March 2011
FREE

BRONX/RIVERDALE Family

www.webfamilyny.com

2010 Gold Award Winner
Editorial and Design Awards Competitions

2010 Bronze Award Winner
Editorial and Design Awards Competitions

The World of Pediatrics

CAMP 2011

10 questions parents should ask

Graduating to sleep-away camp

Where to go in March? Check out our Going Places

BRONX HOUSE

School for Performing Arts

HEILBRUNN MUSIC SCHOOL

PRIVATE AND GROUP CLASSES FOR AGES 4 AND UP

Piano • Guitar • Voice • Violin and other instruments

PRE-SCHOOL GROUP MUSIC FOR AGES 18 MONTHS – 4 YEARS

DANCE SCHOOL

Classes for Pre-Schoolers, Children, Teens and Adults

Ballet * Tap * Jazz * Hip Hop * Flamenco * Latin * Belly Dance and more

SCHOLARSHIPS AND FREE LOANER INSTRUMENTS AVAILABLE

SIGN UP FOR CLASS TODAY!

OPEN HOUSE

Saturday, April 2, 11am – 2pm

Spring Session of Group Music and Dance begins the week of April 4th

Join Us! We are located at

990 Pelham Parkway South

and can be reached by subway and bus.
(#5 Morris Park Station;
#2 Pelham Parkway Station; #12 Bus)

For further information, please call

(718) 792-1800 ext. 235

www.bronxhouse.org

BRONX/RIVERDALE

Family March 2011

FEATURES

8 Recession 101
The economic downturn vs. hopes for college
BY CANDI SPARKS

10 Graduating to sleep-away camp
BY LAURIE ROBERTS KAROL

12 The perfect camp
10 questions parents should ask when researching a summer camp

14 Looking at eyes
How vision problems can create trouble in school
BY ILANA GELFOND-POLNARIEV, OD, FCOVD

SPECIAL SECTIONS

13 Camp Directory

17 The World of Pediatrics

COLUMNS

6 Newbie Dad
BY BRIAN KANTZ

16 Family Health
BY DR. PRAMOD NARULA, MD

18 Good Sense Eating
BY CHRISTINE M. PALUMBO, RD

20 Growing Up Online
BY CAROLYN JABS

26 New & Noteworthy
The hottest new products

CALENDAR OF EVENTS

22 Going Places
Take the family out and find out what's going on in your town

Letter from the publisher

Crying at the camp bus

When my daughter was 6 years old, I sent her to a terrific day camp on Staten Island. A bus came to pick her up and bring her back every evening. I was an emotional wreck every day for the first few weeks, but she was excited and adored her bus counselor. She was so happy, and it was the closest thing to the country that a city kid could get while still coming home at the end of the day. She LOVED that camp! She loved it so much that each summer experience developed a camp "family," and as the years passed she graduated from camper to junior counselor and then on to full counselor. She ended up being a fantastic mentor to the very little kids, the newcomers, who she had a special gift of working with and relating to. She still does, and nothing pleases me more than seeing her interacting with small children in that special way she has that endears both her and them to each other.

She also went to local mini-camps when there were school breaks, and thank goodness for those because working parents need to fill in the gaps that these breaks pose. So many wonderful programs are out there and the terrific people who run and staff them do us a service that is priceless.

It's that time of year when we present in earnest the programs that are offered both in our communities, throughout the city and in the surrounding countryside that many of us will select as the summer home/activity for our kids. There is so much diversity, with all kinds of camps and programs that will enhance every child's possibilities. There are full-time and part-time schedules to accommodate every economic reality, and happily, there is literally something for everyone's kid.

You have to do the homework, inquire, and ultimately select the right program for your family's needs, your pocketbook, and your child. This month we present some of the many possibilities, and there will be more in the months ahead.

I know this has been a long, cold and snowy winter, but spring will come and so will summer, and before we know it, the kids will be getting on the bus, or we will be dropping them off at camp and another summer of fun will be ongoing. Don't wait too long to start your search and make sure to read the camp articles each month that will help you ask the right questions, and look for the most fitting program for your youngsters.

Have a great month! Thanks for reading!

Susan Weiss

Susan Weiss-Voskidis, Publisher

STAFF

PUBLISHER / ADVERTISING / EDITORIAL: Susan Weiss

PUBLISHER / BUSINESS MANAGER: Clifford Luster

SALES MANAGER / ADVERTISING: Sharon Noble

SPECIAL ADMINISTRATIVE ASSISTANT: Tina Felicetti

SALES REPS: Linda Smith, Stephanie Stellaccio, Jay Pelc

PRODUCTION MANAGER: Keith Oechsner

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov, Patty Coughlan, Mauro Deluca, Earl Ferrer, Irene Liberman

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITORS: Meredith Deliso, Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITOR: Joanna Del Buono

CONTRIBUTING WRITERS: Risa Doherty, Helen Klein, Allison Plitt, Candi Sparks, Mary Carroll Wininger

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT
(718) 260-4554
Family@cnglocal.com or
SWeiss@cnglocal.com

CIRCULATION
(718) 260-8336
TFelicetti@cnglocal.com

EDITORIAL
(718) 260-4554
Family@cnglocal.com

ADDRESS
Family Publications New York/CNG
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.webfamilyny.com

The acceptance of advertising by **Family Publications New York** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **Family Publications New York/CNG**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

Family Publications New York can also be reached by calling (718) 250-4554, emailing family@cnglocal.com or by visiting our website, webfamilyny.com

Join the conversation on Facebook.

Family Publications New York has been recognized for editorial and design excellence by PPA.

Family Publications New York is published monthly by Family Publications New York/CNG. Subscription rate is $35 annually. Reproduction of Family Publications New York in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2011 Readership: 220,000. 2010 circulation audit by CAC.

Holy Rosary School

~ Accredited by the Middle States Commission on Elementary Schools ~

Register Now For
2011–2012 School Year

- Curriculum founded on Archdiocesan Guidelines and current NYS Standards
- SMART BOARD Technology at every grade level
- Continued tradition of excellence on Archdiocesan Standardized ITBS tests as well as NYS Exams
- Strong academic studies balanced with a values based, caring and nurturing environment
- Programs include Computer, Music, Art, PE, Library and Foreign Language in all grades Pre-K through 8
- Certified, experienced faculty with a commitment to Catholic Education
- After School program available; early drop off; hot lunch program
- Sports/activities program, after school music and band lessons available; collaboration with the Bronx Conservatory of Music

Be sure to call about our *TUESDAY TOURS.*
Come and see all of the good things happening.

1500 Arnow Avenue, Bronx, NY 10469
718-652-1838 • www.HolyRosarySchoolBronx.org

ST. ANSELM SCHOOL

APPLY NOW

2011–2012 School Year for Pre-K (ages 3 and 4) through Grade 8

St. Anselm School offers a safe and nurturing learning environment where students:

- ***Achieve*** academic success
- ***Learn integrity*** and values in the Catholic tradition
- ***Belong*** to a community that fosters self-confidence and school spirit

- Full day Pre-K (ages 3 & 4) and Kindergarten
- Technology Program including SMART Boards
- Theater Arts Program
- Fully-automated Library
- Art and Music Programs
- Physical Education
- Daily Extended Care Program until 6:00pm
- After school Tutoring Program
- After school Choir and Band programs
- Intra-Mural Athleltic Programs for grades 6, 7 & 8
- Guidance & Counseling Services

SCHOLARSHIPS AVAILABLE

For more information or to schedule a visit, please call the school office.
685 Tinton Avenue, Bronx, NY 10455
Phone: 718-993-9464
www.stanselmbx.org

Looking for a High Quality No Cost Preschool?

Little Angels Head Start

- Pre-School for 3-4 Year Olds
- Half & Full Day Sessions Available
- Delicious Warm Meals

12 Locations Serving the Bronx & Manhattan

we welcome special needs children

call today for more information
718.402.0081 (Ext. 248)

The Kinneret School

Ranked as a top ten school based on N.Y. State tests

Early Childhood
Elementary • Jr. High School

We incorporate the best of American & Jewish Education in an inclusive environment. On average more than 1/2 of our students are accepted into the specialized High Schools.

Open House
Every Friday 9-10AM—Please Call.

2600 Netherland Ave.
Riverdale, NY10463
718-548-0900
Fax 718-548-0901
www.kinneretdayschool.org

NEWBIE DAD

BRIAN KANTZ

What I believe it means to be a dad

Because I write a column about my experiences as a dad, people mistakenly think that I'm a "parenting expert." Excuse me while I stop laughing. Believe me, I'm no expert. I'm just trying my best not to mess things up. Still, I'm often asked what I think it means to be a dad. Well, if you really want to know…

First of all, I think it's clear that the era of the "passive dad" is long gone. It's no longer vogue to pace around in the waiting room at the hospital handing out cigars; dads are invited to be in the delivery room for the birth of their child. That's a great thing. And it's no longer de rigueur for a man to come home from work and plop in his easy chair while his wife makes dinner and tends to the children; dads are encouraged to help. That's a great thing, too.

Heck, society no longer mandates that the man of the household work and the woman stay home; based on changing attitudes, better paying jobs for women, and numerous other factors, dads are accepting being the primary caregiver for their children. According to U.S. Census data, about 160,000 American men now call themselves "stay-at-home dads" and 2.9 million American preschoolers are cared for by their dads while their moms work.

This "modern dad" concept shouldn't be looked at as a troublesome burden. It should be viewed as a grand opportunity. It takes work, for sure, but being an involved father is incredibly fulfilling. Better yet, the active involvement of a dad is a pretty good way to ensure the development of great children.

Whether you are a stay-at-home dad or a father with a demanding work schedule, there are some specific ways to provide your child with the unique influence of a father's love.

First, creating wonderful children is largely about modeling appropriate behavior. From a very young age, kids pick up on the words and deeds of their parents. If a parent says or does something, then it must be right. "Daddy knows everything" is a typical mantra for children. Be aware of your actions. You don't have to be perfect and you don't have to be Superman, but you should act the way you expect your children to act. Don't berate the Little League umpire if you don't want your child to do the same at the next game.

Second, fathers are so important to their children because they usually offer something a little different than — and complementary to — mothers. Many dads, for example, enjoy being the family comedian or the one to roll on the floor and dig in the dirt with the kids. Dads should relish these roles and connect with their children through play, or whatever other positive method suits their personality. In other words, do what you do best.

"Being silly is one of the great untalked-about joys of fatherhood, don't you think? Kids love to see otherwise reserved and dignified adults making fools of themselves," explained Mick Cochrane, author of the novel "The Girl Who Threw Butterflies" and a father of two. "When you're about to become a father, everyone tells you about the responsibility, the long hours — nobody talks about the belly laughs."

When it comes down to it, all parents just want their children to be happy and healthy. Conveying happiness, joy and hope is so crucial in developing great children. Let your children know that you love them. Leave no doubt about that. Take it on as your goal to provide regular moments of joy in your child's life.

And this has absolutely nothing to do with the amount of money you spend on your kids. It has to do with recognizing life's simple pleasures — reading to your kids, celebrating a birthday, playing catch in the backyard. Dads can take an active role in all of those moments.

Dan Yaccarino's children's book, "Every Friday," written from the son's perspective, tells the story of a much-anticipated weekly father-son breakfast date. The story is not just about a man buying his son pancakes, it's about the time they spend together in their leisurely walk though the city and the bonding, trust and love that results from their routine. This boy can count on his dad.

Of course, in addition to being there for the joyous times, fathers also need to prepare children to deal with life's disappointments and challenges. Dads can do this by listening to their children, providing appropriate support, and offering advice from their own experiences. Reflect on your own childhood and your relationship with your father. What things did he do well? What aspect of his parenting style can you emulate? What didn't he do well? What aspect can you avoid repeating?

So, jump right in from the start and become involved as a dad. Don't be afraid to make mistakes — and don't be afraid to adapt your parenting style if you find that your current style is not effective. Again, no father is perfect, but you should know that being there for your children is a precious gift in itself. By taking on kid-related tasks (from changing diapers to helping with homework) and house-related duties (from vacuuming to paying the mortgage), you are showing responsibility for your family. And that is something that benefits everyone.

Brian Kantz would like to reiterate: he is not a parenting expert. Still, if you'd like to pay him a large amount of money to talk to your group about parenting, he can make some stuff up. Visit Brian online at www.briankantz.com or drop him a note at thenewbiedad@yahoo.com.

"Fast, funny, & entertaining!"
- The New York Times

mmac productions

Freckleface Strawberry
The Musical

Original Cast Recording Now Available!

TICKETS: Telecharge.com or 212-239-6200
NEW WORLD STAGES 340 West 50th St., NYC
HAVE A FRECKLE-TASTIC PARTY! 877-943-BWAY (2929)
www.FrecklefaceTheMusical.com

DAY CARE COUNCIL OF NEW YORK, INC.

Our Professionally Trained Phone Counselors Can Offer You FREE Child Care Referral Information On:

- The Location Of Child Care Programs
- Infant/Toddler Programs
- Licensed And Registered Family And Group Family Day Care
- After School Programs
- Nanny Services
- Nursery Schools
- Summer Camps
- Head Start Programs
- Becoming A Child Care Provider

Offering Child Care Information And Technical Assistance To The Five Boroughs Since 1952

212-206-7818
(Mon. - Fri. 8:30 AM - 5:30 PM)
12 West 21st Street, 3rd Floor, New York, N.Y. 10010
(www.dccnyinc.org)

"PURE FUN!" - Entertainment

Eve Plumb in
Miss Abigail's guide to Dating, Mating, & Marriage!

A brand new 90-minute laugh-out-loud comedy!
MissAbigailsGuide.com or 877-9-MISS-ABIGAIL (877-964-7722)
SOFIA'S DOWNSTAIRS THEATER, 221 West 46th Street, NYC

www.webfamilyny.com

Are you ...
- Looking for family friendly activities?
- Wanting to connect with other parents?
- Interested in parent focused articles to inform and intrigue?

Our growing Web Community is waiting for you! Places to post, vote and have your voices heard too. Check It Out Today!

Education, Activities, Party, Camp, Special Needs, Baby; these are just a few of the reasons why MOMS are coming to www.webfamilyny.com

Recession 101

The economic downturn vs. hopes for college

BY CANDI SPARKS

It used to be widely accepted that going to college would lead to a good-paying job, so families saved and borrowed money in order to send their children to school. Unfortunately, the economic downturn is affecting our ability to make, save and borrow money for our day-to-day expenses, making college less affordable for many families. Moreover, students are not only vying against other high school grads to get a spot, but now out-of-work adults are returning to school in record numbers. And now, even with a bachelor's degree, there's no guarantee that a college degree will land our kids a job. The recession has hit our children's hopes for higher education.

What can we do about it?

"You cannot think about going to college today without thinking about how to pay for it," says Carol, a New Yorker who has a checklist for her daughter, Julie, who is now a high school sophomore.

"Start looking at colleges as soon as possible," advises Carol, who started during her daughter's freshman year.

The junior year of high school is generally the time that most students start visiting campuses. However, in the current economic climate, their list of preferred schools may take longer to weed through because the families require more time to look for funding.

The criteria for choosing a school should include which setting fits your child the best; cost, including tuition, books, room, board, and distance; majors offered; school ranking; loans, grants and scholarships available; environment; reputation; crime rate — on and off campus — and lots more. It is also important that the student's grade point average and learning style is one that can meet the requirements of the college and is one that will be a good fit for her learning style.

In addition to finding out which colleges meet your child's needs, it is critical that all financial info is up-to-date and available when the college applications and financial aid packages have to be filled out and turned in. Keep an eye on deadlines and requirements for financial aid, scholarships, loans and grants. The transition from high school to college is a process — and largely a financial one.

"Don't be afraid to ask a college for a re-evaluation of your financial aid package. Learn the art of the bargain," says Kristen Campbell, executive di-

rector of Kaplan college prep programs [what's her exact title? what's the exact name of the company? executive director of Kaplan's college prep program division?]. According to Campbell, financial aid is one of colleges' biggest recruiting tools.

"Keep in mind that you don't necessarily have to take the first financial aid package that is offered to you," says Campbell. "By the time a school accepts you as a student, it sees you as a worthwhile investment on its part, so it will usually want to help you figure out financing. Schools want to work with families and students to find a way to make themselves affordable."

Campbell says a Kaplan 2010 survey saw an increase in the number of students entering college in a gap year. So, if college is not affordable right now, consider enrolling in the next year or two, while you continue to look for the right package — and your student can take advantage of that time to bank some money — at least to cover the cost of books.

Schools are also seeing a rise in students transferring from top 10 and other four-year colleges to community colleges because of affordability. [From Lisa: Here, the writer is saying that students want to transfer from a good school to a community college, because cc's are more affordable, but this contradicts the quote which follows, which says that students want to save money by going to cc for two years and then transfer TO the good school. Are these contradicting each other? Or are they both true? And if they are both true, then we need write a segue that makes that clear. At the moment, it reads like we made a mistake.]

"The rise in interest in transferring also seems to be because more middle-class students that would not usually go to a community college otherwise, are going because it's simply more affordable — even though they still want to transfer to a great school after two years," explains Chris Goodmacher, co-author of "The Transfer Book," and its blog, www.thetransferbook.com/blog.

"A major market correction will occur in the college selection process. Students and families will move away from selecting colleges with 'coffee table cache' and high stock prices, and instead lean toward lesser-known schools offering high-quality education at a reasonable price," predicts Jacquelyn Nealon, EdD, vice president of New York Institute of Technology [in Brooklyn??]. "Focus will shift from the cost of higher education to the value of high education. Families will emphasize reducing loan debt, earning impactful degrees that result in good jobs right after graduation, and learning about our 'shrinking world' through an emphasis on global education."

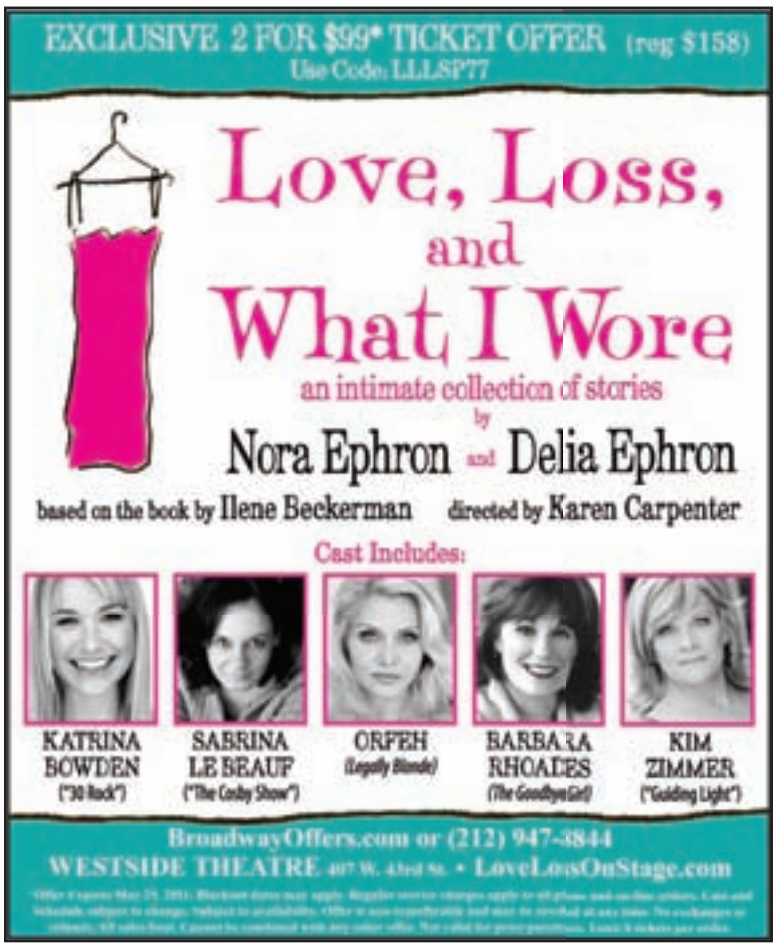
It is evident that the recession is causing students to re-think their educational prospects. Surprisingly, for some, there is value in going into hock for a prestigious degree. The current high unemployment — and underemployment — rates are contributing factors.

"Top-tier colleges are seeing a dramatic increase in the number of applications that they receive," says Barry Lenson, a college counselor and blogger at MyUsearch.com and Straighterline.com, where he comments on college education and educational funding. "I think it is because students and their families believe that a degree from a top school will assure a job after graduation. Interesting that this trend is insulating Harvard and the other elite schools from harm during this post-recessionary period." Of course, enrollment in an Ivy League school may not result in graduation from that school or guarantee a lucrative post-graduation job.

Parents and their students should have an ongoing dialogue about college and how to make it happen. To assist families in the process of evaluating their options, college admission counselors in both the public and private sectors are available. There are also several online resources that can help manage the student's educational needs and evaluate what a particular college has to offer. Many companies, such as Connected, http://www.connectedu.com, offer information and services to students, and the adults who work with them, to assist in the process.

There are options out there that can make college more affordable. With research, planning and paperwork, students can realize their dreams of earning a degree that is personally fulfilling and will help lead them to a promising career.

Candi Sparks is the author of the "Can I Have Some Money?" book series and is on Facebook and Twitter. She is the mother of two and currently resides in Brooklyn.



Graduating up to sleep-away camp

BY LAURIE ROBERTS KAROL

Your child has gone to day camp, and now he wants to try sleep-away camp. How do you decide if he is ready? And how do you choose which type of camp will be right for him?

You may turn to the Yellow Pages, the Internet, friends, or to relatives. And they all may have different suggestions — "Go for single sex," "You really want co-ed," "All sports, he'll love it," "You need a well-rounded camp."

The most important part of choosing a camp is assessing your child's interests, strengths and personality in order to find the best program, in the best location, for the appropriate length of time to suit your child's — and your family's — needs. It can be overwhelming and daunting to cull from the many options that are available to children during the summer.

If possible, visit the camps. Each camp has its own strengths and philosophies, so by spending time at a camp, you can get a sense of how your child would fare in that environment. Plus, this gives you an opportunity to meet directors and head counselors. You'll also get the opportunity to compare and contrast the many aspects of camping.

Spending time at each camp will also help your child. Many younger children hear about sleep-away camp from babysitters, children at school, or older kids. If there is no one in your family who has gone to camp, the thought of sleep-away camp might conjure up all sorts of images in your child's mind. Even if he is resistant to the idea of sleeping away during the summer, visiting a

camp now may eliminate the fear of the unknown and spark enthusiasm. Many camps may even allow the him to stay overnight, or even attend camp for several days.

Camps and summer programs range from traditional to travel, academic to special needs, sports to fine arts and religious — not to mention co-ed, single sex, half-summer only, full-summer only, flexible weeks — the list is endless.

Here are some options:

Traditional camps

These camps offer a tremendous variety of activities and special events, from color war to intercamp tournaments to barbecues. Typically, traditions, songs and activities are passed down through the generations of campers. These camps are generally located in rural settings and provide a range of living conditions and facilities.

Specialty camps

Whether it's sports, fine and performing arts, outdoor wilderness, academic, or travel camps, these specialty camps provide campers with a single focus to help them develop skills. Campers benefit from small groups and intensive instruction in their area of focus.

Special-needs camps

Children with special needs gain a sense of independence in a secure environment at these overnight camps. The owners, directors and staff at special needs camps are well equipped to understand and manage problems that may arise. Their low staff-to-camper ratio and nurturing environment provide these children with an experience they won't soon forget.

Teen tours

For adolescents entering sixth grade and older, teen tours provide lifetime experiences that help them build confidence, gain independence and hone their social skills. Tours can last from two to six weeks and range from U.S. trips to trips in Canada, Alaska, Europe, Australia and beyond. Shorter regional trips are available to younger teens, while older teens can explore places and cultures around the world.

Pre-college study

High school students who are looking to prepare for college or careers have tremendous options today. There are many programs available on college campuses both in the United States and abroad. Students can take courses that interest them — sometimes for college credit — and preview what life is like as a college student.

Language immersion

Whether it's living with a family in a home stay, taking intensive language classes, or traveling in a foreign country, many opportunities exist to learn a new language or improve upon a language of study.

Community service

From Tanzania to New Orleans, service options exist domestically and in many areas around the world. A teen can participate in a construction project, help children in an orphanage, work with senior citizens, assist in an animal shelter, teach, or work on environmental projects.

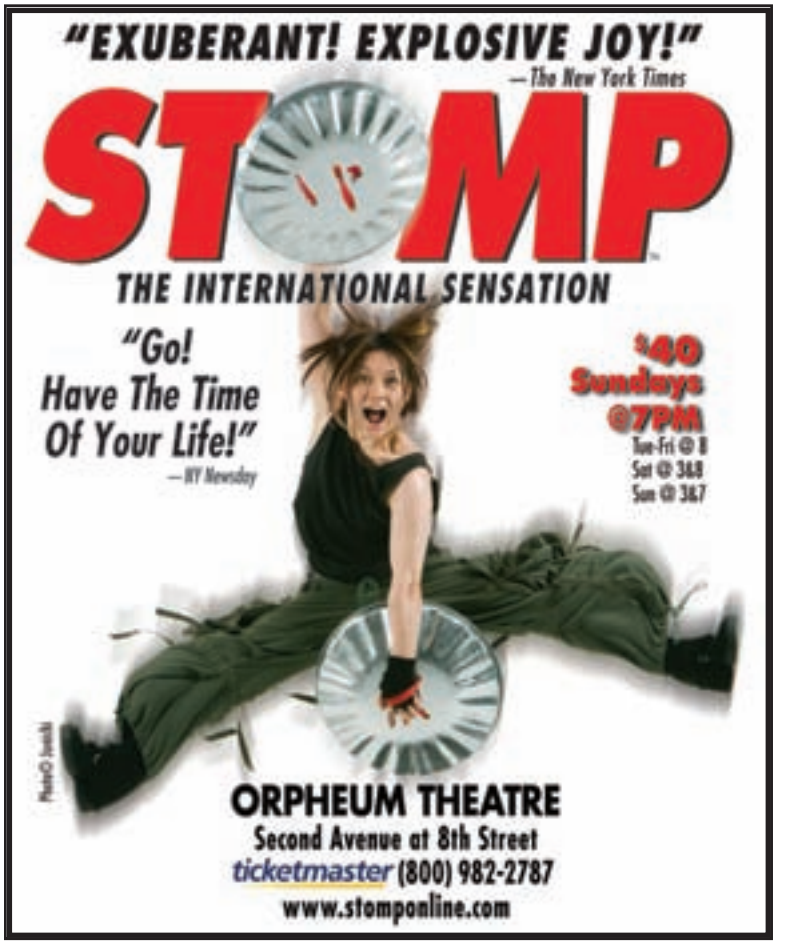
Internships

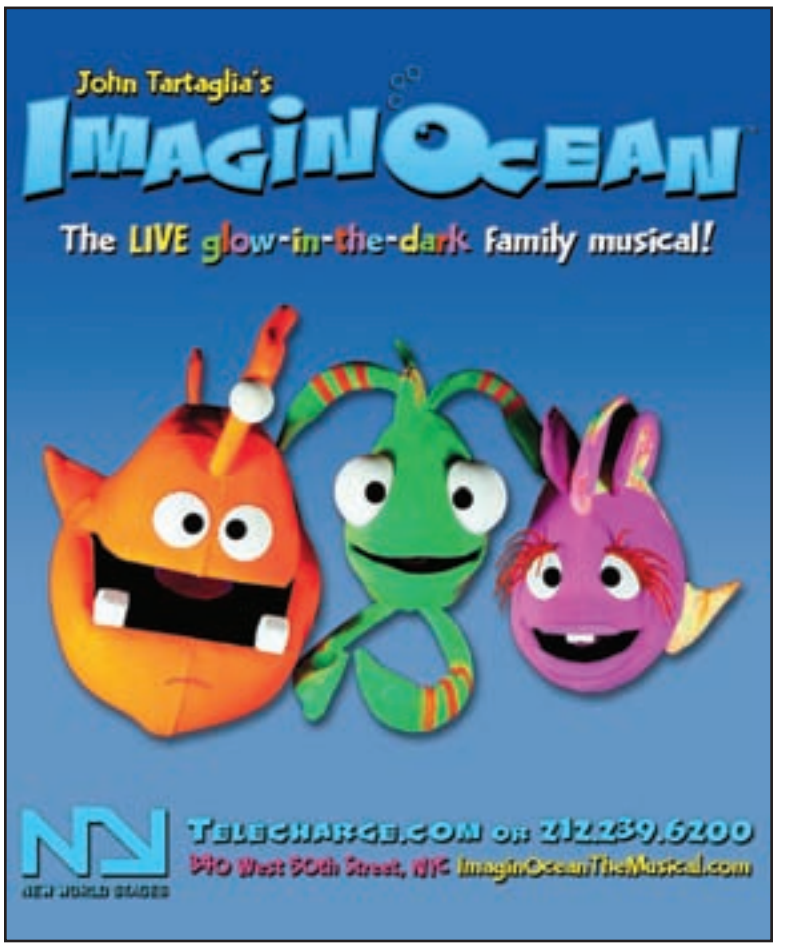
Teens can live in a city of their choice and get real hands-on work experience in a field of interest. Internships are available in many fields including fashion, advertising, law, medicine, and real estate. By working in the corporate world, teens can gain independence, self-knowledge, and experiences to help shape their search for college and for life beyond.

• • •

While the task may be daunting, being an educated parent will make the decision-making process much easier. Being able to compare and contrast the many programs will help narrow down the choices. When the suitable camp or program is selected, it will provide growth in your child through the acquisition of new skills, new relationships, and, most importantly, cherished memories.

Laurie Roberts Karol is a former camp director and is currently a professional camp consultant with The Camp Experts and Teen Summers, a free advisory service that guides families through the decision-making process and assists in planning summer camp visitations. For more information, visit www.campexperts.com. Contact Laurie at (516) 780-6464, (718) 766-8005, or laurie@campexperts.com.





The perfect camp

10 questions to ask when researching a summer camp

You are beginning to search for a summer camp for your child, but with all of the options, how do you choose? The good news: there is a camp for every child with any interest. But as a parent, you want to make sure you are choosing the right camp program for your child. Where do you start?

The American Camp Association, New York and New Jersey, recommends that families talk to the camp director and ask the following 10 questions before choosing a summer camp:

What is your camp's philosophy and program emphasis? Can the director easily explain the program's mission statement and goals? Ask the director about the type of child that is a successful participant in her program. Each camp is unique, and provides unique programming and approaches. Families need to consider carefully whether or not the camp's philosophy matches their own. Asking questions about learning approaches, how behavioral and disciplinary problems are handled, and how adjustment issues are addressed will give families a better understanding of the camp's position. Don't be afraid to ask about policies regarding discipline and communication. The more open families are with camp directors, the better informed they will be when it comes to making a decision.

What is your camp's program? Consider what activities are must-haves for your child. Then ask the director how many electives the children get and what kind of help they receive in choosing them. How long is each activity?

What type of training and education do you and your staff have? The American Camp Association recommends directors possess a bachelor's degree, have completed in-service training within the past three years, and have at least 16 weeks of camp administrative experience before assuming the responsibilities of director. At a minimum, camp staff should be trained in safety regulations, emergency procedures and communication, behavior management techniques, child abuse prevention, appropriate staff and camper behavior, and specific procedures for supervision. Families should ask about camper-to-staff ratios, and supervision in cabins and for various activities, like swimming and athletics.

Enrollment options: What is the length of the program offered? Is there flexibility? What is the length of the day? Is transportation available?

What is the staff composition? Who is caring for your child? Ask about age, experience, pre-season and on-going staff training, child abuse training, background checks, the interview process, and camper-staff ratios.

What are the safety procedures? Ask about the safety measures that are in place for things like medical personnel on property, emergency plans (i.e. evacuation, inclement weather), staff screening procedures, and instructor qualifications.

Is your camp accredited? Find out if the program follows a nationally-known accreditation process. Ask for those standards to be outlined. Find out if the camp program is inspected each summer by the Department of Health. Understand what it means to be accredited by the American Camp Association. The Association is the only national organization that establishes uniform standards for reviewing camps, so ask if this program has chosen to participate.

Sensitivity to camper needs: Ask how the camp handles special considerations for your child such as food allergies, religious obligations, Attention Deficit Disorder, vegetarian food options, etc.

What are the policies on parent-camper communication while in camp? For resident camp, can you send and receive e-mails from your child? Can you call and talk to the child during his time at camp?

Ask for references from the camp Parents shouldn't be afraid to ask for references. This is generally one of the best ways to check a camp's reputation and service record. Ask other parents about the experiences of their children at the camp. Find out if the children seemed comfortable in talking about their experiences with staff and campers. Ask if they are going back the next summer. Ask if the parent was pleased with the communication received from the camp. Ask these parents for the names of other parents and children who have attended the camp.

. . .

Whatever your child's interests may be, and whatever standards you may have, there is a summer camp out there for your family. It just takes a bit of research.

The American Camp Association has been serving the camp community and families for 100 years. To find the right camp for your child, visit www.campwizard.org, or call (800) 777-CAMP for free, one-on-one advice in finding a summer camp. American Camp Association-accreditation is a parent's best evidence of a camp's commitment to health and safety, and ensures that children are provided with a diversity of educational and developmentally-challenging learning opportunities.

Summer Programs

DIRECTORY

Bronx House School for Performing Arts

Musical Theater Summer Program
990 Pelham Parkway South
718-792-1800 ext. 235
www.bronxhouse.org

This new program is for kids who love to sing, dance, or perform! Included are 4 hours a day of instruction in singing, dancing and acting, and classes in theater games and improv.

Instructors are trained professionals who are also accomplished educators. Two three-week sessions culminate in musical theater productions for family and friends. Also included is a trip to a Broadway or off-Broadway production and swim in the indoor pool.

The program is open to any child with an interest in the performing arts who is entering 3rd to 8th grade in September 2011.

All skill levels are welcome, no previous experience is necessary, however a passion for the arts is required. Parents must provide daily lunch.

YMCA of Greater New York Day Camps

Catalpa Center YMCA 69-02 64th Street, Ridgewood; 718-821-6271 or www.ymcanyc.org/catalpa

Cross Island YMCA 238-10 Hillside Avenue, Bellerose; 718-479-0505 or www.ymcanyc.org/cross

Flushing YMCA 138-46 Northern Boulevard., Flushing; 718-961-6880 or www.ymcanyc.org/flushing

Jamaica YMCA 89-25 Parsons Boulevard, Jamaica; 718-739-6600 or www.ymcanyc.org/jamaica

Long Island City YMCA 32-23 Queens Boulevard., LIC; 718-392-7932 or www.ymcanyc.org/lic

214-13 35th Avenue in Bayside 718-229-5972, Beacon Center at JHS 189

154-60 17th Avenue, Whitestone 718-961-6014; Beacon Center at JHS 194

144-80 Barclay Avenue, Flushing 718-747-1364; Beacon Center @ MS210

93-11 101st Avenue, Ozone Park 718-659-7710

YMCA of Greater New York Day Camps provides youth with supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while making new friends, building self-confidence, appreciating teamwork and growing in self-reliance.

Their program includes playing games, arts & crafts, exploring science and technology, swimming, field trips, appreciating nature and values of many cultures.

All camps are accredited by the American Camping Association. Registration for Summer 2011 will be beginning soon. Please contact your nearest YMCA of Greater New York Day Camp for more information.

Young People's Day Camp

914-792-6555 or 800-DAYCAMP; www.ypdc.com

Young People's Day Camp has been "creating childhood memories" for boys and girls ages 5-14, since 1973.

Accredited by the American Camping Association, YPDC offers free transportation, swimming instruction, sports, activities, arts & crafts, miniature golf, music, drama, dance and weekly field trips. Parents can choose from two-eight week sessions at a most affordable fee.

Ask about our next open house.

Find **Family** online at
www.webfamilyny.com

Looking at eyes

How vision problems can create trouble in school

BY ILANA GELFOND-POLNARIEV, OD, FCOVD

If a child appears to be struggling in school or performing below his ability, a vision problem could be the cause.

Vision problems that interfere with a person's ability to learn — learning-related vision problems — may lead to poor school performance and other issues that can ultimately affect the child's quality of life. Early eye exams are critical for children in order to prevent a misdiagnosis.

The American Optometric Association recommends a child have a comprehensive vision exam by 6 months of age, followed by one at 3 years of age, at 5, and every year that the child is enrolled in school thereafter. An eye exam that tests distance vision is NOT an adequate evaluation of a child's visual development. A child should have a thorough evaluation by a developmental optometrist, which is an optometrist who specializes in dealing specifically with testing for the visual skills critical to reading and learning, and with diagnosing and treating learning-related vision problems.

A child's comprehensive eye examination should include age-appropriate testing of the following visual skills:

- Acuity-distance: visual acuity (sharpness, clearness) at a distance of 20 feet.
- Acuity-near: visual acuity for short distance (specifically, reading distance).
- Focusing skills: the ability of the eyes to change focus and maintain clear vision at varying distances.
- Eye tracking and fixation skills: the ability of the eyes to look at and accurately follow an object; this includes the ability to move the eyes across a sheet of paper while reading.
- Convergence and eye teaming skills: the ability of the eyes to aim, move and work as a coordinated team.
- Binocular fusion: the ability to use both eyes together at the same time.
- Stereopsis: binocular depth perception (three-dimensional vision).
- Color vision: the ability to differentiate colors.

At the completion of a thorough evaluation, a combination of glasses, vision therapy, and/or other multisensory intervention (occupational therapy, physical therapy, speech therapy, etc.) may be recommended for the child.

What is vision therapy?

Vision therapy addresses the problems listed above that the child may be having and which are interfering with his learning process.

Optometric vision therapy is an individualized treatment program prescribed for a patient in order to:

- Provide medically necessary treatment for a diagnosed visual dysfunction;
- Prevent the development of visual problems; or
- Enhance visual performance to meet the defined needs of the patient.

Optometric vision therapy is an appropriate treatment for visual conditions including an eye turn, a lazy eye, focusing problems, eye-teaming problems, tracking and scanning problems, and visual perceptual disorders.

The systematic use of lenses, prisms, filters, occlusion and other appropriate materials, modalities, equipment and procedures is integral to optometric vision therapy. The goals of the optometric therapy are to alleviate the signs and symptoms, achieve desired visual outcomes, meet the patient's needs and improve the patient's quality of life, as defined by the American Optometric Association.

Early diagnosis of a child's learning-related vision problem can make all the difference in improving that

Symptons of possible vision problems

The College of Optometrists in Vision Development designed the following chart for parents and teachers:

SYMPTOMS	POSSIBLE VISION PROBLEM
• Complains of blurred vision • Rubs eyes frequently • Squints	**Nearsightedness, farsightedness, or astigmatism** (inability to see clearly in the distance or up close)
• Closes or covers one eye • Occasionally sees double • Able to read for only a short time • Poor reading comprehension	**Eye coordination problems** (inability to coordinate the eyes together effectively)
• Holds things very close • Complains of blurred vision • Poor reading comprehension • Says eyes are tired • Able to read for only a short time • Has headaches when reading	**Eye focusing problems** (inability to easily refocus eyes or maintain clear focus)
• Moves head excessively when reading • Frequently loses place and/or skips lines when reading • Uses finger to keep place • Poor reading comprehension • Short attention span	**Eye tracking problems** (inadequate ability to smoothly and accurately move the eyes from one point to another)
• Mistakes words with similar beginnings • Difficulty recognizing letters, words, or simple shapes and forms • Can't distinguish the main idea from insignificant details • Trouble learning basic math concepts of size, magnitude, and position	**Faulty visual form perception** (inability to discriminate differences in size, shape, or form)
• Trouble visualizing what is read • Poor reading comprehension • Poor speller • Trouble with mathematical concepts • Poor recall of visually presented material	**Faulty visual memory** (inability to remember and understand what is seen)
• Sloppy handwriting and drawing • Can't stay on lines • Poor copying skills • Can respond orally but not in writing	**Faulty visual motor integration** (inability to process and reproduce visual images by writing or drawing)
• Trouble learning right and left • Reverses letters and words • Trouble writing and remembering letters and numbers	**Difficulty with laterality and directionality** (poor development of left/right awareness)

child's quality of life.

Dr. Ilana Gelfond-Polnariev is board-certified in vision development and vision therapy. She is currently a New York State coordinator for the College of Optometrists in Visual Development and specializes in pediatric vision, vision therapy, and head trauma rehabilitation for children and adults. A 2002 graduate of Pennsylvania College of Optometry, she completed a residency in rehabilitative vision therapy at the State University of New York College of Optometry. She is a recipient of the honorary award for extensive knowledge in behavioral vision therapy, and has published and lectured on children's vision.

For more information, and to find an optometrist in your area, visit www.covd.org.

Dr. Ilana Gelfond-Polnariev [Allied Health Staff at Staten Island University Hospital, 50 Cooper Ave., Staten Island, (718) 979-2020]. For more information, visit www.eyesoncooper.com.

FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
New York Methodist Hospital

Easing anxiety at the doctor's office

My 5-year old son gets very anxious during visits to the doctor, and he has a hard time sitting still while he's being examined. What can I do to calm him down?

Many children are fearful of a trip to the doctor's or dentist's office. A frightened, squirming child can make the visit uncomfortable for both the parent and the doctor. If your son is too frightened to follow the physician's orders, it might even affect the quality of care that he receives.

There are a couple of simple things that you can do, both before and during a doctor's visit, to allay a child's anxiety. Prior to the visit, it helps to regularly engage your child in a role-playing game during which one of you pretends to be the doctor, while the other is the patient. This will familiarize the child with the process, which in turn helps him to become more comfortable with seeing an actual doctor.

A few days before the appointment, simply tell your son that you'll be visiting a doctor who can help him stay healthy, and that you'll be there with him during the visit.

When the day of the visit approaches, try not to discuss it too much with your son. If you constantly mention that he'll be going to the doctor, it may increase his anxiety.

On the day of the visit, make a point of bringing your son's favorite stuffed animal, blanket, or book to distract him while he's in the waiting room. A favorite snack, like pretzels or crackers, can also keep him occupied. If he begins to grow anxious, offer some type of reward, even if it's buying a small toy from the drug store on the way home. This can be a good incentive for him to relax.

Above all, no matter how frightened your son becomes, attempt to stay calm. Children can easily read and pick up on other people's emotions, so if you remain composed, your son is less likely to panic.

If you've tried all of these strategies, but your son is still upset, talk to your doctor about arranging a brief visit at when he can just come into the office and sit in the medical chair without being examined. If possible, let him wear the stethoscope or play with the tongue depressors, and introduce him to the nurses.

Spending time at the medical office will make it seem less scary and foreign, so he'll be more relaxed when he comes in for an actual appointment.

The World of Pediatrics

Therapeutic Imprints

1120 Morris Park, Suite # 2B
Bronx, NY 10461
718-409-6977

Therapeutic Imprints is a pediatric therapy clinic that has been providing services to children in the Bronx and in Manhattan for over ten years. Therapeutic Imprints is an approved early intervention service provider which is regulated by the NYSDOF and by the City of New York DOH. They provide occupational therapy, physical therapy, speech therapy, special education and social work services to children and families. Services are provided in both English and Spanish. The goal of the Therapeutic Imprints is not only to provide children with experiences that promote adequate developmental skills, but also to enhance the parents of these children with the knowledge and skills to empower themselves as facilitators for the children in need. Therapeutic Imprints was founded by Irma J. Pereira, an occupational therapist who believes strongly that families are the primary members of their child's team.

Smile Savers Pediatric Dentistry

2100 Bartow Ave., Suite 246, Co-Op City, Bronx
718-708-6755 or www.smilesaverspedo.com

Wants to remind you February is Children's Dental Health Month! Call them for special offers!

At Smile Savers, they offer a state-of-the-art dental office in Co-Op City; fluoride monitoring, home care instruction, orthodontics, dental sealants, sports mouth guards, invisalign, digital radiography are just some of the services they offer.

Smile Savers is easily accessible by public transportation. Emergencies are welcome. Call them today for all of your child's dental needs.

Health Plus

• 836 Union Street • 1(888) 809-8009 1(866) 509-7999 or www.healthplus-ny.org

Since 1984, Health Plus, one of the largest HMOs in the New York area, has worked to ensure that every child and adult in the five boroughs and Nassau County has access to free or low cost healthcare. Today, the not-for-profit organization is the plan of choice for over 300,000 New Yorkers -- proof that it is well on its way to seeing its mission fulfilled.

Health Plus offers four quality comprehensive plans: Child Health Plus, for children and teens under age of 19; Family Health Plus, affordable health insurance for qualified adults, ages 19-64; Health Care Plus, Medicaid managed care, and Health Plus Elite (HMO), Medicare Advantage Prescription Drug & Special Needs plans.

To learn more about Health Plus, visit www.healthplus-ny.org or call 1-888-809-8009 or 1-866-509-7999 for Health Plus Elite (HMO). TTY/TDD: 1-800-662-1220 for the hearing impaired.

There's nothing more important than our children's health.

NEW YORK STATE-SPONSORED FREE OR LOW COST HEALTHCARE

Your child may be eligible regardless of immigration status.

Health Plus

Your community's guardian angel since 1984.

CALL 1-888-809-8009

TTY/TDD: 1-800-662-1229

VISIT WWW.HEALTHPLUS-NY.ORG

Child Health Plus
New York State's Health Plan for Kids
CHILDREN UNDER AGE 19

OVER 25 YEARS OF CARING FOR NEW YORKERS' MOST PRECIOUS POSSESSION – THEIR HEALTH.
1984-2010

GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Constipation happens

Keep it from being chronic with these easy diet tips

The Brooklyn woman's voice over the phone was urgent, "My 4-year-old grandson tends to get constipated. What can I do to help?"

Constipation afflicts up to 30 percent of children. It tends to run in families, leading some researchers to look at genetics, or simply a poor diet in common. In addition, picky eaters who thumb their noses at fiber-rich fruits, vegetables and whole grains may become constipated.

It's not uncommon for those who eat few high-fiber foods to also be excessive milk drinkers. Little ones who fill up and obtain a majority of their calories from milk may eat very little actual food, leading to the problem.

Constipation may also result from an undiagnosed condition.

"Celiac disease, sometimes labeled gluten intolerance, has about 300 associated symptoms, one being constipation," says Chicago pediatric feeding specialist Lara Field, MS, RD, who blogs at feedkids.com.

She says it's vital for proper testing purposes to determine if this diagnosis can be made prior to initiating a gluten-free diet.

When constipation is common

There are three periods in a child's life when you should look out

for this, according to Field, who is a mother with a toddler and an infant.

• Transition to milk-containing formula and foods. Babies with a milk protein allergy/intolerance can become constipated at any time during infancy (birth-12 months). Removal of the milk protein will resolve these symptoms.

• Transition to table foods. At 12-15 months, when toddlers transition from primarily drinking for nutrition to eating, they may not be getting enough fiber due to picky eating.

• Transition to potty training. From ages 2-4, many kids withhold their stool due to fear of potty training. Parents must stay vigilant. If this habit continues, it could cause future problems, such as stool impaction.

Dietary advice for all

Whether or not constipation is a problem, children should consume at least three to five servings of fruits and vegetables every day — and as many whole grain foods as possible.

Serve whole fruit rather than juice. Fruit can be fresh, frozen or canned. Those especially high in fiber are raspberries, blueberries, blackberries and strawberries. Buy frozen — they are easy to keep on hand for smoothies, stirred into yogurt, or as toppings for hot cereal, pancakes or waffles. Pears are also fiber rich.

Abandon refined starches, such as Goldfish, pretzels and crackers that are made primarily from white or wheat flour, Field recommends. Look for whole grain choices instead. She says children can be taught to enjoy whole grains. Choose brown rice (there are several brands you can cook in 90 seconds), whole grain pasta and whole grain cereals.

Beans are great finger foods for tots and are wonderful choices to toss into pasta and soup.

Serve veggies and dip, such as hummus, as a snack or part of a meal.

If your child does become "stuck," here are a few suggestions:

• Serve two ounces of fruit nectars — such as pear or apricot — or prune juice two to three times per day.

• Offer your child a probiotic-rich yogurt, such as Activia.

• Limit cheese, as it can be constipating for some.

As to the worried grandmother? I reassured her that her grandson's problem was not uncommon and suggested she seek out a registered dietitian to review his diet.

Christine M. Palumbo is an award-winning registered dietitian in suburban Chicago, IL. Find her on Facebook www.facebook.com/ChristinePalumbo-Nutrition or (630) 369-8495.

Soup-er Easy Black Bean and Corn Soup

FLAVOR-BOOSTING TIP: Serve it with hot pepper sauce, and stir in chopped fresh cilantro and thinly-sliced scallions at the table.

Prep and cook time: 10 minutes

INGREDIENTS

- 3 cans (15 oz. each) black beans (reduced salt, if possible)
- 1 cup chunky salsa or any variety
- 1 cup water
- 1/2 tsp. ground cumin, or more to taste
- 1 can (14 oz.) corn kernels, with their liquid
- 1 cup nonfat Greek yogurt or sour cream for serving (optional)

INSTRUCTIONS: In a medium stockpot over medium heat, combine the beans, salsa, water and cumin and bring it to a boil. While it is heating, use a hand-held immersion blender to puree about half the mixture, so it is still chunky. Add the corn and its liquid, and continue to heat it for about five minutes, stirring occasionally. (For a smoother soup, add the corn before pureeing the soup.)

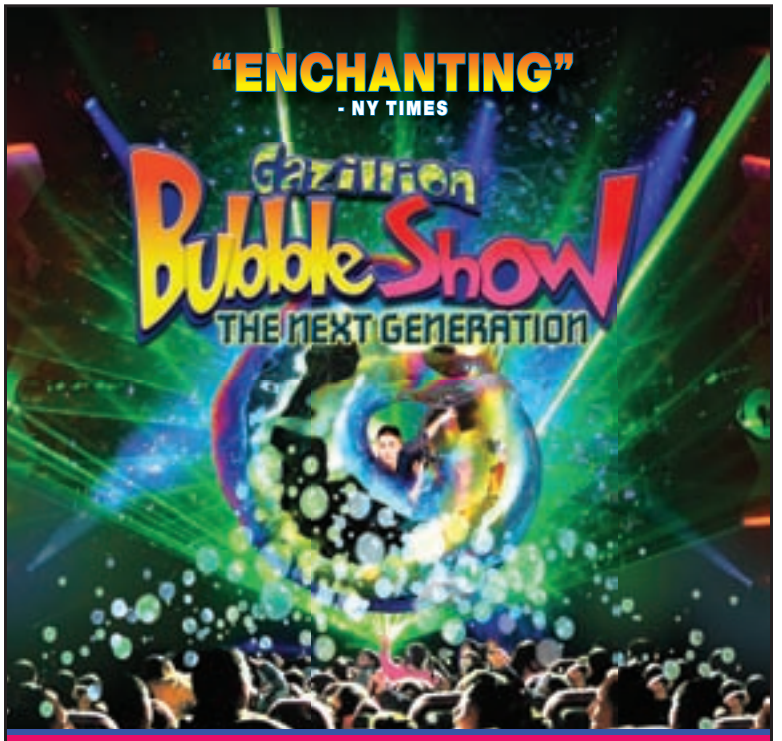
Serve the soup with a dollop of Greek yogurt or sour cream, if desired. Alternatively, you can refrigerate the soup for up to three days, or freeze it for up to three months.

Note: The canned beans and salsa make this dish higher in sodium than most "Scramble" meals. Occasionally eating meals that are high in sodium isn't a problem for most people, but if you are concerned, you can either use low-sodium canned products instead, or, to counteract the sodium, drink lots of water with lemon and/or eat bananas, as potassium balances out sodium in our systems.

Makes six servings.

NUTRITION FACTS: per serving (% based upon daily values): Calories 280, Total Fat 2.5g, 4%, Saturated Fat 0g, 0%, Cholesterol 5mg, 2%, Sodium 1170mg, 49%, Total Carbohydrate 50g, 17%, Dietary Fiber 12g, 48%, Sugar 8g, Protein 13g

From "SOS! The Six O'Clock Scramble to the Rescue," by Aviva Goldfarb. Copyright © 2010 by the author and reprinted by permission of St. Martin's Griffin.



Wed at 11 & 2, Fri at 7, Sat at 11, 2 & 4:30, Sun at 12 & 3.

For groups & birthday parties visit our website or call 1-866-6-GAZTIX

GazillionBubbleShow.com

TELECHARGE.COM or 212.239.6200

NEW WORLD STAGES 340 WEST 50th ST.

Looking for fun with the kids?

WIN TICKETS

For you & your family (4) to local family friendly shows

Visit our website www.webfamilyny.com and register to win

Become a fan of

BRONX/RIVERDALE Family

on

facebook

Facebook Search: Bronx/Riverdale Family

Attention All Writers!

We're looking for personal essays

about you, your family and life in your community.

Partner with us and share your stories and your memories.

Email **family@cnglocal.com** to have your piece included in our magazine and on our website.

GROWING UP ONLINE

CAROLYN JABS

Get smart about the risks of Smartphones

Kids want smartphones, but, like other technologies, there are risks that go along with the rewards. Here's some you should know about:

• **Radiation:** All cellphones emit radio waves, and for years, some people have worried their use may be associated with brain tumors. A National Institutes of Health fact sheet — which summarizes recent research — concludes that the largest study done to date found that "overall, cellphone users have no increased risk for two of the most common types of brain tumor." (The complete fact sheet is available at http://www.cancer.gov/cancertopics/factsheet/Risk/cellphones.)

On a more cautionary note, at National Toxicology Program seminar last fall, experts warned that there aren't yet studies about how cellphone use might impact young brains over time. To be on the safe side, try to limit the amount of time kids spend with phones pressed against their heads. If your child's social life depends upon a lot of cellphone talking, consider getting a headset. Using the device for texting, gaming or other purposes, is less likely to expose children to risk.

• **Hearing loss:** Many smartphones have headphones and music players, and here the evidence is clear: listening to loud music through headphones can cause hearing loss. A study done by researchers at Harvard University found that one in five teens already can't hear whispering.

Getting teens to take this problem seriously isn't easy: if they can hear you when you tell them to turn the volume down, they may actually crank it up.

Once you've gotten your child's attention, put an indelible mark on the cellphone to show when the volume is turned halfway up. If your child sets the device higher, enforce time limits. Offer noise-canceling headphones, because if there's less interference from background sound, your child won't need as much volume.

If you or your child uses Apple devices, check its website for free downloads that will automatically limit volume.

• **Distracted Driving:** The many capabilities of smartphones make it more likely that teens will use them while driving. Even if you can convince your child that it's dumb to text and drive, you may find it harder to make the case against finding a musical selection or GPS directions. Inexperienced drivers need to give their full attention to driving, so all these activities put them at risk. Talking about the risks of distracted driving should be your first step.

If your teen isn't getting the message, you can get applications like Zoomsafer (www.zoomsafer) which blocks signals to a phone in a moving vehicle.

Parents should also help kids think through what they will do if another driver is texting while they are in the car., like offering to text on the driver's behalf. Giving the phone to a passenger is a perfectly reasonable strategy when your child is driving.

• **GPS location:** Cellphones sold in North America have GPS tracking capability so 911 operators can locate users in an emergency. This technology can also be used by parents — and predators. All of the major carriers allow parents to add a service that will provide location alerts and, for that matter, allow you to track your child's movements on a map.

Parents need to think carefully about whether these services support or undermine their efforts to build trust and encourage responsible decision-making.

• • •

Of course, having a smartphone also puts the Internet in your child's pocket, so before you hand one over, you'll want to be confident that he understands how to be safe and responsible in a variety of online environments.

If your child's online skills are still emerging, you may want to invest in nothing more than a simple cellphone that makes emergency calls. Or, consider a monitoring program like CellSafety (www.websafety.com) or Phone Advocate (www.phoneadvocate.com). Both will alert parents if kids stray into forbidden territory, such as sexting or cellphone cheating.

Most of all, remember that, despite their names, smartphones aren't smart. Like other tools, their value always depends upon whether they are used in smart ways by smart people.

Carolyn Jabs, M.A., has been writing about families and the Internet for over 15 years. She is the mother of three computer-savvy kids. Other Growing Up Online columns appear on her website, www.growing-up-online.com.

@ Copyright, 2011, Carolyn Jabs. All rights reserved.

Bonding with teens

How to connect even when they're pulling away

BY MICHELE RANARD, M.ED.

Have you noticed it's tough getting penciled into a teen's social calendar, because it's often triple-booked? If there is an adolescent living under your roof, then you know it takes a little effort to not drift apart.

Meg, a good friend of mine, is learning to snowboard just to find common ground with her rad kids — which not only affects her vacation choices, but keeps her body in shape! Another friend inspired me when she recently said, "I'm not that interested in golf, but my teen is, so I'm taking lessons, so we'll be able to share it even when I'm old."

Come Together

It's as important as ever to make efforts to connect. Sometimes I feel all I do is service my teens and watch them disappear with the contents of my wallet! In their defenses, they feel I frequently use my time with them primarily to lecture. So here are 10 tips for parents to create more positive connections with teens:

1 **Invite them to bake:** Trying a new recipe can be a riot even if your lack of culinary skills is legendary. Think of the drama and the memories! My kids help to bake yeast breads or bagels, and because of the rising time, it means they linger longer than if we were simply throwing in a pizza. It is difficult to feel moody when the whole house smells like heaven.

2 **Reminisce:** Whether they roll their eyes or not, teens love to hear about precious, naughty, or funny things they did as children. Keep telling the old stories and laugh at yourself when they bring up the moments that were maybe not your finest.

3 **Follow a sports team together:** Try to have everyone home for the big game or match on TV and, if possible, see your team in person.

4 **Shop online:** It will be impossible for you not to learn a ton about your child as you both surf his favorite stores' websites and hunt for sales. Ask about bands and/or causes he would like to support (teens are huge supporters of nonprofits that sell merchandise to fund a cause).

5 **In a word, bacon:** Truly. My sons come running at the smell of bacon. I'm not clogging their arteries every day, and I don't just serve it for breakfast. Teens show up for pork fat. They just do. So share some.

6 **Submit to YouTube:** Your teens are dying to introduce you to hilarious videos that only kids their age can discover. Laughing together is sweet relief from all the inescapable daily nagging.

7 **Welcome their buds:** This is one of the best ways to see more of your kids. Frequently, the presence of their friends can loosen them up and better facilitate certain discussions than if you were alone, so take advantage.

8 **Hit the road:** Sometimes to reconnect, you've got to put miles between your family and the daily grind. Even if it is a day trip, make the commute special and set ground rules they'll love, i.e. no lectures, arguing, or discussing sore subjects like grades and school work.

9 **Create moments:** Don't wait for a birthday — light candles and play weird music on a Wednesday when it's just spaghetti on the menu. Bake something decadent on a random night, plating it creatively like a restaurant. Surprise them with bowling on a weeknight. Take them for a one-on-one lunch at their favorite restaurant.

10 **Write a love note:** Ever feel tenderness springing up, but they're not home to absorb it? Write it down. Express gratitude for them and leave the note on their pillow. Even if they don't mention it, it matters.

Michele Ranard has a husband, two teens, and a Master's in counseling.

Going Places

LONG-RUNNING

Story time: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; Tuesday, March 1, 11 am; Friday, March 4, 11 am; Tuesday, March 8, 11 am; Friday, March 11, 11 am; Tuesday, March 15, 11 am; Friday, March 18, 11 am; Tuesday, March 22, 11 am; Friday, March 25, 11 am; Tuesday, March 29, 11 am; Free.

Pre-schoolers three to five enjoy new and classic picture books.

Read-aloud: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; Tuesday, March 1, 3:30 pm; Monday, March 7, 3:30 pm; Wednesday, March 9, 3:30 pm; Monday, March 14, 3:30 pm; Wednesday, March 16, 3:30 pm; Monday, March 21, 3:30 pm; Wednesday, March 23, 3:30 pm; Monday, March 28, 3:30 pm; Wednesday, March 30, 3:30 pm; Free.

Children of all ages read classic picture books.

"Dora and Diego's 4-D Adventure": Bronx Zoo, Bronx River Parkway at Exit 6; (718) 220-5103; www.bronxzoo.com; Daily, 10:30 am–4:30 pm, beginning Sun, March 6; $5 with zoo admission.

Dora and Diego need your help to protect the animals in the rain forest. Children of all ages enjoy this 4-D multi-sensory journey (8 to 10 minutes long).

SUN, FEB. 27

Tango Buenos Aires: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; $35, $30, $25 (children 12 and under $10 any seat).

Experience the passion of dance.

TUES, MARCH 1

"The African Drum": The National Black Theater, 2031-33 Fifth Ave. between 125th and 126th streets; (212) 724-0677; www.shadowboxtheatre.org; 10 and 11:30 am; $15 ($20 at the door).

African American folk tales.

Game day: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; 4 pm; Free.

Meet Dora in 4-D!

Dora is happening at the zoo!

Dora, Diego and Boots need your help protecting the animals of the rainforest from Swiper's out-of-control Robot Butterfly. "Dora and Diego's 4-D Adventure" is a multi-sensory production that combines a high-definition 3-D film with special indoor effects like wind, mist, dramatic lighting and scents. The 10-minute show runs daily from 10:30 am to 4:30 pm, taking children on a fantastic journey through high-speed, eye-popping chases from the tropical rainforest to the icy arctic — without ever leaving the Bronx.

Tickets are $5 plus zoo admission.

Bronx Zoo [Bronx River Parkway at Exit 6; (718) 220-5103]. Now through July 1. For additional information visit www.bronxzoo.com.

Children 12 and up show off their skills and challenge their friends.

WED, MARCH 2

"The African Drum": 10 and 11:30 am. The National Black Theater. See Saturday, Feb. 26.

Film day: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Children view a feature title each week.

THURS, MARCH 3

"The African Drum": 10 and 11:30 am. The National Black Theater. See Saturday, Feb. 26.

"All Dressed in White: The Irresistible Rise of the American Wedding": Bartow Pell Mansion, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 7 pm; $7 (members free).

Meet author Carol Wallace.

FRI, MARCH 4

"The African Drum": 10 and 11:30 am. The National Black Theater. See Saturday, Feb. 26.

SAT, MARCH 5

Family art project, Creature Comforts of Home: Wave Hill, West 249th St. and Independence Ave. $718) 549-3200 X395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Fashion a clay critter using natural materials.

Dr. Seuss's birthday: Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; www.barnesandnoble.com; 11 am; Free.

Celebrate the "Eye Guy" with "The Cat in the Hat," and "Green Eggs and Ham" plus fun activities.

"Mi bebe es un heroe": Repertorio Espanol, 138 E. 27th St. (212) 225-9920; www.repertorio.org; Noon; $12.

Bilingual puppet show that teaches the importance of love and family values. For children two and up.

College seminar: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; 1 pm; Free.

Children 12 to 18 learn the ins and outs of applying to schools and finding the cash to pay for it.

"Migration Station": Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 2 pm; Free.

Musical uses songs, movement and games to teach children four to 8 the importance of wetlands and the environment.

"The African Drum": 2 pm. The National Black Theater. See Saturday, Feb. 26.

SUN, MARCH 6

Family art project, Creature Comforts of Home: 10 am–1 pm. Wave Hill. See Saturday, March 5.

Winter survival workshop: Cro-

Submit a listing

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

All your have to do is send your listing request to calendar@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!

Going Places

tona Nature Center (CNC), Crotona Park, enter at Charlotte Street & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

If you were lost out in the wilderness would you know what to do? Park Rangers teach a crash course and provide tips on how to get by in the cold.

Open studio: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 1–4 pm; Free with admission to the grounds.

Join artist Max Liboiron in creating works from recycled objects.

Savion Glover: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; $35, $30, $25 (children 12 and under $10 any seat).

The master of tap and dance.

MON, MARCH 7

Arts and crafts: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; 3:30 pm; Free.

Children use clay, paper, and markers to make projects. All materials provided.

TUES, MARCH 8

Clay craft: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4 pm; Free.

Children 12 to 18 make a ceramic project. All materials provided.

Game day: 4 pm. Parkchester Library. See Tuesday, March 1.

WED, MARCH 9

Film day: 4 pm. Bronx Library Center. See Wednesday, March 2.

THURS, MARCH 10

Teen lounge: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; 4 pm; Free.

For children 13 to 18 years old. Bring snacks.

"All-Night Party" The Women of Bohemian Greenwich Village and Harlem": Bartow Pell Mansion, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 7 pm; $10, ($7 seniors and students; members free).

Meet author Andrea Barnet.

SAT, MARCH 12

Resource day: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (888) 469-5999; www.nypl.org; 10 am; Free.

Parents and children learn about summer camps, child care centers and educational resources.

Family art project, Falcons and their friends: Wave Hill, West 249th St. and Independence Ave. $718) 549-3200 X395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Make a hand puppet.

Story time: Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; barnesandnoble.com; 11 am; Free.

Children four to eight do a fun activity and read stories about St. Patrick's Day.

Science workshop: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (888) 469-5999; www.nypl.org; 2 pm; Free.

Children four and older learn about the properties of combustion and evaporation.

SUN, MARCH 13

Family art project, Falcons and their friends: 10 am–1 pm. Wave Hill. See Saturday, March 12.

Seals by the shore: Orchard Beach Nature Center (OBNC), Orchard Beach; (718) 885-3466; www.nyc.gov/parks/rangers; Noon; Free.

Take a walk along the beach and spy these aquatic creatures that hang out between December and March. Bring your own binoculars and dress appropriately.

Open studio: 1–4 pm. Wave Hill. See Sunday, March 6.

Contemporary ballet: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 6 pm; $35, $30, $25 (children under 12 $10 any seat).

Performed by Complexions.

MON, MARCH 14

Arts and crafts: 3:30 pm. Parkchester Library. See Monday, March 7.

TUES, MARCH 15

Jewelry class: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (888) 469-5999; www.nypl.org; 4 pm; Free.

Make Goth items for children 12 to 18. All materials provided.

Game day: 4 pm. Parkchester Library. See Tuesday, March 1.

WED, MARCH 16

Film day: 4 pm. Bronx Library Center. See Wednesday, March 2.

THURS, MARCH 17

Anime workshop: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; 3:30 pm; Free.

Find out the latest in the genre.

"Dry Manhattan: Prohibition in New York City": Bartow Pell Mansion, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 7 pm; $10, ($7 seniors and students; members free).

Meet author Michael Lerner. Registration required.

SAT, MARCH 19

Clean up day: Bartow Pell Mansion, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 10 am–1 pm; Free.

Spruce up the gardens after the long winter. Registration required.

Family art project, Pop up Spring: Wave Hill, West 249th St. and Independence Ave. $718) 549-3200

Continued on page 24

Skip naptime for this

Dubbed "kid-rock royalty" by the Chicago Tribune, we say that Justin Roberts could be in the running for king.

The Grammy nominee has been compared to James Taylor, Elvis Costello, Loudon Wainwright III, and even Green Day, but Roberts sings comical lyrics that get to the heart of what it's like to be a kid, from the horrors of school-picture day to monsters under the bed.

On March 26, he brings his Not Ready for Naptime Players to Symphony Space, where he's a favorite year after year. Go see why.

Justin Roberts and the Not Ready for Naptime Players at Symphony Space's Peter Jay Sharp Theatre [2537 Broadway at 95th Street in Manhattan, (212) 864-5400], March 26 at 11 am and 2 pm. Tickets $25, $27 day of show for adults; $13, $17 day of show for kids. For info, visit www.symphonyspace.org.

Going Places

Continued from page 23

X395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Make cards and pictures.

"The Very Hungry Caterpillar": Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; barnesandnoble.com; 11 am; Free.

Children listen to Eric Carle's fuzzy insect tale and make a fun craft.

Nature walk: Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; free.

Learn to identify certain types of trees.

Animals visit: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; 2 pm; Free.

Andrew Simmons brings his traveling zoo to meet children 12 to 18.

"Forever Freestyle 5": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 8 pm; $60, $55, $50, $45.

Starring Judy Torres, George Lamond, TKA/K7, cover Girls and Lisette Melendez.

SUN, MARCH 20

Family art project, Pop up Spring: 10 am–1 pm. Wave Hill. See Saturday, March 19.

Open studio: 1–4 pm. Wave Hill. See Sunday, March 6.

Laurie Halse Anderson: Leonard Nimoy Thalia, 2537 Broadway at West 96th Street; (212) 316-4962; www.symphonyspace.org; 4 pm; $15 ($12 members).

The author talks about her books "Speak" and her newest release, "Forge" the sequel to "Chains".

MON, MARCH 21

Arts and crafts: 3:30 pm. Parkchester Library. See Monday, March 7.

TUES, MARCH 22

Irish folk dancing: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (888) 469-5999; www.nypl.org; 4 pm; Free.

Children 12 to 18 learn the traditional Ceilidh steps.

Game day: 4 pm. Parkchester Library. See Tuesday, March 1.

WED, MARCH 23

Film day: 4 pm. Bronx Library Center. See Wednesday, March 2.

Do your 'home' work

Wave Hill's in da house!

On March 5, Wave Hill public garden and cultural center is hosting "Creature Comforts of Home," a family art project where kids can learn about its birds and othe animals do for housing.

During the workshop, kids can fashion a clay critter and use natural materials to make it a cozy home.

Make a day out of it and check out the grounds before the craft session. Best of all, both are free!

"Creature Comforts of Home" at Wave Hill [W. 249th Street and Independence Avenue in Riverdale, (718) 549-3200 ext. 395], March 5 from 10 am-1 pm. Free with admission, which is also free until noon. For info, visit www.wavehill.org.

THURS, MARCH 24

Information fair: Tolentine Head Start, 2331 University Ave. between West 183rd Street and W. Fordham Road; (718) 364-7608; 10 am–2 pm; Free.

Parents of special needs children get the 411 on pre-school education and community services.

SAT, MARCH 26

Justin Roberts and the Not Ready for Naptime Players: Peter Jay Sharpe Theatre, 2537 Broadway at West 96th Street; (212) 864-5400; www.symphonyspace.org; 11 am and 2 pm; $13-$27.

This Grammy award winning nominee presents his high energy pop sound that will get everyone, including mom and pop, on their feet dancing and singing along.

Spring hike: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at West 246th Street & Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am; Free.

Enjoy the budding plants along the trail.

SUN, MARCH 27

"Romeo and Juliet": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; $35, $30, $25 (children under 12 $10 any seat).

Performed by the Russian Ballet Theater.

MON, MARCH 28

Arts and crafts: 3:30 pm. Parkchester Library. See Monday, March 7.

TUES, MARCH 29

Game day: 4 pm. Parkchester Library. See Tuesday, March 1.

WED, MARCH 30

Film day: 4 pm. Bronx Library Center. See Wednesday, March 2.

FRI, APRIL 1

First Friday: Bartow Pell Mansion, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30–8:30 pm; $8 ($5 seniors and students).

The Trolly returns, yeah!

SAT, APRIL 2

Family art project, Green Heaven: Wave Hill, West 249th St. and Independence Ave. $718) 549-3200 X395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Paint a collage using the colors of Spring.

Pysanky workshop: Bartow Pell Mansion, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 11 am–3:30 pm; $15 ($10 members).

Learn the time honored art of Ukrainian easter egg decoration.

"Rocknoceros": Thalia Theatre, 2537 Broadway at West 96th Street; (212) 864-5400; www.symphonyspace.org; 11 am; $10.

Featuring the talents of Coach Cotton, Williebob and Boogie Woogie Bennie. It's a rocking good time for everyone.

"Mi bebe es un heroe": Noon. Repertorio Espanol. See Saturday, March 5.

SUN, APRIL 3

Family art project, Green Heaven: 10 am–1 pm. Wave Hill. See Saturday, April 2.

MON, APRIL 4

Nature workshop: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (888) 469-5999; www.nypl.org; 4 pm; Free.

Children 12 to 18 learn about the wonders of peat and make their own miniature bog.

SAT, APRIL 9

Clean up day: 10 am–1 pm. Bartow Pell Mansion. See Saturday, March 19.

Family art project,Landscape views: Wave Hill, West 249th St. and Independence Ave. $718) 549-3200 X395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Cut and paste prints into a collage.

"Temptations Review": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 8 pm; $50, $45, $40, $35.

Starring the Marvalettes.

SUN, APRIL 10

Family art project,Landscape views: 10 am–1 pm. Wave Hill. See Saturday, April 9.

Community Marketplace

BUSINESS OPPORTUNITY

Wanted Distributors & Sales Agent
Earn Big Money! Set Your Own Hours!
Be Your Own Boss!
Use Your Home or Place of Business
To Earn Extra Income
Selling Ladies Lingerie & Accessories
Customer Service 24 hours
Tel. 1-800-396-5947
E-mail: bjmlingerie@hotmail.com • www.bjmlingerie.com

CAREER TRAINING

Cudley's Training Program

HHA's & PCA's & CNA's
Training Available
Plenty of HHA Jobs
Available in all Boros
Classes Monday-Saturday 9-5pm
Happy New Year
Habla Espanol
Training call: **718-401-9298**
HHA Jobs call: **718-401-2231**
391 East 149th Street
Suite 521, Bx NY 10455
www.cudleys.com

CHILD CARE

BABYBLUES
Daycare/Preschool
Mon.-Thurs. 7:30am–11pm • Fri. 7:30am–5:45pm
Need a mom in a flash? We offer on-call child care.
- Ages 6½ weeks – 12 years old
- Transportation Provided (Before School Drop-off After School Pickup)
- ACD/HRA/Private
- Half Day/Full Day
- Breakfast & Lunch Provided

1728 E 172nd Street • Bronx NY 10472
718.617.4883 • BabyBluesDayCare@Hotmail.com

CHILD CARE

Universal Kidz Day Care
Ages 3 months to 9 years old,
open 5am to 12 midnight, meals provided,
HRA & ACD VOUCHERS, after school
services available, bilingual
347-758-7080

PARTY ENTERTAINERS

Have A Kid's Party That's Very Different!
- We bring the zoo to you!
- All ages & all occasions
- Bug & Reptile Shows
- Barnyard Petting Zoo
- Pony Rides
- Exotic Pet Program
- Nature Programs
- Pet Therapy
- U.S.D.A. Licensed & Insured

PARTY PETS.com
$20 Off with ad code: family
Visit our website: www.partypets.com
Hands-on learning about exotic animals from around the world
We adopt unwanted exotic pets!
All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • BOOK EARLY!
Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY
Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs

PARTY ENTERTAINERS

Best Clowns
Clowns • Costume Characters
Princess Parties • Magicians
Face Painters • Balloon Art
Caricaturists • Toddler Games
Cotton Candy & More
1-800-75-CLOWN or 212-614-0988
*Bi-Lingual Performers Available * Private & Corporate Events*
All Boros, L.I. & Westchester

PARTY ENTERTAINERS

ALL IN ONE ENTERTAINMENT INC.
All At A Reasonable Price
(718) 441-5764
(718) 441-7796
www.allinoneentertainment.com
Clowns • Magicians • Cartoon Characters
DJ Service • Arts & Crafts
All Types of Bounce • Face Painting Sand/Spin Art • Balloon Artists
Private Events • and much more!!!
WEEKDAY SPECIAL STARTS AT $90.00
PARTY ROOM AVAILABLE
Brand New PARTY ROOM w/Soft Play Area
95-25 Jamaica Ave, Woodhaven, NY 11421

To place an ad in this section, please call 718.260.2587

New & Noteworthy

Tutu cute

It doesn't get much cuter than this.

Your little princess will be ready for her close-up in this tiny tutu by Bijou Baby Boutique. With 30 colors to choose from, you can find the one that's perfect for her as a photography prop or just for playtime.

The tutu also comes with a matching hair accessory, featuring a soft, stretchy headband with a removable flower hair clip. The set is tailored for babies newborn to 24 months.

Tutu by Bijou Baby Boutique, $18.50. For info, visit www.etsy.com/people/BijouBabyBoutique.

Laptop ready

It's never too early to start.

With My Own Leaptop from Leap Frog, your little one can play on a personalized — albeit toy — computer.

Choose and download songs — internet connection required — to create your child's customized playlist. On their Leaptop, kids can explore the alphabet, pretend play, music, animals and computer literacy with six learning activity stations. And you can connect to the online LeapFrog Learning Path for learning ideas and insights.

The devices come in two colors — green or purple — and are geared towards children 2- to 4-years-old. It's a nice introduction

to computers — and safer than letting them use yours.

My Own Leaptop by Leap Frog, $24.99. For info, visit www.leapfrog.com.

T is for trendy

These are some artful tees.

Bushwick-based Soft Clothing has launched a Brooklyn Artists Tee Series, inspired by the street art scene and the artists surrounding its design studio.

Soft Clothing commissioned three of those local artists to create the shirts, and the result is imaginative play with patterns, photographs, and mixed media printed on long-sleeve cotton jerseys. Choose from three prints — ranging from a sailboat to cavorting kids — but don't wait long. These tees are available for a limited time only.

Brooklyn Artists Tees are $18.50 each and available at Sprout Kidz [849A Union St. at Seventh Avenue in Park Slope, (718) 398-2280] and online at www.softclothing.net.

Baking fun

For a delicious read on-the-go, without the hassle of bringing a bulky book with you, check out "Maid Marian Muffins."

Jamie and Jessica Vander Salm's light-hearted tale reveals a muffin fan's journey from mere admirer to Brooklyn baking sensation. It's based on the real-life adventures of co-author Jessica, Brooklyn's one-and-only bicycling baker, with over 36 pages of hand-drawn illustrations by Ana Benaroya.

But it's only for the technologically savvy. "Maid Marian Muffins" was created strictly for use on the iPod Touch, iPhone and iPad.

"Maid Marian Muffins," $2.99 for iPad, $1.99 for iPod Touch and iPhone. For info, visit www.maidmarianmuffins.com.

Bring in this funk

"Groove" to this funky new children's CD.

"Groove Kid Nation: The Wheels on the Bus" features classic children's songs redone as soul foot-stompers. There's "Itsy Bitsy Spider," "The Alphabet Song," and, of course, "The Wheels on the Bus," as well as original material.

The CD is the brainchild of musician Rodney Lee, who wanted to create what he could not find for his son: music reminiscent of growing up in the funk-filled, soul-infused 1960s and '70s.

Each tune features a whimsical animal character performing a solo on its instrument, and an enclosed 10-page booklet features illustrations of these new animal friends.

"Groove Kid Nation: The Wheels on the Bus," $15.98. For info, visit www.groovekidnation.com.

The new issue of

New York Special Child

Is Now Available!

Please call 718-260-8336
or email us to get more info,
find out where you can pick up a copy,
have a copy mailed to you, or get distribution.

To advertise call 718-260-4554
family@cnglocal.com

✓ Swimming
✓ Singing
✓ Smiling (A Lot)

YMCA Camp.
It's what kids want for summer.

Register for YMCA Day, Sport, or Sleepaway Camp today.
Because while summers come and go, YMCA Camp stays with them forever.

VISIT OUR OPEN HOUSES:
SATURDAY, MARCH 12TH, APRIL 16TH HEALTHY KIDS DAY AND MAY 14TH - FROM 10AM-3PM

It's not too early to register. But hurry, space is filling fast!
Take advantage of our 10% Early Bird and Sibling Registration Discounts.

BRONX

Bronx YMCA (718) 792-9736

FOR MORE INFORMATION VISIT YMCANYC.ORG

american camp association ACCREDITED

New York City's YMCA
We're Here for Good.

LIVE STRONG KIDS CAMPAIGN

Financial assistance is available.