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18



21



8

FEATURES

- 8 Choosing a preschool**
BY LAURA VAROSCAK-DEINNOCENTIIS
- 12 Prepare your child for preschool**
A little prep can avoid tears on day one
BY DENISE YEARIAN
- 14 Smarter summer**
Tips to keep kids' reading and writing skills sharp
BY DENISE YEARIAN
- 16 Discover Wave Hill**
The Bronx's hidden gem
BY RISA C. DOHERTY
- 18 Cultivate positivity**
Some tips on how to raise happier children
BY JENNIE S. BEV

COLUMNS

- 6 Healthy Living**
BY DANIELLE SULLIVAN
- 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 SECTION

- 10 Preschool Directory**



26



16

Letter from the publisher

Preschool beginnings

The first day I left my daughter at daycare/preschool was quite traumatic. I had looked quite carefully for just the right program to fit our needs and our budget and one that was as convenient as possible, considering that



we lived in one community and I worked in another, and the bus was our only means of transportation. That meant the stroller, the bags and my 2 year old on a bus that only ran every 30 minutes. It meant leaving my girl with strangers and hoping/trusting that they would be as nurturing as they appeared and that she wouldn't be upset when I said good-bye.

I stayed with her for about 15

minutes, all the while watching her while she sat on "Tessie's lap." Tessie was the oldest worker there and, I thought, a very comforting and experienced child care giver. She had her own children and in fact, was a grandmother as I recall.

She oozed ease and trust. My daughter seemed to love her right away and went to her immediately after hearing the words "Come to Tessie." I was so relieved to see that, and was thrilled that I had found this wonderful place with these obviously caring and professional people on staff.

The moment had arrived when I would walk out the door and leave my baby girl there to be cared for

by others, outside of our family/our home, for the first time. My apprehension was enormous and my chest was constricting. I said good-bye to her and walked to the street outside and immediately burst into tears. She was fine. No problem at all. Hadn't even noticed me leaving, it seemed, but I was a wreck. I had been so busy worrying about her and how she would react that it hadn't occurred to me that it was me who was going to be most affected. It was a definite hurdle to leap over that day, the day my daughter began school and a life and experiences outside of our family and our surroundings.

How important was it? It was enormous for both of us. That day began the natural separation and introduction to the world of social interaction so necessary for a child's

growth and spirit and so necessary for her Mom's as well. I returned to the adult world of working and interacting with other people and she began the process of self-realization that happens to children when they go to school.

This issue has a special focus on preschool. We hope the articles and the Directory will be helpful to those of you who are sending your child for the first time and who are contemplating your options, and we wish you an easy transition that leaves both you and your child in a comfort zone.

Thanks for reading.

Susan Weiss-Voskidis, Publisher

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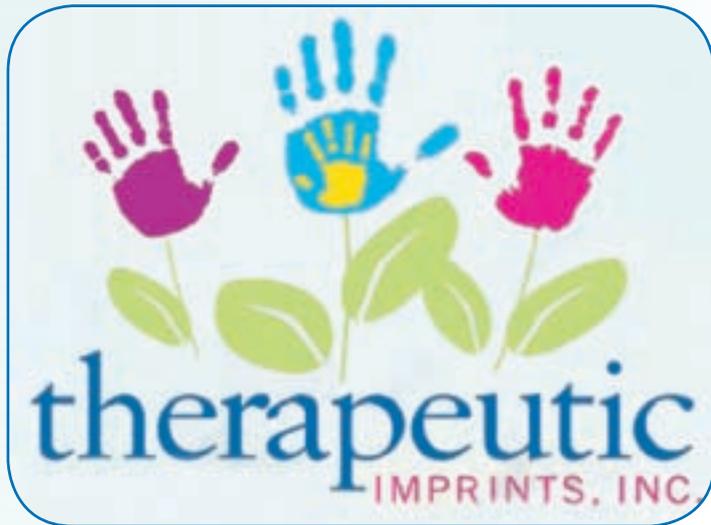
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HEALTHY LIVING

DANIELLE SULLIVAN

Take the BITE out of summer



Unfortunately, summer means bugs are abounding in the five boroughs. Although it's only the start of July, mosquitoes and bedbugs are already driving New Yorkers crazy. Here are some tips for preventing insect infestations in your home — and keeping your family healthy and itch-free this season!

Mosquitoes

"June had barely begun when my yard was inundated with mosquitoes. With the kids going in and out of the house all day, it was too easy for one or two to get in," says Michelle Goodstein, a mom of two from Bensonhurst, Brooklyn. "My son is allergic to the mosquito bites, so when he gets one, the affected area becomes inflamed and very red. I'm already sick of them, and summer has barely begun!"

While all mosquitoes are bothersome, those that carry the West Nile Virus are much more serious. The disease has even been known to be fatal in some cases. The Centers for Disease Control and Prevention say that any mosquito which flies has the potential to be a carrier. So what can we do to protect ourselves?

Mosquito bite prevention

- Use an EPA-registered insect repellent such as those with DEET, Picaridin or oil of lemon eucalyptus, even if you're only out for a short time.
- When weather permits, wear long-sleeves, long pants and socks when outdoors.
- Avoid peak mosquito-biting times — from dusk to dawn — which is when many species of mosquitoes bite the most. Be vigilant in using repellent and protective

clothing during evening and early morning. You may even want to consider avoiding outdoor activities during those times.

- Drain standing water, which is where many mosquitoes lay their eggs. Get rid of items in your yard that hold water.
- Keep mosquitoes outside with well-fitting screens on both windows and doors.
- Dead birds may be a sign that West Nile virus is circulating. Report dead birds in your neighborhood to local authorities. More than 130 species of birds have been infected with West Nile virus, but not all infected birds will die.

Bedbugs

Unfortunately, bedbugs are not only still prevalent in the city — their population is growing.

A recent article in the Wall Street Journal said that New York City is ranked number one in the nation for infestations. And according to entomologist Bob Young, the increase is two to three times of what we had last year. This summer, the population is only projected to rise. It's a bigger problem each day, and since we first started seeing them back in 2000, complaints of bedbugs have risen 10- to 15-fold, says Young.

Some of the reasons for the resurgence are the hot, humid weather that summer brings, combined with kids who go to camp, college students returning home, and people vacationing. Hotels, schools, and even gyms are all places where bedbugs proliferate. Check the bedbug registry to see which places in your neighborhood (as well as hotels you may be traveling to) have reported bedbug infestations. Visit <http://BedBugRegistry.com>. The flagship Niketown store, The Empire State Building,

the Time Warner Center, the Reebok Sports Club/NY (which boast patrons such as Jerry Seinfeld and Chris Rock), and the Brooklyn district attorney's office have all reported bedbug problems.

Signs of bedbugs

- Red stains on bedding or mattress
- Bedbug feces on bedding or mattress
- Bedbug exoskeletons on bedding or mattress
- An unusually sweet aroma. (Some people have described this smell as similar to that of raspberries, a granola bar, or almonds.)
- Unusual bite marks on body

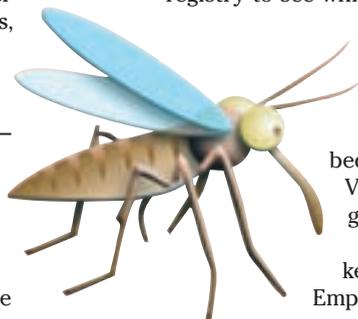
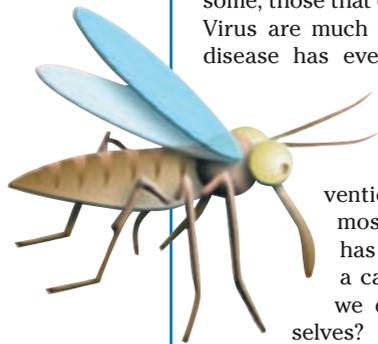
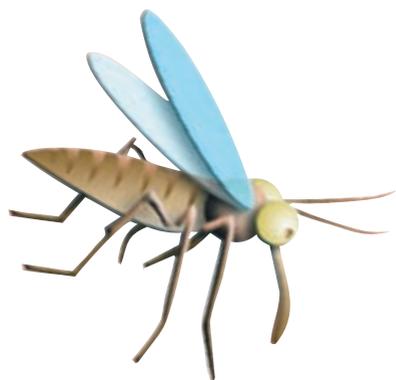
Bedbug prevention

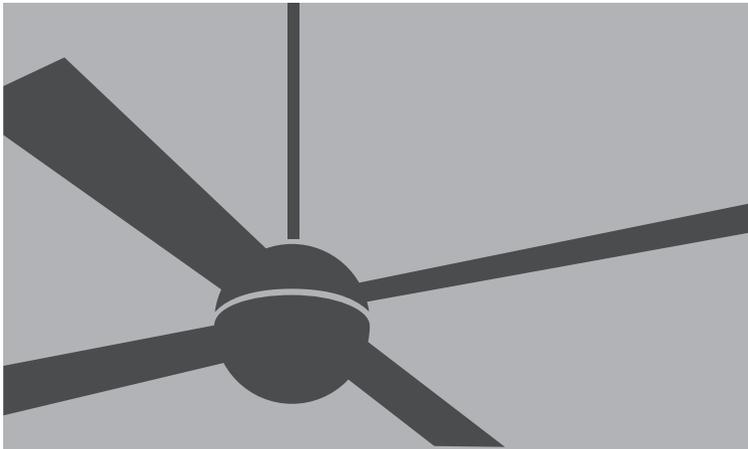
Since bedbugs are commonly acquired when traveling, it's imperative to check for the signs of infestation after you return. It is also important to avoid buying used material from flea markets or second-hand clothing stores.

Getting rid of bedbugs

Ridding your home of these pesky creatures is not simple, and it's best to call an exterminator since they are said to be able to live up to a year without a meal! But there are some things you can do on your own. Start by thoroughly washing, vacuuming and cleaning all surfaces and bedding in hot water. Vacuum mattresses, seal them in plastic, and leave them outside in the hot sun for as long as possible. Steam clean all carpets and rugs. Spray cracks in walls, floors, and crevices with insecticides, but not on bedding where it can be harmful to humans.

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. Sullivan also writes for Babble.





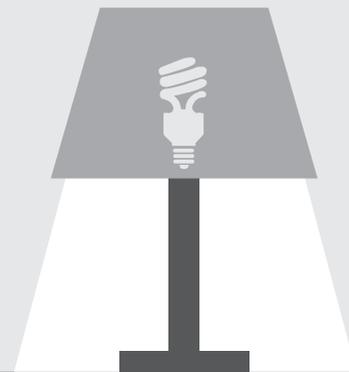
ceiling fans can improve energy efficiency...

- a. in the summer
- b. in the winter
- c. in both summer and winter

answer: c

which of these will *not* reduce your electricity use?

- a. replacing light switches with dimmers or motion sensors
- b. focusing light where it's needed instead of lighting a whole room
- c. removing lamp shades
- d. keeping bulbs and fixtures clean



answer: c

an efficient way to keep your home cool in the summer is to...

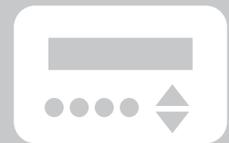
- a. close shades or drapes to keep out the sun's heat
- b. leave your a/c on all the time so it doesn't have to cool a warm house
- c. leave windows open for a breeze, even when it's hot out



answer: a

what is the recommended setting for your a/c thermostat?

- a. 80°
- b. 78°
- c. 72°
- d. 60°



answer: b

Choosing a PRESCHOOL



BY LAURA VAROSCAK-
DEINNOCENTIIS

Choosing a preschool that fits the needs of your family may seem daunting. There are many programs out there, each offering their own unique style and perspective, all claiming to be “the best.” Do not be swayed by schools that entice parents with unprecedented academic achievement, state-of-the-art equipment, or the latest educational trend. Above all, preschoolers need a safe and comfortable place in which to learn, while also building socialization skills with peers. Knowing your child, and yourself, is the key to successfully navigating your way through the process. Beginning the journey with an open mind and a clear plan will also help eliminate unnecessary stress and make the search more enjoyable.

Plan ahead

Start by making a list of local licensed preschool programs. Most New York City preschools begin their application process several months to a year before your child will start school. Call programs that you might be interested in to find out their application deadlines and minimum age requirements. This will shorten your list right off the bat.

Know the basics

Location, cost and operating hours are three very important considerations when deciding where to send your child. Some programs offer early drop-off and late pick-up options for parents who work long days. Others are not flexible with their hours. You may find a preschool with a stellar reputation, but

if the tuition costs more than you make each month and you and your little one need to travel two hours by bus, train and ferry to get there, forget it!

Research

After narrowing down programs that are affordable, conveniently located and accepting applications in your child's age group, start asking questions. Call the director and request some information about the program: Is it accredited by the National Association for the Education of Young Children? What is the educational philosophy? How many children are in each class? Are the teachers trained and certified? Is there frequent teacher turnover? Talk to other parents about their experiences. Hang around outside the school at dismissal and introduce yourself to others. Observe the children: Do they look like they enjoyed their time at school? Listen with an open mind. If you like what you see and hear, schedule a tour of the school.

Prepare for the tour

Think about your child. Would she benefit from a child-centered program, or one that is more teacher-directed? Does a large, active classroom seem more conducive to learning than a smaller, more nurturing environment? Do you have specific needs regarding toileting, diet or napping for your child? Make a list and write down questions to ask while on the tour. Remember, it will be your school community, too. If parental involvement and a strong family-school relationship are important to you (and they should be), inquire about opportunities for parents as well. All preschools should have an open door policy.

Tour

Visiting a school is one of the best indicators of whether the program is a good fit for your family. From the moment you walk in the door, keep your eyes and ears open. Do you feel welcome? Safety is critical in a preschool setting. Look to see if the children are well supervised. Are they happy and engaged? How are the relationships between teachers and students? Are the children playing together, practicing taking turns, or are they fighting? How does the teacher deal with conflict resolution?

Popular early childhood educational approaches

Bank Street

Less structured than some other programs, the Bank Street Development Interaction approach allows children to make their own choices in the classroom, while interacting with a wide variety of materials, ideas and people. This helps a child discover things in her own way, at her own pace.

The curriculum is based on the idea that children make sense of the world by actively studying it. Teachers encourage questioning and exploration as children start to make connections between their ideas and the surrounding environment.

Creative Curriculum

The Creative Curriculum balances both teacher-directed and child-initiated learning, with an emphasis on responding to children's learning styles and building on their strengths and interests. Play is considered children's "work," which prepares them for future academic learning. Teachers support active thinking and experimenting as children explore the world.

High Scope

Designed for children who need more individualized attention, the High Scope program implements a cognitive approach to learning, and values the working relationship between teachers and children. It stresses the idea that children need active hands-on experiences with people, materials, ideas and events in order to thrive. The curriculum is built around five main content areas: language, literacy and communication, social and emotional growth, physical development, health and well-being, and arts and sciences.

Montessori

The Montessori method encourages child independence and self-direction.

The teacher acts as an active observer, preparing the classroom to best suit the individual student's needs. Children value diversity and practice respect for self, others and the world around them.

Self-esteem is nurtured as children master skills and move on to the next developmental level in their work. In addition to language arts, mathematics, science, and cultural studies, the Montessori Method emphasizes sensorial and practical life work.

Reggio Emilia

The Reggio Emilia approach is a collaborative effort, involving teachers, students, parents, and community members. It emphasizes children's symbolic relationships.

Teachers develop a project-based curricula based on students' interests, and support learning through observation, dialogue, and documentation of children's work. Learning is an ongoing process as children build relationships with others while making connections between ideas and their environment.

Waldorf

The Waldorf approach embraces the whole child — body, mind and soul. Early childhood educators model appropriate behavior, and children are encouraged to imitate what they see. Teachers also support physical, emotional, intellectual, and artistic growth by designing curriculum based on children's stages of development and offering many opportunities for creative and imaginative play.

Is there an outdoor play space?

Take notes during your observation period to help you remember the details when you're comparing programs later on. During the question-and-answer session, gather as much information as possible — and do not leave with unanswered questions. If the tour is for parents only, be sure to schedule a time for your child to visit so you can observe her in the environment.

Decide

Each school will most likely highlight its philosophy. Do not let names like Montessori, Reggio Emilia and Waldorf confuse or overwhelm you. There are many methods of teaching, and all you need to figure out is which one would best suit your child's personality and learning style. As your child's first teacher, you are an expert at this.

Apply

Depending on where you apply, submitting an application does not mean your child will automatically be accepted. There are often waiting lists based on space availability or uneven gender or age ratios in the class. In this case, apply to a few of your top choice programs and wait patiently. If you strongly prefer one school, you may include a thank you letter, which also expresses your interest in the program.

Relax

As hard as it might be to wait for a decision, admissions directors do not like to be harassed by anxious parents. So take it easy and congratulate yourself on a job well done. If your child was accepted into a program and you have second thoughts, ask yourself why. Are you feeling guilty about sending your baby to preschool (totally normal) or does something not sit right with you? If the latter is true, trust your intuition. In the end, there are many wonderful preschool programs that will provide your child with a safe, fun and engaging learning environment.

Laura Varoscak-DeInnocentiis is a teacher and freelance writer. Her articles appear regularly in these Family Magazines and have won editorial awards from The Parenting Media Association. She holds Master's degrees in writing, education and psychology. Laura lives in Bay Ridge, Brooklyn, and is the proud mom of two sons, Henry and Charlie.



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On average, more than half of Kinneret's graduating eighth graders are accepted into specialized high schools, with many choosing to enter elite private and Jewish day schools. Based on state tests, the school continues to be ranked among the top scoring schools in New York State.

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We have been providing childcare services to children and families of the Bronx for over 12 years. During the years, Rainbow Rhymes' leadership has diligently worked towards its vision of establishing a center-based day care facility providing quality, affordable childcare services for toddlers through school age.

Rainbow Rhymes philosophy is based on providing a nurturing, educational environment, conducive to the development of each child's cognitive, social, emotional, creative, and physical development. Their programs facilitate high academic achievement, stimulate self-worth, foster leadership, and promote cultural awareness while encouraging each child's individual uniqueness. RRLC promotes and facilitates continuous and active parental involvement in their child's education.

All lead teachers have received formal training in childhood and early childhood education. Auxiliary staff has received continuous training in developmentally appropriate practices for the varied age group we serve.

It is hoped that upon graduation, each child will leave the school as a happy, self-confident individual with a curious mind, accepting of him/herself and others, and takes great pleasure in learning.

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How to prepare your child for preschool

A little prep
can avoid tears
on day one

BY DENISE YEARIAN

When my son started preschool several years ago, he was in for a big adjustment. Up to that point, he had stayed home with his baby sister and me. Suddenly, he was plopped into a new environment, with a new person in charge, and lots of children all vying for the teacher's attention. The tears that followed that day told me one thing: I had not properly prepared my son for preschool.

By the time my second and third children came along, I knew how to prepare them for the experience, and it was smooth sailing.

Preschool is a wonderful time for growth in a young child's life. If the child is properly prepared, it can be an enjoyable experience. Here are a few tips to help your child ease into the routine.

• **Talk it up.** Weeks before preschool begins, start preparing your child by using positive and encouraging words. If you drive by the building where your child's school will be say, "Oh, look! There's your new school. You are going to have so much fun there!" Tell your child that he is growing up and this means he gets to spend more time learning and playing with other children his age. If you, as a parent, are ambivalent about your

child going, choose your words carefully. Even from a young age, children can pick up on what their parents are and are not saying!

• **Visit the school.** Several weeks before school begins, take your child to the preschool facility so he can familiarize himself with his new surroundings. Go as many times as your child needs to in order to feel comfortable. If you know which classroom your child will be in, visit it. If possible, let him meet the teacher and play with some of the toys in the room. Before leaving, take him to the playground, and let him spend a few minutes swinging, going down the slide and sifting



Long before formal education begins, your child should become familiar with books, puzzles, games, crayons, scissors and clay.

they meet new friends, have lots of fun and learn that their fears and worries were in vain.

• **Establish a routine.** If you haven't already, be sure your child has a daily routine. While it need not be as rigid as a day of preschool, structured play

sand in the sandbox.

• **Invite others to play.** If, up until this point, your child has had little interaction with those his own age, invite several children over to your house to play. It doesn't have to be a day-long event; one or two hours is a sufficient amount of time for children to begin learning skills such as toy sharing and peer politeness. A general rule of thumb is this: schedule a time when the children will be well-rested — early morning or after nap time. Also, plan a few activities, but allow the children some free play time. You might also include a snack for those hungry tummies.

• **Introduce school materials.** Long before formal education begins, your child should become familiar with books, puzzles, games, crayons, scissors, glue and clay. To ease into a structured environment, set aside time each day for you and your child to work on puzzles together, play games, color, cut and glue various items and mold things out of clay. Start with just a few minutes each day and gradually increase the amount of time you spend doing it. While you are participating in an activity together, tell your child that this is just one of many fun things he will be doing in preschool. Be alert for signs that your child is getting bored with a given activity, and stop before he gets too restless.

• **Read all about it.** One of the best ways to prepare your child for preschool is to read juvenile materials about first-day jitters. Library shelves and bookstores are stacked high with stories of children and/or animals that were afraid to go to school. Through books like these, your child will learn that he isn't the only one with fears and worries about attending school. Most importantly, he will be able to see the characters to the end of the story where

time in the morning, story time after lunch, and outdoor play at the same time every day will help your child establish a routine. The key here is consistency.

• **Go shopping.** Nothing builds excitement quicker than taking your child out to buy a new lunchbox, backpack, school clothes or other needed school items. Make a day of it by first stopping by the school, shopping a little, and then enjoying a fun lunch together.

• **Take a dry run.** The day before school begins, get your child up and out the door at the time he will need to be ready for school. If he is attending a morning program, take him for a doughnut after you have made the dry run to school. If he is attending an afternoon program, stop by for a special ice cream cone to celebrate his upcoming day.

• **Watch and wait...if necessary.** On the first day, if your child eagerly welcomes his new environment, give him a hug and tell him you will be back in a little while. If, however, your child seems uncertain about the experience, tell him you will stay, but only for a few minutes. During this time, introduce him to other children, show him some of the toys and pictures around the room, and help him get settled. When the time limit is up, give him a hug, reassure him of your love, and leave quickly. Although there may be tears, your child will more than likely stop crying and start enjoying himself soon.

Above all, remember that preschool is a time of growth — a time for your child to broaden his horizons, develop social skills and begin a love of learning. Keep the experience positive, and your child will have fun and eventually adjust to his new environment.

Denise Yearian is the former editor of two parenting magazines and the mother of three children.

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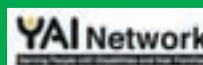
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Smarter summer

Tips to keep kids' reading and writing skills sharp

BY DENISE YEARIAN

Summer may be a recess from academic rigors, but it's no time for your children to take a break from written words. Here are 10 creative ways to keep kids' minds active all summer long.

•**Ignite his interest.** One key to sparking children's interests in reading is to find out what subjects and genres they enjoy. If your child likes video games, get a book on programming. If it's sports or mysteries, find authors who specialize in those areas. Carry this over to writing by encouraging your child to create a new sport. What would the rules be? Or, a new dinosaur breed — what

would its name be and what would it eat? If your child likes mysteries, suggest he write an alternative ending to a story he just read.

•**A family affair.** Don't assume your kids are self-motivated to read. Rally their interest in reading by reading to them. Children like to hear about heroes who are older than they are, but those books may be above their reading level. If your child is old enough, read a few paragraphs, pages, or a chapter, and then have him read to you.

•**Box up boredom.** Turn those books into box projects. After your child reads a book, encourage him to create a diorama of his favorite character's room, home, or a scene

that takes place in the story. He could also make an identity box filled with a character's belongings. What things would Encyclopedia Brown, for example, have in his box? A larger box makes a good puppet stage. Have your child make simple puppets from various materials and create a box stage on which to reenact the story.

•**Awesome authors.** Pick an author your child enjoys and have him read several of his books to compare and contrast themes and characters. Take this one step further by discovering the author's life, too. This will give your child insight into where the story and character ideas originated — how a character may have taken on the attributes of someone whom the author knew. Many authors have websites through which kids can e-mail questions to the authors and get responses. Some of the websites even have extension activities for the books.

•**Newspaper novelties.** Reading the newspaper seems like such an adult thing to do, but with a little creativity, it can be a non-threatening experience. Give your preschooler a crayon and have him circle certain letters in headlines — all the "A"s, for example. If he knows the entire alphabet, he can circle all 26 letters in order. Your older child may enjoy cutting out five unrelated pictures and creating a story that somehow connects them all. Don't forget to read articles that take in your child's interests — sports, animals, etc.

•**Audio adventures.** If you don't have a lot of time to sit down and read to your child, there are a number of audio books in all different genres that you can listen to together in the car. As you do, stop at a cliffhanger and speculate about what is going to happen next. This keeps the family dialogue going, and makes it a shared endeavor.

Reading and writing all summer long

Here are some additional tips to help keep kids reading and writing this summer:

•Enroll your child in a summer reading program at the library.

•Be a role model — let your child see how much you enjoy reading.

•Look for words everywhere, and encourage your child to practice reading in cookbooks, food labels, instruction pamphlets, comic books, joke books, magazines, etc.

•Provide daily reading time. Make sure your child's summer isn't so structured that he doesn't have time to read.

•Tally and record what he reads. Have him keep a list of the book titles he reads throughout the summer. This encourages him to set and attain reading goals. To

help your child synthesize what he reads, have him write a few sentences stating what character he liked best and why.

•Look for a connection between artwork and text. When your child is drawing and writing, make sure details match. If, for example, the picture has a beach umbrella, have him include it in his writing.

•Purchase special paper and writing tools to inspire embellishment.

•When reading to your child, have him act out certain scenes. When you read "Then the thunder rolled," have him make a thunder noise. When you read "And she fell asleep," have him act like he is sleeping. This engages your child's imagination and makes the story come alive.

Top
Tips



•**Discover diary.** The writing process doesn't have to be long to be fruitful, but it does need to be fun. At the start of summer, let your child purchase a journal where he can log his summer discoveries. As you take trips to various places, such as museums or science centers, have him write a bit about what he learned. A discovery made while at the store, or about a new food he tried at a restaurant can be a journal entry, too. By summer's end, he will have logged a storehouse of new adventures.

•**Wanna piggyback?** One really popular type of poetry is called "Pig-

gyback Poetry." This is when the author takes a well-known song or poem, such as "Take Me Out to the Ball Game," and translates it into something new, such as, "Take Me Out to the Bathtub," using the same rhythm and cadence. Have your child pick a song or poem he enjoys, and write his own piggyback. Novelty paper, pens and pencils may inspire him to embellish his work and create a keepsake.

•**Acting adventures.** Have your child write an adventure using the same characters from a book he's just read. Or, have him make up his own

character, or maybe project himself into his story. How will he conduct himself in the adventure? Then, create a backyard theatre with friends or siblings and put on the production. Another idea is to do a spoof of a movie or TV show with which he is familiar — something silly and fun. Bring out the video camera so he can see the finished project.

•**Tap into trips.** If you're going on vacation, have your child help plan the trip. Pick up a few travel books and let him research sites he would like to see. Also, look for materials that talk about the destination's his-

tory. Some places, such as Colonial Williamsburg, VA, may even have fiction stories associated with them, and would be a timely read. Staying local? Challenge your child to use a trip to a nearby theme park to research and compare those roller coasters with others around the country. Or, check out what is happening at local museums, science centers, or live theatres. Many of these topics can be used as springboards for reading and learning more.

Denise Yearian is the former editor of two parenting magazines and the mother of three children.



Photo by Joshua Bright



Wave Hill

The Bronx's hidden gem

BY RISA C. DOHERTY

Many people know about the New York Botanical Gardens and Van Cortlandt Park, but some are unaware of a hidden jewel in Riverdale, overlooking the Hudson River and Palisades: Wave Hill.

Originally built in 1843 as a country home, Wave Hill has grown into a 28-acre public garden and cultural center, whose mission it is “to celebrate the artistry and legacy of its gardens and landscapes, to preserve its magnificent views, and to explore human connections to the natural world through programs in horticulture, education and the arts.”

What makes Wave Hill unique, is that “[f]amilies are invited to enjoy the outdoors in unstructured settings, as well as through programs that focus on being creative and active, whether it’s the weekend family art project, a tour of the gallery, or yoga in the gardens,” according to Martha Gellens, the assistant director of marketing and communications.

Hoedown
Summer is an ideal time to visit Wave Hill. This year, for the first time ever, Wave Hill will be hosting The Mow-Down: A Garden Hoedown on July 16 and 17. It is “a homage to the humble, hard-working grass family,” with “grass-tastic” drop-in family activities. Participants can make their own grassy hats and “sod-kick,” a figure made from rye grass, soil, and nylon stockings that will sprout hair, much like a Chia Pet. They can also attend a master basket-making demonstration, take a guided walk, enter relay races on the Great Lawn, and groove to “the bluegrass-inspired sounds of Astrograss.” You can also take advantage of Target Free Days, every Tuesday and Saturday morning, throughout the summer.

Art at Wave Hill
Wave Hill is home to Glyndor Gallery, formerly the site of the home of George Walbridge Perkins and his family, until it was destroyed in 1926. Perkins dubbed it “Glyndor House,” a moniker derived from letters of his family members’ names. Glyndor Gallery displays the work of emerging contemporary artists and

Wave Hill [West 249th Street at Independence Avenue in Riverdale, (718) 549-3200]. Wave Hill is free for children under 6 and members. For more information, visit www.wavehill.org. Free shuttle service is available from the Metro-North Riverdale station and the 242nd Street subway station for the 1 train.

Beekeeping: Summer Hive Inspection, July 9, 11 am. Children 12 and older with parent or guardian. \$20 members, \$30 non-members. Equipment provided. Registration required.

Birding Along the Hudson, July 10, 9:30 - 11:30 am. July 24 off sight. \$10 members, \$18 non-members. Registration recommended.

Bronx Beat Music performance, July 13, 7 pm. Free with admission to grounds.

The Mow-Down: A Garden Hoedown, July 16 - 17, 10 am - 4 pm. Free.

Yoga Together, every Friday, from 10 to 11 am, weather permitting. \$15 members, \$23 non-members; includes adult and one child, \$5 each additional child.



Astrograss will be performing at the Mow-Down at Wave Hill.

offers artist's talks. The adjacent Ecology Building hosts family art projects, among other programs. July's Saturday family art projects include See the Algae, where visitors sketch their own algae composition and assist in the creation of a communal ecosystem; Resounding with Feet, where visitors join dancers, work on a surprise carnival or present an original folkloric scene; Hats, Mats and Baskets, which includes the construction of a communal wigwam or roundhouse; Shades of Summer, where visitors customize their own colorful sunglasses; and Crayon Flowers, where artists form their own wax mosaic flowers from crayon slivers baked together under the sun.

Birding

Wave Hill also offers summer programs in bird-watching. Birding Along the Hudson, is a walking tour led by a New York City Audubon naturalist. The walk goes along the Riverdale Ridge, which overlooks the Palisades, and showcases the Hudson River's varied local and migratory avian population. Parents and children 10 years and older will learn how to spot a green-backed heron, or distinguish between a red-tailed hawk and a broad-winged hawk with their own binoculars.

Beekeeping 101

If your teens have been asking to get a little closer to our buzzing friends, they'll have an opportunity to do just that on July 9. Children 12 and older, with a parent or guardian, are welcome to sign up for Beekeeping: Summer Hive Inspection, where they will inspect the summer nectar flow within the hives, and hear about proper man-

agement techniques for a colony — all during its most productive season. Guided by urban beekeepers, participants may find themselves infected with the excitement that has spread from community gardens to backyards and city rooftops.

Yoga Together

Outdoor yoga classes are a unique opportunity for 2- to 4-year-olds and their parents or guardians to learn relaxation and breathing techniques in a playful setting. After all, they might master the cobra pose, jumping frog, twisty owl, and downward dog. Classes are held every Friday, weather permitting. What a wonderful way for our young yogis to show off their natural flexibility and spend quality time with their families!

Garden stories

Families can take advantage of the drop-in weekly nature stories in the garden nook, with a new "mystery" reader each Tuesday morning. The story-time project is perfect for children ages 3 and up, with an accompanying adult.



Families can also join the Garden Walks, Gallery Tours (in cooperation with the Bronx Museum of the Arts), and the History Walk, or, attend Sunset Wednesdays or the Bronx Beat Music performance on July 13, if their children are game. Wave Hill has no shortage of activities, and, as Gellens has indicated, it is "a natural space" and "a refreshing oasis," which "encourages the whole family to enjoy a naturally-inspired visit."

Risa C. Doherty is an attorney and freelance writer from East Hills, New York.

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Cultivate positivity

Some tips on how to raise happier children

BY JENNIE S. BEV

Raising children is about shaping traits and instilling values, not merely about fixing behaviors. Teaching children how to flourish should start with focusing on their strengths, not their weaknesses. By focusing on their strengths, parents and children are more motivated to work together as a team. But teaching positivity isn't synonymous with using positive reinforcements all the time. It's a tricky balance of reframing.

Every child is born with his own level of so-called "natural" happiness. Some were born with over-the-top cheerfulness, while others are born with less. This explains why some children are fussier, while others keep grinning from ear to ear, regardless of the mood of the surrounding environment. Happy kids tend to respond differently to failure than not-too-happy kids. Their strengths, however, should be distinguished from their natural level of happiness.

Whether your child has a high level of natural happiness or a low level, he must learn to fail.

"Children need to fail. They need to feel sad, anxious, and angry. When we impulsively protect our children from failure, we deprive them from learning skills," said Martin Seligman, PhD, the founding father of positive psychology and author of "Authentic Happiness."

By teaching him to fail, you actually teach him about positivity: the positive manner in which he should respond and experience the so-called "flow" state-of-mind. Mihaly Csikszentmihalyi, PhD examined this concept of "flow," and defined it as a state in which an individual is totally involved in a process or an activity in life that is more about pleasure or pain. Once a



child has passed the "pleasure" or the "pain" of failure, he can learn to find this feeling-free, or "flow," state.

Some children are more kinesthetic than fluent in linguistic, musical, or mathematical skills — or vice versa. Either way, it is a child's strength and parents need to acknowledge it. In "Battle Hymn of the Tiger Mom," author Amy Chua said she prefers that her children focus on math or music, instead of sports — without even considering the children's strengths and interests. She would say "no" to sports, but "yes" to math or music.

In positive psychology, which is the scientific study of the strengths and virtues that enable individuals and communities to thrive, the child's strengths are respected by the parents. Parents don't weigh language, math and music skills as higher than sports, because they are all considered to teach necessary life skills. A "yes-or-no" approach is used limitedly.

In beginning to teach your children about positivity, make sure you limit the usage of the word "no" in your everyday vocabulary. Only use it when the child's actions present

danger, destruction or pain, such as when the child tries to touch a hot stove, tries to pinch another child, tries to pull a dog's tail, or tries to break a piece of furniture. You should be mindful of not overusing "no," especially when you're comparing activities, as a negative judgement has a strong long-term impact.

What you should convey, instead, is a judgement over the consequences of a choice. You should allow your children to learn from their mistakes, while always showing unconditional love.

Praises and punishments can shape and reframe a child's mind set over an action. Condemn the action, not the child. Always say, "If you keep doing it, I will take it away from you." Don't say, "You're bad. I will take it away from you."

In teaching your children right from wrong, always remember that love is unconditional, but rewards are earned. Love is priceless, but rewards are pricey.

Jennie S. Bev, MS, is an educator, author and syndicated columnist based in northern California. Her website is www.JennieSBev.com.

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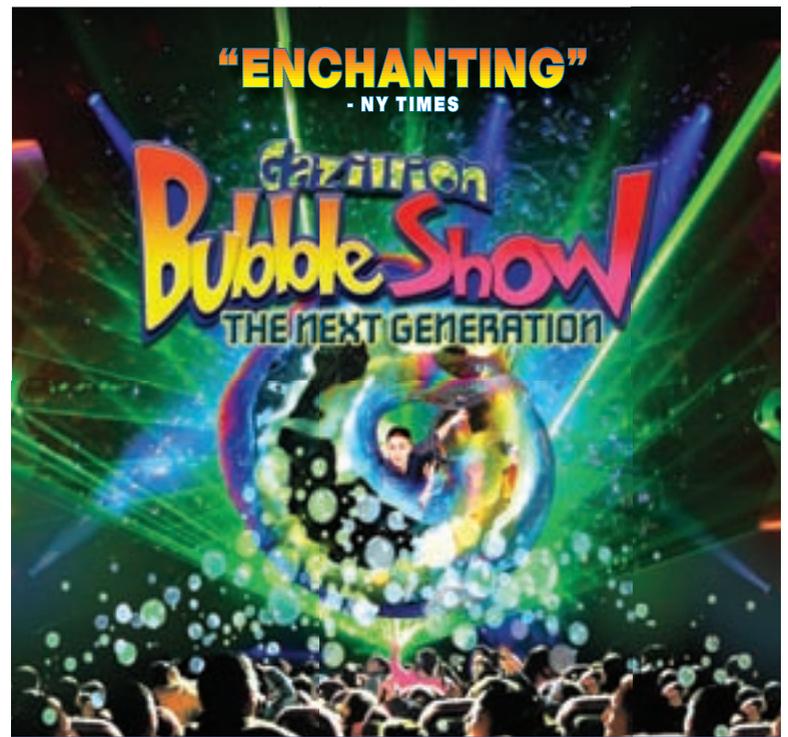
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Yoga: Wave Hill, W. 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; Fridays, 10–11 am, Now – Fri, Aug. 26; \$15 (\$23 non-members).

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

“Dora and Diego’s 4-D Adventure”: Bronx Zoo, Bronx River Parkway at Exit 6; (718) 220-5103; www.bronxzoo.com; Daily, 10:30 am–4:30 pm, 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).

Imagination walks: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Saturdays, 10 am, Now – Sat, July 30; Free.

Children 3 to 6 walk along with Juan and explore the park.

“The Ohmies: Morning Wish Garden”: Peter Jay Sharp Theater, 416 W. 42nd St. at Ninth Avenue; (212) 864-5400; theohmies.com; Thursdays, 11 am, Saturdays, 10 am, noon and 3 pm, Sundays, noon and 3 pm, Now – Sun, Aug. 7; \$35.

Dance along to this new musical.

Meaningful maps: Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 ext. 344. www.rmanc.org; Saturdays, 10:30 am–noon, Sundays, Sat, July 2 – Sat, Aug. 27; \$10 per child/adult pair (\$5 for members; \$5 for each additional child).

For children 6 and up, accompanied by an adult. Search the museum for hidden secrets using maps.

Tennis lessons: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 760-6999; www.cityparksfoundation.org; Tuesdays and Thursdays, 9 am–noon, Tues, July 5 – Thurs, Aug. 11; Free.

For children 5 to 16 years old. All equipment required. Registration required.

Eco crafts: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718)



Sure to make a splash

Suit up — the city’s public pools are open!

Here’s the full list of Bronx public pools, so you’ll know where to cool off this summer. Just remember: no boogie boards allowed.

Bronx River Playground [East 174th Street and Bronx River Avenue in South Bronx, (718) 378-1597], mini

Claremont Park [170th Street and Clay Avenue in Claremont, (718) 901-4792], intermediate

Crotona Park [173rd Street and Fulton Avenue in Crotona, (718) 822-4440], Olympic

Edenwald Playground [Schiffelin Avenue and East 229th Street at the Edenwald Houses, (718) 515-2160], mini

548-0912; 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 Ave. (718) 579-4244; www.nypf.org; Weekdays, 11 am, Tues, July 5 – Fri, July 29; Free.

For children 3- to 8-years old.

Floating Pool [Tiffany Street and Viele Avenue at Barretto Point Park, (718) 430-4601], intermediate

Haffen Park [Ely and Burke avenues in Baychester, (718) 379-2908], intermediate and wading

Mapes Ballfield [East 180th Street between Mapes and Prospect avenues in Mapes, (718) 364-8876], intermediate

Mullaly Park [East 164th Street between Jerome and River avenues in Mullaly, (718) 538-7083], intermediate and wading

Van Cortlandt Park [West 242nd Street and Broadway in Van Cortlandt, (718) 548-2415], intermediate and wading

For additional information, visit www.nyc.gov/parks or call 311.

Stories in the garden: Wave Hill, W. 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; Tuesdays, 11 am, Now – Tues, Aug. 30; Free with admission to the grounds.

Each week a “mystery reader” from the staff shares a tale in a shady nook. For children 3 and up with adult supervision.

Farmers market: Bronx Park, Southern Blvd. at Dr. Theodore Kazimiroff Boulevard; (718) 817-8700; www.nybg.org

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 — 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!

www.nybg.org; Wednesdays, 9 am–3 pm, beginning Wed, July 6; Free.

Fresh and locally-grown veggies and home baked goods.

Mott Haven farmers market: Padre Plaza, Success Garden, E. 139th St. at St. Anns Avenue; (718) 887-7113; www.nycgovparks.org; Wednesdays, 9 am–6 pm, beginning Wed, July 6; Free.

Nutritional workshops; community chefs; recipes; fruit and drink tastings; local produce.

The Yak Packers: Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 ext. 344. www.rmanc.org; Thursdays, 10:30–11:30 am, Now – Thurs, Aug. 25; \$10 child and parent (\$5 members).

Children 2 to 4 when accompanied by an adult touch, explore and create projects inspired by Himalayan art.

FRI, JULY 1

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

The Trolley returns, yeah!

Family Camping: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 6 pm; Free.

Bring your s’mores. Dinners are supplied. Families are chosen by lottery, pre-registration required.

SAT, JULY 2

Family art day: Wave Hill, W. 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds (Free

Continued on page 22

Going Places

Continued from page 21

to members and children under 6;00 \$8 adults; \$4 students and seniors 65 and older; \$2 children 6 plus).

Visit the garden's aquatic garden and sketch your own version of the algae.

"ET": St. Mary's Playground, E. 149th St. at St. Ann's Avenue; www.nycgovparks.org; 8:15 pm; Free with admission to the grounds (Free to members and children under 6;00 \$8 adults; \$4 students and seniors 65 and older; \$2 children 6 plus).

Bring your own chair or lawn blanket, grab the popcorn and watch this classic under the stars.

SUN, JULY 3

Family art day: 10 am–1 pm. Wave Hill. See Saturday, July 2.

Freshwater fishing: Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; Noon; Free with admission to the grounds (Free to members and children under 6;00 \$8 adults; \$4 students and seniors 65 and older; \$2 children 6 plus).

For children 8 and older with caregiver. Catch and release only. All equipment provided.

Bronx family day: St. Mary's Park, St. Anns Ave. at E. 149th Street; info@cityparksfoundation.org; www.nycgovparks.org; 3 pm; Free.

Fun games and entertainment by Bill Harley, Moona Luna, Illstyle and Peace Productions and Secret Agent 23 Skidoo.

MON, JULY 4

Fourth of July Marathon: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 9 am–4 pm; Free.

No registration, no sponsors no qualifications. Just run. Challenging and beautiful, through the deep woods.

TUES, JULY 5

Stump the librarian: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypil.org; 3 pm; Free.

Children 8 to 12 ask brainteasers and puzzles.

WED, JULY 6

"Bessie's Big Shot": Pellham Bay Ranger Station (PBRs), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 10:30 am; Free.

Children root on Bessie as she attempts the impossible.

Secret Agent 23 Skidoo: Mount Hope Playground, E. 177th St. at Walton Avenue; www.nycgovparks.org; 10:30 am; Free.

An old school dance party with fat beats, witty lyrics and magnetic



Park it for family fun

Start the month off right with a day of fun for the whole family.

On July 3, St. Mary's Park hosts Bronx Family Day, with live bands and games all afternoon.

Among the acts are Grammy winner Bill Harley (pictured), a top-notch storyteller who's won over fans with his comic narrative songs and spoken works. He hasn't been called the "Mark

storytelling.

THURS, JULY 7

Uptown Dance Company: Bronx Park, E. 180th St. at Boston Road; www.nycgovparks.org; 10:30 am; Free.

A tribute to Michael Jackson and a display of jazz and acrobatics performed by Cirque de Pointe.

Moona Luna: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street & Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10:30 am; Free.

Have a pinata party with Latin inspired bilingual music.

"Barefoot Dancing: Dancing Crane-Georgian": Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 430-1890; www.nyc.gov/parks/rangers; 6:30–8 pm; Free.

The company performs regional songs in authentic costumes.

FRI, JULY 8

Uptown Dance Company: Crotona

Twain of contemporary children's music" for nothing. Joining Harley at the park are the Latin-inspired Moona Luna, dance company Illstyle and Peace Productions, hip-hop artist Secret Agent 23 Skidoo, and storyteller David Gonzalez.

Bronx Family Day at St. Mary's Park (St. Anns Avenue at East 149th Street in the South Bronx), July 3 at 3 pm. Free. For info, visit www.nycgovparks.org.

Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 10:30 am; Free.

A tribute to Michael Jackson and a display of jazz and acrobatics performed by Cirque de Pointe.

"Arts in the Parks": Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 10:30 am–noon; Free.

Children view a special performance designed just for them.

SAT, JULY 9

Family art day: Wave Hill, W. 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds (Free to members and children under 6;00 \$8 adults; \$4 students and seniors 65 and older; \$2 children 6 plus).

Dance with Yvette Martinez and Nancy Friedman.

Summer Hive inspection: Wave Hill, W. 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 11

am; \$20 (\$30 non-members).

Don a hat and check out the over 50,000 honeybees and their hives.

Basic Canoeing: Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; Noon; Free.

For children 8 and up with a caregiver. All equipment provided.

"Bettlejuice": St. James Park, E. 193rd St. at Jerome Avenue; www.nycgovparks.org; 8:15 pm; Free.

Bring your own chair or blanket, grab some popcorn and enjoy the comedy starring a young Alec Baldwin.

SUN, JULY 10

Family art day: 10 am–1 pm. Wave Hill. See Saturday, July 9.

History workshop: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 11 am; Free.

Learn about the ice age, Native Americans and the Battle of Pell's Point.

MON, JULY 11

Zany Umbrella Circus: Haffen Park, Hammersley Ave. at Ely Avenue; (212) 360-8290; 10:30 am; Free.

The group uses imagination and vehicles to teach important life lessons.

WED, JULY 13

Concert: Pellham Bay Ranger Station (PBRs), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 10:30 am; Free.

Featuring Oran Etkin, creator of Timalooloo.

Imagination in Motion: Mount Hope Playground, Jerome Ave. at Walton Avenue; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Creator Paul Rajeckas and Neil Intraub entertain the children with music and audience participation.

THURS, JULY 14

"Bessie's Big Shot": Bronx Park, 180th St. at Boston Road; www.nyc.gov/parks/rangers; 10:30 am; Free.

Children root on Bessie as she attempts the impossible.

Zany Umbrella Circus: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10:30 am; Free.

The group uses imagination and vehicles to teach important life lessons.

FRI, JULY 15

Imagination in Motion: Crotona

Continued on page 24

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Going Places

Continued from page 22

Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (212) 360-8290; www.nyc.gov/parks/rangers; 10:30 am; Free.

Creator Paul Rajeckas and Neil Intraub entertain the children with music and audience participation.

SAT, JULY 16

Summer ShakeUp: Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; publictheater.org/content/view/144; 10am–1 pm; Free.

The Public Theater leads workshops for students 12 and up and gives the 411 on everything Shakespeare. Registration required.

Basic Canoeing: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Noon; Free.

For children 8 and up with a caregiver. All equipment provided.

SUN, JULY 17

Freshwater fishing: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Noon; Free.

For children 8 and older with caregiver. Catch and release only. All equipment provided.

MON, JULY 18

Concert: Haffen Park, Hammersley Ave. at Ely Avenue; (212) 360-8290; www.nyc.gov/parks.org; 10:30 am; Free.

Mundo Ninos performs.

TUES, JULY 19

Stump the librarian: 3 pm. Kingsbridge Library Center. See Tuesday, July 5.

WED, JULY 20

"Bessie's Big Shot": Mount Hope Playground, Walton Ave. at Jerome Avenue; www.nyc.gov/parks/rangers; 10:30 am; Free.

Children root on Bessie as she attempts the impossible.

"SeeWe African Dance": Pellham Bay Ranger Station (PBRS), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 10:30 am; Free.

Traditional music, song and folklore.

THURS, JULY 21

Pickney Players: Bronx Park, E. 180th St. at Boston Road; (212) 360-8290; 10:30 am; Free.

Storytelling and interactive presentations.

Daniel Carlton: Van Cortlandt Nature



Discover the 'High' life

The High Line is bursting with fun for the whole family this month.

The elevated park, which runs along Manhattan's 10th Avenue, gets things started on July 6 with its Wild Wednesdays workshops. Now through August, gardeners and educators lead hands-on, nature-based family fun on the High Line, where you can touch a wriggly worm, paint a butterfly wing, catch the wind, or grab a magnifying glass and go on a bug hunt.

On July 9, Saturday Play kicks into gear. Every Saturday through August, families are invited to get creative with hands-on art activities on the High Line. Create art projects inspired by the beautiful park views and the site-specific public art on view.

Then on July 19, join the New York Public Library and Friends

of the High Line for lively, interactive, and funny tales shared by librarians from your local branch.

Rounding out July's activities is the High Line's Wild Wednesday Creature Feature on July 27, where you can watch butterflies take their first flight and explore how these insects help plants grow.

It's enough to keep you busy as a bee!

Wild Wednesdays at Chelsea Market Passage (High Line near West 16th Street) on July 6, 13, 20 and 27 at 4 pm, free; Saturday Play at the Lawn (on the High Line near West 23rd Street) on July 9, 16, 23 and 30 at 10 am; Silly Stories and City Stories (10th Avenue Square) on July 19 at 10 am; Wild Wednesday Creature Feature at Chelsea Market Passage (the High Line near West 16th Street), July 27 at 4 pm. For info, call (212) 206-9922 or visit www.thehighline.org.

Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10:30 am; Free.

Traditional folklore, fairytales, myths and creation stories.

FRI, JULY 22

Bari Koral Family Rock Band: Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 10:30 am; Free.

Catchy and pop-friendly for children of all ages.

Family Camping: Pellham Bay Ranger Station (PBRS), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers;

6 pm; Free.

Bring your s'mores. Dinners are supplied. Families are chosen by lottery, pre-registration required.

SUN, JULY 24

Bike basics: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (212) 870-2080; www.bikenewyork.org; 9 am–1 pm; Free.

Three-hour class for adults and mature teens. Pre-registration required.

MON, JULY 25

"Bessie's Big Shot": Haffen Park, Hammersley Ave. at Ely Avenue; www.nyc.gov/parks/rangers; 10:30 am; Free.

Children root on Bessie as she attempts the impossible.

TUES, JULY 26

"Taming of the Shrew": Crotona Nature Center (CNC), Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 430-4675; www.nyc.gov/parks/rangers; 5:30–7 pm; Free.

Presented by the Oxford Shakespeare Company.

WED, JULY 27

"Thaddeus Rex": Pellham Bay Ranger Station (PBRS), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 10:30 am; Free.

Music and stories.

THURS, JULY 28

Jazz-A-Ma-Tazz: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (212) 360-8290; www.nyc.gov/parks/rangers; 10:30 am; Free.

Concert and interactive event.

FRI, JULY 29

Global Carnival Jam: Poe Park, Grand Concourse at E. 192nd Street; (212) 360-8290; 10:30 am; Free.

Presented by GlobalArts to Go, Afro-Latino music and dance.

SAT, JULY 30

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

For children 8 and up with caregiver. Equipment provided.

MON, AUG. 1

Patty Cake Theater: Slattery Playground, E. 183rd St. at Valentine Avenue; (212) 360-8290; 10:30 am; Free.

Fun for children of all ages.

TUES, AUG. 2

Sruli and Lisa's Hoot n' Annie: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at W. 246th Street and Broadway; (212) 360-1399; www.nyc.gov/parks/rangers; 10:30–11:30 am; Free.

American music, folktales and stories for children of all ages.

WED, AUG. 3

Gospel and Jazz: Pellham Bay Ranger Station (PBRS), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (212) 360-8290; www.nyc.gov/parks/rangers; 10:30 am; Free.

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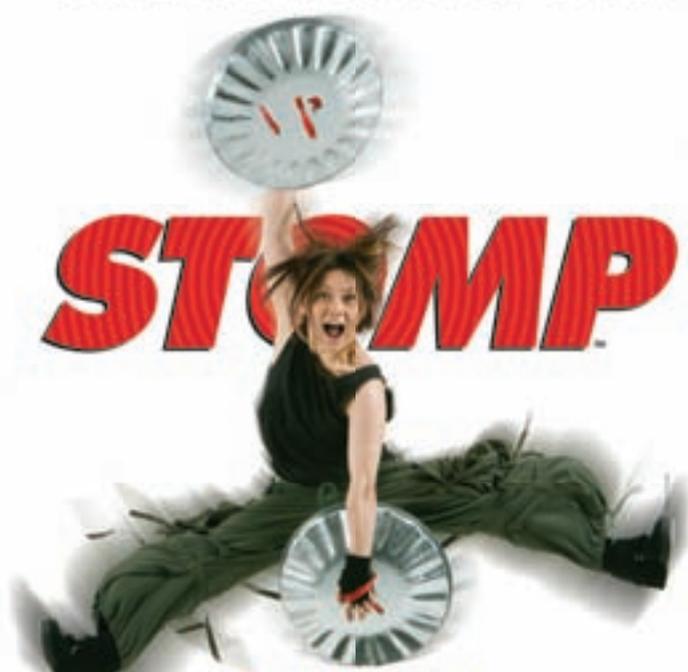
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New & Noteworthy



All tied up!

These adorable neckties require no tying whatsoever.

With tie-shaped fabric appliquéed onto a long- or short-sleeve tee or onesie by ChicCoutureBoutique, your kid can dress up without discomfort.

This cute design can be customized with a variety of fabric patterns to choose from, including polka dots (pictured), colorful stripes and swirls. There are also versions available for special occa-

sions, including the Fourth of July, Father's Day and St. Patrick's Day.

The ties can be further personalized with your little boy's name or monogram for an extra cute touch that's perfect for a birthday gift or baby shower.

Ties on onesies or tees (\$15.50) by ChicCoutureBoutique. Additional (\$8) for personalization. Available in sizes newborn to 24-month old. For info, visit <http://www.etsy.com/shop/ChicCoutureBoutique>.

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Let your kid's inner rock star shine through.

With Playground Rockstar's edgy tees and onesies in fun, new prints and bold colors, your cool kid will be sure to grab the spotlight.

The shirts' decals include thunderclouds, stars, scarves, cupcakes, and the text "Playground Rockstar" — just in case anyone didn't get the message.

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They are made to fit any onesie thanks to high-quality snaps, and they come in a variety of patterns, including frogs, pink dots, turtles, birds, and white, too. A set comes in three sizes, ranging from small to large, and in slightly different pat-



terns, so you know which one to grab.

Onesie extenders, set of three for \$9.95. For info, visit www.etsy.com/people/kimeyates.

'Monster' manual

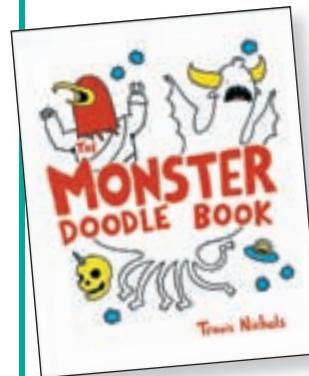
This Brooklyn illustrator takes doodling seriously.

Cartoonist Travis Nichols has put together a workbook for kids, "The Monster Doodle Book," which encourages the reader's own creativity with half-finished sketches of aliens, robots, and hybrid creatures — so your budding artist can let their imagination run wild while honing their fine motor skills.

Some of the book's exercises ask the artist-in-training to draw as many tiny monsters on a page as possible, or help them to make a moving monster "flip book," or invite them to draw the cast of a monster TV show.

Once done, your little artist will have a truly monstrous keepsake.

"The Monster Doodle Book," \$13.95. For info, visit ilikeapplejuice.com.



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