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Letter from the publisher

NYC is on our planet Earth

Having been involved in the Earth Day movement for a long time, I can only say, that here in New York there remains a real lack of awareness on the part of the average citizen, in comparison to other large cities both here in the US and in Western Europe. We lag behind and the streets of our city are a testament to that fact.



Paper is floating everywhere, there are plastic bags hung up in many of our trees and even seemingly educated, intelligent people have become apparently immune to the mess. Cavalierly, most people walk past newspapers blowing down the sidewalk, half-eaten

food casually thrown in the streets, cigarette butts everywhere, and bottles, cans and other refuse tossed onto the streets or thrown to the curbs.

This is outrageous and the only explanation one can find for this ongoing condition is that most people feel "it's somebody else's job" to clean it up. "Not my job; not my mess; not my block; not my washroom; not my sidewalk; not my corner", seems to be the general and pervasive attitude.

How can we change this? I believe the answer lies with our children and the emphasis and responsibility we encourage them to have in relation to the whole environment. I believe we all have to get on the

clean-up team and recruit others to get on the team too. Maybe it's organizing our blocks for regular clean-ups and thereby giving our kids that example to experience personally. We need to train them and ourselves to not be accepting of the mess and the clutter. We all need to stop and pick up the papers as they fly by, not walk over them.

This is an ongoing task that will only make a dent if done with regularity and conviction. We are urging every parent to teach their kids by example that this is our planet earth and that each and every one of us can and does make a difference. We must encourage their participation and discourage complacency and the avoidance of responsibility.

Sweeping your street every week, or bending to pick up the papers that have been tossed down will help

show your kids that this is a priority you have set and that you are willing to get involved in helping even if you weren't the ones who did it.

Without a doubt, we can all make a difference. This is our planet. This is where we live and this is where our children will live. Let's help them by cleaning up the backyards and front yards of our fair city and getting them to be on the team too.

Happy Spring and as always thanks so much for reading and thanks for helping us become award winning magazines. Your loyalty is much appreciated.

Susan Weiss-Voskidis, Publisher

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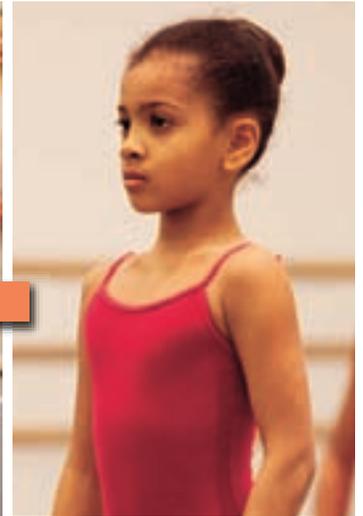
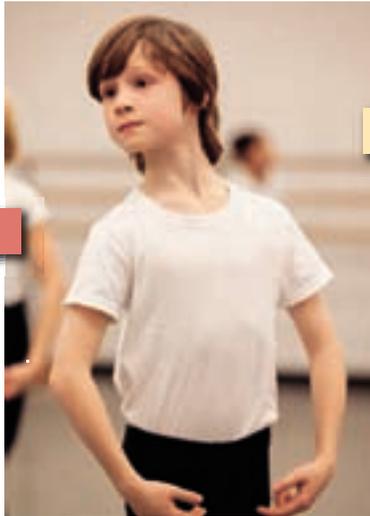
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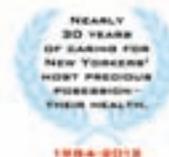


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Celebrate the Earth!

Making the holiday fun and educational for your children

BY JENNY GRACE TORGERSON

This month, the whole country will be celebrating Earth Day on April 22. In fact, Americans have been observing Earth Day since 1970, and this year is a great time for you and your family to join in the celebration.

Observing Earth Day with children is a fun and easy way to nurture budding environmentalists. Celebrations can be as simple as a trip to the local library to check out some books about conservation and recycling. A great one for children, ages 3 to 5, is Lauren Child's "Charlie and Lola: We Are Extremely Very Good Recyclers."

An extension of this visit could include instituting an in-home recycling policy. Find a box or large tray and designate it as a scrap bin. Throughout the week, place partially used paper, scraps from cutting, or interesting bits of fabric and ribbons in the bin and encourage your children to repurpose the items into art projects and creative play. Or, the next time you need to write down a phone number or e-mail address, reach into the bin for a scrap instead of using a whole sheet of paper. By encouraging your family to adopt this new mindset, you can keep the spirit of Earth Day alive in your home throughout the year.

For very young children, a simple art project might be just the way to get into the Earth Day spirit. Follow these simple instructions to create an outer-space view of the earth:

- Have your toddler or preschooler help you to mix equal parts shaving cream and paint (make one bowl of blue and another of green).

- Help your child cut out a con-



struction-paper circle, roughly the size of a dinner plate (the project works best with either black or white paper).

- Let your child swirl the shaving cream paint mixture all over the paper until the entire sheet is covered. For best results, encourage your child to use a lot of the mixture and create variations in depth, rather than spreading the mixture more finely over the page.

- When the mixture dries, your child will have a piece of art that resembles the earth as viewed from outer-space.

This project can be used as a jumping off point for further discussions with your tot about Earth, its natural resources, and the celebration of Earth Day.

If you are looking for an Earth

Day event that the whole family can attend, New York City is the place to be. Throughout the week leading up to Earth Day, family events are scheduled around the city. One of the biggest, the Grand Central Indoors/Outdoors Earth Day event, takes place April 20-21 at Grand Central Terminal. This family-friendly fair features interactive exhibits that cover a wide range of environmental topics.

It doesn't matter how you and your family choose to celebrate Earth Day this year, just do it.

Grand Central Indoors/Outdoors Earth Day event at Grand Central Terminal (87 E. 42nd St. between Madison and Park avenues in Manhattan) April 20 to 21. For a full schedule of city-sponsored Earth Day events, check out www.earthdayny.org.

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Our magazines win nine awards

New York Parenting Media took home nine awards from the recent Parenting Media Association Editorial and Design Awards Dinner, in San Antonio, Texas.

Susan Weiss, publisher and executive editor and Sharon Noble, sales manager, were thrilled to be present at the dinner to accept six finalist awards and three gold winners in a variety of categories for *Brooklyn Family*, *Queens Family*, *Bronx-Riverdale Family*, *Staten Island Family*, *New York Special Child*, and *Long Island Special Child*.

The awards recognize excellence in journalism, photography and design, and are judged by a panel from the University of Missouri School of Journalism. Prof. Daryl Moen coordinated the annual contest. A panel of 22 judges reviewed entries from many publications to choose the winners in each category. All judges drew upon significant professional experience in selecting the winners.

“The quality of the entries continues to rise,” noted Moen. “Some of the design categories, including feature and publication design, are magnificent. In writing, there are dozens of writing entries, particularly in the column categories, that are outstanding, and the competition is stiff.”

That said, our **gold-award-winners** deserve special mention and congratulations:

• **Personal Essay:** For Laura Varoscak and Wanda Troy-Regier’s moving account and memories of teaching in Downtown Brooklyn and Lower Manhattan “Ten Years Later — Teachers Talk 9-11.”

The judges comments: “When you think you’ve read everything imaginable about 9-11, these New York magazines produce two heart-



(Clockwise from top) Sharon Noble, Parenting Media Association President Joanna Love, and Susan Weiss at the PMA Awards Dinner; Monica Brown; Laura Varoscak.

felt essays by teachers who experience that dramatic and sad day in New York City with their classes. The stories are acarefully constructed around the significant moments and lessons of the day. And

rather than being sad testaments, they offer hope that any situation can be overcome.”

• **Family Fun:** For Monica Brown’s “Around Town” columns in *Staten Island Family*.

The judge's comments: "Packed with useful, actionable information, these columns inspire us to move and get out and play! Nicely written, and full of reflective detail. These columns go deep into the subject matter, offering not only destinations for families but a lot of history about the places as well."

• **Overall Writing:** Our Brooklyn Family magazine took home the association's most prestigious writing award.

The judge's comments: "A bright, well-written magazine. The highlight is the collection of columns that bring a variety of voices to each issue. Some are by writers with expertise in the field. Others are personal essays. They are all well written. There are well written features too."

Publisher and Executive Editor Susan Weiss was thrilled as she accepted the award, and thanked her entire team, including Managing Editor Vince DiMicili, Art Director Leah Mitch, Production Manager On Man Tse, Layout Manager Yvonne Farley, Calendar Editor Joanna DelBuono, and Assistant Editor Courtney Donohue.

"Proudly, we accepted these fine awards on behalf of our excellent staff of freelance writers, staff writers, and copy editor Lisa J. Curtis," she said.

When asked about the nine awards for this year, Weiss hastened to add that in addition to Varoscak and Brown, the magazines contributors include a roster of talented writers including Risa Doherty, Allison Plitt, Candi Sparks and Mary Carroll Wininger.

"Our superb contributors and regular columnists and essayists make my work so satisfying," Weiss continued "We are so fortunate as to have partnered with many talented and dedicated parents and professionals who have brought their expertise and interest in the parenting world to us. These magazines are put together with love and devotion by everyone on the team. We love what we do and we love being parents. It's what drives us and makes this so very meaningful."

In addition to the editorial awards, the cover or our November 2011 issue, which featured a baby outfitted in a turkey costume, was singled out for a design award.

"I was particularly fond of that "turkey", said Weiss, who picks out

the image for every cover and works with Mitch to make sure that every cover is special.

Additionally, the cover for New York Special Child Fall-Winter Issue was also a finalist-winner.

"Over the years that we have been a member of Parenting Media Association, I have seen such a fine

array of work and talent presented at these awards dinners. To have our magazines be included — and be winners — is a dream come true," said Weiss. "We work hard and strive for excellence and it's thrilling to know that we have succeeded. We will continue to reach high in the years ahead."



Our November cover.



Playing it safe

Tips on preventing Little League injuries

BY TONY WANICH, MD

As youth baseball season approaches, so, too, does the risk of injuries — some of which could require surgery for your little ball player later in life. Injuries sustained in Little League most commonly involve the shoulder and elbow, and are typically due to overuse. The best approach is prevention through appropriate preseason conditioning and training, as well as following safe guidelines for play. With proper precautions, the vast majority of baseball injuries, which are increasingly common among young athletes due to high demands and expectations, can be prevented. Here are some tips that can help prevent injuries.

- Establish a consistent warm-up routine prior to any athletic activity, and include a stretching program

where stretches are held for 30 seconds.

- Running is a key component in pre-activity warm-up and preseason conditioning, and it's an important way for pitchers to develop endurance and stamina, and for position players to develop speed and agility.

- Strength training is essential for baseball players, and special attention needs to be paid to the rotator cuff, biceps, triceps, and forearm muscles.

- The adage that practice makes perfect is not always the case in baseball — it is important to avoid pitching on consecutive days.

- Youth pitchers should focus on developing accuracy and control through good pitching mechanics, and should focus on mastering the fast ball before moving on to other types of pitches.

- Communication between players, parents, and coaches is an easy way to identify problems before they become a more significant injury. Persistent pain, which does not improve with rest, should be evaluated by a sports medicine specialist.

Little League baseball has established a set of age-appropriate, pitch count guidelines that both coaches and parents should follow to avoid overuse injuries. It has also established a set of guidelines regarding the amount of rest needed between games depending on the number of pitches thrown. It is important that parents take these guidelines into consideration, because most injuries can be treated non-operatively if addressed early enough.

Tony Wanich, MD, is the attending surgeon for the Department of Orthopaedic Surgery at Montefiore Medical Center.

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MOMMY 101

ANGELICA SERADOVA

Registry madness

Trying to be practical when shopping for baby

I receive a bunch of parenting magazines each month, and in addition to some great articles, there's always the latest in baby products and products that claim to make mom and dad's lives easier. I like to browse through them while I have a cup of Joe, but instead of bookmarking

the things I need, I usually find myself laughing at all the things that are unnecessary.

Sure, there are some really great items I have my eyes on; a baby beach tent, some safety products, and educational videos, but for the most part, and I'm sure veteran parents warned you: you don't need all this stuff. Besides, I vowed I would not become the parent whose day trip to the beach looked like a traveling circus.

When I was pregnant, I argued with my mom about registering for my baby shower. My approach was to see what I could get handed down — or at a bargain — and then plan from there. But my mother wanted only the best (read: brand-spanking new) for her first grandbaby. I thought I was being practical, but she insisted that it was “better” to register for everything. And so we did.

Having two full days of baby registering was not my favorite part of my pregnancy. (How did my husband manage to get out of that one?)

My mom was easily sold into getting every item on the baby checklist. I wanted to find gender neutral products for the more expensive things, with the idea that if the next baby is a boy, we can save on that expense. Grandma wanted everything to be pink for

her princess.

We made some compromises. In typical New Yorker fashion, I opted for mostly black big-ticket items: stroller, car seat, stylish diaper bag, etc. She got to pick out the nursery décor, with my approval of course.

We ended up being happy with our choices. I got to register for some products that I know will get extra bang for their buck, and she got to “go all out” for her granddaughter.

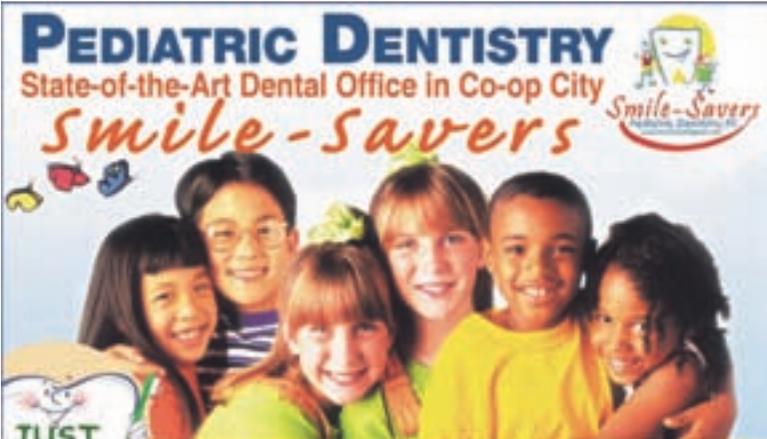
Deciding which items are worth buying, whether big or small, is overwhelming. There's a huge baby industry pushing great — and not-so-great — products on parents, which is why I like talking to other moms and finding out what baby products they can't live without. Recently, a mom friend of mine came over for a play date and brought me one of those mesh snack holders. I had no clue what it was until she explained that you place fruit inside so that baby can suck on it without choking. Genius! I went out and bought three more. (My dog liked them too, but that's another story.)

I also have friends who swear by any toy that will keep their children entertained for more than 10 minutes. Every mom has her preferences.

In my short time as a mom, I've figured out what my go-to items are (besides my coffee maker). Luckily, most of Olivia's clothes have been (gasp) hand-me-downs, and for that, we have been so grateful, because babies really do grow out of them in a moment's time. I've been happy to pass on clothes and products that we no longer need, and try to think practically when making new purchases. Maybe I have to accept the fact that I'll no longer be able to get up and go as I did before, and some baby stuff is needed here and there. A beach day where I grab a towel and a book is probably a thing of the past, but being with Olivia is still a day at the beach.



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Stop struggling with the JUGGLING

Here are some tips on how to balance family, work, friends, and personal time, so you're less stressed

BY SANDRA GORDON

In an ideal world, you've got a satisfying career with plenty of time and energy to play with your baby, help with homework, relax with your husband, get to the gym, and catch up with your friends. The reality? You're exhausted from toiling harder and longer just to keep your job, and it's taking a toll. You're time-crunched, short-tempered, and wound so tight that even relaxing takes effort.

Sound familiar? You're not alone.

"In today's competitive culture, there's greater stress on an internal and external level," says Ann Chanler, PhD, a psychoanalyst in New York City. The more that's expected of us, the more we demand from ourselves to be the best wife, doting mom, and caring friend, because we don't want to let anything slide.

But feeling frazzled and the ripple effects it has on your professional and personal life aren't fun for anyone — or healthy for you over the long run.

Something's gotta give.

But what? We tapped work and life experts like Chanler and working moms like you for their top sanity-saving tips on how to rebalance the balancing act.

Put you at the top of your to-do list

"If you don't take care of yourself first, you won't be able to do a good job of taking care of everybody," says Chanler, herself the mother of two teenage daughters. She likens self-care to the oxygen mask demonstration on airplanes. Although it feels counterintuitive, you're in-

structed to strap your mask on first, before your child's.

That means that if, for example, you have a choice between returning e-mails or strolling with your baby, take the walk. Block out an hour in your datebook each week for yourself and arrange your own play dates at least once a month, too.

"Parenting can be isolating, but other moms can give you help with issues you're facing and make you realize you're not alone. Friends who don't have kids can help you connect with a part of yourself that existed before you had a family," Chanler says.

Think less is more

For a greater sense of calm, ask yourself: what can I nix from my to-do list? Then, choose one thing to delete from that day's or week's agenda. Ah. Also, stop multitasking.

"Create a schedule when you'll work, take care of the kids, spend time with your spouse, and then concentrate only on the task at hand. Ask yourself: what should I be doing now? And then do only that," says Leah Aharoni, a managing director at a Newark, New Jersey translation agency, and mom of six.

Snooze away stress

"To manage stress, you have to be well-rested," says Savitri Dixon-Saxon, PhD, associate dean of the Walden University School of Counseling and Social Services, an online university. Lack of shut-eye increases your body's production of cortisol, a stress hormone, so try to catch six to eight hours of sleep each night.

Your brain needs the down time. A study in the journal "Sleep" found that people who slept that much performed the best on tests that assessed cognitive function, memory, reasoning, and vocabulary. Sleep is also the ultimate fatigue fighter. To log in more zzzz, turn off the TV and go to bed earlier.

Exercise your options

Try to get in at least 30 minutes of daily exercise — Mother Nature's reset button. To spend more time with your family while you're at it, be active together by going for walks, strolling after dinner, or hiking or biking together on the weekends. Family time is so important in and of itself. If you can incorporate activity into it, it's a double bonus.

Catch your breath

When you're feeling overwhelmed, breathe in through your nose to the count of four, exhale through your mouth for a count of four, and so on, for four sets.

"Do this simple exercise in the car, in your office, or in the bathroom stall at work if you have to," says Karol Ward, a licensed clinical social worker in New York City. It helps you think clearly and regain your equilibrium.

"I breathe if I'm anxious before phone calls or meetings, or before talking to my kids or my husband when I'm tired. It changes everything," adds Diana Fletcher, a life coach and author of "Happy on Purpose."

Eat well

A diet that's rich in fruits, vegetables, and whole grains, paired

with healthy sources of lean protein, like chicken and fish, provides the variety of nutrients you need to cope with stress and the energy you need to multitask.

Instead of resorting to take-out (again), use the weekends to plan menus, shop, batch-cook, and prep healthy meals and snacks for the week.

“Once a week, make a crock-pot meal,” to create even more time, suggests Cristin Frank, a writer mom of two in Williamsville, New York. “The night before, portion out ingredients so you can toss them into the slow-cooker in the morning. You’ll only have one pot to clean at the end of the night.” Bonus!

Don't be the clean queen

Full-time working women do more than 33 hours of domestic chores weekly, while their male counterparts do about 16, according to a study published in “Women Don't Ask,” by Linda Babcock, professor of economics at Carnegie Mellon University in Pittsburgh, Pa.

To end the dreaded second shift, let some of the housework slide, or ask your spouse and your kids for help.

Doing chores actually helps build a child's sense of competence. If your standards are exacting, lower them. So what if the sheets don't get changed as often, or your husband misses a spot when he's dusting the furniture?



Take notes

Use a day planner to write down appointments, reminders, bright ideas and your daily to-do list.

“It allows your mind to rest, because you know you won't forget anything important,” says Renee Metzler, a life organizational coach and fellow mom in the trenches.

Create a day-is-done ritual

A self-imposed boundary between work and home, that's designed to bring closure to the end of your work day, is very important. One example: “Take a shower at home after work, and imagine your problems of the day disappearing down the drain,” says John Brubaker, a work-life balance consultant.

After that, you'll feel more ready to give your family your full attention.

Determine your stress triggers

Is it having too much to do? Having to work on the weekends?

“Once you understand the root cause of your stress, you can take positive steps to cope by avoiding thoughts, behaviors, and activities that increase your anxiety,” says Soroya Bacchus, PhD, a board-certified psychiatrist in Los Angeles.

One temper-taming tactic: “Try to stack more labor-intensive assignments and those that require others' input early in the week, and taper down, so that by Friday, you can essentially focus on housekeeping tasks,” says Ellen Schack, a New Jersey work and life balance expert at www.theceocouple.com. “This strategy can help you avoid weekend workloads and other infringements on what should be your personal time.”

Savor the good times

Irene Krasniansky, a mom of two and an operations manager, says, “Something always comes up at work or at home, but when everything seems to be running smoothly, whether it's the fact that my kids aren't driving me crazy or that everyone is doing their jobs in my office, I stop for a second and enjoy it.”

Homesick blues

10 ways for
parents to
help their
little campers
adjust

This summer, thousands of New York children will head to summer camp — eager, excited, and... homesick?

Yep.

Research indicates that homesickness is the norm, and not the exception.

It is common for campers to feel a tinge of homesickness at some point during the camp session. So, how can parents help? By exercising a little preparation and patience, you can help ease any homesickness in your otherwise happy camper.

• **Encourage your child's independence throughout the year.** Have your child sleepover at friends' and relatives' houses. Being away from home can help simulate the camp experience.

• **Involve your child in the process of choosing a camp.** The more that the child owns the decision, the more comfortable she will feel being at camp.

• **Discuss what camp will be like before your child leaves.** Honest discussions about what camp will be like before your child leaves will help prepare her for the camp experience.

• **Reach an agreement ahead of time on calling each other.** If your child's camp has a no-phone-calls policy, honor it.

• **Send a note or care package to arrive within the first few days of camp.** Send a letter from home or a care package, acknowledging you will miss your child in a positive way. For example, the note can say, "I will miss you, but I know you are going to have a wonderful time



at camp."

• **Don't bribe.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new-found confidence and independence.

• **Pack a personal item from home, such as a stuffed animal.**

• **Avoid the temptation to take the child home early.** If your child makes a "rescue call," offer calm reassurance, and put the time frame into perspective.

• **Talk candidly with the camp director to obtain her perspective**

on your child's adjustment. Remember, camp staff are trained to ease homesickness and have dealt with homesick children before.

• **Don't feel guilty about encouraging your child to stay at camp.** If your child wants to come home, don't feel bad about encouraging her to stay. For many children, camp is the first experience toward independence, and it plays an important part in their growth and development.

For more, visit the American Camp Association at www.searchforcamp.org, or call (212) 391-5208.

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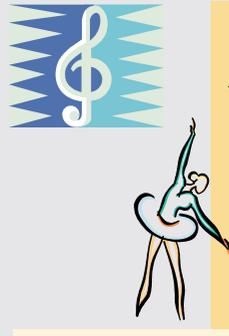
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Camp/Programs 2012

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Advantage Camps All-City Junior Tennis Program has two NYC locations, Roosevelt Island Racquet Club and the New York Tennis Club. One of the city's oldest and most established junior tennis programs, our camp is designed for junior tennis players of all ages and skill levels. Both recreational and tournament competitors will fit right in. We also offer the popular QuickStart program which is specifically designed for kids 10 and under. The Roosevelt Island Racquet club has year-round indoor courts and multiple recreational facilities available to campers, including ball fields and a full-size pool. Called one of the "best kept secrets in NYC", the New York Tennis Club is conveniently located just minutes from Manhattan, Queens, and Westchester. This camp is located in a beautiful setting with 6 Har-Tru tennis courts, club house, and viewing deck. Both camps are staffed with experienced tennis professionals who are some of the finest instructors and coaches in the East. Campers are evaluated and grouped according to skill level, age and ability. Contact Xavier Luna or Ajay Kumar

Advantage Sea & Sports Camp at SUNY Maritime College

3081 Harding Ave. Throggs Neck NY
718-239-7919 info@advantagecamps.net or www.advantagecamps.net

The Sea and Sports Camp at the Maritime College is perfectly located for kids living in Manhattan, the Bronx, Queens and Westchester. Situated on a beautiful 55-acre campus, the Maritime College offers waterfront activities like sailing, kayaking, fishing, and motor boating. An aquatic center and extensive recreational facilities encourage swimming, soccer, basketball, tennis and more! We even get to explore Fort Schuyler, an

original Civil War military structure and museum. Our mission is to provide each camper with the opportunity to pursue his or her interests, whether it's learning, improving and competing in a sport, or simply having fun and making friends. We provide private transportation using our year-round bus fleet. The Sea and Sports Camp is an exciting and unique experience that will leave your child looking forward to each day of the summer! Contact Paul Fontanna.

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990 Pelham Parkway South
718-792-1800 ext. 235 or www.bronxhouse.org

This new program is for kids who love to sing, dance, or perform! Included are 4 hours a day of instruction in singing, dancing and acting, and classes in theater games and improv. Instructors are trained professionals who are also accomplished educators. Two three-week sessions culminate in musical theater productions for family and friends. Also included is a trip to a Broadway or off-Broadway production and swim in the indoor pool. The program is open to any child with an interest in the performing arts who is entering 3rd to 8th grade in September 2012. All skill levels are welcome, no previous experience is necessary, however a passion for the arts is required. Parents must provide daily lunch.

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Continued on page 20

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Camp/Programs 2012

DIRECTORY

Continued from page 18

facilities which include an indoor swimming pool, dance studio, gymnasium, computer labs, and art studio in air-conditioned buildings that are safe and clean allow the Academy's staff to provide a holistic educational encounter for kids. Children, ages five to fourteen, develop their literacy and social developmental skills in a college setting. The Summer Academy also provides supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while developing new skills, building self-confidence, appreciating teamwork and becoming more self-reliant while making new friends.

Love Me Tender School for Child Development

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In the summer, playground activities include planting and harvesting from our garden, sprinkler play, water slides on the playground slide and plenty of fun. Services for students who qualify for special education available throughout the academic year include a center-based classroom with a NYS certified special education teacher, speech, occupational and physical therapies as well as counseling. These services are also available in a 6 week summer session for children whose IEP's specify a 12 month program.

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YMCA of Greater New York Day Camps

Catalpa Center YMCA 69-02 64th Street, Ridgewood; 718-821-6271

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

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

Jamaica YMCA 89-25 Parsons Boulevard, Jamaica; 718-739-6600 or www.ymcanyc.org/jamaica
Long Island City YMCA 32-23 Queens Boulevard., LIC; 718-392-7932 or www.ymcanyc.org/lic
214-13 35th Avenue in Bayside
718-229-5972, Beacon Center at JHS 189

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

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

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

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

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

All camps are accredited by the American Camping Association. Registration for Summer 2012 will be beginning soon. Please contact your nearest YMCA of Greater New York Day Camp for more information:

Young People's Day Camp

914-792-6555 or 800-DAYCAMP or www.yfdc.com

Young People's Day Camp has been "creating childhood memories" for boys and girls ages 5-14, since 1973. Accredited by the American Camping Association, YPDC offers free transportation, swimming instruction, sports, activities, arts & crafts, miniature golf, music, drama, dance and weekly field trips. Parents can choose from two-eight week sessions at a most affordable fee.

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Find new use for old clothes with a Quilt

Turn your child's baby clothes into a family heirloom

BY KATHY SENA

I'm guessing you've done what I did. As your children got older, you gave away many of his baby clothes — but you kept the ones that meant the most to you. The ones that spark special memories of a little boy running around the house in Buzz Lightyear jammies or a little girl dancing in her Cinderella Halloween costume.

Or, perhaps you have a stack of T-shirts from high school, college, or family vacations. No matter where your memories come from, if they're made of fabric, they can be turned into a unique quilt. Think of it as a scrapbook page that will decorate your home, keep your family toasty warm, and become a family treasure.

Lots of options

Google "T-shirt quilts" and you'll find a number of companies that make them, of course. But not everyone does the baby-clothes version. In addition to Campus Quilt Co. (www.campusquilt.com), the company that



The author's son with the quilt made of his baby clothes.

made my family's quilt, check out The Quilt Loft (www.tshirtquilt.com) and Jelly Bean Quilts (www.jelly-beanquilts.com). All feature adorable photos of finished quilts on their websites.

Preserving memories

The folks at Campus Quilt Co. in Louisville, Ky. took my son's

special baby and toddler clothes and turned them into the most gorgeous, hand-crafted quilt I've ever seen. Every item of clothing was pressed and arranged in a cute way on its own square and then carefully stitched down, so it will stay put. As I told my husband, it looks as if someone who loves our family (and who is very talented!) made



Shower a new mom with this quilt

"When a friend was pregnant with her first child, I asked the extended family and her close friends to send me a nine-by-nine-inch square of fabric that represented their hobby, something that represented them in some other way, or something they wanted to teach the child one day," says Candace Jones of Irving, Texas.

"We had fabric from a grandma's apron, an uncle cut up one of his lucky flannel fishing shirts, and an older cousin sent a T-shirt from his college alma mater, hoping to recruit early," says Jones.

"Another family member cut some fabric from the great grandmother's sewing fabrics that had been stored in an attic. Since the great grandmother had recently

passed, it was especially poignant for the new mom," she adds. "And a close friend sent fabric from one of her son's onesies and added a poem, about looking forward to having a new lifelong friend, written in fabric paint across it. The quilt was adorable, and we gave it to the mom-to-be at the shower with a little write up of who sent what, and why."



No matter where your memories come from, if they're made of fabric, they can be turned into a unique quilt.

this quilt. It's a work of art that will last for generations.

Having the quilt makes me realize how important it is to enjoy these treasured memories, instead of keeping them in a box. Now I can see and touch, once again, Matt's first Halloween costume, when he was a 10-month-old little pumpkin; his Spiderman jammies; the "I Love Grandma" sweatshirt that includes Matt's toddler handprints in fabric paint; his Woody "Toy Story" jammies; and his Superman T-shirt.

What sentimental mom wouldn't love that? And it's something that I know I'll eventually pass down to Matt. A true family heirloom. (Won't his kids giggle when they see their dad's toddler-sized Superman shirt one day? I love the thought of that.)

Campus Quilt Co. prices run from \$129 for a nine-square lap quilt (the squares on these quilts are big — 15 inches) to \$419 for a 49-square, king-size quilt. These are the prices if the quilt is made from just T-shirts. There are additional charges for doing special detailed work with baby clothes, adding strips of extra fabric between the squares, etc. Call and tell them what you have in mind, and they can give you all the details regarding cost.

I was a little worried about packing up these precious baby clothes and sending them, but the company took great care to make sure my items were transported safely. They sent a kit that explains everything, and they included a large, heavy-duty mailing bag and a pre-addressed label for shipping.

Then they e-mailed me when they received my package. They kept me informed of the progress on my quilt, and they got in touch with a tracking number when they shipped the quilt back to me. They understand how important these memories are, and they make sure customers are

informed at every step of the process.

What will you use for your quilt?

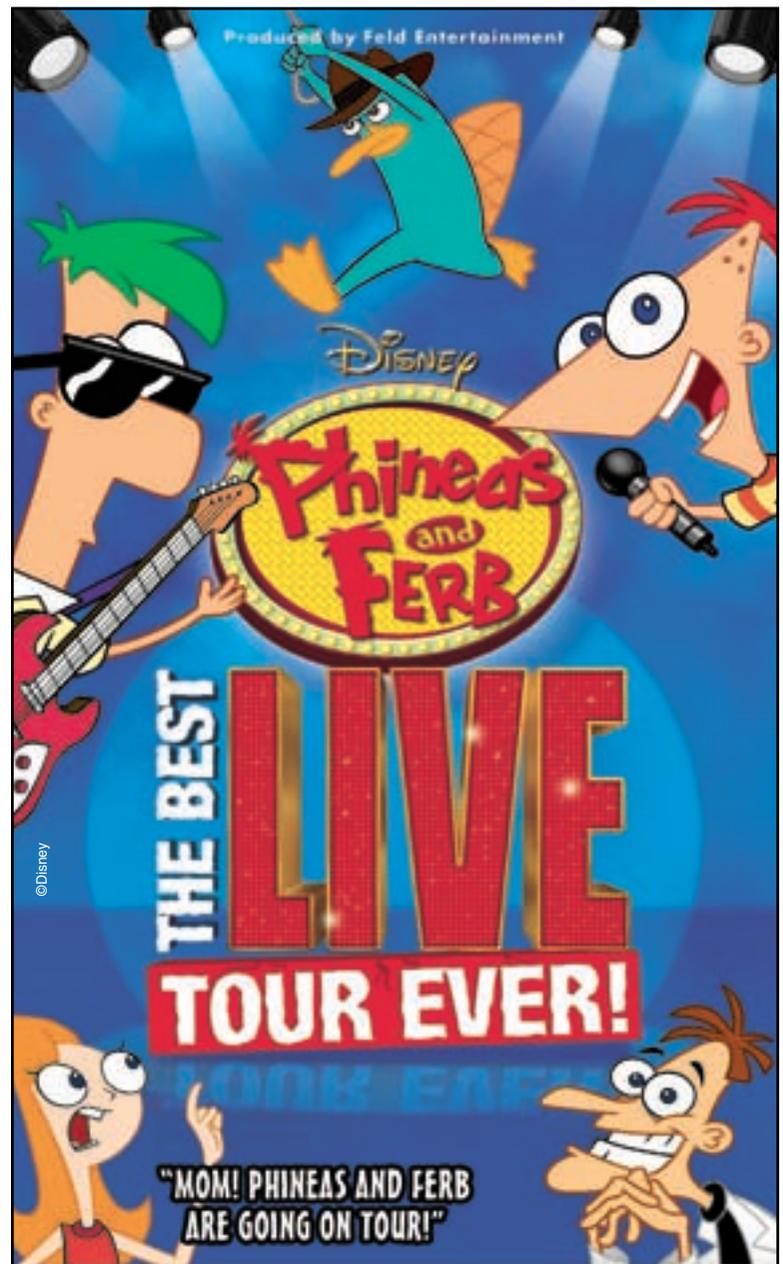
Don't have enough of your baby's clothes for a quilt? Want to do something different? Here are some other ideas for choosing items for a great quilt:

- T-shirts from your family's travels.
- Squares made from your young swimmer's beach towels. (Use your quilt to stay warm at those early morning swim meets.)
- Baby clothing from different generations. Did your mom save some of your own baby clothes? Combine them with your child's for a true keepsake.
- Fabric from your wedding dress and a bridesmaid's dress.
- Fabric squares in your child's high school colors, mixed with squares featuring school T-shirts from sports teams or school clubs.
- High school or college sweatshirts from different family members.
- Costumes from school plays.
- Halloween costumes.

The list is endless — and if you're a new parent, and you're just beginning to save special items like the receiving blanket your baby wore in the hospital, the little soft cap the nurses placed on her head, and those oh-so-tiny socks, you're in luck. You can plan ahead and save those items until you have just the right collection to make a quilt you'll treasure. It will warm your heart as well as your bed. Just ask Superman's mom.

Campus Quilt Co. [Louisville, Ky., (502) 968-2850]. For more, visit www.campusquilt.com.

Freelance writer Kathy Sena is mom to 16-year-old Matt. She still has lots of baby treasures squirreled away in the family cedar chest, including the well-loved "Mr. Bear."



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HEALTHY LIVING

DANIELLE SULLIVAN

Time for allergies!

The season is here, but you can still enjoy it

Have you noticed that the green grass hasn't quite vanished this year? Whether you were in Central Park or Prospect Park, you may have noticed that, unlike other years when the green shades turned to a dusty brown over the winter months, for the most part, the grass has stayed green all winter long. While pleasing to the eye, the very fact that plants have sustained life since last year could spell out trouble for those of us with seasonal allergies.

stantly itchy," says O'Hara. "We both started on allergy medications earlier in the year than we had in the past."

The O'Hara's are not alone. The Asthma and Allergy Foundation of America reports that allergy is the fifth leading chronic disease in the U.S. among all ages, and the third most common chronic disease among children under 18 years old, with an estimated 50 million Americans suffering from all types of allergies. Experts say that the prevalence of allergies

suffer," he says.

"Make sure that you tailor your medications to your symptoms. Many people purchase over-the-counter medications, because the box says 'allergy,' and they end up ingesting a medication they don't need — for example, an allergy pill might contain a decongestant, but you are trying to address itchy eyes. Take care to read all labels, or speak with your physician, to ensure that you are taking something that will address your particular symptoms."

O'Hara agrees and says that she was on the fence about getting her son allergy tested and hadn't even considered her common complaints of itchy eyes and post nasal drip to be a problem, but when her son underwent testing, she did, too. Both tested positive for the same pollen allergy and since they've been on medication, they have felt considerably better.

Realistically, because pollen counts have started increasing earlier this year, doctors say we can expect symptoms to last longer and be more severe. Symptoms include:

- Itchy, watery eyes
- Sneezing
- Running nose
- Nasal congestion
- Postnasal drip

Treatments such as over-the-counter Allegra pills may provide some relief, but allergy shots deliver the longest-term support.

There are a few easy tips that moms and dads should do daily to help combat allergies in their children (and themselves):

- Avoid outside play on late afternoons when it's dry and windy, since pollen counts peak under those circumstances

- Take a long shower at the end of the day to wash away any pollen stuck in hair.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. She also writes for Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or at her blog, Just Write Mom.



On top of that, the flowers and trees have budded earlier because of the mild winter — and the spring allergies have arrived earlier, too.

Sandy O'Hara of Murray Hill says her whole family suffers from seasonal allergies. Sandy and her 5-year-old son, Matthew, are allergic to pollen and dust mites, and her husband, Frank has hay fever.

"Early March was particularly bad for my son and me. We were sneezing and our eyes were con-

stantly itchy," says O'Hara. "We both started on allergy medications earlier in the year than we had in the past." They prevent, rather than treat, the symptoms. If you start taking them after your symptoms have kicked in, they will be less effective."

Along the same lines, it's vital to fill prescriptions before allergy season, "so that you have your arsenal ready before you begin to

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It can't be easy, being a **BABY**

One dad's thoughts on why newborns put up a fight when trying anything new

BY TIM PERRINS

If you are the parent of a newborn baby here in the 21st century, you surely know that there's a dazzling abundance of technology and information to aid in the wrangling of your tiny new human being. There are smartphone apps that allow you to document every action taken by (or perpetrated on) your child, from feedings to bowel movements to naps. You can attend baby yoga classes, read online articles about overcoming colic, and even watch YouTube videos to learn to decipher the sounds your baby makes, so that you will know exactly what she needs as soon as she makes a peep.

My wife and I have all of these resources at our disposal, and yet there are still times when we cannot keep our wee little girl from crying and screaming like a fun-size banshee.

Sometimes the baby is hungry — I know this because she makes “the hungry sound,” and also because the iPhone app tells me she says so — but just as she's about to nurse, she suddenly flails her little arms and legs and wails uncontrollably. Then, a minute later, she turns back and suckles contentedly for the next half hour.

After struggling through countless incidents like that one, I finally figured something out. You can meet all of your little one's needs with ever-greater efficiency, but the bottom line is still this: newborns have a problem with transition. And with good reason — as anyone who has participated in childbirth



knows — for babies, that first transition is a doozy.

Childbirth is painful for the woman giving birth. I know this because — throughout labor — my wife conveyed this fact to me quite clearly (not very eloquently, but extremely clearly). On the other hand, nobody really talks about how traumatizing the whole process must be for the baby. I mean, in spite of all her agony, a mother remembers giving birth, but I have yet to meet

a single baby who can recall any of it! Until I hear a better explanation from the medical community, I'm assuming this is because babies find the whole ordeal so shocking and traumatic they just block it from their memory. Pretty solid reasoning, no?

Just in case my amateur psychology isn't that convincing, let's look at it like this: after the better part of a year in the soothing embrace of her mother's uterus, bathed in



Your newborn may be thoroughly rested, well fed, and properly burped, but based on her very limited understanding of this world, every time she senses the beginning of any kind of transition she just might be struck with the terrifying feeling that she's about to be born all over again.

a constant flow of warm liquid, a newborn-to-be is abruptly evicted — forced by intense muscular contractions down a birth canal so narrow that her soft little head must stretch and contort just to fit through.

From there, she is ejected, naked and bewildered, into the cold air and the stark light of day. That is, if she makes it that far; my own dear little peanut, after enduring the torments of labor, had the added peril and indignity of emerging with the umbilical cord wrapped around her neck. (She's fine, fortunately, but apparently that's a hazard shared by at least a third of all tiny humans.) It's a cruel joke, if you're a baby, that at the instant you're born, the life-line that nourished you for so long becomes a deadly snare, waiting to strangle your first breath away from you.

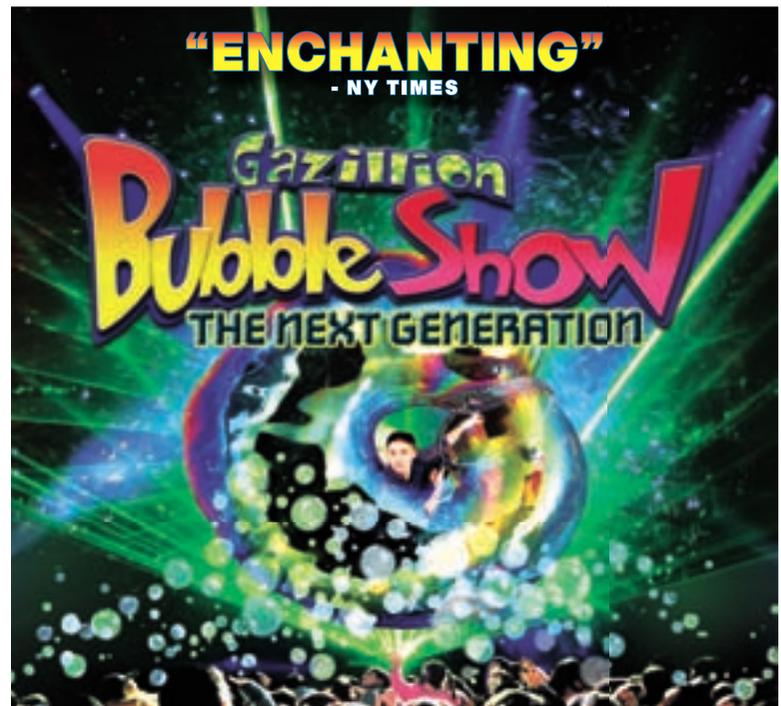
And if that's not bad enough, there's more! Even if you have a qualified medical provider on hand who's experienced with such a dangerous situation — for instance, our wonderful midwife — chances are she'll turn to the expectant father, who at that moment is so delirious and sleep-deprived that he probably can't be trusted to sign his own name, and SHE'LL HAND HIM A BIG PAIR OF SCISSORS. Then she'll point to the thick cord wrapped around the baby's delicate little neck and say, "you wanna take a whack at that?"

Now, all of that already stacks

up to form the Dagwood of trauma sandwiches, but consider one thing more: unlike her parents, a baby suffers through all of these ordeals without the prior benefit of instructional DVDs, "What To Expect" books, advice from other already-born babies, or the indispensable insights of Dr. Oz. The truth is, apart from a vague sense-memory of all those Mozart recordings you dutifully played for her in the womb, and then the horrifying ordeal of birth, your newborn has no experience of anything whatsoever.

So the next time you find yourself exasperated, unable to figure out why your darling baby is shrieking like a hyena and fighting your every effort to put that adorable elephant-print onesie on over her head, take extra pity on her. She may be thoroughly rested, well fed, and properly burped, but based on her very limited understanding of this world, every time she senses the beginning of any kind of transition, she just might be struck with the terrifying feeling that she's about to be born all over again. It's going to take her a little while longer to figure out that the terrible past is behind her, and that she's living in the future now.

Tim Perrins is a part-time stay-at-home dad who lives with his wife and their brand new tiny human in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at www.RevoltOfTheImbeciles.blogspot.com.



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House tour: Edgar Allen Poe cottage, 2640 Grand Concourse at E. Kingsbridge Rd. (718) 881-8900; <http://www.bronxhistoricalsociety.org>; Saturdays, 10 am–4 pm, Sundays, 1–5 pm, Now – Sun, May 27; \$5 (\$3 students/children and seniors).

Visit the home of Edgar Allen Poe; the restoration of his cottage is complete and open for a guided tour.

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, \$11 (\$8 children 2-17, college students and seniors).

Animation. A 6,000 square exhibit features characters from the Cartoon Network, including larger than life graphics, animation from concept to finished product, storyboarding, character design and drawing.

Wild Ocean: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; Fridays, 3:30 pm, Saturdays and Sundays, 1:30 and 3:30 pm, Now – Sat, March 31; \$6, (\$5 children, students and seniors, plus museum admission).

Science themed 3-D show about the ocean and ecosystem. The movie is approximately 30 minutes long and is suitable for children 6 years and older.

"The Amazing Max and the Box of Interesting Things": The MMAC Theater, 248 W. 60th St. between Amsterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air.

"Urban Odyssey": La Mama, 66 E. Fourth St. (212) 475-7710; www.lamama.org; Thursdays – Saturdays, 7:30 pm, Sundays, 2:30 pm, Now – Sun, April 8; \$25 (\$20 students and seniors).

The world premier by Loco7 Dance Puppet Theater. Suitable for children 12 and older only.

The Orchid Show: New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; www.nybg.org; Tuesdays – Fridays and Sundays, 10 am–6 pm, Now – Sun, April 22; \$20 (\$18 seniors/students; \$8 children 2-12).



Photo by Julie Larsen Maher

Running for the lions

Lace up your sneakers, and get ready to run the wild-est 5K race of your life on Saturday, April 28 at the Bronx Zoo. The annual fund-raiser benefits the zoo's pride of lions.

The annual Run for the Wild roars to life at 7 am, when registration begins. From 7 to 9:30 am, staff is on hand to paint your face in shades of the wild. Join in on a pre-run warm-up at 7:40 am. The 5K officially steps off at 8 am (no strollers at this race). The family fun run/walk starts at 8:45 am, and you can walk or jog with your little ones or put them in the stroller for this event.

Registration ends at 9 am, and

then the zoo opens its doors to the exhibits. After all that running, you can visit Astor Court and have a bite of breakfast up until 11:30 am. DJ Philip Santos will be spinning tunes from 9 am to noon.

Take the challenge, and see what great prizes await the winners.

Run for the Wild: Bronx Zoo [2300 Southern Blvd. at Boston Road; (718) 220-5103] on April 28 at 8 am. Registration fee is \$35 (\$25 children, ages 3-15, and seniors, ages 65 and up). All adults and senior registrants must also raise at least \$30 before the run in order to participate. For more info, visit www.wcs.runforthewild.org.

Patrick Blanc's vertical garden is on display. A blooming spectacle of tropical life of exotic fragrances and colors.

Movie time: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; Wednesday, April 4, 4 pm; Wednesday, April 11, 4 pm; Wednesday, April 18, 4 pm; Wednesday, April 25, 4 pm; Wednesday, May 2, 4 pm; Wednesday,

May 9, 4 pm; Wednesday, May 16, 4 pm; Free.

Children 5-12 enjoy an age appropriate film.

SAT, MARCH 31

Bird Walks: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 8 am; Free.

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!

Enjoy the feathered friends of the park.

Family Art project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with museum admission.

Use buttons to make a beautiful button clad figure of your favorite plant or animal.

Easter egg hunt: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 10:30 am–1 pm; \$12 (children 2-12; \$10 members).

Children 2-12 search for eggs in the formal garden, do arts and crafts and meet with the Easter Bunny. Bring your own basket. Light refreshments offered. Registration requested. (Rain date 4/1; 1-3:30 pm.)

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Fair Tails - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

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

For all ages.

Bugs, Bugs and more Bugs: Belvedere Castle, 79th Street Transverse and Central Park West; (212) 628-2345; www.nycgovpark.org; 1 pm; Free.

Learn all about the abundant wildlife from falcons to salamanders.

Survival workshop: Pellham Bay Ranger Station (PBRs), Pellham Bay Park, Bruckner Boulevard and Wilkinson Av-

Continued on page 30

Going Places

Continued from page 29

enue; (718) 885-3467; www.nyc.gov/parks/rangers; 1 pm; Free.

What would you do if you were stranded out in the wilds? The Urban Rangers will teach you how to build your own shelter, start a fire without matches, what to eat and how to find water. Recommended for children 8 and older. Dress appropriately.

"MacHomer": Jack H Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; www.skirballcenter.nyu.edu; 2 and 8 pm; \$20-\$32.

Starring Rick Miller. For children eight and up.

Spring workshop: Manhattan Movement and Arts Center, 248 W. 60th St. between Amsterdam and West End Avenues; www.manhattanyouthballet.org; 4 and 8 pm; \$30 (\$20 for students).

Presented by the Manhattan Youth Ballet, program includes excerpts from George Balanchine's "Stars and Stripes," the "Scherzo" from Balanchine's "A Midsummer Night's Dream," "Don Quixote," "Swan Lake" and "le Corsaire."

Prom Dress collection: South Oxford Theatre, 138 S. Oxford St. lead-inglyadies.org; 6:30-10:30 pm; Free.

LACE is hosting the second annual collection for prom dresses for girls.

SUN, APRIL 1

Buddhist Mandalas: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapport@cmayn.org; www.cmany.org; 10 am; Free with museum admission (\$6 Free for members).

Children learn about the meditative tradition of creating mandalas. Use colored sand over a glue covered surface to create designs and symbols.

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, March 31.

Gustafer Yellowgold's Year in the Day: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org/92ytribeca; 11 am; \$15 (children under 2 free).

The little guy from the Sun returns to NYC with his national tour with an out-of-this world multimedia show.

Open Auditions: Alvin Ailey Studios, 405 W. 55th St. at Ninth Avenue; info@acballet.org; www.acballet.org; 11 am; Free.

Attention all dancers - for the 2012/2013 season For Atlantic City Ballet.

Scavenger Hunt: Crotona Nature Center (CNC), Charlotte St. & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Search the woods for nature's treasures. All materials provided.



Creativity in bloom

In addition to bleeding hearts, flowering quince and bridal-wreath, art will be blooming at Wave Hill public garden and cultural center in April.

Every weekend, Wave Hill is hosting "Family Art Project," where children and parents get to explore their creative side, tour the grounds, and then make

unique projects.

"Family Art Project" in the Ecology Building at Wave Hill [West 249th Street and Independence Avenue in Riverdale, (718) 549-3200 ext. 395], April 1, 7, 8, 14, 15, 21, 22, 28, and 29, from 10 am till 1 pm. Free with admission, which is also free until noon on Saturdays. For info, visit www.wavehill.org.

Spring workshop: 1:30 and 5:30 pm. Manhattan Movement and Arts Center. See Saturday, March 31.

MON, APRIL 2

Color weaving: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapport@cmayn.org; www.cmany.org; Noon; Free with museum admission (\$6 Free for members).

Discover how colors interact as you create your own weaving on cardboard looms.

TUES, APRIL 3

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30-11:30 am; \$25 (\$30 non-members).

Homey Habitats - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

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

For children 5-12.

WED, APRIL 4

Culture Trolley Night: The Bronx Museum of the Arts, 1040 Grand Concourse at 165th Street; (718) 681-6000; www.bronxmuseum.org; 5:30-8:30 pm; Free.

Teen exhibition of art and writings inspired by Charles Dickens.

THURS, APRIL 5

Toddler Time: 10:30-11:30 am. Central Park Zoo. See Saturday, March 31.

Easter craft: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4-4:30 pm; Free.

Children 5-12 use their creativity to make a unique project.

FRI, APRIL 6

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

The Bronx Seaside Trolley is up and running again. Enjoy a scenic ride and explore the Bronx.

SAT, APRIL 7

Archery: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10 am; Free.

Master the skill of the bow and arrow. For children 8 and older. All equipment provided.

Family Art project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am-1 pm; Free Family Art project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am-1 pm; Free with museum admission.

Use buttons to make a beautiful button clad figure of your favorite plant or animal. with museum admission.

Gather materials from outdoors then decorate a pre-cut wooden or cardboard frame, adding yarn, sticks, raffia grasses and colored sand to create a one-of-a-kind masterpiece.

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

For all ages.

Family affair: The Bronx Museum of the Arts, 1040 Grand Concourse at 165th Street; (718) 681-6000; www.bronxmuseum.org; 1-4 pm; Free.

An afternoon filled with art-making activities for families and children.

SUN, APRIL 8

Hieroglyphs: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapport@cmayn.org; www.cmany.org; 10 am; Free with museum admission (\$6 Free for members).

Using the alphabet of ancient Egyptians create your own secret messages.

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, April 7.

MON, APRIL 9

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; 11 am and 1 pm; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendant of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Insect safari: Crotona Nature Center (CNC), Charlotte St. & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Join the park rangers and take a walk into nature.

Comic books: Children's Museum of

Going Places

the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rapoport@cmay.org; www.cmay.org; Noon; Free with museum admission (\$6 Free for members).

Use the museum's templates to create your own visual story.

TUES, APRIL 10

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Concert: Crotona Nature Center (CNC), Charlotte St. & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Children hear the music of Native Americans.

Chinese Ribbon Dance: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nysl.org; 4 pm; Free.

Children 4 and older learn from Margaret Yuen, the director of the Red Silk Dancers, how to do this graceful performance.

"The Mikado": Carnegie Hall, 881 Seventh Ave. at W. 57th Street; (212) 247-7800; www.carnegiehall.org; 6:30 pm; \$25.

Gilbert and Sullivan's operetta set in Japan in the fictional town of Titipu.

WED, APRIL 11

"Little Miss Muffet's Monster Sitting Service": 11 am, 1 and 2:30 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Scavenger Hunt: 1 pm. Crotona Nature Center (CNC). See Sunday, April 1.

THURS, APRIL 12

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Survival workshop: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 1 pm; Free.

Let the Urban Park Rangers show you how to survive in the wilderness. From lighting a fire without matches to finding fresh water to drink. All materials provided.

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

Children 6 and older explore their creative side and write poetry.

FRI, APRIL 13

Archery: Van Cortlandt Nature Cen-



Striking 'Yellowgold'

How does a mellow-yellow-fellow from the sun, named Gustafer Yellowgold, celebrate Earth's holidays? Find out at the far-out, multimedia release party for the "Gustafer Yellowgold's Year in the Day" DVD and CD set, on April 1 at 11 am at the 92Y Tribeca. New songs from the DVD will be performed live by Yellowgold creator Morgan Taylor and his band.

In this fifth DVD set featuring Yellowgold, the little, conehead sun-man is enjoying his new life in the Minnesota woodlands, and he's celebrating a year's worth of the Earth's holidays in his own, unique way. Among the 11 music videos are "New is the New Old" and "A Shadow," in honor of (need we say it?)

ter, (VCNC), W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10 am; Free.

Master the skill of the bow and arrow. For children 8 and older. All equipment provided.

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Groundhog Day. In addition to the widely known holidays, such as Halloween, Yellowgold celebrates "unsung-about holidays," including Fat Tuesday and Pancake Day in "Pancake Smack-down."

"Year in the Day," featuring Gustafer, BF Forest Applecrumbie and pet eel Slim (short for Slimothy), offers a unique blend of pop music and cartoons.

"Gustafer Yellowgold's Year in the Day" [92Y Tribeca, 200 Hudson St. at Vestry Street in Tribeca, (212) 601-1000] April 1 at 11 am. Tickets are \$15, and free for children ages 2 and younger. "Gustafer Yellowgold's Year in the Day" DVD and CD package, \$19.99, will be available for purchase at the event. For more, visit www.92y.org/tribeca/event.

SAT, APRIL 14

Flag Football: Van Cortlandt Stadium, Broadway and W. 242nd St. www.nycgovpars.org; 9 am-1 pm; Free.

Modell's will partner with NYC Parks and host sports clinics for children 8 to 17. All equipment is provided during clinics. Onsite registration begins at 10 am.

Family Art project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am-1

pm; Free with museum admission.

Visit the gardens and then sketch them for inspiration. Use an array of recycled materials to create fantastic wall decorations.

Toddler Time: 10:30-11:30 am. Central Park Zoo. See Tuesday, April 3.

Camp Open House: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; 11 am-2 pm; Free.

Parents get information about the programs offered; Pre-school ice skating; Pre-school gymnastics; Junior gymnastics; golf; soccer and more.

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

For all ages.

Garlic Mustard pull: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am-2 pm; Free.

Pull out the mustard plants around the park - counts for community service for students.

SUN, APRIL 15

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, April 14.

Little Miss Ann: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The performer shares her quirky upbeat 1960's styled original children's music with special guest Brooklyn's own Suzi Shelton.

TUES, APRIL 17

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30-11:30 am; \$25 (\$30 non-members).

Winged Wonders- for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Gadgets and gizmos: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nysl.org; 4 pm; Free.

Children 6-12 learn how a hot air balloon operates and how it is constructed. Presented by the Children's Museum of Manhattan. Pre-registration required by phone.

FRI, APRIL 20

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

For all ages, bring pen and paper and be prepared to enter the creative world of writing.

Continued on page 32

Going Places

Continued from page 31

Art Slam: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapoport@cmayn.org; www.cmany.org; 6:30–9 pm; Free.

Children in seventh to ninth grade party with pizza, music and art. RSVP required.

"The Dragon Child": Jack H Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; www.skirballcenter.nyu.edu; 7 pm; \$25-\$40.

Performance blends traditional Chinese art, music and culture with contemporary puppetry, theater and animation. Suitable for children 6 and older

SAT, APRIL 21

Volleyball: West Bronx Recreation Center, Jesup Ave. between W. 172nd Street and Cross Bronx Expressway; www.nycgovpars.org; 9 am–1 pm; Free.

Modell's will partner with NYC Parks and host sports clinics for children 8 to 17. All equipment is provided during clinics. Onsite registration begins at 10 am.

Zoo help: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 9–10:30 am; \$50 (\$60 non-members) each session \$170 (\$215 non-members) four sessions.

Children 8-10 years old help the animal keepers and study the behaviors of animals.

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11 am; \$25 (\$30 non-members).

Color their world - for 4 and 5 year old children. Instructors lead the children through songs, dances and games, as well as creative animal themed crafts.

Family Art project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with museum admission.

Storyteller Rama Mandel reads "The Lorax" by Dr. Seuss and the "Giving Tree" by Shel Silverstein, then make a craft.

Body buildings: Skyscraper Museum, 39 Battery Place; (212) 968-1961; www.skyscraper.org; 10:15 am–noon; Free with museum admission.

Children work together to create a city skyline using poster paper.

Beach day: Pellham Bay Ranger Station (PBRS), Pellham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 1 pm; Free.

The Urban Park Rangers take children on a trip to the beach and explore the shore.

"The Dragon Child": 2 and 7 pm. Jack H Skirball Center for the Performing Arts. See Friday, April 20.

Ballet Hispanico: The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; www.joyce.org; 2 pm; \$10-\$59.

The world premier of Espiritu Vivo.

SUN, APRIL 22

Photo day: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$45 (\$50 non-members).

Children 6-18 years old team up with parents and photograph zoo animals in celebration of Earth Day. Wildlife photographer Judith Wolfe, takes guests on a journey through the zoo to capture the adventure. Digital camera required.

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, April 21.

Children's concert: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

Performing sisters Nerissa and Katryna Niels sing folk songs.

Archery: Crotona Nature Center (CNC), Charlotte St. & Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Master the skill of the bow and arrow. For children 8 and older. All equipment provided.

"The Dragon Child": 3 and 7 pm. Jack H Skirball Center for the Performing Arts. See Friday, April 20.

Cinderella: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; \$25-\$40 (Children under 12 \$10 any seat).

Performed by the famed Moscow Festival Ballet.

TUES, APRIL 24

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Scaly Critters - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

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

Master storyteller Patrick Richwood entertains children 5-12, with his interactive performance.

WED, APRIL 25

Movie time: Kingsbridge Library

Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 4–6 pm; Free.

Teens 13-18 view age appropriate films, selected by the Teen Advisory Group.

THURS, APRIL 26

Toddler Time: 10:30–11:30 am. Central Park Zoo. See Tuesday, April 17.

Art and literacy workshop: City Treehouse, 129A W. 20th Street; (917) 463-8609; www.privatepicassos.com; 6–7:30 pm; \$30 (adults only).

Discuss the importance of visual arts in child's development as well as the literacy connection and fine motor skills.

SAT, APRIL 28

Run for the Wild: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.wcs.runforthewild.org; 8 am; \$35 (\$25 children and seniors - registration fee).

The annual 5K and Family Fun Run calls for all runners and walkers. Lace up your sneakers and enter the wildest race around and help save the lions. After the run stay for the post-run activities including refreshments, music, and more.

Nature workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members).

Children 9-12 years old learn about frogs toads and everything amphibian.

Family Art project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with museum admission.

View the beautiful wildflowers that are beginning to bloom then use tempera paint and learn the printmaking method.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Animal Sing-A-Long - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Josh Selig: Barnes & Noble, 97 Warren St. at Murray Street; (212) 587-5389; www.barnes&Noble.com; 11 am; Free.

Author of "Olive Branch: Red & Yellow's Noisy Night" and creator of the Wonder Pets will be on hand to read a story and sign copies of his books.

Golf fest: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; Noon–6 pm; \$15 (\$10 children).

Stop by and demo out the latest golf equipment and enjoy compli-

mentary hitting and swing tips from pros, a kids corner and hot dogs and beverages.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 21.

SUN, APRIL 29

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, April 28.

Recess Monkey: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The acclaimed Seattle children's band performs selections from the latest album.

Golf academy: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; Noon–5 pm; Free.

Enjoy a 15 minute lesson with a golf pro, demos and more.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 21.

MON, APRIL 30

PJ Night with Literacy Inc: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 5–6 pm; Free.

Stories, crafts and refreshments for children 5-12.

SAT, MAY 5

Zoo help: 9–10:30 am. Central Park Zoo. See Saturday, April 21.

Toys and games: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 11 am–1 m; Free.

Children play with old-fashioned games like hoops, graces and pass the slipper. Registration requested.

Story night: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Ave. (718) 579-4244; www.nypl.org; 1 pm; Free.

Members of the Rotary Club of Riverdale read to children 5-12.

SUN, MAY 6

Astrograss for Kids: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

A unique blend of bluegrass and down home humor. The concert features sing-a-longs, dance contests, hoedowns and songs about Brooklyn neighborhoods.

Toys and games: Noon–2 pm. Bartow-Pell Mansion Museum. See Saturday, May 5.

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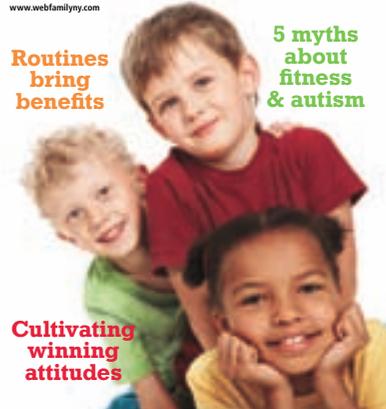
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New & Noteworthy

For April showers

Make sure your kids feet are dry — and stylin' — in a pair of Keen's waterproof Coronado rain boots. Available in a variety of smile-inducing patterns for boys and girls, from Grass Print (pictured); to not-scary Monsters on a field of blue; to Dark Shadow, featuring adorable dogs on a black background, these boots are lined with soft microfleece.

Perfect for romping through playgrounds and jumping in puddles, these boots slip on easily with the help of their looped handles. But watch out, they may be so comfy and fun that they'll soon have your child wishing for rainy days that never go away. Available in sizes 1-6.

Coronado Rain Boot by Keen, \$55. For more, visit keenfootwear.com or call (866) 676-5336.



'Mirror' reflects movie

It can be difficult to encourage a child to choose a book over easy entertainment like video games and TV shows. But if it's a chapter book based on a magical new movie about a legendary princess, they just might be tempted to crack its spine.

A new take on the Grimm Brothers' "Little Snow White" fairy tale, the PG-film "Mirror, Mirror" is an adventure comedy directed by Tarsem Singh ("Immortals"), starring Oscar-winner Julia Roberts as the greedy, vain Queen and Lily Collins ("The Blind Side") as Snow White. Armie Hammer ("The Social Network") plays her seriously handsome Prince, while Nathan Lane delivers comic relief as Brighton, the Queen's bungling servant.

The movie-inspired novel, adapted by Lexi Ryals, is a suspenseful read with eight pages of color pictures from the film, high-

lighting the magnificent costumes by another Oscar-winner, the late Eiko Ishioka ("Immortals" and "Bram Stoker's Dracula").

Parents, be warned that the book (geared toward kids ages 7 and up) contains much calling for the death of Snow White; a teeth-gnashing beast; magical, murderous mannequins; and — spoiler alert — an apple-related murder-suicide. Overall, however, the novel about the generous, sympathetic Snow, who finds the metaphorical and literal strength to fight evil, turn a band of thieving dwarves into heroes, save the prince from a humiliating potion, and aid her impoverished townspeople, is a great way for your young reader to relive the memory of seeing the film with you, while they hone their reading skills.

"Mirror, Mirror: The Movie Novel" adapted by Lexi Ryals (Scholastic), \$5.99. For more, visit www.scholastic.com.



Universal pleasure

Celebrate Earth Day with Recess Music's Celebrate Earth Music series' "La Bella Stella" CD. It's struck the right chord to combine education and entertainment in kiddie music.

All 15 tracks are diverse styles, and each touches on the wonders of our universe. It's recommended for kids ages 4-11, but parents can hone their inner child, too! Rocknrocros's "Pluto" relays how the former plant



became a pint-sized one, while AudraRox laments that "Gravity" is keeping her down, and Andy Z croons that the Milky Way is more than a candy bar in "Galaxy Song."

There's more good news! A portion of the proceeds will be donated to the McAuliffe-Shepard Discovery Center in Concord, N.H.

"La Bella Stella" CD, \$12.99 plus \$2.98 for shipping and handling. For info, visit www.recessmusic.com.

Batty about friendship

Captivate your child with Scholastic's new animated version of Janell Cannon's 20-year-old story, "Stellaluna" — a DVD that brings to life the eponymous fruit bat which becomes separated from her mother by a swooping, hungry owl, which then raises it as her one of her own.

A teensy bit scary? Maybe, but a lot of fun at the same time. Stellaluna's story is about accepting what makes her different, and along the way, the viewer learns fun facts about these jungle inhabitants, including



hat makes a fruit bat different from birds: Did you know they sleep upside down and are covered in fur? All ends happily with Stellaluna reuniting with her mother. The DVD also has the option to watch the film with a read-along function — subtitles highlight each word as it's spoken

— which could be a boon for young readers. Fun songs folded into the narrative, too, and it's recommended for children ages 2-8.

"Stellaluna" DVD, \$12.95. For info, visit newkideo.com.

Yoga for two

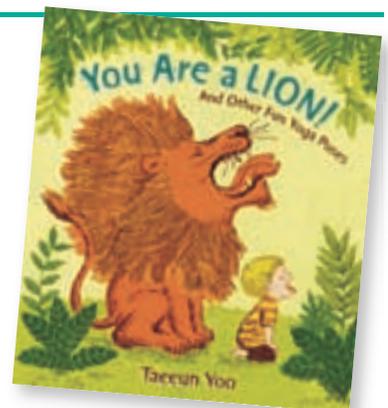
When I found a rare moment to roll out my yoga mat in the living room, my young son took it as an invitation to jump on Mommy like I was a jungle gym. Needless to say, all of my muscles tensing for the impact from a rambunctious boy was not conducive to a relaxing session.

I'm sure that if I had Tae-eun Yoo's new book, "You are a Lion! And Other Fun Yoga Poses" (Nancy Paulsen Books), recommended for kids ages 3-5, I would have been more successful at diverting my son off of me and onto his own mat. This author-illustrated hardcover is a wonderfully drawn tool to help introduce your little one to the benefits of yoga — flexibility, focus, and more —

while making it easier for you to continue your own downward-facing dogs.

Yoo has reminded this reader of another side effect from practicing yoga — and parenting: fun!

"You are a Lion!" by Tae-eun Yoo, \$16.99 — Lisa J. Curtis





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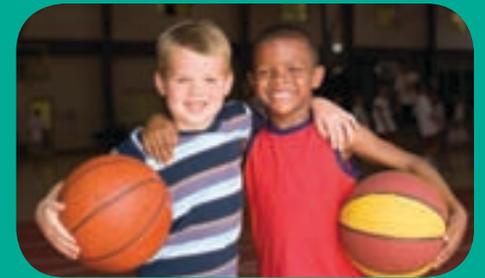


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