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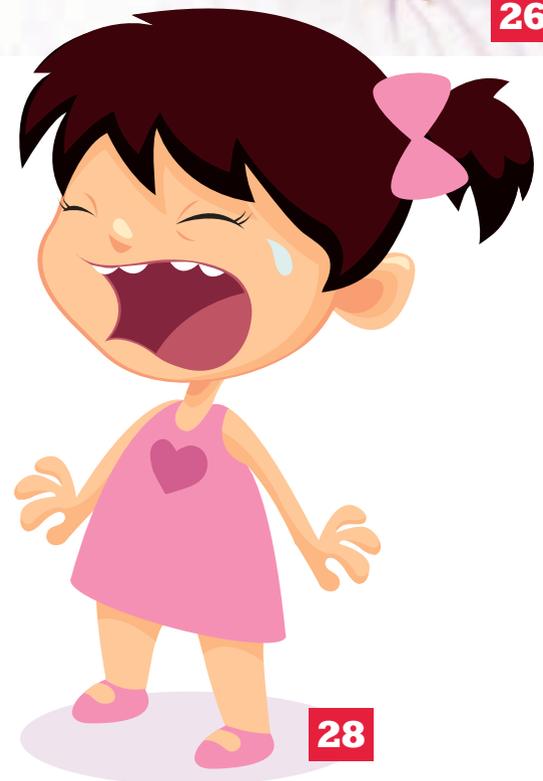
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Letter from the publisher

Call for love

A number of our columnists in this month's issue have turned their attention to this "thing" called love. Of course, it's February and the time of year when so much focus is on romance and expressions of tender feelings.



So what is love? How do we know it when we have it or find it? How do we avoid the pitfalls of love, the false alarms and wrong choices that break our hearts and waste our time?

These are the questions that parents wish so much to be able to answer when their tweens and teens face the inevitable break-ups or heartbreaks or unrequited love experiences. We recall as parents looking back on the hurts of our

own youth the disappointments and sorrows. If only we could have the formula to give our youngsters that would help them through the pathways of love and longing. But we can be bracing and understanding and comforting even when

we hear things like, "If you loved me I wouldn't have to go to school", recently said to a member of our staff by her young son.

We need more love in this world, that's for sure. We need to love the ones who have no love, we need to spot the need for love in the unloved around us and help them feel secure, safe and untroubled. As parents we need to reach out for help for our children when and if we

recognize they are facing issues we are incapable of handling for them on our own. This is also a part of love. It is our responsibility to instill love and trust and security in those babies who come into our arms as brand new people and if they are in trouble, it is loveable to reach out for help.

In spite of horrible headlines from time to time, I believe we all are becoming more loveable. I see incredible changes sociologically with far less polarization, anger, revenge and separation. I see a growth in tolerance, understanding and acceptance and huge changes that make me know that many of us humans have come a long way. We are moving forward and there is progress on every front and that is because of love.

So we love our children, our pets,

our family, our friends, and if we're very fortunate, we get a partner to experience it all with that makes us less on our own. Some do and some don't. That's just the way it is. Not an easy thing to explain to one's children who are all hoping and dreaming of love everlasting and the bells and the banjos ringing.

Love is the answer. I say that every year and I mean it. We can't have enough. We must treasure every piece of it that comes our way.

Thanks for reading.

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FLU

Learn how to stay safe

The flu has hit the city hard this year. Keep yourself and your family healthy

BY JAMIE LOBER

The flu has hit New York hard this year and has the city's parents talking.

Word out is that this season's vaccine is not as effective as it should be, making some patients hesitant about getting the flu shot for them and for their children. But doctors are stressing that getting the shot is better than nothing.

"Initially, patients refused flu vaccines because they were concerned about side effects and getting the flu from the vaccine, so it is important for people to know that it is not a live virus," said Dr. Nieca Goldberg, clinical associate professor of the Department of Medicine at Leon H. Charney Division of Cardiology, and director of the Joan H. Tisch Center for Women's Health at New York University Lagone Medical Center. "Although it is not 100-percent effective, it is 62-percent effective and that is better than nothing," said Goldberg.

According to the Centers for Disease Control and Prevention, the flu is a contagious respiratory illness that can infect the throat, nose, and lungs, causing





Regardless of your decision to get vaccinated, you should take proper precautions.

mild to severe illness.

For some people, the flu is more dangerous than for others.

"People who are particularly at risk for getting the flu are people with heart disease, lung disease, and illnesses that lower their immunity, like cancer," said Goldberg.

Scientists try to stay ahead of things by changing the vaccine each year depending on what the epidemiologists see as the trend.

"Last year's vaccine does not help you," said Goldberg.

Sometimes, people do not realize they have the flu at first.

"You start to feel achy all over, your muscles ache, you are very tired, and you may have a cough, diarrhea, or vomiting," said Goldberg. "Sometimes, the flu requires hospitalization. If you are dehydrated, not eating, dizzy, or feel like you are going to faint, you may be given intravenous fluids."

Symptoms are different in terms of intensity compared to your routine cold. It is important to remember that not everyone with the flu has a fever. Being prepared is the key to fighting the virus.

"A thermometer is a good piece of medical equipment to have in your house, and you should have acetaminophen on hand to take for muscle aches," advised Goldberg.

WebMD states that Americans are turning to cold and flu supplements in greater numbers this year. Instead of over-the-counter medications, people are considering natural remedies such as taking vitamin C, echinacea, and zinc, because the Food and Drug Administration has released reports about some over-the-counter cold and flu treatments being ineffective.

Studies show that while vitamin C can improve the immune system, it does not prevent colds when given in doses of one gram per day. But, it has proven to be beneficial as a treatment, reducing the duration of colds by as much as 24 to 36 hours.

Regardless of your decision to get vaccinated, you should take proper precautions. If you are exposed to someone who has the flu, you should talk to your doctor about antiviral drugs, which are typically between 70 and 90 percent effective at preventing you from getting sick. It is helpful to stay out of crowds and close quarters as best you can during flu season.

If you suspect you have the flu, take action.

"The fastest way to get rid of the flu, if you are having the most severe case, is to talk to your doctor so he can prescribe an antiviral medication known as Tamiflu, which shortens the course. The other thing you can do is stay home and rest," said Goldberg. If it seems to get worse instead of better, seek medical attention.

If you are feeling very sick, you should not go to work. If your child is sick, do not send her to school. Try to avoid sharing utensils, glasses, and personal items. Common surfaces like telephones, computer keyboards, and doorknobs should be wiped down regularly to decrease the spread of germs.

Washing your hands for 20 seconds with soap and warm water is also a good means of prevention. Even better, you can get your child in the habit of washing for the duration it takes to sing "Happy Birthday."

Lifestyle choices like managing stress, getting adequate sleep at night, eating a balanced diet, and staying hydrated can make a difference in your flu-fighting potential.

Do not think you are immune to this epidemic. Be safe rather than sorry by consulting your pediatrician or family doctor about what you can do today.

Jamie Lober, author of Pink Power (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.

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Everyday Love

Show love to
your children
with these
simple tips

BY KIKI BOCHI

Valentine's Day gets many people thinking about love. But in truth, love is something you show your children every day, through actions big and small.

Our actions speak more of love than all the candy, cards, and grand gestures in the world.

"While we mark holidays, children count every day as a reminder of how much they are valued, loved and respected," says Peter A. Gorski, MD, an advisor to the American Academy of Pediatrics' website, HealthyChildren.org. "Seemingly small efforts to give a child our full attention, to appreciate a child's interests, to acknowledge a child's genuine feelings — these have huge effects and rich rewards well beyond the moment."

Here, from the American Academy of Pediatrics, are some ideas on how to be a more loving parent. Better than a bouquet of roses, these dozen tips will bring smiles to your child's face all year long.

- Use plenty of positive words with your child. Try to avoid using sarcasm, as children often don't understand it, and if they do, it creates a negative interaction. Banish put-downs from your parenting vocabulary.

- Respond promptly and lovingly to your child's physical and emotional needs. Remember, there is amazing power in a simple hug.

- Make an extra effort to set a good example at home and in public. Use words like "I'm sorry," "please," and "thank you."

- Make plans to spend time alone with your child or teen doing something he enjoys. There is nothing more



valuable you can give your child than your time and undivided attention.

- When your child is angry, argumentative, or in a bad mood, give him a hug, or other gesture of affection. Don't escalate things by getting mad as well. A simple statement like, "I see you are feeling angry today" can help validate him and defuse the situation. When he calms down, talk with him about his feelings.

- Use non-violent forms of discipline. Structure, rules, and limits are important to all children. Punishments can include time-outs or suspending privileges, such as television time or other activities. Allowing children of any age to constantly break important rules without discipline only encourages more rule violations.

- Your child's health depends on the care and guidance you offer during the early years. By taking your child to the doctor regularly, keeping him safe from accidents, providing a nutritious diet, making sure he gets enough sleep, and encouraging exercise, you help protect and strengthen his body.

- Help your child foster positive relationships with friends, siblings, and members of the community. Encourage cooperation in your home rather than competition between siblings. Organize get-togethers with extended family, and make your child's friends feel welcome in your home.

Help your child connect with a larger community through sports and activity programs, community groups, or your church or synagogue.

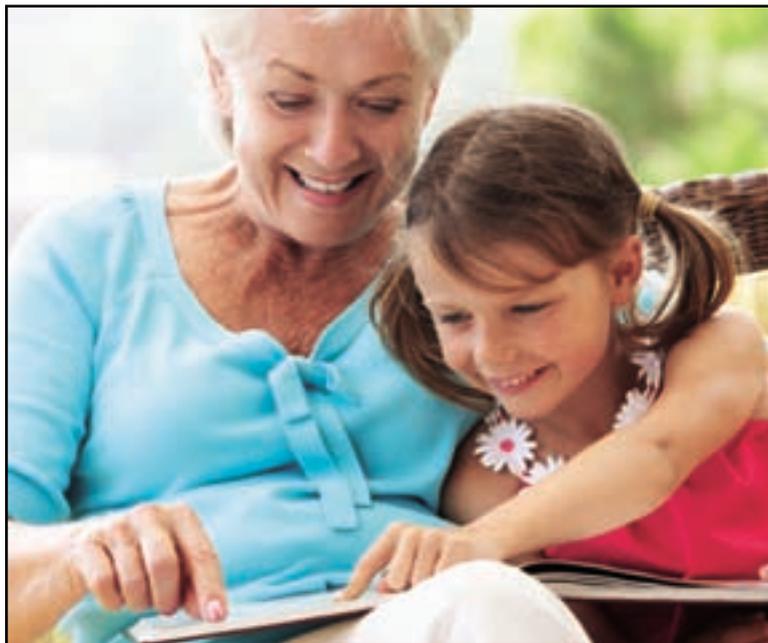
- Mark family nights on your calendar so the entire family can be together. Put a different family member's name under each date, and have that person choose the game or activity for the evening. Choices can include board games, playing basketball, taking a walk together, or even doing a creative craft.

- Let your child cook with you to familiarize him with good food choices. Involve your child in the entire process, from planning the menus, to shopping for ingredients, to the actual food preparation and serving. Not only will your child eat better, but you will also turn a daily chore into a fun, shared experience.

- Help your child develop self-esteem. Your child needs your steady support and encouragement to discover his strengths. He needs you to believe in him as he learns to believe in himself. Loving him, spending time with him, listening to him, and praising his accomplishments are all part of this process.

- Don't forget to say, "I love you," every day to children of all ages.

KiKiBochi, an award-winning journalist, reads hundreds of reports monthly to bring readers the latest insights on family health and child development.



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Hover charge

‘Helicopter parents’ can keep their kids from taking off

BY LAURA J. VAROSCAK

Nancy was thrilled to receive an acceptance letter from her top-choice Ivy League school. For years, she researched the best college programs and studied how to produce a winning application package.

She hired one tutor to help with SAT preparation and another to help write a successful personal essay. She visited many campuses, touring and networking with deans, admissions directors, and professors. It was now time to share the good news with her son, Will — the one going off to college.

Will is among the thousands of young people, born between 1982 and 1995, who fall victim to a “helicopter parent.” The term first appeared in the 1990s to describe a specific group of baby boomers who hover over their children throughout every stage of their development. Despite good intentions, these parents do more harm than good.

This ineffective parenting style usually begins in preschool (with over-programmed kids attending karate, piano, ballet, yoga, gymnastics, swimming, art, and cooking classes after their regular school day) and escalates to college and beyond.

Lisa, a recent business school graduate, has always appreciated her father’s involvement in her life. A few months before graduation, he wrote her resume, embellishing it with impressive (albeit exaggerated) information, and spent big money on designer business cards. Now, he accompanies his 21-year-old daughter to career fairs and job interviews, often intervening when the delicate subject of salary comes up.

“She’s a bright girl, but I don’t want anyone taking advantage of her. I want her to start out comfortably.”

Lisa graciously accepts his help. “It’s nice to have someone who

cares so much about me and my future. I’m very lucky.”

It’s typical for parents to micromanage their young children. Babies rely on their caregivers to nourish and protect them. But for many parents, letting go becomes an emotional challenge — even when the child is ready for independence. As children grow older, they deserve opportunities to become more self-reliant and responsible. These are basic, but crucial, life skills. But helicopter parents interfere with every aspect of their child’s life, giving a very clear message: “You cannot succeed without me.”

They do not allow their kids to fail, or succeed, without their help. Children cannot learn to trust themselves if their parents do not trust them to handle their own affairs. Crossing the line from parental guidance to predominance can lead to negative consequences for the children by:

- Weakening their decision-making and problem-solving skills.
- Undermining their confidence
- Instilling a fear of failure.
- Encouraging dependence on parental approval.
- Increasing anxiety
- Decreasing self-motivation.
- Blurring the boundary between childhood and adulthood.
- Slowing social and emotional development.
- Fostering a negative self-image.
- Robbing them of valuable opportunities to learn from their own experiences.

Rise of the helicopter parents

Overprotective parents have existed since the beginning of time. However, with the rapid rise of technology, hovering has become much easier. Computers, e-mail, web cams, cellphones, and text messaging can collectively be called “the longest umbilical cord in the world.” They make it possible for parents and children to access each other around the

clock. The business of information technology is booming, and new products are being developed to target the helicopter parent population.

“These new products will significantly expand the monitoring and tracking capabilities of parents, enabling them to keep track of whom their children meet online, monitor kids’ movements and location, and keep tabs on their behavior and lifestyle,” according to senior analyst Kevin Osborn.

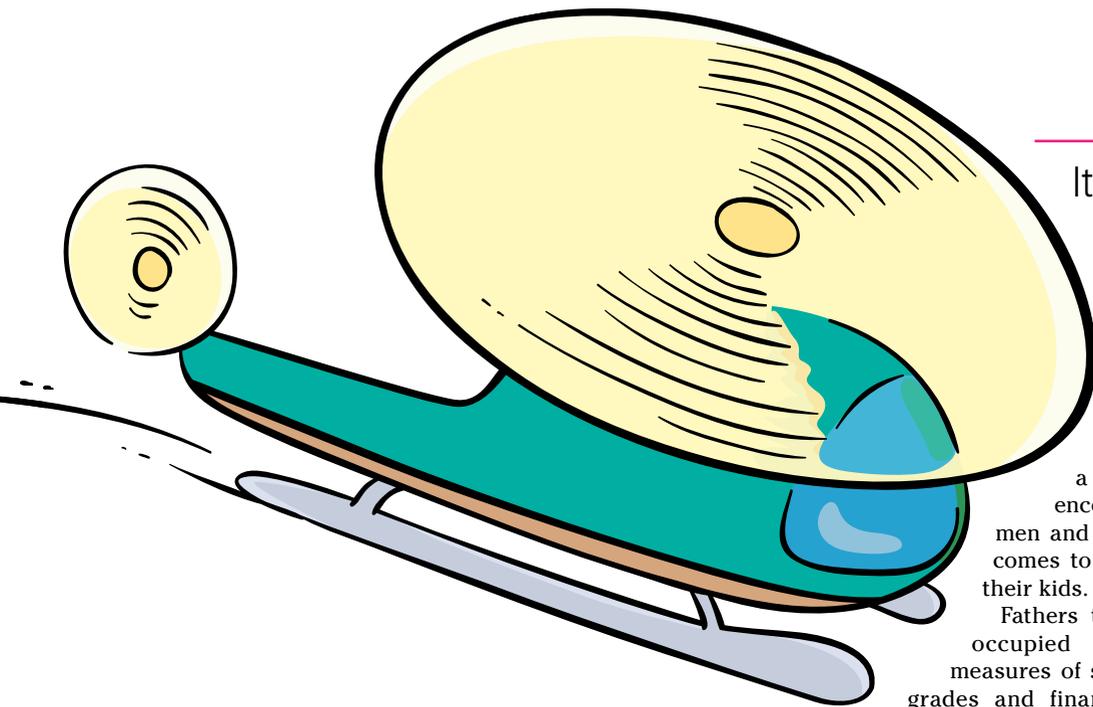
This growing trend may also be a result of today’s critical economic situation.

The uncertainty of the job market creates anxiety for both parents and their children. Desperately wanting their sons and daughters to land secure, well-paying jobs, helicopter parents may push too hard, especially during college years. Academic excellence is important, but it does not compare to the knowledge gained from living independently, which includes making mistakes and learning from them. That freedom is invaluable, because it enables young men and women to explore the entirety of what it means to be an adult.

Some helicopter parents encourage their children to attend prestigious universities, believing that the degree will result in a successful career, but then they strain to pay their child’s tuition. Parents can come to see their children as investments and believe they deserve to be involved.

Moms vs. dads

Helicopter parenting is prevalent among all racial and ethnic lines, as well as socioeconomic status. Recent studies indicate that nearly 70 percent of college students’ parents cross the line between supporting and controlling their children. Yet,



It's typical for parents to micromanage their young children. But for many parents, letting go becomes an emotional challenge — even when the child is ready for independence.

a marked difference exists between men and women when it comes to micromanaging their kids.

Fathers tend to be preoccupied with concrete measures of success such as grades and finances. They are more aggressive in their approach and go straight to the top to resolve problems.

Ben arranged for his daughter to attend a nearby university so she could live at home while taking classes.

Each night, he helps her with her homework, often re-writing papers for her. He carefully monitors her grades, expecting no less than a 3.08 average.

After she scored an 87 on a statistics exam, Ben visited the professor, demanding that the grade be changed. When the professor refused, he spoke with the head of the department and wrote a letter to the Dean until the grade was raised three points.

Mothers, on the other hand, tend to become more overly involved with their son's lives. Theirs is more of an emotional attachment, a desperate need to be needed.

Beverly drives more than two hours to her 20-year-old son's dormitory three times a week to cook him meals and do his laundry and housecleaning. She schedules his doctor's appointments and gets up early to give him a daily wake up call.

Whatever happened to autonomy — not to mention alarm clocks?

Common types of helicopter parents

The academic watchdogs: carefully monitor homework and grades, often completing assignments for their children; speak to teachers, professors, and administrators on behalf of their chil-

dren, often arguing over grades or deadlines.

The safety monitors: worry excessively about every aspect of their children's lives, including health, eating, and sleeping habits, living arrangements, relationships, exposure to sex, drugs, and alcohol; constantly keep tabs on children's whereabouts.

The enablers: provide unlimited money and domestic services, although their children are old enough, and capable enough, to take care of themselves.

The best friends: strive to maintain constant contact with their children, preventing independence and freedom; establishes no healthy boundaries.

The agents: organize, schedule, and sort out difficulties, while going to great lengths to give their children an advantage over their competition.

Stay grounded

As children develop, they need practice making their own decisions. Facing challenges builds self-esteem and confidence.

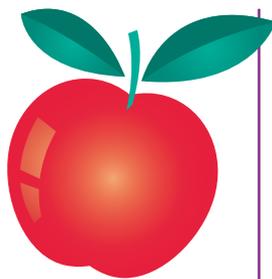
Too much parental participation can interfere with the development of autonomy, detrimental to self-reliance and independence.

A parent's duty is to respect her children's needs, while serving as a positive role model.

As tempting as it may be to jump in to prevent disappointment or failure, allow your children to learn from their mistakes. In the end, the lessons they learn will be invaluable.

By the time they reach their college years, young adults will be strong, ready to face the world with gusto.

Laura Varoscak-DeInnocentiis is a writer, educator and mom living in Brooklyn. A regular contributor to New York Parenting Media, she has won several editorial awards for her articles.



DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

At what level are my children reading?

Dear Teachers,

How do I know if my young children in kindergarten and third grade are reading on grade level? Also, can you give me a list of books for these grades?

Dear Parent,

Report cards and teacher conferences should already have told you about your children's reading level in both grades. If not, ask their teachers for this information. Be aware that reading on grade level can mean different accomplishments at different schools. Plus, you should expect bright children to be reading one or more years above their grade level.

teacher or the school librarian. It also can be helpful to ask friends about books their children are enjoying.

Peer pressure

Dear Teachers,

How can I tell if my middle schooler is being accepted socially by his peers? He spends a lot of time in solitary pursuits.

Dear Parent,

Simple observation should largely answer your question. Are friends calling him on the phone? Is he calling others on the phone? Is he asked on outings with other children? Does he interact with neighborhood children his age? Does he participate in sports formally or informally? Does he belong to Boy Scouts or any clubs? Does he ever do school projects or homework with others in his class? What does he say about having friends? What does his teacher say about his socialization at school?

Caution: Are excessive online activities limiting personal contact with his peers?

Child labeled a trouble maker

Dear Teachers,

Since third grade, my child has been labeled as a trouble maker. He is currently in fifth grade and everything he does, no matter what, he gets a detention. We have a meeting scheduled with his teacher, because I have heard that this information is being sent over to his middle school — labeling him even before he arrives?

Dear Parent,

You have been hearing about your son's behavior for several years now. Why did he start acting this way in third grade? What happened in third grade to make the year different from first and second grade, before he had a label? And the big question: why hasn't something been done to change his behavior by you or the school?

As far as his records go, you will not be able to take out any information that teachers have put into them. However, you can look at the records

and put in information expressing your take on his behavior for the middle school teachers to see.

Realistically, it is past time for your son to change his image.

When you meet with his teacher, ask what can be done right now to help your son eliminate the trouble maker label.

Suggest that a behavior modification plan be developed immediately so some improvement in his behavior can begin to take place at once.

Helping a child who is a 'disorganized mess'

Dear Teachers,

My daughter is in the second grade, and the teacher says that she is a "disorganized mess" in class. The child often can't find missing books and is not willing to look for them.

Dear Parent,

Organization is a skill that young children usually learn at home. Getting your child to be more organized needs to be a two-pronged attack by you and the teacher.

First focus on the classroom and the missing book situation. If the child does not have a desk to keep her things in, books not being used always must be placed in a basket or cubby.

At the start of the day, take and store all books from her backpack and store them. Have a chart that she can check when this is done. She must also check the chart that a book has been put away when another is opened. The teacher should check the chart frequently and insist on this organization before other activities can be started. The chart can be taped to the top of the child's desk or table where she sits. At home, choose just one aspect of your daughter's life that ties in with school — possibly getting her backpack organized before 8 pm each day.

Submit questions and comments to dearteacher@dearteacher.com or visit www.dearteacher.com.

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On our website (www.dearteacher.com), you will find the San Diego Quick Assessment that will let you quickly gauge your children's reading ability. It is the first item under "Checklists." All you have to do is to have your children read lists of words. This is a first-step screening procedure; however, research has confirmed that it is a fairly accurate estimate of children's ability to read. Not only will it tell you the grade level in which your child is actually reading, but it will also tell you the grade levels where he can read independently and those in which he will struggle.

The best way to get a list of suggested books for your children to read is to request one from your child's



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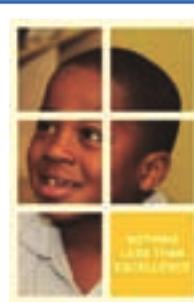
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Bronx Lighthouse Charter School

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- Strong family involvement
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- Calm, safe learning environment

Mission

We prepare our students for college through a rigorous arts-infused program.

Core Values

Work hard. Get smart. Graduate from college.
High expectations equal results.
Nothing less than excellence.
Today is the day we make it happen.



OPEN HOUSE DATES

- Thursday, Mar. 7, 2013 at 7:30 am
- Thursday, Mar. 7, 2013 at 5:30 pm
- Thursday, Mar. 14, 2013 at 6:30 pm

BLCS Lottery - April 11, 2013 at 5pm

BLCS FACTS

- Kindergarten-11th Grade in 2013-2014
- Will grow until 12th Grade
- Small class size
- Teachers stay with students for 2 years in a row
- We use the arts to teach all core subjects




For more information, please contact us at (646) 915-0025 or email at info-blcs@lighthouse-academies.org

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Sparkling smiles

How to
protect and
promote your
child's dental
health

BY KIKI BOCHI

Could there be anything more precious than your child's smile?

Preserving and protecting that smile should be on the top of your list of priorities, yet oral health is often overlooked by many parents. It's understandable — you have so many things to deal with, and worrying about preventing cavities just seems to get away from you. Besides, they're just baby teeth, right?

Wrong.

Even baby teeth are important. Baby teeth serve as spacers to maintain the proper alignment for permanent teeth. And that's not all: children with healthy mouths chew more easily and gain more nutrients from the foods they eat. They learn to speak more quickly and clearly. Plus, a healthy mouth is more attractive, giving children confidence in their appearance.

If you're not taking the best care of your child's teeth, you are certainly not alone. For the first time in 40 years, dentists are seeing an increased number of children with multiple cavities, according to the U.S. Centers for Disease Control and Prevention. Along with this alarming trend is an increased number of children who require hospital admittance and general anesthesia to treat their extensive cavities and tooth decay.

Teaching your child proper oral care at a young age is an investment in his health. To mark Children's Dental Health Month in February, the American Academy of Pediatric Dentistry offers this advice:

- Set a good example. Taking good care of your own teeth sends a message that oral health is important. In addition, cavity-causing germs can be transmitted through contact — like when your baby puts his hands in your mouth and then in his own mouth, or if you share cups or utensils. That's why it's so important to keep your own teeth and gums healthy.

- Be smart at bedtime. Do not nurse a young child to sleep or put him to bed with a bottle of milk, formula, juice, or any sweetened liquid. As a child sleeps, any unswallowed liquid in the mouth feeds bacteria that produce acids and attack the teeth. Protect your child from severe tooth decay by putting him to bed with nothing more than a bottle of water or a pacifier. And never dip a pacifier in sugar or honey — day or night.

- Attack plaque. Plaque is a sticky film of germs that forms on teeth and gums after eating or drinking,

which is why brushing twice a day is so important. To ensure children's teeth are properly brushed, parents of toddlers should do it for them with a soft brush by using a circular or wiggling motion on all tooth surfaces, especially where the tooth meets the gum line. Even once kids are old enough to do their own brushing, parents should watch over the process until children are at least 8 years old.

- Use the right tools. Clean a baby's gums regularly with a clean gauze pad even before any teeth have erupted. This will accustom your baby to an oral care routine, plus reduce the bacteria in your child's mouth. For toddlers, use a small, soft-bristled brush with only a smear of toothpaste so that they don't swallow it. Once children can spit, use a pea-sized portion of toothpaste so they don't absorb too much fluoride. Remember to replace toothbrushes every three to four months — and even sooner if the bristles are worn out, or if your children have been sick.

- Floss daily. It is important to remove plaque from between the teeth and under the gum line before it can harden into tartar. Flossing removes food and plaque between teeth that brushing misses. You should floss for your children beginning at age 4. By the time they reach age 8, most kids can begin flossing for themselves.

- Eat well. Children must have a balanced diet for their teeth and gums to develop properly. Equally important is a diet high in certain kinds of carbohydrates. Other foods, such as sugar and starches, may place your child at dental risk. Limit starchy or sugary foods, which produce plaque acids that cause tooth decay.

Choose wisely. Use dental products that contain fluoride, including toothpaste, and visit a dentist regularly.

KiKiBochi, an award-winning journalist, reads hundreds of reports monthly to bring readers the latest insights on family health and child development.



Bronx Prep Charter School is now accepting applications for 5th Grade!

DEADLINE: April 5, 2013 **LOTTERY:** April 22, 2013

OPEN HOUSE DATES

Wednesday, February 13, 2013, 5:30 – 6:30 pm
 Thursday, February 28, 2013, 5:30 – 6:30 pm
 Saturday, March 16, 2013, 10:00 – 11:00 am
 Wednesday, March 20, 2013, 5:30 – 6:30 pm



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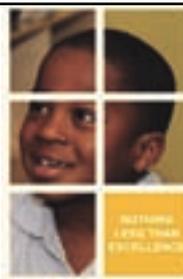
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St. Rita 718-585-8863	St. Simon 718-933-9471	Tolentine 718-364-7608	Concord 718-292-8564

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- ✔ Arts infusion in all core subjects
- ✔ College preparation beginning in Kindergarten
- ✔ Strong partnership with families
- ✔ Quality teachers, quality instruction
- ✔ A strong, nurturing culture of achievement, respect and responsibility.
- ✔ Small school community

Mission

We prepare our students for college through a rigorous arts-infused program.

Core Values

Work hard. Get smart. Graduate from college.

High expectations equal results.

Nothing less than excellence.

Today is the day we make it happen.

OPEN HOUSES:

Wednesday, February 6 – 5:00 p.m.

Tuesday, February 12 – 8:30 a.m.

Wednesday, March 13 – 6:00 p.m.

1535 Story Avenue, 2nd Floor
 Bronx, NY 10473 (relocating in 13 – 14)



MetLCS Facts

- Grades K – 5 in 2013 – 2014
- We will add one grade per year until we reach grade 12
- Small class size
- Teachers stay with students for two years in a row (looping)
- More time on instruction (8:00 – 4:00 daily (except for Wednesday); two additional weeks of school per year)
- Public charter school – a free, high-quality education with admission through a lottery



For more information, please contact us at 718.893.0640 or email crussell@lighthouse-academies.org
 Apply online or download an application at www.lighthouse-academies.org/schools/metropolitan

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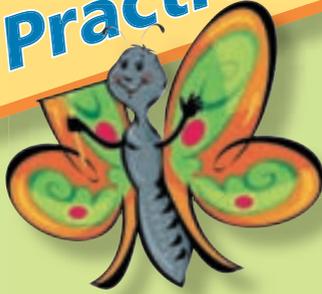
BRONX/RIVERDALE

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Meet The Practice



Smile Savers Pediatric Dentistry

2100 Bartow Ave., Suite 246,
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718-708-6755 or
www.smilesaverspedo.com

Wants to remind you February is Children's Dental Health Month! Call them for special offers! At Smile Savers, they offer a state-of-the-art dental office in Co-Op City; fluoride monitoring, home care instruction, orthodontics, dental sealants, sports mouth guards, invisalign, digital radiography are just some of the services they offer. Smile Savers is easily accessible by public transportation. Emergencies are welcome. Call them today for all of your child's dental needs.

Riverdale Pediatric Dentistry, PC

Dr. Liraz Spear
611 W. 239th St
718-725-8997
Website: www.riverdalesmiles.com



Creating good oral health care habits early on is extremely important and it's what we do best. At Riverdale Pediatric Dentistry, we create an environment that your child will want to be a part of. Our team engages children of all ages to create a fun and meaningful experience.

We encourage each child and family to develop a daily oral health care routine. These healthy dental habits prevent infection and discomfort, enabling your child to focus on the things that are most important, like school and hobbies. Our advice is always age-specific and designed for maintaining

healthy teeth into adulthood.

Our child-friendly office is designed to make each visit to the dentist a pleasant experience for both you and your child. From interesting décor and a fun waiting area to clear dental illustrations and great giveaways, we go to great lengths to show children that going to the dentist is a fun thing to do. We take our time with each child and treat them like one of our own. We also treat patients with special health care needs.

Dr. Liraz Spear is a Board Certified Pediatric Dentist who lives in Riverdale. Dr. Spear graduated from Columbia University's Dental School in 1998.

Since then, she has been in private practice, as well as a member of the faculty at Columbia University and Lenox Hill Hospital. She has a passion for children and is married and raising twins.



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Dr. Amy Lustbader

Pediatric Dental Specialist at Bronx Children's Dentist
960 Morris Park Avenue, Bronx, NY 10462



"A person is a person, no matter how small"

—Dr. Suess

Education is the cornerstone of Pediatric Dentistry. I understand the importance of establishing good oral hygiene habits early in a child's life and I provide children and parents with the necessary knowledge to maintain a healthy smile. Our child-centered atmosphere keeps the visits fun for the parents and children.

Information about oral development, habits and diet keep parents informed so they can keep children healthy. If treatment is needed down the road, my patients are psychologically and emotionally prepared; they are comfortable with me, my staff, and the office they have come to enjoy. When that first tooth comes in, that is your first signal to make a first appointment. Come join me in our Jungle Room! Our office accepts most insurance, school insurance and NYS No Fault. But please don't wait until you need me....come in and get to know me! You will be glad you did!

Riverdale Pediatric Dentistry

Care From Infancy Through Adolescence & Special Health Care Needs

- Preventive Treatment for All Ages
- The team is highly trained to treat kids only
- Cutting edge technology
- Digital X-Rays
- Sedation Available

Flexible Hours: Sunday & Evening Appointments

Dr. Liraz Spear, DDS, FAAPD

Pediatric Dental Specialist
Diplomate, American Board of Pediatric Dentistry
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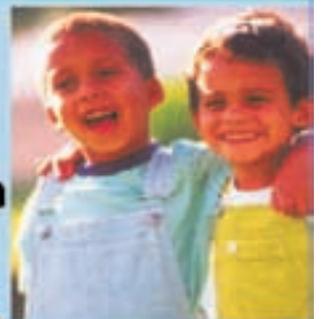
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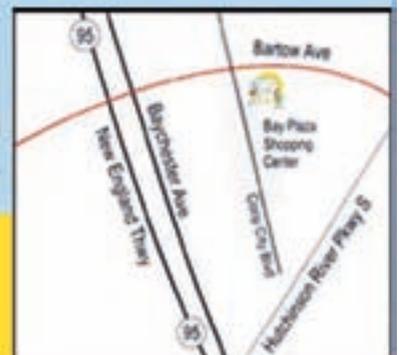
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Catholic Schools

DIRECTORY

Good Shepherd School

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212-567-5800 or www.gsschoolnyc.org

Founded in 1925 on the principles of faith, community, and academic achievement, Good Shepherd School, located in the northern Manhattan neighborhood of Inwood, is a co-ed, parochial Pre-K to 8th grade elementary school. Good Shepherd School offers a rigorous academic program as well as a cutting-edge, dynamic early education program and before and after school care programs serving families who seek to provide their children with an education based on strong moral values that would lead them toward success in family, community, business, service, and beyond.

generations. It is founded on the Catholic educational philosophy that all children are created in God's image, and our life's potential can be achieved in relationship with Him. With that foundation, OLA offers a climate and culture where children can excel academically, physically and spiritually. In addition to our history of high academic achievement on all standardized tests, we offer a state-of-the-art computer lab and computers in every classroom, art, music, physical education, after-school sports clubs and cheerleading, and more. We have a before- and after-school program for busy working parents. Please call for more information.

St. Angela Merici School

266 E. 163rd St
718 293 3365 or www.sainangelamerici.com

The mission of St. Angela Merici School is to equip its Pre K through eighth grade students with the religious, ethical and social values that will empower them to develop as leaders in mind, body and soul. Our students become productive citizens and loyal members of the Catholic Church. Academics are the main focus at St. Angela's with an emphasis on the arts. We also boast a championship basketball team. Lastly, the school is proud to have a mock trial team for 8th graders which is led by lawyers in the Bronx community. Saint Angela Merici School exists to serve the educational and spiritual needs of the children. "We give them the fundamentals of a good education." Sister Lourdes Mercado - Almodovar, Principal.

Mount St. Michael Academy

4300 Murdock Ave., Bronx 10466
718 515-6400 or www.mtstmichael.org

Mount St. Michael is a Catholic High School for Boys with a College Preparatory Curriculum. We have received the honor of being recognized as a Blue Ribbon High School. The school is located on a 22 Acre Campus. We offer Advanced Placement classes, Honors and Academic levels. There are 5 Computer Labs and 6 Science Labs. Financial Aid and Scholarship opportunities are available. We have a Full Athletic Program and extracurricular activities. 100% Graduation rate with 98% of graduating Seniors attending a 4 year college/university. Transportation and Bussing is available.

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718-829-1706 or www.olassumptionbronx.org

OLA has had a tradition of excellence in Catholic education for

St. Anselm School

685 Tinton Avenue, Bronx 10455
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Offers a safe, nurturing, values-based learning environment where

Continued on page 20



Our Lady of Assumption School



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Grades K-8

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- **SMART BOARD** technology is utilized at every grade level for all subjects.

Please visit our website at WWW.SAINTBRENDANCHURCH.ORG.

Click on the school tab to access current tuition rates, applications and registration information.

Applications available in the school office. School tours by appointment.
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www.mtstmichael.org

Please contact
Director of Admissions
Thomas Fraher
718-515-6400 ext. 228
Thomas.fraher@mtstmichael.org



Good Shepherd School

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St. Clare of Assisi School

Grades Pre-K-8



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9:00 A.M. TO 10:00 A.M.

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- Early drop-off at 7:15 a.m.
- After Care program available from 2:30 to 6:00 p.m.
- Experienced and nurturing faculty and staff

Catholic Schools

DIRECTORY

Continued from page 18

students achieve academic success, learn integrity and values in the Catholic tradition, and belong to a community that fosters self-confidence and school spirit. The school provides a rigorous educational program designed to prepare students to succeed and compete in the 21st century. Students are taught to not only develop a mastery of academic skills, but also enthusiastic and wholesome attitudes towards learning. St. Anselm School incorporates several enrichment programs to complement its academic curriculum as well as after school electives. The administration, faculty and staff work in partnership with parents in a spirit of mutual cooperation. St. Anselm School welcomes applications for admission to grades Prekindergarten through Grade 8, in addition to its new state funded Universal Prekindergarten Program. Please contact the school office for more information or to schedule a visit. Come and see!

St. Brendan School
268 East 207th St. Bronx 10467
718-653-2292 or www.saintbrendanchurch.org

Saint Brendan School Excels in providing a challenging academic education integrated with Catholic values and morals, which develop the whole child spiritually, intellectually, physically and socially. We offer a quality program from PreK 3 to grade 8. SMART BOARD technology is utilized at every grade level for all subjects. Our 8th grade students receive awards and scholarships from the top Catholic and public high schools.

St. Clare of Assisi School
1911 Hone Avenue, Bronx 10461
718-892-4080 or www.stclareschoolbronx.homestead.com

Founded in 1951, St. Clare of Assisi

School is a private Catholic elementary school in the Morris Park section of the Bronx. The school provides superior Pre-K to grade 8 education, combining the best of current teaching and technology with traditional values in a warm and caring atmosphere.

School at a Glance : Grades Pre-k to 8; After-school program; Breakfast program; Religious Education; Computer Center (36 computers, SmartBoard technology, extensive software library; Enrichment program includes: Library Program, Violin, Choral music, After school guitar, , Art program; Extra-curricular activities include: Basketball, , Cheerleading, Scouts, Honors Club, Robotics, School paper, and Community Service projects. Sacramental programs, Catechesis of the Good Shepherd for 3, 4 and 5 year olds, Montessori trained teacher in the program for 3 year olds.

St. Helena School
2050 Benedict Ave, Bronx 10462
718-892-3234 or www.sthelenaschoolbronxny.org

St. Helena School is a culturally diverse Catholic school that educates children from full day Pre-K – 3 years to 8th grade in the Park Chester/ Castle Hill section of the Bronx. Their motto is "It's Fun to be Good!" Students in grades 1-8 have a schedule from 8:00 to 2:35 daily. They are accredited by Middle States along with fine NYS ELA and Math test scores. Students enjoy 2 periods of gym, computers and library each week in state-of-the-art facilities. Extracurricular activities include boys as well as girls' basketball, track, bowling, volleyball, cub scouts and summer camp.

Their graduates have earned over \$200,000 in high school scholarships.

Continued on page 22

ST. ANSELM SCHOOL

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It's Free
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St. Anselm School offers a safe and nurturing learning environment where students:

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- * Learn integrity and values in the Catholic tradition
- * Belong to a community that fosters self-confidence and school spirit
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 - Theater Arts Program • Fully-automated Library
 - Art and Music Programs • Physical Education
 - Daily Extended Care Program until 6:00pm
 - After school Tutoring Program • Guidance & Counseling Services

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

children first!
always 1st!
all faiths welcome!

APPLY NOW

**2013-2014 School Year
 Pre-Kindergarten through Grade 8**

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



St. Thomas Aquinas School

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

OPEN HOUSE

Jan 15, Feb 12, March 12 & May 21

(must register to attend)

Pre-K4 and Kindergarten; Grades 1-8

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| • After School Choir, Violin, & Piano Lessons | • Daily Prayer and Weekly Masses |
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 With A Solid Academic Foundation, Catholic Values And
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HEALTHY LIVING

DANIELLE SULLIVAN

The science of love

Love protects us from loneliness, poor health, and even helps us live longer. This month, while love is in the air and people are doing their best to find and keep love, could their efforts be in vain?

After all, you can date as much as you like and meet a whole lot of people, but if the chemistry just is not there, you cannot force the attraction.

Maternal love, of course, is a whole other story. It's primitive and fierce. That unique bond between mother and child does not end with delivery. In fact, the change is life-lasting. Some moms feel that instinctively from the get-go. However, the change is not only emotional, it's biological. There is a real science behind the concept of love.

Here are three distinct ways love can be explained through science:

Pregnancy

Research performed by psychologist Laura M. Glynn of Chapman University and Curt A. Sandman at the University of California proposes that pregnancy hormones help prepare a woman's brain for the stresses of motherhood. This includes everything from giving her more patience and becoming more resilient to stress, to becoming fine-tuned to her baby's needs.

Brain change

During pregnancy, just as the mom passes oxygen and nutrients to her baby via the placenta, it seems that a baby can pass DNA to his mother. Recent research out of the Fred Hutchinson Cancer Research Center in Seattle has discovered that male DNA has been found in the brains of mothers who have given birth to boys. This strange phenomenon is also believed to ward off certain types of cancer, such as bowel and skin cancer. One of the oldest women studied was a 93-year-old woman who was found to have male DNA in her brain after death.

Romantic love

When talking about romantic love, it is simply like a drug — some

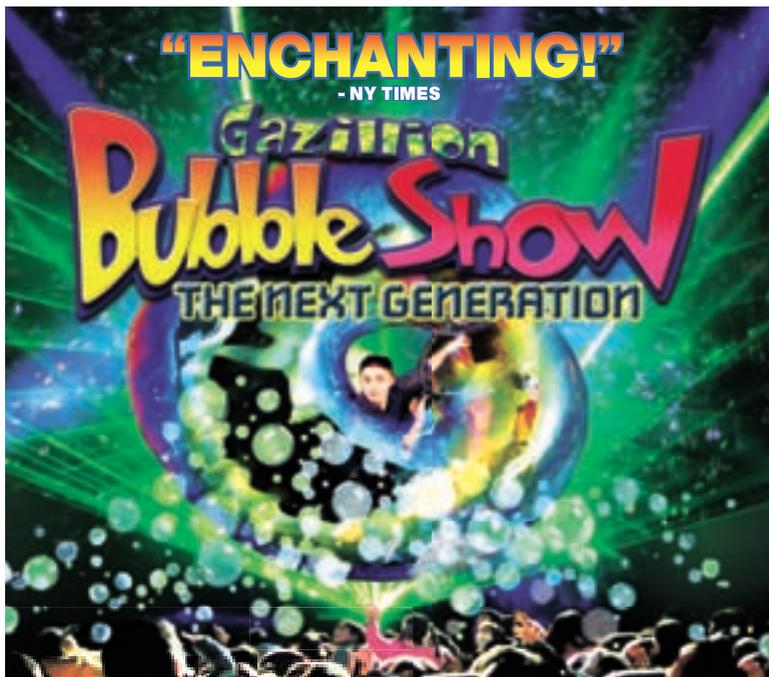


say it's addictive. A study from the State University of New York at Stony Brook suggests you can crave the person you fall in love with much in the same way you would a drug. Author of the study, psychologist Arthur Aron, says the change occurs in the brain, not the heart.

"Intense passionate love uses the same system in the brain that gets activated when a person is addicted to drugs," he explains.

Whether we see love as purely emotional, wholly scientific, or a happy blend of both, love is a wonderful thing to have in our lives and a reason for celebration.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @DanniSull-Writer, or on her blog, Just Write Mom.



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MOMMY 101

ANGELICA SERADOVA

The terrible twos

I think the terrible twos have arrived early. My sweet little girl has developed a whole other side to her that's not so sweet.

A few months ago, a friend asked several other moms for tips on how to deal with her toddler who had taken a liking to repeatedly biting her. Most moms advised on biting him back! Understandably, she didn't want to do that, nor spank him. Eventually, she decided just to ignore him, although ignoring the bite marks was a lot more difficult.

Luckily, Olivia is not a mini-Dracula. She prefers whining, hitting, and throwing herself (I'm not sure which situation is worst).

There's a ton of parenting advice and tips on how to discipline toddlers — everything from spanking to time-out, to talking and encouraging positive behavior rather than punishing bad. I'm not against spanking. I think it can work and if you pick your battles, it may be very effective.

However, when I've attempted to spank Olivia, she does it in return or does it to the dog. It's sad to see my pit bull being bullied by my 1-year old. And isn't it counter-productive to punish my child for hitting by hitting her? At this stage, I don't think a time-out is very effective, she's too young to understand. She doesn't understand that she is being punished. To her, mommy is leaving her all by herself. No lesson learned.

I do talk and encourage positive behavior as much as I can, but what I've also found to be effective for temper tantrums, whining, frustration, and other annoying toddler behaviors is distracting her. I read somewhere that when your child is acting up, the best thing to do is to distract her. That sounded genius and when I tried it, it was! The next time I felt a tantrum coming on, I brought her attention to something else, my cellphone. I focused on the phone like it was the most intriguing thing ever, and she followed my lead. Sometimes when she's being fussy

I'll just tickle her, and as much as she wants to be upset, she can't help but laugh and forgets her frustration, or even better, tries to tickle me back.

Another tantrum-fighting tactic: singing and dancing.

When Olivia is being uncontrollably fussy and moody, I'll engage her in a song and dance. Sometimes it's a nursery rhyme and sometimes it's something I've just made up. The more upbeat and silly, the better.

I try to look at things from her point of view — although there are some things she can

communicate to me: bottle, book, eat, bath time (she's very smart), but there are other things she hasn't mastered yet and that must be frustrating. Trying to understand the toddler brain is not always so easy.

Fortunately, we haven't had any public tantrums yet, but I'm sure we will. If and when that happens, I'll be prepared to tickle my daughter and break out into a ridiculous dance in front of strangers.

I'm sure the other parents will be able to relate, and if I'm lucky, they might just join in.





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Calling young

There's lots to explore at the Children's Museum of Art

BY MARIE HUESTON

Charlton Street between Hudson and Greenwich streets is an unassuming Manhattan block, populated by parked cars and passersby. But step inside the Children's Museum of the Arts, and you are transported to a world of bright color and boundless energy. There, you'll find kids of all ages looking at art, learning about art, making their own art, and bouncing gleefully on giant rubber balls.

Clearly, this is no ordinary museum.

It has been just more than a year since the archive moved to its new location at 103 Charlton St. from its previous home on Lafayette Street. Having nearly triple the amount of space has allowed the curatorial and educational staffs — as well as their young visitors — to really spread their wings.

"It was a great opportunity for us to be able to design a new space to meet all our imperatives," says Lucy Ofiesh, the museum's director of Development. "We were able to expand and update our exhibition space, and add classrooms to offer more after school and weekend workshops."

Enter the museum to find a 2,000-square-foot exhibition space, where artwork is just as likely to be suspended from the ceiling as it is hung on the walls. This month, for example, 26 sculptural "Letter Racers" by legendary graffiti artist RAMMELLZEE float overhead, while his found-object figurines fill a display case and his large-scale paintings line the walls.

The imaginative RAMMELLZEE

February events at the Children's Museum of the Arts

Lunar New Year Festival, Feb. 2 and 3 from 10 am to 5 pm. Ring in the Year of the Snake with special art demonstrations, music, and performances, including the classic Chinese Lion Dance.

ARTY Gras, Feb. 16 from 10 am to 5 pm. Enjoy the festive sounds of a New Orleans jazz band and construct fanciful masks, costumes, and noisemakers — then show off the creations in a parade!



Photo by Jueneoire Mitchell

Galaxseum is on view through Feb. 3, and will be followed on Feb. 7 by Face to Face, an exploration of children's self-portraits from around the world. The main gallery will be closed from Feb. 4 to 6 for installation of the new show, with an opening reception on Thursday, Feb. 7, from 4 to 6 pm, during the museum's pay-as-you-wish hours.

As with all of the museum's exhibitions, interactive stations invite children to try their hand at the media they see around them. After viewing Face to Face, children will be able to take pictures of themselves in the Media Lab to be projected onto the wall, or they can stop by the self-portrait table, where different kinds of mirrors offer different perspectives of facial features: realistic, cubist, and abstract.

"What's special for kids visiting our museum is that it's about more than just looking at art," observes Valerie Kharchenko, manager of Ed-

ucation Programs. "It's about looking and then making their own creations based on what they have seen, and learning that their art is just as important as what's in the exhibits."

Open workshops held during museum hours in the light-filled Fine Art Studio let kids experiment further with a variety of materials. Professional artists are on hand to teach techniques and offer guidance. A Clay Bar offers yet another opportunity for hands-on learning with tactile materials. Children 5 and under will want to stop by the WEE Arts Studio, where tables and chairs are scaled specifically for them, and projects and materials are better suited for tiny hands.

Parents of children with special needs will find a number of inclusive programs at the museum, including Stripes, for children on the autism spectrum. Held three Saturdays a month from 9:30 to 11 am (before the museum's regular — and more

artists!



hectic! — hours), Stripes helps improve motor skills while offering an outlet for self-expression. Inclusive weekend classes, held most Sundays from 1 to 3 pm, invite physically challenged kids and their siblings or friends to make art in a social setting. This month's themes are Stop-Motion Animation: Quiet Winter World on Feb. 10 and Sculpt It: Clay Works on Feb. 17. ARTogether invites families receiving preventive care, or in the foster care system working toward reunification, to bond and play in a safe, fun environment. Appointments for ARTogether are made on an individual basis, so anyone interesting in participating can contact the museum directly.

"Our aim is to provide an immersive experience to young artists of all backgrounds and abilities," Lucy Ofiesh points out.

The museum also has a wide range of classes taught by working artists. WEE Arts attracts the 5 and under set with morning and afternoon classes that frequently incorporate music and storytelling. There is a drop-in option for WEE Arts as well, allowing parents and caregivers greater flexibility. After-school classes for kids 5 to 12 are held from 4 to 5:30 pm on Monday through



Thursday. Illustration, Exploring Media Lab, and Drawing and Sculpture are a sampling of the spring 2013 schedule. The At 5 Program for 13- to 15-year-olds meets on Monday evenings from 5 to 7 pm.

During school breaks and summer vacation, the museum offers "Art Colony" Day Camp, with themes that change from week to week. For the upcoming private school spring break (March 18 to 22) kids 6 to 12 can choose between Claymation and Bookmaking. Animated Shorts



Photo by Hannah Savinney

focusing intently on colorful exhibitions and creative projects. Each hour, the Ball Pond is divided into three 20-minute intervals, grouping children by age for safety. Children 4 and under bounce at the top of the hour, followed by 5 to 7, and finally ages 8 and up enjoy the final 20 minutes.

If all of this isn't enough to convince you to visit the Children's Museum of the Arts, consider the reviews given by my own children during their first trip to the museum last month.

My 9-year-old son, Ian, summed it up in a word: "Awesome!" His 5-year-old sister, Sage, while happily smudging pastels in the style of Mark Rothko, proclaimed, "Ian, isn't this so fun?"

The Children's Museum of the Arts [103 Charlton St. between Greenwich and Hudson streets in Manhattan, (212) 274-0986; cmany.org]. Admission \$11; free members, infants, and ages 65 and older. Pay-as-you-wish Thursday, from 4 to 6 pm.

Marie Hueston is a freelance writer who lives in Brooklyn.



DEAR
DR. KARYN
DR. KARYN GORDON

How to build up your child's confidence

Dear Dr. Karyn,

Is self-esteem learned or genetic? And if we do learn it, how can I build my daughter's self-esteem? I've read several articles about why it's important and I'm terribly concerned that my daughter will suffer from low self-esteem, the way that I did growing up. Can you please offer some practical tips?



Dear Parent,

The great news is that self-esteem and confidence are 100 percent learned! Some people think it is genetic, but that is a myth! So how can we help to develop it in our kids? For this month I'm going to give extra information so parents have a clear idea what they can do! Here are three tips:

Model it

The truth is that we learn confidence from a variety of places (culture, media, peers), but after practicing for 16 years, I would say that the best predictor for what kind of confidence our kids will have is what has been modeled by the same-gendered parent. So, fathers to sons, mothers to daughters: pay attention!

We are the most influential teachers on this topic for our kids. Obviously, there are exceptions to this rule, but the great news is that if we are modeling it for our kids, there is

a high probability that they will learn it from us! While some people get excited with this information, others honestly feel a little daunted, thinking "Oh, no, so it's all up to me!" But think about it logically — wouldn't you rather be the most influential person in your child's life on this issue versus one of her friends or the media? This really is great news! If you are already feeling confident and you model this consistently, great! She will likely learn this automatically from you (it's like picking up a language as a child) without you ever having to talk about it! But if you or your spouse struggle with confidence, my number one suggestion is that you get coaching to fix this. This is 100 percent a fixable problem!

Understand it

If you were to read hundreds of articles and journals about this popular topic, you'd learn that self-esteem comes down to one word — "Attitude." How we think (attitude) impacts how we feel (emotions), which impacts what we do (behavior). If your 10-year-old daughter tells herself "I am too fat" (thought) she will feel "insecure, self-conscious, guilty, etc." (emotions) and this will highly impact her decision making in that she may count calories, weigh herself daily, or be overly obsessive about how she looks (behavior).

If your spouse tells himself "I am worthy only if I make this amount of money this year" (thought) he may feel anxious, overwhelmed, stressed (emotions), which will impact his decision-making. He may become a workaholic (since his self-worth is connected to his net-worth), he may be edgy with your kids and you, or he may find it difficult to relax (behavior). The truth is that emotions are always logical (emotions will feel whatever we tell them), but our thoughts that impact how we feel are NOT always logical (it depends on what we tell ourselves). Experts call these thoughts "internal dialogue" and it's incredibly powerful!

The two examples above are il-

logical thoughts (when we examine them objectively). However, as long as people tell themselves these kinds of thoughts, they will always feel insecure and anxious. To fix and build confidence we need to change how we think. A healthy, confident person does not tell herself conditional statements ("I am ok if _____" (ex. I get this position, make this amount of money, date this person, reach this weight)). Instead, she tells herself, "I am worthy as I am. If I get this goal, that's great, but my self-worth does not depend on it").

Just think about your kids. Can you imagine telling them a conditional statement such as "I love you if _____" — it's absurd! Loving parents do not put conditions on their love towards their kids. Similarly, someone who has healthy confidence does not put conditions on her self-worth. This internal dialogue is so powerful, and research demonstrates that when people have a genuine healthy confidence they are more likely to set goals and get them because they are fearless, take more risks, and have the guts and courage to charge after their ambition! When we unlock the dialogue in our head and challenge "toxic thinking," we unleash a powerful force! Just ask yourself — if you were fully confident, did not fear failure, rejection or what others thought — what would you do for 2013?

Affirm character

Your children desperately need to know that you are proud of them. So look for opportunities to affirm them — but focus specifically on their character.

We all hear a lot of talk about praising kids from different experts, and while some people think it gives kids a big head or false self-esteem, I couldn't disagree more.

The key is that you need to make sure you are affirming the right way, or it may backfire, in addition to giving regular constructive feedback so that it's not all praise and no substance.

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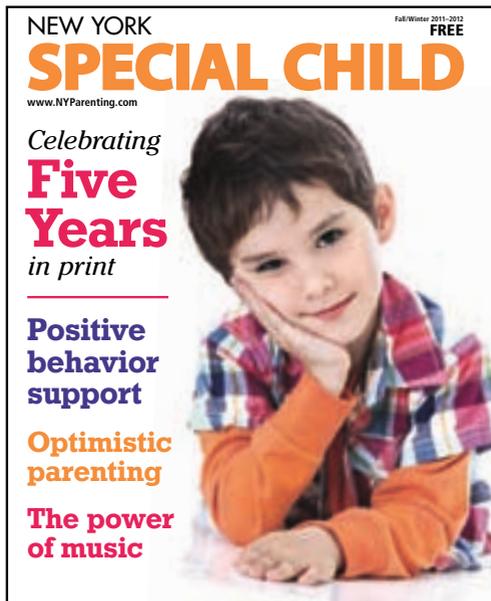
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Calendar

FEBRUARY



Associated Press / Rob Griffith

'A Chorus Line' is the one

It's one singular sensation, 17 dancers, and a whole lot of dancing and singing when "A Chorus Line" comes to the Lehman Center for the Performing Arts on Feb. 9.

The show was the winner of nine Tony awards, including Best Musical, and a Pulitzer Prize for drama, and was one of the longest running Broadway shows.

Come meet the newest generation of Broadway's best. Presented by the Chase International Performance Series.

"A Chorus Line," Feb. 9 at 8 pm; Tickets are \$25 to \$45, \$10 for children any seat.

Lehman Center for the Performing Arts [250 Bedford Park Boulevard West; (718) 960-8833; www.lehman-center.org].

Submit a listing

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

Send your listing request to bronxcalendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

THURS, JAN. 31

Story Time: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 11-11:30 am; Free.

Preschoolers 3 to 5 years old enjoy picture books.

Book workshop: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 4-5 pm; Free.

Children 5 to 12 years old use a variety of skills and materials to make a book.

FRI, FEB. 1

Artistic teens: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 3:30 pm; Free.

Join with Mrs. Irish and learn how to create art.

Game day: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 4-5 pm; Free.

Children 5 to 12 years old play board games.

SAT, FEB. 2

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

It's Mardi Gras, come and celebrate with instructor Paul Deo and make a colorful pastel hat, parasol, or nature mask.

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

Urban park rangers teach you how to be prepared.

Lucky Diaz and the Family Jam Band: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13-\$20.

A hip-shaking, head-bopping morning of music from award-winning singer and



Africa in the Bronx

Africa comes to the Bronx at Hostos Center for the Arts and Culture when the ShadowBox Puppet Theater presents "The African Drum," where kids ages 3-7 sing and dance their way on a trip through the grasslands.

Kijana and her animal friends — including talking leopards, a wise old loon and a turtle — teach life's lessons as they lead the children on a wondrous adventure through storytelling, and such traditional African folk tales as "How the Animals Got

Their Colors," "How the Turtle Got Its Shell," and "Why the Egret Flies Free."

The fables are accompanied by original and traditional African music performed on the "talking drum" and other authentic African instruments.

Tickets are \$15, and group rates are available. Performance dates are Feb. 5-7 at 10 am and 11:30 am.

Hostos Center for the Arts and Culture, 450 Grand Concourse at 149th Street in Riverdale; (212) 724-0677; www.shadowboxtheatre.org.

songwriter Lucky Diaz.

African Children's Choir: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 7 pm; \$15-\$35 (\$10 children any seat).

Twenty talented children from Kenya and Uganda perform traditional music of hope.

SUN, FEB. 3

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, Feb. 2.

I Love "Harriet the Spy": Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 1 pm; \$15.

Kirsten Miller, author of "Kiki Strike,"

leads a group of mysterious writers in a lively discussion of a spunky kid sleuth, perfect for kids and parents who love "Harriet the Spy."

Vistas in motion: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1-4 pm; Free with admission to the grounds.

Winter workspace artist Manuel Acevedo discusses his work and explains his methods of animation. Recommended for children 12 years and older accompanied by an adult. Space is limited registration recommended.

Save the Planet Brigade: Bank Street Bookstore, 610 W. 112 St. at Broadway; (212) 687-1654; bankstreetbooks.com; 2 pm; Free.

Kids of all ages will save the planet

the fun way by participating in arts and crafts projects enriched by a world of books and led by Bookstore staff and visiting artists.

MON, FEB. 4

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

For teens 13 to 18 years old. Strike it rich.

TUES, FEB. 5

"The African Drum": Hostos Center for the Arts and Culture, 450 Grand Concourse at 149th Street; (212) 724-0677; www.shadowboxtheatre.org; 10 and 11:30 am; \$15.

Presented by the Shadowbox Theater. Puppets bring the wit, wisdom and humor of African folk tales to life. Learn how the Turtle got it's shell and the adventures of Kijana and her animal friends.

Preserving flowers: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1-4 pm; Free with admission to the grounds.

Visitors explore the works of Linda Stillman and learn how to preserve flowers through art. Recommended for children 12 years old and up. Space is limited — registration is recommended.

Teen Advisory Group: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 3 pm; Free.

For teens 13 to 18 years old. Find out what's going in the library and share your ideas with the staff.

Julie Andrews Children's Book Reading: Bank Street Bookstore, 610 W. 112 St. at Broadway; (212) 687-1654; bankstreetbooks.com; 3:30 pm; Free.

World-reknoned actress Dame Julie Andrews and daughter and co-author Emma Walton Hamilton sign their latest book in the "Very Fairy Princess" series, "The Very Fairy Princess Follows Her Heart." Reserve your ticket now. First come, first serve.

WED, FEB. 6

"The African Drum": 10 and 11:30 am. Hostos Center for the Arts and Culture. See Tuesday, Feb. 5.

THURS, FEB. 7

"The African Drum": 10 and 11:30 am. Hostos Center for the Arts and Culture. See Tuesday, Feb. 5.

Raising Caring, Capable Kids with Habits of Mind: Bank Street Bookstore, 610 W. 112 St. at Broadway; (212) 687-1654; bankstreetbooks.com; 7 pm; Free.

Continued on page 36

Calendar

Continued from page 35

Join authors Lauren A. Carner, PhD, and Angela Iadavaia-Cox for this informative workshop for parents, teachers, and other care-givers based on their book of same name.

FRI, FEB. 8

Artistic teens: 3:30 pm. Kingsbridge Library Center. See Friday, Feb. 1.

Game day: 4–5 pm. Kingsbridge Library Center. See Friday, Feb. 1.

SAT, FEB. 9

Craft workshop: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 1–3 pm; \$8.

Show your care with a hand-made, full of charm, original creation, all the while learning about Victorian valentines and how they got started. Registration required.

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

Join in for an afternoon filled with food and art-making activities for children 12 years old and younger with a parent or guardian.

Owl prow! Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 1 pm; Free.

Take a walk with a park ranger and learn all about the hooting owls. Bring your own binoculars, or ask the rangers to borrow. Suitable for older children.

"A Chorus Line": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 8 pm; \$25–\$45 (\$10 children any seat).

One singular sensation and 17 dancers. Winner of nine Tony Awards, including Best Musical, the classic comes to the stage in the Bronx.

SUN, FEB. 10

Winter birding: Wave Hill, W. 249th St. and Independence Avenue; (718) 549-3200; www.wavehill.org; 9:30 am; Free with admission to the grounds.

Naturalist Gabriel Willow leads children 10 and older with an adult through the woodlands to discover the wintering species. Reservations recommended.

Arts and crafting: Crotona Nature Center, Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Children create eco-crafts and complete fun projects.

A Day Chocolate Tasting: Bank



Photo by Fred Forner

Join Scooby and the gang

Scooby-Dooby-Do, where are you? We've got some work to do now!

Zoinks — Scooby and friends will solve a mystery at the Beacon Theatre, Feb. 22 through Feb. 24.

Scooby, Shaggy, Fred, Velma, and Daphne pile into the Mystery Machine van to track the criminals

and crack the case. Crazy ghosts, perplexing puzzles and a whole lot of Scooby snacks will be on hand. Come and sing along to the original groovy tune, plus meet new wacky characters as the gang romps through this live performance full of Scooby shenanigans and riotous antics. You'll laugh until you cry!

"Scooby-Doo Live" performances: Feb. 22, 11 am and 5 pm; Feb. 23, 11 am, 2 and 5 pm; and Feb. 24, 11 am, 2 and 5 pm. Tickets are \$40 to \$75.

Beacon Theater [2124 Broadway at W. 74th Street on the Upper West Side, (212) 465-6500; www.beacontheatre.com].

Street Bookstore, 610 W. 112 St. at Broadway; (212) 687-1654; bankstreetbooks.com; 2 pm; Free.

This culminating event of the Save the Planet Brigade workshop series includes amazing shade-grown organic cacao products from Belize, including bars of white, milk, dark and extra-dark chocolate. All ages.

Save the Planet Brigade: 2 pm. Bank Street Bookstore. See Sunday, Feb. 3.

MON, FEB. 11

Wii Bowling: 4 pm. Kingsbridge Library Center. See Monday, Feb. 4.

TUES, FEB. 12

Ice Skating: Van Cortlandt Park Conservancy, Broadway and 241st Street; (718) 430-1890; vcpark.org; 9:15–10:15 am; \$15 per skater.

Freestyle skating open to the public.

Teen Advisory Group: 3 pm. Kingsbridge Library Center. See Tuesday, Feb. 5.

Ice Skating: Van Cortlandt Park Conservancy, Broadway and 241st Street; (718) 430-1890; vcpark.org; 6–10 pm; \$30 for new members and renewals (\$15 children; Free for members).

Members come for an evening of skating, and non-members can become a member.

THURS, FEB. 14

Card making: Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nycl.org; 4–5 pm; Free.

Children 5 to 12 learn how to make a nifty Valentine's day card.

Valentine's Day Book Signing with Rachel Vail: Bank Street Bookstore, 610 W. 112 St. at Broadway; (212)

687-1654; bankstreetbooks.com; 4:30 pm; Free.

Spend Valentine's Day with author Rachel Vail as she signs, copies, and reads from her new book "Kiss Me Again," for ages 13 to 17.

FRI, FEB. 15

Artistic teens: 3:30 pm. Kingsbridge Library Center. See Friday, Feb. 1.

Game day: 4–5 pm. Kingsbridge Library Center. See Friday, Feb. 1.

SAT, FEB. 16

The Not-Its!: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13–\$20.

With an out-of-this-world sound evoking both The Go-Gos and '90s power-punk, Seattle's The Not-Its! mix crunchy guitars and smooth and four-part harmo-

Calendar

nies. The concert celebrates the release of their latest CD, KidQuake!

Chocolate Day: Morris Jumel Mansion, 65 Jumel Terrace; (212) 923-8008; morrisjumel.org; 3-5 pm; Free with museum admission.

Carol Ward discusses the manufacturing of chocolate, and then there is a blind taste test of the creamy confection.

SUN, FEB. 17

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

Discover the different types from fluffy and white to dark and looming. Dependent on weather.

MON, FEB. 18

Wii Bowling: 4 pm. Kingsbridge Library Center. See Monday, Feb. 4.

TUES, FEB. 19

Teen Advisory Group: 3 pm. Kingsbridge Library Center. See Tuesday, Feb. 5.

FRI, FEB. 22

Artistic teens: 3:30 pm. Kingsbridge Library Center. See Friday, Feb. 1.

Game day: 4-5 pm. Kingsbridge Library Center. See Friday, Feb. 1.

SAT, FEB. 23

George Washington celebration: Morris Jumel Mansion, 65 Jumel Terrace; (212) 923-8008; www.morrisjumel.org; 11 am-4 pm; Free.

Take a tour and celebrate the birth of the Father of Our Nation, George Washington. Costumes and a scavenger hunt.

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

Discover the beauty of the Siwanoy Trail. Wear comfortable shoes or boots, pack a water bottle, and light snacks. Suitable for older children.

Justin Roberts and the Not Ready for Naptime Players: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am and 2 pm; \$15-\$25.

Justin sings his hit songs like "Willy Was a Whale" and "Pop Fly" as well as songs from his new releases Lullaby and Recess.

SUN, FEB. 24

Wilderness workshop: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.



Find your beat

“Who’s Got The Beat?” You do when you visit the Kaye Playhouse at Hunter College on Feb. 9 and Feb. 10.

Children 3 years and older will join in with Bang, Buzz the Bee, Toot the Bird, and Bow the Panda

as they explore the greatest city in the world — the Big Apple — finding that the beat is everywhere. From the pulse of the city to the pulse of our bodies, the beat goes on and on. “Who’s Got the Beat” is presented by the little Orchestra Society and stars the Lolli-Pops.

“Who’s Got the Beat,” Sat. Feb. 9 at 10 and 11:30 am, and Sun. Feb. 10 at 1 and 2:30 pm. Single tickets start at \$15.

Kaye Playhouse at Hunter College, [695 Park Ave. between 68th and 69th streets in Manhattan, (212) 772-4448; www.littleorchestra.org].

gov/parks/rangers; 11 am; Free.

Urban park rangers teach you how to be prepared.

TUES, FEB. 26

Teen Advisory Group: 3 pm. Kingsbridge Library Center. See Tuesday, Feb. 5.

FRI, MARCH 1

“The Little Mermaid”: Bronx House Auditorium, 990 Pelham Parkway South; (718) 792-1800; 7 pm; \$10.

Together with Riverdale Children’s Theatre, the Disney classic with Ariel and all her friends comes to life. Listen to all the hit songs “Part of Your World” and “Under the Sea.”

SAT, MARCH 2

“The Little Mermaid”: 3 and 7 pm. Bronx House Auditorium. See Friday, March 1.

The night sky: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 7 pm; Free.

Take a look at the winter stars.

SUN, MARCH 3

Orienteering: Crotona Nature Center, Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Learn how to use a map and compass, then search for hidden prizes.

“The Little Mermaid”: 2 pm. Bronx House Auditorium. See Friday, March 1.

LONG-RUNNING

Winged Tapestries Moths at Large: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am-5:45 pm; \$24 (\$14 children, \$18 seniors and students).

This exhibition features 34 striking and dramatic images of moths, displaying the arresting beauty and surprising diversity of moths from Ottawa-based photographer Jim des Rivières. Runs through September 2013.

The Butterfly Conservatory: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; Daily, 10 am-5:45 pm; Now - Mon, May 27; \$24 (\$14 children, \$18 seniors and students).

The annual exhibition, “Tropical Butterflies Alive in Winter” returns and celebrates its 15th year.

President’s week: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; Daily, 10 am-2 pm; Sat, Feb. 16 - Sun, Feb. 24; Free with admission to the grounds.

Spend an afternoon or two and enjoy family art projects. Registration recommended. (Closed on Feb. 18).

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