

BRONX/RIVERDALE

Family

The Best Guide for Parents

September 2011

FREE

Fall
Activity Guide



Find us online at www.NYParenting.com

Hostos

Division of Continuing Education & Workforce Development

Hostos' College for Kids After-school Academy

- ✓ Hostos' College for Kids After-school Academy focuses on keeping your child on the track to success, Monday to Friday.

- ✓ For less than \$5 an hour, our 10 week program provides homework assistance, self-determination sessions and other activities to help your child stay on top.

Monday-Friday, Oct. 3 - Dec. 12
3:30pm to 6:30pm \$739

College for Kids

Over 45 Saturday classes including:

- ✓ **Academic Skills** - Improving Your Math Reading and Writing Skills, Third Grade Test Prep, Fifth Grade Test Prep, Spanish
- ✓ **The Arts** - Drama, Guitar, Piano, Salsa, Vocal Training and Modeling for Children.
- ✓ **Health & Fitness** - Karate, Ballet for Kids, Belly Dancing for Kids, Parent/Tot Swim & Swimming for Kids.
- ✓ **High School Tutorial Prep** - Geometry, Mathematics, Biology, Global History, English Language Arts, SAT Preparation and Specialized High School Admissions Test.



Hostos Community College

Division of
Continuing Education & Workforce Development

Gear Up for Success!

This Fall, gear up for success
with our After-school Academy
and/or weekend College for Kids classes.

The
Future
is in
Your
Hands!

Call to Register
718-518-6656

Open House

Saturday, September 10, 2011 11:00am-1:00pm

Thursday, September 22, 2011 6:00pm-8:00pm

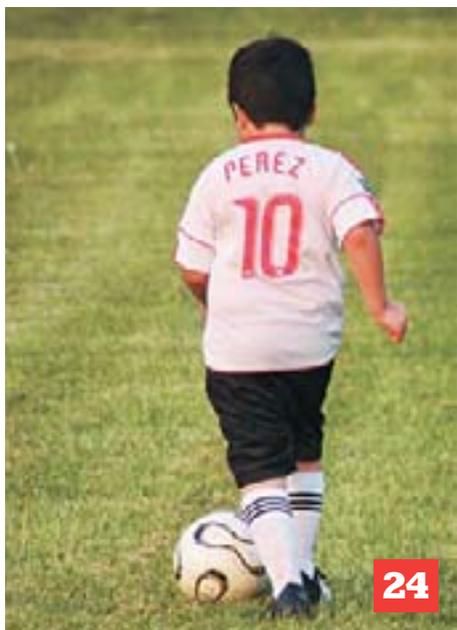
Savoy Multi Purpose Room 120 East 149th Street (at Walton Ave.)

Bring this ad and receive a **10%** discount!

tel 718-518-6656 fax 718-518-6744 cedu@hostos.cuny.edu
500 Grand Concourse, Room B-208 Bronx, NY 10451 www.hostos.cuny.edu/contedu

HOSTOS IS NY

Family September 2011



24



12



38

FEATURES

6 Ten years later, teachers talk 9-11

BY WANDA TROY AND
LAURA VAROSCAK-DEINNOCENTIIS

10 Bugging out over head lice

BY ALLISON PLITT

14 Back-to-school health guide

Before the first bell rings, think about your child's physical well-being
BY KATHY SENA

16 Preparing for college

BY CAROL BRZOZOWSKI

22 When kids demand fashion

Surviving back-to-school shopping and the designer label dilemma
BY RISA C. DOHERTY

24 Warm-up!

Simple steps before exercise can prevent sports injuries
BY GARY MILLER

COLUMNS

12 Dear Teacher

BY PEGGY GISLER & MARGE EBERTS

18 Healthy Living

BY DANIELLE SULLIVAN

20 A Teen's Take

BY AGLAIA HO

38 New & Noteworthy

The hottest new products

CALENDAR OF EVENTS

33 Going Places

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

SPECIAL SECTION

26 Fall Activity Guide



22



20

Letter from the publisher

Teachers are heroes every day

Teachers have been getting a lot of bad press lately. A great deal of pressure and demand has been put on them to make miracles happen. The word is out that, as teachers, they are largely responsible for educating millions



of children who show up for school unprepared and disadvantaged in numerous ways, and poof! that in overcrowded outdated classrooms settings, with all sorts of discipline issues and underfunded programs, they can get them to pass tests that will indicate success or not.

So now we have teachers all over the country who are taking the fall and teaching to the tests and pressured to get high results out of their students or else. In

my day this would have been unheard of. In my day, teachers were respected, admired, and fully in charge. That's not to say that everyone was perfect. We had our duds, but in my day kids didn't have so many other distractions, and also came

largely from homes where education and moving forward was a priority.

On Sept. 11, 2011 many of us had children who had just gotten to school and for many in the public system it was the second day of the new school year. They were with their teachers in these classrooms when the planes hit the towers.

Hindsight tells us what happened that day and of course we've had time to reflect and to listen and

learn who and what and how the day unraveled. At the time, however, no one really knew what was happening, and that was pretty scary stuff. It was scary for everyone, and it was especially scary for children and their teachers who were in close proximity to the disaster and it's aftermath of confusion and debris. It was also scary for us parents whose children were in their schools, and it changed a lot of our choices and behavior forever regarding their safety.

In this issue, our *BACK TO SCHOOL* annual, we take the time and space to honor the memory of that day and all the souls whose lives were lost and their families, by remembering through the eyes of two New York City teachers what the day and the moment was like for them and the children in their care.

Laura Varoscak was teaching a

few blocks away in TriBeCa and Wanda Troy was in the downtown Brooklyn Boerum Hill section at PS 261. Each of them has contributed their memories of that day and how they and the children reacted to the events around them and how they, as the professionals they are, took care of, and informed our children of what was taking place, and how they helped get them safely back to their homes and their worried families.

Teachers are heroes every day. This was just one of them. From our hearts we honor them.

Have a great school year! Thanks for reading!

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: Lori 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 Winingar

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

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

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

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

ADDRESS

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

www.NYParenting.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)

Children's Learning Company

Nursery and Preschool

"Where Little People Do BIG Things"

Ages 2-6

- Small Group Sizes
- Educational Programs
- Classroom Are Decorated To Excite And Motivate
- Special Programs Available
- Private In-house Playground Designed For Safety And Learning
- Summer Program Available



www.childrenlearningcompany.com

212 West 233 Street • Bronx, NY 10463
718-432-1170

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

NEW YORK STATE-SPONSORED FREE OR
LOW COST HEALTHCARE

Your child may be eligible regardless of immigration status.


Health Plus

Your community's guardian angel since 1984.

CALL 1-888-809-8009

TTY/TDD: 1-800-662-1229

VISIT WWW.HEALTHPLUS-NY.ORG



Ten years later,

Here the tales of two heroes of a different kind — teachers, one in Brooklyn and one perilously close to Ground Zero — who experienced the day together with their young students, allowing them to see things through the eyes of the most-innocent bystanders.

When hugs meant so much more

BY WANDA TROY

I remember this day in vignettes — flashes of experience. I remember this as a day during which I had to use all that I knew about children and education to make decisions for the 28 young people that had been entrusted to me. It was a day that made clear the power of good teaching, and the understanding that schools are communities that are built on relationships.

It was the second day of school, at 8:40 am, on a crisp fall morning with a bright blue sky, and the fifth-grade classes wanted to stay out in the yard of our Downtown Brooklyn school and socialize just a little bit more. We fifth grade teachers glanced at each other and quickly made the decision that these 15 minutes would go a long way in developing community and rapport with our new classes, so we stayed out. The children sat chatting in groups. After the 15 minutes, we lined up and started filing into the school, when we heard a child call out, “I just saw a plane hit a building!”

“I don’t think that’s possible,” a teacher confidently responded.

“Wanda, can I speak to you in the hallway?” a colleague called to me. The students and I were engrossed in our morning read aloud. “The Lord of the Rings” trilogy was everywhere, and the children had decided I should read “The Hobbit” aloud to them. The first 20 minutes of each day was dedicated to this reading. Children were stretched out on the carpet, hanging on each word. No one was bored, and no one was fidgeting.

Some were sketching or taking notes in their reader’s notebook.

“Can this wait, please?” she asked.

“I’m not allowed to interrupt our special read aloud,” I said. That was the rule, after all — no bathroom, no side conversations, no distractions.

“I think this is really important,” she insisted.

“Well, all right,” I responded. “Everyone, turn and talk — what do you think is going to happen next?”

Out in the hallway, I could see how agitated, actually hysterical, my colleague was as she stammered, “We just heard a report that a number of small planes are hitting buildings in Manhattan, and car bombs are exploding throughout the city!”

My thoughts went immediately to my son, a high school student in Manhattan.

“What the hell is happening?” I thought. “Is he OK?!” But I couldn’t linger there too long. There were 28 children belonging to other parents — as well as my own daughter — in my classroom. (Yes, I was my daughter’s fifth grade teacher.) I had to think of them. And I did think. I weighed each decision carefully.

I have always believed that children deal better with information than with the lack of it. They had heard the worry in my colleague’s voice and noticed her agitation. I knew I had to address their concerns. I reentered our classroom and explained to the children that there was something unusual going on in Manhattan, and that when we got more information, I would be



sure to share it with them. The read aloud continued. But as soon as it ended, the questions began.

The children really wanted to know what was happening, so we plugged in the class radio. We turned it on just as the commentators were emotionally reporting on the people jumping out of the World Trade Center towers. I quickly turned off the radio.

The children needed to talk about what they were thinking and feeling, so we did a go ‘round — each child could ask one question and share one thing they were thinking. Some children were worried that Manhattan had been totally flattened, some worried that their family members who worked in Manhattan wouldn’t be able to get out. What they imagined was far worse than even the unimaginable reality.

I decided that they really needed to see for themselves the view of Manhattan from my colleague’s classroom, which was at the end

of the corridor, on the other side of the hall. We sat in the hallway chatting as, a few at a time, they walked to the window. Yes, they did see the Twin Towers ablaze and falling, but they also saw that there was no other major damage. They returned to our classroom still nervous, but also greatly relieved.

There were two children who were particularly worried, and their classmates immediately rallied around them to listen and give comfort. This group of students had been together since kindergarten and had forged deep and supportive relationships. They argued at times, but they clearly cared for one another. There was some crying, and a lot of talking. There was some good listening, and a lot of reassuring. Some hugging, and a lot of hand-holding.

I shared as much information as I could. I listened as well as I could. And we tried to continue our learn-

Continued on page 8

teachers talk 9-11

A haven near Ground Zero

BY LAURA VAROSCAK-DEINNOCENTIIS

It was the first day of school for many children — a beautiful morning, and not a cloud in the sky. My co-teacher Robert and I had just finished adding fresh paint to the easel and waited excitedly for our preschool students to arrive.

Suddenly, we heard the deafening roar of a plane overhead, approaching with such force and speed that the vibration knocked heavy gallon jugs of glue from the table and sent books tumbling off the shelves. Then, there was a thunderous crash — shattering glass, screeching metal — followed by an eerie silence.

We ran outside to investigate and were devastated to see a huge fiery hole in the North Tower of the World Trade Center. Everything on the typically busy streets of lower Manhattan stopped except for the police and fire trucks speeding toward it. People stood, stunned. We returned to work with heavy hearts, prepared to comfort the 3- and 4-year-olds when they arrived.

The children greeted us with smiles. Some spoke of the loud “boom,” but no one dwelled on it. They wanted to get busy with puzzles, blocks and paint. Parents were shaken; they knew people who worked in the Towers. Our job was to focus on the children and keep things as calm as possible.

By 9 am, only three of our students had arrived. While Robert read them a book, I walked one of the mothers to the door. She was worried about her older son who had started kindergarten at a school only a few blocks away from the World Trade Center. Outside, people gathered on Church Street to get a view of the North Tower. I saw an-



(Clockwise from top) A photo Varoscak-Delnnocentiis took on Sept. 11 from her school in TriBeCa. This banner hung in the front window of The Washington Market School, where Varoscak-Delnnocentiis was a teacher. Kids in Varoscak-Delnnocentiis's class lined up rescue action figures.

other parent from our class struggling to push a stroller through the crowd and went to help her.

As we watched the black smoke billow through the sky and reams of office paper fly from the windows, the second plane struck the South

Tower. People panicked and suddenly we were caught in a stampede. I rushed back inside the school to inform everyone of the second crash and we began the evacuation process. Parents nervously swooped up their children and headed away

from the burning buildings. Robert and I had one student without a parent — the mom who left to check on her son. We tried calling her but the phone lines were busy, so we left a note on the door and headed north to the family's apartment. Luckily, she met us on the street halfway between school and home.

Our school remained closed until it was deemed safe to return to the neighborhood. Only those who lived or worked below Canal Street were allowed to enter with written permission. Armed guards walked the streets and policed the subway stations, but downtown Manhattan still didn't feel safe. Fires continued to burn. Debris littered the ground. Dust coated cars and buildings. People were dazed. A strange smell lingered in the air — an indescribable, sickening odor that will forever conjure memories of planes crashing, people jumping, and buildings imploding. Walking south on Church Street, I couldn't take my eyes off of the giant hole in the skyline. It was hard to believe the Twin Towers were gone.

When the children returned to school, they craved order and consistency. They needed a safe place to play and express their feelings about what had happened. Some experienced the tragedy firsthand. Others were fortunate to leave the city after the first plane hit. Whether they witnessed the attacks directly or indirectly, everyone was vulnerable. Parents could not shield their children from the horror of 9-11, especially those who lived in the area surrounding Ground Zero. Their world had been turned upside down. Many families were forced to leave their homes and live in hotels. Children weren't allowed to play outside in the local

Continued on page 8

Dr. Katherine Dodge Brownell School Special Education Programs For Children 2.9-5 Years



- Universal Pre Kindergarten
- Monolingual and Bilingual Multidisciplinary Evaluations
- Therapeutic Services
- Breakfast and Lunch
- Transportation
- New York State Education Approved

450 Castle Hill Avenue • Bronx, NY 10473 • 718-430-7938
www.leakeandwatts.org



Soundview CHILDCARE CENTER

- Childcare for children ages 2.0 - 4.9
- Open from 8am - 6pm
- Age appropriate creative curriculum
- Certified staff licensed by the DOH
- Breakfast, lunch and snacks served
- Clean & Safe environment
- Referral resources for pre-school age students with developmental delays

1700 Seward Avenue, Bronx, NY 10463
(718) 991-7462 • www.leakeandwatts.org



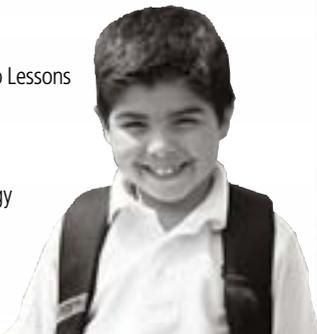
St. Thomas Aquinas School

1909 Daly Avenue Bronx, NY 10460 718-893-7600
Mrs. Teresa Sopot, Principal

Registration is ongoing. call for tours.
Pre-K4 and Kindergarten; Grades 1-8

BRAND NEW LIBRARY

- Early Drop Off 7:15am
- After School Program Until 6pm
- Dedicated Faculty and Staff
- Free Breakfast Program
- Hot Lunch Program
- After School Choir, Violin, Viola & Piano Lessons
- Title I Services: Reading, Math & ESL
- Guidance Counselor
- State of the Art 48 Wireless Laptops
- Computer Lab & Smartboard Technology
- Physical Education
- Art & Music Program
- Daily Prayer and Weekly Masses
- Resource Room for Eligible Students



Celebrating Over 100 Years of Academic Excellence
In The West Farms-South Bronx Area

Hugs

Continued from page 6

ing: independent reading, writing workshop, a math lesson, and an introduction lesson to our study of the Arctic. But it was hard to focus, and the children really just wanted to be with each other and talk.

And then the announcements began. Parents were coming to pick up their children, and every few minutes, a child's name was heard over the public address system. That child quickly packed up, hugged us goodbye, and went to the office to go home.

The interruptions were constant, and I do believe the announcements were hard on those children who had not yet been picked up. I know that it was hard on me — a mother who still did not know the whereabouts of one of her children.

At last, a good friend of mine arrived with his son, as well as his classmate — my son. They had taken the F train from Manhattan, which despite the news reports to the contrary, was still running. I

now had my daughter AND my son with me. I realized I was experiencing the only relief I had felt all day. And, as I hugged my son, I laughed — and cried. I cried in front of the remaining children, who all gathered around and hugged us. I cried, because that's what human beings do.

I think on some level those youngsters all knew that I had held it together for them all day, and they did not begrudge me this one display of emotion.

I waited until the very last child left our classroom. And only then did I go home with my children. None of us knew the whole story yet. None of us knew what the future would bring. We didn't know then how this experience would change us, our country, and our lives.

Two days later, we were all back in our classroom, crying, talking, and listening, trying to process what had happened and make sense of it all — together.

Wanda Troy works as a literacy-content coach at PS 32 in Carroll Gardens. She was the director of the New Program at PS 261 in Boerum Hill and a classroom teacher there.

Haven

Continued from page 7

parks. Some never had a chance to say goodbye to their friends who escaped the city that morning and never returned.

Miraculously, no one from our school perished in the Sept. 11 attacks.

"My daddy's building disappeared," a 4-year-old declared as he walked back into the classroom after the hiatus. "Bad guys did it."

For weeks after the tragedy, the children spoke of bad guys, fireballs, crashing planes, and explosions. They knew something terrible had happened and needed our help to work through it. They had many questions: "Why did the bad people want to hurt everybody?" "How did the buildings get knocked down?" "Will the planes come back?"

We answered their questions simply and honestly. We acknowledged the event and reassured them that it was over. The streets were filled with police officers, firefighters and EMS workers, and

we explained that they were doing everything possible to protect them.

Our curriculum focused on safety and emotions. We bought extra Play-Doh so little hands could squeeze, squash, and pound out the feelings they couldn't put into words. The children also expressed themselves through artwork — drawings of the broken towers, paintings of flames and black smoke clouds. Teachers ordered extra rescue hero action figures, toy planes, and emergency vehicles for the children to use in the block area. For weeks, kids built towers and knocked them down over and over again. We encouraged them to keep rebuilding, making the towers safer and stronger each time.

With each new building that went up, we knew the children felt safer and stronger, too.

Laura Varoscak-DeInnocentiis is a contributing writer for Family Publications New York and www.NYParenting.com. On Sept. 11, 2001, she was a teacher at the Washington Market School in TriBeCa, located seven blocks from Ground Zero.

An Exceptional Early Childhood Center

Serving diverse families since 2004



Infant, Toddler, Pre School & Pre-K
Ages 6 weeks through 5 years

7:30 a.m. to 6:30 p.m.
Monday - Friday

• Experienced,
Nurturing Staff

• Nutricious
Breakfast, Lunch &
Snack Every Day

• Affordable Top
Quality Programs

• Accepting All NYC
Vouchers / HRA & ACD
• Private Clients Welcome

1564 Peters Avenue
Bronx, NY 10461

416 Willis Avenue
Bronx, NY 10454

Helping children to learn and grow in a loving environment...

718-989-9801

www.sunshinenewyork.com

It's Our Mission.

Quality Health Coverage

Child Health Plus with Fidelis Care

- Free or low-cost health insurance coverage for children up to age 19 in New York State. Almost every child is eligible!
- Checkups with your child's doctor
- Immunizations (shots)
- Hospital and emergency care
- Prescription drug coverage
- Dental and vision care
- Speech and hearing services
- More than 43,000 quality providers

Proof of age, income, and address necessary to enroll.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.



FIDELIS CARE®

Child Health Plus is a New York State-sponsored health insurance program offered by Fidelis Care.



To find out if you are eligible for one of our government-sponsored health insurance programs, call Fidelis Care at:

1-888-FIDELIS (1-888-343-3547)

(TTY: 1-800-421-1220) • fideliscare.org To renew your coverage each year, call 1-866-435-9521

Bugging out over head lice

BY ALLISON PLITT

Mention the phrase “head lice” to any parent and most will react with a cringe. What are they, and how do you treat them if they’ve infested your child’s scalp?

Head lice are little bugs that can

make your kids scratch their noggins, but do not cause any diseases, according to the National Center for Biotechnology Information. The worst result of having head lice is a child scratching his head until he opens wounds, which could then become infected.

There is, however, much transmission of head lice in schools, because children tend to interact in closer proximity to

each other than adults. Doctors report an increase in the number of head lice cases after school starts in September.

This month, many parents will receive information about head lice from their children’s schools. While some private institutions test students for head lice before the start of the academic year, New York City public schools have a policy of not accepting children who have lice into classrooms.

What are head lice?

Head lice are six-legged insects that are the size of sesame seeds. They only live on human beings, and cannot be caught from animals, according to a statement issued by the city’s Office of School Health.

Pearly white and smaller than a pin head, nits are the egg cases laid by lice. While lice move around the head and on the scalp, nits attach to hair shafts.

A child can only have head lice if he has a living, moving louse on his scalp. He catches the parasite when the louse gives up its host’s head for a new host. Eggs in their protective nits are not transmitted from one head to another.

Once the insects attach to a person’s head, they feed on blood obtained from the scalp. Many — but not all — people with head lice will develop an itchy scalp.

Anyone can get head lice, which are usually caught from family and friends in the home and community.

Head lice can be transferred when people hug each other, or when small children are playing together and their heads brush each other.

Head lice can also be transmitted by objects — such as hats, clothing, combs and brushes — used by infected individuals.

How can head lice be prevented?

Families can do everything right and still develop head lice. Learn how to check your children’s head for these lice, before they have



Doctors report an increase in the number of head lice cases after school starts in September.

a chance to breed. When making your examination, it can be easier to spot the nits laid on the hair, which are most often found in the thickest parts — at the nape of the neck and behind the ears.

Parents should also tell children not to share hats, combs and brushes with anyone else. Physical contact with infected individuals, including their belongings, should be avoided.

What are the symptoms of head lice?

The first indication of an infection is usually itching around the area of the body where the lice feed. If a child is scratching the back of his head or around his ears, examine them for head lice.

It may take two to three weeks or longer for a person to notice the intense itching associated with lice infection.

How can head lice be treated?

There are a multitude of products on the market for treating head lice. Several medicated shampoos or cream rinses, especially those containing the pesticides permethrin or pyrethrin, can be purchased over the counter.

After washing your child's hair with a head lice shampoo, a parent will need to comb out any remaining nits with a good lice comb. The most effective combs are those with metal teeth so close together that you can't see them. If the child has long hair, the lice comb approach can be time consuming and labor intensive, so many parents opt to cut their child's hair.

There are also hair lotions that can be added to dry hair and applied with a lice comb. These lotions should not be heated with a hair dryer, as some of them are flammable.

Parents should repeat the process of washing and combing their child's hair every seven days to ensure that the lice do not reappear.

Because head lice have devel-

oped resistance to the pesticides used to treat them, the number of lice infections has grown over the years. The National Pediculosis Association believes that prescription pesticides, such as malathion and lindane, are not only ineffective at treating infections, but are also dangerous if they are used after the child has been treated with an over-the-counter pesticide. The Association "advises parents to discontinue the use of any treatment at the earliest sign of failure and to avoid using other chemicals. Manual removal is the best option whenever possible."

All bedding, towels and clothing from infected individuals should be cleaned with soap and hot water, and placed in a dryer for at least 20 minutes to help kill off any remaining lice. Toys and other belongings can be placed in plastic bags and sealed off for 10 days so the lice will die of starvation.

You should also soak combs and hairbrushes in alcohol or lice shampoo, dispose of hair accessories, and thoroughly vacuum carpets and upholstered furniture.

Lice removal has become profitable for many businesses. In the New York City area, there are treatment centers, resembling salons, where professionals will comb lice and nits out of clients' hair. Other companies will come directly to your home to treat and remove head lice.

Services and resources

The most accurate and reliable information about head lice can be found on the National Pediculosis Association's website at www.headlice.org/index.html.

Another helpful website is www.kidshheadlice.com/index.html, which evaluates the effectiveness of various treatments and provides lists of professional services by state.

...

So the next time you say the words "head lice" to a parent, allay their fears by letting them know all of the information and treatments available to them in their local communities and on the Internet. There's really no reason to bug out.

Allison Plitt is a staff writer for *Family Publications New York* and a mother living in Queens with a 5-year-old daughter. If you have ideas about resources for families in Queens, contact her at allisonplitt@hotmail.com.

HOLY ROSARY SCHOOL

~ Accredited by the Middle States Commission on Elementary Schools ~

Register Now For 2011–2012 School Year

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

If you can't join us for our *Open House* be sure to call about our *TUESDAY TOURS*.

Come and see all of the good things happening.

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

UNITED CEREBRAL PALSY OF NEW YORK CITY UNIVERSAL PRE-K PROGRAM



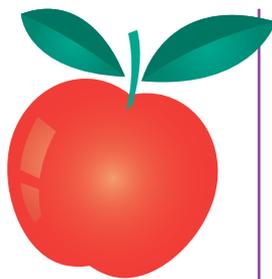
We are currently recruiting 4 year olds for our **FREE** integrated UPK classrooms

Our Universal Pre-K program offers families a FREE, high quality, family friendly learning environment for child of all developmental levels.

- NYS certified teachers and teaching assistants •
- Technology enhanced classrooms •
- Close to public transportation •



For more information please contact
PROJECT CONNECT 1.877.827.2666
projectconnct@ucpnyc.org
www.ucpnyc.org



DEAR TEACHER

BY PEGGY GISLER AND
MARGE EBERTS

How much homework help is too much?

Question: Our 11-year-old is starting sixth grade this year, her first in middle school. She has always relied too much on our help to do her homework. Is there a rule of thumb for how much input a parent should have in a sixth-grader's homework?

Answer: As a rule, kids should be able to handle their homework by themselves by seventh grade, so you should start working toward that goal now — without pulling your support right out from under her.

Begin by having her read her assignments out loud to you. Then, have her explain how she is going to complete the work. Help her learn to plan the order in which she will tackle her assignments. Next, she should read and explain the directions of the first assignment to you. Not knowing exactly what is expected can cause confusion.

Ask her if she has any questions

about the first assignment. After answering them, either encourage her to complete this assignment independently, or watch how she completes the first item to see that she understand the directions. Follow the same steps for all the assignments.

When your daughter runs into a roadblock on an assignment, ask her to study the textbook examples on her notes before asking for your aid. Your aid should never include doing her work for her. Instead, you should pose questions that will help her figure out what to do.

Praise her efforts, and your daughter will take pride in doing her homework by herself.

Teacher comunique

Question: How important is it for me to communicate with my children's teachers? Some of my friends call their children's teachers all the time. I never thought it necessary to talk to their teachers, except at the regularly scheduled conferences.

Answer: Research shows that frequent parent-teacher communication helps children succeed in school. So start communicating with your children's teachers early. It will show them that you want to be involved in their educations.

Communication with your children's teachers does not have to be formal meetings. Brief notes, e-mails, and phone calls are all effective ways to communicate. Before starting, be sure to find out how individual teachers wish to be approached. A good ice-breaker is a reference to a lesson or a homework assignment that motivated your children.

Informal chats are also very effective communication tools. Plan to volunteer for classroom activities and to attend parent-teacher events. There are great settings for parents and teachers to get to know each other. However, they are not the time to resolve any problems.

Mutual disclosure is important to parent-teacher communication. Parents need to tell teachers about anything that is happening at home

that may be affecting their children's work. And teachers should tell parents what is happening in school.

How often parents and teachers communicate with each other also depends on whether there are serious problems. Some may need to communicate almost every day. If children are handling school well, casual chats with teachers and occasional notes help build relationships.

Facebook rules

Question: We have just given our middle-school-aged daughter permission to be on Facebook. How can we make sure that she uses Facebook appropriately and avoids being bullied online?

Answer: Just about every high-school student in the country is on Facebook, and the number of elementary- and middle-schoolers is rapidly increasing. The time to talk with your child about using Facebook safely is before she opens an account. A good place to start is by visiting the safety information site on Facebook (www.facebook.com/help/?safety). Read this information together and be sure that your child understands the consequences of using Facebook inappropriately. You may ask her if you can visit her page at any time to evaluate the content she is putting up and receiving.

A very unfortunate aspect of the online experience is bullying. The estimated number of children who have been ridiculed or threatened through computer messages ranges from one in three to one in 10.

Most teens are smart enough to consider their online actions. You may want your older children to read, "Teen Cyberbullying Investigated: Where Do Your Rights End and Consequences Begin?," by Judge Thomas Jacobs.

It spells out exactly when teens' actions are illegal, and gives them a chance to think about ethical issues while reading actual cases.

Parents can send questions and comments to dearteacher@dearteacher.com.

© Compass Syndicate Corporation, 2011.



Riverdale Nursery School and Family Center

3816 Waldo Avenue • Bronx, NY 10463
718-884-3950

www.rnsfc.org info@rnsfc.org



The Riverdale Nursery School and Family Center (RNSFC) provides a developmentally appropriate, interactive educational environment for young children ages 12 months to 5 years. Through our play-based program, children construct cognitive, social, emotional and physical knowledge and skill, as well as develop a love for learning and positive attitude towards school. Our beautiful facility was designed and built specifically as a preschool and it houses a state-of-the-art playground with an organic garden.

The Nursery School

- Serves children 2-5 years old.
- Provides post nursery school placement counseling for entry into the Riverdale, Manhattan and Westchester Independent Schools, schools serving children with special needs, and local and specialized public schools.
- Attracts diverse and integrated population, including children with special challenges who are ready for a mainstream school with support.
- Promotes environmental curriculum that cultivates an awareness of the natural world.
- Sustains involved and active Parents' Group.

The Family Center

- Offers toddler programs for 12-36 month olds.
- Runs support groups, seminars, workshops, after-school and enrichment activities open to the community.
- Collaborates with community organizations.
- Develops community outreach family projects.
- Provides early drop-off (the Early Birds) and extended hours (the Lator Gators).
- 8-week summer program beginning in June for preschoolers ages 2 to 5.

Certified, Experienced Early Childhood Teachers

Excellent child-teacher ratio

Licensed by the Dept. of Health

Extensive roster of professional consultants

ST. ANSELM SCHOOL

Celebrating Excellence in Education since 1908



children first!
always 1st!

all faiths
welcome!

It's Free
Universal Pre-Kindergarten Program
Half Day 2 1/2 hours of learning,
exploring, playing and growing
First Steps to College

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 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 • Guidance & Counseling Services

- 2 1/2 hours of FREE quality Early Childhood Education (New York State Funded UPK) provided by Saint Anselm School
- Children must be 4 years old by December 31.
- Full Day Wraparound Program at reduced cost (8:30am-2:45pm)

Register Now for September 2011

SCHOLARSHIPS AVAILABLE • APPLY NOW
2011-2012 School Year for Kindergarten through Grade 8

After school Choir, Art and Band programs
Intra-Mural Athletic Programs for grades 6, 7 & 8

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

Back-to-school

Health Guide

Before the first bell rings, think about your child's physical well-being

BY KATHY SENA

Ah, the smell of sunscreen. The joy of homework-free evenings. The less-scheduled family calendar...

How did summer pass so quickly?

Yep, it's time to get the kids ready to head back to school. Are your child's immunizations up-to-date? Does he need new glasses? What time should he go to bed? We've rounded up expert advice on all this and more so your kids will be ready for the big day!

• **Schedule a well-child checkup.** Most states require only two well-child exams for school enrollment: at the start of kindergarten and high school. Some states vary, so check with your school. An additional

exam is often required for participation in a school sport. Check with your child's doctor regarding how often to schedule additional well-child check-ups.

• **Make sure your child is up-to-date on all immunizations, including seasonal flu/H1N1.** Ask your doctor for a copy of your child's immunization record. You may need it to prove his immunization status for school. Visit the American Academy of Pediatrics Childhood Immunization Support Program website at www.cispimmunize.org for lots of helpful information, including:

— The Academy's 2011 Childhood Immunization Schedule (for infants through teens) and a catch-up schedule for children who may have missed a scheduled vaccination.

— Updates on vaccine safety and

vaccines that are temporarily in short supply.

— Frequently asked questions about childhood immunizations.

— The Academy's Immunization Newsletter

This year's seasonal flu vaccine includes protection against the H1N1 virus, according to the U.S. Centers for Disease Control and Prevention. That means that, barring some unforeseen circumstance, most Americans will be able to get one flu shot to protect against the major flu viruses. (Younger children who have never had a seasonal flu vaccine before will need two doses, says the Center.)

Everyone 6 months of age and older should get vaccinated against the flu, says the Center. Getting your child vaccinated is the best method for protecting him from the flu.

• **Have your child's vision checked.** Basic vision screening should be performed by your child's doctor at each well-child examination. If a child fails a vision screening, or if there is any concern about a vision problem, she should be referred for a comprehensive professional eye exam, according to the American Academy of Ophthalmology. For children who wear glasses, the Academy recommends one-piece wrap-around polycarbonate sports frames for contact sports.

• **Schedule a dental check-up.** Students in the U.S. miss more than 51 million school hours per year because of dental problems, says the American Academy of Pediatric Dentistry. Teach your child to floss daily and brush twice a day with a fluoride toothpaste. And visit your child's dentist twice a year for a professional cleaning and check-up.

• **Have your child's hearing tested.** Most states now mandate hearing tests for infants. But many school-aged children haven't been

Bullying and your child

Bullying can lead to emotional and sometimes physical pain, and it's something that most children will be exposed to, either directly or indirectly (by witnessing others being bullied), at school. It can be physical, verbal or social, says the American Academy of Pediatrics. Bullying can occur on the playground, on the school bus, in the neighborhood, via phone or text message or over the Internet. The Academy offers the following advice:

When your child is bullied

• Help your child learn how to respond by teaching him or her how to:

— Look the bully in the eye.

— Stand tall and stay calm in a difficult situation.

— Walk away.

• Teach your child how to say in

a firm voice:

— "I don't like what you're doing."

— "Please do NOT talk to me like that."

— "Why would you say that?"

• Teach your child when and how to ask for help.

• Encourage your child to make friends with other children.

• Support activities that interest your child.

• Alert school officials to the problems and work with them on solutions.

• Make sure an adult who knows about the bullying can watch out for your child's safety and wellbeing when you can't be there.

When your child is the bully

• Be sure your child knows that bullying is never OK.

• Set firm and consistent limits

on your child's aggressive behavior.

• Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.

• Use effective, non-physical discipline, such as loss of privileges.

• Develop practical solutions with the school principal, teachers, counselors and parents of the children your child has bullied.

When your child is a bystander

• Tell your child not to cheer on or even quietly watch bullying.

• Encourage your child to tell a trusted adult about the bullying.

• Help your child support other children who may be bullied. Encourage your child to include these children in activities.

• Encourage your child to join with others in telling bullies to stop.

— *Kathy Sena*



tested. If your child is listening to the television or music at a very loud volume, or tends to favor one ear over the other when listening to you speak, it may be a sign of hearing loss. Talk with your doctor about having your child's hearing tested.

• **Communicate about medications.** Does your child receive medication on a regular basis for diabetes, asthma or another chronic health problem? School nurses and teachers must be made aware of your child's needs, especially if they are the ones who will administer the medicine. Speak with them about the prescribed medication schedule, and work out an emergency course of action in case of a problem.

• **Schedule testing if you suspect a learning disability or dyslexia.** If you feel your child may not be processing information as he should, speak with his teacher and doctor as soon as possible. Your child's doctor can provide a referral for testing.

• **Plan ahead for brain-power breakfasts.** Studies show that children who eat breakfast are more alert in class. Try to include protein (peanut butter or low-fat cheese, milk or yogurt are good choices), fruit and whole grains.

• **Talk with your child — and with your school principal — about**

healthy eating at school. The Academy of Pediatrics suggests encouraging your child's school to stock healthy lunch choices such as fresh fruit, low-fat dairy products, water and 100-percent fruit juice in school vending machines. A 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent, says the Academy. Restrict your child's soft-drink consumption to special occasions.

• **Choose the right backpack — and use it safely.** Look for wide, padded shoulder straps. Narrow straps can dig into shoulders, causing pain and restricting circulation. A padded back increases comfort. The backpack shouldn't weigh more than 10 to 20 percent of the student's body weight, according to the Academy. Remind your child to always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles and may increase the chances of developing curvature of the spine. Pack heavier items closest to the center of the back. Even better: use a rolling backpack.

• **Review school-bus safety rules.** Designate a safe place for your child to wait for the bus, away from traffic and the street. And review these safety rules, from the National Highway Traffic Safety Administration, with your child:

— When getting on the bus, wait for the driver's signal. Board the bus one at a time.

— When getting off the bus, look before stepping off the bus to be sure no cars are passing on the right. (It's illegal, but it happens.) Move away from the bus.

— Before crossing the street, take five "giant steps" out from the front of the bus, or until the driver's face can be seen. Wait for the driver to signal that it's safe to cross.

— Look left-right-left when coming to the edge of the bus to make sure traffic is stopped. Keep watching traffic when crossing.

— Ask the driver for help if you drop something near the bus. If you bend down to pick up something, the driver cannot see you, and you may be hit by the bus. Use a backpack to keep loose items together.

• **Create a healthy sleep schedule.** The National Sleep Foundation says kids need the following amounts of sleep, depending on age:

— Preschoolers: 11 to 13 hours

— Ages 5 to 10: 10 to 11 hours

— Ages 10 to 17: 8.5 to 9.25 hours

That can be a tough prescription to follow, with the increasing demands on kids' time from homework,

sports and other extracurricular activities. As they get older, school-aged children become more interested in TV, video games and the Internet (as well as caffeinated beverages). This can lead to difficulty falling asleep and sleep disruptions. Poor sleep can lead to mood swings, behavioral problems and cognitive problems that affect a child's ability to learn. To help your child get a good night's sleep, teach healthy sleep habits, emphasize the need for a consistent sleep schedule and bedtime routine, create a good environment for sleep (dark, cool and quiet) and keep TV and computers out of the bedroom.

Sources: U.S. Centers for Disease Control and Prevention, New York Presbyterian Hospital, American Academy of Pediatrics, Texas Children's Hospital, Mayo Clinic, National Sleep Foundation, National Highway Traffic Safety Administration, American Academy of Ophthalmology.

Kathy Sena is a freelance journalist who frequently covers children's health issues. Her son is not pleased that she knows the National Sleep Foundation's sleep recommendation for 15-year-olds. Visit her blog (for moms!) at <http://www.badballet.com>.

It may seem like it was only yesterday when the beginning of the school year meant dropping your first-born off to kindergarten.

You got the school supplies ready, you secretly (or maybe not so secretly) shed a few tears about your child growing up so fast, and you let go of her hand as she walked into a brave new world on her own.

For many parents, the beginning of the school year now means the end of your child's high school education as she simultaneously completes her senior year and prepares for college.

It's a busy year, with proms, senior pictures, caps and gowns, and parties. It's also the time to focus on filling out college applications. It's about endings and beginnings — helping your child get the best out of her senior high school year, while being well-prepared for the first college year.

I've asked parents who have already experienced this transition for advice and tips. Here's what they had to say:

Preparing for COLLEGE

Applications

- Have your child start pulling together a resume and start an account on the Common Application. This online and print application enables students to apply to multiple member higher education institutions through one application. Member colleges and universities evaluate students using a holistic selection process that includes subjective, as well as objective, criteria, including at least one recommendation form, at least one not-timed essay, and broader campus diversity considerations.

- Students are encouraged to consider applying to three types of colleges: reach, match, and safety. A reach college is one that the student is interested in attending, although she may not meet the admission requirements. A match college is one where a student's grades, test scores

and achievements fall within the range the college seeks, although the student may not place at the top of the list. A safety college is one in which admissions requirements are met or exceeded, offering a strong chance of acceptance — possibly coupled with offers of financial incentives.

• There also is the consideration of early action and early decision. In early decision, the student can only apply to one college and agrees to attend the college if accepted, and the college offers an adequate financial aid package. Students may apply to other colleges through the regular admission process, but must withdraw applications if accepted by the first-choice college early. Early action, on the other hand, is not binding. A student can commit to the college immediately, or wait until the spring. The student can apply early action to other colleges and have until late spring to inform the college of her decision.

• Some colleges offer single-choice early action, which operates like other early action plans, but may not apply early action or early decision to any other college. The student can apply to other colleges under regular decision plans, and does not have to give a final answer to the early-application college until the regular decision deadline.

Finances

• Affording college is just as major a consideration as qualifying for college. The first two stops for scholarships, grants and loans are Free Application for Federal Student Aid and CSS/Financial Aid PROFILE of the College Board, which determines eligibility for non-federal student aid funds at more than 500 colleges, universities, graduate and professional schools.

• The Federal Pell Grant Program provides need-based grants to low-income undergraduate and certain post-baccalaureate students. Students are able to use the grants at one of more than 5,400 participating postsecondary institutions.

• Also, each state may have a scholarship incentive program, as well as the student's high school, employers and local nonprofit groups. Your student's school counselor and school district are also a resource for information.

• There are many scholarships, loans, and research grants available for those who do the work to find them. Check out the Founda-

tion Center which, among its many other missions, helps students find financial assistance. The Foundation Center's Youth in Philanthropy and Scholarship program's website lists a host of sources for scholarships for those studying both domestically and abroad.

• Fastweb.com is a massive scholarship database. Finaid.org partners with fastweb.com to help students find scholarships at no cost.

• Students who have financial concerns shouldn't rule out private colleges, many of which can offer generous financial aid packages funded by local donors.

Other considerations

• The College Board recommends that students complete applications in September and October, get teachers to write letters of recommendation, file early decision or early applications according to college deadlines and procedures, take the SAT if necessary, and, if necessary, register to the CSS/Financial Aid PROFILE. In November, students should file early applications by the college deadline (some are due before that), work on regular-based applications as a backup, and file the PROFILE and other college-based financial aid forms that may be required of early decision candidates.

• Shopping for a college dorm room early may be tempting, but you might end up buying items not needed. It's best to find out what a particular college allows. Also, roommates may want to consider sharing items.

• Some families conduct campus visits, so students can get a feel for whether or not they would enjoy attending the school.

• The student should be working on her college essay. According to the College Board, the essay reveals information about a student's values, preferences, and thought processes.

• Since there is so much free and useful information on the Internet, it's not necessary to pay someone or a company to tell students and parents what they can find out on their own. One such helpful website is collegeconfidential.com.

To find the Common Application, visit www.commonapp.org.

To find scholarships, grants and loans, visit falsa.ed.gov.

The Foundation Center's Youth in Philanthropy and Scholarship program can be found at foundationcenter.org/yip/youth_scholarships.html.



**Spuyten Duyvil
PRESCHOOL**

Spuyten Duyvil Preschool

LICENSED PRESCHOOL
HALF/FULL DAY NURSERY FOR 2.9 - 5 YEAR OLDS
FREE UNIVERSAL PRE-KINDERGARTEN FOR 4 YEAR OLD CHILDREN
EARLY DROP-OFF AND LATE PICK-UP AVAILABLE 7:30-6 PM



SERVING
KINGSBRIDGE, MARBLE HILL &
RIVERDALE NEIGHBORHOODS
SINCE 1928

www.spuytenduyvilpreschool.org for more information

718-549-1525
3041 Kingsbridge Ave., Bx., NY (Between 230 & 231st)

St. Mary Star of the Sea School

Registration Begins Tuesday, February 16th 9-11am

Limited Space Available for Incoming Students Grades Pre-K-7

**REGISTER NOW FOR THE
2011-2012 SCHOOL YEAR**

St. Mary Star of the Sea School Offers:

- Pre-K through 8th grade
- CYO Basketball/Girls softball
- Full-day Pre-K and full-day Kindergarten
- Yearbook
- Computer education program
- Choir/Violin/School Band
- Spanish – Grades 7 and 8
- Full-time nurse
- Art and Music
- Small classes, personalized attention
- Summer Camp
- Safe and nurturing environment
- Dedicated and experienced faculty
- Breakfast and lunch programs
- Full sacramental program
- Early drop off
- Physical education
- Aftercare program/homework help

Call to arrange a visit with a private tour!
Mrs. Jane Dennehy, Principal
580 Minneford Avenue, City Island, NY
718-885-1527 email: b252@adnyeducation.org

Children of all faiths are welcome.

Marion & George Ames Early Childhood Learning Center

- A licensed early childhood program for ages 18 months to 5 years of age
- Developmentally appropriate curriculum
- Full time & part time schedules
- Childcare from 7:30 am - 6 pm
- Bilingual instruction available
- Outdoor play area
- Breakfast • Lunch • Snacks

Accepting Applications For Fall 2011



463 Hawthorne Avenue at Valentine Lane, Yonkers, NY
914-375-8820 • earlychildhood@leakeandwatts.org



HEALTHY LIVING

DANIELLE SULLIVAN

Tired of sleep deprivation?

We are a sleep-deprived society, and our constant, on-the-go way of life is affecting us adversely. It seems that just about everyone is getting by on a few short hours of sleep. Even our kids are staying up later and waking up earlier than we did as children.

Moms — especially those of us with small children — are among the worst sleepers, largely because we often grab small doses of uninterrupted sleep.

Lack of sleep has been blamed for everything from headaches and sluggishness to obesity. Sleep disorders play a major role in quality of life, daytime functioning, and health. Insomnia sufferers exhibit more problems with attention, concentration, and memory. They are more susceptible to depression and anxiety.

A new report by the University of Texas Southwestern Medical Center says that interrupted sleep may interfere with memory. When sleep is frequently interrupted, the ability to learn new things and retain information can be considerably compromised.

People who suffer from sleep apnea (a sleep-related breathing disorder) are at greater risk for high blood pressure, cardiac arrhythmias, stroke, and death. As of today, there are more than 80 different sleep disorders identified in the International Classification of Sleep Disorders.

But how do you know if your pattern of sleep is irregular, or if it's a



problem at all?

The National Sleep Foundation reports that more than 50 million Americans suffer from a sleep disorder at some point in their lives.

What specific behaviors or sleep patterns mark a sleep disorder, as opposed to typical irregular sleeping habits in our fast-paced world?

"In our society, chronic sleep deprivation is a very common finding," says Jeremy Weingarten, director of the Center for Sleep Disorders Medicine and Research at New York Methodist Hospital and assistant professor of clinical medicine at Weill Cornell Medical College.

"In general, individuals need between seven and eight hours of sleep per night. However, a large percentage of people are getting less than seven, and often less than six, hours of sleep per night," says Weingarten. "Besides not getting enough time in bed, many individuals have poor sleep hygiene: reading and eating

in bed, watching television in bed, highly variable sleep times (particularly on weekends), sleeping outside of the bedroom (on the living room couch), etc."

Weingarten says that distinguishing poor sleep hygiene and habits from a sleep disorder is often difficult, since symptoms seem common and not harmful. They include loud snoring, frequent awakenings during the night, awakening caused by gasping for breath at night, significant daytime sleepiness, morning dry mouth and headaches, awakening un-refreshed, and the inability to fall asleep or stay asleep.

If these symptoms are present, you may benefit from undergoing evaluation for possible obstructive sleep apnea, one of the most common sleep disorders, advises Weingarten.

If you want to change your sleep habits at home, your best bet is sticking to a routine.

"A nightly routine is important, and proper sleep hygiene is essential for a good night's sleep," says Weingarten. "Regarding insomnia: acupressure, tai chi, and yoga may improve sleep." However, if you feel significantly affected by your lack of restorative sleep, you should seek out a sleep doctor. Not all people need a full sleep study to help identify their problem.

And if you are finding yourself in the throws of taming the back-to-school sleep monster, Weingarten says that getting a child back on a nightly routine is very important.

"Getting into pajamas, brushing teeth, reading a book, etc. should be performed at the same time each night. Decrease their bedtime by 15 minutes per night until they are back to their normal bedtime," he says. "For example, if they normally go to sleep at 8:30 on a school night, but they have been going to sleep at 9:30 pm during the summer, advance their sleep time to 9:15 one night, then 9 the next night, then 8:45 the following night, and so on, until they reach their ultimate bedtime goal."

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a parenting writer and editor for more than 10 years, and was recently honored with a Gold award for her health column by the Parenting Media Association.

Sullivan also writes for Babble. You can find her on her blog, *Just Write Mom*.

Where to get help:

Sleep Disorders Institute [423 West 55th St., fourth floor in Manhattan, (212) 994-5100]. For information, visit www.sleepny.com/Index.html.

NYU Sleep Disorders Center [462 First Ave., Suite 7N3 in Manhattan, (212) 263-8423]. For information, visit www.med.nyu.edu/sleep/.

The Center for Sleep Medicine at New York-Presbyterian Hospital/Weill

Cornell Medical Center [425 East 61st St., fifth floor in Manhattan, (646) 962-7378]. For information, visit www.weillcornell.org/sleepctr/.

Sleep Disorder Center at New York Methodist Hospital [506 Sixth St. in Park Slope, Brooklyn, (718) 780-3017]. For information, visit www.nym.org/For-Patients-and-Visitors/Our-Services/The-Institute-for-Asthma-and-Lung-Diseases/Sleep-Disorder-Center.aspx.

New York Hospital Queens [56-45 Main St. in Flushing, Queens, (718) 670-2000]. For information, visit www.nyhq.org/diw/Content.asp?PageID=DIW009032.

North Shore LLI/Staten Island University Hospital [475 Seaview Ave. in Dongan Hills, Staten Island, (718) 226-2331]. For information, visit www.siu.edu/Medical-Services/Clinical-Services/Sleep-Disorders.aspx.

St. Helena Elementary School

A Total School Program

Enrollment for September 2011

- Full Day Early Childhood Program for 3 Year Olds
- Full Day Pre-School (4 yrs. old) and Kindergarten
- Schedule: 8:00am to 2:35pm Grades 2 to 8 Double Periods of Math and Reading
- Breakfast Program Available (beginning at 7:00am)
- After School Programs to 6:30pm (3 yrs. old to 7th grade)
- Academics - According to New York State Board of Regents Requirements
- Accredited by Middle States Association
- Gym with Qualified Supervision
- Fundamentals of Art Expression
- Computer Skills - Development in Computer Operation

A Safe Passage Through Childhood/A Solid Religious Foundation

As seen in the Daily News on December 19, 2006 - Catholic school keeps faiths "All God's children" welcome
"There is a wonderful family atmosphere here. In the Parkchester area, you have all these faiths. It doesn't matter if your neighbor is Muslim or Catholic. They're still your neighbor." - Richard Meller, Principal



2050 Benedict Ave.

*School entrance on Benedict Avenue
between Pugsley Ave. & Olmstead Ave.*

Bronx, NY 10462

718-892-3234

www.sthelenaschoolbronxny.org



A TEEN'S TAKE

AGLAIA HO



©Disney Enterprises, Inc. All rights reserved.

G is for great

Teen bonds with parents over love of animated films

Today, the movie theaters seem to be dominated by thrilling, live-action fantasies and sci-fi flicks filled with unbelievable special effects. These films usually pit unlikely heroes against vicious villains, and end with dramatic battle scenes with all the works. However, while these films are extraordinarily exciting, I still have a special place in my heart for classic, animated films.

As a teenager, I still get a kick out of watching animated movies with my family. Occasionally, we'll gather around the television and play old video cassettes (yes, they still do exist) of classic cartoons. It brings back so many memories from my childhood. My parents and I chat throughout the movie, remembering my crazy antics.

Nothing has changed. I still die from hysterics when I watch Jaq and Gus scurry around Cinderella's stepmother's estate. I'm still sadly terrified of the sinister, shape-shifting Maleficent from "Sleeping Beauty," and still thrilled to sing along with every song in "Beauty and the Beast." It's become a guilty pleasure.

So I literally leapt with joy when I learned that there was a new Winnie the Pooh movie. I couldn't wait to see it. I was only 4 or 5 years old when I saw "The Many Adventures of Winnie the Pooh," but I still remember

pretending I was part of the gang, hanging out with Pooh Bear, Piglet, Eeyore, Tigger, and the others.

My biggest fear about watching a G-rated cartoon was that I would be ridiculed for the rest of my life as the girl who watched "kid movies." Surprisingly enough, I was able to find a couple of friends to accompany me to see "Winnie the Pooh." Then again, it was a 90 degree day and seeing ANY (and I repeat "any") movie in an air-conditioned theater wasn't a bad idea. We were slightly embarrassed when we went to buy tickets for a matinee showing. Thankfully, the woman in the booth didn't seem to care.

From the minute we walked into the theater, we noticed that the audience was pretty much children ages 7 and younger. Wondering if this was a big mistake after all, we slumped down in our seats, praying for the theater to darken, so we wouldn't be noticed. Yet, as the movie started, we were overjoyed. I was reminded of why I love animated films.

I lost myself in the story, moved to tears by the purity of Pooh Bear. I found myself longing to be a kid again and frolic with my own stuffed animals. My friends and I laughed harder, cried louder, and smiled broader than any little kid in that room.

Just because animated films are generally a lot tamer than live-action

ones, doesn't mean that they are reserved just for kids. Animated features are suitable for everyone. Children, teens, and parents can easily enjoy an animated classic just like my family has for so many years. Cartoons tend to have simple, short and sweet messages behind them. While most teens and adults alike may scoff at the redundancy of these themes, many times these are the lessons that we always neglect. For example, "Shrek" teaches us not to judge a book by its cover, and, let's face it: we're all a little judgmental about everyone's exterior. "Ratatouille" teaches us to never give up on a dream, although many of us do. Animated films help revive long-forgotten, important lessons that help shape a better community.

Additionally, these movies are colorful, cheerful, and playful — pretty much everything our real world isn't. They help us forget the hardship and stress of our lives. These films are for the dreamers in all of us. We all want that glass slipper to fit. They teach us to never stop believing in ourselves and what we can do.

I encourage all parents to rewind those old, classic, animated films and share them with their families. For parents of young children, this will be a good opportunity to introduce these legendary movies to them. For parents of older kids and teens, it's the perfect way to bond and relive memories. Try it out, and you'll be surprised. After all, everyone longs for a wonderful, happily ever after!

Aglaia Ho is a 15-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News/Children's Pressline, and The State of the Wild.



The Kinneret School

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

Early Childhood Elementary • Jr. High School

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

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

2600 Netherland Ave.
Riverdale, NY 10463
718-548-0900

Fax 718-548-0901

www.kinneretdayschool.org

Shining Stars PRE-SCHOOL

Early learning for ages 2-6

Monday - Friday • 8-6 • Early drop off

Fully Surveilled • Fully Renovated • Computers

Learning Centers • Arts & Crafts • Storytelling

Music & Exercise • Private Playground

Healthy Snacks • Numerous Play Areas

REGISTER NOW FOR FALL SESSIONS

718-409-1316

1881 Bronxdale Avenue, Bronx, NY

www.shiningstarspreschool.com

BOLD
Bronx Organization
FOR LEARNING DIFFERENCES

PRE-SCHOOL

We provide a developmental preschool program for children of all abilities, with and without special needs in our 2 Bronx locations. **BOLD** is NAEYC accredited and adheres to the organization's rigorous standards of excellence for early childhood programs. **Our preschool's are funded through the New York State Education Department and services are free to eligible children.**

Our certified staff offers a full complement of services:

- Evaluation (bilingual)
- Special Education
- Speech Therapy
- Occupational Therapy
- Counseling
- UPK (for 4 year olds)

Call today to see how we can help you and your child make the most of their preschool years!

2885 St. Theresa Avenue, Bronx New York 10461
718-430-0981 – www.boldny.org

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

Like us on

facebook

or follow us on **twitter**

Facebook Search: NYParenting

When your kids are demanding FASHION

Surviving back-to-school shopping and the designer label dilemma

BY RISA C. DOHERTY

Although back-to-school shopping was always a treat for my daughter, when I would broach the topic with my son, I would be met with an eye roll.

My son cared little for new clothes and was disinterested in the entire process. His goal was to minimize the amount of time spent shopping, regardless of the outcome — which is not uncommon for boys. So, like many parents, I took note of the styles, colors, and basic brands he would tolerate, purchased them in his size, and left them in his room. This worked for us.

My daughter, on the other hand, would be giddy with anticipation as we would approach the stores.

Although she was appreciative if I picked up a few items for her when I was alone, she loved the hunt and the satisfaction of leaving the store with an array of potentially life-changing attire.

She always knew what she liked and did not like, and what she wanted — even though we did not always agree on price and style. More than once, a dress or blouse was returned to the rack, because I made the executive decision that the style was too grown-up for my child, regardless of the perfect fit.

Decisiveness in a diminutive shopper can be an admirable trait, but fixation on a particular dress she “had to have” was a different story. Her “needs” resulted from a confluence of factors: occasionally,

an actual need — after all, she was a growing girl; a desire for a varied wardrobe with pieces that worked well together; and, finally, the insidious need to be fashionable.

Is ‘fashionable’ so bad?

“Fashionable” is not a bad word, but it becomes the Holy Grail for many youngsters at increasingly earlier ages. Often, sporting the latest fashion can be fun and even exciting. By the time they are in middle school, children should know the relative price of the brand names they are clamoring for, with respect to similar generic items of equal quality. My daughter’s bid for a brand-name item I personally owned was quickly shot down, as I explained to her that we were not equals and that she could invest in such a label when she joined the over-40 set. Too often, these mini fashionistas forget that they are still kids.

Now that my daughter is turning 18, she has noticed that I am more flexible with my approval of her choices, if I am involved at all. The price and styles appropriate for an 11-year-old, a 15-year-old, and an 18-year-old about to go to college are — and should be — different.

I have learned that if your child tells you that he does not want the designer labels, listen to him. Years ago, I made the mistake of forcing my teenage son to accompany me to a store frequented by many of his peers. After all, it was conveniently located, the clothes were neat-looking and conservative, and he spent all of his time in “running pants.” Suffice it to say, it was not a pleasant shopping experience for either of us, and he never wore the clothes.

In comparison, my daughter knew which labels she wanted before opening the door of the store. In

Ban brand-name items?

Some children are as opinionated as toddlers about their clothing preferences, expressing them loudly, whether it is a fondness for pink, clothing with “Dora the Explorer,” or just a comfortable-feeling garment. Some precocious Coco Chanel wannabes can coordinate an ensemble before they can read.

As they get older, many become more vocal and are acutely aware of the social impact of clothing. There are positive aspects to allowing children to select their own wardrobe, however. For those children who are interested, it is a form of self-expression. It helps those who prefer to blend in, blend in, and those who prefer to stand out, stand out. Moreover, everyone is happy to feel as if she is starting her day and meeting her peers looking her best — even

as kids.

Still, there can be an inordinate level of importance placed on clothing labels. Many adults prefer certain brand-names, because they believe a certain level or quality will be associated with them, while others prefer the label’s cachet. The latter seems to be an ongoing issue for many parents and their children.

It is a phenomenon that pervades most socioeconomic groups. The name on the label may differ from neighborhood to neighborhood and school to school, but the issue remains: Clothing choices can impart a certain status to the wearer. If a parent prefers to reject the latest fashion trends, that is fine; some parents find certain brands’ styles too pro-

vocative for their youngsters.

Of course, usefulness, fit, and durability are most important for garment purchasing decisions, but a parent should not turn a blind eye to the wishes of her child.

I would advise against a total ban on all brand-name items, depending on your progeny’s peer group and your means. Adolescence is hard enough without a parent facilitating pariah status for her kid.

If a parent chooses a particular neighborhood or school where literally all of the students sport certain brands, it is almost cruel to deny the child (who has asked) all access to those items. Like it or not, these brands become part of the culture of the schools, and, at a certain age, adolescents can embrace them and covet them, or abhor them.

Top
Tips



her case, and that of like-minded, fashion-forward youngsters like her, it is important to tell them how you feel about labels and the value — or lack of value — they have to you. Your child will appreciate your honesty. Then, I believe it is important to temper their desires.

Occasionally, I've found that even a few, small brand-name items, like a headband or belt, would please her and take the place of filling an entire closet with overpriced items that would only fit for a few months. Either way, it may sound superficial to an adult, but to an adolescent, it is very important. A battle should not erupt between parent and child, simply because the clothes do not match the parent's taste, or she fears that giving in will create an insatiable monster. Although a parent does not need to satisfy all of her children's requests, there is a middle ground.

Judging people by their labels

When my daughter was younger, I was in control. I bought what I wanted for her, and she loved her clothes.

Complications ensued when the label requests started coming from her. I would be less amenable to appeals for fad-dish items or certain seasonally limited items. I was circumspect about restraining my acquiescence to her pleas: I believed that total compliance was neither appropriate nor necessary — not to mention pricey. Unfortunately, in her school, there were plenty of parents who would never dare say “no” to their little princesses.

Still, I was not averse to every label request. Many of the styles were cute and would look good on her. I knew that the higher prices reflected the market value of the particular brand name. And yet, I recognized that for adolescents, it is normal for them to want to fit in and be popular — and the clothes can help.

Although I would agree to some reasonable requests, I tried to teach my daughter that there

were people who would judge her by her clothes, and not the person wearing them. By fourth grade, I cautioned her that, although she was old enough to pick her own friends, if she chose the ones with those values, they would turn on her one day, when she would not be able to keep up with their boundless acquisitions.

Luckily, she chose friends who had better values.

How not to break the bank

So, I knew where I stood on this issue, and my next hurdle was figuring out how I could buy my daughter some of the labels she wanted, without the frustration of knowing that I was paying well more than the item's value. It seemed to be a slippery slope, as the requests for So Low's and Juicy turned into pleas for Marc Jacobs and Herve Leger.

When she was younger, she was pleased if I sometimes purchased last year's styles or popular knockoffs of the big names, and I was a connoisseur of sales and off-price stores that carried the brands du jour. But, as she entered her later teens, she clamored for higher-end labels and only the current year's fashions.

The price tags were higher, so I would pay the amount the item should reasonably cost, and she would pay the difference between that price and the actual price — the mark-up resulting from the brand name. Faced with this scenario, the “need” for an item would sometimes wane. Other times, we would engage in heavy negotiations, as if we were in a Middle Eastern bazaar.

Once in a while, the answer was just “no.” Those demands were either for totally inappropriate garb, or for items that I would deem way too costly for any teenager to reasonably own, even if she offered to muster every last penny she had to cover the full cost.

Ultimately, there should be a balance, in accord with family finances, parents' wishes, and to some degree, adolescents' wishes. After all, even though I eventually got a pair of red, faux-leather, wooden clogs, I would've given my eye teeth to have owned the Olaf Daughters blue suede ones that had become so ubiquitous by 1973.

Risa C. Doherty is an attorney and freelance writer from Long Island.

Warm-up!

Simple steps before exercise can prevent sports injuries

BY GARY MILLER

The basis of any good exercise program starts with a proper warm-up. It provides the solid foundation that anyone from age 7 to 70 needs in order to start exercising. A warm-up has two important benefits for a person about to workout: prevent injury and increase the level of performance. However, most young athletes and adults alike do not give warming-up a second thought.

While warming-up, your focus should be on increasing your body's core temperature to prepare it for the training session you are about to start. The warm-up will increase your heart rate, increase your blood flow, improve your flexibility, and awaken your central nervous system.

There are many benefits you'll get from your increased body temperature: the likelihood of injury is reduced with improved motor ability; sports and athletic performance will be improved; you'll also have increased muscle efficiency, less risk for

muscle strain and tears, improved reaction time, and improved speed of movement of all the muscles.

Injury prevention

Most people today — both children and adults — lead very sedentary lifestyles and are overweight. They spend more time sitting down at a computer and resting than up and moving around. According to the National Academy of Sports Medicine, close to 35 percent of our population is overweight. This sed-

entary lifestyle causes muscles to become short, tight, inactive and weak. It will also decrease motor skill development in young children, and decrease reaction time in older children and adults.

A proper warm-up will address these issues, plus the issues of flexibility, weak muscles and poor motor skills through active and ballistic stretches and movements, plus core muscle activation exercises. All of this will lead to injury prevention because the body will start to produce the proper movement patterns required to do efficient exercises or skills that burn the most calories, build the most muscle, and increase endurance.

Increasing performance

After your body is given a proper warm-up, it will move much better because the central nervous system is fired up, the muscles are more pliable, there is improved circulation, and joint range of motion is enhanced. A good warm-up can also become a great core-building program as well — and, no, I don't mean you need a six-pack of abs, although those muscles are important — I mean your obliques, lower back muscles, gluteals and inner thigh muscles, all of which need to be worked.

Simply put, if your core isn't completely activated and working together, you will never reach the level of fitness required to live a quality lifestyle. But, when the core is working together, your results will improve tenfold, no matter what your goals are. Your balance, stability and strength will improve — all of which is needed to produce any skill, whether it is playing a sport, riding a bike, or carrying a bag of groceries up the stairs.

A proper warm-up can also help reduce the severity of post-exercise muscle soreness. The higher temperatures and increased blood flow that a warm-up provides are important for the delivery of oxygen to the muscles, and the prevention of build-up

of unwanted waste products, which can lead to muscle soreness.

Intensity and duration

It is difficult to recommend a specific intensity and duration of warming-up for every child and adult, but most research suggests that an increase in body and muscle temperature that produces sweat is adequate. This warm-up should last about 10 to 15 minutes, and will generally produce sufficient results that will prepare the body for more strenuous activities.

The duration and intensity of a warm-up can be adjusted according to the population of people working out, or the environment you are in. A warmer temperature and greater amount of clothing you are wearing will make you reach the desired body temperature sooner. It is also important to begin a major activity while still warmed-up. The rest time should, preferably, be no more than a few minutes between the major part of your exercise program or the activity you have planned for the day.

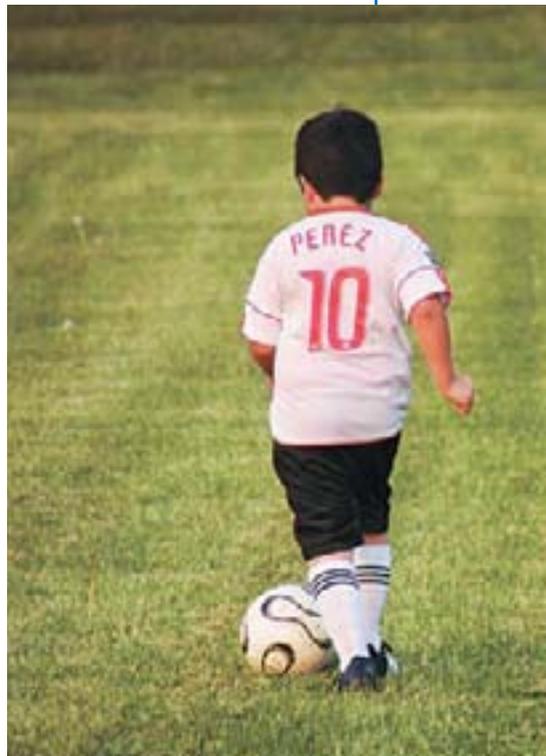
Warming-up vs. stretching

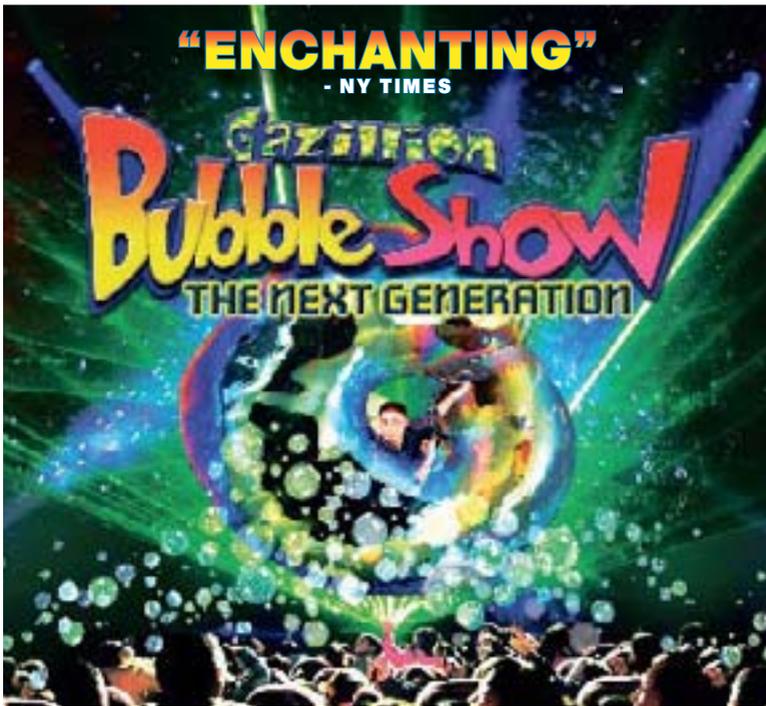
There is a difference between warming-up and stretching. Many people stretch and call it a warm-up. This is incorrect. It is important to warm-up before stretching in order to increase circulation and increase the elasticity of your soft tissues — mainly your fascia tissue — your muscles and tendons.

When you try to stretch the muscles without the proper active warm-up, the muscles are still "cold," and are more prone to an injury, such as a muscle tear or strain. The traditional static stretch should be implemented at the end of your workout to improve recovery time between workouts and calm the body down.

So remember the next time you or your child start a workout or training program to be sure to actively warm-up, so you can avoid injury and increase your chances of optimal performance and success!

Gary Miller, NASM, CPT, PES, CES, is the director of operations at the Victory Performance Center, the home of the Parisi Speed School. Miller has been a personal trainer for over a decade, and studies exercise science at William Paterson University. He has trained everyone from children to adults, executives, pro-athletes and celebrities.





Fri 7, Sat 11, 2 & 4:30, Sun 12 & 3
 For groups & birthday parties visit our website or call
1-866-6-GAZ TIX (1-866-642-9849)
GazillionBubbleShow.com
TELECHARGE.COM or 212.239.6200
NEW WORLD STAGES N 340 WEST 50th ST.

PEDIATRIC DENTISTRY
 State-of-the-Art Dental Office in Co-op City
Smile-Savers Pediatric Dentistry PC

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	Emergencies Welcome!

2100 Bartow Ave., Suite 246
 Bay Plaza ~ Co-op City (Next to Bally's/Behind Pathmark)
 Bronx, New York 10475
 Mention this ad in Bronx Family - Free Spin Brush w/ check-up
 Bus: Bx 12, 26, 28, 29, 30 to Co-op City
718-708-6755
 www.smilesaverspedo.com

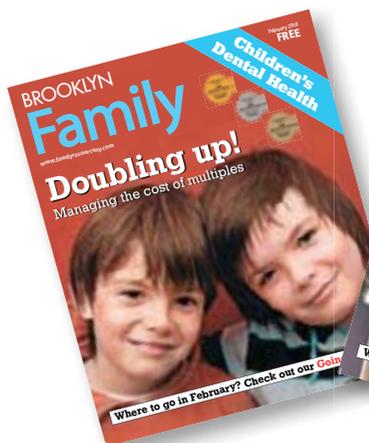
ADVERTISE WITH US!

BROOKLYN
Family

QUEENS
Family

BRONX
Family

STATEN ISLAND
Family



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

Girls Ages 8-18 years • Boys Ages 13-21 years



CHILDREN FOR MODELING & ACTING

INTERVIEWS HELD ONE DAY ONLY
Sunday, September 18, 2011

Barbizon Modeling is looking for children to train for TV, runway and print work. Barbizon graduates have worked with The Gap, Macy's, Toys 'R' Us, Pepsi, the Today Show, Broadway Shows and Films.

BY APPOINTMENT ONLY | CALL: 212-239-1110

Interviews will be held at THE NEW YORKER HOTEL
8th Avenue at 34th Street (Across from Penn Station)
Under 18 must be accompanied by your parent.

BARBIZON MODELING OF MANHATTAN

Licensed by NYS Ed. Dept.

Fall Activity

GUIDE

ACTIVITY / AFTERSCHOOL / PLUS

Bathgate Day Care Center

1997 Bathgate Ave Bronx 10457
718-731-3991

Bathgate Day Care Center offers afterschool programs and activities for school age children. We offer a weekday afterschool for ages 5-12, Saturday Afternoon Play Date, and Friday Parent Date Night/Child Movie Night. Children are served meals like pizza, mac and cheese, and spaghetti with turkey meatballs and can watch a movie, play games and do arts and crafts.

We also have space rental available for Saturday Birthday Parties and other functions. Please contact Carmen D. Bermudez for details.

Hostos Community College Continuing Education

500 Grand Concourse Bronx 10451
718-518-6656 or www.hostos.cuny.edu/contedu.

Gear Up for Success at Hostos

As our children head back to school, there is no time like the present to capitalize on the excitement of starting anew and getting a head start on their future.

This fall, we are pleased to offer the After-school Academy; a 10-week Monday to Friday program designed to help your child excel in school with homework assistance, positive reinforcement and other activities to help your child stay on top.

In addition to the After-school Academy, we also offer a College for Kids weekend program with a wide ranging curriculum for children of all ages. Improve their academic skills in reading and writing, mathematics and test preparation techniques, or simply discover a new talent in the arts such as music or dancing.

With our small class sizes and passionate instructors, your child will benefit from individual instruction as well as acquiring social skills and learning the values of teamwork as they interact with their classmates.

Putting the cool back into school, your child will have a positive and productive learning experience here

at Hostos. Spend your weekday afternoons or Saturday mornings with us and see your child's potential blossom!

ATHLETICS

Uptown Sports Complex

170 West 233rd St., Bronx 10463
718-549-PLAY (7529) or www.uptownsportscomplex.com

Uptown Sports Complex offers a fun and challenging after-school sports program created around the exciting worlds of Baseball, Gymnastics, and Dance! Our Program is designed for Kids ages 5-12 who are in need of after-school care. We provide a safe and caring environment where your children will develop fundamental sports skills while making friends and having fun!

Activities include: Gymnastics, Hip-Hop dance, Baseball, Soccer, Basketball, Homework Help and Snack. There are 5, 4 or 3 day programs available.

Call Now to Register for our Fall Programs!

YMCA of Greater New York

2 Castle Hill Avenue Bronx 10473
718-792-9736 or www.ymcanyc.org/bronx

Things just seem to come together. There, families can participate in activities such as karate, basketball, cardio fitness and swimming, but they also value how they help meet the needs of the city's youth with after-school programs, quality child care and teen leadership opportunities. In fact, they're the largest youth-serving organization in New York City, serving more than 175,000 kids annually. So become a member and feel the connection yourself.

DANCE

Performer's Edge Dance Academy

4037 E. Tremont Avenue Bronx 10465, 718-833-2025 or www.performersdgedanceacademy2.com

Stefanie Salaman Director/Owner Performers Edge Dance Academy was founded in 2003 by Ms.

Continued on page 28

BRONX HOUSE
School for Performing Arts
HEILBRUNN MUSIC SCHOOL
PRIVATE AND GROUP CLASSES FOR AGES 4 AND UP
Piano • Guitar • Voice • Violin and other instruments
PRE-SCHOOL GROUP MUSIC FOR AGES 18 MONTHS - 4 YEARS

DANCE SCHOOL
Classes for Pre-Schoolers, Children, Teens and Adults
Ballet * Tap * Jazz * Hip Hop * Flamenco
* Latin * Belly Dance and more

SCHOLARSHIPS AND FREE LOANER INSTRUMENTS AVAILABLE

SIGN UP FOR CLASS TODAY!

OPEN HOUSE Sunday, September 10, 11am - 2pm
Group Music and Dance classes begin the week of September 19
Classes include:
• Musical Theater Workshop (grades K-2)
• Pre-School Piano or Violin (ages 4 - 5)
• Rhythm & Song (ages 2.5 - 4)
• Toddler Music (ages 18 mo - 2 yrs)
• Latin Dance for Kids (ages 6 - 11)

Join Us! We are located at **990 Pelham Parkway South** and can be reached by subway and bus.
(#5 Morris Park Station; #2 Pelham Parkway Station; #12 Bus)
For further information, please call **(718) 792-1800 ext. 235**
www.bronxhouse.org

Working together
as a team, we can
succeed and achieve!



ALL ABOUT KIDS™ TUTORING

Home Tutoring

Small Group
Tutoring At School

One-on-One Tutoring
At Community
Centers & Libraries

Serving Grades k-12

Free SES Tutoring
For Eligible Children

Private Tutoring with
Reasonable Rates

NYS Certified Teachers

Mathematical Skills

Reading Comprehension

Writing Skills

Regents Prep

SAT Prep

Serving
All 5 NYC Boroughs
Nassau, Suffolk
& Westchester

1.888.Kids.577
(1.888.543.7577)

Tutoring@allaboutkidsny.com



Belle School of Music
"Where Learning Is Fun!"

SPECIALIZING IN PIANO,
KEYBOARDS AND VOICE



Kindermusik

Ages 2 - 4 with parent participation.
Plant the seed of music in your child!

MUSIC LAND

Ages 4 - 5 with parent participation.
A delightful experience for Mozarts of the future.

MUSIC FOR LITTLE PEOPLE

Ages 5 - 7 with parent participation.
Unique Russian-Japanese method. Experience the Magic of Music.

ADVENTURES IN KEYBOARD

Ages 8 - 12. Tradition on a new note.
Piano instruction for the child of the new millennium.

Bring out the musical talent in your child!

914-961-5511

www.belleschool.com

Scarsdale: 1000 Central Park Ave. White Plains: 283 Tarrytown Road. Yonkers: 1537 Central Park Ave.

Come to www.mind-builders.org

MIND-BUILDERS

And Experience the Heart in Creative Arts



music

DANCE

BALLET • TAP • HIP HOP
AFRICAN • MODERN/JAZZ
SALSA • PRAISE DANCE
MOM OR DAD & ME
DANCE FUNDAMENTALS

FLUTE • CLARINET
SAXOPHONE • VIOLIN
SUZUKI VIOLIN AGES 3-7
GUITAR • BASS • DRUMS
VOICE • PIANO • KEYBOARD
MUSIC FUNDAMENTALS

Theatre

DRAMA WORKSHOPS
CREATIVE WRITING
MUSICAL THEATER
PERFORMANCES
CHOREOGRAPHY

PLUS Folk Culture Research AND Karate

NEW LOCATION AT ST. BRENDAN'S

**MIND-BUILDERS
CREATIVE ARTS CENTER
260 E. 207TH ST.
BRONX, NY 10467
btw Bainbridge & Perry Aves.
718-652-6256**

Register Now!
TUE + THUR 4:00-6:30PM
& SATURDAYS 10:30AM-4PM

Free Trial Class! WITH AD
New Students Only **Classes begin October 6th**

Must use by Nov 5th



4037 EAST TREMONT AVE
BRONX NEW YORK 10465

718.822.2025

PERFORMERSEDGEDANCEACADEMY.COM
INFO@PERFORMERSEDGEDANCEACADEMY.COM

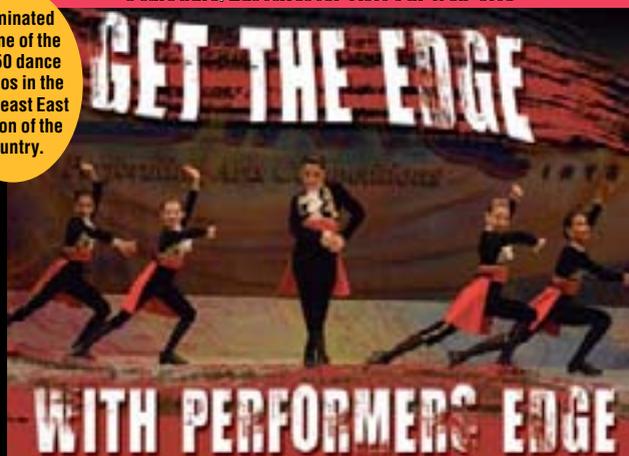
REGISTERING NOW for Fall Classes ~ All Classes begin Sept. 12th

Classes offered in: Ballet, Tap, Jazz, Hip-Hop,
Contemporary, Modern, Breaking, Boys Hip-Hop,
Gymnastics, Tumble bugs, Musical Theater, Voice,
Acting, Salsa, Brazilian Samba and Zumba

Professional Instructors from NYC

For information about our 2nd location in
Scarsdale/Eastchester visit our web-site

Nominated
as one of the
top 50 dance
studios in the
Northeast East
Region of the
country.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE HELP STRENGTHEN ALL OF YOU

**JOIN THE Y NOW AND
PAY NO JOINER'S FEE**

EXPERIENCE THE Y

DOWNLOAD A FREE ONE-DAY PASS
AT YMCANYC.ORG
CALL (212) 630-YMCA FOR DETAILS

**OPEN HOUSE
SATURDAY,
SEPTEMBER 24
SUNDAY,
OCTOBER 9
12-4PM**

JOIN YOUR Y

Bronx Y
(718) 792-9736

EVERYONE IS WELCOME.
We work to eliminate all barriers to full participation. Ask at any Y about the Financial Assistance program.

New York City's YMCA
WE'RE HERE FOR GOOD.™



Fall Activity

GUIDE

Continued from page 26

Stefanie Salaman with the hope and goal of sharing her love and passion for dance through quality and professional instruction. Our goal is to provide each of our students with the most exhilarating and fun dance experience while incorporating the most comprehensive and up to date technique and style. We offer classes for anyone, from the beginner dancer through the more advanced dancer, the recreational dancer to the most serious dancer, we have what you want. We are the area's leading provider of quality, professional classes. Performers Edge Dance Academy proudly boasts the most elite competition team in the tri-state area as our team has won numerous platinum and highest overall awards.

MODELING

Barbizon School of New York

16 Penn Plz Ste 1205, New York, NY 10001
212-239-1110 or www.barbizonnyc.com

For over 72 years Barbizon Modeling and Acting has been training young people in the skills necessary in these exciting industries. Located in mid-town NYC, Barbizon Manhattan has been linked to so many successful models and actors. Barbizon graduates have worked with top designers and major players including: Disney, Pepsi, Macy's, ANTM, Hannah Montana, Jonas Brothers, Toys R Us, Broadway Shows and Film. Recognized as the industry leader, Barbizon Modeling and Acting helps young people reach their full potential, whether their goals are in the entertainment field or not. Give your child the Barbizon Advantage. Barbizon Manhattan is licensed by the NYS Dept. of Education and a proud member of both the Metro Region Better Business Bureau and The Greater New York Chamber of Commerce.

MUSIC

Belle School of Music

1088 Central Park Avenue,
Scarsdale 10583
283 Tarrytown Rd, White Plains
10607
1537 Central Park Ave, Yonkers

10710

914- 961-5511 or www.belleschool.com

The Belle School of Music, 'where learning is fun!' has a unique, effective and enjoyable way of learning for children (18 months and up) and adults. Under the supervision of highly qualified and dedicated staff, the child you love will learn to play, and develop an appreciation and love for music that will last a lifetime. Bring out the musical talent in your child! To schedule a FREE introductory lesson and consultation please call.

Palomba Academy of Music and Voice

974 East Gun Hill Road Bronx
10469
718-882-3700 or
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. Dominick'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.

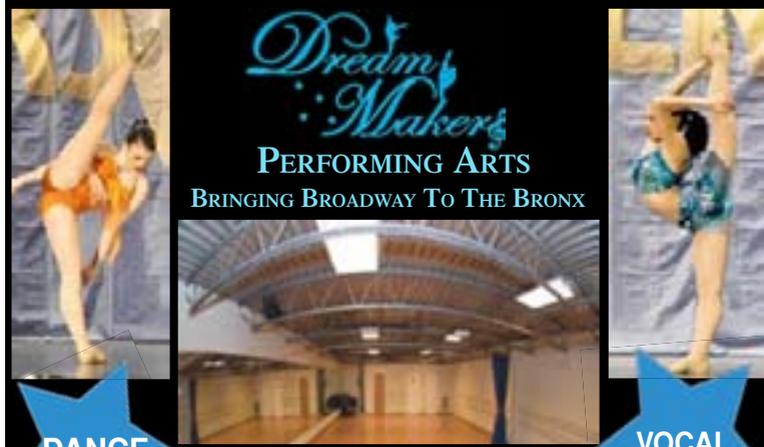
MUSIC & ARTS

Mind-Builders Creative Arts Center

260 E. 207th St. Bronx, NY 10467
(former St. Brendan's Convent)
333 E. 206th St. Bronx, NY 10467
718-652-6256 Fax: 718-652-7324
www.mind-builders.org or
reception@mind-builders.org

Mind-Builders Creative Arts Center has been providing arts education to children, youth and adults in the North Bronx for over 30 years. Dance classes are offered

Continued on page 30



Dream Makers
PERFORMING ARTS
 BRINGING BROADWAY TO THE BRONX

DANCE

VOCAL

FALL REGISTRATION
 September 6, 7 and 8 4pm to 8pm

- Newly installed Spring Floors
- Classes for ages 2 to Adult
- State of the Art Sound Equipment
- 2 NEW 2000 Square Foot Studios
- National Award Winning Competition Team
- Train with Professional Dancers and Singers
- Monthly Master Classes available with NYC Top Agents, Performers, Make-up Artists & Photographers

ACTING

LISA MAIETTA RYBACKI - ARTISTIC DIRECTOR
 DANCE CAPTAIN FOR "GREASE" ON BROADWAY

3432-10 EAST TREMONT AVENUE • BRONX, NEW YORK 10465
 347-691-3177 • dreammakerspa@aol.com

PALOMBA ACADEMY OF MUSIC & VOICE

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

FREE
CASIO PIANO OR ACOUSTIC GUITAR
REGISTER NOW

GOSPEL • ROCK • JAZZ • R&B • REGGAE • LATIN
PRIVATE INSTRUCTION • AGES 3-ADULT



974 E Gunhill Road, Bronx • 718.882.3700
palombaacademy@optonline.net

Bathgate Daycare Center

After School Programs



• **Weekday After School Program**

For Children between the ages of 5-12. 3pm-6pm

• **Saturday Afternoon Playdate**

Games, Arts & Crafts and lunch. 2pm - 6pm

• **Friday Parent Date Night/Child Movie Night**

Pizza and a Movie. 6pm-10pm

• **Space Rental**

Available evenings from 6pm-10pm. Saturdays from 2pm-6pm.
 Multi-purpose room available for parties and meetings.

Please call Ms. Bermudez for details.
 718-731-3991 • 1997 Bathgate Ave
 Bronx, NY 10457

Fall Activity

GUIDE

Continued from page 28

on Saturdays, and include Ballet, Tap, Hip Hop, African, Modern, Dance Fundamentals, Salsa, and Praise dance. Group and private music lessons in piano, keyboard, violin, Suzuki violin, guitar, drum, voice, clarinet, sax, and flute are offered on Tuesdays and Thursdays after school/evening, and all day Saturday. Special free programs (by audition) for teens and young adults include the Positive Youth Troupe Musical Theater performance program, and the Dr. Beverly Robinson Community Folk Culture Intern program. Program start date is October 6, 2011.

Hip Hop, Gymnastics, Monologue/Acting, and Vocal Technique/Performance. Dream Makers offers beginner and professional level classes starting from ages 2 to adult. Master classes are available monthly with New York's top agents, performers, and renowned instructors from all over the world. Dream Makers is the home of regional/national award winning competition teams. DMPA is a newly renovated studio with top of the line sprung floors, state of the art sound equipment, and two 2000 square foot studios. Contact Lisa Maietta Rybacki, Artistic Director to set up a tour.

PERFORMING ARTS Bronx House School for Performing Arts

990 Pelham Parkway South, Bronx 10461
718-792-1800 ext. 235

Bronx House School for Performing Arts offers year-round private and group instrumental music and dance classes for students of all ages, pre-school through adult. Located in a state-of-the-art 7,000 square foot wing, the facility features sound proof and sound enhanced music rooms and three dance studios. The faculty of accomplished performers and educators have advanced degrees from music schools around the world. The School offers partial need-based scholarships to any student who qualifies for financial assistance as well as multi-session and sibling discounts. Through the generosity of the Tom Freston Instrument Lending Library, loaner instruments are available for use during lessons at Bronx House and for practice at home, free of charge.

Dream Makers Performing Arts

3432 East Tremont Ave,
Bronx, 10465
347 691 3177 or www.dreammakerspa@aol.com

Dream Makers Performing Arts is Bringing Broadway to the Bronx! You will train in a fun, positive learning environment with a staff of professional dancers, singers, and actors from Broadway, music videos, and ballet companies. We offer instruction in Jazz, Tap, Musical Theater, Ballet, Pointe, Contemporary, Salsa,

TUTORING/ LEARNING

All About Kids Tutoring

1-888-543-7577 or E-mail
tutoring@allaboutkidsny.com

Since 1988, All About Kids Tutoring has helped students, parents, and educators achieve their very best results at every stage of the educational journey. All About Kids Tutoring provides superior tutoring services for all students grades K-12. We tutor children and support their families in schools and homes across Long Island, the 5 Boroughs of NYC, and Westchester. Your child will be on the path to a positive learning experience with our dynamic teachers. All About Kids' tutors are all New York State Certified Teachers with fingerprint clearance, who maintain a high level of professionalism.

All About Kids Tutoring offers small group tutoring services in schools with their peers, and one-on-one instruction in homes, community centers and libraries. Our agency provides SAT and Regents prep work as well as offering both Private Tutoring Services and Supplemental Education Services (SES, as defined in the Federal "No Child Left Behind Act").

All About Kids Tutoring curriculum includes reading comprehension, writing skills, basic and complex math, and testing skills and we also specialize in English Language Learners (ELL) and Special Education. Working together as a team, we can help your child succeed and achieve.



Expressions
A place Where You Can Find All Your Dancing Needs!

Dancewear • Dance Shoes
Sports Wear • Accessories
Dresses • Gifts and More...

10% off
When you bring this AD to the Store
Valid 9-1 thru 9-25-2011

Like Us On Facebook
<https://www.facebook.com/pages/Expressions/157435997634254>

917 • 731 • 4470 expressionstore@msn.com
3440 East Tremont Ave., Bronx, New York 10465



UPTOWN SPORTS COMPLEX

170 West. 233rd St. (Off Broadway)
Bronx, NY 10463
Tel: 718.549.PLAY (7529)
Fax: 718.543.7528
www.uptownsportscomplex.com
Info@uptownsportscomplex.com



AFTER SCHOOL PROGRAM

KIDS AGES 5-12
Monday-Friday
3:15pm -6:15pm

Activities Include:

- Gymnastics
- Hip-Hop Dance
- Baseball • Soccer
- Basketball
- Homework Help
- Snack



FALL PROGRAMS
SEPTEMBER - JANUARY

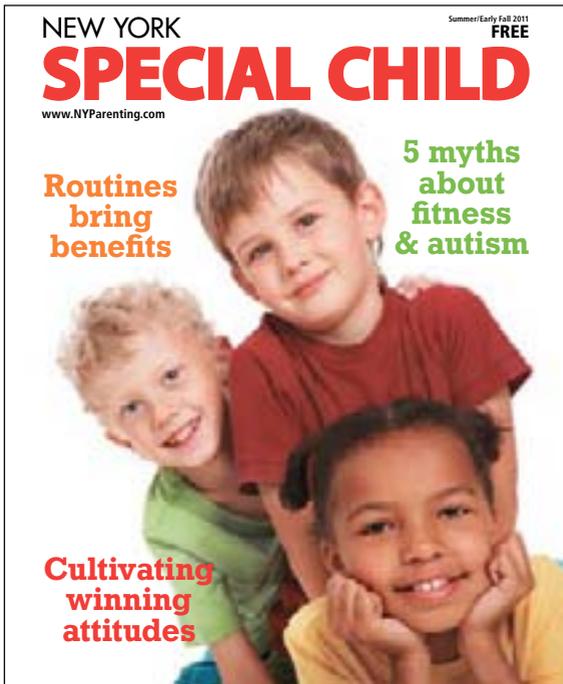
Call Now To Register

GYMNASTICS Ages 3-UP 20 weeks Mom & TOT 10 weeks	DANCE Ballet ages 2-12 20 weeks Hip Hop ages 6-15 15 weeks
BASEBALL PEE WEE & JR's 15 weeks ages 3-12	



Stay Connected

To advertise with us
please call 718-260-2587



NEW YORK **SPECIAL CHILD** LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

**Informing & Enriching
"Special Needs"
Families throughout
NYC & Long Island!**

**THE NEXT PRINTING
WILL BE IN OCTOBER.**

For more information about distribution or how to get your free copy, please e-mail us at family@cnglocal.com.

Visit us online at

www.NYParenting.com

Like us on our Facebook page, NYParenting or follow us on Twitter



To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@cnglocal.com

Family Publications New York/CNG
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
718-260-4554 • family@cnglocal.com

www.NYParenting.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



Going Places

LONG-RUNNING

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

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

Bug Carousel: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzo.com; Daily, 10 am–4:30 pm, Now – Mon, Oct. 31; \$3 plus general admission (\$15 adults; \$14 seniors; \$12 children).

Children enjoy a delightful ride on a praying mantis, a bright green grasshopper or another favorite creepy-crawly.

Stories in the garden: Wave Hill, West 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 three and up with adult supervision.

Farmers market: Bronx Park, Southern Blvd. at Dr. Theodore Kazimiroff Boulevard; (718) 817-8700; www.nybg.org; Wednesdays, 9 am–3 pm, Now – Wed, Nov. 23; 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, Now – Wed, Nov. 9; Free.

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

Farmers market: The New York Botanical Garden, 2900 Southern Blvd. at the Mosholu Gate; (718) 817-8700; pubrel@nybg.org; www.nybg.org/green-market; Wednesdays, 9 am–3 pm, Now – Wed, Nov. 23; Free.

Affordable, locally grown produce and fresh, nutritious baked goods.

The Yak Packers: Rubin Museum of Art, 150 West 17 Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmanyc.org; Thursdays, 10:30–11:30 am, \$10 child and parent (\$5 members).

Children two to four with accompanied by an adult touch, explore and



Calling all canoers!

See the Bronx from a whole new view, thanks the Urban Park Ranger canoe program. On Sept. 3, you and your family can explore Van Cortlandt Park’s lake with a lesson in basic canoeing.

The Ranger-led program will provide canoes, life jackets and instructions to children 8 and older accompanied by parent or

guardian who want to get out on the water.

Best of all — it’s free! But get there early — getting on the water is on a first-come, first-served basis.

Basic Canoeing at Van Cortlandt Park [enter at West 246th Street and Broadway, (718) 548-0912], Sept. 3 at noon. Free. For info, visit www.nyc.gov/parks/rangers.

create projects inspired by Himalayan art.

“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, Sept. 25; \$35.

Dance along to this new musical.

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

Children enjoy a story and craft. All ages welcome.

Haunted Pumpkin walk: New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children

2-12).

Stroll through spooky gourds, scarecrows and frightening spiders.

Creepy Creatures: New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; www.nybg.org; Saturdays and Sundays, 1 pm, Sat, Oct. 1 – Sun, Oct. 30; \$20 (\$18 seniors and students; \$8 for children 2-12).

Get up close and personal with Madagascar hissing cockroaches, the emperor scorpion and the pink toe tarantula.

TUES, AUG. 30

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

Children invent questions to puzzle the librarian.

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!

THURS, SEPT. 1

Story time: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 11 am; Free.

For children three to five years old.

“How to Train Your Dragon”: St. Mary’s Park, St. Anns Ave. at East 149th Street; www.nycgovparks.org; 8:15 pm; Free.

Animated film about a young Viking who befriends a dragon.

FRI, SEPT. 2

Drum beats, little feet: Rubin Museum of Art, 150 West 17 Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmanyc.org; 11 am–noon; \$10 child and parent (\$5 members).

Children move their body in imaginative poses.

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

For children three to five to 12.

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

SAT, SEPT. 3

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

Fun for the whole family; walk

Continued on page 34

Going Places

Continued from page 33

through the grounds and then sketch your favorite tree or hilly landscape.

Magic show: David Rubenstein Atrium - Lincoln Center, Broadway between 62nd and 63rd Streets; (212) 875-5456; www.lincolncenter.org/atrium; 11 am; Free.

Mario the Magician and Slight of Hand Band perform.

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

Children eight and up get the 411.

SUN, SEPT. 4

Sketching and drawing workshop: 10 am–1 pm. Wave Hill. See Saturday, Sept. 3.

Native American Pow Wow: Crotona Nature Center (CNC), Charlotte St. & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; Noon; Free.

Children learn about New York's early history.

MON, SEPT. 5

10 K- Half marathon: Van Cortlandt Nature Center, (VCNC), Van Cortlandt Park, enter at West 246th Street & Broadway; (914) 844-0728; www.nyc.gov/parks/rangers; 9 am–4 pm; Free.

Traditional Labor Day event for all skill levels. Meet at the Tortoise and Hare Statue.

TUES, SEPT. 6

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

Children 3–8 years old listen to a story.

WED, SEPT. 7

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

Feature films for children.

THURS, SEPT. 8

Story time: 11 am. Kingsbridge Library Center. See Thursday, Sept. 1.

FRI, SEPT. 9

Game day: 4 pm. Kingsbridge Library Center. See Friday, Sept. 2.

SAT, SEPT. 10

Paper crafts: Wave Hill, West 249th St. and Independence Ave. (718) 549-



Cut right into fall

Rocks, paper, scissors. Artist Randy Brozen comes to Wave Hill the weekend of Sept. 10 and 11, from 10 am to 1 pm, where families can craft paper circles to reflect the changing seasons. The designs can be graced with a yarn-loop hanger or decorated using seeds that can be planted later on in the season.

3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Artist Randy Brozen is your guide to help you make a paper circle to reflect the changing seasons. Grace your design with a yarn-loop hanger or seeds to grow later in the season.

Paper-airplane palooza: Central Park, North Sheep Meadow; (480) 265-6442; www.heartandsoulworkshops.com; 11 am–2 pm; Free.

Use your own design or use one of theirs. Paper and supplies provided. Bring a blanket and picnic lunch too.

This program is part of Wave Hill's family artist program and is free with admission to the grounds — \$8 for adults; \$4 for students and seniors; \$2 for children six and up; free for children under six and members.

Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org.

Check for weather prior to event.

SUN, SEPT. 11

Paper crafts: 10 am–1 pm. Wave Hill. See Saturday, Sept. 10.

MON, SEPT. 12

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

Children eight to 12 play Wii, PS3

and Xbox.

TUES, SEPT. 13

Reading aloud: 4 pm. Kingsbridge Library Center. See Tuesday, Sept. 6.

WED, SEPT. 14

Movie day: 4 pm. Kingsbridge Library Center. See Wednesday, Sept. 7.

THURS, SEPT. 15

Story time: 11 am. Kingsbridge Library Center. See Thursday, Sept. 1.

FRI, SEPT. 16

Game day: 4 pm. Kingsbridge Library Center. See Friday, Sept. 2.

SAT, SEPT. 17

Maker Faire: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; 10 am–6 pm; \$10–\$40.

For Do It Yourselfers everywhere. Meet creative resourceful people of all ages who like to tinker, design and create. Hundreds of makers presenting fun and unusual creations, artisanal foods, woodworking and live music.

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

Spot the first leaves of autumn and then sketch them and use them in an eye-popping collage.

Harvest fair: El Flamboyant Community Garden, 592 Grinton Ave. at E 150th Street; www.nycgovparks.com; 1–5 pm; Free.

Co-sponsored by the El Flamboyant Community Garden, GreenThumb/ NYC Department of Parks and Bronx Green Up.

SUN, SEPT. 18

Maker Faire: 10 am–6 pm. New York Hall of Science. See Saturday, Sept. 17.

Fall crafting: 10 am–1 pm. Wave Hill. See Saturday, Sept. 17.

MON, SEPT. 19

Video game day: 4 pm. Kingsbridge Library Center. See Monday, Sept. 12.

TUES, SEPT. 20

Reading aloud: 4 pm. Kingsbridge Library Center. See Tuesday, Sept. 6.

Brian Selznick: Peter Jay Sharp Theater, 155 W. 65th St. at Lincoln Center; www.symphonyspace.org/genre/family; 6 pm; \$12 (\$15 non-members).

Going Places

Author of "The Invention of Hugo Cabret."

WED, SEPT. 21

Movie day: 4 pm. Kingsbridge Library Center. See Wednesday, Sept. 7.

Turn-off week: Barnes & Noble Bay Plaza, 290 Baychester Ave. (718) 862-3945; barnesandnoble.com; 6 pm; Free.

Power down the electronics and join in for an evening of Lego building, toys, games and reading.

THURS, SEPT. 22

Story time: 11 am. Kingsbridge Library Center. See Thursday, Sept. 1.

FRI, SEPT. 23

Game day: 4 pm. Kingsbridge Library Center. See Friday, Sept. 2.

SAT, SEPT. 24

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

Gather beech nuts, acorns and other fallen wonders from the grounds and then glue to a wooden or cardboard box to take home.

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

Children eight and up are welcome to learn how to canoe on gentle waters in a protected lake. Pre-registration required.

Acting workshop: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nysl.org; 2 pm; Free.

Presented by the members of the Mighty Action Racket Theatre Workshop for children six to 11 years old. First come, first served.

SUN, SEPT. 25

Treasure hunt: 10 am–1 pm. Wave Hill. See Saturday, Sept. 24.

Native American festival: Pellham Bay Ranger Station (PBRs), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 430-1890; www.nyc.gov/parks/rangers; Noon–4 pm; Free.

Exhibits, arts and crafts, food, storytelling, nature programs and more celebrating unique native cultures of the Americas. Guest groups include the Taino, Blackfoot and Narragansett. In the picnic area.

MON, SEPT. 26

Video game day: 4 pm. Kingsbridge



He's the magic man

Mario the Magician brings his uplifting, inventive, highly interactive and oh-so-original magic show for the young and young-at-heart to Lincoln Center's David Rubenstein Atrium on Sept. 3, as part of the venue's "Meet the Artist Saturdays." His performance will be followed by a question and answer session and some audience participation.

Mario will conjure a show that is reminiscent of old-time slapstick, at once ridiculously silly and meticulously crafted.

And what would a magician be without his tools: beloved hand-

crafted props, a trusty top hat, and a sidekick? (No, it's not a rabbit, Mario's joined by Mozzarella the Dove!) The prestidigitator will perform to live musical accompaniment, courtesy of the four-piece jazz ensemble, Sleight of Hand Band. It will be an enchanting show that won't make your money disappear — this event is free.

Mario the Magician at Lincoln Center's David Rubenstein Atrium [Broadway between 62nd and 63rd streets in Manhattan, (212) 875-5456], Sept. 3 at 11 am. Free. For info, visit www.lincolncenter.org/atrium.

Library Center. See Monday, Sept. 12.

TUES, SEPT. 27

Reading aloud: 4 pm. Kingsbridge Library Center. See Tuesday, Sept. 6.

WED, SEPT. 28

Movie day: 4 pm. Kingsbridge Li-

brary Center. See Wednesday, Sept. 7.

THURS, SEPT. 29

Story time: 11 am. Kingsbridge Library Center. See Thursday, Sept. 1.

Puppet workshop: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.

nysl.org; 4 pm; Free.

Hands-on projects for children five to 12.

FRI, SEPT. 30

Game day: 4 pm. Kingsbridge Library Center. See Friday, Sept. 2.

SAT, OCT. 1

"The Story Pirates": Leonard Nimoy Thalia, 2537 Bdwy. at 95th Street; www.symphonyspace.org/genre/family; 11 am and 2 pm; \$11-\$25.

Smart and zany troupe creates musical sketch comedy.

Honey fair: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 11 am–4 pm; Free with admission to the grounds.

Gathering honey from the gardens hives with beekeeper Don, projects, tastings and crafting.

SUN, OCT. 2

Honey fair: 11 am–4 pm. Wave Hill. See Saturday, Oct. 1.

Antique auto show: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansion-museum.org; 1–3 pm; \$30 (per car).

See unique cars and benefit the museum. Bring a picnic and show off your wheels. Registration required.

Dan Zanes and Friends: Jack H. Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; www.skirball-center.nyu.edu; 3 pm; \$25.

Children's concert featuring material from "Little Nut Tree."

THURS, OCT. 6

Nature talk: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nysl.org; 2 pm; Free.

Wildlife expert Andrew Simmons introduces children 12 to 18 years old to lions, eagles, lizards and snakes.

FRI, OCT. 7

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

SAT, OCT. 8

"Women of the Calabash": Leonard Nimoy Thalia, 2537 Bdwy. at 95th Street; www.symphonyspace.org/genre/family; 2 pm; \$11-\$25.

Musical performance combining traditional instruments, lush vocals and musical forms.

theMarketplace

BUSINESS OPPORTUNITIES

Wanted Distributors & Sales Agents

**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. 917-833-7643 Ask for Barrett
E-mail: bjmlingerie@gmail.com • www.bjmlingerie.com

CHILD CARE

As The Twig Is Bent Children's Center

- "So Grows The Tree"
- New York State Certified Teachers
 - Bilingual Teachers
 - DOH Licensed
 - Daily Indoor & Outdoor Activities
 - Gated Outdoor Playground
 - Three Meals Daily
 - ACS & HRA Accepted

718.220.4398

8am - 6pm - Mon. - Fri. / Ages 2.6 - 5 Years

As The Twig Is Bent Children's Center
"A Place Where Little Minds Grow"

Stay Connected

To advertise with us
please call 718-260-2587



PARTY PLANNING



ALL IN ONE ENTERTAINMENT INC.

ALL AT A REASONABLE PRICE
(718) 441-5764
(718) 441-7796
www.allinoneentertainment.com

Clowns • Magicians • Cartoon Characters
DJ Service • Arts & Crafts
All Types of Bounce • Face Painting Sand/
Spin Art • Balloon Artists
Private Events • and much more!!!

WEEKDAY SPECIAL STARTS AT \$90⁰⁰
PARTY ROOM AVAILABLE
95-25 Jamaica Ave, Woodhaven, NY 11421

Brand New PARTY ROOM w/Soft Play Area

PARTY PLANNING



Best Clowns

Clowns • Costume Characters
Princess Parties • Magicians
Face Painters • Balloon Art
Caricaturists • Toddler Games
Cotton Candy & More

1-800-75-CLOWN or 212-614-0988

Bi-Lingual Performers Available * Private & Corporate Events
All Boros, L.I. & Westchester

PARTY PLANNING

Have A Kid's Party That's Very Different!

- We bring the zoo to you!
- All ages & all occasions
- Bug & Reptile Shows
- Stampard Petting Zoo
- Pony Rides
- Exotic Pet Program
- Nature Programs
- Pet Therapy
- U.S.D.A. Licensed & Insured

Visit our website: www.party-pets.com

Hands-on learning about exotic animals from around the world

\$20 Off with 20+ kids party

WE ADOPT UNWANTED EXOTIC PETS!

All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions - **BOOK EARLY!**

Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY
Turtles • Chinchilla • Hedgehog • Alligator • Snakes & Dogs

Like us on

facebook

or follow us on twitter

Facebook Search: NYParenting



Like Us on
facebook
to **WIN**
tickets or
prizes

Visit us at our
NYParenting page
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.



THE RHYTHM OF NEW YORK

STOMP

140 Sundays 67PM
Tue-Fri @ 8 Sat @ 2&3 Sun @ 2&7

ORPHEUM THEATRE
Second Avenue at 8th Street ticketmaster (800) 982-2787
www.stomponline.com

KIDS GO FREE!* with the purchase of one
full-price adult ticket.

VOCAL PEOPLE
*The musical
comedy sensation*

"FAMILY-FRIENDLY FUN!"
The kids will have a blast as well as the adults!
- Broadway World

OVER 20 MILLION VIEWS!
YouTube

BroadwayOffers.com • 212.947.8844 code: VPKG84
Westside Theatre, 407 W 43rd St.
VocaPeopleNYC.com

*Offer is valid for ages 12 and under for select performances from 9/6/11 to 10/30/11. Tickets must be purchased by 10/30/11. May not be combined with any other offer or discount. Offer may be revoked at any time. Some restrictions apply.

New & Noteworthy



Show their love

It's no mystery why this beanie is a bestseller.

This edgy, earflapped hat designed by Lynette Loveridge will let everyone know who your little one loves best. The beanie is made of soft gray-and-black striped fabric with red lining and a "MOM" heart tattoo appliqué on the front. Not feeling the stripes? A grey and black houndstooth print is also avail-

able. And you also have the options of choosing "DAD" or leaving off the applique altogether. No matter which parent you choose to celebrate, the soft-knit fabric stretches and is comfortable enough to be worn everyday.

Beanie by Get Your Craft On, \$19.95 in sizes newborn to 2T. For info, visit www.etsy.com/people/getyourcraftonshop.

Total lunar-cy

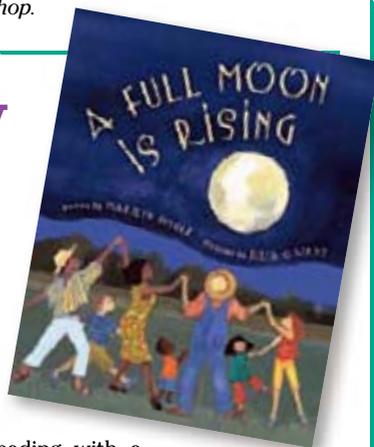
If your little one has ever been struck by the beauty of the night sky, she'll be drawn to Marilyn Singer's new collection of poems, "A Full Moon is Rising."

Paired with detailed watercolor illustrations by Julia Cairns, each ode explores how people from around the world — from NYC to Mali — celebrate our celestial neighbor. The hardcover, published by Lee & Low Books, also includes an appendix with details about the inspiration behind each of the Brooklynite's poems and an introduction about the phases of the moon, so your reader — preferably ages 6 and older — can pursue her astronomical or anthropological interests.

On Sept. 10, you can follow up a

reading with a delicious visit to Manhattan's Museum of Chinese in America, when they will be celebrating their "Mid-Autumn Moon Festival" with moon cakes, lanterns and more.

"A Full Moon is Rising" by Marilyn Singer, \$19.95. For info about the book, visit leeandlow.com, and for details about the festival, visit www.mocanyc.org.



Green scene

Those old, empty Capri Sun juice pouches are now put to a good use.

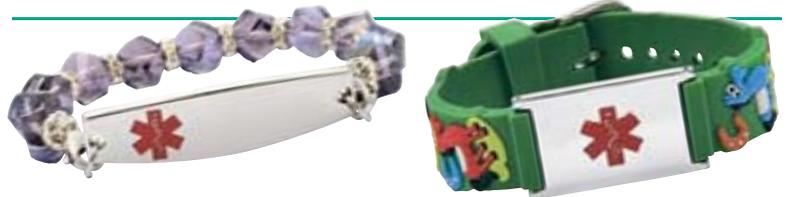
TerraCycle reuses food packaging and turns the plentiful trash into lunch coolers, backpacks and other perfect for back-to-school products such as pencil cases and notebooks.

Kids can even start their own TerraCycle Brigade by collecting their used wrappers from lunch, mailing them in, and, in the process, earn cash for their school. For every piece of packaging TerraCycle receives, the Brigade will be awarded two points, which can be put toward buying a specific charity gift, or be converted to money and used as a fund raiser for the school.



And, of course, you can support the green cause by buying their up-cycled products.

TerraCycle drink pouch totes or messenger bags, \$8.99-\$14.99. For products, visit www.dwellsmart.com/products/terracycle-bags-selections. For more info about recycling and fund raising, visit www.terracycle.net.



A fashionable necessity

Say goodbye to clunky, old-fashioned medical ID bracelets.

Hope Paige makes trendy pieces that can fit any style or personality, from young child to teen, thanks to its bright, colorful rubber; mesh; crystal; bead; or rope designs. And of course, the accessories also carry life-saving information about the wearer's medical condition, whether

they are diabetic or allergic to peanuts or penicillin.

The company also offers traditional styles, as well as pendant and dog tag necklace options.

Hope Paige medical ID jewelry, \$19.95 to \$29.95. For info, visit www.Hopepaige.com/StopandShop or www.Hopepaige.com/LiveBetter, or call (855) 519-3681 or (855) 467-7208.

Twinkle to these stars

Now songs made famous by some of your favorite musicians can lull your baby to sleep.

With Baby Blanket Music's "Lullaby Arrangements," you and your little one can enjoy calming versions of tunes associated with Billy Joel, Elton John, Madonna, Michael Jackson, John Mayer or Simon & Garfunkel. Each album features 10 songs that pay homage to one of these pop stars.

Vibraphones and music boxes as well as classical woodwinds, pianos and harps render the familiar melo-

dies on these CDs suitably soothing for the car or the nursery.

Baby Blanket Music lullaby arrangements CD, \$14.99. For info, visit www.smileymusic.net.



Every dollar you save for college is a dollar you won't have to borrow.

SAVING vs. BORROWING



This hypothetical example does not represent the return on any particular investment. The final account balance does not reflect any taxes or penalties that may be due upon distribution. Actual costs of borrowing and returns on savings will vary and may be higher or lower than those shown. Source: <http://apps.collegeboard.com/loancompare/loancomparison.do>

College students are graduating with the highest level of debt in history, so it's more important than ever to understand the benefits of building your college fund with New York's 529 College Savings Program *Direct Plan*.

For starters, New York's 529 lets you build your account tax-deferred. When it's time, you can withdraw the money tax-free for tuition, room & board, books and fees.* And New York taxpayers can earn an annual state income tax deduction of up to \$10,000 for couples filing jointly (or \$5,000 for individuals).**

And now New York's plan has 16 investment options and among the lowest fees in the nation.

See all of the benefits at
ny529savings.com

Or call **1.800.376.9166**



Investment returns are not guaranteed, and you could lose money by investing in the plan.

* Earnings on non-qualified withdrawals may be subject to federal income tax and a 10% federal penalty tax, as well as state and local income taxes. Tax and other benefits are contingent on meeting other requirements and certain withdrawals are subject to federal, state, and local taxes.

** Up to \$10,000 is deductible from New York State taxable income for married couples filing jointly; single residents can deduct up to \$5,000 annually. *May be subject to recapture in certain circumstances — rollovers to another state's plan or non-qualified withdrawals.*

Before you invest, consider whether your or the designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program.

The Comptroller of the State of New York and the New York State Higher Education Services Corporation are the Program Administrators and are responsible for implementing and administering the *Direct Plan*. Upromise Investments, Inc. and Upromise Investment Advisors, LLC serve as Program Manager and Recordkeeping and Servicing Agent, respectively, and are responsible for day-to-day operations, including effecting transactions. The Vanguard Group, Inc. serves as the Investment Manager. Vanguard Marketing Corporation markets, distributes and underwrites the *Direct Plan*.

No guarantee: None of the State of New York, its agencies, the Federal Deposit Insurance Corporation (FDIC), The Vanguard Group, Inc., Upromise Investments, Inc., nor any of their applicable affiliates insures accounts or guarantees the principal deposited therein or any investment returns on any account or investment portfolio.

New York's 529 College Savings Program currently includes two separate 529 plans. The *Direct Plan* is sold directly by the Program. You may also participate in the Advisor Plan, which is sold exclusively through financial advisors and has different investment options and higher fees and expenses as well as financial advisor compensation.

For more information about New York's 529 College Savings Program Direct Plan, obtain a Program Brochure and Tuition Savings Agreement at www.ny529savings.com or by calling 1-800-376-9166. This includes investment objectives, risks, charges, expenses, and other information. You should read and consider them carefully before investing.

THE GREAT SUMMER ZOOFARI

A LEGO® WILDLIFE EXPEDITION!

WEEKENDS JULY–SEPTEMBER

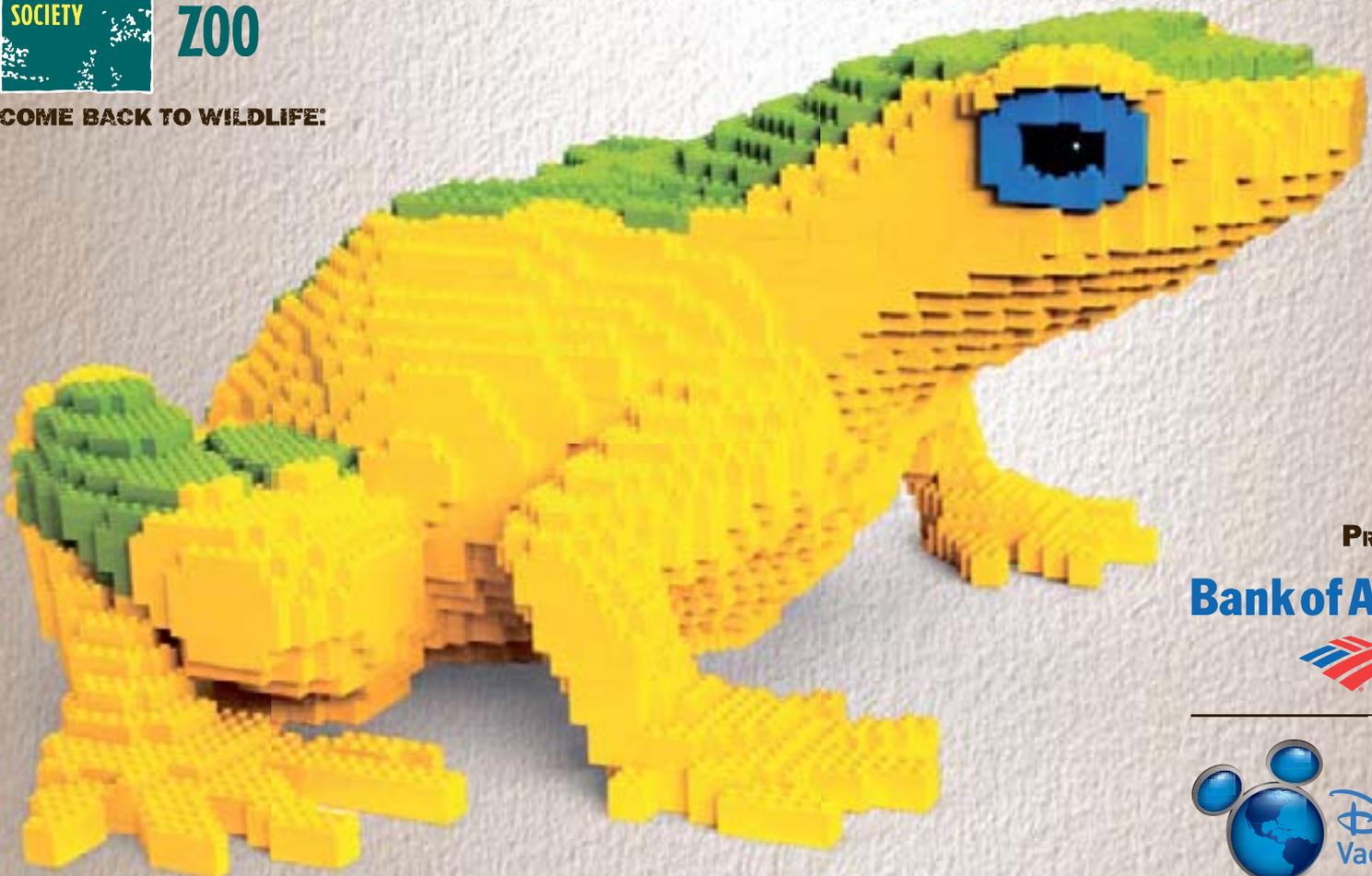
VISIT BRONX.ZOO FOR DETAILS.

PICK UP YOUR COMPLIMENTARY ZOOFARI PASSPORT AND EMBARK ON AN EXCITING CONSERVATION ADVENTURE WITH PASSPORT STAMPING STATIONS, AMAZING LEGO WILDLIFE SCULPTURES AND A CHANCE TO BUILD YOUR OWN WILDLIFE MASTERPIECE!



**BRONX
ZOO**

COME BACK TO WILDLIFE!



PRESENTED BY:

Bank of America

