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# Family

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## Healthy fats for kids

## Overcoming the stigma of food allergies

## Dangers in food dyes



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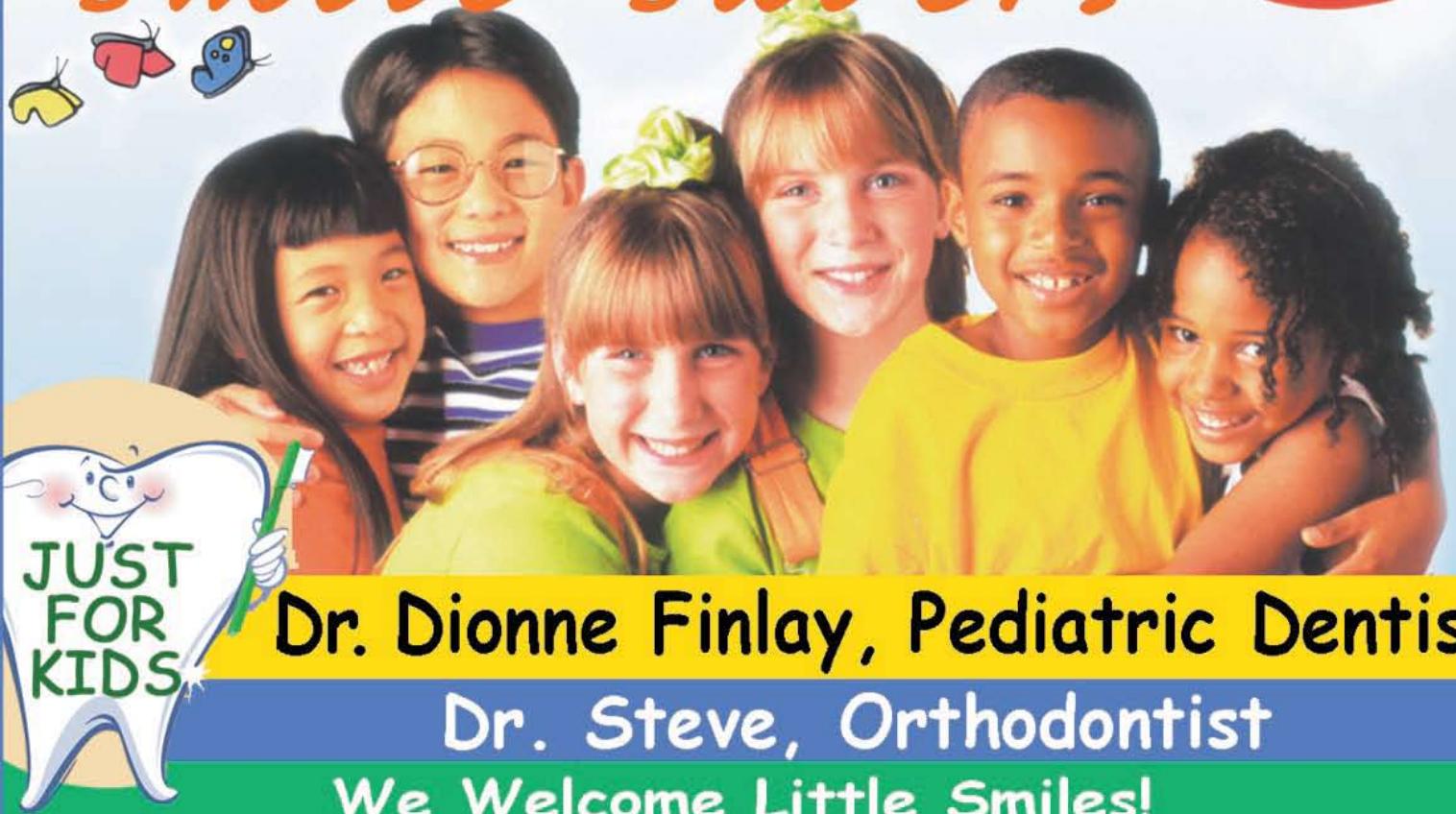


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# Family July 2012



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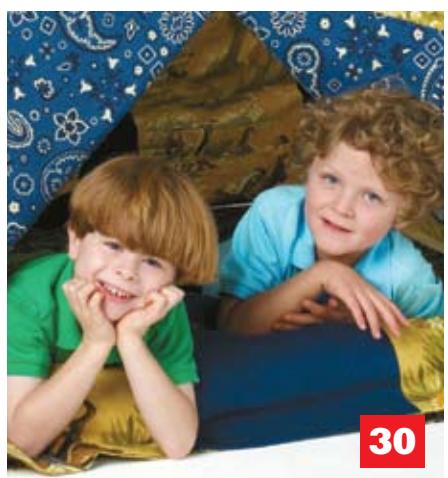


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# *Letter from the publisher*

## Health is the buzz

**T**alk of health is everywhere. Our national focus on the President's Health Care Initiative has been tying up the conversation and hopefully with the recent Supreme Court decision we can move on and do what's necessary to implement universal coverage. The truth is that we need it because people are not in good health.

My contention is that over 60 years of processed foods, along with other pollutants in our air and water, has affected the general health in disastrous ways, and when more people realize that we truly "are what we eat and drink," there will be a surge in general health and a lowering of the weight fac-



tor for all Americans. There is little doubt that maintaining good health is more in our hands than in our doctors'. Our behavior and choices, for ourselves and our children, either create the foundation for a healthy life or succumb to the risks of unnatural elements.

This issue focuses on health and particularly on food, diet and vitamins and their role in keeping us healthy and vital. As parents, we set the tone and the patterns for our families. We determine what's on the menu from the very beginning. Are there going to be fresh fruits and vegetables in the fridge and on the plates, or are we ordering out or stopping at a fast food

place? Are we making our own baby food in a blender with fresh ingredients or buying jars of food with sugar and other additives? Do we read the labels or are we careless?

It's a big responsibility to be a parent. It's being the CEO and CFO of our families' corporation, and running the company is a big deal and takes planning, education and determination. So we should see "red" when we think there are food dyes in our kids' food. We should understand that not all fats are to be avoided and that good fats are necessary for good health.

This issue continues what will definitely be ongoing for us in our editorial effort; to recognize and focus on the complex factors that comprise good health. We need to be educated because much of this

just doesn't come naturally, and what other important responsible thing do we do in our lives without education and certification?

As we live longer we must find the secrets of staying in good health for a lifetime that increases with every generation. Good health; a path from day one that parents can do their utmost to provide for the new life that's been entrusted to their care and supervision. Let's take it seriously.

Thanks for reading and enjoy the summer!

Susan Weiss-Voskidis,  
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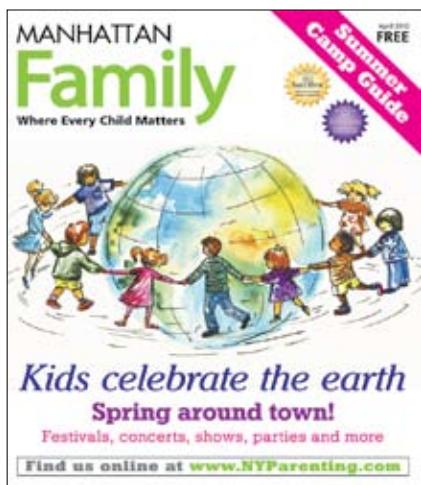
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# MANHATTAN Family

The publisher's of  
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the launching of  
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magazine.

Our inaugural issue will  
be September 2012.

# A conversation with Rain Pryor

The famous daughter talks about her childhood, her child, and her new Off-Broadway show

BY TAMMY SCILEPPI

**R**ain Pryor is a loving, hands-on mom, a dynamic jazz singer, an author, and the star of a one-woman show. Oh, yeah, and she inherited her father, comedian Richard Pryor's, funny-gene.

The 43-year-old, award-winning actress and author of "Jokes My Father Never Taught Me: Life, Love, and Loss with Richard Pryor," had a rocky road to fame. And her fortune, she hopes, will come in time.

Living in Baltimore, Md., for the past seven years, Pryor has been focusing on her 4-year-old daughter, Lotus Marie, and the mommy experience has been so rewarding, she wants to share it with other parents while speaking candidly from the heart.

New Yorkers who haven't seen her in action will have an opportunity to enjoy her re-energized, irreverent, and heartfelt one-woman show, "Fried Chicken and Latkes," when it heads back to Off-Broadway on July 12. Her humorous storytelling performance — filled with original scores and songs — is told from the unique perspective of an African-American woman with a Jewish background, and makes for an extra-special theater experience.

We sat down with Pryor to talk about her family, life lessons, and her re-vamped show.

**Tammy Scileppi:** What was it like living with your mom?

**Rain Pryor:** Growing up, my mom and I lived in Beverly Hills



(At left) Rain and her father, comedian Richard Pryor. (At right) The star performing in "Fried Chicken and Latkes."



but below the tracks, where the poor-rich people lived. My mom is the most dynamic and complicated woman I know. She raised me at a time when the world wasn't ready for a mixed-race child and she had many obstacles to overcome. She felt like a black woman trapped in a Jewish woman's body. School was difficult. I was the only child of my type — golden skin, huge hair, and a tiny head. I don't think I tried to fit in, so theater was my saving grace. With acting, I could be whatever I wanted to be.

**TS:** Your maternal grandparents taught you about Jewish culture while your black grandmother made sure you knew all about your African-American roots. Was it confusing during the holidays?

**RP:** Holidays have always been a time for awesome family gatherings. We decorated a tree, lit menorahs, and ate all kinds of foods. I'm

not religious, but spiritual — more of a mystic — there's no doctrine or dogma here. My maternal grandfather passed away last year and it was a devastating blow for me. Herb Bobis was more than my grandpa, he was like a father. My bubbe is almost 91 and is like a mother to me. Mama Ritchie Marie Carter was my father's grandmother and ran a brothel where my father's mother was a hooker. "It's a family business," she would say. She was an awesome cook and a healer. I learned about truth and soul food from mama.

**TS:** What was your dad like?

**RP:** He took me fishing, we took long naps, went to the movies, and went on vacations where we sat in first class. My home life was up and down — a lot of happy and a lot of sad dysfunction. But it was still home. My father's addiction wasn't private. I used to tell him



off and not speak to him when he was loaded. I would make big, huge charts and do lectures in his bedroom — yep, I was one of “those” kids. But I was never addicted. I’ve smoked pot and tried drugs but I’m not a good drug-taker, so, I don’t do them. Dad was a genius — a true artist. He told the truth on stage and we listened. I did part of my show for my father because I needed his approval. He loved it and said, “Keep on going, baby!”

**TS:** Can you share you and your partner, Yale’s, miracle baby story with our parents?

**RP:** We had three miscarriages before Lotus. The hardest loss was when I was on tour in London. We were eight-weeks in when I started

to bleed due to a blighted ovum — an egg with no baby growing inside. I had a dilation and curettage procedure. We were pregnant three months later and then came Lotus! LoLo attends preschool and day-care. She’s a daddy’s girl and I’m chopped liver. In her eyes, he’s all that’s safe and alpha and mommy is silly. She loves “High School Musical” and teen movies. It’s like she skipped over the real kiddie stuff.

**TS:** Why did you name her Lotus?

**RP:** Yale and I were practicing Buddhism. He had traveled to India and wanted to feel connected to his practice. Also, a Lotus is a beautiful flower that grows in muck. But, like all mothers who celebrate their

little miracles, reality starts to set in as joy gradually turns into sleepless nights, dirty diapers, and no alone time.

**TS:** What is your show’s message?

**RP:** It’s about accepting both sides of who I am. The message is that there’s no race, just the human race. We are divided by cultures. I talk about Dad’s passing, racism, being a mom, and how I suck at relationships. But none of that defines me. I define me.

*“Fried Chicken and Latkes,” at Broadway Temple Actors Theatre [339 W. 47th St. between Eighth and Ninth avenues in Manhattan, (212) 947-3499, actorstempletheatre.com, www.rainpryor.com] Opens July 20.*

Rain Pryor with her partner Yale, and their daughter Lotus.



## MOMMY 101

ANGELICA SERADOVA

# When is the right time to have kids?

## Reflecting on my second-annual 30th birthday

**T**wenty-eight was my number. No, not that number! The perfect number, the age at which I wanted to have children. The age at which I felt I would be ready to finally become a mother. Well, this month I'll be celebrating my 31st birthday, and I'll be a mom to a 10 month old. Not too far off. I've been playfully dubbing it my "Second-Annual 30th." I get to celebrate the big 3-0 again, since I was 8-months pregnant the first time around, and needless to say, I was in no mood to move out of my air-conditioned room, let alone celebrate my birthday.

Did I feel more ready at 30 than I did at 28 to have a child? Absolutely. Do I ever still feel like I'm missing out? Yes. The truth is, no matter what age you choose to be a mother, it comes with sacri-

fice. Younger mothers sacrifice their youth and freedom. Older mothers sacrifice their bodies and independence. Young or old, something that you once held dear — whether hanging out with your friends every week or taking that yearly trip to a new destination — might have to take a back seat for a while.

Back when I used to watch TV, I remember catching an episode of "Teen Mom." A teen was arguing with her mother over whether or not her mother could watch her baby while she went out and partied with her friends. This was a frequent event, and the teen's mother was at her wit's end. She gave her a lecture on how her partying days were over and how she needed to accept the responsibility of being a new parent.

Of course I agreed with the mother. The teen clearly needed to get her act together, but I can only imagine how difficult it is to be so young, watching your friends enjoying the things that define your youth, while caring for an infant. That can't be fun. Things like prom, dating, going to the beach, and just doing what young people do are no longer a part of your lifestyle. You're really forced to grow up once you become a parent, whether you're ready for it or not.

I really enjoyed my youth. I was always active in school, socialized with friends, and got to travel. I had the best college experience ever and even lived on my own for a while after I graduated. I did all the things you're "supposed to do" before having children.

By all accounts, having a baby at 30 should have been an easy transition. But sometimes I feel like a teen mom who just wants to run off with her friends. I would've had this feeling at 40 or 50, too, I believe. The word "mother" is synonymous with the word "sacrifice."

Maybe it's the realization that I have a child, maybe it's the fact that this will be my first summer as a mom. Either way, it still seems crazy. Instead of thinking that I'm missing out on happy hours by the seaport and fun weekend getaways, I get to sign up for mommy-and-me swimming, have family picnics, and show my

daughter how fun it is to blow bubbles on a warm, sunny day. I get to be the mom I've always wanted to be. And I'm pretty sure that spending my second-annual 30th with my daughter will be a really great gift.



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# 'I can't eat that'

**Helping your child overcome the stigma associated with having a food allergy**

BY JOAN SCHMIDT

In the United States, one out of every 25 Americans suffers from a food allergy, and one in 20 has gluten intolerance. And out of those 15 million affected with food allergies, a vast majority are children, according to the Food Allergy and Anaphylaxis Network, an advocacy group.

The special dietary attention these young people require is not always welcomed by the afflicted, as they often feel stigmatized for being "different" from their peers. However, providing a safe environment for children who must follow a medically necessary diet can be a matter

of life and death for those who have a severe food allergy.

It is imperative that parents, school officials, teachers, and fellow students be marshaled to provide a safe and welcoming venue for these children. A unified front will insure that these kids become active and valued participants in the school community. In order to achieve this goal, knowledge is power and education is the key.

Daily challenges vary in type and intensity for kids with food allergies, sensitivity or intolerance. While constantly struggling with making safe food choices, some are bullied and ostracized because of their legitimate dietary constraints. Several

studies support the growing sense that these children experience significant social challenges.

The data demonstrates that even parents are often met with hostility and skepticism in school and other social situations when trying to explain their child's specific dietary circumstances. Additionally, some of these families are made to feel that the food allergy or intolerance is a frivolous, self-indulgent fad invented and maintained by attention-seeking people. Unfortunately, there are occasions when non-food allergy parents picket schools that are taking proper allergy-safe precautions, believing that their children's eating

The Golden Apple Rule lets parents and caregivers lead by example to boost their child's confidence.



"rights" are being subordinated in favor of the allergy sufferers.

Since our society uses food as a focal point in most celebrations, meetings, and social situations, awareness of allergy, food sensitivity, and intolerance is essential in creating settings that are truly all-inclusive.

"Generally speaking, the public awareness of food allergy in the U.S. has increased, and this has resulted in some real benefits to families," says Brian P. Vickery, MD, an assistant professor at Duke University School of Medicine in Durham, North Carolina. "For example, manufacturers are now required to put clearer labels on food items, many restaurants can provide better experiences, and schools are often more prepared to handle children with allergies. However, the situation is far from perfect. Many families continue to struggle over and over again with obstacles, limitations, skepticism, and judgment."

One effective and easy way for a family to overcome these struggles and boost the child's confidence, so she can feel that she fits in, is to follow the five steps of The Golden Apple Rule. Like that other golden rule, the Golden Apple Rule lets parents and caregivers lead by example. These steps, which can immediately be incorporated in the child's daily life, include:

- Advocate: Tell your child that it is important to speak up and inform friends, teachers, and teammates that she has a food allergy or intolerance that could potentially be fatal or make her very sick. Being an advocate for your child will teach her to effectively advocate for herself — an important life lesson she will take into adulthood.

- Positive attitude: Stay upbeat and confront your child's dietary limitations head on. As you remain positive and in control, the child's anxiety decreases as these limitations become a normal part of everyday life. This does not mean complacency, but rather vigilance with a smile.

- Provide a favorite snack: Give your child a favorite snack to be eaten at school or on the field. Then, several times a year, share

this treat with your child's fellow students and teammates to demonstrate that she eats delicious food everyone can enjoy. Sharing this preferred snack with classmates and friends can help your child feel better about her dietary needs. Also, give your child safe snacks to keep at school for those times when unexpected parties arise, so she is not left out of the celebration.

- Look, listen, and locate: Keep your eyes and ears open for any new information that will assist you in educating and raising awareness about food allergies, sensitivities, or intolerance.

- Empower: Speak frankly with your child about her dietary restrictions. Teach her to read and understand food packaging labels and, most importantly, tell her it is OK to say, "No, thank you," when she is offered a possibly unsafe food choice. This bolsters your child's confidence to participate in school and social environments and helps her to gracefully handle awkward peer-related situations that may arise.

...

Eating out, going to camp, and having fun in a myriad of places and settings is all possible for a child with a food allergy, sensitivity, or intolerance. But to engage in these activities SAFELY requires diligent planning, preparation, and education. In the end, though, it is all worth it when you see your child enjoying herself — just like everyone else!

*Joan Schmidt is a registered nurse with a master's degree in business administration who has more than 20 years of healthcare experience. She owns and operates JCB Consulting Services Inc. — a company that offers gluten-free consulting services to food service venues, as well as individual client care — with her sister, Barbara Callanan. Schmidt lives on Long Island with her husband and two children. Her daughter was recently diagnosed with a tree nut allergy and her sister has celiac disease. Schmidt's passion is to educate and raise awareness about food allergies and celiac disease, ensuring safe consumption of food for all those affected. Contact her at joan@consultjcb.com and visit her on Facebook or www.consultjcb.com.*

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# Give your preschooler an edge

Strategies to help him read his world

BY MICHELE RANARD, MED

We all want the inside scoop when it comes to opportunities that could lead to greater academic success for our children. But as well-meaning parents, sometimes we're vulnerable to the latest fad in the marketplace or alternative fast tracks.

That's why it's smarter to pay more attention to what experts on emerging literacy have to say rather than the latest hype. Their advice won't always have a novel ring to it or come with a free gift, but it will suggest steps to help your child get ready to read through daily experiences at home.

## Opportunities to seize

In 2000's "Children's Learning Opportunities Report," Carl Dunst explains the opportunities for language development and early literacy in terms of incidental and intentional opportunities.

Incidental opportunities are watching leaves rustle while on a walk, blowing on food when it's too hot, or talking about body parts during bath time. Intentional activities might include story hour at the library or a trip to the zoo.



Dunst says children need activity settings matched to their interests and competencies to practice existing skills and learn new abilities. Suggestions from Dunst include:

#### **Identify a preschooler's INTERESTS**

- What makes your child smile or laugh?
- What makes your child happy and feel good?
- What are your child's favorite things?
- What is enjoyable to your child?
- What does your child work hard at doing?

#### **Identify a preschooler's COMPETENCIES**

- What gets and keeps your child's attention?
- What is your child good at doing?
- What "brings out the best" in your child?
- What does your child like to do a lot?
- What gets your child to try new things?

#### **Everyday learning gives them an edge**

Repetition during meal time, bath time, diaper changes, and bedtime story routines primes young children for later school success. Sound lazy or too simple? It's huge.

"Bridges to Literacy," by Sharon E. Rosenkoetter and Lauren Barton, encourages parents to think of building bridges to literacy by providing experiences that include print, responsiveness, repetition, modeling and motivation, and oral language.

#### **Think PRINT**

Reading time may be brief, but must happen every day to help kids explore new worlds, laugh across generations, and learn about amazing and ordinary things. Bonus: sharing stories can be a balm for irritable or fussy children.

Reading together should be relaxing and fun. It is much more than simply exposure to language, it's about creating happy reading memories that set the stage for a love of reading.

#### **Stay RESPONSIVE**

For early literacy, you want your child to learn that language is fun, that she can do it well, and that she can get results from using it.

#### **Provide REPETITION**

Provide routine schedules that use familiar phrases (such as "let's have some lunch" or "scrub-a-dub-dub") and cues at key times during the day. Nap and bedtime routines should be kept the same, and reading the same book over and over helps strengthen the foundation for later academic success.

#### **Be a consistent MODEL and MOTIVATOR**

It's important that your child sees you reading. Routines demonstrate that reading is important. At home, point out that you are reading the newspaper or a recipe. On car rides, be intentional as you point out signs on the road or the names on store fronts. It's also important to write and draw with your child.

"When children draw pictures, their verbal comments should regularly be written on the page and read aloud," writes Rosenkoetter and Barton.

#### **Use ORAL LANGUAGE**

Quantity matters, so talk a lot. Expose your child to as many words an hour as possible. Talk to her during work and play. Chitchat has a big payoff and translates into broader vocabularies and higher levels of reading later.

"From this foundation of basic learning and subsequent daily explorations with everyday people and objects, the young child builds many other understandings of self and others...Young children begin to 'read their world' and to have wider and greater impact upon it," writes Rosenkoetter and Joanne Knapp-Philo in "Learning to Read the World."

As parents, we can help them read their world long before they learn to read.

*Michele Ranard has a husband, two children, and a master's in counseling.*

#### **Resources:**

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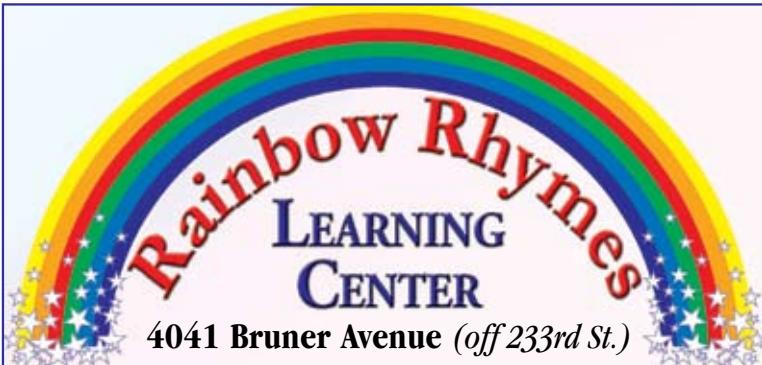
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*Continued on page 16*

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## Preschool DIRECTORY

*Continued from page 14*

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### Each of our preschool special education programs offers the following services:

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# Eat fat to be healthy?

BY SANDRA GORDON

**S**witch to skinny lattes. Learn to love nonfat cheese. No more butter! Sound familiar? If you're trying to lose weight by cutting out all the fat in your diet, here's food for thought: fat doesn't make you fat. Excess calories do.

"It's not total fat that matters. People need to be concerned about total calories," explains Artemis P. Simopoulos, MD, president of The Center for Genetics, Nutrition, and Health in Washington, DC and co-author of "The Omega Plan."

Another fat misconception? A no-fat or low-fat diet is the health gold standard. It isn't. In fact, studies, such as the Women's Health Initiative,



## Healthy fats for kids

Fishing for serving ideas? Here are kid-friendly ways to work more healthy, unsaturated fats into your menus.

- Canola oil: Use it for sauteing vegetables and lean meat. For salad dressings, use half canola oil, half olive oil (for flavor).

- Ground flaxseed: Use a couple of tablespoons as a topper for salads; blend into a morning fruit smoothie or sprinkle atop cereal at breakfast.

### Top Tips

- Albacore tuna: Stir into lunchtime pasta salads; serve on toast with sliced avocados, a squirt of lime juice, and a dash of salt, or fold into your favorite dinner time casseroles.

- Walnuts: Add chopped walnuts to baked goods like banana bread, sprinkle on pancakes, or serve with an afternoon snack of cheese and crackers.

- Sardines: Sneak them into pasta sauce.

tive, which involved 49,000 women, showed that a low-fat diet didn't significantly reduce the women's risk of heart disease, breast cancer, or colon cancer.

And consider: some types of fat, such as unsaturated fat, which comes from plant sources and fish, are actually good for you. Studies show that by watching your total calorie intake and eating more foods rich in unsaturated fat, you may lose weight and reduce your risk of disease. Read on to learn about this diet concept that may change your mind about fat forever.

### Fat is your friend

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.

Fat also regulates your hormones, keeps your nervous system humming, and forms the membrane that surrounds each cell. It's also the staff of life for your brain and is necessary for brain development. In fact, young children shouldn't be offered low-fat foods.

"Until age 2, full-fat dairy products like whole milk, full-fat yogurt, and cheese rule," says Sarah Krieger, RD, a spokesperson for the American Dietetic Association in St. Petersburg, Fla.

That's because kids' rapidly developing brains thrive on the saturated fat these foods contain. But go ahead and make the switch to low-fat foods such as skim milk after your child's second birthday, when brain growth begins to subside. The rest of the family should

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.



stick to foods low in saturated fat, too.

Saturated fat — the fat found principally in meat, dairy products, and some tropical oils — has been shown to increase your risk of heart disease, because it raises the low-density lipoprotein (LDL), or “the bad” cholesterol, and triglyceride levels in your blood. The same holds true for another “bad fat” — trans fats — the man-made fat found in margarines and some manufactured foods, which also lower high-density lipoprotein (HDL), “the good,” protective cholesterol.

#### **Help your heart**

Unsaturated fat, on the other hand, the type of fat that comes mainly from vegetable, nut, and fish products, can help lower LDLs and blood pressure, raise HDLs, and prevent heart disease, stroke, and potentially deadly heart rhythm disorders. A little butter, ice cream, or a steak every once in a while is OK; everything in moderation.

But to keep your ticker in top shape, you can't beat a diet rich in unsaturated “healthy” fats. One landmark study in particular, the Lyon Diet Heart Study, dramatically proved this point. In the study, 302 heart attack survivors were assigned to a low-fat “prudent” diet, consisting of 30 percent fat.

Another similar group was assigned to a slightly higher fat diet that was based on a modified version of the traditional diet of the Greek island of Crete; it featured unsaturated fats like olive and canola oil.

Although you'd think those on the lower-fat diet would have won this round, the opposite proved true. Subjects on the Crete diet had an unprecedented 76 percent lower risk of dying from cardiovascular disease or suffering heart failure, heart attack, or stroke.

#### **Healthy fat**

For overall good health and to

lose weight, it's important to eat less saturated fat and trans fats and to try to make sure the fat you do consume is unsaturated. Keep in mind that you have to consume fat to be healthy.

Up to 35 percent of your total daily calories can come from fat (that's 700 fat calories on a typical 2,000-calorie daily diet), according to the National Academy of Sciences. Unsaturated fats such as omega-3 fatty acids, which are found in fish and fish oil, are essential fats. They're required for normal body functions, and you must get them from food because your body can't manufacture them.

“Omega-3 fatty acids have to be part of your diet continuously,” Simopoulos says. Moreover, if you don't eat enough fat, your body will make its own. “Eating a very low-fat diet can turn your body into a fat-making machine, and the type of fat your body manufactures is saturated fat.”

Super food sources of omega-3s and other types of unsaturated fat include canola and olive oil, flaxseed, walnuts, and fish, particularly fatty fish, such as salmon, mackerel, herring, lake trout, sardines, and albacore tuna, because it's packed with two types of omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which your body readily uses. Plant sources of omega-3s like walnuts and flaxseed contain Alphalinolenic acid (ALA), which your body doesn't use quite as efficiently. Nonetheless, as they say, it's all good — for you and your family.

To reduce the risk of environmental contaminants, mix up the menu and serve different kinds of fish from varied sources, such as wild and farm-raised salmon, tilapia, and lake trout, at least twice a week. (Kids and women of child-bearing age should avoid eating shark, swordfish, king Mackerel, or tile fish because these fish contain high levels of mercury.)



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# A better diet can improve behavior

## Why food dyes should make a parent see red

BY JANE HERSEY

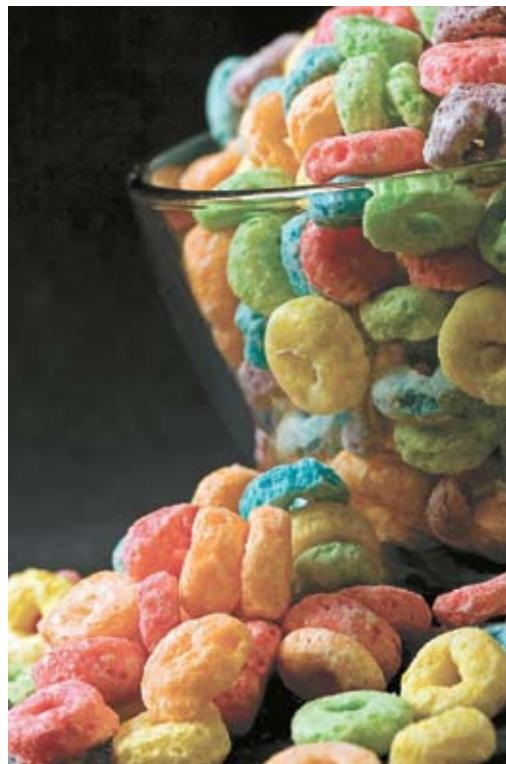
**A**re you anxious about going to a store with your son because of fear he might throw a temper tantrum? Do you wish your daughter could concentrate long enough to do her homework or simple chores around the house? Are you afraid of being called by your children's school about one of your kids being disruptive in class or aggressive with other students? If you answered "yes" to any of these questions, you might be relieved to know that help may be as close as the kitchen table or your child's lunch bag.

The modern American diet is linked to many childhood health problems. Most people already associate a junk food-laden diet with obesity, but the effect food has on children's minds is just as important.

A growing body of scientific research has found that synthetic food dyes and certain other artificial additives found in processed foods, as well as pesticide residues in fruits and vegetables, can have profound effects on how children behave. A typical child's diet may also lack the essential fatty acids that have been associated with normal healthy behavior in children.

### Cut out the food dyes

Synthetic food dyes are used in many foods, ranging from breakfast cereals and yogurt to pickles, marshmallows, and soft drinks, but these petroleum-based additives are even more common in foods marketed to children, because manufacturers



recognize that children are attracted to bright colors.

The connection between synthetic food dyes and children's behavior problems has been known since the early 1970s, when the late Dr. Ben Feingold discovered this link. Numerous studies have since confirmed the harmful effects of synthetic food dyes on the behavior of children with attention deficit hyperactivity disorder. And a more recent study, published in the British medical journal *Lancet*, showed that these additives can trigger hyperactive behavior in all children, not just those already diagnosed with ADHD.

This study prompted the European Union to require labels on foods containing synthetic food dyes to warn

that they "may have an adverse effect on activity and attention in children." In addition, the Chinese government has recently proposed a ban on artificial colors in foods, citing health risks for adults and children from long-term consumption of these chemicals. This is ironic, since most synthetic food dyes consumed around the world are made in Chinese petrochemical factories.

In the United States, a Food and Drug Administration panel recently concluded that synthetic food dyes can have a detrimental effect on some children's behavior, but the panel narrowly rejected requiring warning labels on foods containing these additives.

In the absence of warning labels, what can you do to help your kids avoid these harmful chemicals? Don't be tempted to buy brightly colored processed foods just because your child is attracted to them. In particular, you should avoid foods containing synthetic food dyes (Red #40, Red #3, Yellow #5, Yellow #6, Blue #1, Blue #2, and Green #3).

Also, steer clear of processed foods with artificial flavors and the preservatives butylated hydroxytoluene (BHT), tertiary butylhydroquinone (TBHQ), and butylated hydroxyanisole (BHA). The Feingold Association's Foodlist and Shopping Guide includes thousands of brand-name foods that are free of these troublesome additives.

### Feed them brain food

While most parents would intuitively prefer to limit the amount of fats in their children's diet so as to

prevent obesity, there are certain healthy fats that many children don't get enough of. The most important of these are the essential fatty acids omega-3 and omega-6, which are necessary for the brain to transmit signals between nerve cells in order to process information properly.

When you consider that 60 percent of a person's brain is made up of fats and fatty acids, the importance of having a proper balance of fats in the diet becomes all too clear.

Studies have found that many children with ADHD are deficient in essential fatty acids, such as the omega-3 fatty acid docosahexaenoic acid (DHA). Research published in the *Journal of Developmental and Behavioral Pediatrics* and the *Journal of Attention Disorders* has also shown that supplementation with essential fatty acids can result in a reduction of ADHD symptoms in some children.

A healthy diet for a child's developing brain should include several servings of foods that are rich in omega-3 fatty acids every week. One of the best sources for these nutrients is fatty fish, such as salmon or sardines. It is no coincidence that fish have been called "brain food" for generations. Other good sources of these essential fats include flaxseed, walnuts, and canola oil, as well as certain juices and milk products that are supplemented with omega-3s.

### Pass on pesticides

The harmful effects of pesticides on the environment have been widely known since the publication of Rachael Carson's groundbreaking book, "Silent Spring," in the 1960s. Less well known are the effects these chemicals have on children's behavior.

In 2001, 73 million pounds of organophosphate pesticides were applied in agricultural and residential settings in the United States. These pesticides have been shown to cause hyperactivity and cognitive deficits in animal studies, and recent research has also linked them to behavioral problems in children. For example, a 2010 study published in the journal *Pediatrics* found an association between exposure to high

levels of these pesticides and ADHD symptoms in children. These results are not surprising, because organophosphate pesticides are potent neurotoxic chemicals designed to kill insects by interfering with their nervous systems.

You can avoid pesticides by purchasing organically grown fruits and vegetables in your supermarket's organic produce section, as well as by looking for organic frozen vegetables and foods made with organic ingredients.

Making these simple changes in your family's diet not only makes good sense health-wise, but you may also notice a marked improvement in your children's behavior and concentration.

*Jane Hersey is National Director of the nonprofit Feingold Association and author of "Why Can't My Child Behave?" A former teacher and Head Start consultant, she has testified before the National Institutes of Health, the U.S. Department of Agriculture, and Congress about ADHD and diet. She frequently lectures at education associations, hospitals, medical groups, universities, and schools.*

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Individual dietary needs vary and no one diet will meet everyone's daily requirements. Before starting any new diet, check with your doctor or nutritionist.

The information contained in this article is for educational purposes only, and its author is not engaged in providing medical or psychological services or advice to individuals. This information should not be used to replace competent in-person medical, health, or psychological consultation, examination, diagnosis, or treatment, and no person should delay in seeking medical, health, or psychological treatment in reliance on it. Although care has been taken to ensure the accuracy of this information, the author is not responsible for its validity or the consequence of its use.

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## HEALTHY LIVING

DANIELLE SULLIVAN

# Tips to prevent food poisoning

## Keep your child healthy this summer

**O**h, summer. There is nothing quite like enjoying the lazy, hazy days of relaxing by the pool and beach. But summer also comes with its own special set of safety issues. And one such area of concern is food poisoning. The Centers for Disease Control and Prevention offers these sobering statistics: 48 million Americans (one out of six) get sick from food-borne illness each year, requiring 128,000 hospitalizations and causing about 3,000 deaths.

Most of us know the basic rules of food preparation — such as washing hands before and after touching food and not leaving meat out for longer than two hours — but there are also some less well-known rules.

Here are 10 tips advised by the American Academy of Pediatrics:

- Carefully examine any canned food (especially home-canned goods) for signs of bacterial contamination. Look for milky liquid surrounding vegetables (it should be clear), cracked jars, loose lids, and swollen cans or lids. Don't use canned or jarred goods showing any of these signs. Do not even taste them. Throw them away so that nobody else will eat them. (Wrap them first in plastic and then in a heavy paper bag.)

- Buy all meats and seafood from reputable suppliers.

- Do not use raw (unpasteurized) milk, or cheese made from raw milk.

- When making canned food at home, be sure to follow proper canning techniques to prevent botulism.

- Do not give honey to a baby under 1 year of age.

- Do not let prepared foods (particularly starchy ones), cooked and cured meats, cheese, or anything with mayonnaise stay at room temperature for more than two hours.



- Do not interrupt the cooking of meat or poultry to finish the cooking later.

- Do not prepare food one day for the next unless it will be frozen or refrigerated right away. (Always put hot food right into the refrigerator. Do not wait for it to cool first.)

- Do not eat wild mushrooms.

- When reheating meals, cover them and reheat them thoroughly.

If you suspect your child has been affected by a food borne illness, take your child to a doctor to rule out any serious condition, as food poisoning

can be life threatening. Once you are home, and treating your child with fluids and rest, look out for these signs of distress:

- Signs of dehydration
- Bloody diarrhea
- Continuous diarrhea with a large volume of water in the stool, or diarrhea alternating with constipation

- Sudden weakness, numbness, confusion, restlessness, tingling, or difficulty breathing.

If your child experiences any of these symptoms, call your pediatrician immediately.



## THE BOOK WORM

TERRI SCHLICHENMEYER

## Getting the scoop on poop

**W**ether you like it or not, poop happens, and children want to learn about it. That's where "Poopendous!," a new book by Artie Bennett, comes in. It teaches kids all about doo-doo, from the droppings of animals big and small to how humans in different cultures make use of waste.

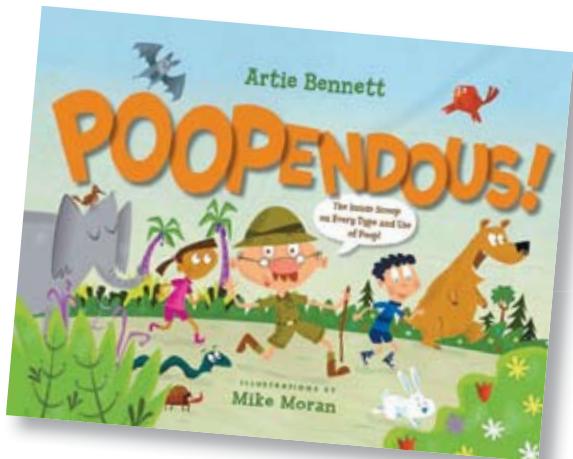
With "Poopendous!," kids will learn that, in the animal kingdom, poop can be round droppings (like that of rabbits) or tubular pellets (from raccoons). It can be white (like from birds) or cubed (such as Australia's wombat). It can be dry (from a camel) or flat and messy (like what cows leave behind).

Termites live in mounds of poop, and dung beetles use it as food. It can carry seeds around the world, and once the seeds are dropped, the poop will help plants take root

and grow. Farmers and gardeners use manure for that very reason. Monkeys sometimes like to throw poop, and people at fairs do it, too, (only they call it a "cowpie" or a "cow chip"). In either case, that poo is really far-flung dung. Yuck!

Poop can mark a trail, or it can mark territory. If you like to hike, droppings can tell you if animals may be nearby. Some people build houses out of poop, and others use it as fuel for cooking or to stay warm. Then there are those who use it as a souvenir or even for making j-ewww-elry!

Yes, indeed, "Poopendous!" is cute. The rhyming story about ca-ca, doo-doo, flop, guano, scat and dung will give your child piles of giggles.



But Bennett also teaches kids a smidge of science and a bit of biology, too — a benefit that doesn't wipe away the silliness one bit. Add illustrations by Mike Moran, which run poopendicular to the narrative, and you've got a book that kids will never want to leave behind.

Meant for children ages 5 to 7, I think this book might de-squirm the right preschooler, too. If your child wants the scoop on poop, "Poopendous!" is the book to scoop up.

"Poopendous!" by Artie Bennett [36 pages, Blue Apple Books, \$16.99] is recommended for kids ages 5 to 7.

## Hitting the links

**I**f you've got a kid who wants to be the next Tiger Woods, show him — or her — that practice makes perfect with a new book about a young golfer who grew up to be the first African-American man to build and own a golf course.

The new book "Twice as

Good" by Richard Michelson tells the story of Willie Powell, who — when he was told that he couldn't do something he wanted to do — worked harder to reach his goal.

Willie wanted to learn to play golf on the smooth lawns of The Edgewater Golf Course, but the golfers told him that "his kind" wasn't welcome there. He was used to that, though. He was often the only African-American boy wherever he went, but that didn't stop him. He went to Edgewater anyway, every chance he got.

Eventually, one of the golfers let Willie be his caddy, which meant carrying a heavy bag filled with golf clubs. That didn't stop Willie, either; in fact, he worked twice as hard, because being "good" at his job wasn't good enough to him. Soon, he was earning money being a caddy.

Then, one day, someone asked Willie to play a round of golf, and Willie loved it! From then on, every chance he got, he practiced. By the time he entered high school, he was one of the best golfers around. He even entered competitions.

Still, lots of white golfers didn't want Willie playing on their course.

They wouldn't let him join the club or share their clubhouse. But Willie had dreams — not only for himself, but for his baby daughter, too.

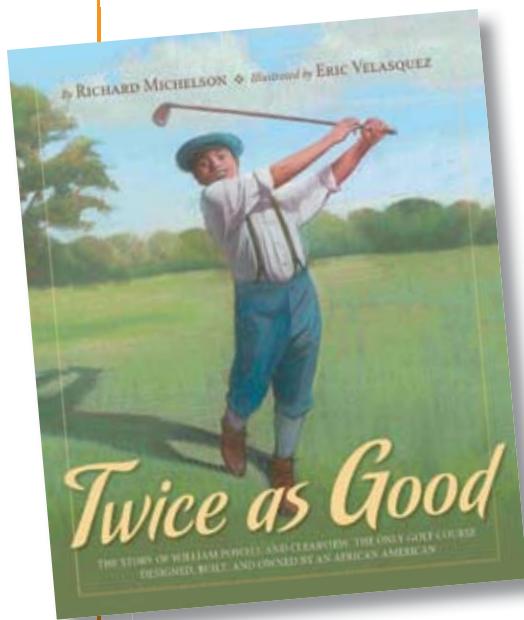
He knew that someday there would be a place where she could learn to play, too, and nobody would turn her away. Willie was sure there would be a course like that, even if he had to build it himself.

Based on the true story of Willie Powell, Michelson creates a kid-friendly story of perseverance in the face of racism with a boy who refuses to say "no" to his dreams. I liked that Michelson gives his young hero a graceful determination with no room for discouragement (which is very inspirational), and artist Eric Velasquez's illustrations fit Michelson's story to a tee.

If your 3-to-6-year-old loves a good read-aloud, this is one to put on the roster. For you, "Twice as Good" is a book that's hard to say "no" to.

"Twice as Good," by Richard Michelson [32 pages, Sleeping Bear Press, \$16.95] is recommended for kids ages 3 to 6.

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.





**DEAR  
DR. KARYN  
DR. KARYN GORDON**

**Dear Dr. Karyn,**

Do you have any tips on how to get kids to open up to their parents? It seems that no matter what I ask my kids, I get the typical one-word answers such as "fine," "good," or "not bad." My best friend seems to be extremely successful in this department with her kids, who are the same ages as mine. I would love to learn some techniques to get my kids to open up. Any suggestions?

**Dear Parent,**

Yes! I think that learning how to get our kids to talk to us is one of the most important skills we as parents

# 5 tips to get your kids to open up

can learn. When our kids share with us, we get a glimpse into their worlds. We earn the privilege to learn about their dreams, fears, hopes, and goals. So what can we do to encourage such a fruitful conversation? Here are five tips to get you started:

**Pay attention to timing**

The most important thing to consider before approaching your kids is timing. Timing is everything — especially for teenagers! I've learned that for most kids, the best time to talk is after school or in the evening. Mornings are usually a disaster for meaningful conversations, because kids are still waking up and most families are rushing out the door.

Also, pay attention to your mood and theirs. You'll likely find that the more relaxed you are, the more likely they will be to talk. Kids are very perceptive of their parents' emotions and moods.

**Ask direct questions**

Try focusing on asking fewer, but more direct, questions. Asking too many questions leads to kids feeling interrogated, which most find annoying. So, ask fewer, but more meaningful, open-ended questions (that can't be answered with a yes or no). Some of my favorite open-ended questions are:

"What was the best part of your day?"

"What was the worst part of your day?"

"What was the funniest thing that happened?"

"What surprised you the most today?"

**Talk sideways**

Try talking sideways with your kids. What's this? It's one of my favorite strategies for getting kids to talk. (This works particularly well for boys.) I learned early on in my coaching practice that most of my teen guy clients opened up significantly more if I didn't force eye contact with them. Since then, hundreds of parents have told me that the best conversations they've had with their kids are in the car. Why?

Because this environment naturally encourages sideways communication! Other sideways environments include: walking, running, cooking, shopping, etc.

**Get comfortable with silence**

When silence happens in conversations, many people feel uneasy, stressed, and responsible to fill in the gaps. However, to cultivate great conversation, it's important to get comfortable with silence. Hundreds of times, I've asked teens questions, and they simply did not know the answer right away. It wasn't until after I gave them time (and silence) to think it through that they would come up with the most thought-provoking answers. So remember to ask your question, pull back, and give them space to ponder their response.

**Affirm**

If we want our kids to feel safe to talk with us, we need to look for opportunities to affirm them whenever possible. Our kids need to hear what they are doing well. While some experts think we shouldn't affirm kids (or that they will become dependent on it) I couldn't disagree more. Kids desperately need to know from their parents what they are doing well (in addition to what needs work).

The key when you are affirming them, though, is to focus on character and not achievement. If you see them being more disciplined, motivated, courageous, adventurous, and loyal — tell them! When kids hear these authentic character affirmations being told to them daily, they feel more valued and therefore feel safer to talk with us.

*Dr. Karyn Gordon is one of North America's leading relationship and parenting experts (specializing in teens). A media contributor, family consultant, and motivational speaker, she has spoken to more than a quarter of a million people in North America, including a recent appearance for The New York Times. She is the author of four books, including "Dr. Karyn's Guide to the Teen Years" (Harper Collins). Visit [www.drkaryn.com](http://www.drkaryn.com).*



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# Going Places

## LONG-RUNNING

**Cartoon exhibit:** New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Sun, Sept. 2; \$11 (\$8 children 2 to 17, college students and seniors).

A 6,000 square-foot exhibit features characters from the Cartoon Network.

**"The Adoration of the Magi":** Museum of Biblical Art, 1865 Broadway between W. 61st and W. 62nd streets; (212) 408-1500; [www.mobia.org](http://www.mobia.org); Tuesdays – Sundays, 10 am–6 pm, Now – Sun, Sept. 9; Free.

The beautiful early Italian Renaissance altarpiece by Bartolo di Fredi (1330-1410) will be displayed in its entirety.

**Bronx Zoo:** 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, 10 am–5 pm; Now – Sun, Sept. 30; \$16 (\$12 children 3-12; Free for children under 3; \$14 seniors and parking).

Come and meet the newest resident of the zoo, a male dromedary camel.

**"Little Miss Muffet's Monster Sitting Service":** The Swedish Cottage Marionette Theatre, West Drive at 79th Street Transverse; (212) 988-9093; [cityparksfoundation.org/swedishcottage.html](http://cityparksfoundation.org/swedishcottage.html); Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, Now – Sun, Aug. 26; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet," this version tells the story of Molly Muffet. Suitable for kids 3 to 9.

**Yak Packers:** Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. [www.rmanyc.org](http://www.rmanyc.org); Wednesdays and Thursdays, 10:30–11:30 am, Now – Thurs, Oct. 25; \$10 (\$5 seniors and students; Free for children under 12 and members).

Children 2 to 4 explore the exhibits, play, listen to stories, and do crafts.

**Le Carousel:** Bryant Park, W. 40th Street between Fifth and Sixth avenues; [www.nycgovparks.org](http://www.nycgovparks.org); Daily, 11 am–8 pm; \$2 per ride.

This classic ride features brightly colored animals and French cabaret music.

**Ping Pong:** Bryant Park, Sixth Avenue and W. 42nd Street; [www.nycgovparks.org](http://www.nycgovparks.org).



Photo by Julie Larsen Maher

## Submit a listing

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

All you have to do is send your listing request to [calendar@cnglocal.com](mailto:calendar@cnglocal.com) — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

Aug. 4, 2:30 pm; Tuesday, Aug. 7, 3:30 pm; free with museum admission.

Children 5 to 12 years old take a new voyage around the globe every time they visit the museum.

**Start with Art:** The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; [metmuseum.org](http://metmuseum.org); Tuesdays, Thursdays, Saturdays and Sundays, 3:30–4:30 pm, Now – Thurs, Aug. 30; Free with museum admission.

Children 3 to 7 years old sketch, explore and listen to stories.

**Shababa Fridays:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); Fridays, 9:30–10:15 am, Now – Fri, Aug. 24; \$10.

Karina and Coco lead shabbat in playful interactive activities for newborns to 3 years old.

**Art on the High Line:** The High Line, W. 23rd St. at 10th Avenue; (212) 206-9922; [www.nycgovparks.org](http://www.nycgovparks.org); Saturdays, 10 am–noon, Now – Sat, Aug. 25; Free.

Families are invited to drop in and experiment with unique materials and create their works of art to take home.

**Storytime:** Barnes & Noble Bay Plaza, 290 Baychester Ave. (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); Saturdays, 11 am, Now – Sat, Aug. 25; Free.

Join the staff and read the latest books and do fun crafts. All ages.

**Basketball clinics:** North Meadow Recreation Center, 97th Street Transverse Road; (212) 348-4867; [www.nycgovparks.org](http://www.nycgovparks.org); Saturdays, Noon–2 pm, Now – Sat, Oct. 27; Free.

Children 9 to 17 get help.

**Global Partners:** Kingsbridge Library

## Get over the hump

**I**t's a boy! The Bronx Zoo's newest resident is a male dromedary camel born on March 16. The one-humped variety is making his formal debut and is on view in the Asian Plaza.

This little guy (who can grow up to weigh 1,500 pounds) is the first camel to be born at the zoo since 1982 and is the only all white one in his herd of 12. Plus, after children visit with the toddler calf, they can take a ride on an adult.

An adorable baby animal isn't all this thrilling zoo has to offer — there are loads of other exciting exhibits to visit including the Congo gorilla forest, the wild Asia

monorail, tiger mountain, and the newest exhibit, Madagascar. Get up close and personal with crocs, tigers, and very inquisitive gorillas. Taking a trip to the zoo is like traveling around the world without ever stepping on a plane. The Bronx Zoo opens at 10 am every day and closes at 5 pm on the week days and 5:30 pm on the weekends. Admission is \$16 for adults, \$12 for children 3 to 12, and \$14 for seniors 65 plus. There is also a \$13 parking fee for cars.

*The Bronx Zoo [2300 Southern Blvd. at Boston Road in University Heights, (718) 220-5103, [www.bronxzoo.com](http://www.bronxzoo.com)].*

org; Daily, 11 am–7 pm; Now – Sun, Sept. 30; Free.

Paddles and balls provided and all skill levels welcome.

**Tennis lessons:** Hunter Island, Park Drive; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays and Thursdays, 1–4 pm, Now – Wed, Aug. 8; Free.

Children 5 to 16 years old receive instructions.

**Art Trek:** The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; [metmuseum.org](http://metmuseum.org); Saturday, July 7, 2:30 pm; Tuesday, July 10, 3:30 pm; Thursday, July 12, 3:30 pm; Tuesday, July 17, 3:30 pm; Thursday, July 19, 3:30 pm; Saturday, July 21, 2:30 pm; Tuesday, July 24, 3:30 pm; Thursday, July 26, 3:30 pm; Saturday, July 28, 2:30 pm; Tuesday, July 31, 3:30 pm; Thursday, Aug. 2, 3:30 pm; Saturday,

# Going Places

Center, 310 E. Kingsbridge Rd. at Briggs Avenue (718) 579-4244; [www.nypl.org](http://www.nypl.org); Monday, July 9, 12 pm; Friday, July 13, 12 pm; Monday, July 16, 12 pm; Wednesday, July 18, 12 pm; Friday, July 20, 12 pm; Monday, July 23, 12 pm; Wednesday, July 25, 12 pm; Friday, July 27, 12 pm; Monday, July 30, 12 pm; Friday, Aug. 3, 12 pm; Monday, Aug. 6, 12 pm; Friday, Aug. 10, 12 pm; free.

Online exchange program that connects children 9 to 12 years old with their peers around the world. ([www.nycgovpartners/youth](http://www.nycgovpartners/youth)).

**Tennis lessons:** Haffen Park Play Center, Haffen Park, Hammersley Avenue at Ely Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); Mondays and Wednesdays, 1-4 pm, Now – Wed, Aug. 8; Free.

Children 5 to 16 years old receive instructions.

**Tennis lessons:** St. Mary's Recreation Center, St. Ann's Avenue at E. 143rd Street; [www.nycgovparks.org](http://www.nycgovparks.org); Mondays and Wednesdays, 1-4 pm, Now – Wed, Aug. 8; Free.

Children 5 to 16 years old receive instructions.

**Fitness:** Thomas Jefferson Recreation Center, First Avenue at E. 112th Street; (212) 860-1383; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 2012, Now – Tues, Aug. 28; Free for center members.

Teens get helpful hints on how to stay flexible and use gym equipment.

**River tots:** Pier 46, Charles and West Streets; (212) 627-2121; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 10 am, Now – Tues, Aug. 28; Free.

Children 2 to 5 years old learn about nature in an urban setting.

**Stars of tomorrow:** Hudson River Park Pier 45, Christopher Street and the Hudson River; (212) 627-2121; [www.hudsonriverpark.org](http://www.hudsonriverpark.org); Tuesdays, 6:30-8:30 pm, Now – Tues, Aug. 21; Free.

Talented students from the New School Jazz and Contemporary Music and Mannes College The New School for Music perform Bach to Bebop.

**Wild Wednesdays:** The High Line, W. 14th St. and 10th Avenue; (212) 206-9922; [www.nycgovparks.org](http://www.nycgovparks.org); Free.

Children watch a butterfly grow, touch a worm, or watch seeds fly.

**Popup art:** Pier 25, West Street at N. Moore Street; Wednesdays, 3 pm, Now – Thurs, Aug. 30; Free.

Together with the Children's Museum of the Arts, Pier 25 offers art-appreciation activities for children 1 to 15.

**Family Yoga:** Wave Hill, W. 249th St. and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); Fridays, 10-11 am, Now – Fri, Aug. 31; \$15 (\$23 non-member).

For children 2 to 5. Outdoors only. Call day of for weather update.



## It's game, set, fun!

**G**ame, set, fun at New York City parks. Thanks to CityParks Foundation, children 5 to 16 years old can receive free tennis lessons. Classes run now through Aug. 8 at various parks throughout the city.

Kids and teens can learn how to serve, find the sweet spot on a racket, and other tennis basics at the Allen Shandler Rec Area in Van Cortlandt Park, St. Mary's Recreation Center, Hunter Island Park, Haffen Park, and St.

James Park.

Registration is available at each location. The program promotes physical fitness — for all skill and fitness levels — and provides tournaments, leagues, and help with special events. All equipment is supplied and the best part is that it's free. Check our listings for exact dates, times, and locations.

*CityParks Foundation [[www.nycgovparks.org](http://www.nycgovparks.org) or [www.cityparksfoundation.org/sports/tennis](http://www.cityparksfoundation.org/sports/tennis)].*

## FRI, JULY 6

**Arts and crafts:** Pelham Bay Library, 3060 Middletown Rd. at Crosby Avenue; (718) 792-6744; [www.nypl.org](http://www.nypl.org); 11-11:30 am; Free.

Preschoolers 5 to 12 years old make hands-on projects using a variety of skills.

## SAT, JULY 7

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

Calligrapher Viviane Chen teaches participants how to work with rice paper and make a waterscape.

**Tales for the teeny tiny:** Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 11 am; Free.

Join Getchie Argetsinger and hear stories suited for children 2 to 4 years old.

**Word Kids:** Bryant Park, Sixth Avenue and W. 42nd Street; [www.nycgovparks.org](http://www.nycgovparks.org); Noon–1 pm; Free.

Celebrate the Stars and Stripes with apple pie and stories.

**"Jungle Party" and "Moody Monsters":** The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; [www.scholastic.com](http://www.scholastic.com); 3 pm; Free with museum admission.

Little hands do big activities to wel-

come two new activity books. Recommended for children 3 to 6 years old.

**"Transformers":** St. Mary's Park, St. Ann's Avenue at E. 149th Street; [www.nycgovparks.org](http://www.nycgovparks.org); 8–10 pm; Free.

Grab a picnic basket and popcorn for this action-packed adventure film.

## SUN, JULY 8

**Family Art project:** 10 am–1 pm. Wave Hill. See Saturday, July 7.

**Family Day:** Rumsey Playfield, East Drive and Terrace Drive; [www.nycgovparks.org](http://www.nycgovparks.org); 3 pm; Free.

Presented by the SummerStage Kids, featuring Justin Roberts and the Not Ready for Naptime Players, Ill Style and Peace Productions, NY Chinese Cultural Center, and the Performers from Bindlestiff Family Circus.

## TUES, JULY 10

**Tennis lessons:** Allen Shandler Rec Area - Van Cortlandt Park, Jerome Avenue and major Deegan Expressway; [www.nycgovparks.org](http://www.nycgovparks.org); 9 am – noon; Free.

Children 5 to 16 receive instructions.

**Bessie's Big Shot:** Columbus Park, Mulberry Street at Bayard Street; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30–11:30 am; Free.

Children 2 to 8 years old share in Bessie's big day as she gets a chance to be in the circus.

**Tennis lessons:** St. James Park, Jerome Avenue at E. 193rd Street; [www.nycgovparks.org](http://www.nycgovparks.org); 1–4 pm; Free.

Children 5 to 16 receive instructions.

**Tech time:** Pelham Bay Library, 3060 Middletown Rd. at Crosby Avenue; (718) 792-6744; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Teens 13 to 18 beat the heat, hang out with friends, and use laptops.

## WED, JULY 11

**Illstyle & Peace:** Mount Hope Playground, E. 177th St. at Walton Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30–11:30 am; Free.

Dance company performing hip-hop, jazz, tap, and beatboxing.

**New parents:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am–noon; \$10.

Director Sally Tannen leads discussion of new parents and their experiences; babies welcome.

**Robbi K:** Pelham Bay Ranger Station (PBRS), Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am–noon; Free.

Children's concert with interactive dance and activities.

*Continued on page 28*

# Going Places

**Continued from page 27**

**Advisory Group:** Pelham Bay Library, 3060 Middletown Rd. at Crosby Avenue; (718) 792-6744; [www.nypl.org](http://www.nypl.org); 3:30 pm; Free.

Teens 13 to 18 years old discuss current events. School credit available.

## THURS, JULY 12

**Illystyle & Peace:** Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10:30-11:30 am; Free.

Dance company performing hip-hop, jazz, tap, and beatboxing.

**"Bessie's Big Shot":** River Park, Boston Rd. at E. 180th Street; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30-11:30 am; Free.

Come root Bessie on in this new variety show as she attempts the impossible.

## FRI, JULY 13

**Andes Manta:** Crotona Nature Center (CNC), Charlotte Street and Crotona Park East; (718) 378-2061; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10:30-11:30 am; Free.

Children's concert.

## SAT, JULY 14

**Family Art project:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with museum admission. Create wicker creations of your own.

**Canoeing:** Soundview Park, Metcalf Avenue at Seward Avenue; (718) 549-0912; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am-2:30 pm; Free.

For children 8 years and older. Basic skills.

**Tales for the teeny tiny:** 11 am. Kingsbridge Library Center. See Saturday, July 7.

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

Children 4 years and older learn all about science.

**Dance:** Lincoln Center, 70 Lincoln Center Plaza; (212) 875-5000; [www.lincolncenter.org](http://www.lincolncenter.org); 3-4:30 pm; Free.

Dance lessons from teacher Rodney Lopez. Suitable for the whole family.

**Dragons and dinosaurs:** The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; [www.scholastic.com](http://www.scholastic.com); 3 pm; Free.

Children 4 and older pretend dig for dinos, and then create a paper dragon.

## SUN, JULY 15

**Family Art project:** 10 am-1 pm.

Wave Hill. See Saturday, July 14.

## MON, JULY 16

**Marika Hughes and Bottom Heavy:** Haffen Park Play Center - Haffen Park, Burke Avenue and Hammersley Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30-11:30 am; Free.

Children's concert.

## TUES, JULY 17

**Tennis lessons:** 9 am - noon. Allen Shandler Rec Area - Van Cortlandt Park. See Tuesday, July 10.

**Tennis lessons:** 1-4 pm. St. James Park. See Tuesday, July 10.

## WED, JULY 18

**"Bessie's Big Shot!"**: Mount Hope Playground, Walton Avenue and E. 177th Street; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30-11:30 am; Free.

Come root Bessie on in this new variety show as she attempts the impossible.

**New parents:** 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

**Parallel Exit Physical Comedy:**

Playground for all Children - Pelham Bay Park, Bruckner Boulevard and Middletown Road; [www.nycgovparks.org](http://www.nycgovparks.org); 11:30 am-noon; Free.

Physical theatre for children.

## THURS, JULY 19

**Daniel Carlton:** Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10:30-11:30 am; Free.

Interactive storyteller who performs original and adapted folktales.

## FRI, JULY 20

**Griots in Concert:** Crotona Nature Center (CNC), Charlotte Street and Crotona Park East; (718) 378-2061; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10:30-11:30 am; Free.

Concert featuring the music of Africa, the Caribbean and America.

**Arts and crafts:** 11-11:30 am. Pelham Bay Library. See Friday, July 6.

**"Superman-The Movie"**: Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627-2121; [www.hudsonriverpark.org](http://www.hudsonriverpark.org); 8:30 pm; Free.

Rated PG.

## SAT, JULY 21

**Tales for the teeny tiny:** 11 am. Kingsbridge Library Center. See Saturday, July 7.

**"Jungle Run"**: The Scholastic Store,

557 Broadway between Prince and Spring streets; (212) 343-6166; [www.scholastic.com](http://www.scholastic.com); 3 pm; Free.

Children 3 to 7 years old enjoy the release of Tony Mitton's latest book.

**Family Camping:** Van Cortlandt

Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm; Free.

Celebrate the great outdoors with a campfire and sleeping under the stars. Families chosen by lottery.

## SUN, JULY 22

**Seaside Scavenger Hunt:** Orchard Beach Nature Center (OBNC), Orchard Beach; (718) 885-3466; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm; Free.

Hunt with the rangers and find clues.

## MON, JULY 23

**"Bessie's Big Shot!"**: Haffen Park Play Center - Haffen Park, Burke Avenue at Hammersley Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30-11:30 am; Free.

Come root Bessie on in this new variety show as she attempts the impossible.

## TUES, JULY 24

**Tennis lessons:** 9 am - noon. Allen Shandler Rec Area - Van Cortlandt Park. See Tuesday, July 10.

**Tennis lessons:** 1-4 pm. St. James Park. See Tuesday, July 10.

**Tech time:** 4 pm. Pelham Bay Library. See Tuesday, July 10.

## WED, JULY 25

**Zany Umbrella Circus:** Mount Hope Playground, Walton Avenue at E. 177th Street; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30-11:30 am; Free.

A high-flying, low-browsing event full of puppets, music, storytelling, and street theater.

**New parents:** 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

**Advisory Group:** 3:30 pm. Pelham Bay Library. See Wednesday, July 11.

**"Judy Moody and the Not Bummer Summer"**: Joyce Kilmer Park, Walton Avenue at E. 164th Street; [www.nycgovparks.org](http://www.nycgovparks.org); 8-10 pm; Free.

Grab a blanket, a picnic basket, and some popcorn for a fun night.

## THURS, JULY 26

**Zany Umbrella Circus:** Bronx Park, E. 180th Street and Boston Road; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30-11:30 am; Free.

Puppets, music, storytelling and street theater.

**Gizmo Guys:** Van Cortlandt Nature

Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10:30-11:30 am; Free.

Fun interactive concert for children.

## FRI, JULY 27

**Zany Umbrella Circus:** Crotona Nature Center (CNC), Charlotte Street and Crotona Park East; (718) 378-2061; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30-11:30 am; Free.

Puppets, music, storytelling and street theater.

**"Hugo"**: Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627-2121; [www.hudsonriverpark.org](http://www.hudsonriverpark.org); 8:30 pm; Free.

Based on the Brian Selznick's novel, "The Invention," about a boy who lives alone in the Paris railway station.

## SAT, JULY 28

**Tales for the teeny tiny:** 11 am. Kingsbridge Library Center. See Saturday, July 7.

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

Kids 3 to 12 learn about owls, presented by the New Canaan Nature Center.

**"Gold Medal Summer"**: The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; [www.scholastic.com](http://www.scholastic.com); 3 pm; Free.

Children 6 and older celebrate the 2012 Olympics with this new novel by Donna Freitas.

## SUN, JULY 29

**Nostalgia Ride:** New York Transit Museum, 130 Livingston St. between Boerum Place and Schermerhorn Street; (718) 694-1600; [www.nycharities.org/events/EventLevels.aspx?ETID=4994](http://www.nycharities.org/events/EventLevels.aspx?ETID=4994); 10 am-5 pm; \$50 (\$25 children; \$35 members; \$20 children members).

Take a ride to Coney Island and visit the Big Apple's playground.

## MON, JULY 30

**Lucky Bob:** Magic and Juggling: Haffen Park, Burke Avenue at Ely Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30-11:30 am; Free.

He reads minds, juggles hats, boxes, and everything in between.

## TUES, JULY 31

**Tennis lessons:** 9 am - noon. Allen Shandler Rec Area - Van Cortlandt Park. See Tuesday, July 10.

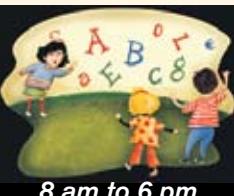
**Tennis lessons:** 1-4 pm. St. James Park. See Tuesday, July 10.

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# New & Noteworthy

BY LISA J. CURTIS

## Best in the galaxy

You and your kids will have a blast making frozen treats with the Rocket Pop Molds by Tovolo.



Kids love their cool shape — atomic age-style rocket ships — and parents love that they can control what goes into them, whether it's pureed fruit, juice, yogurt, or ice cream. Choose well, and your kid will be enjoying a dessert that doesn't have any artificial colors, flavorings, sugar, or preservatives.

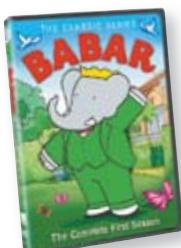
The set includes six sleeves and handles and one base to anchor the

pops while they are firming up in your freezer. The molds are sturdy and smooth, making it easy to slide the pop out. They can be cleaned on the top shelf of the dishwasher, and they are free of the chemical Bisphenol A (BPA). These molds are a delicious idea that you'll enjoy again and again, all summer long.

*Rocket Pop Molds by Tovolo, in blue or orange, \$12.25. Visit [www.amazon.com](http://www.amazon.com).*

## Up to the tusk

Before Disney's "The Lion King," Jean de Brunhoff immortalized his wife's story of an elephant king in his book "Histoire de Babar," published in 1931. Last month, Entertainment



One released the adventures of the pachyderm, son of an elephant who sacrifices herself to a poacher to save the herd, to a new generation of children through the

two-DVD set, "Babar: The Classic Series."

This set preserves the original animated series that debuted on HBO in 1989.

While the loss of Babar's mother and his grief could be unsettling for some young viewers, the rest of his youthful adventures are largely charming and brimming with moral lessons.

*Babar: The Classic Series: The Complete First Season* set of 2 DVDs, \$19.98. Unrated. Visit [www.amazon.com](http://www.amazon.com).

## Wayward seafarer

There are some books you love to read to your child, and some he prefers, but we think you'll both agree that Carrie Clickard's "Victricia Malicia: Book-Loving Buccaneer" will be considered a treasure. In this tale, illustrated by Mark Meyers (of "Ballpark Mysteries" fame), young Victricia just can't embrace the family business of swashbuckling. Instead, she yearns for books and dry land.

Clickard's rhyming tale is a joy to read aloud, and she introduces her readers (ages 4-8) to a boatload of

pirate terms.

She vanquishes a sea serpent and is hailed a hero, but she stays true to her dream and opens a bookstore on an island. Her independent spirit is an inspiration to all.

*Victricia Malicia: Book-Loving Buccaneer* by Carrie Clickard (FlashLight Press, \$16.95). Visit [www.victriciamalicia.com](http://www.victriciamalicia.com).



## Howdy, pardner!

The best toys are the ones that encourage your little one's imagination to run wild, and with the Old West Khaki TeePee, he'll be dreaming of the Wild West in no time. At 4-and-a-half feet tall and wide, this teepee offers plenty of room for your little buckaroo to share his adventure with a pardner. Made of cotton, drapery-weight fabric that's suitable for indoor use, the teepee features a vintage, Western-style pattern. (It's also available in Denim Stripe, Fancy Flowers, and other patterns.) Flexible PVC pipe "poles" provide sturdy but lightweight construction.

The teepee is easy for a child to carry, as it's only 9 pounds, no assembly is required, and storage is as easy as collapsing an umbrella and sticking it under your bed. Accessories such as pillows are available. Recommended for toddlers to tweens.

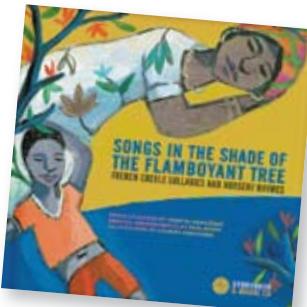
*Old West Khaki TeePee by TeePee for Me, \$288. Visit [www.teeppeeforme.com](http://www.teeppeeforme.com).*



## Creole celebration

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" is a hardcover book illustrating the 30 folk songs on its accompanying CD that are a welcome departure from our usual diet of kindie rock. The tunes are recorded with acoustic instruments and sung in French Creole by adults and kids.

Author Chantal Grosleziat explains that up until the 1980s, Creole — derived from French, African languages, and Amerindian terms — was "banned in church, on the radio, in government, and especially in school." The CD preserves the Creole songs that celebrate life's passages and rituals from the tropical isles of Guadeloupe, Haiti, Marti-



nique, and Reunion.

The publisher, Secret Mountain, claims that "Songs in the Shade" is appropriate for 2- to 7-year-olds, but we advise parents to page through

the illustrations by Laurent Corvaisier before showing it to their children, because some could be frightening to sensitive kids in the same way that some English nursery rhymes have alarming narratives.

The translations and notes in the book help parents to explain the meaning of the songs, and the music can certainly be enjoyed without the provocative illustrations.

*Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes* book with CD, \$16.95. Visit [www.amazon.com](http://www.amazon.com).

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