

June 2011

**FREE**

BRONX/RIVERDALE

# Family

The Best Guide for Parents

## The sibling Bond

It's not just rivalry

## 8 costly mistakes

Alerting special needs parents

## Survival guide to sleepovers



**Special Focus  
Needs**



Find us online at [www.webfamilyny.com](http://www.webfamilyny.com)



# Advantage Sea and 2011 Sports Camp

For Ages 6 - 17

at SUNY Maritime College & New York Tennis Club



***One of the best summer day camps the city has to offer!***

- The Maritime College Waterfront features kayaking, sailing, motor boating, fishing and marine ecology exploration.
- The New York Tennis Club, only 2 minutes from Maritime College, features one of NY's top youth tennis programs in a country-like setting.
- SUNY Maritime's facilities offer a beautiful aquatic center, extensive outdoor sports fields, where campers will play softball, soccer, beach volleyball and a large gymnasium for basketball and other indoor games

**We offer daily door-to-door transportation!**

*Open houses and scheduled tours  
every weekend 11am-5pm  
RSVP by calling 718.239.7919 or  
email [info@advantagecamps.net](mailto:info@advantagecamps.net)*



**Save More!**  
enroll on or before  
June 10 and pay \$395  
for your first week  
(\$130 savings)\*

**3081 Harding Ave, Throggs Neck, NY 10465 • Tel: 718.239.7919 • 212.935.4049**  
**email: [info@advantagecamps.net](mailto:info@advantagecamps.net) • [www.advantagecamps.net](http://www.advantagecamps.net)**

\*10% discount on each additional week. Ask about our referral reward! Offer expires Midnight June 10.

BRONX/RIVERDALE

# Family June 2011



## FEATURES

### 6 Challenging the 'Sib Fib'

Why sibling rivalry can actually be a good thing  
BY LAURA J. VAROSCAK

### 10 Little naturalists

Summer explorations at Van Cortlandt Park  
BY RISA C. DOHERTY

### 14 8 costly mistakes

Things to avoid when planning for your special needs child  
BY JOSEPH P. DONLON, ESQ.

### 16 Facing the stress

Overcoming the challenges of raising a special child  
BY JULIA GARSTECKI

### 18 Sleepovers: The survival guide

BY MYRNA BETH HASKELL

## COLUMNS

### 8 Healthy Living

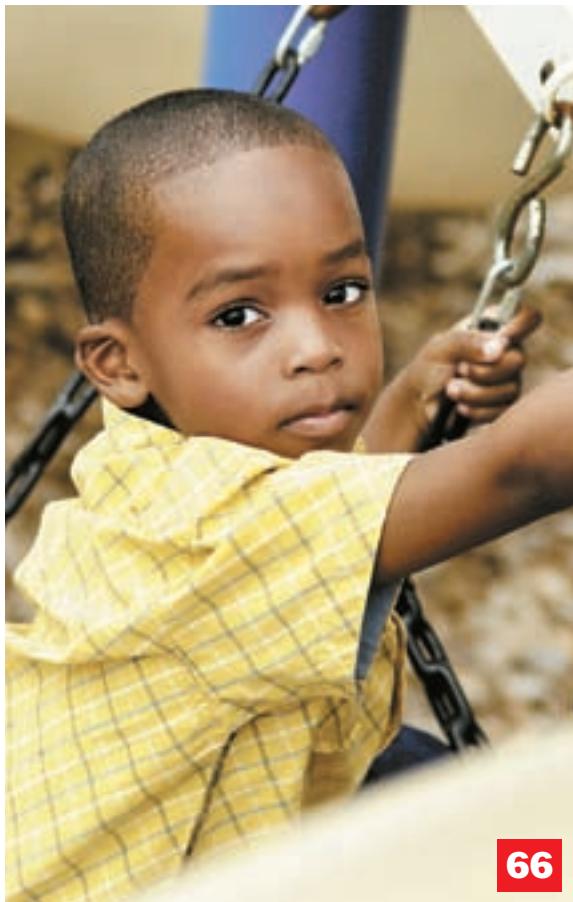
BY DANIELLE SULLIVAN

### 12 Good Sense Eating

BY CHRISTINE M. PALUMBO, RD

### 26 New & Noteworthy

The hottest new products



## CALENDAR OF EVENTS

### 21 Going Places

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

## SPECIAL SECTIONS

### 17 Special Needs Directory

# *Letter from the publisher*

# Wonderful month of June

**J**une is a gorgeous month. The days are the longest they are going to be and the weather is typically ideal. It is the month I was born in, the month my daughter was born in, the month I got married in, the month of our graduations, and the month when school vacation for our kids usually begins here in the city.

June smells good. It has the wonderful aroma of fresh flowers, clear skies, street fairs and barbecues. The strawberries are in and so are the blueberries, and the greenmarkets all over the city are lively with great produce and the early summer fruits and vegetables. How lucky we all are that our neighbor-



ing farmers are bringing their goods into so many communities throughout NYC. What a great partnership it is and how beneficial it is for all of us, farmers and city-dwellers alike.

Day camps are starting up and the kids are busy doing all the great things of summer: swimming, cycling, tennis, skateboarding, and just being outdoors a lot. The playgrounds are full and the swings are flying high. That's the best part of June, it's not too hot and not too cold and it's easy to be just hanging out. The beaches are open and the parks are welcoming the throngs of families who have made it through the long winter and are relishing the picnics, parties and cookout

opportunities. I smell grilling on my block almost every night and I'm certain it's in everyone else's neighborhood also.

I like June as a vacation month and lately we've been choosing to travel as soon as my daughter's classes are over. It's a good time for this and we relish the change of scenery and pace. The rates are lower and everything is less crowded than it is later on in the summer. We appreciate the long hours of daylight and get the most out of the possibilities. I also like coming back to a full summer of beach-going, and I'm an avid fan of our local beaches.

I don't know what your summer plans are, but I know that a lot of people are sticking closer to home than they have in the past. Many people are watching their pock-

ets carefully and are cautious in their expenditures, waiting to see how this economy will play out and when the recovery will really begin.

Maybe you have a recent graduate or a wedding in your family, or maybe, like us, a family loaded with birthdays. June is a special month to celebrate, and speaking of celebrations, happy Father's Day to all our dads! So many excuses and reasons to have a party this month and I hope all of them will turn out to be loads of fun.

Thanks for reading. Have a great month.

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:** Laurie Falco, Linda Smith, Muriel Puder, Stephanie Stellaccio, Jay Pelc, Andrew Mark

**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

**MANAGING EDITOR:** Vince DiMiceli

**ASSISTANT EDITORS:** Meredith Deliso, Courtney Donahue

**COPY EDITOR:** Lisa J. Curtis

**CALENDAR EDITOR:** Joanna Del Buono

**CONTRIBUTING WRITERS:**  
Risa Doherty, 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](http://www.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.



**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)**

# 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 and Wi-Fi access
- 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, Art and Band programs
- Intra-Mural Athletic 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](http://www.stanselmbx.org)

## PEDIATRIC DENTISTRY

State-of-the-Art Dental Office in Co-op City

### smile-savers

**JUST FOR KIDS**

**Dr. Dionne Finlay, Pediatric Dentist**  
**Dr. Steve, Orthodontist**

We Welcome Little Smiles!

Fluoride Monitoring	Invisalign
Home Care Instructions	Cosmetic Bonding
Orthodontics	Digital Radiography
Dental Sealants	Nitrous Oxide Sedation
Tooth Decay Diagnostics	Restorative Dentistry
Sports Mouth Guards	<b>Emergencies Welcome</b>

**2100 Bartow Ave., Suite 246**  
Bay Plaza ~ Co-op City (Next to Bally's/Behind Pathmark)  
Bronx, New York 10475  
Bus: Bx 12, 26, 28, 29, 30 to Co-op City

Mention this ad in Bronx Family - Free Spin Brush w/ check-up

**718-708-6755**  
[www.smilesaverspedo.com](http://www.smilesaverspedo.com)

## Bronx House School for Performing Arts

### NEW!!! Summer 2011 Musical Theater Program

Serving children entering 3rd to 8th grades as of September '11

**Full 6 Week Session**  
• Tuesday, July 5 – Friday, August 12

**3 Week Sessions Available**  
• Tuesday, July 5 – Friday, July 22  
• Monday, July 25 – Friday, August 12

*Each 3-week session will culminate in a musical theater production!*

★Singing ★Dancing ★Acting ★Theater Games ★  
Improv ★Swimming ★Field Trips to NYC Theater Productions  
Early and late care available for an additional fee.  
Bus pick-up & drop off available in limited areas.

Call 718-792-1800 ext. 236 for prices and further information  
Bronx House • 990 Pelham Parkway South • Bronx, NY 10461  
(718)792-1800 ext. 236 • (718)792-6802 fax • [www.bronxhouse.org](http://www.bronxhouse.org)

# Challenging the ‘Sib Fib’

**Why sibling rivalry can actually be a good thing**

BY LAURA J. VAROSCAK

**M**y 4-year-old son, Henry, awaited the arrival of his brother for nine months. I did not plan for him to find out the news so early, but an hour after taking a home pregnancy test, Henry pulled it out of the trash and exclaimed, “Two lines — you’re having a baby!”

In the months that followed, Henry had questions about his sibling: Would it be a girl or a boy? Did it pee and poop inside of me? How would it come out? We talked, read books, looked at pictures and observed my growing belly. Henry couldn’t wait for his little brother to come, and helped prepare for him with great anticipation and love.

I delivered Charlie via C-section. Henry was at the hospital waiting to meet his brother for the very first time. I looked forward to the expression on his face — the pride, joy and excitement. My expectations were shattered. Henry was not interested in seeing me, or Charlie. In fact, he opted not to visit us during my four-day hospital stay. When we were back home, Henry walked in and headed straight for his toys. He didn’t even glance at Charlie.

It is normal for some children to react this way — ignoring the

baby, displaying anger, regressing or acting out in other ways — but I was disappointed. I wanted Henry to embrace his brother wholeheartedly from day one. Fortunately, this phase was short, and by the next day, Henry was holding Charlie and helping to feed him — even if he vowed to never to change his diaper!

The relationship Henry and Charlie have developed during the past 11 months is a testament to the special bond siblings share. Brothers and sisters will go through trials and tribulations throughout their lives, but the benefits of having a healthy sibling relationship outweigh the challenges.

Most Americans have at least one brother or sister. Siblings provide one of the longest relationships an individual will experience, and the complexity and permanency of this connection creates intensity between siblings, bringing conflict as well as comfort and joy. Parents want harmony between their sons and daughters, but competition, jealousy and squabbling are all part of development, and should be expected. Sibling rivalry can be an asset if parents understand the dynamic and nurture their children appropriately.

## **Healthy sibling relationships... Contribute to overall well-being**

Longitudinal studies reveal that strong ties between siblings during youth contribute to social, emotional and physical health in adulthood. These findings are independent of influential factors such as birth order, age spacing, gender or socioeconomic status.

What parents can do: be the best role model possible. If your children observe generosity, patience, and respect at



home, they will be more likely to practice these traits themselves, which will improve their relationships.

## **Provide companionship**

Living with a playmate helps lessen feelings of boredom and loneliness. Participating in common activities, as well as sharing individual interests, strengthens the bond between people. Spending time together — playing, laughing, and joking — deepens the relationship and fosters trust.

What parents can do: as children grow older, life gets busier and siblings often go their separate ways. Reserve time for siblings to engage in meaningful activities together.

## **Develop social skills**

Practicing important communication skills with siblings can help children interact more effectively with peers outside of the home. Loving brothers and sisters begin new relationships with positive attitudes.

## **On the playground**

### **What do you like most about your sibling(s)?**

“We do things together — like go to the park and play with toys.” (Juan, age 6)

“They make me laugh when I’m sad or mad.” (Mo, age 7)

“No matter what, my sisters love me.” (Sophie, age 8)

“She keeps my secrets.” (Mia, age 9)

“When I’m having trouble with something, my brother gives me advice or tells me what to do.” (Ali, age 10)



At first, Henry didn't like his new little brother, but now, Henry and Charlie have developed a healthy sibling relationship.

Studies indicate that children who have a strong connection with their siblings are more likely to make and maintain quality friendships.

What parents can do: practice building effective communication skills, especially when problems arise. This will prepare your child for interacting with peers and hopefully reduce potential conflict.

#### Decrease stress

Close sibling relationships provide protection and comfort, which can help to reduce stress, especially during difficult times. Research shows that children who have supportive brothers and sisters are less lonely, self-conscious and fearful than children without siblings.

What parents can do: when appropriate, encourage your children to rely on each other for emotional support. Suggest positive activities

for them to participate in together.

#### Encourage sharing

Siblings are expected to share everything from possessions and space to parental love. This concept is hard to grasp by young children, but over time, brothers and sisters learn the importance of sharing, and use it to their advantage when they participate in household chores and responsibilities. Sharing also has its benefits and joys: sharing family history through memories and stories is an invaluable gift that lasts forever.

What parents can do: point out the benefits of sharing. Help your children set and respect personal boundaries, then discuss why they are important.

#### Promote individuality

Comparison between siblings is inevitable, because they are form-

ing their identities and finding their roles in the family. This internal struggle can lead to competition and jealousy. However, this rivalry provides the perfect opportunity for children to examine their emotions and discover who they are. Working through this process helps to shape their identity.

What parents can do: support your children individually, equally, and without judgment.

#### Boost self-image

Healthy sibling relations contribute to a higher sense of self-worth and confidence. Compared to single children, siblings tend to be more assertive and take better care of themselves.

What parents can do: spend quality one-on-one time with your children. Siblings naturally strive for their parents' attention, which can lead to disappointment and frustration when there are others competing for the same thing at the same time.

#### Increase emotional awareness

Children learn to identify and manage their feelings by interacting with siblings on a daily basis. The at-home practice helps them to express their emotions more appropriately when they are outside of the home environment.

What parents can do: acknowledge and accept your child's feelings, and then help manage them appropriately. Use words to help your child identify the negative emotions and discuss safe ways to express them.

#### Encourage respect

Being part of a family means learning to love and respect others. Over time, siblings learn to recognize and appreciate each others' different perspectives. Sharing their lives with siblings naturally builds acceptance, tolerance and empathy in children. Consequently, this increases their ability to help others and get along with people from different backgrounds.

What parents can do: praise your

children when they respect others' points of view. Cherish the special bond they share, regardless of their differences; they will, too.

#### Teach conflict resolution

The more children talk through their problems instead of fighting, burying feelings or acting out, the easier communication will become. Living with a sibling provides endless opportunities to practice compromising, cooperating and working as a team to achieve peace. Children are also in their home environment where they can test limits safely. This gives them a chance to practice "fighting fairly," and provides good training for interacting with peers.

What parents can do: always start by allowing siblings to work through differences on their own. If they need your involvement, teach them problem-solving techniques. Explain that fair doesn't always mean equal. Discuss age-appropriate rules and ask your children to help you determine what is fair. Set rules and enforce consequences. Be consistent.

#### Influence positive behavior

Siblings shape each other in many ways. As they get older, they develop their own lives away from home and are more vulnerable to outside influences. How a child acts in different social environments has a significant impact on his sibling's behavior. It is not uncommon for younger children to emulate older siblings. If they observe their big brother or sister engaging in negative behavior, chances are, they will do the same.

What parents can do: be aware of your children's activities when they are not at home. Know where they are and who they are with. Maximize positive influences as much as possible. Let them know you care.

Parents of only one child — don't fret! Siblings may share built-in benefits, but single children can learn many of the same skills with friends and extended family. A healthy social life develops if young children have the opportunity to interact and play with others of similar age early on. This can be achieved through caregivers, play dates, play groups and preschool. Spending time with peers on a regular basis will teach sharing, empathy and conflict resolution. The rewards of establishing warm, loving relationships in childhood will last a lifetime.



## HEALTHY LIVING

DANIELLE SULLIVAN



# Time to play it safe

## How dangerous is your local playground?

**W**ith school out this month, a chorus of “I’m bored” will be heard throughout our city as kids try to find activities to fill their days. For many parents and grandparents, the playground is nothing short of a lifesaver. Yet, increasingly, many area playgrounds are posing safety concerns.

The National Program for Playground Safety reports that each year, “200,000 children are treated for injuries sustained from unsafe playgrounds, and approximately 15 children are killed as a result of those injuries.”

The organization’s goal is to improve the safety and quality of

parks, schools and other recreation areas across all 50 states. It’s initiative, called National Playground Safety Week 2011, takes place each spring to bring awareness to the many safety hazards that disheveled playgrounds cause. Unfortunately, New York is not one of the states participating in this initiative, but the organization hopes that will change.

Annette Suarez hopes so, too. She says her 2-year-old daughter, Kayla, was playing at a playground inside Marine Park in Brooklyn when she tripped over a protruding corner of a play-mat while running to the swing set. Kayla fell directly on her face and knocked her two front teeth backwards.

“It was horrifying,” says Suarez. “She was screaming and there was blood everywhere. The dentist was able to save her two front baby teeth, but she is afraid to go back to the playground. And frankly, so am I!”

Suarez says the play-mats were not properly adhered and looked as though they came unglued, possibly due to winter weather.

In addition, she says at least five other play-mats were tripping accidents just waiting to happen, but she hadn’t noticed them until it was too late.

Play-mats can also become incredibly hot — long before summer officially starts.

The Indian Road Playground at Inwood Hill Park in the Bronx has play-mats that are heat traps. Parents who go there have reported that a child burned his hands on the mats when the temperature was just 66 degrees.

Moms and dads have become so enraged over the playground’s safety conditions, they created a Facebook page to alert other parents, grandparents, and caretakers.

Besides play-mats, there

are a few primary safety hazards that parents should look out for when taking their kids to the playground. The National Program for Playground Safety created a checklist of things to be sure of to create a safe environment at playgrounds:

- **Supervision**

Adult presence is needed to watch for potential hazards, observe, intercede and facilitate play when necessary. Strings on clothing or ropes used for play can cause accidental strangulation if they get caught on equipment.

- **Age-appropriate**

All children should play on age-appropriate equipment. Preschoolers, ages 2 to 5, and children ages 5 to 12 are developmentally different and need different equipment located in separate areas to keep the playground safe and fun for all.

- **Fall surfacing**

Nearly 70 percent of all playground injuries are related to falls, and what a child falls on can make a difference. Acceptable surfaces include loose-fill materials, such as hardwood wooden fiber; shredded rubber; sand; pea gravel; and synthetic surfaces, such as rubber tiles and mats; and synthetic poured surfaces.

Playground surfaces should not be concrete, asphalt, grass, blacktop, packed dirt, or rocks.

- **Equipment management**

Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good-working order, S-hooks are entirely closed, bolts are not protruding, and there are no exposed footings, etc. Thoroughly inspect your child’s playground before allowing your child to roam freely.

For more tips on safety on the playground, check out playground-safety.org.

*Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years, and was recently honored with a Gold award for her health column by the Parenting Publications of America. Danielle also writes for Babble.*

"It's Sex and the City meets Chelsea Handler!" - The Advocate

# A Girls Night Musical

## Girl Talk



"Perfect for bachelorette parties, birthday parties, divorce parties, or just an enjoyable evening out with the ladies!" -TheaterMania.com

**The Midtown Theater @ HA! Comedy Club**  
163 W. 46th Street, New York, NY 10036 (Between 6th & 7th Avenues)

For Tickets go to [www.girltalkthemusical.com](http://www.girltalkthemusical.com)  
or call 1-877-386-6968

## 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](http://www.dccnyinc.org))

## The Mary Mitchell Summer Enrichment Program

AGES 6-12 • REGISTERING NOW!

Monday - Friday June 29 - Aug. 19

Fitness • Arts & Crafts • Sports • Field Trips  
Nutrition • Extended Day Available

Breakfast • Lunch • Snacks



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

2007 Mapes Ave., Bronx NY 10460  
**718.583.1765**

Call Kelly Garcia (Program Director)  
for more information

# Little naturalists

## Summer explorations at Van Cortlandt Park

BY RISA C. DOHERTY

**W**ondering what to do with your young children this summer? Thanks to one dedicated parent, you can now take advantage of a new, great summer activity at Van Cortlandt Park.

Rossy Almonte, a mother from the Bronx, got the idea to create a free, outdoor nature program when looking at the Van Cortlandt Park Conservancy's website which suggested that parents could take their kids on "Imagination Walks" through the park and share their experiences online.

In her quest for a more structured summer program, she contacted Margot Perron, the president of the conservancy, and together they developed the curriculum for the "Imagination Walks with Juan" series which takes place on Saturdays, from June 18-July 30.

The program seeks to inspire 4- to 7-year-old children to explore the outdoors, use their imaginations, and learn about biology, environmental science, ecology and respect for nature.

The sessions will be led by Juan Acosta, who worked as a garden science educator for the New York Restoration Project, which "bring[s] the outdoors into the classrooms and the classrooms into the outdoors" for students in Manhattan and the Bronx. He has experience in early childhood education, and studied at the Department of Environmental, Geographic and Geological Sciences at Lehman College.

Almonte says that the program aims to introduce kids to the wonders of nature and "to serve as an encouragement for urban children to play outdoors and socialize with others," rather than spend countless hours playing video games or



The new program seeks to inspire 4- to 7-year-old children to learn more about the outdoors.

sitting in front of televisions and computer screens.

The Conservancy hopes young families will take advantage of this fun, educational summer series. Although Almonte indicated that the program was designed "to give kids in the Bronx community an opportunity to learn about and experience nature," the program is open to everyone.

During each one-hour session, Acosta will highlight the wildlife or their habitats and use a variety of techniques and activities to help kids understand the world around them — and the other living things inhabiting it with them. They will observe the colorful palate of nature's art, and discover the value of protecting the environment.

As "park explorers," they will use maps for a scavenger hunt, magnifying glasses to examine trees and bugs up close, learn how to identify different species of birds, focus on the relationship between mankind and the park's wildlife, and examine fish in the park. Parents and

caregivers can participate in any — or all — of the sessions.

Almonte says that this is the "premiere of a program for this age range in Van Cortlandt Park."

According to the Department of Parks and Recreation, Van Cortlandt Park is the city's fourth largest park, at 1146.43 acres. Over half of the park is a protected nature preserve, and it boasts a variety of trails, including the scenic John Muir and Cass Gallagher Nature trails.

Consider taking advantage of this unique summer program with your children. But don't be surprised if, after the program ends, your child harbors a secret desire to pitch a tent and live outside!

*Imagination Walks with Juan at Van Cortlandt Park [Meet at Nature Center. Enter on foot at Broadway at 246th Street, (718) 430-1890] Saturdays, 10-11 am, June 18-July 30. Free. For more information, call (718) 430-1890 or visit [www.vcpark.org](http://www.vcpark.org).*

*Risa C. Doherty is an attorney and freelance writer from East Hills, NY.*

**"A THRILL RIDE!"**  
TIME OUT NEW YORK

# FUERZA BRUTA

Look UP

BroadwayOffers.com  
or call (800) 432-7250  
Recommended for Ages 10+

\$37.50  
(Reg. \$79)

USE CODE: FBSUB45

Daryl Roth Theatre  
101 E. 15th St. (@ Union Sq. East)  
LookUpNYC.com

2 FOR \$99\* TICKET OFFER (regularly \$158)  
use code: LLLSP77

Daryl Roth

# Love, Loss, and What I Wore

an intimate collection of stories

Nora Ephron and Delia Ephron  
based on the book by Ilene Beckerman  
directed by Karen Carpenter

April 27 - May 29:

CONCHATA FERRELL  
(TWO AND A HALF MEN)  
MINKA KELLY  
(PARENTHOOD)  
ANNALYNNE McCORD  
(90210)  
ANNE MEEAR  
(SEX AND THE CITY)  
S. SMITH  
(B. SMITH WITH SPICE)

BroadwayOffers.com or (212) 947-8844  
WESTSIDE THEATRE 407 West 43rd Street

\*Offer expires August 1, 2011. Discount does not apply. Regular service charges may apply to all phone and on-line orders. Credit card restrictions subject to change. Subject to availability. GIFT is non-transferable and may be resold or assigned. No exchanges or refunds. All ticket sales, taxes and fees included with every advance ticket. Non-refundable price guarantees. Credit & security policies.

**"A HEAVENLY GOOD TIME!  
AN OVER-THE-TOP, PULL-OUT-THE-STOPS,  
FAMILY-FRIENDLY  
BIG BROADWAY MUSICAL!"**

*- New York Observer*

WHOOPY GOLDBERG  
& STAGE ENTERTAINMENT  
PRESENT

# Sister Act

"THE SEASON'S HAPPIEST SURPRISE!"  
*- NY POST*

TELECHARGE.COM OR 212-239-6200  
BROADWAY THEATRE, BROADWAY AT 53RD ST. • SISTERACTBROADWAY.COM

AMERICAN EXPRESS  
PREFERRED SEATING  
BROADWAYOFFERS.COM  
RESTRICTIONS APPLY

PHOTO BY ANDREW ECLES



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# What kids eat & why

**S**tarting in the womb, a mother's influence on her child's nutrition is irrefutable. Researchers are discovering just how much sway she has, along with other influencers in a child's world.

- **Maternal personality.** Mothers with many negative thoughts and feelings are more likely to give their children unhealthy food, according to a 2009 study published in *Maternal and Child Nutrition*. The mothers who were emotionally unstable, anxious, angry, sad, had poor self-confidence or a negative view of the world, were far more likely to give their children sweet and fatty foods. Yet there was no link between maternal personality and the amount of fruit and vegetables a child receives. The researchers suspect the moms may be trying to compensate for their negative emotions.

- **Parenting styles.** Parents with extreme parenting styles usually fail to serve as good dietary role models for their children, according to Oklahoma State University research. Parents who are strict in general also tend to have an authoritarian approach to their children's eating, such as banning certain foods or using pressure to get them to eat fruits and vegetables. On the other hand, permissive parents who let



their children eat whatever they wanted tended to be permissive in their parenting styles as well. Parents who fell somewhere between permissive and authoritarian were those who set limits on their kids' diets and enforced them through more positive approaches, such as leading by example, to get their kids to eat well. This authoritative approach is the best way to influence a child's diet.

- **Nagging.** Mothers who pressure their children to clean their plates may help produce a fussy eater, while tight control of what they eat could make children prone to overeating, according to a new study in the *Journal of the American Dietetic Association*. But parents' mealtime

strategies don't necessarily cause their children to overeat or become picky eaters. The researchers admit the parents' urges may be in response to eating habits their children already have.

- **Mothers and friends.**

When a young child's mother is present, he tends to eat more nourishing foods than when he's with his friends. In a study in the *American Journal of Clinical Nutrition*, boys and girls ages 5 to 7 ate fewer calories from unhealthy snacks and desserts when their mothers were with them, compared to when their friends were alongside them.

- **Grandma.**

Grandmothers can greatly influence the nutrition environment of their preschool-aged grandchildren. In a Maryland study, grandmothers shaped their grandchildren's fruit and vegetable consumption by purchasing and providing food for their daughters and grandchildren. However, grandmothers also reported consuming less than the recommended daily amount of fruits and vegetables, which suggests they might have a negative effect on how much produce their grandchildren eat.

- **Buying healthy foods, or not.**

While parents prefer nutritious foods for the entire family, their preference for healthy foods is about 50 percent weaker when they're selecting products for the kids, rather than for themselves. The likely explanation is that parents give in at the grocery store — or before they even get there — compromising their preferences based on what they believe their children will accept, according to a study published in the *Journal of Consumer Behavior*.

- **Tip:** While you provide the food your child eats, he decides what to eat and how much. Try to strike a balance between strictness and being overly relaxed.

Christine M. Palumbo, RD is an award-winning dietitian and mother of three from Naperville, IL. She wishes she'd had this knowledge when her children were preschoolers. Follow her on Facebook at Christine Palumbo Nutrition.

### Beef, wild rice and mushroom bake

Total recipe time: 1 to 1 and 1/4 hours.  
Makes four servings

#### INGREDIENTS:

- 1 pound ground beef (90 percent to 95 percent lean)
- 8 ounces assorted fresh wild mushrooms (such as cremini, shiitake and oyster) or button mushrooms, sliced
- 1 package (5.6 to 6.6 ounces) wild rice mix with seasonings
- 1/4 cup sun-dried tomatoes, not packed in oil
- Water
- 1/2 cup shredded Italian blend cheese

**DIRECTIONS:** Preheat oven to 375°F. Heat large, nonstick skillet over medium heat until hot. Add ground beef and mushrooms; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove drippings. Stir in rice, contents of seasoning packet and tomatoes. Spoon beef mixture into 2-quart baking dish. Stir in water amount indicated in rice package directions, plus 1/2 cup additional water. Cover with aluminum foil. Bake in 375°F oven 45 to 50 minutes or until water is absorbed. Uncover; sprinkle with cheese. Continue baking, uncovered, 5 minutes or until cheese is melted.

**NUTRITION INFORMATION:** (per serving) 380 calories; 11 g fat; 86 mg cholesterol; 822 mg sodium; 36 g carbohydrate; 2.1 g fiber; 35 g protein; 8.1 mg niacin; 0.4 mg vitamin B6; 2.3 mcg vitamin B12; 4.9 mg iron; 26.7 mcg selenium; 6.4 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.

**COOK'S TIP:** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator.

Recipe courtesy of the  
National Cattlemen's Beef Association.

NEW YORK

# SPECIAL CHILD

www.webfamilyny.com

FREE

# 8

ways  
to heal  
through  
music

Yoga  
works  
as therapy

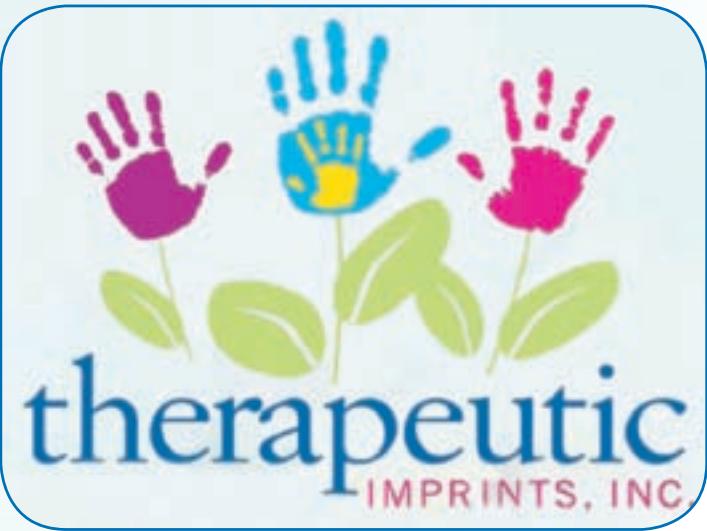
Service  
dogs for  
children



Pick Up A Copy at  
Your Local Library or other  
specialized locations.

Check us out @  
[www.webfamilyny.com](http://www.webfamilyny.com)

For Distribution or  
For More Information  
Call 718-260-4554



Providing Therapy Services  
To Children & Families

Occupational Therapy

(Sensory Integration & Writing w/o Tears)

Physical Therapy • Speech Therapy

Feeding Therapy • Nutritional Services

Special Education • Social Work

Psychology

Pediatric Therapy Clinic servicing children  
between the ages of birth to 21-years.

Irma J. Pereira, OTR/L, CEO President

1120 Morris Park Ave • Suite 2B • Bronx, NY 10461 • T: 718.409.6977 • F: 718.409.6946

# 8 costly mistakes

## Things to avoid when planning for your special needs child

BY JOSEPH P. DONLON, ESQ.

**W**e all hope to live long lives, but sudden illness or accidents are impossible to predict, so it's never too early to start making sure your loved ones will be taken care of when you're gone — especially if you have a child with special needs.

Unfortunately there are common mistakes people make when planning for the future that could cost a special needs child in the long run.

Here's how to make sure that he is provided for in case something happens to you.

**MISTAKE 1: Disinheriting the child.** Many disabled people rely on Supplemental Security Income, Medicaid or other government benefits to provide food and shelter. You may have been advised to disinherit your disabled child (the child who needs your help most!) to protect that child's public benefits. But these benefits rarely provide more than subsistence, and this "solution" does

not allow you to help your child after you are incapacitated or gone. When your child requires — or is likely to require — governmental assistance to meet his basic needs, you should consider establishing a Special Needs Trust.

**MISTAKE 2: Ignoring the special needs when creating a trust for the child.** A trust that is not designed with your child's special needs in mind will probably render your child ineligible for essential benefits. The Special Needs Trust is designed to promote the disabled person's comfort and happiness without sacrificing eligibility.

Special needs can include medical and dental expenses not covered by Medicaid, cutting-edge or non-traditional treatments or therapies, necessary or desirable equipment (such as a specially equipped van), training and education, insurance, transportation, and essential dietary needs. If the trust is sufficiently funded, the disabled person can also receive computers, books, games, vacations, movies, payments for a companion, and other self-esteem and quality-of-life enhancing expenses — the sorts of things you now provide.

**MISTAKE 3: Creating a "generic" Special Needs Trust that doesn't fit your child.** Even some Special Needs Trusts are unnecessarily inflexible and generic. In most cases, an attorney with some knowledge of the area can prevent a trust from invalidating the child's public benefits; however, many trusts are not customized to the child's specific needs. As a result, the child fails to receive the benefits that the parents provided when they were alive.

Another mistake is when lawyers put a "pay-back" provision into the trust, rather than allowing the remainder of the trust to go to others upon the death of the special needs child. These pay-back provisions are necessary in certain types of Special Needs Trusts — and not necessary in others. An attorney who knows when they should be used can save your family hundreds of thousands of dollars, or more.



A child without special needs can obtain more resources as he reaches adulthood, and can work to meet essential needs. Your special needs child may not have that opportunity.



#### **MISTAKE 4: Procrastination.**

Since no one knows when they will die or become incapacitated, it is important to plan for your special needs child early, just as you would for other dependents, such as minor children. Unlike other beneficiaries, your special needs child may never be able to compensate for your failure to plan. A child without special needs can obtain more resources as he reaches adulthood, and can work to meet essential needs. Your special needs child may not have that opportunity.

**MISTAKE 5: Failing to invite other people to contribute to the trust.** A key benefit of creating the trust now is that your extended family and friends can make gifts to the trust or remember the trust as they plan their own estates. In addition to the gifts and inheritances from other people who love your child, you can leave your own assets to the trust in your will. You can also name the trust as a beneficiary of life insurance and retirement benefits.

**MISTAKE 6: Choosing the wrong trustee.** During your life, you and your spouse can manage the trust. When you and your spouse are no longer able to serve as trustee, the person or persons you specify in the trust instructions will become the new trustee, such as a professional trustee or a team of advisors. Make sure that whomever you choose is financially savvy, well-organized, and ethical.

**MISTAKE 7: Relying on your other children to use their money for the benefit of your special needs child.** This can be a temporary solution, such as during a brief incapacity, if your other children are financially secure and have money to spare. However, because of the potential problems, this solution will not protect your child after you and your spouse have died, or when siblings have their own expenses and financial priorities. For example:

- What if your child with the money divorces? His or her spouse

may be entitled to half of the funds and will not likely care for your special needs child.

- What if your child with the money dies or becomes incapacitated while your special needs child is still living? Will his or her heirs care for your special needs child as thoughtfully and completely as your child with the money did?

- What if your child loses a lawsuit and has to pay a large judgment or has other creditor problems? The court will certainly require your child to turn that money over to his or her creditors.

When you create a Special Needs Trust, you protect all of your children. The trust facilitates easier record-keeping and allows your other children to rely on the assistance of a professional trustee, if needed. Siblings of a special needs child often feel a great responsibility for that child, as they have all of their lives. When you provide clear instructions and a helpful framework, you lessen the burden on all of your children and build a loving, involved relationship that benefits your child with special needs.

**MISTAKE 8: Failing to protect the special needs child from predators.** Thieves, con men and other criminals look to take advantage of those who are most vulnerable, like your special needs child. A child trapped in the system with precious little resources and without anyone to look after his affairs can easily fall prey to these predators. When you establish a Special Needs Trust and properly structure your estate plan to protect your special needs child, you ensure that your child will never be left alone, will always be provided for, and will always have a trustworthy person — either a guardian or trustee, or both — watching over him.

*Joe Donlon is an Estate Planning Attorney who has in-depth experience working with parents who have a special needs child. He offers the free article, "7 Key Questions Parents Should Ask About Special Needs Trusts." To receive a free copy, send an e-mail to [joe@donlonlaw.com](mailto:joe@donlonlaw.com).*



## **Harry H. Gordon School**

**Center for Early Childhood Education\***  
NYS certified teachers and therapists use a team approach  
to provide a nurturing learning environment

- Early Intervention Program
- Early Childhood and Special Education Preschool
- Integrated Classes (Developmentally Appropriate Practice)
- Ongoing Staff Development
- State Ed. Approved Evaluation Site



### **Bronx: Main Building**

**2465 Bathgate Ave.  
(Near Arthur Ave. & 189th St.)**

**Annex**

**1180 East 214th St.**

**718-367-5917**

**[hhg@yai.org](mailto:hhg@yai.org)**



\*Licensed by the NYC Department  
of Health Bureau of Day Care



**CREATING REAL OPPORTUNITIES FOR LEARNING**

At The Shield Institute we have special expertise supporting children with autism spectrum disorders and their families. We offer special education, diagnostic and clinical services in our two preschool programs in Queens and in the Bronx. Additionally we provide family workshops to our parents with children with ASD and to others parents in our surrounding communities. The Shield Institute is affiliated with the Jewish Board of Family and Children's Services and is a member of the United Way.

### **Free Parent Workshops**

*(Spanish translation is available for all workshops)*

#### **May Workshops**

**May 12th**

**Location:**

**1800 Andrews Ave., Bronx, NY 10453**

Sensory Issues with Young Children with Autism  
Presenter: Lindsey Biel - Occupational Therapist

**Time:**

9:45am to Noon

#### **June Workshops**

**June 2nd**

**Location:**

**1800 Andrews Ave., Bronx, NY 10453**

Family and Sibling Issues When Raising a Child with Autism  
Presenter: Debbie Meringolo

**Time:**

9:45am to 12:00pm

If you are interested in attending any of these workshops free of charge  
please contact Laura Villa at 718-939-8700 x1167  
(Laura is bilingual Spanish)

These workshops are made possible by a grant provided by the New York City Council, Department of Health and Mental Hygiene



# Facing the stress

## Overcoming the challenges of raising a special child

BY JULIA GARSTECKI

**P**arenting a child with a disability comes with its own set of unique frustrations: the level of exhaustion might be tripled; evaluations and assessments are often scary and stressful; and there may not be one best way to move forward with therapy.

Fortunately, most mothers of children with disabilities are positive, proactive, and energetic. They lead

clues her experiences with her daughters. "All I Can Handle; I'm No Mother Theresa" is funny, sad, and informative. When asked what helped get her through the worst of times, she said that there were moments in which all she could do was hope.

Kim suggests parents let their emotions take course; if you need to cry, do it. It can be cathartic. She says she remembers feeling like a hamster on an exercise wheel. She was exhausted, but knew that her girls needed care. There will not be an end to the demands, she says, so you need to learn to deal with it.

To start, Stagliano suggests building a support system.

Family members or neighbors can offer love and — hopefully — periodic babysitting, but parents of special-needs kids also need to find families in similar circumstances.

Find national websites that provide information and research, as well as ones that offer an online community of parents whose needs mirror your own, and with whom you can chat. Look to see if there are support groups near you. Through these websites and support groups, you may also find therapy tips, nutrition and diet information, and possible social outlets for you

and your family.

- Julie McAllister, a mother of one child with Asperger's Syndrome and one child with food allergies, has had her share of depression. Before her children were diagnosed, she says she began to feel lonely, guilty and isolated as she did her best to raise her sons. There was very little sleeping going on at her house, she says, and between the exhaustion and her sons' mysterious meltdowns, McAllister rarely left her home. She says she finally began to treat her depre-

sion by making self-care a priority. She focused on nutrition, and sought the help of educated professionals. Because she made time for herself, she says, she had more energy and enthusiasm for her family.

Stagliano echoes Julie's sentiment about needing to have a life. While taking an exercise class or going out with friends might be best, that involves finding child care, which can be tricky. If the only option is watching a favorite television program, or reading a good book, do it. To maintain the endurance necessary for raising a child with special needs, it's important to lose yourself in another world from time to time. It's in those moments that you might determine what you need for yourself, whether it's rearranging the therapy schedule, getting help with chores, or getting out of the house by yourself for an hour or two a week. There are also activities that your whole family can enjoy, and they include special assistance. One, Programs to Educate All Cyclists, helps individuals with disabilities develop cycling skills for recreation, fitness and transportation. You can also try horseback riding. Therapeutic riding facilities are common, and children who never thought to get on a horse are amazed at the independence and enjoyment riding can offer. So, explore the Internet, ask questions, and keep an open mind. Finding a new family hobby can bring a feeling of accomplishment, bonding and fun.

It won't always be easy, but there is help.

If you are struggling to find resources, contact your school district. Or, if the school cannot help you, start making phone calls and don't stop until you find what you are looking for.

*Kim Stagliano's book, "All I Can Handle; I'm No Mother Theresa," is available in bookstores now. You can also visit her website, [www.kimstagliano.com](http://www.kimstagliano.com).*

*Julia Garstecki is a freelance writer living in western New York. Her passion for writing is second only to her passion for her family. Contact her with your stories at [juliagarstecki@gmail.com](mailto:juliagarstecki@gmail.com).*



support groups, are activists in the special education community, and are champions for their children.

However, even the most optimistic of these mothers has struggled with anxiety and worry at one time — or 100. Here are some suggestions from parents who have been there — and what they've learned along the way.

• Kim Stagliano, a mother of three autistic daughters, is somewhat of an expert on the subject. She's even written a book in which she chroni-

# Special Needs DIRECTORY

## Harry H. Gordon School Center for Early Childhood Education, YAI/NY League for Early Learning

2465 Bathgate Avenue, 718-367-5917

Founded in 1979 by parents and professionals who vowed to make a difference in the lives of young children with disabilities. The early childhood program provides special education and therapeutic services to infants, toddlers and preschoolers with special needs. Services are tailored to meet the individual child's needs within the context of a developmentally appropriate early childhood program. A warm and nurturing atmosphere sets the stage for the "learning through play" activities, which are woven into the daily routine. The goal is to provide enough support so that each child can reach their full potential. Activities that help in the development of independence and self-confidence are built into the curriculum. Each child's expanding sense of self is supported beyond the walls of the school community through neighborhood walks and field trips. Parents and family members are an integral part of the process. Parent workshops are held monthly. Support groups provide space for parents and caregivers to meet and share their experiences and concerns. The school's open door policy encourages active involvement, along with ongoing dialogue to ensure effective communication between school and home.

## Palomba Academy of Music and Voice

974 East Gun Hill Road, 718-882-3700 or  
[www.palomaacademy@optonline.net](http://www.palomaacademy@optonline.net)

Palomba Academy has been teaching music in the community for over 50 years. We offer instrument and voice instruction to children with Special Needs. Classes are tailored to the individual needs of the child. Children participate in several performances in the community throughout the year.

Many of our students are referred to us by Special Needs Agencies like The Lavelle School, St. Dominic's, IAHD, and Grace Cavanaugh. We pride ourselves on the success of these students as they perform along with our mainstream students.

The Academy is the only school that departmentalizes their curriculum into Jazz, Rock, Reggae, R&B and Christian styles of music.

Our teaching staff includes highly trained musicians, Pre-school and Special Ed teachers. We are an 1199 SEIU service provider.

## The Shield Institute

1800 Andrews Avenue, 718-939-8700  
ext 1167 or [www.shield.org](http://www.shield.org)

The Shield Institute is a longtime leader in the field of autism and other developmental disabilities. A non-sectarian agency established in 1921, it provides wide-ranging educational and support services to children, adults and families of all backgrounds throughout New York. By working with families and communities, the Institute helps enable children and adults with developmental challenges to lead full, meaningful lives that include a chance to work and contribute. The Shield

seeks to transform the way communities and societies understand, relate to and support citizens with developmental disabilities. By honoring diversity in values, heritages, abilities and interests, the facility helps ensure that people with disabilities enjoy the same rights and opportunities as everyone else. By working cooperatively with organized labor, they operate fair and dignified workplaces that bring added value to its mission as a human-service agency. Staff is comprised of certified licensed professionals and other expert staff offer quality educational, clinical and family support services to more than 1,600 infants, children, adults and their families throughout New York City. In the year 2000, the agency embarked on a five-year plan to establish structured teaching through The Education of Autistic and Communication Handicapped Children (TEACCH), which incorporates the best practices in order to meet the need of each child. For further information on The Shield Institute and the TEACCH method please call or visit our website.

## Therapeutic Imprints

1120 Morris Park, Suite # 2B  
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.

## These Our Treasures, Inc. (TOT'S)

2778 Bruckner Blvd., 718-863-4925 or  
[www.theseourtreasures.com](http://www.theseourtreasures.com)

TOTS is a warm, welcoming school that provides a full array of intervention services to special needs children, birth to age 5, as well as strong supports for parents and extended families. Begun in 1970, by a group of Bronx parents of young children with disabilities, TOTS incorporated as a school in 1973, and has set the standard for quality services in the Bronx for the past 38 years. Provision of special education, speech, OT, PT, and counseling is augmented by additional services like Music Therapy, Developmental Art, Sensory Groups, Yoga, PECS, TEACCH, Therapeutic Listening, and Assistive Technology. Expert staff individualizes programming to meet the needs of all children. For more information, call or see our website. Early Intervention inquiries must first go through 311.



Home-Based/Center-Based  
Intervention Services  
for Children  
with Special Needs

### Services for Children:

- Special Education
- Speech, Occupational, and Physical Therapies
- Play Therapy/Counseling
- Social Work and Service Coordination
- Door-to-door Transportation by Mini-buses
- Small Classes with Intensive Structure for Children with Significant Behavioral Disorders
- PECS (Picture Exchange Communication System)
- TEACCH/DIR Floor time
- Therapeutic Listening
- Augmentative Communication/Whole Language Approach
- Sensory Integration/Assistive Technology
- Music Therapy/Developmental Art Education
- Computer Assisted Instruction



Birth to Age 5

### Services for Families:

- Individual/Family Counseling and Support Groups
  - Home-based Family Training
  - Graduation Seminar
- Topic-centered Workshops

For Early Intervention Services Contact 311

For Preschool Services Contact TOTS at 718-863-4925

2778 Bruckner Blvd • Bronx, NY 10465

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

# PALOMBA ACADEMY OF MUSIC & VOICE

Keyboard ♦ Guitar ♦ Strings & Brass  
Drums & Percussion ♦ Reading Theory  
Composing ♦ Ear Training  
Sight Signing ♦ Phrasing



Gospel • Rock • Jazz  
R&B • Reggae • Latin

Private Instruction  
Ages 3-Adult



**FREE**  
Casio Piano or  
Acoustic Guitar  
**REGISTER  
NOW**

974 E Gunhill Road, Bronx • 718.882.3700  
[palombaacademy@optonline.net](mailto:palombaacademy@optonline.net)

# Sleepovers

## The survival guide

BY MYRNA BETH HASKELL

**A**re you thinking of inviting several of your child's friends over for a sleepover bash, but you are not sure you can handle all those exuberant and tireless kids for more than three hours?

It's OK, sleepovers can be overwhelming and exhausting. Let's face it: they can be a downright nightmare. It will take quite a bit of planning and forethought, but both you AND your child's friends can have a positive experience if you take the time to think things through before the first excited guest appears at your door.

**Rule 1: Establish the rules from the get-go**

Sleepovers are different from other parties hosted in your home in that the kids know their own parents won't be picking them up until the next day. This gives them a "no holds barred" attitude toward the night.

After hosting several sleepovers for both my son and daughter, I've found that kids will respond well to rules if you establish them right away. Hold a "welcome meeting," in which you tell the guests about all the great activities you have planned. Then, give them a list of rules to follow. Make sure that they understand these are YOUR rules, not your child's. Tell them if things go well, you have a special activity planned (this can be a blockbuster movie or a game with really cool prizes).

**Rule 2: Prepare your home and plan ahead**

Find a place in your home that will be suitable for several kids bunking out and playing group games. This might be a playroom, or any large space with sparse furnishings. Remove any breakable or valuable items, so you won't become a nervous wreck if a pillow fight ensues. Make sure that the eating area is properly protected. If you don't have

easy-to-clean tile or vinyl flooring, prepare the floor with some plastic splash mats or drop cloths.

Keep in mind that your child's friends may not know their way around your house very well, especially in the middle of the night. Place nightlights in bathrooms and hallways to make your home easy to navigate when it is dark. It's a good idea to stock up on a few extra supplies, too. Make sure you have toothbrushes, pillows, and socks — in case one of the guests forgets to bring them.

Most parents agree that too much free time is a recipe for disaster, so plan ahead. Make sure you have scheduled several controlled activities besides dinner, cake and opening gifts.

**Rule 3: Sanity is in the numbers**

Larger groups of kids tend to get more unruly.

"I had 12 10-year-old boys for my son's sleepover a few years ago," recalls Mary Kiernan, a mother of five. "This was way too many. They were wild!" Kiernan suggests that the maximum number should be about eight, including your own child. Most parents also agree an even number works best — to avoid the "odd-man-out" scenario.

A good rule of thumb is to invite those children whose families you know. Many parents today are leery about sending their children to sleepover parties if they don't know the family. In order to avoid inevitable disappointment due to declined invitations, put a message on the invitation such as, "Party continues after 8 for those who would like to sleep over." This will enable guests to decline the sleepover part, but to

### Kids have advice for kids

And for the kids, here's some tips from kids across the country so your first sleepover can be perfect:

**Ways to be prepared:**

"Make sure you get a good night's sleep the night before. You will be up late!"

*Trevor, age 12, Salt Point, NY*

"Bring your mom and dad's cell-phone numbers."

*Samantha, age 8, Narragansett, RI*

"Bring your favorite snack and make sure there is plenty to share!"

*Dominique, age 7, Richmond, VA*

**Most important thing to bring:**

"Bring money, just in case you end up going somewhere like the movies."

*Andrew, age 12, Hyde Park, NY*

"Yourself!"

*Spencer, age 11, Indianapolis, IN*

"Bring cute pajamas!"

*Savannah, age 8, San Diego, CA*

**What to do if you don't like the food:**

"If you don't like the breakfast, say you and your family have to go to your grandparents' anniversary brunch."

*Nicole, age 10, Cary, NC*

"I bring a hidden snack."

*Evan, age 11, Narragansett, RI*

**Keeping track of your stuff:**

"Make a list of what you are bringing."

*Lauren, age 10, Hopewell Jct., NY*

"Always label your things so you'll be sure it's yours."

*Emily, age 12, Portland, OR*

**Other:**

"Whenever I'm at a sleepover, I always tell myself to let NOTHING get in the way of having a fun time. You're only a kid for so long, and sleepovers are supposed to bring out the kid in you!"

*Morgan, age 14 – Indianapolis, IN*



join the festivities and celebrate with your child early in the evening.

#### **Rule 4: Activities make or break a party**

It's imperative that you have a list of various activities planned.

"You have to plan lots of activities to wear them out," says mom Christina Castelonia. However, for indoor activities, she suggests anything that will keep the kids calm. "For girls, painting nails and doing hair always works," she says.

If you are having a sleepover for boys and you are worried about them spending too much time in front of the computer or video games, schedule some group activities.

Boys enjoy team activities, so organize a mystery game or sports trivia game and break the kids up into teams. Kiernan also advocates planning group activities.

"Charades and bingo are always a hit," she says. "Make sure you have an alternative planned in case one or two don't want to play the game."

Crafts are enjoyable for any gender. The best crafts are those that also serve as party souvenirs:

- Photo frames (take a digital group picture, print and insert in each child's custom frame). Glue magnets on back for bulletin boards
- Pillow cases, tote bags or T-shirts — use fabric markers or paint to decorate (don't forget the party date and signatures of all those who attended)
- Bookmarks or book bag chains that celebrate the theme of the party

#### **Rule 5: Fun food, happy campers**

You will probably be serving dinner, snacks and breakfast, so the food will play an important role in making the party successful.

Mixing food and fun is always a hit.

"I always do pizza," says Kiernan. "I had the kids make their own individual pizza at one of the parties and that made a great activity, too. The kids loved it!" In lieu of traditional

birthday cake, set up bowls of toppings for make-your-own-sundaes or make-your-own-cupcakes. You can always put a candle on the birthday child's concoction!

I made the mistake of not having enough drinks at my son's first sleepover. Remember, popcorn and chips are laden with salt. The kids will be thirsty, so you'll need to stock up on a variety of drinks that quench thirst.

Keep breakfast simple.

Avoid making omelettes or scrambled eggs, which only serve a few at a time. Kiernan prefers pancakes and French toast to feed a large group.

"It's easy to make, easy to keep warm, and you can make a large quantity for not too much money," she says.

"I like to serve chocolate chip pancakes or M & M pancakes," adds Castelonia. "The kids love anything with chocolate!"

Don't forget to check on food allergies. As a mother of five children, Kiernan is all too familiar with allergies. She says that it's imperative that you ask parents ahead of time if their children have food allergies.

"Always keep cereal on hand in case someone is allergic to eggs," she says.

Be prepared for the occasional vegetarian, as well. Making sure you have at least one meatless choice is not a difficult task, and it will save you the trouble of whipping something up if one of the guests is a budding vegetarian — I've had a few at my house!

Quick food tips:

- Less fuss is a must
- Use paperware and paper tablecloths for easy clean up
- Provide a healthy-choice snack, such as carrots and dip
- Don't serve caffeinated items close to bedtime (i.e. cola or chocolate)

#### **Rule 6: Yes Virginia, there is a bedtime!**

Uh-oh ... it's bedtime! Even for the most organized party host or hostess, getting the kids to bed at a "respectable" hour can prove to be an insurmountable task. Castelonia remarks that although sleepovers can be some of the most talked about celebrations, you have to have reasonable expectations about how things will go.

"That's the price you pay. The kids will be up late and cranky the next morning," she warns.

Kiernan suggests putting a movie in at the very end of the evening once the kids have prepared for bed.

"The kids will be ready to relax," she claims. Make sure that the movie is age-appropriate (when in doubt, ask for permission from parents beforehand). Any type of calming activity will suffice late in the evening — just make sure you've completed all endeavors that encourage hysterical enthusiasm (such as piñatas) early on.

Plan to separate groups of kids if some seem to want to whisper and pass notes via a pen light while others are ready to crash. At my daughter's last sleepover, I separated them into two groups. The sleepyheads made a beeline for the family room, while those who wanted to chit-chat remained in the playroom. This seemed to quell any impending arguments.

#### **Rule 7: There's got to be a morning after!**

After a night of ghost stories, giggling and gossiping, your child's bleary-eyed guests may not be ready to "get with the program" the next morning. Here's a perfect solution: a contest. Give your child's guests a specified time to get dressed, clean up, and pack their things. Tell them there will be a surprise treat if they are successful. This may be a good time to give out goodie bags with a little something extra, such as energy bars or drinks, because they will need the energy!

Hopefully, you remembered to list the pick-up time on the invitations, and to remind parents of this time when they dropped their children off the night before. Castelonia suggests that pick-up time be no later than 11 am. "Most will be leaving to go to other activities anyway," she says.

Finally, when the last guest has stepped out the door, grab yourself a cup of herbal tea and head for the couch. This respite will be well deserved!

*For theme ideas, creative activities and other tips, check out these books:*

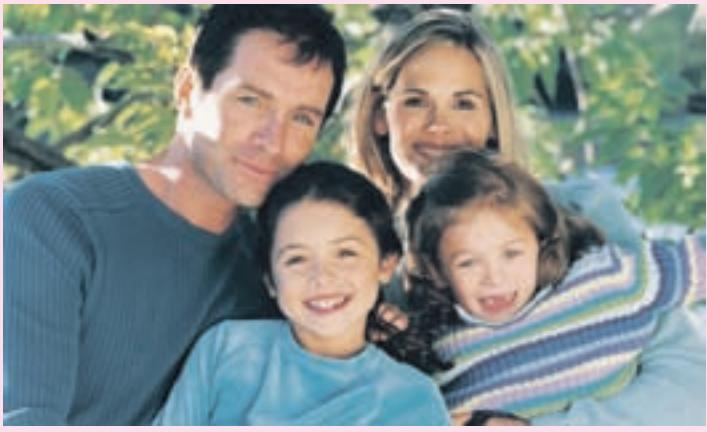
*"Slumber Parties," by Penny Warner (Meadowbrook Press)*

*"52 Slumber Party Activities," by Lynn Gordon (Chronicle Books, LLC)*

*"Slumber Parties," by Brooks Whitney (American Girl Library: Pleasant Company Publications)*

*Or, visit [http://www.birthdayparty-ideas.com/html/sleep\\_over.html](http://www.birthdayparty-ideas.com/html/sleep_over.html) for a list and detailed description of award-winning sleepover parties for both boys and girls.*

BRONX/RIVERDALE  
**Family**  
PRESENTS



## Great Family Deals!

Deals, discounts and savings of up to 90% at your favorite family-friendly restaurants, classes, stores, attractions, and much more!

**BORO DEAL**  
FOR THE STREET-SMART SHOPPER

*Sign up today!*  
**BoroDeal.com**

**Looking for fun  
with the kids?**

**WIN  
TICKETS**

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



**Visit our website  
[www.webfamilyny.com](http://www.webfamilyny.com)  
and register to win**

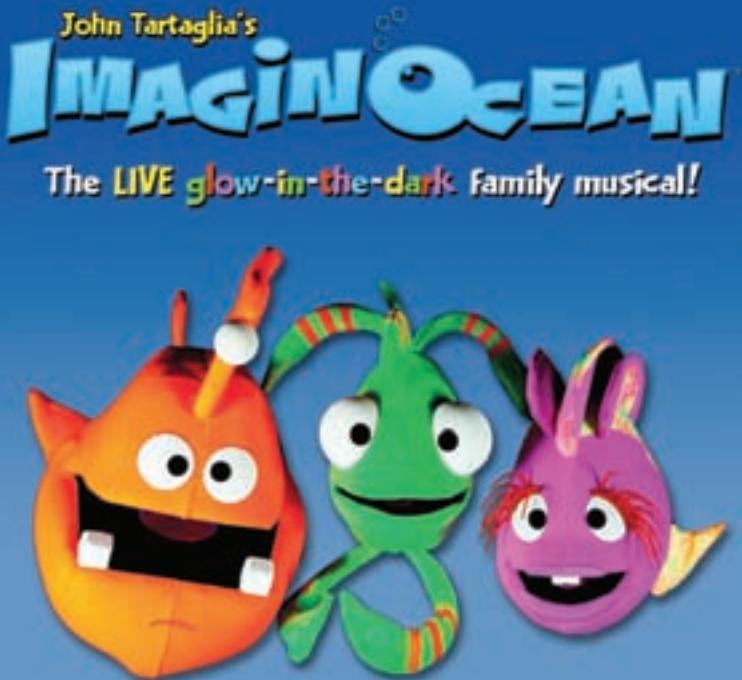
## Attention All Writers!

**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.



**N**  
NEW YORK STAGES

TELECHARGE.COM OR 212.239.6200  
140 West 50th Street, NYC [ImaginOceanTheMusical.com](http://ImaginOceanTheMusical.com)

# Going Places

## LONG-RUNNING

**Dinosaur display:** American Museum of Natural History, Central Park West at 79th Street in Manhattan; (212) 769-5000; [www.amnh.org](http://www.amnh.org); Daily, 10 am–5:30 pm, \$24 (\$18 students, \$14 children).

Children learn about the largest dinos, long-tailed sauropods, by examining the innovative model.

**"Dora and Diego's 4-D Adventure":** Bronx Zoo, Bronx River Parkway at Exit 6; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, 10:30 am–4:30 pm, Now – Sun, Aug. 28; \$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).

**Yoga:** Wave Hill, West 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); Fridays, 10–11 am, Fri, June 10 – Fri, Aug. 26; \$15 (\$23 non-members).

Children, ages 2–5, with adult supervision learn how to stretch, bend and be limber.

**Animal Tale Players:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Saturday, May 28, 11:30 am; Sunday, May 29, 11:30 am; Saturday, June 11, 11:30 am; Sunday, June 12, 11:30 am; Saturday, June 18, 11:30 am; Sunday, June 19, 11:30 am; Free with zoo admission.

Live performance.

**Imagination walks:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); Saturdays, 10 am, Sat, June 18 – Sat, July 30; Free.

Children, ages 3–6, walk along with Juan and explore the park.

**Eco crafts:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); Tuesdays, 11 am–2 pm, Tues, July 5 – Tues, Aug. 23; Free.

Children repurpose old stuff into new creations.

**Summer read aloud:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); Weekdays, 11 am, Tues, July 5 – Fri, July 29; Free.

For children 3 to 8 years old.



## Join Bob's crew!

**B**ob the Builder is coming to town!

Join the beloved TV character and his Can-Do Crew for a day of sing-alongs and a special, interactive performance where children can help a real-life Bob with a huge construction project at the Bronx Zoo on June 4 and 5.

As they hammer out solutions that lead to a job well done, Bob and his crew demonstrate the

power of positive thinking, problem-solving, teamwork and follow-through.

Don't forget your hard hat!

*Bob the Builder Live at the Bronx Zoo [New York Life Mainstage at Grizzly Corner, 2300 Southern Blvd. at Boston Road in Belmont, (718) 220-5103], June 4 and 5 at 11:30 am, 1:30 and 3:30 pm. Admission \$29.95 for adults, \$19.95 for children, \$25.95 for seniors. For info, visit [www.bronxzoo.com](http://www.bronxzoo.com).*

## 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 you have to do is send your listing request to [calendar@cnglocal.com](mailto: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!

## FRI, MAY 27

**Chess team:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; [www.nypl.org](http://www.nypl.org); 3 pm; Free.

Teens, ages 13–18, show off their moves and challenge their friends.

**Camping:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm; Free with admission to the grounds.

Enjoy camping in the woods. Food and tents provided; must bring your own sleeping bags. Space is limited to four persons per family. Pre-registration required.

## SAT, MAY 28

**Family Art:** Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Create your own personal garden.

**Summer story:** Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

Read about the lazy, hazy days that are almost here.

## SUN, MAY 29

**Family Art:** 10 am–1 pm. Wave Hill. See Saturday, May 28.

**Canoeing:** Orchard Beach Nature Center, Orchard Beach; (718) 885-3466; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am; Free.

Get ready for an adventure and paddle through the waters of the green marsh and the lagoon. For persons ages 8 and up. Space is limited. Pre-registra-

*Continued on page 22*

# Going Places

Continued from page 21

tion required.

**Memorial day concert:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 2 pm; Free.

Featuring the Bronx Arts Ensemble.

## MON, MAY 30

**Showboat Shazzam:** Hudson River Park, Pier 25 at Chambers Street; (718) 624-4719; [www.waterfrontmuseum.org](http://www.waterfrontmuseum.org); 1 and 4 pm; \$15.

The little big top at sea hosted by the Waterfront Museum and Showboat Barge, featuring a variety of circus performers from around the globe.

**Wii bowling:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2:30 pm; Free.

Teens compete in this video game.

## TUES, MAY 31

**Blockbuster books:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 3:30 pm; Free.

Children, ages 13-18, make a trailer, shoot the film, and write a script.

## WED, JUNE 1

**Explorers Club:** Rubin Museum of Art, 150 West 17th St., between 6th and 7th avenues, in Manhattan; (212) 620-5000 X 344; [www.rmanyc.org](http://www.rmanyc.org); 11 am-noon; \$10 per child/adult pair (\$5 for members; \$5 for each additional child).

Children, ages 3-5, learn about everything from the tallest mountains to the deepest seas. Pre-registration required.

**Family story tours:** Rubin Museum of Art, 150 West 17th St., between 6th and 7th avenues, in Manhattan; (212) 620-5000 X 344; [www.rmanyc.org](http://www.rmanyc.org); 3:30-4:15 pm; \$10 per child/adult pair (\$5 for members; \$5 for each additional child).

Children, ages 5 and up, accompanied by an adult partake of an interactive walk through the museum.

## FRI, JUNE 3

**"Nerd Camp":** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

Tweens and teens will enjoy author Elissa Brent Weissman's new book.

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

The Trolley returns, yeah!

**Family camping:** Orchard Beach Nature Center, Orchard Beach; (718)

and 3:30 pm. Bronx Zoo. See Saturday, June 4.

## MON, JUNE 6

**Game day:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children, ages 8-12, play Wii, PS3 and Xbox. Pre-registration required.

## TUES, JUNE 7

**Blockbuster books:** 3:30 pm. Kingsbridge Library Center. See Tuesday, May 31.

## WED, JUNE 8

**Explorers Club:** 11 am-noon. Rubin Museum of Art. See Wednesday, June 1.

## FRI, JUNE 10

**Bubbles and baths:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 3:30 pm; Free.

Teens, ages 13-18, learn how to make special bubble baths and lotions to pamper themselves and friends.

## SAT, JUNE 11

**Summer art:** Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Families make a sparkly mobile out of CD cases.

**Bike basics:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.bikenewyork.org](http://www.bikenewyork.org); 10 am-1 pm; Free.

For mature teens, a three-hour class. Pre-registration required.

**Basic canoeing:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am; Free.

First come, first served, for children 8 and older. Bring water, sunscreen and a hat.

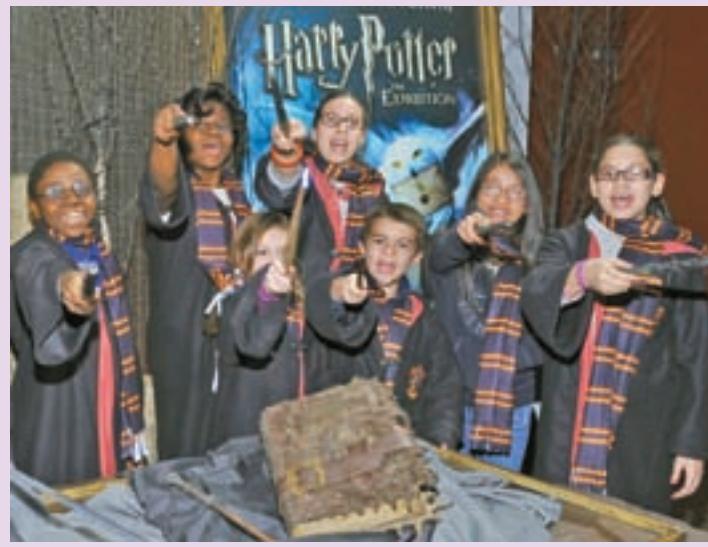
**Bronx River festival:** Bronx River Forest at Burke Bridge, Southern Blvd. at Bronx River Parkway; (718) 430-4665; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am-3 pm; Free.

A scavenger hunt, games, canoe rides, live entertainment and food.

**"Splat the Cat":** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

Children jump into summer with stories of Splat the Cat and make a special cat activity.

**"The Panama Suitcase Show":**



## Magical exhibition

**T**he magic of "Harry Potter" comes to life in this new exhibition at the Discovery Times Square museum.

You and your little Hogwarts fan can explore more than 200 authentic costumes and props from the popular films, displayed in settings inspired by the sets.

While touring the exhibition space, you can even discover iconic items such as Harry's original wand and eyeglasses, the Marauder's Map, Gryffindor school uniforms as well as costumes

worn at the Yule Ball. Enter the Quidditch area and toss a quaffle, pull your own mandrake in the herbology vignette, encounter Buckbeak the hippogriff and even a giant Acromantula spider. The only thing missing is Daniel Radcliffe himself!

*"Harry Potter: The Exhibition"* at Discovery Times Square [226 W. 44th St. between Seventh and Eighth avenues in Manhattan, (866) 987-9692], now through Oct. 5. Tickets \$25, \$22.50 for seniors, \$19.50 for children. For info, visit [www.discoverytsx.co](http://www.discoverytsx.co).

885-3466; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm; Free.

Traditional sleeping out under the stars. Food and tents provided. Family size limited to four people. Bring your own sleeping bags. Pre-registration required.

## SAT, JUNE 4

**Playful petals:** Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Family art project using mixed-media sculptural materials.

**Bob the Builder:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); 11:30 am, 1:30 and 3:30 pm; Free with zoo admission.

Live performance.

**"Mi bebe es un heroe":** Repertorio Espanol, 138 E. 27th St. in Manhattan; (212) 225-9920; [www.repertorio.org](http://www.repertorio.org);

Noon; \$12.

Bilingual puppet show that teaches the importance of love and family values. For children ages 2 and up.

**Science and books:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Children, ages 5 and older, uncover the world of evidence-gathering and analysis.

## SUN, JUNE 5

**Playful petals:** 10 am-1 pm. Wave Hill. See Saturday, June 4.

**Fishing fun:** Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am; Free.

Little anglers learn how to fish. Bamboo poles available.

**Bob the Builder:** 11:30 am, 1:30

# Going Places

Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Children, ages 4 and older, enjoy stories about jaguars, monkeys and sea turtles in Spanish and English.

**Junior detectives:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Children ages 5 and older use powers of observation to inspect new adventures.

**El Gran Combo:** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org); 8 pm; \$60, \$55, \$50, \$45.

Salsa music.

## SUN, JUNE 12

**Anne Hutchinson festival:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; [www.bartowpellmansiomuseum.org](http://www.bartowpellmansiomuseum.org); Noon–4 pm; Free.

The 420th anniversary of her birth features colonial crafts, storytelling and hikes with the Urban Park Rangers. Pre-registration requested.

## TUES, JUNE 14

**Blockbuster books:** 3:30 pm. Kingsbridge Library Center. See Tuesday, May 31.

**Game day:** 4 pm. Kingsbridge Library Center. See Monday, June 6.

## WED, JUNE 15

**Explorers Club:** 11 am–noon. Rubin Museum of Art. See Wednesday, June 1.

## SAT, JUNE 18

**Handmade music:** Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Families welcome composer/performer David Simons and Lisa Karrer and build their own musical instrument.

**"Clifford the Big Red Dog":** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barneysandnoble.com](http://barneysandnoble.com); 11 am; Free.

Everyone's favorite pet shares stories and welcomes his fans.

**Father's day celebration:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansiomuseum.org](http://www.bartowpellmansiomuseum.org); 1–4 pm; \$10 (\$8 seniors; \$5 children 6–17; Members \$8, \$6 seniors, \$3 children 6–17).

Watch the New York Mutuals play by 1864 rules, balls, bats and uniforms, kids join in with team members. Registration requested.



## Home run for Dad

**T**ake me out to the ball game — 1864 style!

The late-great New York Mutuals will square off against the hated Mineola Washingtons at Bartow-Pell Mansion Museum in an historically accurate, pre-Father's Day game complete with replica uniforms, bats, and balls. To make things even more interesting, the game will be played without gloves!

After the game, players will toss a few with the children, and there will be raffles and tours of the mansion.

*Old-timey baseball game at Bartow-Pell Mansion Museum [895 Shore Rd. near Orchard Beach Road in Pelham Bay Park, (718) 885-1461], June 18 at 1 pm. Tickets \$10, \$8 for seniors, \$5 for children ages 6–17, and free for those younger. For info, visit [www.bpmm.org](http://www.bpmm.org).*

**Puppet show:** Crotona Nature Center, Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm; Free.

Fun forest creatures entertain and then children make a puppet of their own.

**Spy academy:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

Children, ages 5 and older, join the Mad Science Academy. Spying never looked so good.

## SUN, JUNE 19

**Handmade music:** 10 am–1 pm.

## WED, JUNE 22

**Special needs workshop:** Jewish Child Care Association, 555 Bergen Ave. at East 149th Street; (212) 677-4650; [www.resourcesnyc.org](http://www.resourcesnyc.org); 10 am–1 pm; Free.

Preparing for life after high school provides helpful guidance in career and life planning.

**Explorers Club:** 11 am–noon. Rubin Museum of Art. See Wednesday, June 1.

## THURS, JUNE 23

**Geography and culture:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 10 am; Free.

Children, ages 8 and older, take a journey and visit three nomadic peoples, the Gabra of Kenya, the Mongols of Mongolia and the Blackfeet of Montana through stories.

## SAT, JUNE 25

**Summer reading:** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

Children in grades one through six blast off into summer reading, raffles and activities.

**Spy academy:** 2 pm. Kingsbridge Library Center. See Saturday, June 18.

**Michael Jackson tribute:** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org); 8 pm; \$45, \$35, \$25, \$20, \$10 for children 12 and younger.

Various artists. Salsa music.

## MON, JUNE 27

**Game day:** 4 pm. Kingsbridge Library Center. See Monday, June 6.

## TUES, JUNE 28

**Blockbuster books:** 3:30 pm. Kingsbridge Library Center. See Tuesday, May 31.

## WED, JUNE 29

**Explorers Club:** 11 am–noon. Rubin Museum of Art. See Wednesday, June 1.

## FRI, JULY 1

**First Friday:** 5:30–8:30 pm. Bartow-Pell Mansion. See Friday, June 3.

## TUES, JULY 5

**Stump the librarian:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 3 pm; Free. Children, ages 8–12, ask brain teasers and puzzles.

# Community Marketplace

## BUSINESS OPPORTUNITIES

### 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](mailto:bjmlingerie@hotmail.com) • [www.bjmlingerie.com](http://www.bjmlingerie.com)

## MUSIC LESSONS

### **Collins Music Studio**

1170 Nelson Avenue (at 167th Street)  
 Bronx N.Y. 10451

◆ Classes in Piano ◆ Organ ◆ Voice-Theory  
 ◆ Sight Singing ◆ Ear Training  
 ◆ Classical-Sacred ◆ Gospel Music  
 Dr. William H. Collins, Jr. BMus MMus Mus.D  
 Instructor

Phone: 718 537-6479 • Cell: 917 940-3069

## CHILD CARE

### **BABYBLUES**

Daycare/Preschool

- Ages 6 1/2 weeks – 12 years old
- Transportation Provided (Before School Drop-off After School Pickup)
- ACD/HRA/Private
- Half Day/Full Day
- Breakfast & Lunch Provided

Need a mom in a flash? We offer on-call child care.  
 Mon-Thurs: 7:30am-11pm/Fri: 7:30am-5:45pm

1728 E 172nd Street • Bronx NY 10472

718.617.4883 • [BabyBluesDayCare@Hotmail.com](mailto:BabyBluesDayCare@Hotmail.com)

## HEALTHCARE 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!

Training call: **718-401-9298**  
 HHA Jobs call: **718-401-2231**

391 East 149th Street  
 Suite 521, Bronx NY 10455  
[www.cudleys.com](http://www.cudleys.com)

## PARTY PLANNING



## PARTY PLANNING



## ADVERTISE WITH US!

BROOKLYN

**Family**

QUEENS

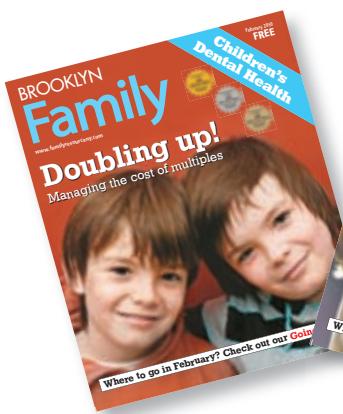
**Family**

BRONX

**Family**

STATEN ISLAND

**Family**



TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554

**8 weeks only!**  
June 16-Aug 7

# The OHMIES

Dancing, Stretching, Giggling.

Show Times  
Thursday: 11AM  
Saturday: 10AM, 12PM & 3PM  
Sunday: 12PM & 3PM

Buy tickets  
[ticketcentral.com](http://ticketcentral.com)  
212.279.4200



Come join the ultimate play date and dance, stretch and giggle with your new BFFs - The Ohmies. It's much more than theater; it's a one-of-a-kind interactive musical experience for kids ages 3 to 8. We'll have so much fun together!

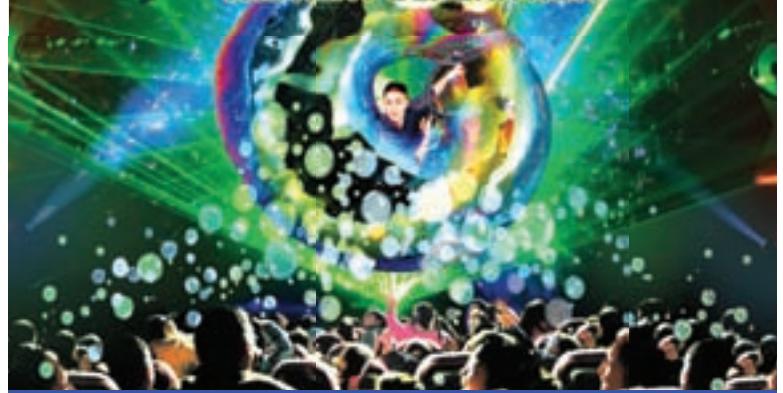
Peter Jay Sharp Theater 416 West 42nd Street  
[TheOhmies.com](http://TheOhmies.com)

**"ENCHANTING"**

- NY TIMES

# Gazillion Bubble Show

THE NEXT GENERATION



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](http://GazillionBubbleShow.com)  
**TELECHARGE.COM or 212.239.6200**  
**NEW WORLD STAGES** **340 WEST 50th ST.**

*Family Discounts Available!*

# VOCAPeople

*The musical sensation that's out of this world*



See the global phenomenon in action! Over 20 million YouTube hits!

Telecharge.com • 212-239-6200

*Family fun for ages 5-105.*

*"Intergalactic Superstars!" - CBS TV*

Westside Theatre, 407 West 43rd Street • [VocaPeopleNYC.com](http://VocaPeopleNYC.com)

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



# New & Noteworthy



## 'Zoo' story

Butts are so useful — not only do they enable us to sit, they can even teach us how to draw!

The new activity book "Everything Butt Art at the Zoo" teaches children ages 4 and older the core principals of step-by-step drawing. And every drawing originates from the outline of — yes — a butt.

This creative and educational activity book by Brian Snyder and illustrator Alexis Moniello is designed to encourage young artists with a fun and effective technique,



which Snyder has found to be successful with his own daughter. In addition to providing step-by-step instructions for sketching 15 zoo animals, "Everything Butt Art at the Zoo" offers unique facts about each of the characters alongside colorful illustrations your own child will be making in no time.

*"Everything Butt Art at the Zoo," \$9.95. For info, visit [everythingbuttart.com](http://everythingbuttart.com).*

## 'Bugs' to be released

"Bugs" for sale!

Favorite kids musician Mister G has a new record ready to infest your CD player just in time for summer BBQs and pool parties.



A follow-up to his beloved 2009 album "Pizza for Breakfast," "Bugs" features 13 original songs by Mister G — aka Ben Gundersheimer, a critically acclaimed singer-songwriter who spent 20 years as a rock

frontman and solo artist before making the transition to family music.

"Bugs" features musical styles that bounce engagingly from bluegrass to bossa nova, ska to folk and rock. The song themes vary from world travels to a shark in the bathtub to annoying siblings and, of course, bugs!

*"Bugs" by Mister G. For info, visit [www.mistersongs.com](http://www.mistersongs.com).*

## The bow show

This is the how-to for hair.

Learn how to make boutique bows, baby clips, tutus, braided barrettes and more with these online tutorials.

Birdsong Bows has 20 guides to making fun or fancy accessories for your little girl, niece or granddaughter, complete with easy-to-read descriptions and plenty of photos.

Geared towards beginners, you can make crafting hair accoutrements an engaging activity with your child, or a new hobby all to yourself.

*Bows for beginners bundle packages, \$35. For info, visit [www.etsy.com/people/birdsong-bows](http://www.etsy.com/people/birdsong-bows).*

## Hop to it

With a name like HuggyBunny, you know these clothes are soft and comfortable!

This line of Peruvian Pima cotton baby clothes is just that, in a variety of styles, including sleeveless onesies, T-shirt onesies, long sleeve onesies, skirt onesies, rompers, classic gowns, and convertible gowns, as well as footies, blankets, hats, and bibs, with as many precious screen-printed images, including hummingbirds, butterflies, monkeys



and bananas, frogs, and this kangaroo romper. There's also, of course, a gown with a bunny printed on the front — and back.

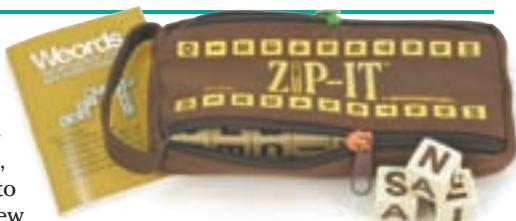
*Girl romper by HuggyBunny, \$36. For info, visit [www.huggybunny.com](http://www.huggybunny.com).*

## Word up

During your next family road trip or play date, little wordsmiths looking to pass the time have a fun new game.

From the makers of Bananagrams comes ZIP-IT, a two-player crossword race that can be played anytime, anywhere, in as little as 20 seconds.

To play ZIP-IT, each person takes 12 cubes and races to form his own crossword grid using any side of the cubes. The first player to use all his cubes calls, "ZIP-IT!" and scores a point by moving his or her own



zipper up the pouch.

The first person to score 10 points shouts, "ZIP-IT!", and wins the game.

Geared towards players ages 7 and up, ZIP-IT features 24 high-quality letter cubes packaged in a unique cloth pouch with scoring zippers, so everything you need to play is — literally — in the bag.

*ZIP-IT, \$14.95. For info, visit [www.bananagrams.com](http://www.bananagrams.com).*



# Advantage All-City 2011 Junior Tennis Camp

For Ages 6 - 17

at New York Tennis Club



*One of the best junior tennis programs in New York.*

- One of the oldest and most respected Junior Development Programs in New York
- Half day Program (9am-1pm) - optional afternoon at SUNY Maritime.
- Tennis instruction for all levels and ages
- Tournament Training Program available - incorporates practice, match play, tournament preparation and play, conditioning and nutrition
- 10 and under QUICKSTART Program

*Open houses and scheduled tours  
every weekend 11am-5pm  
RSVP by calling 718.239.7919 or  
email [info@advantagetcamps.net](mailto:info@advantagetcamps.net)*



3081 Harding Ave, Throggs Neck, NY 10465 • Tel: 718.239.7919 • 212.935.4049  
email: [info@advantagetcamps.net](mailto:info@advantagetcamps.net) • [www.advantagetcamps.net](http://www.advantagetcamps.net)

\*10% discount on each additional week. Ask about our referral reward! Offer expires midnight June 10.



- ✓ **New Skills**
- ✓ **New Thrills**
- ✓ **New Friends**

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

Hurry! It's not too late to register. Space is still available!



**Come In. Be Cool.**

We've got your Value Pass to Summer Fun!  
Just **\$200** for an adult, or **\$275** for the whole family!

Ask about our **Summer Membership Special**  
and get connected with Y Personal Fitness!

**SUMMER'S HERE AND WE'VE GOT AWESOME CAMPS FOR KIDS AND YOUR VALUE PASS TO SUMMER FUN!**

Bronx YMCA

(718) 792-9736

...AND OUR SLEEPAWAY CAMPS

New York YMCA Camp  
(Huguenot, NY)

(845) 858-2200

Call (212) 630-YMCA or visit [ymcanyc.org](http://ymcanyc.org) for more information.

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

Financial assistance available. 

"Summer Membership" offer is valid on new memberships at YMCA of Greater New York locations only. The offer runs from May 14, 2011, to June 27, 2011. "Summer Memberships" are valid from date of registration through September 5, 2011; Family Membership includes 1 or 2 adults with children under 18 years of age all living in the same household; must be paid in full at time of registration; cannot be combined with any other offer; and are non-transferable. Valid photo ID is required. Park Slope Armory YMCA, Ridgewood YMCA and Flatbush YMCA do not offer a swimming pool. Some pricing exceptions apply.