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NEW YORK Parenting

Manhattan Family
August 2017

Where every child matters

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Mid-summer musings

We're halfway through the summer already! How fast it goes. It's hard to believe, but only a few weeks are left of summer camp/summer programs for our kids. That said, the end of August seems to be one of the most popular times of the year for families to be traveling and I'm sure this year will be no exception.



One of the miracles of this time of year are all the fabulous fruits and vegetables that are now in season. Whether you're getting them at your local market, a farmer's market, a farm-stand on Long Island or upstate or in Jersey, the available produce is breathtaking. Corn, peppers, tomatoes, all kinds of greens, berries, melons, and more are presenting a color palette that any artist would find arresting.

This month, in addition to Christine Palumbo's regular Healthy Eating column,

we also have two interesting pieces on the importance of food in maintaining good health. Vegetarian blogger Kathyne Taylor has shared all kinds of healthy recipes and writer Sharon Zarabi has contributed an article on healthy snacks during your pregnancy. Sharing this kind of information is an integral part of our editorial policy. We have no doubt that you are what you eat. Planning meals and snacks for the family is a job with the highest priority and nothing to be taken lightly. Present and future health depends on it.

Summer is a time when lots of parents are confronting the challenge of finding quality day care. Not only for parents returning to work after childbirth, but also for the many new families who move into our communities over the summer months. Our writer Allison Plitt has a review of an excellent book, "Dear Daycare Parent" by

authors Jackie Rioux and Jo-Ann Parylak, that she says is a must read for every parent about to navigate the maze of options.

I would like to say that once again New York Parenting is a proud partner of Volunteers of America-Greater New York's Operation Backpack. In past years we have been instrumental in helping to put out the word about this organization's drive to outfit children living in homeless and domestic violence shelters with a new backpack and other academic necessities. We hope once again that we will be able to impact their success through our readership's generosity.

Thanks in advance and thank you for reading.

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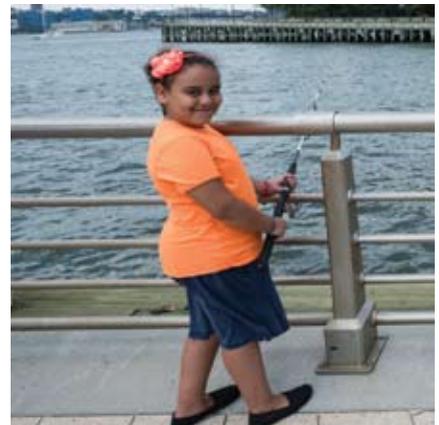
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Kid clothes for less

Finding today's children's fashion at an affordable price

BY KIMBERLY BLAKER

The end of the summer season marks the excitement of back-to-school shopping for kids — and back-to-school shopping battles for many parents. Because fashion is an important part of a child's self image, a new wardrobe often comes at a high cost.

But with advance planning, your kids can still get their look at a price you can afford:

Out with the old?

Keep costs down by making the most of your child's current wardrobe. Eliminate outgrown or outdated articles, and save basic or classic pieces that still fit.

Inspect these pieces and replace missing buttons, mend seams, patch tears, and remove stains.

If shoes still fit, increase their life by replacing worn heels, broken eyelets, and dingy shoelaces. Then freshen them with a good shoe cleaner and brightener or polish.

Style is important, so create new, fashionable outfits by pairing an old basic shirt with a new pair of jeans and stylish belt. Or mix a pair of old-but-good jeans with a shirt in one of this fall's new colors.

Determine what garments have something to match and which are incomplete, then carry a list of needs when you shop.

Secondhand savvy

Today, families in all income brackets are reaping the benefits of secondhand shopping. Depending on your child's age and personality, you may need to alleviate her fears and objections. Be sure your child understands no one will know the clothing is secondhand unless she discloses it. Also, point out the savings could result in a bigger, and possibly better, wardrobe.

When you shop secondhand, inspect clothing thoroughly for stains, tears, broken zippers and snaps, frayed pant cuffs, and other damage. Check for body odor and mildew smells that are unlikely to wash out.

And try on clothing before taking it

home because it may not be returnable.

Secondhand clothing can be found at garage sales, thrift stores, consignment and resale shops, and even online. Prices vary, so explore all the options in your area. Children's shirts typically range between \$2 and \$10 and jeans between \$4 and \$15 depending on size, condition, label, and the particular store.

A no-cost option is to form a back-to-school swap with several friends and neighbors. Each person should label the boxes of clothing according to size. Then get together for the exchange, and watch your child's new wardrobe grow.

Scouting for deals and other retail tips

Begin by changing old thinking patterns. The mark of the new school year is not always the most practical time to replenish your child's wardrobe.

If your kid didn't hit a growth spurt over the summer, wait until winter to shop after last year's clothing is fully outgrown.

The best back-to-school prices are found a couple of weeks later or beyond into the new school year. Since the beginning of the school year is often too warm

Clothes that last

Make your kid's new wardrobe last by following these tips:

Pay attention to washing instructions. This is especially important for teen girls' clothing. Some fabrics will shrink beyond recognition if not laundered correctly.

Boys are especially hard on knees. Give pants extra wear by sewing a fun patch on each knee (after you make sure your child is okay with it).

Have your kids approve all pur-



chases. That is, unless you're shopping for the less-choosy younger set. Otherwise, the duds will hang in the back of their closet.

Go up a size for some items. Purchase articles such as rain gear or dress shoes that will get seldom use one-half to a full size larger to get through an extra season. Regularly worn shoes should fit properly, though, for the sake of your child's feet. When selecting rain gear in this manner, choose a style that will not cause your child to trip or obstruct her view.

for the new fall wardrobe, your child's summer clothing — along with a couple of last year's pieces — should suffice until the best sales hit.

Before you shop, go over your list and explain the budget to your kids. If designer label battles start, offer your kids the option to pay the difference above what has been budgeted for that particular item.

Avoid buying clothing sets; instead,

select versatile pieces.

Look through flyers that come in the weekend edition of your metropolitan area newspaper. Learn what's on sale and compare store prices before heading out.

Kimberly Blaker is a realtor, author, and freelance writer. Her articles have appeared in more than 200 newspapers, parenting and women's magazines, and other publications throughout the U.S.

A colorful poster for a 'Summer Send-Off' event at Grand Central Terminal. The background features a large, stylized pinwheel with red, orange, and blue blades. The text 'GRAND CENTRAL'S Summer Send-Off' is prominently displayed in a playful, bubbly font. To the right, the event dates and times are listed: 'AUGUST 22 - 24 11:30AM - 2:30PM Vanderbilt Hall'. Below this, a list of activities includes performances from 'WICKED', 'School of Rock - The Musical', and 'Big Apple Circus', along with free face painting, food, and raffles. A small clock icon is at the bottom center, and the MTA logo is at the bottom right. A green banner at the bottom contains the address '89 E. 42nd Street at Park Avenue' and the website 'GrandCentralTerminal.com'.

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Training for life

How to keep your body moving and stay healthy

BY CAROLYN WATERBURY-TIEMAN

During summer vacation, three years ago, we rented bikes. I had not been on a bicycle for more than 20 years. Fortunately, the old adage “it’s just like riding a bike” held true. Indeed, I remembered how to ride, but I’d forgotten the exhilaration of pumping the pedals, getting into a rhythm, body and machine working in synchrony. Nostalgia returned me to the day I learned to ride, and the hours spent cycling up and down our steep, quarter-mile long, gravel driveway. I rediscovered an activity that combined pleasure and exercise.

Upon returning home, I found a bike with a comfortable seat and started riding regularly. Uncertain of my ability to maneuver in traffic, I decided to stick with laps around the neighborhood park. Over several weeks, I incrementally increased the distance and resistance to a level I could maintain for the time set aside to bike. It felt fantastic!

Neighbors started calling out the number of laps as I went past. After a few more weeks, they started asking, “What are you training for?” Surprised that they automatically assumed I was training for an event or competition and unsure how to respond, I simply smiled and kept going. After hearing that question repeatedly, I started saying, “Old age,” which got a lot of laughs.

Then after my older son got married, I changed my response to, “Grandparenthood,” which prompted more laughter. But lately, having considered the benefits gained from being physically active throughout the years, I cheerfully reply, “I’m training for life!”

Reactions to that statement were completely unexpected. People flag me down to ask what I mean. Anxious to be obliging and neighborly, I tell them. My body is made to move. In order for it to function optimally, it needs to be exercised. Since I want it to continue working well, I take it out and exercise it every day. I vary the activity so that none of the muscle groups are ignored. I use fuel that allows my body to work smoothly and prevents blockages that could clog its systems. I attempt to maintain a weight that it does not find taxing. I make sure it gets the rest it needs.



In order to do all the things I want to do, my body has to be healthy. Keeping it healthy is my responsibility. Since I want to continue being able to do things with my husband, my kids, and eventually, with any luck, my grandkids, I keep moving. That’s what I mean when I say, “I’m training for life.”

This explanation has resulted in some lengthy, fascinating sidewalk conversations. So often, people will begin by making excuses for why they are not physically active. They don’t have a bike. They don’t have the right shoes. They can’t afford to take the time. They don’t feel like it.

They are surprised when I counter their excuses with: You don’t have to bike, you could walk. You don’t have to have special shoes, they just need to be comfortable. You can’t afford not to make time to take care of your body. There are all kinds of

ways to add physical activity into your day, no matter what you are doing. (Having an exercise psychophysicologist for a husband comes in handy when making suggestions.) And doing anything is better than doing nothing. There are lots of times I don’t feel like walking, working out, biking, swimming, or whatever, but I do it anyway. Over the years, I’ve discovered that doing it feels so much better than not doing it. Usually, just getting started is all it takes.

If we want our children to adopt lifestyles that contribute to long, healthy lives, guess what? You got it. It starts with us. So:

Get ready. Evaluate your current fitness level. If necessary, get a physical to determine your readiness.

Adopt an activity. The possibilities are endless. Choose an activity that you are most likely to stick with and make it a part of your daily routine.

Find a partner. Becoming physically active can be a challenge, but having an ally can be motivating for both parties.

Start slow. Every January I see new faces out running — red-faced, breathing hard, struggling with every step. By the second week of January, they are nowhere to be seen. Set realistic goals and ease into the new routine.

Think of food as fuel. A college friend told me, “I eat to live. I don’t live to eat.” Establishing a practical attitude toward food can be empowering.

Focus on health benefits. Increased energy, improved sense of well being, and reduced stress are all associated with physical activity. These aren’t measured on a scale or reflected in a mirror.

Normalize exercise. Make physical activity as routine as brushing your teeth. Commit your family to training for life!

If you won’t take my word for it, perhaps you’ll listen to Dick Van Dyke who, at 90, goes to the gym every morning whether he feels like it or not. According to Van Dyke, when it comes to the body, you use it or lose it. Bottom line — keep moving!

Carolyn Waterbury-Tieman has been married for 29 years and has two sons. For 15 years, she worked as a family therapist and parent educator, and she has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.



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Healthy snacks for pregnancy

Move over pickles and ice cream, there are better things to eat!

BY SHARON ZARABI

Healthy babies begin with a nourished fetus, so what you choose to feed yourself can significantly impact fetus growth and have long-term nutritional implications. So, what to do when cravings hit? If only it was normal to binge on pints of Ben and Jerry's with pickles on top and still maintain a size 4 waistline.

Pregnancy cravings are no joke — an estimated 50–90 percent of U.S. women experience cravings for specific foods during pregnancy. It is no surprise to learn that some of the most commonly reported cravings were for sweets, pizza, or chips.

The reality is that most of these cravings usually leave baby still crying for nourishment because the processed “snacks” are void of any vitamins or minerals needed for development.

To snack or not to snack?

Snacks are defined as a small meal eaten between regular meals. Think of them as some extra fuel in between your meals, and when you find yourself going for that sweet-and-salty mixture, be creative with your choice of energy and keep it as close to nature as possible.

Ask yourself, what is my body really craving? Am I thirsty, or is it something salty, something sweet, or is it something

with a creamy texture? Maybe what you ate for lunch didn't contain the right balance of nutrients, so what you are actually seeking is nourishing calories, also known as “energy.” So when that overwhelming desire for a hamburger hits, it could be the body asking for more protein.

In times like this, outsmart the crav-

ing by finding a healthier version of that same food. Satisfy your craving and get the nutrients you and your baby need by keeping these three key nutrients in mind:

Protein

Usually found in animal products such as meat, fish, chicken, eggs, or vegetar-



When that overwhelming desire for a hamburger hits, it could be the body asking for more protein. Outsmart the craving by finding a healthier version of that same food.

ian sources including beans, nuts, veggie burgers, and tofu. Protein, like fiber, takes longer to be digested. It keeps you fueled for longer and also assists with hormonal balance, enzymatic activity, wound healing, and hair, skin, and nail growth.

When it comes to which proteins to choose, it's important to note that the recent U.S. Dietary Guidelines encourage a shift to fish for all Americans because of its health benefits and the fact that it's lower in saturated fats than some other animal protein sources. Seafood is especially important for pregnant and breastfeeding women since it is high in omega-3 fatty acids, which are critical for brain and eye development. I've included a tuna fish wrap recipe below that packs a powerful punch of protein and omega-3s.

Fiber

Fiber is the non-digestible part of plants that usually takes longer to be

broken down and helps you feel full longer. It also helps clean out the pipes by maintaining a normal flow through the digestive tract. Think dark, leafy green vegetables, fruits with a thick skin, seeds, nuts and cereals made from bran or oats.

Calcium

Calcium is needed to maintain mother's bone development, but even more so, baby's heart muscles, nerves, teeth and bone formation. Good sources of calcium include milk and other dairy products like Greek yogurt and cottage cheese, along with dark, leafy green vegetables and sardines. Try to opt for 1,300 mg of calcium daily taken in separate doses.

Below are a few of my favorite go-to snack options that will help satisfy cravings as well as keep baby happy:

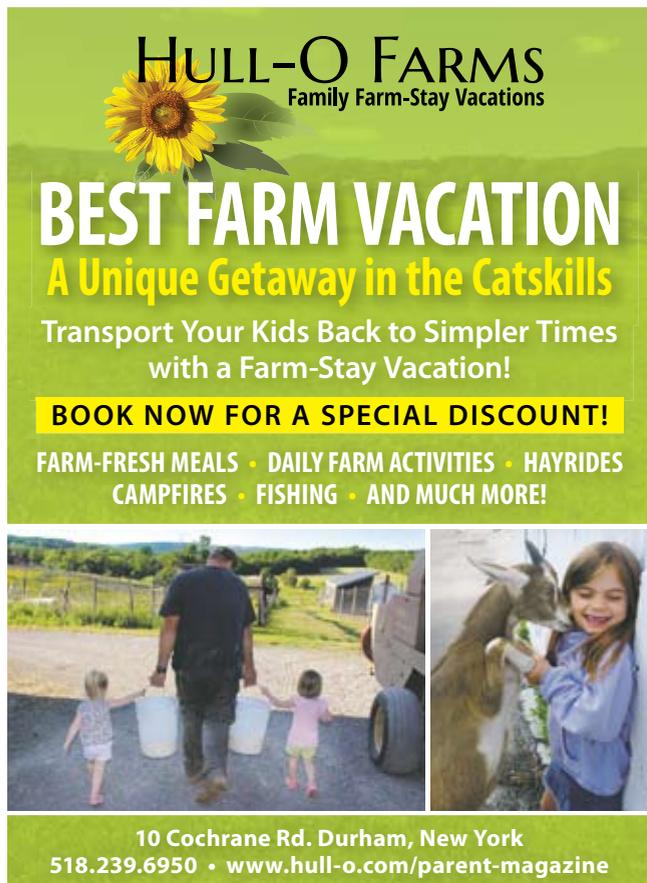
Tuna fish wraps: We know that seafood will help with baby's brain and eye development. As an added bonus, using

canned tuna is a convenient, affordable way to help you reach your two-to-three-seafood-meals-a-week goal. Grab a can of tuna, mix in a quarter of an avocado for a double dose of healthy fats, a few sliced cherry tomatoes, and wrap in lettuce. Here you get a blend of salty, crunchy, and refreshingly good dose of vitamins without the guilt.

Fruit parfait: Not only great for a quick and easy breakfast, but the combination of berries and cottage cheese will help satisfy that sweet tooth and give you a healthy dose of antioxidants, which can help ward off disease. The calcium from dairy can assist with strengthening bones.

Almond butter and carrot sticks: Nut butters are a versatile spread that are chock full of healthy fats and a great source of protein. Try two teaspoons of your favorite nut butter with carrots or apples.

Sharon Zarabi is a registered dietitian, certified dietitian nutritionist, and certified personal fitness trainer whose love of food was born as a child surrounded by a large family who would gather on a regular basis for dinner. As the Bariatric Program Director of Lenox Hill Hospital, she consults with patients looking to better their lives through healthy eating.



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August treasures

August means soaking up the last few weeks of summer sun! It also means getting the kids ready for school. I hope everyone takes some vacation time this month, powers down, and enjoys some much-needed family time together.

Talking about making memories last, I want to share with you the Fujifilm Instax camera. I love it, because it offers instant gratification. You take photos, print them on the spot, and put them on your fridge! It's important to have prints to remember your fun summer outings.

With these cameras, you can shoot a picture and make a beautiful color print right on the beach or at your picnic or barbecue!

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If you are out East on Aug. 3, stop by the UJA Trunk Show. UJA-Federation of New York's Hamptons Trunk Show is a must-attend event featuring designer clothing, jewelry, accessories, and home décor for sale, along with music and refreshments in an elegantly tented outdoor space.

This year's trunk show will honor Ramy Sharp, who has demonstrated a deep commitment to philanthropy as event founder and chair for the past 10 years. I'll be there, signing my newest

book, "Motherhood Is a B----: 10 Steps to Regaining Your Sanity, Sexiness and Inner Diva." Shoppers will also have the opportunity to make a donation to UJA's Supplies for Success campaign to help ensure that children in need return to school with the tools to succeed.

Twenty percent of the proceeds of all sales benefit UJA-Federation, which helps care for New Yorkers of all backgrounds and Jews everywhere.

UJA-Federation of New York's Hamptons Trunk Show at Bridgehampton Historical Society (2368 Montauk Highway in Bridgehampton, New York, www.ujafedny.org/event/view/hamptons-trunk-show) on Aug. 3, 10 am–4 pm. \$50 at the door. Rain or shine. Free parking available.

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It makes baking convenient, educational, easy, and fun! No trips to the grocery store, no measuring out ingredients, and no time wasted looking for a fool-proof recipe. Every baking kit includes the finest pre-measured ingredients and a detailed recipe card to bake an impressive, homemade dessert.

This is the perfect activity for families and friends looking to learn and create



FABULYSS FINDS

LYSS STERN

joyful moments together. My middle son and I had the best time baking cupcakes together. I always love a fabULYssfun bonding experience and especially a DeLyssious one. My favorite part is the convenience — everything comes delivered right to your door in the beautiful box.

Baking kits can be purchased at www.redvelvetnyc.com.

• • •

A new FabULYss Diva Moms book club read is "The Fab Mom's Guide: How to Get Over the Bump & Bounce Back Fast After Baby," by mama Jill Simonian.

Bouncing back fast after having a baby is absolutely possible for anyone! Affectionately known as The FAB Mom on-air and online, Jill Simonian uses her trusted and entertaining expertise to set expecting and new moms on a distinctive, no-frills journey to help them "get over the bump." Jill's frank tricks, somewhat against-the-grain tips, and laugh-out-loud tales involving famous names provide first-time moms a unique road map for managing and conquering the lifestyle challenges a newborn often brings. The FAB Mom's Guide offers a motivational style and practical solutions to inform, inspire, and empower even the most uncertain of new moms.

Encouraging women to tune out the drama and arming them with useful talk and tools to minimize exhaustion and maximize focus, Jill uncovers and reshapes the status quo for how a new mom's sense of self and life can truly be.

Books can be purchased at www.amazon.com/Fab-Moms-Guide-Bounce-After/dp/1510715169

Lyss Stern is the founder of DivaLyssious Moms (www.divamoms.com).

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Head of School – Angela Coombs

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www.bis-ny.org

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212-879-2296
www.caedmonschool.org

This Montessori-inspired preschool & elementary school serves children from 2-years old through fifth grade. Students discover their passions in an environment devoted to childhood education that values care, community, empathy, and independence, and graduates go on to excel in the finest independent and public middle schools in NYC and beyond. In addition to the core curriculum, a variety of specialist classes include Latin, art, science, technology, violin, Spanish, and more. New programming includes the integration of maker space activities and projects in each classroom, as well as a robust and exciting virtual and board game curriculum. Now accepting applications for the Fall. Schedule a tour in our bright, newly-renovated schoolhouse today.

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111 East 22nd Street, Flatiron
646-410-2238, adela@einy.org, www.einy.org

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Good Shepherd School

620 Isham Street – Inwood/
Upper Manhattan
212-567-5800

Continued on page 16



The IDEAL Difference

In our diverse and inclusive K–12 community and within our robust academic program, IDEAL students recognize their potential to effect change and are equipped with the tools to do so. They strive for excellence in and out of the classroom and recognize and draw out the potential for excellence in their peers. They possess the self-awareness to advocate for themselves and the compassion to stand behind others. They not only appreciate but also seek out difference, understanding that only in community are we IDEAL.

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Lower School:

October 25 at 6:30pm
November 8 at 9am
March 6 at 9am
April 5 at 9am



OPEN HOUSES

Upper School:

October 19 at 9am
November 1 at 6:30pm
March 13 at 9am
April 19 at 9am

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For further information, contact us at
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Education Choices

DIRECTORY

Continued from page 14

www.gsschoolnyc.org

Firmly rooted in Catholic values and embracing today's best teaching practices, our school offers students in Pre-K 3 and 4, UPK, and Kindergarten through 8th Grade, a rigorous curriculum in a disciplined but nurturing environment. Technology-centered education has been designed to enhance achievement. Facilities include modern Computer and Science Labs, Library, Fine Arts Room, and Gym and comfortable spaces conducive to learning. Students attending Pre-K 3 receive priority placement in our FREE UPK program for the following school year. Scholarships are available for qualified Middle School students. Breakfast and After School Care are available. Numerous extracurricular activities keep students active and engaged outside the classroom. Our school welcomes students from all surrounding communities and is conveniently located near the following bus lines: BX 7, BX 12, BX 20 & BxM 1 and the A and 1 subway lines.

The IDEAL School of Manhattan

314 W. 91st Street,
Upper West Side
212-769-1699

www.theidealschool.org

Our school is NYC's only independent, K-12, inclusion school. A nurturing and robust program inspires a commitment to excellence and a growth-mindset in each of our students. The Lower School's co-teaching model features a learning specialist and general educator in every classroom. In the Upper School, general educators, learning specialists, and advisors partner to bring learning to life. Seminar-style classes foster empathy, critical-thinking skills, and a global perspective. Throughout our program, Arts and Athletics develop creativity and collaboration. Our students strive for excellence in themselves and encourage their peers, understanding that only in community are we IDEAL.

The Weekday School

490 Riverside Drive
Upper West Side
212-870-6743

www.wdsny.org

A diverse community based on

sharing, understanding, and respect where each child's gifts are celebrated, our school is dedicated to teaching children to become confident learners, passionate explorers, and discerning risk-takers. The curriculum draws from both progressive and traditional approaches to encourage children to use all their senses and skills to learn and grow. Offering compelling learning opportunities for children from 2-K, our teachers work collaboratively to create a loving community of learners. In addition, "Side by Side at Riverside" is a program providing a 90 minute introduction to the preschool experience for very young children accompanied by an adult. Skilled Early Childhood educators guide the children through music, movement and art activities and a circle time with songs and stories. Classes are scheduled on Tuesday and Thursday mornings and on Wednesday afternoons.

Wetherby-Pembridge School

7 East 96th Street
Upper East Side
New York, NY 10128
646-213-3400

www.wetherbypembridge.org

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Continued on page 18

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E-mail: info@wdsnyc.org • www.wdsnyc.org

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A series of weekly 90-minute sessions to introduce toddlers and their grown-ups to the pre-school experience.

- Children 16 months to 2½ years old
- Tuesday & Thursday morning and afternoon classes available

For more information or to enroll contact Ms. Tricia Pool: tpool@wdsnyc.org



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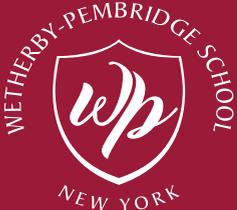
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Tuesday 19th September, 9:30am - 11:00am
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For more information: info@wetherbypembridge.org | 646-213-3400 | www.wetherbypembridge.org
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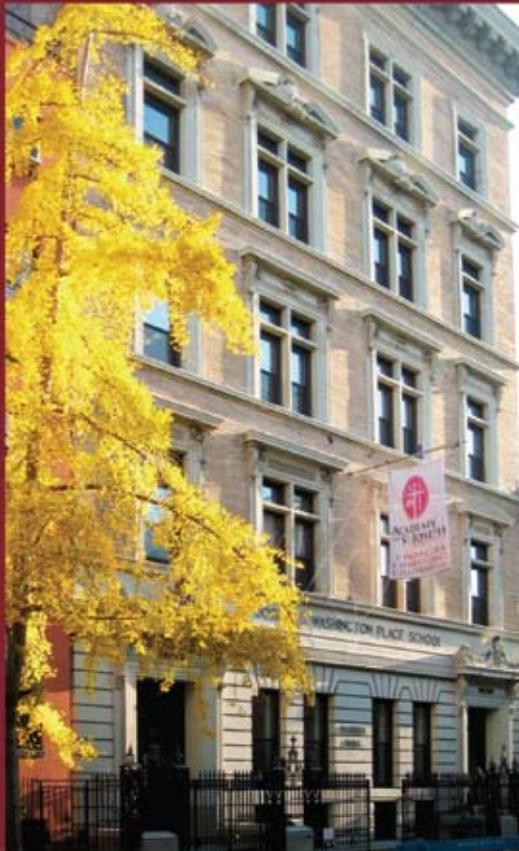
Continued from page 16

new state-of-the art facility, call to schedule a tour now. EEC is located just steps away from SoHo, and is easily accessible from all of Lower Manhattan, Downtown Brooklyn, and Williamsburg. With over 15,000 sq.ft. of space, this newcomer to the education scene is one not to be missed. Our preschool offers a creative curriculum that targets the multiple intelligences. In addition to preschool, Offering enrichment programs, G&T Tutoring and a summer camp for ages 2-5 as well as free Universal Pre-K for those born in 2013. Spots are available on the UPK waitlist for the 2017-18 school year.

The Montessori School of New York International

347 E. 55th St. - Sutton Place
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www.montessorischoolny.com
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Tuesday
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Operation Backpack

Annual drive outfits kids with supplies and confidence

BY JAMES HARNEY

Ready ... or not?

The start of a new school year is quickly approaching, and hundreds of thousands of New York City schoolkids will soon shop for a new backpack — and the pencils, pens, notebooks, binders, and other must-have supplies that go in it.

But thousands of others won't.

More than 22,000 children — most of them school age — live in homeless and domestic violence shelters across the city, and right now, they don't know if they will be ready with a new backpack and other academic necessities on the first day of school. That's where Operation Backpack comes in.

Now in its 14th year, the community service initiative of Volunteers of America–Greater New York aims to outfit every child living in a city shelter with a new, high-quality, school-supply-filled backpack in time for the start of the school year. The organization's immediate goal: to collect 20,000 donated backpacks at 15 drop-off sites around the city — and another four in New Jersey — by Aug. 4.

“The sad fact is that more than 20,000 homeless children, right here in New York City, cannot afford even the most basic school supplies. This puts them at a devastating disadvantage,” says Volunteers of America–Greater New York vice president Rachel Weinstein, the founder of Operation Backpack. “This campaign is helping prepare these deserving kids for success in school. With help from everyday New Yorkers, they will walk into the classroom with a fully stocked backpack, just like their classmates, ready to face the school year with hope and dignity and without the stigma that comes with being a child in need.”

Weinstein said that through donations from individuals, corporations, schools, and houses of worship, Operation Backpack has given backpacks to more than 140,000 students in pre-K through 12th grade living in shelters across the city — including 19,000 last year alone.

“The average cost to fill a backpack is \$87, an expense very few families in shelters can afford,” she said. “The younger the child, the less expensive the backpack; the older the student, the higher the cost, as their backpacks include a USB drive, geometry kit, scientific calcu-



A happy little girl is beaming after choosing a colorful backpack full of school supplies from a pile of hundreds collected in the Volunteers of America-Greater New York Operation Backpack drive.

lator, full-size dictionary and thesaurus, and student planner along with all of the usual supplies.”

Corporate donors such as HSBC, Walgreens–Duane Reade, and JPMorgan Chase have signed on to contribute to this year's Operation Backpack effort, but Weinstein encouraged private individuals and families to participate by going online to www.OperationBackpackNYC.org to find lists of drop-off sites and grade-specific items to put inside donated backpacks. Financial donations

can be made at www.crowdrise.com/OperationBackpackNYC.

“A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all,” Weinstein said. “It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them.”

Volunteers of America



Eating right to protect your sight

Back-to-school season can be an important time for enhancing the quality of a child's diet. While an abundance of research supports the critical role of good nutrition in brain development and academic achievement, little is said about nutrition and a child's eyesight.

Do you recall the joke, "Have you ever seen a rabbit wearing glasses?"

Certainly carrots — rich in beta carotene — help promote good vision and healthy eyes.

But rabbits don't maintain their glasses-less face on a diet of only carrots. There are other delicious, nourishing foods that help maintain healthy eyes both now and over a lifetime.

No surprise, the same diet that helps maintain optimal vision also helps keep the cardiovascular system in tip-top shape. A diet low in saturated fat and rich in fruits, vegetables, and whole grains can keep not only your heart in good shape, but also your peepers.

Consider these tips:

Eat leafy green vegetables

They're rich in the nutrient lutein. Lutein protects the eye by forming pigments in the macula, which lies in the center of the retina. The pigments help with vision by filtering out harmful blue light wavelengths that can damage the eye.

The best greens are kale, spinach, romaine lettuce, dandelion greens, collards, and turnip greens. If the kids balk at these, throw some baby spinach or kale into a

smoothie. They don't need to consume much; just one teaspoon of green leafy veggies with a bit of fat raise blood lutein levels by almost 90 percent, according to a study in the *American Journal of Clinical Nutrition*.

'Process' your veggies

While you've undoubtedly heard that food processing is undesirable, chopping, pureeing, and cooking actually help the body absorb veggies' nutrients. Cooking them in oil or serving them with fat (think dip or dressing) in the meal also boosts nutrient absorption.

Go fish

People who eat fatty fish — such as salmon, sardines, mackerel, sardines, halibut, or tuna — just once a week have only half the risk of developing age-related macular degeneration compared to those who eat fatty fish less than once a week.

Age-related macular degeneration is the leading cause of adult blindness in the U.S. Fatty fish is rich in DHA, which scientists believe help protect the macula or center of the eye with its antioxidant and anti-inflammatory properties. Having adequate levels of DHA is also linked to preventing dry-eye syndrome.

Seek out vitamin C

A diet high in vitamin C — citrus fruits, kiwi, berries, peaches, bell peppers, and tomatoes — helps eyes function properly. It also reduces the risk of developing age-re-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

lated macular degeneration down the road.

Eat foods with a low glycemic index

People who do have the lowest risks of age-related macular degeneration. Food with a lower glycemic index include vegetables, fruits, and whole grains. Many "white foods" such as white bread, mashed white potatoes, white rice, and white flour are higher on the glycemic index scale.

Get zinc

In addition to lean red meat, poultry, and fortified cereal, zinc can be found in legumes of all kinds. These include black-eyed peas, kidney beans, lima beans, and peanuts.

Zinc is an essential trace mineral that's found in high concentration in the eyes and may help protect them from the damaging effects of light.

Run and play

For every hour kids play outside in natural light with far-away horizons, they reduce their risk of nearsightedness by two percent, according to researchers at the University of Cambridge.

And what about those carrots? Along with sweet potatoes, mangoes, apricots, cantaloupe, and pumpkin, carrots are rich in beta-carotene — a precursor to vitamin A — a nutrient that helps you see in the dark.

Find more healthy vision tips from the National Eye Institute at NEI for Kids, <https://nei.nih.gov/kids>.

Christine Palumbo is a Naperville-registered dietitian nutritionist. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

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What to do with that old 401(k)

In my July column, I discussed steps I take with clients and prospects to plan for their retirement. To review, the steps were:

- Calculate how much income you will need during your retirement years.
- Calculate how much must be saved to replace your employment income.
- Implement, monitor, and adjust the plan as necessary. Following those simple steps can greatly increase your chances of reaching your retirement goals.

My experience with clients and prospects, however, is that once the initial steps are implemented, there is a tendency to forget to adjust the plan as circumstances change. This is especially true when people change jobs. Changing or leaving a job can be an emotional time. You're probably excited about a new opportunity — and nervous, too. And if you're retiring, the same can be said. As you say "goodbye" to your workplace, don't forget about your 401(k) or 403(b) with that employer. You have several options, and it's an important decision. Besides derailing a well-crafted retirement plan, if done incorrectly, you might be liable for taxes and penalties.

First, you can leave your account with your former employer's retirement plan. If your account balance is more than \$5,000, many companies allow you to keep your retirement savings in their plans after you leave your job. This option takes no action on your part, and most often people choose this option because it is easiest. Not transferring your 401k isn't always a matter of procrastination, sometimes there are valid reasons to consider leaving your retirement plan where it is. For instance, you might be more comfortable with the funds you are invested in and your current asset allocation may complement your overall investment strategy. And in some cases, an employer-sponsored retirement plan may offer participants access to institutional share class mutual funds and lower cost index funds.

Experience shows it can be easy to pay less attention to or forget about your old retirement account once you are no longer making additional contributions to the account. A second option is to transfer your



old 401(k) into your new employer's retirement plan. Choosing this option will avoid penalties and taxes if you make a direct, trustee-to-trustee transfer between the two plans. For simplicity, transferring old 401(k) assets to your new plan could make it easier to track your retirement savings.

You may also be able to borrow from your 401(k) if your new retirement plan permits participants to take loans against their accounts. Each plan has different rules for borrowing, but a common borrowing limit is 50 percent of your vested balance up to \$50,000. Transferring money into your new 401(k) increases the value of the account and the amount you may be able to borrow.

A third option is transferring the assets in your 401(k) into an individual retirement account. Choosing this option allows you to continue growing your funds on a tax-deferred basis, and if done correctly, you will avoid taxes and penalties on the transfer. In many instances, you will have more control over your assets in an IRA Rollover account, and you may also have a broader range of investment choices.



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

A final option, which might be very costly, is to cash out your 401(k). This option should be avoided unless the need for cash is critical. Besides upsetting your carefully crafted retirement plan, there are substantial penalties and taxes involved when taking a cash-out distribution. If you withdraw from your 401(k) before age 59-and-a-half, the money will generally be subject to both ordinary income taxes and a potential 10 percent early withdrawal penalty. You might also move into a higher tax bracket since the taxable portion of the withdrawal will be added to any other taxable income you have during the year.

So, if you're considering moving on to a new job — or have already made the move — review all of your options to make an informed decision about what to do with the retirement funds you left behind. Be sure to consider all of your available options and the applicable fees and features of each before moving your retirement assets. Because your 401(k) may be a big chunk of your retirement savings, it's important to weigh the pros and cons of your options and find the one that makes sense for you.

Anthony N. Corrao is an independent advisor with Corrao Wealth Management. For more than 25 years, he has helped families by developing financial, educational, and retirement planning strategies. He can be found at www.corraowm.com.

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The information is intended for informational purposes only, and it is not intended to be a substitute for specific tax, legal, or investment advice. Please consult a financial professional prior to making any investment decisions.

How to make brag sashes

A fun and creative way to celebrate your amazing kid

BY JESSICA LIGHTLE

Looking for a special way to celebrate a special school year? The Girl Scouts have the right idea: Nothing says “I rock” more than a brag sash. This activity is the perfect way to celebrate your child’s achievements and take a look back on all of the progress she has made throughout the year. These sashes are easy to make, and your child can personalize hers however she likes.

What you need:

- Sturdy fabric, about 1 yard (old jeans or cords are great for this)
- Scissors
- Needle and thread, or fabric glue
- Sturdy card stock or cardboard
- An extra-large hole punch or scissors able to cut out a circular shape



- Markers (or any other supplies used for decoration)
- Fabric glue

Directions

To make the sash, cut two strips of fabric, each about 6-inches wide, making

the length of each strip long enough to fit around one half of your child. These are Girl Scout-style sashes that go over one shoulder and underneath the other arm down to about the waist, so the sash will go all the way around the front and the back of your child’s torso.

Stitch or use fabric glue to connect the two pieces together in a large oval. Each strip of fabric should lay flat across your child’s body.

To make the badges, cut out lots of circles from the card stock, each roughly 2–3 inches in diameter.

Help your child come up with a list of accomplishments — learning the ABCs, mastering fractions, getting a ribbon in the school science fair, reading a great book, etc. The list will depend on what grade your child is in, but it should still be long and fun.

Then, let your child decorate the card stock circles, each representing one of her many accomplishments.

When you’ve finished making your badges, let your child glue her accomplishment badges onto her brag sash.

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— Valoree H. - UWS

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Sibling age gap

The challenges — and benefits! — of having children far apart in age

I wouldn't change a thing about my kids. I love them each for the quirky, complicated, beautiful people they are. I've been a mother for more years than I have not been a mother, because I had my first daughter very young. My second daughter was born five years later, and my son was born five years after that. My mother-in-law joked after my son was born that in five years, I better take a long trip unless I wanted a fourth child.

The funny thing is that I didn't plan to have five years between each of my children — in fact, only my second daughter was strategically planned, and my other two kids were wonderful surprises. I know everything worked out exactly the way it should have. Yet, if I had to do it all over again, I would make one minor adjustment: I would have had my children closer in age.

Here's why:

Sleepless nights

My first baby was a breeze. When she napped, I did. That all changed with my second. Once I finally got her down to sleep, I either had to take my firstborn to school, pick her up, help with homework, or get her to a practice.

This only increased exponentially with my last-born. I would get a baby down to sleep only to be woken up by a scared preschooler, then get back to sleep and be abruptly awakened by a screaming baby. Feed baby, get him to sleep, and a few minutes later, the sun would come up, my alarm would rattle my brain, and I'd have to get my older kids to school, bleary-eyed and utterly exhausted.

Had they all been very young or a little older, their sleep cycles would have likely synced, and they would either all be in the baby or toddler stage — or blissfully out of it.

Incompatible activities

Having to juggle big-kid birthday parties with a baby on your hip is no fun at all. And neither is attending Mommy and Me classes with a preteen. As they grow, an age discrepancy means trying to find activities for teens and school-age children,



which is a very difficult thing to do.

Different schools stress

Having to drop your kids off at different schools each day and adhere to different (often opposing) schedules just ups the chaos of the week. I have repeatedly thought how much easier it would be to have all my kids in the same school.

Also, from kindergarten to high school, it helps siblings to know their big sister or brother is there, too. The upside is that there was not much sibling rivalry, as they all had their own set of friends and activities.

Potty training

I always thought that I couldn't deal with two (or god forbid, three) kids in diapers at the same time, *but* if that had happened, I would have had them all potty trained around the same time, instead of rationing out unending potty training sessions every five years.

Different versions of me

My oldest daughter (who I had when I was practically a child myself) got the mom with most patience, for sure, but she also got the mom who was just learning to know herself and stand up for herself.

My youngest got the version with much



JUST WRITE MOM

DANIELLE SULLIVAN

more experience and confidence, but less time. My daughter in the middle got a mix of the two.

The age gap

There is a 10-year difference between my oldest (Millennial) and youngest (Gen Z).

Many times, my son will look to my oldest daughter as out of touch with his world and my daughter will forget how she felt at his age as she mentally shakes her finger and thinks this youngin' is just too much. But other times, they are two peas in a pod, happily playing Pokémon with vigor and camaraderie.

My 20th straight school year

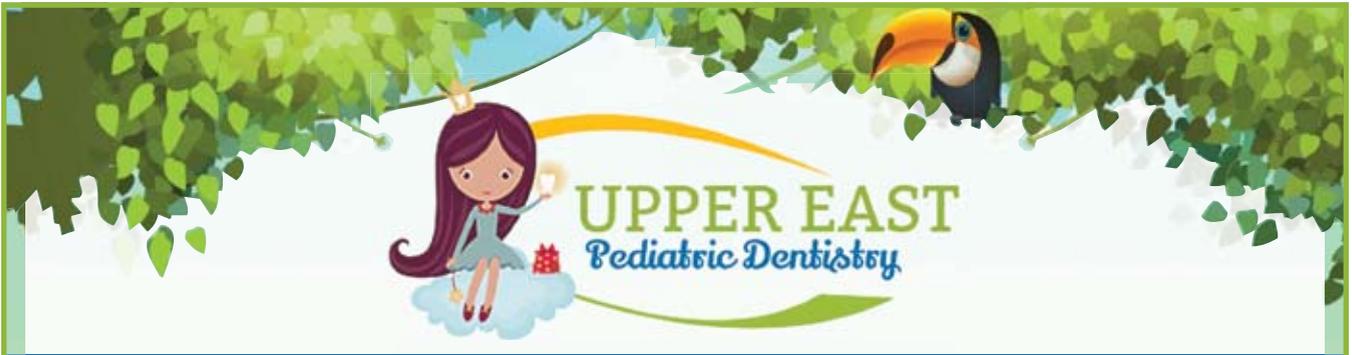
Yes, 20 years of homework, projects, parent-teacher meetings, school plays, bake sales, and uniforms!

My oldest has graduated college and my youngest is in high school. I still have three years to go until high school is done, and (gasp) seven more until college is over for all of my kids. If they were in the same age bracket, they would have all finished and I'd have three young working adults (and extreme college loans!).

• • •

On a positive note, the big upside to having had a child even five years was that I always had a lot of special time with each new baby while the older kid(s) went to school. I also enjoyed a prolonged era of always having a baby in the house. Spacing out children — and even having children at all — is a deeply unique experience and one that I truly believe works out just the way it should be, in the end.

Danielle 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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Fresh delights

Healthy recipes even picky eaters will love

BY KATHRYNE TAYLOR

Parents of picky eaters, take heart! I was the pickiest of eaters when I was young. I went through a peanut butter sandwich phase — no crust, hold the jelly, white bread only. I would only eat canned green beans — certainly not my grandmother’s garden-fresh beans. I always loved pizza, and still do, of course. Fortunately, my mom always offered salad and fresh fruit at the dinner table. I’m pleased to report that my palate has expanded exponentially since I left for college.

The fresh ingredients on the table back then generally came from the produce section of a grocery store. These days, I enjoy picking up my produce at farmers’ markets whenever possible. I like to talk to the vendors and find out more about the food they’re selling. It’s also fun to watch kids find their favorites and ask questions about fruits or vegetables they haven’t seen before. They’re more likely to try new foods when they’ve helped pick them out!

My parents never would have guessed that I would grow up to become a food blogger and write a cookbook.

If you’re wondering what to cook up with your surplus farmers’ market finds, here are a few of my favorite recipes from my new cookbook, “Love Real Food: More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body.”

Kathryne Taylor is the personality behind the hugely popular blog Cookie and Kate (<http://cookieandkate.com>), named after her crumb-catching dog, Cookie. In six years, the vegetarian and all-natural food blog has grown from a hobby to a full-time project, and now garners more than two million visits per month. Her cookbook “Love Real Food” is published by Rodale.



Roasted strawberry basil and goat cheese crostini

Makes about two dozen crostini

INGREDIENTS:

- 4 to 5 ounces goat cheese
 - 1 pound strawberries, hulled and cut into bite-size pieces
 - 2 tablespoons honey
 - 2 tablespoons extra-virgin olive oil
 - 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
 - Small handful of fresh basil leaves, torn into little pieces
 - Freshly ground black pepper
- Tip: If you don’t love goat cheese, alternatives include mascarpone, cream cheese, or ricotta.

DIRECTIONS: Preheat the oven to 350-degrees Fahrenheit with racks in the

middle and upper third of the oven. Line two large, rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.

On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapsing on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.

Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.

Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Green goddess hummus

Makes 1¾ cups

INGREDIENTS:

- ¼ cup tahini
- ¼ cup lemon juice (from 1 1/2 to 2 lemons)
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 clove garlic, roughly chopped
- ½ teaspoon fine sea salt
- ½ cup lightly packed, fresh, flat-leaf parsley (some stems are okay)
- ¼ cup lightly packed, fresh, tarragon leaves, basil, or cilantro
- 2 tablespoons roughly chopped, fresh chives or green onions
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- Chopped fresh herbs (whatever you have left), for garnish

DIRECTIONS: In a food processor or high-powered blender (i.e., Vitamix or Blendtec), combine the tahini, lemon juice, olive oil, garlic, and salt. Process for about 90 seconds, pausing to scrape down the sides as neces-

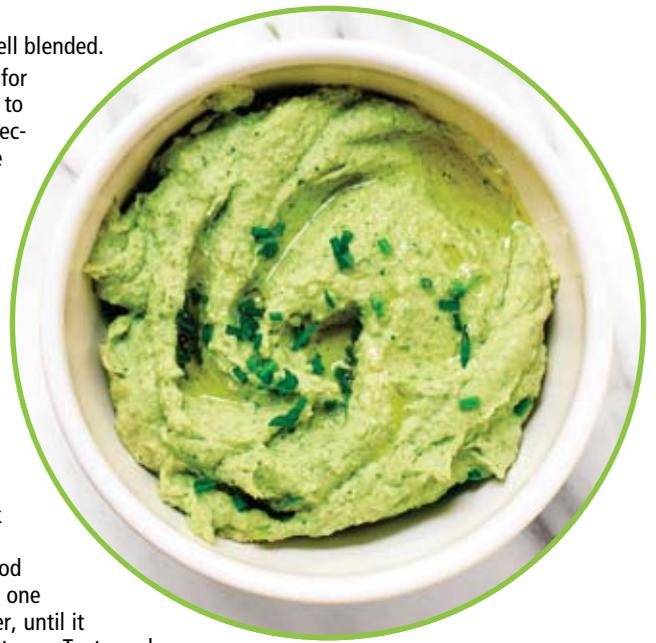
sary, until the mixture is well blended.

Add the herbs and process for about one minute, pausing to scrape down the sides as necessary, until the herbs have blended into the mixture and the mixture is nice and smooth.

Add half of the chickpeas to the food processor and process for one minute. Scrape down the bowl, then add the remaining chickpeas and process until the hummus is thick and quite smooth, one to two minutes more.

If your hummus is too thick or hasn't yet blended into creamy oblivion, run the food processor while drizzling in one to two tablespoons of water, until it reaches your desired consistency. Taste and season with additional salt, if necessary.

Scrape the hummus into a small serving bowl. Lightly drizzle olive oil over the top and



sprinkle with some chopped herbs. Leftover hummus keeps well, chilled, for four to six days.

Almond-Blueberry Cake

Makes one loaf cake (about eight slices)

INGREDIENTS:

- 2 cups (8 ounces) plus 1 tablespoon packed almond meal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt

- ¼ teaspoon ground cinnamon
- 4 eggs
- 2/3 cup maple syrup or honey
- ¼ cup extra-virgin olive oil
- ½ teaspoons grated lemon zest (from two medium lemons, preferably organic)
- 1 cup blueberries (6 ounces), fresh or frozen
- Lemon-Maple Glaze
- 2 tablespoons lemon juice
- 2 teaspoons maple syrup or honey

DIRECTIONS: Preheat the oven to 325-degrees Fahrenheit. Generously grease a 9-by-5-inch loaf pan, and dust it with almond meal to prevent sticking.

In a large bowl, combine two cups of the almond meal, the baking powder, baking soda, salt, and cinnamon. Whisk to blend.

Crack the eggs into a medium bowl and beat with a whisk until the yolks and egg whites have blended together.

Add the maple syrup, olive oil, and lemon zest and whisk to blend. Pour the wet ingredients into the almond meal mixture and stir

until there are just a few clumps remaining. In a small bowl, toss the blueberries with the remaining one tablespoon almond meal. (This helps prevent the blueberries from sinking to the bottom of the cake.) Gently fold the blueberries into the batter.

Scrape the batter into the prepared pan. Bake until the cake is deeply golden brown, the center is firm to the touch, and a toothpick inserted in the center comes out clean, about one hour and 10 minutes to one hour and 15 minutes.

Meanwhile, to make the lemon-maple glaze: In a small bowl, whisk together the lemon juice and maple syrup until blended. (If you're using honey and having a hard time blending it into the lemon juice, place the bowl on top of your stove to warm it up while the cake bakes, or warm it briefly in the microwave until you can whisk them together.)

Once the cake is out of the oven, place the cake, pan and all, on a cooling rack. While the cake is warm, use a pastry brush to brush the glaze over the top of the cake. It should soak right in. Let the cake cool for at least 30 minutes before carefully inverting it onto a serving plate or cutting board. Carefully flip it back over, then use a bread knife to cut it into 1-inch-thick slices.

Store any remaining cake in the refrigerator, covered, for up to four days.

Time warning: This cake is very simple to make, but requires about one hour and 45 minutes combined baking and cooling time.





Our thoughts can impact our health

How do you react to negative situations?

Some say it is not what happens to you but how you look at what happens that determines happiness and fortitude. No one goes unscathed in this life, and each of us inevitably experience heartbreak, disappointment, and stress.

We all know those people who lose their minds when their train is late, they find themselves on a long line, or forget something. Similarly, we all know those who face down a scary medical crisis or a heartbreaking loss and somehow manage to keep a positive outlook, and not take down everyone in their path with their fraught disposition.

Late author and motivational speaker Wayne Dyer said, “If you change the way you look at things, the things you look

at change.” If you see doom and gloom in every circumstance, you will not only place unnecessary stress — not to mention health risks — on yourself, but in all likelihood, you won’t find much peace or happiness.

Let’s face it. Happiness is an inside job. We all know it, but we all forget it. Life will throw everyone curve balls, and whether we let those annoy us, destroy us, or empower us is solely up to us.

But how do we get there? Here are some actionable tips:

1. Keep it positive. When we find ourselves heading down the negative trail, change course. Remember that words matter. What we say to ourselves creates our reality, so try to keep your thoughts positive. This includes avoiding gossip



HEALTHY LIVING

DANIELLE SULLIVAN

and joining in the circle of friends who endlessly complain.

2. Sleep. Yep, sleep. It is incredibly easier to look at the world along with all of its challenges in a better light when we feel sufficiently rested. Being recharged also enables us to tackle problems more efficiently. Sleep helps our bodies repair and rewires our cells for strength and stamina. Make it a priority.

3. Delegate. We don’t have to fix everything ourselves. In fact, by off setting tasks to our partners, employees, and children, we are helping them feel included. In the case of our kids, we are teaching them responsibility and the value of hard work, along with the idea that mom does not have to do it all alone. So instead of doing it all and feeling resentful, delegate away, and enjoy some downtime.

4. Check your health. Sometimes moodiness, restlessness, and depression can signal a thyroid problem, hormonal imbalance, or other medical issue. If you find yourself feeling unlike your normal self for several weeks, see your doctor. And don’t forget to schedule your own regular check-ups.

Many times, having and maintaining a good attitude comes down to self-care. When we take care of ourselves, especially as busy parents, we help build up the strength necessary to deal with life’s problems, big and small.

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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Day-care maze

Better navigate it with tips from these experts

BY ALLISON PLITT

Are you considering returning to work but need advice on how to pick the right day care for baby? Have you ever wondered what really happens in a day-care center after you drop off your child, or what you could do to create a better relationship with the people who care for him?

In their book, "Dear Daycare Parent," authors Jackie Rioux and Jo-Ann Parylak combine their firsthand experiences as day-care staff with additional research about this country's day-care system to provide valuable tips on how parents can reap the most benefits from day care for themselves and their children.

The day-care system is growing exponentially: there were 740,000 childcare facilities operating in the United States in 2007, which is four times the number that existed 20 years earlier. Authors Rioux and Parylak maintain that pre-kindergarten childcare has many positive effects on children: "Children who attend high-quality preschool enter kindergarten with better pre-reading skills, richer vocabularies, and stronger basic math skills than those who do not."

Yet, with all of this convincing information about the benefits of quality pre-K at our disposal, our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers. According to the authors, inadequate day care affects our economy; \$3 billion is lost annually, because of "employee absences due to lack of child care."

Running a day-care center is a costly endeavor with only 46 percent of services provided in their own buildings. Child-care facilities held in churches and other places of worship account for the other 20 percent of buildings where day-care programs are run.

"Dear Daycare Parent" reads like a numbered list of things parents should be aware of when choosing a day care and collaborating with its teachers. The book has amusing illustrations as well as a recommended reading list of children's and parenting books. Don't let the cute



pictures fool you, though. These two authors, who have both worked in early childhood education programs for more than 20 years, give invaluable advice for any parent who is about to embark on the journey of enrolling her child in a day-care program.

The book's pervasive theme is for parents to keep the communication open between themselves and all the people at the center who are looking after their child. Before starting the program, parents are encouraged to visit with their child to take a look around, learn the caregivers' names, and let them know anything important about you or your child that will make their day run easier.

For example, if the center needs to administer medication to a child, bring it in a Ziploc bag with your child's name and instructions on it. If your child has an allergy, the authors suggest bringing in a picture of your child with his name and a list of his allergies under it, and post it in an area of the center where all of the day-care workers will be able to view it.

If there is separation anxiety initially, the authors suggest the child bring in a blanket or stuffed animal from home to ease the transition. If the child cries when the parent drops him off in the morning, do not linger. Say something positive to your child and leave. If the center provides an enriching curriculum for its students, the child will eventually stop crying at morning drop-off.

It is important for parents to create a calm and reassuring routine every morning when they arrive at the center for drop-off. Likewise, when they come to pick their child up later in the day, the parent should not dawdle. They should tell their child to clean up their toys and assertively take their child by the hand and lead them out of the center.

If your child is having problems sleeping at home, let the teachers know, so at nap time, they can observe your child and his behavior. Sometimes children will mention something to a day-care worker, such as the child overheard something scary being said at home, so then the teacher can advise the parent of the possible cause of the sleeping problem.

Since toddlers do not have advanced communication skills, they will not give parents a detailed description about their day. Some parents would like to know what their child does on a daily basis. In this case, the authors suggest putting a notebook in the child's backpack where the teachers can write what happened at the school each day and how their child behaved.

Any change going on in the home environment should be reported to the day-care center immediately. If parents are separating or there are parents who are legally not allowed to see their child, the day-care center should be aware of this. All too often, these children's grandparents will be standing outside the center photographing their grandchild, so the parents are still able to see how their child is doing.

If you want to introduce new foods to your child (to see if she has an allergic reaction to anything), let the teachers know, so they will only feed your child the food you provide for her. It is easiest for the day-care center workers if parents cut up the child's foods at home, and if anything needs to be heated, place it in a microwavable container.

To avoid any confusion about the children's belongings, it is important to label everything your child brings into the center, which includes clothing and food containers. Since children at this age have not socially progressed to sharing

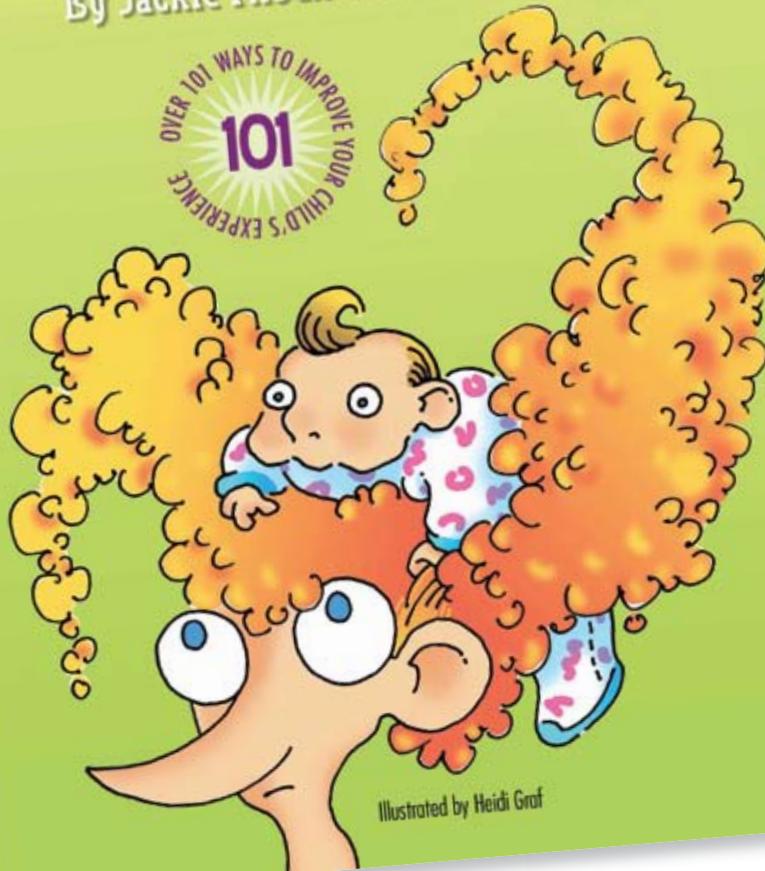
THE MUST-HAVE GUIDE TO DAYCARE FOR WORKING PARENTS

Dear DAYCARE PARENT

By Jackie Rioux and Jo-Ann Parylak

OVER 101 WAYS TO IMPROVE YOUR CHILD'S EXPERIENCE

101



their belongings, the authors recommend that children do not bring their toys to a child-care center. Instead, they recommend bringing in books and CDs which an entire group of children can enjoy.

Many child-care centers are on a tight budget, so if parents want to help out, the authors advise donating adult clothing because children love to play dress-up. Parents can also give the day-care center planting soil, pots, and seeds. Toddlers enjoy putting their hands into soil, planting seeds, watering them, and watching them grow, which provides the additional benefit of being an educational experience.

Day-care centers focus on the importance of toddlers playing with materials like clay for the development of their fine motor skills. Don't bring your child to day care in expensive clothing, because they will get stained in the course of an action-packed day. Instead, dress them in comfortable play clothes. If your child is learning to use the bathroom, make sure he is dressed in sweatpants, rather than pants with buttons, snaps, or zippers, to make it easy for him to use the bathroom.

The authors share their experience working in child-care centers, and those stories offer parents a valuable opportunity to understand the caregivers' point of view. Accounts of parents' indiscretions range from the believable to the

Our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers.

laughingly implausible. Sometimes parents take these teachers' services for granted and do not follow the day-care center's rules.

If the day-care facility has a sign-in policy, parents should sign-in their children every morning (especially since the authors say these sign-in sheets have been used in court cases). It is equally important to telephone the facility and let them know if your child will not be at school that day.

Usually, most centers have bulletin boards with important information concerning the rules of the center as well as upcoming events. If you or your child misplace a message placed in his cubbyhole, the day-care center will usually have the information posted on the bulletin board. If it's a day to dress-up as a pirate at the center, and your child is dressed in his typical landlubber attire, he could feel left out.

Of course, parents bring sick children to day care, because they don't have a back-up plan if their child becomes sick. If the child is running a fever or gets sick at school, the parent typically has at least one hour to come and pick up their sick child.

Most importantly, do not yell at a day-care staff member in front of the children. If you need to speak to the teacher, find a mutually agreed upon time and place to talk.

If you are impressed with how much your child is learning at the center, let the director know, and if possible, give one of the teachers a recommendation. Since day-care workers put in long hours and are usually underpaid, they would appreciate receiving positive feedback about their job performance.

To join the online community of parents using day-care services, visit the book's website, www.deardaycareparent.com.

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

Child care for older children

BY KRISTEN J. DUCA

I am sure you can remember a time in adolescence when you challenged parental authority, thus showing your desire for independence. The age when parents feel comfortable leaving a child alone is quite personal and varies on a family-to-family basis. It not only depends on the maturity level of the child, but also on the environment the child is growing up in. However, some parents with older children feel they need the security of a child-care provider to help them during after-school hours. Those parents who work may need a full-time childcare provider to help the child get off to school in a timely manner and to be there for any school closings, holidays, vacations, or schedule changes.

As you analyze your child-care needs for older children, please ask yourself the following questions:

- Can my child get to school with us or by himself?
- Would a chaperone be a great asset to our household?
- What is our family plan for school closures (scheduled holidays and vacations as well as unscheduled snow days, illnesses, or other surprise issues)?
- Does my child go directly to after-school activities that he can walk to, or is a helper needed to get him safely from one place to another?
- Does my child need help or encouragement with completing homework assignments, or is my child



self-sufficient?

- Could my older child benefit from having a buddy or a mentor?

Some parents hire a nanny or sitter for older children just to give their children companionship and themselves piece of mind. Because a caregiver to an older child does not have to be burdened with diaper changes, feedings, or tummy time, parents may want to consider hiring someone the child respects yet can view as a friendly authority figure. Ask any potential childcare candidates if they have experience taking care of older children. Additionally, make sure they are comfortable with taking older children to school and various activities in addition to supervising them in the home.

Parents should clearly define the caregiver's roles and perhaps even discuss caregiver responsibilities with the older child so that everyone is on the same page.

Together, the parent and child could come up with a road map detailing how the caregiver's hours are spent. This way, the older child feels a sense of independence for acting as a critical member of the caregiver selection process and may not be as resistant to an extra household helper.

Some caregiver's responsibilities you may want to consider and evaluate when interviewing a caregiver for your older child are listed below:

Homework help

- Is the caregiver willing and able to monitor the child's completion of her homework each day or night?
- Will the caregiver teach the child good homework habits? Here are examples

of habits to teach:

1. Completing assignments in a quiet place without distractions like phones or electronic devices
2. Focusing on the task at hand with short study breaks (complete with healthy snacks) when needed
3. Managing stress when solutions do not come easily
 - Can the caregiver review the child's work for errors or suggestions?
 - Can the caregiver quiz the child for upcoming tests?

After-school transporting

- Will the caregiver be able to get the child to and from school and extracurricular activities in a safe and timely manner?
- Does the caregiver drive?
- Is the caregiver comfortable using various means of public transportation with your child (buses, trains, subways, ferries, and so on)?
- Is the caregiver willing to walk with your child to and from school or activities?
- Does the caregiver know the geographic area you live in well?
- Can the caregiver follow street directions accurately?
- Will the caregiver ensure your child

Parents may want to consider hiring someone the child respects yet can view as a friendly authority figure.

gets to his or her destinations safely and on time?

Other chores

- While the child is at school or busy with an activity, will the caregiver tackle household chores such as light cleaning, dusting, vacuuming, and laundry?
- If the child selected some quick, easy, and healthy recipes, would the caregiver be able to make them for lunch or dinner?
- If you provide the funding, will the caregiver run household errands such as picking up the family's laundry at the dry cleaners, returning library books, dropping off packages at the post office, selecting birthday gifts, or picking up groceries while the child is not at home?

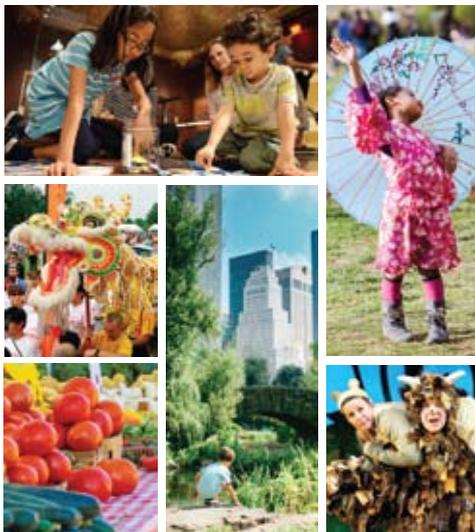
Creative activities

- Does the caregiver have ideas of creative activities to engage the child in when there is a lull in the schedule, including exposing her to something new? (Examples include knitting or crocheting, cooking, playing music, making art projects, visiting museums, building models, and so on.)
- Parents may want to purchase inexpensive and easy craft projects or a craft idea book to keep in the home for the caregiver and child to do together.

Extracurricular activities

- Can the caregiver keep the child off of electronic devices by encouraging her to read, play a board or card game, or engage in a healthy physical activity?
- Will the caregiver engage in sports with the child?

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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Teaching your kids to fight fairly

BY MYRNA BETH HASKELL

Conflicts seem to invariably arise when you are in the middle of making dinner or completing a presentation for work. The scenario might unfold like this: You hear your kids arguing over who gets to choose the next game on the Nintendo console. This doesn't seem to be a big deal to you, but it is definitely a big deal to them. Their voices escalate, they're wrestling for the control stick, and calling each other names. Perhaps you didn't hear, but a few minutes prior, one of your children bragged about being champion of all games while his sibling called him an ugly snot nose.

Even adults find it difficult to stay calm during a heated argument, and often allow disagreements to cause long-term rifts in relationships. Parents need to examine their own behaviors when it comes to arguments with their spouse or other adults, because ultimately, they are their children's strongest role models.

Teaching children to have healthy disagreements should be taught at a very early age. This will help them navigate both personal and professional conflicts in the future.

Dealing with conflict

Dealing with conflict can be a daunting process for children, because they are impulsive and egocentric. The first step is for children to be able to state what the problem is and to be forthcoming about what has transpired. Therefore, children need to feel safe about expressing their feelings.

Dr. Alice Sterling Honig, a licensed psychologist specializing in parenting and child development and professor emerita of child development at Syracuse University, advises, "Teach children how to solve their own problems. Give power to them to understand what they are feeling, and the dignity to say how they feel about it."

Honig says that parents should avoid putting those involved in "time out" as a quick solution.

"Instead, parents should create an environment where children feel safe to talk to you about it," she urges.

Teaching communication skills and empathy

The Peace Rose Method of Problem Solving (a Montessori method): Allows children to express their feelings while still respecting another's. When a conflict arises, one child holds the "Peace Rose." While holding the Peace Rose, the child can express his opinion about the conflict. When he is done, he passes the rose to the other child.

Emotion charades: Write down "feeling" words on pieces of paper. Children take turns picking a slip of paper and acting out the feeling (e.g. anger). This teaches an understanding of body language and facial expressions.

Staying on topic: Pick a theme (like happiness), then ask kids to think of a word that fits that theme starting with A and continuing throughout the alphabet.

For more social skills activities similar to above, browse friendshipcircle.org.

The Name Game: Teach young children to get someone's attention before they speak. Children sit in a circle. One child is given a ball, then asked to name someone in the circle and roll the ball to that child once she makes eye contact.

Additional games to play with children and teens to teach communication, connection, and empathy: Parentingscience.com.

Parents should then help children work through the process of evaluating what caused the conflict in the first place.

Dr. Linda S. Lucas, a licensed psychologist and assistant professor in the department of human services at Beacon College in Leesburg, Fla., urges parents to start early.

"Preschoolers are learning how to regulate their emotions, so this is a critical period for parents to use teaching opportunities when conflicts arise. Parents need to teach moral reasoning, how to identify the wrong behavior and what is wrong about it, and the impact it has on others."

Lucas also instructs parents to allow children to voice their feelings and to cope with the problem.

"Teach children to use their words to express what they believe the problem is. Parents need to listen to the child's perspective and help the child understand the conflict involved. The key to a child's problem-solving is the development of their coping responses."

Let cool tempers prevail

Arguments get out of hand in the adult world all of the time — even some political leaders need to learn a thing or two about keeping disagreements civil. So, teaching children at an early age to fight fairly and with respect for another's feelings is an important life skill.

If parents use derogatory slurs when they have disagreements, children will pick up on this and use the same tone — or language — when they have a conflict.

"It has never worked for parents to think that they can tell their children to do what they say if it is not consistent with what they do," Lucas reminds.

Licensed social worker Katie Hurley, a child and adolescent psychotherapist, parenting expert and author of "The Happy Kid Handbook" asserts, "Kids don't enter this world equipped with conflict resolution skills. I encourage parents to help children learn to cope with conflict as it arises. Don't solve the problem for them; help them hit the reset button and figure out what to do.

"In my house, we have a simple 'fight fair' rule. We talk about our feelings and discuss why we're hurting so that we don't repeat the same hurtful behaviors."

Empathy first

First and foremost, children need to learn to put themselves in another's shoes. This will not only help them become a caring adult, but will also help them understand both sides of an argument.

Honig points out that you have to teach empathy to children starting in preschool. She advises parents to help children see another point of view and perspective by asking, "How would you feel if this happened to you?"



Hurley counsels, “Kids often get stuck in their own personal needs and forget to think about the other person. It’s important for kids to learn that we all make mistakes, and sometimes we hurt others because we’re not empathizing, but we can learn from those experiences and make better choices the next time.”

Honig recommends that parents read stories about kindness, loyalty, and caring to children on a regular basis, such as “Horton Hears a Who” by Dr. Seuss. “Good News, Bad News” by Jeff Mack and “The Invisible Boy” by Trudy Ludwig are also good choices. (Browse Common Sense Media for other books that teach empathy: www.common Sense Media.org/lists/books-that-teach-empathy).

No name calling

Calling someone an idiot is not an appropriate debate tool. It doesn’t get your point across. It only escalates the conflict. Children stoop to name calling, because they are frustrated and don’t know how to express their feelings.

Hurley advises, “The first step is to help kids calm down. When emotions run high, kids tend to hyper-focus on their own needs and fail to tap into reasoning skills. Encour-

aging three deep breaths to calm the physical and emotional response in their bodies is a great first step. Next, teach ‘I statements,’ such as ‘I feel sad...’ This reduces the tendency to blame, which fuels arguments.”

She also says “teaching the stoplight is useful for little kids, too.”

Here’s how it goes:

Red = STOP: Take a break from the action and breathe.

Yellow = THINK: Consider the other person’s feelings. Choose your tone and words wisely.

Green = ACT: Share your feelings without blaming and talk about solutions.

Listening skills

“I always teach kids to listen for the sake of listening, not to craft a retort,” Hurley reports. She recommends making a listening skills cheat sheet to post on your fridge:

Eyes: Look the talker in the eyes.

Ears: Listen to what the talker is saying.

Mouth: Ask follow-up questions or statements to show that you understand.

She also suggests that a squeeze ball works well for young children. Each child squeezes a ball while listening to the other person’s point of view.

Focus on the this conflict

Have you ever brought up previous conflicts to make a point? I know that I do it quite frequently with my husband. However, bringing up old disagreements does not keep the focus on the problem at hand. Parents need to remind children that they are not fighting about past grievances and that the current problem is the one that needs their attention.

“If you and your partner bring up old hurts every time you argue, your kids will learn to do the same,” Hurley cautions. She suggests that parents ask kids to restate the problem from both sides to clarify.

“Then, ask each child to think about the problem for five minutes (set a timer) and come back with three possible solutions.”

Conflict resolution

Children need to be taught how to formulate solutions and how to forgive if the situation has turned ugly.

Lucas explains that parents should discuss possible solutions and give children the opportunity to create a better way to solve the conflict without anger or aggression.

If siblings are fighting over who gets to sit in the front seat of the car, Honig suggests asking, “How do you feel? Can you think of a way you both get to sit in the front seat?” She then instructs parents to wait for an answer. Honig says it’s imperative to avoid describing a child’s idea as stupid or wrong. Instead, a parent should ask, “Can you think of a different way to solve the problem?” Parents should keep asking questions until an agreeable solution is reached.

Hurley recommends role playing. Ask the children to come up with scenarios that are typical problems they have with one another, such as whose turn it is to set the table. Scenarios are chosen at random.

“Practice solving the problem for five minutes, then switch roles. The more kids practice and verbalize their feelings, the better they are at accessing these skills when conflict arises.”

Hurley also proposes using a white board for brain storming.

“Kids tend to think of one solution and get stuck there. If a child comes up with a solution, he might truly believe it’s the only possible solution. Using a whiteboard to brainstorm helps kids visualize different ideas and solutions.”

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of “Sanctuary” (www.sanctuary-magazine.com).



Keep it positive

Teaching children to focus on the good

Whinning, complaining, and arguing are the languages some children seem to be fluent in. Ask them to talk about something good and they are at a loss. Do you find that when you ask your small being what his favorite part of the day is he has a hard time finding an answer, but can list countless problems?

This is a behavior, and I strongly suggest you take the time to address it *now*.

When your small ones are young, they are learning what conversations get attention and what conversations do not. Make a conscious choice to teach them that they get more attention and focus from you when they tell you things that are amazing versus when they tell you things that are problems.

This does mean letting your own curiosity take a back seat. When your child comes home from camp and says,

“Johnny got in trouble at school today.” Most parents ask, “What happened?” This only teaches your child that you like to hear about problems.

Instead, let your curiosity take a back seat and respond with, “Oh. I want to hear something great that happened today.”

This will teach your child that sharing negative news does not keep the conversation going. Yes, it is hard to not know exactly what happened in camp with Johnny. Trust that if it was relevant to your family, the counselor would have called you.

Ask yourself, is it more important to know why another child got in trouble, or teach your child to have a positive perspective on life?

Hands down, your child outweighs another person’s child every time.

So, say to your child, “Tell me something great that happened today.” When



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

he hesitates or says he can’t think of anything, wait. Tell him you will wait while he thinks of something great. Then, actually wait.

Don’t get distracted or talk to another one of your children. Don’t check your phone or go get dinner started. Wait until he says something that was great.

When he does, follow it up with lots of questions. This is how you show your child that you are interested — give lots of attention and focus on this great thing.

You can then follow up by telling him something great about your day. Many parents only ask their children questions about their day. They don’t share about their own. Share with your children great things about your day, too. They do want to know!

If you ask your child what was great about his day and share what was great about yours every day, do you know what happens? He starts to automatically talk about things that are great in his life.

One simple question, asked every day, will teach your child to look for the great things in his day and in his life. This is how you create a positive perspective! It is not something that people are or are not born with, it is created.

Next time your child shares about his day, consider what perspective you are creating in him.

Dr. Marcie Beigel is a behavior specialist based in Brooklyn, who has worked with thousands of families for more than 20 years. Her book “Love Your Classroom Again” is a bestseller, and she is a guest expert on WCBS and Fox. Find out more at DrMarcie.com.



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Calendar

AUGUST



Filip Wolak

Dancing in the streets

Bounce on over to the fourth annual Uptown Bounce block parties on Aug. 2 and 9 at the Museum of the City of New York and El Museo del Barrio.

The joint venture is a series of summer festivals featuring musical performances, leading New York City DJs, gallery talks, art-making workshops, and dancing lessons for all ages and skill levels.

Uptown Bounce takes place on the front terraces of both museums on

Fifth Avenue, and throughout the galleries of each institution. The block parties are open to visitors of all ages.

Uptown Bounce on Aug. 2 and Aug. 9 from 6 to 9 pm. Free, advanced reservations required.

The Museum of the City of New York [1220 Fifth Ave. at 103rd Street on the Upper East Side, (212) 534-1672; www.mcny.org].

El Museo del Barrio [1230 Fifth Ave. at 105th Street on the Upper East Side, (212) 831-7272; www.elmuseo.org].

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

Calendar

Submit a listing

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 mhantancalendar@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!

TUES, AUG. 1

IN MANHATTAN

Story time at the Battery: The Battery Urban Farm, Broadway and State Street; (212) 344-3491; www.nycgovparks.org; 9:30 am to 10:30 am; Free.

Drawing inspiration from books like "The Carrot Seed" and "The Grouchy Ladybug," Storytime at The Battery will give children their first introduction to urban farming with activities like planting seeds, touching the soil, crafting, or tasting new and delicious herbs and vegetables. Stories are geared toward children ages 5 to 8 years old, but accessible for children ages 3 and older, so bring the whole family!

Drop in Classes: Payson Playground in Inwood Hill Park, Dyckman Street and Payson Avenue; (646) 398-9062; www.nycgovparks.org; 10 am to 11:30 am; Free.

The People's Theatre Project presents Theatre in the Sun (Diversion Debajo del Sol), for kids ages 4 to 10 and their adult family members. You and your child (or grandchild!) will play fun games and work together with a professional teaching artists to make theatre inspired by our parks. Join us for one or more drop-in classes, and sign up for the mini camp! In case of rain, activities will be held indoors at the Payson Park House.

Garden Camp for Kids: Morris-Jumel Mansion, 65 Jumel Terr. at W. 160th Street; (212) 923-8008; education@morrisjumel.org; nycgovparks.org; 10 am to noon; Free.

Garden Camp is a week of exciting exploration, instruction, and discovery held in Roger Morris Park. Morris-Jumel staff gardener Karen Waltuch leads the group of young plant enthusiasts through activity-based lessons about gardens, bugs, soil, colonial history, and everything in between! Camp is for any student aged 6 to 11, and children must be accompanied by an adult chaperone. Sibling groups are welcome. Space is limited. Reservations highly suggested — either by phone or e-mail.

Storytime: Reading Room at Bryant Park, W. 40th Street between Fifth and Sixth avenues; (917) 438-5137; www.nycgovparks.org.



Angelito Jussy

Stories in Bryant Park

Beat the Dog Days of Summer with Storytime at Bryant Park, now through Aug. 15.

Little ones will enjoy a fun-filled hour of "tails," meow-sic, arts and crafts, plus sing-alongs, stories, and more.

Storytime at Bryant Park, meets

Tuesdays now through Aug. 15 from 10:30 am to 11:30 am. In case of rain, the event is cancelled. Free.

Reading Room at Bryant Park [W. 40th Street between Fifth and Sixth avenues in Midtown, (917) 438-5137; www.nycgovparks.org; www.bryantpark.org/programs/storytime].

org; 10:30 am to 11:30 am; Free.

It's a summer full of tales, music, and arts and crafts to boot. In case of rain, event will be canceled.

National Night Out Against Crime:

Anne Loftus Playground, Riverside Drive and Broadway; (212) 927-0576; www.nycgovparks.org; 3 pm to 7 pm; Free.

There will be prizes, crime prevention information, food, music, free raffles, arts and crafts, and games! This event presented by the 34th Precinct emphasizes greatly on community partnerships and participation. The goal is to promote police-community unity, heighten crime prevention awareness, get to know your neighbors, and send a message about neighborhood unity and safety.

Little Hell Gate Salt Marsh: Randall's Island Park; (212) 860-1899; info@randall-sisland.org; www.nycgovparks.org; 6 pm to 7 pm; Free.

Join us for a tour of our flagship salt marsh! Learn about the ecology of the space, view wildlife up close, and learn how the island's history has shaped our natural areas (on the second Tuesday of

every month).

WED, AUG. 2

IN MANHATTAN

Garden Camp for Kids: 10 am to noon. Morris-Jumel Mansion. See Tuesday, Aug. 1.

Kid's Yoga: Washington Square Park, Wooster Street and W. Fourth Street; (212) 396-5873; www.nycgovparks.org; 10 am to 10:45 am; Free.

Enjoy yoga fun. Stretch and move to songs, rhymes, and more with Sacred Sounds Yoga. Foster creativity, cooperation, and confidence in a safe environment where all kids are perfect just the way they are! Please bring your own yoga mat.

Young Dancemakers concert: Symphony Space, 2537 Broadway at W. 94th Street; (718) 329-7300 X 3358; aliceteirstein@mail.com; www.symphonyspace.org; 2 pm; Free.

Teens from city public high schools will perform a concert of their original choreography plus an excerpt from Limon's "A Choreographic Offering," taught by Kristen Foote. Reservations recommended. Reser-

vations recommended.

"Amerike-The Golden Land": Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 2 pm; \$35 to \$60.

Experience the musical journey of an immigrant people as told through the songs and stories that inspired and sustained generations who built new lives in America. In Yiddish with English and Russian super-titles. For older children.

Family Yoga: Pats Lawn in Inwood Hill Park, W. 218th Street and Indian Road; (212) 569-4112; www.nycgovparks.org; 5:30 pm to 6:30 pm; Free.

Come together in a lighthearted environment for family yoga fun! Age and developmentally appropriate yoga poses, animated breathing exercises, and soothing relaxation techniques awaken the inner-child of all age participants. Laughter and love fill each class and is sure to inspire the entire family. Parents and kids of all ages welcome.

Uptown Bounce: The Museum of the City of New York, 1220 Fifth Ave. at 103rd Street; (212) 534-1672; www.mcny.org; 6 pm to 9 pm; Free.

The fourth annual Uptown Bounce is a joint series of summer block parties featuring musical performances, leading DJs, gallery talks, art-making workshops, and dancing lessons for all ages and skill levels. Uptown Bounce takes place on the front terraces of both museums, on Fifth Avenue, and throughout the galleries of each institution. The block parties are open to visitors of all ages and advance registration is required. For more information and to RSVP, visit www.mcny.org or www.elmuseo.org.

Uptown Bounce: El Museo del Barrio, 1230 Fifth Ave. at 103rd Street; (212) 831-7272; www.elmuseo.org; 6 pm to 9 pm; Free.

THURS, AUG. 3

IN MANHATTAN

Summer in the Square: Union Square Park, E. 14th Street and Broadway; (212) 460-1200; www.nycgovparks.org; 7 am to 10 pm; Free.

Join in for a movie in the park and an incredible line-up of free fitness classes, family-friendly activities, shows, live music and more. Don't miss morning and evening yoga and cardio classes, live dueling performances, lunchtime jazz music in the West Side seating area, and a full day of kids activities in the South Plaza including sing-a-long story time, animals with Art Farm, princess appearances, kids yoga and live shows.

Story time at the Battery: 9:30 am to 10:30 am. The Battery Urban Farm. See



Bollywood on the Hudson

A little bit of Bollywood comes to Battery Park City as families have a chance to learn the Bhangra style of dance on Aug. 12.

Join the energetic musical party and learn Bhangra, a fusion of traditional Punjabi-style folk dance and music with Western hip-hop and pop influences.

Shaan Mutiyaaran Di will lead the dances to the selected beats of DJ Sunny Entertainment.

Bhangra Family Dance on Aug. 12 from 6:30 pm to 8 pm. Free.

Battery City Parks [Liberty Street and Esplanade Plaza in Battery Park City, (212) 267-9700; www.eventbrite.com/e/bhangra-family-dance-tickets].

Tuesday, Aug. 1.

Tots Soccer & Pee Wee Basketball: Riverside Park South at 71st Street Field, W. 71st Street and Broadway; 311; www.nycgovparks.org; 9:30 am to 11:30 am; Free.

All little ones 5 years old and younger are welcome at this introduction to soccer and basketball clinic. Tots soccer is from 9:30 am to 10:30 am and pee-wee basketball is from 10:30 am to 11:30 am.

Garden Camp for Kids: 10 am to noon. Morris-Jumel Mansion. See Tuesday, Aug. 1.

Young Dancemakers concert: University Settlement Society of New York, 184 Eldridge St. (718) 329-7300 X 3358; alice-teirstein@mail.com; www.universitysettlement.org; 2 pm; Free.

Teens from city public high schools will perform a concert of their original choreography plus an excerpt from Limon's "A Choreographic Offering," taught by Kristen Foote. Reservations recommended. Reservations recommended.

"Amerike - The Golden Land": 2 pm and 7:30 pm. Museum of Jewish Heritage.

See Wednesday, Aug. 2.

Cross-Stitch Circle: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; 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, AUG. 4

IN MANHATTAN

Garden Camp for Kids: 10 am to noon. Morris-Jumel Mansion. See Tuesday, Aug. 1.

Kids 'N Comedy's graduation shows: Gotham Comedy Club, 208 W. 23rd St.; (212) 877-6115; www.kidsncomedy.com; 2 pm; \$10 cover and one item minimum.

Camp Kids 'N Comedy for kids ages 10-18 will celebrate what they have

Our online calendar is updated daily at www.NYParenting.com/calendar

learned by sharpening their comedic timing at graduation. Camp is made up of improv, sketch comedy acting, and stand-up comedy, where they learn to write and perform their own personal routines.

SAT, AUG. 5

IN MANHATTAN

City Summer Streets 2017: Foley Square, Worth and Centre streets; 311; www.nyc.gov/summerstreets; 7 am to 1 pm; Free.

Nearly seven miles of the city's streets will be opened up for everyone to play, run, walk and bike. Summer Streets provides space for healthy recreation and encourages New Yorkers to use more sustainable forms of transportation. Summer Streets extends from the Brooklyn Bridge to Central Park, along Park Avenue and connecting streets, with easy access from all points in New York City, allowing participants to plan a trip as long or short as they wish. All activities at Summer Streets are free of charge.

Parent and Me Yoga: Abby's Lawn, Fort Tryon Park, Margaret Corbin Circle and Cabrini Boulevard; (212) 795-1388; www.nycgovparks.org; 9 am to 9:45 am; Free.

Join us for free yoga for children and their parents and caregivers with Christina Shablak, a certified children's instructor. All children are welcome with a parent or caregiver. Please arrive early, and bring a towel or yoga mat. Please note: The ground is sloped and there are uneven spots. Rain or wet ground cancels.

Stories at the Statue of Hans Christian Andersen: Hans Christian Andersen Statue, Near 74th Street and Fifth Avenue; 311; www.nycgovparks.org; 11 am to noon; Free.

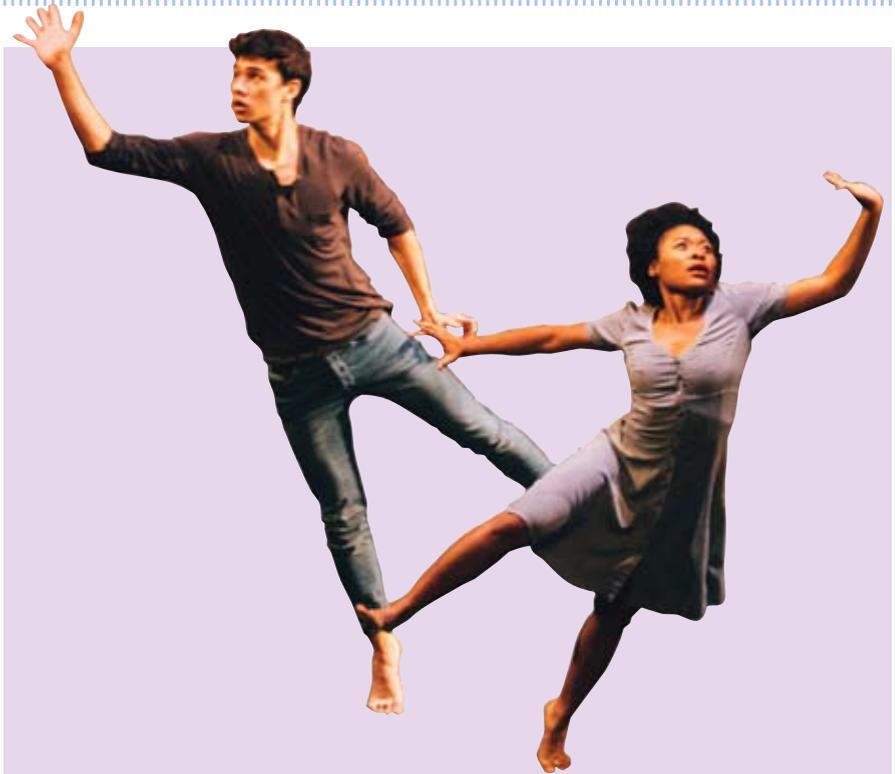
New Yorkers of all ages can listen to Andersen tales and other stories, folktales, and fairytales from around the world told by a group of brilliant storytellers at the Hans Christian Andersen Statue in Central Park. Storytelling is held rain or shine. The stories are appropriate for children 6 years old and up. Parents or guardians are asked to sit with their children.

Sweet Spot Festival: 125th Street Pier, W. 125th Street and Marginal Street; 311; www.nycgovparks.org; 3 pm to 9 pm; Free.

Summer on the Hudson and Kindred Arts create a family-friendly gathering of community, cultures, and music lovers of all ages. Vibe to sounds spun by a collection of North America's renowned sound architects.

Young Dancemakers concert: Ailey Citigroup Theater, 405 W. 55th St. at Ninth Avenue; (718) 329-7300 X 3358; aliceteirstein@mail.com; 7:30 pm; Free.

Season finale show with a concert and reception. Reservations required.



These teens can move!

Young Dancemakers comes to three locations in Manhattan on Aug. 2, 3, and 5.

The company is comprised of 17 teens from New York City public high schools — including Business of Sports School, Frank McCourt High School, Lower Manhattan Arts Academy, Northside Charter High School, Repertory Company HS for Theatre Arts, School for Human Rights, Talent Unlimited HS, The Brooklyn International HS, University Neighborhood HS, and Wadleigh Secondary HS — who will perform a concert of their original choreography plus an excerpt from Limon's "A Choreographic Offering," taught by Kristen Foote.

All performances end with the lively "Dance With Us," in which audience members with dancing feet are invited onto the stage to improvise

with the dancers.

Show times are:

- Aug. 2 at Symphony Space at 2 pm.
- Aug. 3 at University Settlement Society of New York at 2 pm.
- Aug. 5 at Ailey Citigroup Theater on Aug. 5 at 7:30 pm (This is a concert and reception event).

All three are free; reservations recommended for Aug. 2 and 3 performance and required for Aug. 5 event.

Reservations and information at: (718) 329-7300 X 3358; aliceteirstein@mail.com.

Symphony Space (2537 Broadway at W. 94th Street on the Upper West Side; www.symphonyspace.org)

University Settlement Society of New York (184 Eldridge St. in Bowery; www.universitysettlement.org)

Ailey Citigroup Theater (405 W. 55th St. at Ninth Avenue in Hells Kitchen).

SUN, AUG. 6

IN MANHATTAN

The Uni Project: Hester Street, Grand and Hester streets; www.nycgovparks.org; 11 am to 3 pm; Free.

Come read, draw, and explore with the Uni every Sunday in front of the Hester

Street Playground in Sara D Roosevelt Park.

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

All ages are welcome to join this special Story Time.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

"The Quest for the Seven Teeth:"

Near Belvedere Castle, 79th Street and the Transverse; (347) 559-6223; www.AccompliceTheShow.com; Noon; \$65 (one child, one adult).

Join this grand adventure where you will experience a world of fanciful characters who use puzzles, games, and crafts to move the story along in this one-of-a-kind immersive fairy tale. Through castles, over streams, and under troll bridges, your kids will encounter a mythical world. Advanced registration required.

"Amerike - The Golden Land": 2 pm and 6 pm. Museum of Jewish Heritage. See Wednesday, Aug. 2.

TUES, AUG. 8

IN MANHATTAN

Story time at the Battery: 9:30 am to 10:30 am. The Battery Urban Farm. See Tuesday, Aug. 1.

Drop in Classes: 10 am to 11:30 am. Payson Playground (Inwood Hill Park). See Tuesday, Aug. 1.

Story Time: 10:30 am to 11:30 am. Reading Room (Bryant Park). See Tuesday, Aug. 1.

Little Hell Gate Salt Marsh: 6 pm to 7 pm. See Tuesday, Aug. 1.

WED, AUG. 9

IN MANHATTAN

Kid's Yoga: 10 am to 10:45 am. Washington Square Park. See Wednesday, Aug. 2.

Family Yoga: 5:30 pm to 6:30 pm. Pats Lawn - Inwood Hill Park. See Wednesday, Aug. 2.

Uptown Bounce: 6 pm to 9 pm. The Museum of the City of New York. See Wednesday, Aug. 2.

Uptown Bounce: 6 pm to 9 pm. El Museo del Barrio. See Wednesday, Aug. 2.

THURS, AUG. 10

IN MANHATTAN

Story time at the Battery: 9:30 am to 10:30 am. The Battery Urban Farm. See Tuesday, Aug. 1.

Tots Soccer & Pee Wee Basketball: 9:30 am to 11:30 am. Riverside Park South - 71st Street Field. See Thursday, Aug. 3.

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

SAT, AUG. 12

IN MANHATTAN

City Summer Streets 2017: 7 am to 1



Music and history delight

Come along and listen to a musical storytime with a twist at the Mount Vernon Hotel Museum and Garden on Aug. 18.

The special musical event offers children an opportunity to listen to music-themed stories in the garden and make a simple flute to take home. See if you can play "Yankee Doodle," and then go on a hunt to see if you can find the flute in the

Ladies Parlor. Be sure to leave time for playing with 19th-century toys.

Musical storytime, Aug. 18 at 10:30 am. Children under 6 are free, and free for children with one \$8 paid admission of caregiver.

Mount Vernon Hotel Museum and Garden [421 E. 61st St. between First and York avenues on the Upper East Side, (212) 838-6878; www.mvhm.org].

pm. Foley Square. See Saturday, Aug. 5.

Parent and Me Yoga: 9 am to 9:45 am. Abby's Lawn, Fort Tryon Park. See Saturday, Aug. 5.

Stories at the Statue of Hans Christian Andersen: 11 am to noon. Hans Christian Andersen Statue. See Saturday, Aug. 5.

Play Dates - Summer on the Hudson: West Harlem Piers, 125th Street and Marginal Street; 311; www.nycgovparks.org; 1 pm to 4 pm; Free.

Enjoy monthly outdoor parties featuring children's entertainers, arts and crafts, and neighborhood fun!

Book signing: American Girl Place, 609 Fifth Ave. at E. 50th Street; (877) 247-5223; www.americangirl.com/retail/new_york.php; 1 pm to 3 pm; Free.

Inspire your girl's imagination by introducing her to the authors who brought American Girl's newest characters to life! Girls will have a chance to meet Teresa E. Harris, who wrote "Gabriela" and "Gabriela Speaks Out," and Jen Calonita, who penned "The Real Z." Be sure to bring your books for autographs!

"Cinderella Samba:" Rumset Playfield,

Fifth Ave. and E. 72nd Street; 311; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-betsy-head-playground; 3 pm to 4 pm; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself.

Bhangra Family Dance: Battery City Parks, Liberty Street and Esplanade Plaza; (212) 267-9700; <https://www.eventbrite.com/e/bhangra-family-dance-tickets-35984389277>; 6:30 pm to 8:30 pm; Free.

Come join the energetic musical party and learn Bhangra, a fusion of traditional Punjabi-style folk dance and music with Western hip-hop and pop influences. Shaan Mutiyaraan Di will lead the dances to the selected beats of DJ Sunny Entertainment.

SUN, AUG. 13

IN MANHATTAN

The Uni Project: 11 am to 3 pm. Hester Street. See Sunday, Aug. 6.

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, Aug. 6.

Nature walk: Peter Stuyvesant Square, E. 15th Street and Second Avenue; www.nyc-parks.org; 4 pm to 5 pm; Free.

Learn about the greenery and wildlife of Stuyvesant Square on a tour with neighbors and friends. In addition to various flora and fauna, our park is frequented by squirrels, pigeons, and the occasional falcon or hawk.

Dance Festival: Robert F Wagner Jr., Park, 20 Battery Place; (212) 267-9700; batterydance.org/battery-dance-festival; 7 pm; Free.

Battery Dance, in association with Battery Park City Authority, is hosting the 36th annual event showcasing dance performances against the breathtaking backdrop of the New York Harbor.

MON, AUG. 14

IN MANHATTAN

Dance Festival: 7 pm. Robert F Wagner Jr., Park. See Sunday, Aug. 13.

TUES, AUG. 15

IN MANHATTAN

Story time at the Battery: 9:30 am to 10:30 am. The Battery Urban Farm. See Tuesday, Aug. 1.

Story Time: 10:30 am to 11:30 am. Reading Room (Bryant Park). See Tuesday, Aug. 1.

Dance Festival: 7 pm. Robert F Wagner Jr., Park. See Sunday, Aug. 13.

WED, AUG. 16

IN MANHATTAN

Kid's Yoga: 10 am to 10:45 am. Washington Square Park. See Wednesday, Aug. 2.

"Cinderella Samba:" Thomas Jefferson Park, First Avenue and E. 114th Street; 311; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-betsy-head-playground; 10:30 am to 11:30 am; Free.

Family Yoga: 5:30 pm to 6:30 pm. Pats Lawn - Inwood Hill Park. See Wednesday, Aug. 2.

Dance Festival: 7 pm. Robert F Wagner Jr., Park. See Sunday, Aug. 13.



Storytime at the Battery

Experience The Battery as a family in Storytime at Battery Urban Farm, now through Aug. 17.

Drawing inspiration from books such as "The Carrot Seed" and "The Grouchy Ladybug," children will have their first introduction to urban farming with activities like planting seeds, touching the soil, crafting, or tasting new and delicious herbs and vegetables.

Stories are geared towards children ages 5-8, but accessible for children 3 and older, so bring the whole family!

Titles in August include "Tidy" by Emily Gravett, "Farmer Duck" by Martin Waddell, "Rainbow Crow" by Nancy Van Laan, "The Honeybee Man" by Lela Nargi, "The Snail and the Whale" by Julia Donaldson, and "Just A Dream" by Chris Van Allsburg.

Storytime Tuesdays and Thursdays from 9:30 am to 10:30 am through Aug. 17. Free.

Battery Urban Farm [Broadway and State Street in the Financial District, (212) 344-3491; www.nycgovparks.org].

THURS, AUG. 17

IN MANHATTAN

Story time at the Battery: 9:30 am to 10:30 am. The Battery Urban Farm. See Tuesday, Aug. 1.

Tots Soccer & Pee Wee Basketball: 9:30 am to 11:30 am. Riverside Park South - 71st Street Field. See Thursday, Aug. 3.

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

Dance Festival: 7 pm. Robert F Wagner Jr., Park. See Sunday, Aug. 13.

FRI, AUG. 18

IN MANHATTAN

Musical Storytime: Mount Vernon Hotel Museum & Garden, 421 E. 61st St.

between First and York avenues; (212) 838-6878; www.mvhm.org; 10:30 am; Free for children under 6 (and free for children with one \$8 paid admission of caregiver).

It's storytime with a musical twist. Listen to music-themed stories outside in the garden and make a simple flute to take home. See if you can play "Yankee Doodle," and let's go try to find the flute in the Ladies Parlor. Be sure to leave time for playing with 19th-century toys.

Kids 'N Comedy graduation shows: 2 pm. Gotham Comedy Club. See Friday, Aug. 4.

Dance Festival: 7 pm. Robert F Wagner Jr., Park. See Sunday, Aug. 13.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

SAT, AUG. 19

IN MANHATTAN

City Summer Streets 2017: 7 am to 1 pm. Foley Square. See Saturday, Aug. 5.

Parent and Me Yoga: 9 am to 9:45 am. Abby's Lawn, Fort Tryon Park. See Saturday, Aug. 5.

Stories at the Statue of Hans Christian Andersen: 11 am to noon. Hans Christian Andersen Statue. See Saturday, Aug. 5.

FlyNYC: Pier 1 at Riverside Park South, W. 70th Street and Riverside Boulevard; 311; www.nycgovparks.org; Noon to 5 pm; Free.

Come fly a kite at this festival for all ages! Celebrate simple fun with live music and free kite-making for children (kites while supplies last).

Isadora Duncan Dance: Billings Lawn, Fort Tryon Park at Cabrini Boulevard; (212) 795-1388; nycgovparks.org; 3 pm to 4:30 pm; Free.

Lori Belilove and The Isadora Duncan Dance Company will be performing at Billings Lawn, in honor of its namesake. This free outdoor performance will unfold the life and art of Isadora Duncan with sensational dancing, delighting audiences of all ages.

SUN, AUG. 20

IN MANHATTAN

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, Aug. 6.

WED, AUG. 23

IN MANHATTAN

Kid's Yoga: 10 am to to 10:45 am. Washington Square Park. See Wednesday, Aug. 2.

Family Yoga: 5:30 pm to 6:30 pm. Pats Lawn - Inwood Hill Park. See Wednesday, Aug. 2.

THURS, AUG. 24

IN MANHATTAN

Tots Soccer & Pee Wee Basketball: 9:30 am to 11:30 am. Riverside Park South - 71st Street Field. See Thursday, Aug. 3.

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

SAT, AUG. 26

IN MANHATTAN

Parent and Me Yoga: 9 am to 9:45 am. Abby's Lawn, Fort Tryon Park. See Saturday, Aug. 5.

Stories at the Statue of Hans Christian Andersen: 11 am to noon. Hans

Meet the authors

Teresa E. Harris and Jen Calonita come to American Girl Place for an author meet-and-greet on Aug. 12.

Inspire your girl's imagination by introducing her to the authors who brought American Girl's newest characters to life! Girls will have a chance to meet Teresa E. Harris, who wrote "Gabriela" and "Gabriela Speaks Out," and Jen Calonita, who penned "The Real Z." Be sure to bring your books for autographs!

Meet and greet on Aug. 12 from 1 pm to 3 pm. Free.

American Girl Place [609 Fifth Ave. at E. 50th Street in Midtown, (877) 247-5223; www.americangirl.com/retail/new_york.php]



Christian Andersen Statue. See Saturday, Aug. 5.

SUN, AUG. 27

IN MANHATTAN

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, Aug. 6.

Summer on the Hudson Sun Gaze: Pier 1 at Riverside Park South, W. 70th Street and Riverside Drive; 311; www.nycgovparks.org; Noon to 4 pm; Free.

Gaze at the central star of our solar system using special safe scopes with the Amateur Astronomers Association!

WED, AUG. 30

IN MANHATTAN

Kid's Yoga: 10 am to to 10:45 am. Washington Square Park. See Wednesday, Aug. 2.

Family Yoga: 5:30 pm to 6:30 pm. Pats Lawn - Inwood Hill Park. See Wednesday, Aug. 2.

THURS, AUG. 31

IN MANHATTAN

Tots Soccer & Pee Wee Basketball: 9:30 am to 11:30 am. Riverside Park South - 71st Street Field. See Thursday, Aug. 3.

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

Skate clinic: Skate Park at Riverside Park, 108th Street and Riverside Drive; (212) 408-0219; nycgovparks.org; 4 pm; Free.

This three-day, cumulative skateboarding program provides a strong skill foundation (safety, creative fun, teamwork) for beginners and intermediates. The program takes students to the next level: contest preparation. Space is limited and pre-registration is required.

LONG-RUNNING

IN MANHATTAN

Take the Hudson Loop: Pier 11 NY Waterway ferry, Wall Street, Pier 11; www.nywaterway.com/HudsonLoop.aspx; Daily, various times, until Mon, Sept. 4; Fees apply.

Kids under 12 years old ride free on all NY Waterway ferries, including those serving The Hudson Loop, a 10-mile biking and walking trail, and visit urban waterfronts — the West Side of Manhattan and the Hudson County waterfront in Weehawken, Hoboken, and Jersey City, linked by NY Waterway ferries. The Loop runs from Battery Park City in Lower Manhattan, north on the Hudson River Park walkway/bikeway to the West 39th Street Ferry Terminal, where service is available to Port Imperial in Weehawken. NY Waterway ferries run every 10 minutes during weekday rush hour and every 20 minutes off-peak, seven days a week.

Drones – Is the Sky the Limit?: In-

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

trepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue); www.in-trepidmuseum.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Thurs, Aug. 31; \$33 (\$31 seniors; \$24, children 5–12; Free children under 5 and retired and active duty military).

The exhibit explores pilotless aircraft and the history of drone technology. Visitors can fly actual drones and explore the use of drones in police and fire departments, fashion, and art.

Game Days: West Harlem Piers, 125th Street and Marginal Street; 311; www.nycgovparks.org; Tuesdays and Wednesdays, 10 am to 2 pm, Tues, Aug. 1 – Wed, Aug. 30; Free.

Calling children ages 10 and younger! Want something fun to do on a sunny afternoon? Come play giant tic tac toe, hopscotch, jump rope, and more in the park! Small groups and neighbors are welcome.

“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, until Sun, Sept. 17; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen “The Princess and the Pea,” “The Emperor’s New Clothes” and “The Ugly Duckling.” For children ages 3 to 9.

Eloise Storytime: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873–3400; nyhistory.org; Tuesdays – Fridays, 1 pm to 4 pm, until Fri, Oct. 6; Free with museum admission.

Take a seat in the “Eloise at the Museum” corner and listen to the exploits of the Plaza’s most famous resident.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873–3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Tues, Aug. 1 – Tues, Aug. 29; 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.

Urban Farm Exploration Day: Randall’s Island Park, Randall’s Island; www.nycgovparks.org; Saturdays, 11 am to 5 pm, Sundays, 11 am to 5pm, until Sat, Oct. 14; Free.

Explore and learn about the great variety of colorful fruits and vegetables, chickens, and even rice paddies at our Urban Farm. Ask our Urban Farmers about all that’s growing!

Art Island Outpost: Governors Island, New York Harbor; (212) 274–0986; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, until Sat, Sept. 30; Free.

Make art during the summer with hands-on art making workshops and art-viewing experiences! The open outdoor space of the Free Arts Island Outpost beckons you to come collaboratively create! Young artists will be inspired and challenged to explore big projects utilizing found objects and traditional mediums. This is a space to invent, adapt, and transform your relationship to art and the art making process. Hosted by the Children’s Museum of the Arts.

Youth Wheelchair Basketball: Gertrude Ederle Recreation Center, 232 W. 60th St.; (212) 360–3341; www.nycgovparks.org; Sundays, 1 pm to 3 pm, Free

with Recreation membership.

Hosted by the New York Rolling Fury, this is for children to learn how to play, how to scrimmage against other wheelchair players and learn from the best.

FURTHER AFIELD

Angry Bird’s Universe – The Art and Science of Global Phenomenon:

New York Hall of Science, 47-01 111th St., Queens; (718) 699–0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Aug. 27; Free with general hall admission.

This U.S. premiere of the exhibit uses hands-on activities to explore mass, energy, simple machines, architecture and other science topics. Twenty hands-on exhibits place museum visitors inside the world of the Angry Birds games. Using giant slingshots, kids and adults of all ages can propel balls adorned with the images of Angry Birds characters to test structures.

Nature Trek: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220–5103; www.bronxzo.com; Weekdays, 10 am to 5:30 pm, Saturdays and Sundays, 10 am to 4:30 pm, until Mon, Oct. 23; Included in the Total Experience Ticket: \$36.95 (\$26.95 children 3–12; \$31.95 seniors over 65).

This new event at the zoo is a fully-netted bridge-and-tower course and nature play area geared toward children and families. Coca-Cola is the presenting sponsor Nature Trek as well as dedicated educational programming encouraging the exploration of the natural world through play.

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New & Noteworthy

BY LISA J. CURTIS

H2O to go

It can be a struggle to get kids to heed your refrain of “Stay hydrated!” during the summer, but your heatstroke worries can be laid to rest with Bowhead Technology’s Gululu, an interactive container recommended for kids ages three and older.

The sturdy bottle features a screen that displays the antics of an encouraging, animated virtual pet. When she drinks from the bottle, which holds 13.5 ounces, the pet gains new abilities and makes progress toward returning to its home planet.

When kids get home after an outing, the bottle uses your WiFi to communicate to the app and let parents know how close their



child came to glug-glug-glugging her hydration goals. (When kids return to school, you can set the bottle to school mode, so the screen isn’t a distraction.) If your child’s friend has a Gululu, both children can shake their bottles near each other and their pets become friends, too.

As kids use the bottle, they quickly intuit how to do more with its touch-sensor panels, and their pet becomes more fun to play with.

Each bottle comes with a charging dock, USB cable, two spouts, and a cap. Also included are decorative decals and alphabet stickers your child can use to personalize their bottle and affix their name or monogram.

Bottoms up!

Gululu interactive water bottle, \$129, Amazon.com.

Game night

Beyond Tablet is a “smart” electronic board game that can bring the family together for a jolly game night of music, memory challenges, or trivia.

The “Beyond Screen” senses the player’s touch and responds with encouragement, and occasionally, comic groans of frustration.

When we took on “Play Do Re Mi” piano mini-keyboard game, we progressed far enough to earn the cat symbol reward. Not knowing what to expect, we began touching the piano “keys” and they meowed! Longer pressure on the keys produced hilarious caterwauling. And there we were, parent and child together, truly belly laughing.

You can also download an app on your smart phone to unlock more features.

Beyond Tablet and five games, \$199.99, Amazon.com. www.BeyondScreen.com.



Eclipse-ready

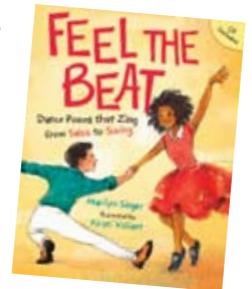
The celestial event of the year is on the horizon!

On Aug. 21, 2017, a total solar eclipse will be visible in the city for the first time in decades, and if you plan on viewing always remember: safety first! The American Optometric Association recommends wearing glasses with International Organization for Standardization-certified filters, like these solar eclipse glasses from ThinkGeek. Printed with the date of the eclipse on the front, these glasses filter out ultraviolet and infrared rays with their 2-millimeter thick, scratch-resistant polymer lenses. The reverse side of the glasses is printed with instructions.

Solar Eclipse Glasses, \$9.99 for a 5-pack, ThinkGeek.com. For more information on viewing safely, visit <https://eclipse2017.nasa.gov>.

Got rhythm

“Feel the Beat: Dance Poems that Zing from Salsa to Swing” is a new collection of poems from Brooklyn author Marilyn Singer that celebrates dance from around the world. Singer’s poetry is matched with joyful, kinetic illustrations by Kristi Valiant. In “Bhangra,” Singer writes, “Sister, sister, beautiful bride, we dance for you,” and Valiant depicts beaming wedding guests enjoying this Punjab dance.



Singer’s poems celebrate the Jewish hora, American hip hop, Latin-American merengue, carnival’s samba, and many others. But what really brings this concept to life is the audio CD featuring Singer reading each poem to the music that her stanzas are inspired by. Her performance helps the little listener — ideally, ages 5-8 — to hear how the poem’s meter cleverly mimics each dance’s particular rhythm.

“Feel the Beat” is a welcoming window into the city’s many cultures.

“Feel the Beat: Dance Poems that Zing from Salsa to Swing” CD and book by Marilyn Singer, \$17.99, BarnesAndNoble.com.



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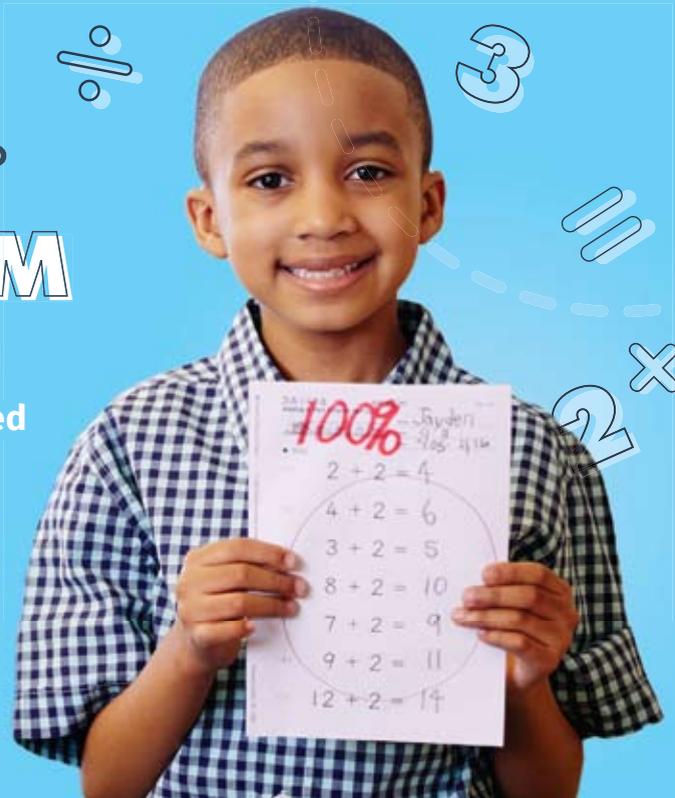
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