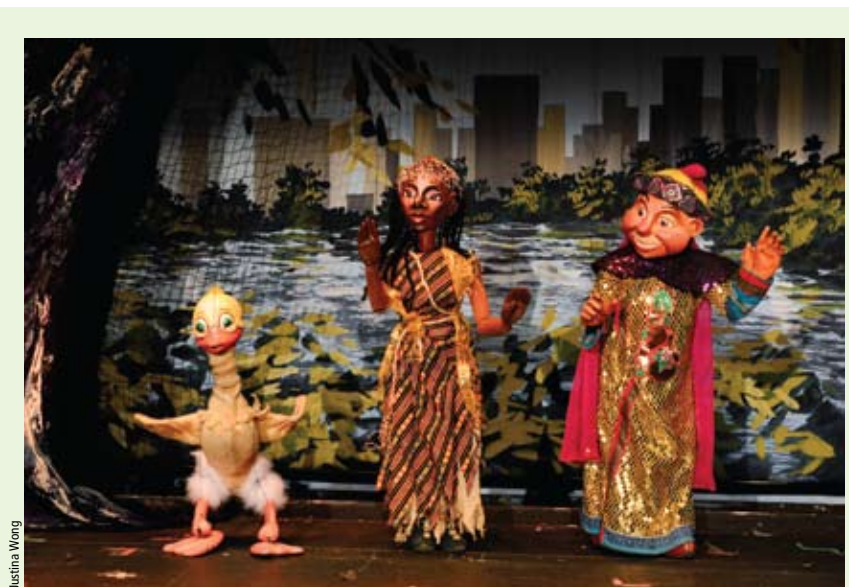
Andrés Salguero, better known as 123 Andrés (Uno, Dos, Tres Andrés), is one of the most exciting new voices on the family music scene in the US and Latin America, and "a rock star for little language learners" according to Billboard Magazine. He'll be dancing along with the kids to his hit "Salta Salta" and tunes from his latest, award-winning album.

**Storytime at the Atrium "Chee Kee – A Panda in Bearland" by Sujean Trim:** David A. Rubenstein Atrium, 70 Lincoln Center Plaza; (212) 875-5000; [family.lincolncenter.org/events/storytime-at-the-atrimum-a-panda-in-bearland-by-sujean-rim](http://family.lincolncenter.org/events/storytime-at-the-atrimum-a-panda-in-bearland-by-sujean-rim); 11 am; Free.

A story of immigration and fitting in. For children 2 to 5 years old.

**Family Day:** Morris-Jumel Mansion, 65 Jumel Terrace; (212) 923-8008; [www.nycgov-parks.org](http://www.nycgov-parks.org); 11 am to 1 pm; Free with museum admission.

In honor of Women's History Month, come learn about women scientists' accomplishment during the 19th century! We will do activities inspired by these women's experi-



Justina Wong

## Puppets and princesses

The tales of Hans Christian Andersen come to life on the stage of the Swedish Cottage Marionette Theater in Central Park in production of "The Princess, The Emperor, and The Duck," running now through September.

City Parks Foundation presents three classic tales from Hans Christian Andersen. Set in Africa, China, and Central Park, the tales include "The Princess and the Pea," "The Emperor's New Clothes" and "The Ugly Duckling." The hand-painted marionettes and scenery

brings to life the tales narrated by Owl. Children learn the valuable lessons each fable teaches. For children 3 to 9 years old.

"The Princess, The Emperor and The Duck," now through September, Tuesdays through Sundays, 10:30 am and 2 pm. Tickets are \$12 and \$8 for children under 12.

*Swedish Cottage Marionette Theater [W. 79th and West Drive in Central Park, (212) 988-9093; [www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/](http://www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/)].*

ment and exploration. Advanced registration is recommended.

**Living History:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11 am; Free with museum admission.

Meet the women of colonial times, those that fought in our War of Independence and again in the Civil War — whether on the homefront or in the field. Families can enlist in the company of living historians to learn a military drill or the steps to firing a cannon. After all, Sarah Rosetta Wakeman — a New Yorker who disguised her gender to fight — wrote, "I can drill just as well as any man!"

**"La Cordonnerie – Snow White or the Fall of the Berlin Wall":** Florence Gould Hall, 55 E. 59th St. between Madison and Park avenues; (212) 355-6100; 2 pm; \$25 (\$20 French Alliance members and children).

Snow White has been transported into the 20th century: Berlin, 1989. Set during the

Cold War, this nuanced re-imagining of a timeless tale delves into the very real drama of being a teenager raised by a stepparent. Sound effects, score, and narration are performed live in front of an original film, bringing the magic of theater-making center stage. For children 8 years and older. The event runs approximately for 75 minutes. Ciné-performance in French with English supertitles.

**Hyesang Park and Ken Noda:** St. Michael's Church, 225 W. 99th St. at Amsterdam Avenue; (212) 222-2700; [carnegiehall.org/Education](http://carnegiehall.org/Education); 5 pm; Free.

Carnegie Hall Neighborhood Concerts presents the South Korean soprano. A star of the Korean National Opera and a graduate of The Juilliard School, Park has performed leading roles in Rossini's "Il turco in Italia," Bellini's "La sonnambula," and Caballero's "Zarzuela Chateau Margaux." Ken Noda is a soloist, chamber musician, and one of the world's most sought-after collaborative pianists. For older teens.

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## SUN, MARCH 19

### IN MANHATTAN

**Living History:** 11 am. New-York Historical Society. See Saturday, March 18.

**Macy's story time:** 11:30 am. New-York Historical Society. See Sunday, March 5.

**The Big Family Quiz Thing:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 2 pm; \$17 (\$14 members).

After a blockbuster inaugural event last spring, the Big Family Quiz Thing — a fast-moving, interactive live quiz game for all ages — returns to Symphony Space for the second event this season. The whole family gets to compete in a fast and funny multimedia team-trivia spectacular — from history to sports to pop culture to the indefinable — led by Quizmaster Extraordinaire EdP. Plus, the audience members may win loads of great prizes.

**"La Cordonnerie – Snow White or the Fall of the Berlin Wall":** 2 pm. Florence Gould Hall. See Saturday, March 18.

## MON, MARCH 20

### IN MANHATTAN

**Nathalie Miebach Inspired Boats:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); 10 am to 5 pm; Free with Museum Admission.

Inspired by "Fifteen Ships of George Banks" by Nathalie Miebach, this workshop explores different methods and techniques to build paper ships similar to those found in her work.

## TUES, MARCH 21

### IN MANHATTAN

**Nathalie Miebach Inspired Boats:** 10 am to 5 pm. Children's Museum of the Arts. See Monday, March 20.

## WED, MARCH 22

### IN MANHATTAN

**Nathalie Miebach Inspired Boats:** 10 am to 5 pm. Children's Museum of the Arts. See Monday, March 20.

## THURS, MARCH 23

### IN MANHATTAN

**Nathalie Miebach Inspired Boats:** 10 am to 5 pm. Children's Museum of the Arts. See Monday, March 20.

**Autism workshop:** 10 am–noon. Manhattan. See Thursday, March 9.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, March 9.

## FRI, MARCH 24

### IN MANHATTAN

**Nathalie Miebach Inspired Boats:** 10 am to 5 pm. Children's Museum of the Arts. See Monday, March 20.

**"Falu's Bollywood Orchestra":** Gerald W. Lynch Theater at John Jay College, 524 W. 59th St. between 10th and 11th avenues; (212) 237-8220; [carnegiehall.org/Education](http://carnegiehall.org/Education); 7:30 pm; Free.

Carnegie Hall Neighborhood Concerts presents the Bollywood sensation performing her brand of North Indian classical music and contemporary pop and jazz. Older teens.

## SAT, MARCH 25

### IN MANHATTAN

**Lucky Diaz and the Family Jam Band:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$17 (\$14 members).

A hip-shaking, head-bopping morning of music for the cool family crowd from the Emmy and Latin Grammy Award-winning Los Angeles based band. With an audience base growing by the second (and not just in height!), Lucky, Lishy Lou and their crew are known for inspiring dance parties all around the country and beyond.

**Under the Stars:** Battery Park City, 6 River Terrace; [registration@bpcparks.org](mailto:registration@bpcparks.org); 4 pm to 6 pm; Free.

Ever wonder how the constellations got their names? Why does the amount of daylight change every day? Evoking the spirit of a family campfire under the night sky, spend the evening celebrating camping while exploring the mysteries of the cosmos. Activities designed for children ages 6 and up. Pre-registration required.

## SUN, MARCH 26

### IN MANHATTAN

**Macy's story time:** 11:30 am. New-York Historical Society. See Sunday, March 5.

**Polygraph Lounge:** Carnegie Hall Resnick Education Wing, 154 57th St. and Seventh Avenue; (212) 247-7800; [carnegiehall.org/Education](http://carnegiehall.org/Education); Noon and 2 pm; Free (First-come first-served basis).

Carnegie Kids presents the innovative duo and their unusual collection of handmade instruments and original songs about the sounds all around you. Kids will also have the chance to try out the duo's instruments in an interactive sound playground. The concert is approximately 45 minutes long.

**Kids 'N Comedy:** Gotham Comedy Club, 208 W. 23rd Street; (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com); 1 pm; \$18 plus one item minimum (food or drink).

Hey, did you know? If you don't, these teen comics will let you in on the information. Ap-

propriate for children 9 to 18 years old.

**"Sherlock Holmes and the Case of the Fallen Giant":** Merkin Concert Hall at Kaufman Music Center, 129 W. 67th St.; (212) 501-3330; [www.kaufmanmusiccenter.org](http://www.kaufmanmusiccenter.org); 3 pm; \$25.

The playful libretto by E.M. Lewis and mysterious score by Evan Meier is an opera mash-up honoring the classic detective stories of Sherlock Holmes in a romp through a fairy tale world to solve a mystery unlike any Holmes and Watson have encountered before. The game's afoot!

## MON, MARCH 27

### IN MANHATTAN

**Meet the Music "Tyrannosaurus Sue – A Cretaceous Concerto":** Alice Tully Hall, 70 Lincoln Center Plaza; (212) 875-5000; [family.lincolncenter.org/events/meet-the-music-tyrannosaurus-sue-a-cretaceous-concerto](http://family.lincolncenter.org/events/meet-the-music-tyrannosaurus-sue-a-cretaceous-concerto); 2 pm; \$10 to \$30.

T-rex Sue is a musical tribute — composed by Bruce Adolphe — to the largest set of complete dinosaur bones ever found, and, very appropriately, a trombone plays the lead role! For children 6 and older.

## THURS, MARCH 30

### IN MANHATTAN

**Autism workshop:** 10 am–noon. Manhattan. See Thursday, March 9.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, March 9.

## SAT, APRIL 1

### IN MANHATTAN

**Thalia Kids book club:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$16 (\$13 members).

New York Times bestselling author Adam Gidwitz ("The Inquisitor's Tale," "A Tale Dark and Grimm") and Grammy-nominated performer Benjamin Bagby will bring the Middle Ages to life through stories and song. Kids will be invited to stage a scene from "The Inquisitor's Tale" with Gidwitz and Bagby. Costumes are encouraged. A book signing will follow. Ages 8 and up.

## LONG-RUNNING

### IN MANHATTAN

**"The Princess, The Emperor, and The Duck":** Swedish Cottage Marionette Theater, W. 79th Street and West Drive; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen. The hand-painted marionettes and scenery brings to life the tales that are narrated by Owl. Children learn the valuable



lessons each fable tells. For children 3 to 9 years old.

**Healthyville Mini Exhibit:** Museum of Chinese in America, 215 Centre St.; (855) 955-MOCA; [slo@mocanyc.org](mailto:slo@mocanyc.org); [www.mocanyc.org/exhibitions/healthyville\\_mini\\_exhibit](http://www.mocanyc.org/exhibitions/healthyville_mini_exhibit); Daily, 11 am; Now – Sun, March 26; \$10 Seniors (w/ID) and students (w/school ID); \$5 Children under 12 (in groups smaller than 10); free.

Created by Stepping Stones Museum for Children in Connecticut, Healthyville is a small, portable exhibit promoting healthy choice. Shop at the Good Food Market, use a pulse meter, balance food choices with physical activity, practice brushing and flossing a big mouth and more.

**ARTech – Adventures in Art & Technology:** Children's Museum of the Arts & Meatpacking District, 459 W. 14th St.; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Wednesdays and Thursdays, 3 pm to 7 pm, Saturdays and Sundays, 10 am to 5 pm, Now – Sat, April 29; Free (\$10 deposit to be refunded on check in).

Children's Museum of the Arts is joining the Meatpacking District and the New York Hall of Science next month for ARTech, an activity center with STEAM-based workshops, installations, and interactions for kids. Pre-registration required.

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays and Fridays, 3:30 pm, Fri, March 3 – Fri, March 31; Free with museum admission.

Held in the cozy Barbara K. Lipman Children's History Library, this program introduces New York and American history to the littlest New Yorkers with age-appropriate readings and engaging hands-on activities. Ages 3 to 5 years old.

**Teen Night:** Battery Park City, 6 River Terrace; [registration@bpcparks.org](mailto:registration@bpcparks.org); Fridays, 4 pm to 7 pm, Now – Fri, April 7; Free.

Drop by for a few hours to meet friends and make new ones. Play table tennis, foosball, life-size chess, and more! Also introducing special activities, such as trivia, karaoke, and Community Center night. Great place to hang and relax! Check our website for latest information. Registration required.

**Saturday Sketching:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Saturdays, 10 am, Sat, March 4 – Sat, May 27; Free with museum admission.

Prepared materials with drawing prompts allow visitors to explore Frank Lloyd Wright's architectural shapes and spaces, and record their perspectives through drawing. Art materials, including a drawing board, paper, a variety of pencils, and erasers, are available. This program is geared towards teens, though families with children of all ages are welcome. No registration required.

**Shababa Saturdays:** 92Y, 1395 Lexing-

## Not your ordinary circus



Erik Damiano

It's juggling and balancing cubed in "Tesseract with Nacho Flores" as he entertains at the NYU Skirball Center for the Performing Arts on March 5.

Tesseract with Franco-Spanish aerialist Nacho Flores is a whole new kind of circus. Children of all ages watch with bated breath as he climbs impossible stacks of teetering cubes that rise like mountains. Follow him on an adventure of shape-shifting landscape as he defies gravity.

This is part of the second TILT Kids Festival is hosted by the Cultural Services of the French Embassy and the French Institute Alliance Française, and offers a wide range of new works for families by celebrated French and international artists.

"Tesseract with Nacho Flores," March 5 at 2 pm; tickets range from \$20 to \$45.

The NYU Skirball Center for the Performing Arts (566 LaGuardia Pl. between Thompson Street and LaGuardia Place in the East Village; [www.nyuskirball.org](http://www.nyuskirball.org)).

ton Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); Saturdays, 10:30 am, Now – Sat, April 1; Free.

Sing, dance and celebrate the joys of Shabbat with this intergenerational family experience!

**Open Studio:** Whitney Museum of American Art, 99 Gansvoort St.; (212) 570-3600; [whitney.org](http://whitney.org); Saturday, March 4, 10:30 am; Sunday, March 5, 10 am; Saturday, March 11, 10:30 am; Sunday, March 12, 11:30 am; Saturday, March 18, 10:30 am; Sunday, March 19, 10:30 am; Sunday, March 26, 10:30 am; Free with museum admission.

Get creative in the Whitney's Hearst Artspace! Make your own art inspired by works on view in current exhibitions. Each week we offer a different art making project.

**Just Drop In:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Sundays, 1 pm, Sun, March 5 – Sun, May 28; Free with museum admission.

For families with children ages 3 and up. Drop in to participate in creative, interactive projects located in one of our family-friendly galleries.

**Jazz for Kids:** Jazz Standard, 116 E. 27th St. between Park and Lexington avenues; (212) 576-2232; [www.jazzstandard.com](http://www.jazzstandard.com); Sundays, 1 to 3 pm, Now – Sun, May 21; Free (\$5 donation requested).

Come and listen to jazz concert and help benefit the Jazz Standard Discovery Program. Jazz Standard donates \$1 from each kid's menu sold to Spoons Across America, a non-profit organization dedicated to educating children, teachers, and families about healthy eating habits. Table reservations requested.

**Francois Hebel:** FIAF Gallery, 22 E. 60th St. between Park and Madison avenues; (212) 355-6100; Mondays, 11 am to 6 pm, Tuesdays – Fridays, 11 am to 6 pm, Saturdays, 11 am to 4 pm, Sat, March 18 – Wed, April 26; Free.

Tilt Kids Festival goes old school with a tribute to the photo booth. A hands-on workshop will teach kids how to compose a narrative in four frames. A special jury will select workshop images to be displayed in large-scale during the exhibition from March 18 through April 26. The photography workshops for children 4 to 10 years old will be conducted in French and English.



# Brain-boosting snacks for kids

**G**et creative and think outside the box when it comes to creating healthy treats for your kids. Adding a few super foods to their snacking menu will not only help their immune systems, it will stabilize their moods and boost their memory.

**Nuts and seeds:** A serving of pumpkin seeds offers a mammoth amount of beneficial vitamins and minerals that will help brains, bodies, and immune systems. A quarter cup contains 92 percent of your daily value of magnesium, which helps with several body systems, including cognitive function and mood. The zinc in the seeds also helps prevent infection. Try

roasting them or adding them to muffins and trail mixes.

**Eggs:** Eggs are rich in choline, which helps promote memory and brain development. Also, eggs provide long-lasting satiety because of their protein power. Try a deviled egg topped with a tortilla chip to make it look like a sailboat.

**Whole grains:** Whole grains, such as oatmeal, brown rice, and whole-grain breads, contain phytonutrients, folate, and B vitamins that boost memory. Pair whole-grain, fiber-rich crackers or bread with protein-rich cheese, or nut butter. Try making a batch of homemade granola, combining oats, coconut oil, flax seeds,



## TIPS FOR FEEDING KIDS

DAWN LERMAN

and a little maple syrup.

**Wild salmon:** Deep-water fish like salmon are rich in omega-3 fatty acids, which are essential to healthy brain function. Wild salmon also contain low numbers of contaminants, and it is easy to find both fresh and in cans. Eating salmon helps memory, mood, and concentration. Make salmon patties and serve in a whole-grain bun, or use canned salmon instead of tuna on finger sandwiches. Serving food in fun shapes or making it look festive goes a long way when trying to get kids to try new foods.

**Organic fruit:** Berries, grapes, apples, pears, and lots of seasonal fruits are rich in antioxidants, like vitamin A, vitamin C, vitamin E, and fiber. The fiber in fruit also helps the digestive system. Berries in particular contain high amounts of phytonutrients like anthocyanin, which promote high brain function and help to preserve memory. Make a fruit salad or a parfait with yogurt and top it with homemade granola.

**Avocados:** Avocados contain omega-3 fatty acids, which are necessary for the brain to function properly. Make guacamole and serve it with sliced veggies, or add mashed avocado with olive oil and sea salt to a slice of toast, or blend a ripe avocado into a smoothie or to melted chocolate to make a delicious pudding. The creaminess adds great texture to a variety of dishes. It also has more than 20 essential nutrients, making it a super-star food for kids!

*Dawn Lerman, also known as the Snacking Mama, is a top Manhattan nutritionist, founder of Magnificent Mommies, and the author of the best selling book, "My Fat Dad: A Memoir of Food, Love and Family, With Recipes." Follow her on Twitter@DawnLerman*

### Chocolate avocado pudding

#### INGREDIENTS:

- 1 ripe avocado
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons agave, maple syrup, or honey
- 1 teaspoon vanilla
- Pinch of sea salt
- 2 tablespoons almond milk, rice milk, or water

#### DIRECTIONS:

1. Halve the avocado and remove the pit.
2. Cut a checkerboard pattern in the avocado and remove it from the skin.
3. Put the avocado, cocoa powder, and honey into a blender or food processor.
4. Blend until creamy. You may need to blend it for a while to get it extra creamy and break up the small pieces.
5. Add milk, vanilla, and salt, and blend until desired sweetness and texture.
6. Serve and enjoy!



# Party Planners

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# New & Noteworthy

BY LISA J. CURTIS

## Numbers game

Marbotic's "Smart Numbers" is pure genius. The French company's new set of handsome wood numerals — inspired by the Montessori method and educational tools — can be used by kids with three of its free iPad apps that satiate kids' craving for playing with technology and traditional wood toys. The set of 0 through 9, in a magnetic storage box, are painted in bright colors, have a silver knob for small hands to grasp, and rubber feet on the back.

The three coordinating apps, "More or Less," "10 Fingers," and "Up to 100," feature adorable animated creatures, a narrator with a British accent, and lovely quiet music.

In "10 Fingers," kids can touch the screen with their hands, and little stars bloom under their fingertips as they discover addition with the narrator. The apps are permeated with a quality that can only be described as very French, and they perform without a glitch. Children see, listen, and literally grasp math in their fingers, learning through play. Some of the games encourage children to use their imaginations and play with the numbers just to see what will happen. Everyone "wood" have liked to be introduced to math this way.

*Smart Numbers* by Marbotic, \$34.95, [www.barnesandnoble.com](http://www.barnesandnoble.com).

## Feeling 'Baloo

Every song on "Best of Hullabaloo: Volume Two" is a great country song that will be a joy to listen to on your April vacation road trip. The new album, which dropped Feb. 24, was culled by Steve Denyes and Brendan Kremer from their last five discs. Time flies when you're having fun and playing folk music, which this duo has been doing for 13 years, 13 albums, and 3,000 shows. Whether they are singing from the perspective of man's best friend in "Dog's Song," or rooting around for sustenance in a car seat in "I'm Hungry," or reassuring a listener with the message, "You might be different, but you're not alone," in "I Wear Pink," Hullabaloo's music is full of humor, positive messages, and an infectious exuberance. A tear might even spring to your eye with the a cappella "You Are Loved" lullaby. Hullabaloo is at the top of their game, but it's their fans who are winning.

*Best of Hullabaloo: Volume Two* CD, \$12, [www.hullabalooand.com](http://www.hullabalooand.com).



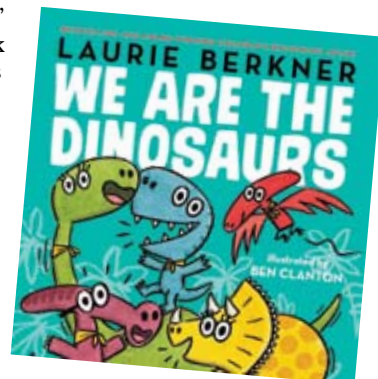
## 'Dinosaurs' sing-along

"We Are The Dinosaurs," the new picture book based on Laurie Berkner's classic song, stomps into stores on March 21. The kiddie singer-songwriter teamed with illustrator Ben Clanton to make this whimsical page-turner about a community of prehistoric pals who act just like humans. Clanton peppers the pages with humorous touches that delight little readers, such as dino-moms holding cups of coffee in their talons and dino-dads sporting mustaches.

Berkner's book is ideal for emerging readers, for kids that love her marching anthem, and for parents like myself who are delighted to relive their memories of stomping with their child in a mommy-and-me-music-class just eight short years ago.

Extend the fun by removing the jacket to reveal the "We Are The Dinosaurs" sheet music on the back of the book (so families can "prop the book onto a piano or music stand" explains Berkner).

*We Are The Dinosaurs* book by Laurie Berkner, \$17.99, [barnesandnoble.com](http://barnesandnoble.com).



## Fairy turns fears to dust

The Irish Fairy Door Company has created a Worry Plaque that they hope will encourage kids to relinquish their anxieties.

Company Director Niamh Sherwin Barry says its research shows the tool helps kids open up about their worries.

When the child verbalizes their cause for concern, she places her palm on the toy, and the parent hears what has been weighing on their mind (and he can later initiate a discussion). The plastic handprint glows red while the child shares their worry, and glows green after the fairies have "taken it." (The energy in worries is ground down to make wish-granting dust, explains the toymaker.)

To delve deeper into managing a fear of flying or the dark, kids can watch a collection of videos starring Fairy Clodagh on their website [www.theIrishFairyDoorCompany.com](http://www.theIrishFairyDoorCompany.com).

The battery-fueled Worry Plaque soothes and brings smiles to handwringers ages 3 and older.

*Worry Plaque* by The Irish Fairy Door Company, \$29.99, [www.amazon.com](http://www.amazon.com).





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