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Family June 2013



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Letter from the publisher

Graduation

It's that time of year again, when our youngsters graduate from the various plateaus in their education.

Looking back, my very favorite graduation in our family was my daughter's ceremony up from kindergarten. Un-

foreseen buttons unleashed tears of joy that were out of my control. My emotions seem to go berserk as I realized with utter clarity how fast the time was going. One day she was born, and then far too soon she was graduating into the first grade. It seemed so huge to me at the time. Everyone thought I had "lost it" as I struggled to gulp down tears that kept on coming while at the same time trying to sing our family's rendition of "You are my sunshine," our favorite song, and



our contribution to the festivities. I wasn't wrong with my emotional vision. The time has passed so swiftly and now its college graduations for her crowd that seem to have come about in no time since high school graduation. How could they have happened so quickly? They have to be too young still for this ceremony but they aren't. The years have passed and here we are again, thrilling in their achievements, their growth and their futures.

As you attend your own children's commencement ceremonies and celebrations, keep in mind how quickly it all goes and revel in the enjoyment of the stages as they are marked. The film gets speeded up it would seem and the older we get the faster it all

seems to be moving.

How fortunate we are to be seeing our children grow, expand and achieve. Being parents through the stages of our children's lives as they move from decade to decade and level-to-level is an achievement not only for them but for us as well.

June is a wonderful month. It's usually quite beautiful and it's a time of year of great weather and long days. It's when schools let out and summer begins and for us here in NYC it marks the need for our children to find summer programs to not only have fun participating in, but also to challenge them and keep the intellect alive.

Hopefully all of you either have figured that out already or are in the process. Keep in mind that there is still space available in the myriad of options for your child or children and that summer should not be totally "time off." Great programs are in

every borough.

On a final note, there are families in need all around us, from our neighbors still impacted by the effects of Super Storm Sandy to our neighbors in Moore, Oklahoma who have experienced the devastation of a mega tornado. Reaching out with money, clothes, and other forms of help is just what neighbors should do when tragedy strikes.

I'm on vacation for a time this month and I can't wait. We all need time to relax and to "just be." Wishing you all a happy month and good times for all your families. Thanks for reading!

Susan Weiss-Voskidis,
Publisher/Executive Editor
Family@cnglocal.com

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

OPERATIONS ASSOCIATE:

Tina Felicetti

SALES REPS: Alexis Benson, Lori Falco,

Sharon Leverett, Shanika Stewart

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov,

Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITOR: Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITORS: Joanna Del Buono,

Danielle Sullivan

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks,

Laura Varoscak, Mary Carroll Wininger

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or

SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG

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10th Floor

Brooklyn, NY 11201

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When should I be **worried?**

New parents:
Take things
one step at
a time

BY TIM PERRINS

Here's what happens when you're a new dad: sometime in the first year, your baby begins to grasp the basics of language and develops a small vocabulary of sounds, and you get all excited about it.

"Did she just say ball? Or was it bulb? I changed a lightbulb earlier — did she hear me say that? I can't believe it!"

A couple months later you realize she's mostly sticking with the same handful of syllables: maa maa maa and dadadada, and sometimes dah for dog, and so you ask your wife, "Why isn't she using full sentences yet? What does this mean? Is some-

NEW DAD

thing wrong?"

I'll tell you what it means. It means you're a new parent. It's natural that you're going to struggle with the age-old conundrum: when should I be worried?

To help with that, here are two things to keep in mind.

First, there's a broad age range during which a baby will begin crawling, talking, walking, etc. Unless your little one entirely passes that time frame without progress, there's no reason to be nervous. It doesn't matter how early or late in that range she starts imitating the awful things you say when you drop a toolbox on your toe. There's no big advantage in life that stems from your baby pulling herself to a standing position a month before your neighbor's baby. It really makes no difference.

Second, a lot of the anxiety you feel is a result of your own inflated expectations. Being a new parent, you naturally assume your baby is smarter than other babies and will outperform them in all important measures — thus, if she's already falling behind on babbling or crawling, then her chances of early acceptance to Harvard will be in serious jeopardy. If that's where things stand for you, consider this: your "genius baby" who miraculously opened a box of cereal at 5 months will still go through a phase of trying to eat rocks sometime in the next year, so don't get ahead of yourself. Similarly, you don't need to jump to the conclusion that there's a developmental delay if your baby is 7 or even 17 weeks behind your neighbor's baby in terms of walking.

Comparing your baby with other babies is nothing but a recipe for neurosis. There are little genes that are scheduled to switch on according to a master plan, and every baby has different instructions. Think of it like a big business that's running inside that little brain: each department has its own responsibilities and

its own schedule. Here's a typical conversation from the water cooler inside the offices of BabyCorp:

"Shouldn't we get going on this talking project? Do we have people for that? Are we going to fall behind schedule?"

"Nahhh, there's no rush. I got a guy comin' later. When he gets here we'll have this baby talkin' like a teenage girl at the mall."

So, you see? Your baby is developing right on schedule. Just not on your schedule. Her inner worker-bees are doing their jobs. Likewise, you should just do yours — provide lots of toys and stimulation and encouragement, but don't think you're going to bring every project in ahead of schedule.

Of course, there are no guarantees, and there's always the chance that something will not go as it should. What do you do if you find that something is out of the ordinary? It turns out worrying doesn't actually help very much then, either. Any kind of curve-ball pertaining to your child can be stressful, but your primary job is to be supportive and loving, not to be neurotic and afraid.

Talk to a pediatrician and educate yourself so that you can make the best decisions for your child. Then take things one step at a time.

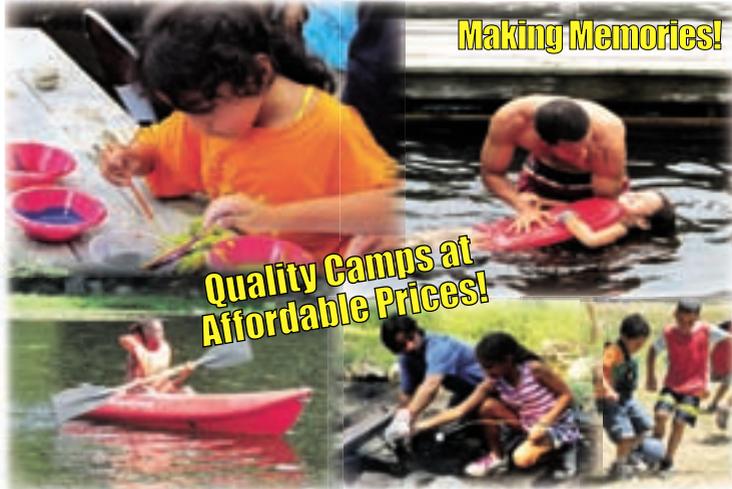
My little baby, now approaching 16 months, has added a few more sounds to her repertoire. She's also progressed past tentatively walking a few feet at a time to stomping all around the apartment, pulling down the curtains, climbing up onto the couch, falling off the couch, and then trying to climb the bookshelves. She isn't using full sentences yet, but that's fine — she's got plenty of stuff going on. And that means I've got a whole new list of things to worry about.

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



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The teenage BRAIN

Getting inside
your teen's
wild, wacky,
wonderful
mind

BY MALIA JACOBSON

Fuming with anger, sick with worry, or just plain bewildered? You're probably living with a thrill-seeking, risk-embracing teenager, simultaneously capable of precocious wisdom and incredibly foolish choices. Although teen transgressions like driving too fast, skipping curfew, or choosing delinquent pals may seem like personal affronts, this behavior may have very little to do with you at all, says Temple University psychology professor and researcher Laurence Steinberg, PhD. According to Steinberg, teens act differently because their brains are, in fact, different.

Teens don't act recklessly to test your parental patience or put themselves in harm's way, says Steinberg. Instead, they are hard-wired to make immature choices, courtesy of their unique, still-developing brain.

New research is illuminating the previously mysterious, misunderstood teenage brain and helping parents and educators determine

how best to reach their teens — and how to keep them safe.

Under construction

Old beliefs about the teenage brain stemmed from the fact that brain growth grinds to a halt after puberty: the brain reaches 90 percent of its adult mass by age 6 and is full-sized by age 12. Few neurons are added as it grows — children's brains reach peak neuron capacity in utero, and begin losing, or "pruning," neurons before birth. Based on these basic facts about the brain's size, scientists theorized that most cerebral development is completed in early childhood.

But the development of magnetic resonance imaging (MRI) in recent decades opened a new window into the adolescent brain. Research and MRI scans conducted by Dr. Jay Giedd, chief of the Unit on Brain Imaging in the Child Psychiatry Branch at the National Institutes of Mental Health, among others, showed that the adolescent brain is still very much under construction. Instead of adding new neurons, though, adolescent brains

are busy building and strengthening the pathways between nerve cells; according to Giedd, this ongoing process results in a more efficient brain.

It does not, however, result in more mature, adult-like brain. Steinberg's research shows that teens are more likely to make riskier decisions than adults, because the growth of their socio-emotional brain system outpaces the growth of cognitive controls that serve to regulate emotions and behavior. In other words, teenagers are developing more efficient thinking, without the inhibitory controls of the adult brain. These changes continue into young adulthood, probably finishing up between age 22 and 25, says Steinberg.

All this may be bad news for today's frustrated parents. But the unique structure of a teenage brain probably serves an evolutionary function, says Steinberg: teens' penchant for risk-taking makes them more independent, which was likely a critical adaptation for reproduction.

"All mammals go through puberty, leave their natal environment and venture out into the wild, which is a very risky behavior," he notes.

Communication clash

Given the differences between the brains of teens and those of their parents, it's not hard to understand the parent-teen conflicts that rage during adolescence.

"Communication has been found to be the best way to improve teen's behavior, and yet communicating with someone who does not want to communicate with you is a challenge," notes Sheryl Feinstein, PhD, chair of the education department at Augustana College in Sioux Falls, South Dakota and author of "Inside the Teenage Brain: Parenting a Work in Progress."

Parents, with their adult brains, tend to approach communication and discipline logically, says Feinstein. The problem is that teens haven't yet developed this type of logical thinking; instead, they view the world through a more emotional lens.

"You can see how difficult it is for parents when we approach a problem with logic and reasonable thinking, while teens approach the problem with fury and negative thinking," says Feinstein.

This can lead to screaming, door-

Communicating with a teenage brain

Get through to your teenager with clear limits, empathetic communication, and brief, direct messaging.

Don't bend the law

Restrictions for teens like city-wide curfews or rules about driving with passengers are backed by science and exist for teens'

Top
Tips

safety — insist that teens follow them.

Make or break

Teens crave limits, so set clear rules with your teen's input, and provide logic-based consequences for failing to follow through.

To the point

Teenagers' views exchange more emotionally than parents. To keep

tempers from boiling over during a heated discussion, express your viewpoint in 25 words or less, then declare a cool-down break.

Negotiate

Teenagers are still learning the give-and-take of adult social interaction. Giving them the chance to negotiate about rules, curfews, and limits builds this critical skill set.

Sources: Sheryl Feinstein, PhD, and Laurence Steinberg, PhD.



slamming, and “a true test of a parent’s patience and tolerance,” she says. But once parents understand that teens have unique brains and can’t be expected to think like adults, teen behavior becomes (somewhat) easier to tolerate.

“Parents need to communicate with teens on their terms. Mandating severe punishments almost always results in rebellion,” she says.

Risky business

With limited cognitive controls and immature communication abilities, teens can run into danger in

risky situations — scenarios they intentionally seek out, says Dr. Ronald E. Dahl, professor in the School of Public Health at the University of California, Berkeley. According to Dahl, when puberty floods the brain’s limbic system with sex hormones estrogen and testosterone, teenagers are driven to seek out “intense experiences,” flocking to intense horror movies, dizzying carnival rides, and graphic video games.

This taste for thrills can also lead to run-ins with the law, says Steinberg, particularly when teens are with their peers. In recent research

published in *Developmental Science* and *Journal of Adolescence*, he found that in the presence of peers, teens are more likely to make risky decisions and choose more immediate rewards — effects not seen in adults. Simply put, thrusting a teenager plus a peer or two into a risky or volatile situation can lead to poor choices and even worse outcomes with lasting consequences, from marred legal records to disability and death.

This provides strong support for laws prohibiting newly licensed teen drivers from driving with friends in the car. In Washington, drivers

under 18 are not allowed to shuttle non-family passengers under 20 years old for the first six months after receiving a license. Such laws protect teen drivers from their own penchant for risky behavior in the presence of peers, says Steinberg.

The good news: in a few years, your teen’s brain will settle down, and he’ll think more like you. Communication combat will cease, and risky thrills will lose their allure. In the meantime, try to enjoy the ride.

Malia Jacobson is a nationally published journalist specializing in health and parenting.

The buzz

on caffeinated snack foods

What effect will these 'stimulated' snacks have on our children?

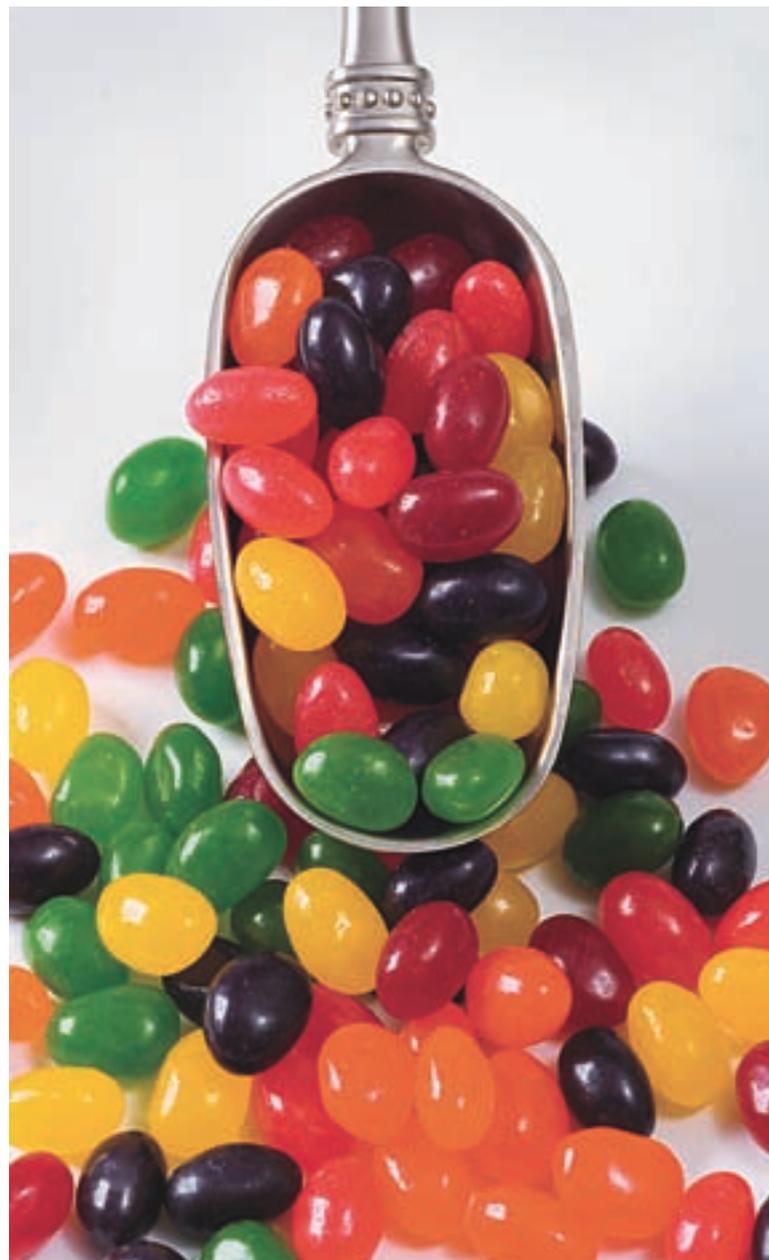
BY KIKI BOCHI

Caffeine. It's not just for energy drinks anymore. From jelly beans and potato chips, to trail mix and a new chewing gum launched in May by the folks at Wrigley's, caffeine is showing up in a number of products that might be attractive to kids.

The Food and Drug Administration has announced that, in response to the trend of caffeine being added to a growing number of products, the agency will investigate the safety of caffeine in food, particularly its effects on children and adolescents.

But considering the speed at which the federal government moves, it may be a while before we see results. (Get them a few packs of Alert Energy Caffeine Gum!)

There's already some pretty good evidence that caffeine can present some serious health problems for young people whose brains are still maturing. The American Academy of Pediatrics discourages the consumption of caffeine and other stimulants by children and adolescents. But while you are waiting for the issue to work its way through the regulatory process, you may want to consider these statements on the Administration's website from Deputy Commissioner Michael R. Taylor in deciding how vigilant you should be with your



children.

"One pack of this [Wrigley's] gum is like having four cups of coffee in your pocket. Caffeine is even being added to jelly beans, marshmallows, sunflower seeds and other snacks for its stimulant effect. Meanwhile, 'energy drinks' with caffeine are being aggressively marketed, including to young people. An instant oatmeal on the market boasts that one serving has as much caffeine as a cup of coffee, and then there are similar products, such as a so-called 'wired' waffle and 'wired' syrup with added caffeine.

"The proliferation of these products in the marketplace is very disturbing to us. We have to address the fundamental question of the potential consequences of all these caffeinated products in the food supply to children and to some adults who

may be at risk from excess caffeine consumption. We need to better understand caffeine consumption and use patterns, and determine what is a safe level for total consumption of caffeine. Importantly, we need to address the types of products that are appropriate for the addition of caffeine, especially considering the potential for consumption by young children and adolescents.

"The more fundamental questions are whether it is appropriate to use foods that may be inherently attractive and accessible to children as the vehicles to deliver the stimulant caffeine, and whether we should place limits on the amount of caffeine in certain products."

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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SAFER SUN for everyone

Tips, tricks,
and secrets to
enjoy summer
without
getting burned

BY MALIA JACOBSON

You stocked up on sunscreen, doled out sunglasses and floppy sunhats, and managed to coat your kids in gooey white SPF 30 before hitting the local swimming hole. But they still came home looking like lobsters, moaning and groaning over their painful sunburns. What gives?

Sunscreens are now part of most kids' summer routines, but that doesn't mean that all kids are as well-protected as they should be. According to the American Academy of Pediatrics, sunscreens are often less effective than parents think, because they aren't applied correctly. And parents sometimes skip protecting dark-skinned children and tiny babies. Here's how to get the best-possible sun protection for your brood, starting now.

Every kid, every day

Sun protection isn't just for freckle-faced, blue-eyed kids, says Dr. Adelaide A. Hebert, professor and director of pediatric dermatology at the University of Texas Health Science Center.

The sun doesn't miss anyone. Sunburns may not be as visible on kids with darker complexions, but that doesn't mean they don't need



sunblock. Children with darker skin need to take the same sun safety precautions as their lighter-skinned pals.

Choose well

Staring down the sunscreen aisle at the drugstore can fluster even the most informed parent. Natural,

baby, spray, sweat-proof — each passing year brings new innovations and more confusion. How can parents quickly and easily choose a sunscreen that's right for their brood?

Forget about the multitude of subcategories and formulations, and focus on the two main types of

sunscreens: chemical and physical.

Chemical sunscreens like Coppertone actually absorb ultraviolet radiation. Many conventional sunscreens fall into this category.

Physical sunblocks like those made by California Baby are made with ingredients that physically block the sun's rays. They're becoming increasingly popular with parents seeking a more natural option.

So which is best? The safest option, says Hebert, is to use both. Look for a combination product, like those made by Bull Frog or Helioplex. Or buy two, a conventional sunscreen and a physical sunblock, and layer them.

Labeling hype

Once you're in the habit of reading labels, you may notice that formulations marketed for adults and children aren't all that different. Manufacturers often market the same sunscreen product to both adults and children with different labels, says Hebert. So if your favorite kid's sunscreen is out of stock, consider a grown-up brand instead.

To spray or not to spray

Spray sunscreens seem heaven-sent when you're wrestling with a wiggly, impatient tyke. But not so fast — Hebert says parents using sprays often miss spots or don't apply enough.

"A spray sunscreen is still better than no sunscreen," she says. "And the sprays are getting better all the time."

But for now, a tube or bottle may be your safest bet.

Apply for benefits

To get the full benefit of sunscreen, your application needs to be up to par. Many people don't use enough, and sun protection is compromised further by water play, toweling off, and even windy conditions.

For best results, apply every two hours to clean, dry skin. The best time to apply the first coat is in the morning, when conditions are still cool, because sunblock won't adhere as well to sweaty skin.

Protect tiny tots

There haven't been enough studies proving sunscreen safety

for babies below six months, so parents often skip protecting them. But infants are still susceptible to sunburns (and few things are worse than a sad, sunburned baby). Babies who spend lots of time outdoors can rack up significant sun exposure, even in the shade.

Hebert recommends that parents of young babies look for sunscreens containing zinc oxide or titanium dioxide, a common ingredient in diaper creams. If parents are safely using titanium dioxide to treat diaper rash, a sunscreen that containing the same ingredients probably won't cause an adverse reaction, she says.

Made in the shade

Wraparound sunglasses are more than a fashion statement. They offer five percent more protection than regular shades and can reduce sun-induced cataracts if used regularly.

Protect your kids' peepers — and your sunglasses investment — by fastening shades to a strap so they stay on your child and don't get lost.

Protective fashion

Photoprotective clothing is the next wave of sun protection. Brands like Coolibar, the first line to be certified by the Skin Cancer Foundation, offer clothing that blocks out 97 percent of the sun's UV rays. These garments are great options, says Hebert, but any tightly woven, dark clothing will protect kids from the sun.

To raise the protection factor for regular clothing, the Skin Cancer Foundation recommends Rit Sun Guard. This laundry additive washes into fabric, giving clothing an ultraviolet protection factor of 30 for at least 20 launderings.

On the nose

The area many people miss when applying sunscreen? It's as plain as the noses on their faces. The nose is where dermatologists find most melanomas.

"Think about where kids usually get pink — the nose," says Hebert. So protect that cute sniffer now. Your child will thank you later.

Malia Jacobson is a nationally published health journalist and mom. Her latest book is "Sleep Tight, Every Night: Helping Toddlers & Preschoolers Sleep Well Without Tears, Tricks, or Tirades."



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Summer shape-up

Kids with special needs should get outside and make the most of summer

BY REBECCA MCKEE

Summer is just around the corner, and there will be flocks of children and teenagers outside running free. We are all aware now about the health benefits of sunshine and vitamin D, incorporating exercise into our daily lives and making sure to spend time away from television and computer screens. Studies have shown that people who exercise outdoors feel revitalized, have increased energy levels, and feel more satisfied. At the same time, they also decrease their levels of tension, depression, and anger. Hmm, sounds good!

We have to remember to include and encourage this type of a healthy lifestyle for people with disabilities as well. Physical activity has been shown to improve fitness levels and general motor function of individuals with autism spectrum disorder. This is especially true for those who seem to exert extra energy or display a frequent tendency towards aggressive behaviors. For people with special needs, such as autism spectrum dis-

order, events flow much smoother when there is a routine in place. This should lead families to develop a scheduled habit of exercise. It becomes a daily activity.

Encouraging your child or teen to embrace an exercise plan takes preparation, organization, motivation, and time. Prepare your loved one to know that a new activity will begin. Choose the beginning on a calendar: the beginning of the week, the beginning of the month, or the beginning of summer. Organize the exercise visually on a calendar, and if possible, make it the same time on the same days each week. Always allow one or two days off from schedules in order to allow your child to spontaneously make choices.

Motivate this new athlete internally and externally. First, pick exercise routines that he will enjoy. This will help him find natural reinforcement from participating in a common act. Secondly, create the schedule to highlight that Point A is the exercise and Point B is reward time with a highly preferred item or activity. Keep the exercise time to

less than 30 minutes. If your child or teen can only engage for a maximum of 10 minutes, then that is a great starting point.

Think outside of the box. Sports and exercise can be solo or within a group. While some activities are not traditional team sports, there are those that allow your child to interact directly or on a parallel level with peers. These may be better routes to take if conversation and friendly childhood chaos is overwhelming. Ideas may include: swimming, singles tennis, walking or running, horseback riding, skating, bike riding, hiking, jump rope, trampoline time, and other physically active exercise programs that naturally instill a calm flow of body movement.

Your child or teen can — and should — be outside having a jolly time, just as his typical neighbors are. By exercising, your child will enjoy himself, as well as strengthen the ability to execute mental functions in a composed manner. Start an outdoor routine now — summer is here. It will only enhance your loved one's body, mind, and spirit.



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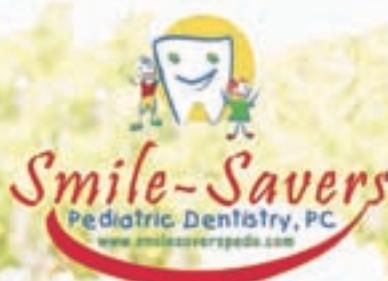
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Outreach and Intake Coordinator
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Dr. Holderbaum has 27 years working as a pediatric audiologist. The majority of the cases she has seen are normal hearing infants and children. The goal of audiologists is to identify those infants, refer or fit them with amplification or cochlear implants and help enroll them in appropriate therapeutic programs before the first birthday. Riverdale Audiology serve patients aged 9 days to 99 years.

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Talking sense

How to give
a stuttering
child back
his voice

BY JAMIE LOBER

While we know a little bit about stuttering, there is a lot left to be learned.

The American Institute for Stuttering in New York reports that stuttering occurs in five to eight percent of children, usually between the ages of 2 and 6. They note that 70 to 80 percent of these kids will naturally outgrow their stuttering, while early intervention can help children outgrow it faster or recover if it would not happen naturally. The organization also states that stuttering affects one percent of the population across all languages and cultures, which equates to nearly four million people in the U.S. and 60 million people internationally. There are three times more males affected than females, and most fascinatingly, most individuals can sing without stuttering.

The most common questions parents wonder is the cause for their child's stuttering.

"Research tells us now that stuttering is a combination of genetics and environment, and that all children who stutter are born with a predisposition to stutter," said Rozie Matthews, a speech and language pathologist in Brooklyn.

The challenge is that there is no cure, even though there are great ways to manage stuttering with proper therapy.

"Typically, children develop stuttering as early as age 2, but there are things we can do to make their speaking environment more speaker-friendly," said Matthews.

Identifying stuttering is easy.

"Typically, parents see something different or wrong about the



child's speech and a therapist evaluates whether it is a normal dysfluency, which all children have when they are developing, or if it is in fact real stuttering," said Matthews, adding a speech therapist can treat stuttering legally and ethically.

Sometimes, a teacher will notice that a child is stuttering in school or find that the child does not raise his hand.

"Very often kids will switch their

words or there is something they want to say, but cannot at the moment, so they switch to something else," said Matthews.

The goal of therapy is to get the child to say what he wants when he wants and be a good communicator even if he is unable to stop stuttering. Once the child has gone through therapy, the prognosis is decent.

There is a large recovery rate,

The challenge is that there is no cure, even though there are great ways to manage stuttering with proper therapy.

said Matthews. If you take advantage of the resources in our community, your child can definitely be helped.

"It is our judgment call whether or not to start therapy with a child who we see is stuttering," she said.

Some kids achieve better results than others, and the younger a child starts therapy, the better the chance he can eliminate it altogether.

"We have a good chance of eliminating stuttering in a preschooler, but with school-aged kids it is more likely to teach them to manage the disorder," said Matthews.

There are strategies parents or siblings can use at home to help a child who stutters.

"If there are siblings vying for talking time, we try to have the parents discourage interrupting," said Matthews.

Giving the stutterer the time he deserves can make him feel better about interacting in general.

"Of course, we try to make sure there is no teasing going on in the household or school environment," said Matthews.

You want to treat the stutterer as you would any other child.

"We teach parents to not necessarily slow down their rate of speech, but to add pause breaks," said Matthews. When there is a model of slower speech or pausing, it is more likely that the child will respond that way and try to use pause breaks as well.

By educating others on tips and tricks when conversing with a stutterer, you can make things easier for everybody involved.

"People who are speaking with someone who stutters should know to maintain eye contact because often times the stutterer will lose eye contact for various reasons, which is called an avoidance tactic," said Matthews. She explains that when this happens,

the listener becomes unsure as to what he is supposed to do and does not look at the speaker directly either.

"You should not finish the words you think the stutterer is trying to say, and should give the stuttering person the time he needs to get out what he wants to say," said Matthews.

Believe it or not, the person does not want help.

"They want to say their own words, even if it takes them time to say it," she added.

Speaking is beneficial.

"In therapy we try to encourage people to talk because if they try to hide their stuttering, chances are they are going to stutter even more," said Matthews.

When someone understands that the person stutters, it can instantly take a burden away.

"When somebody explains to them or shows them videos of other kids who stutter and talks about it openly, it becomes more normalized, and even though they are different, they are not as different as they thought they were because they now know there are other people who stutter, and have an understanding of their behaviors," said Matthews.

Take one step at a time.

"A lot of people claim to have the cure for therapy, but we have to look at the literature and the real research-based therapies," said Matthews.

Preschoolers who stutter should be taken to a fluency therapist, who will determine if therapy is appropriate.

"Very often times they do not, and they just counsel the parent on changing environmental things, and that is enough," said Matthews.

Consider the whole picture, such as if other family members stutter, if there are other speech and language issues involved, or how stuttering has progressed over time. All of these factors help determine whether a child should start therapy. Above all, do not be afraid to talk about stuttering with your pediatrician or seek an evaluation from a speech therapist, as the chance of improvement is great.

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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Leading the change

New book offers a pep talk for women in a man's world

BY RISA C. DOHERTY

The new book, "Lean In," is partly anecdotal and partly a rallying cry, intended to encourage women to break free from their innate hesitation to aggressively advance their careers and "step up to the table."

It is a primer with a "can-do" attitude for women whose fears stop them from achieving their professional goals. Interestingly, author Sheryl Sandberg is not just setting her sights on the issue of equal pay for equal work, but instead trying to prompt women to aspire to leadership roles, lamenting, "I watched as the promise my generation had for female leadership dwindled."

Conformity to expectations

In her book, published in March, Sandberg — chief operating officer of Facebook, and ranked on Fortune's list of the 50 Most Powerful Women in Business and one of Time's 100 Most Influential People in the World — reminds us how, even in the year 2013, marketers display preconceived gender perceptions, selling shirts for boys who are "Smart like Daddy" and girls who are "Pretty like Mommy," reiterating throughout the book, her frustration with men in the workplace who condescendingly pat her on the head and comment, however favorably, on her looks.

She points out that men are promoted on their potential and women are evaluated on their accomplishments.

Sandberg draws upon moments of insecurity in her past, which she believes are typical for women, among them, "imposter syndrome," causing her to worry that her peers

will discover that she is not really good enough. She references studies that indicate that women are slower to take risks than men, urging women to learn how to be more confident and stop second-guessing themselves.

Sandberg also recognizes how difficult it can be for women to negotiate hard, and deviate from their natural tendency to be loyal, nice, and nurturing, without being labeled as too aggressive, writing, "It's like trying to cross a minefield backward in high heels." She tells us, too, that women who are hesitating are often failing to recognize the power they could actually wield.

When she talks about how women see themselves in the workplace, she recalls how hard women worked to fit in and be like men. She reminds me how I felt the need to always wear a suit, instead of a dress to work, as a young attorney in the 1980s, for fear that I would be taken less seriously in court.

Central to her concerns is the fact that many women make career decisions with child-rearing or potential child-rearing as a factor, whereas men pursue their careers free from such a hindrance. Sandberg wants women to make career decisions more like men, by not, "leaving before [they] leave." She does not want women to shy away from opportunities that present themselves because they might be pregnant or thinking of becoming pregnant, but instead "lean in" and forge ahead with every opportunity.

I, personally, did not "lean in," and I remember the feelings of ambivalence and uncertainty I felt, that plague so many other expectant mothers, with their career decisions. Sandberg is so fully com-

mitted to her career, supported by a husband with a flexible job. But, not all women are. She exhibited ambivalence at times, but calls upon us to forge ahead fearlessly.

For years, women have bemoaned their conflicted lives and shared the emotions of their absenteeism at home, but she does not whine.

She advocates for women to openly discuss with office management ways to ease the home-work balance, having channeled her passion into practical solutions when faced with gender inequity, emblematic of her personality and superior business acumen.

Although I do not want to perpetuate the stereotype of the emotional female, I also recognize that we are not all hard-wired like Sandberg, nor do we always feel we can or want to negotiate hard with our spouses and employers for the proper balance.

We are not all Sheryl Sandberg. Nevertheless, this book should motivate all of us to take another look in the mirror and see the sparks of potential sometimes hidden from view.

Sandberg's keys to success

Sandberg favors "authentic communication," finding that employees who are honest about the home-work conflicts they face may learn that supervisors are willing to accommodate them and others like them, if they speak up. She even hopes that workers who shed tears in the workplace to communicate their needs are no longer seen as weak, but as authentic communicators.

She explains that co-workers who share emotions build stronger relationships, which, in turn, moti-

vate people to work harder.

She tells women seeking to further their careers to find a mentor, because mentorship and sponsorship are critical for progression in the workplace. She further explains that mentorships develop from real and earned connections between people, and that mentors will select proteges who evidence the potential to benefit from their guidance.

She realizes that we are not all superwomen and that women sometimes get caught up trying to do everything perfectly, which is a losing proposition. As a result, she tells us she learned to be a perfectionist only for what really matters, noting "done is better than perfect."

According to Sandberg, our culture depicts women adept at balancing their home and work lives as one in a million, as depicted in the film "I Don't Know How She Does It," thereby instilling fear in young women who may then look upon the challenge as insurmountable. She also references the close scrutiny of Yahoo Chief Executive Officer Melissa Mayer's maternity leave, commenting, "the dearth of female leaders causes one woman to be viewed as representative of her entire gender."

Sandberg's thoughts resonate with me as she describes how women of her generation thought they had achieved equality, but, along with their spouses, fell right into stereotypical roles, "caught by surprise," as they worked full-time during the day and came home to find themselves managing the majority of child-rearing and household tasks. She insists that women stop feeling that they alone should be putting home concerns before work, or the stereotype will continue to be a self-fulfilling prophecy.

"The sooner we break the cycle, the faster we will reach greater

equality," she writes.

She counsels young women to stop trying to "play the good girl" in relationships by acting traditionally domestic to please a man, but instead to date and marry someone who actually wants to be an equal partner and truly share domestic responsibilities: a husband who would "lean in" at home.

The good news is that, some women in their 20s and early 30s have been reporting that they are

not as impeded in their choices and they have more of an expectation for at-home equality from their spouses.

Should we 'lean in?'

Sandberg's crusade doesn't end with the book. She has created a "Lean In" website to help encourage women to meet and discuss her ideas and their goals in small groups, known as "Lean In Circles."



LEAN IN

WOMEN, WORK, AND
THE WILL TO LEAD

SHERYL SANDBERG

Central to her concerns is the fact that many women make career decisions with child-rearing or potential child-rearing as a factor, whereas men pursue their careers free from such a hindrance.

Anne-Marie Slaughter, who revealed last summer how she walked away from the upper echelons of power in the federal government to be home for her teens, criticizes Sandberg for putting the onus for change on the shoulders of young women, instead of focusing more on the change needed within the home and workplace.

I disagree, as I see lessons for all of us in this book: for stay-at-home moms, for moms who work full-time or part-time, and for dads. Although Sandberg did mention the "external barriers" facing women, she chose instead to write about the internal barriers, which have not been the focal point for discussion thus far.

Her message should be taken seriously and can serve to make us all better, individually and as a whole.

"Lean In" is a well-tailored guidebook, which is inspiring women across the country, re-opening a formerly tabled discussion, and preparing all of us to better face the challenges ahead.

Risa C. Doherty is an award-winning writer and member of the American Society of Journalists and Authors. Read more at www.risadoherty.com and www.leanin.com.



HEALTHY LIVING

DANIELLE SULLIVAN

Perils of summer

June is a month for celebration. It starts somewhere between graduation parties and Father's Day barbecues, goes through the Fourth of July, and culminates with Labor Day. In between those days, of course, there are countless outdoor birthday bashes, grill fests, and pool parties. They are memorable, but they can often be busy times when our attention becomes briefly diminished — and it is in these minuscule frames of time when accidents can happen in an instant. When you've got a full house and divided attention, it is important to remember these tips to ensure that your children (and your guests' children) and pets are safe.

Pools

All it takes is one second for a child to fall into an in-ground pool. Children need to be supervised at all times. Consider having adults take shifts to stay by the pool at all times throughout the party.

Pets

July 4 is the worst day for dogs getting lost. The loud fireworks scare many dogs, and that combined with having company over and distracted owners is a recipe for disaster. The top three breeds that run away are Labrador retrievers, chihuahuas, and pit bulls. Above all, make plans for your dog before guests arrive. Try to keep him in a gated area where he can see people but cannot get out. Or, if he is an anxious type, consider keeping him in a quiet, but cool bedroom, and make it a point to check on him regularly (or have a family member take on this task).

Just for added insurance, place the proper identification tags on your dog that list his name, your name and address, and your phone number.

Alcohol

Children like bright, colored drinks, and the younger set will have no idea if it's meant for them or not. Ask guests to keep an eye on their drinks. It sounds like simple advice, but every year, children end up drinking beverages containing alcohol.

When considering pets, simply keep your dog away from it by asking



guests to not place them on low furniture or the floor. Drinking alcohol can cause alcohol poisoning, coma, and death in pets.

Burns

It's not a good idea to give children or pets free roam of the yard when the grill is on. Burns can happen in an instant, so rope off the area around the grill and make it off-limits to children and pets.

Fireworks

Allow children who have sensory issues or simply don't like loud noises a place where they can go to avoid the commotion. Turn up the TV in the living room, put on a children's video, and have an older guest supervise. If your dog is afraid of fireworks, place him in a closed

off (cool) room, and turn up the TV or radio to drown out the noise until the explosives are over. And even if you or your guests do any small fireworks or sparklers, keep your dog inside. That is precisely when dogs can get burned or run away.

Poisonous products

Keep matches, citronella candles, bug sprays, sunscreens, and lighting fluid out of children's reach. Do a poison check (from a pint-sized perspective) before your guests arrive.

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 @DanniSullWriter, or on her blog, Some Puppy To Love.

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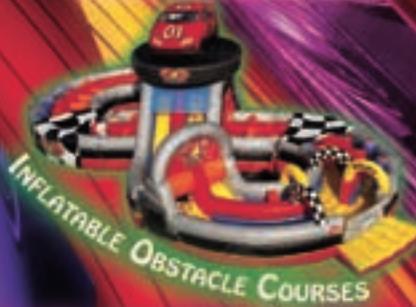
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MECHANICAL BULL



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INFLATABLE OBSTACLE COURSES

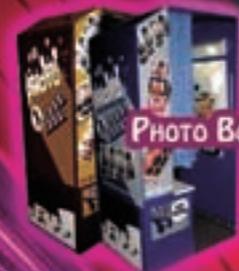


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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Should food be fun?

Chances are, your grandmother can't understand today's emphasis on making foods "fun." She grew up in a time when food filled empty bellies. Kids simply ate or went to bed hungry.

In today's world — even though many families still are struggling to provide adequate calories on the table — there's an increasing emphasis on making foods entertaining. Is that a good thing?

"Family meals and food serve many purposes as we raise our children. It's a social event, it can be fun, and it serves to fuel growing children," says Dr. Kathleen Mansour, a pediatrician with Millennium Pediatrics in Naperville, Ill., and a mother of three daughters. "Those who tout making food fun are trying to encourage children to eat healthy foods by making them engaging and enticing."

Brian Wansink, professor of marketing in Cornell's Dyson School of Applied Economics and Management, has conducted studies

showing that kids will eat more vegetables if they're given cool names. For example, giving carrots and broccoli names such as "X-Ray Vision Carrots" or "Broccoli Bits" can increase consumption. He also found colorful foods, with the entrees placed in the front of the plate and with figurative designs, were preferred.

While it's never too late to expand your child's food horizon, children tend to crave starchy foods like bread, crackers, pasta, and corn if they haven't been exposed to enough fruits and vegetables.

In Mansour's practice, the parents who don't encourage fruits and vegetables early have children "less likely to eat them as they get older."

It's all about presentation:

- Fill a six-cup muffin tin with one or two dips and the rest with a rainbow of vegetables cut into bite-sized pieces.

- Put finger foods on toothpicks. I did this when my children were lit-

tle and they loved it! For example, thread cheese and meat chunks, firm tofu, cut-up fruit, or grapes onto colorful toothpicks the child can pick up.

- Don't be afraid to season vegetables with a little grated cheese or butter, plus herbs and spices. Nutrients need not be flavor-free.

- Let a picky eater pick the dinner vegetable and then everyone should eat it. This way, the child feels more in control.

Dr. Mansour says her girls get excited when she makes meals fun, such as putting their initials in pancake batter, making ants on a log, or cutting sandwiches with cookie cutters.

"It's not required to get them to eat, but it puts smiles on their faces when it does."

Christine M. Palumbo, registered dietician, is a Naperville, Ill.-based nutritionist who is on the faculty of Benedictine University. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition or Chris@ChristinePalumbo.com.



Yakimaniac Veggie Martians

Prep Time: 15 minutes

Cook Time: 15 minutes

Makes eight servings

INGREDIENTS:

- 1 bag (12 oz.) Birds Eye® Steamfresh® Broccoli Florets or Cuts, cooked according to package directions, divided
- 1 bag (12 oz.) Birds Eye® Steamfresh® Mixed Vegetables, cooked according to package directions, divided
- 1 package (16.3 oz.) of 8 refrigerated white or whole wheat biscuits
- 1-1/2 cups shredded, reduced-fat Swiss cheese
- 1/2 cup plain, Greek-style yogurt
- 3 oz. low-fat cream cheese, softened
- Green glitter icing gel
- Thin pretzel sticks

INSTRUCTIONS: Preheat oven to 375°F. In a medium bowl, combine one cup broccoli florets and two

cups mixed vegetables with Swiss cheese, yogurt, and cream cheese, blending well.

Separate biscuits in half into 16 pieces; roll or press each half into four-inch rounds. On ungreased baking sheet, arrange eight rounds. Evenly top each with rounded 1/4 cup vegetable mixture, leaving a 1/2-inch border. Top with remaining biscuit rounds. Press edges to seal. Brush each with glitter gel.

Bake 15 to 17 minutes or until edges are golden brown. Decorate each "Martian" with reserved vegetables and serve with remaining vegetables.

NUTRITION INFORMATION: 310 calories, 39 g carbohydrates, 16 g protein, 10 g fat, 3.5 g saturated fat, 15 mg cholesterol, 7 g fiber, 330 mg sodium, 20% DV iron, 40% DV calcium, 6% DV vitamin C, 20% DV vitamin A.

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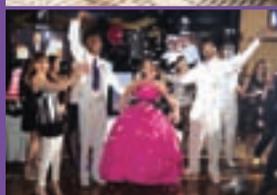
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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Grandparents' role in divorce aftermath

A mother and father separate. Their children, ages 3 and 5, reside with their mother. The paternal grandmother goes to court to get visitation with the grandchildren, hoping to take the children for overnight stays with her relatives in a county nearby the mother's home.

This is the situation dealt with in the recently issued opinion of "Matter of Hill v. Juhase."

Here, I'll discuss the court's reasoning, which is especially instructive to grandparents who want to have a relationship with their grandchildren following a break-up of the parents.

But when serious problems develop between spouses or partners, their friends and family often take sides and are outspoken in doing so, rather than being supportive in more constructive ways, such as listening and finding and sharing information.

One result may be a badly damaged relationship between the one trying to offer assistance (let's say a grandmother trying to help her son) and the other party (say, the son's spouse). In this scenario, the mother may not care much for the grandmother after the breakup. Asking the

mother for more time with the grandchildren may be awkward at best.

Still, I would encourage grandparents to attempt this conversation.

If headway can't be made through discussions within the family, going to court won't make the relationships warmer or friendlier, although a judge may rule in the grandparent's favor.

Obviously, I would suggest mediation rather than litigation. Mediating allows for everyone to meet in a safe environment, and the parties are assisted in having constructive discussions and considering options everyone can live with — instead of having a third party who doesn't know you make a ruling that at least one person is likely to be unhappy with.

But, if court becomes necessary, here are some factors the judge may look at:

In the "Hill" case, "Standing [the right to file a lawsuit or file a petition under the circumstances] requires evidence of the 'nature and extent of the grandparent-grandchild relationship.'" This requirement means that there must be a real connection. A court will probably not be impressed

with an occasional visit and the sending of birthday cards alone. If you want a relationship later, spend time with your grandchildren now. Call regularly. Learn about their routines and what they care about.

If, through no fault of your own, you can't make such connections (for instance, the parent is uncooperative), keep trying. Effort does count, and such evidence may be helpful to your case.

"Hill" said standing also requires evidence of "the nature and basis of the parent's objection to visitation." Would you like to have your grandchildren with you overnight? If the parent objects, saying that the children are young and you have never babysat them and may not know what to do, or that you have a lot of company in your home where alcohol is served, a judge may question your suitability to care for the kids.

Additionally, the court in "Hill" stated, "The presumption that a fit parent's decisions are in the child's best interests is a strong one."

If you are in the situation of having to prove to a judge that a parent is unfit, you'll find that overcoming this "strong" presumption will not be easy.

Different jurisdictions may have various approaches, but it is always a good idea to keep nurturing that relationship with your grandchildren, and to maintain that relationship with the "other parent." Because as the court in Hill also said, "Grandparents must allege and establish more than 'love and affection' for their grandchildren."

New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin, Esq. helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com or (718) 229-6149, or go to <http://lc-mediate.com/>.

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice. Discussing your particular case and circumstances with a legal professional before making important decisions is strongly encouraged to safeguard your rights.





THE BOOK WORM

TERRI SCHLICHENMEYER

Play ball!

You have a little slugger who can't get enough baseball, he's not alone, as he'll see in "A Baseball Story" by Richard Torrey.

Some kids in the neighborhood listen for the jingly sound of the ice cream truck, but who has time for that? It's baseball season, and you've got to get ready to play.

Before the game starts, you'll need to suit up because all the players wear identical hats and jerseys, which tells everybody that you're a team. You'll also put on "bumpy shoes called cleats," so you can run like the wind. Once you're dressed, take a look at yourself in a mirror. You look like a real baseball player!

But no real baseball player is without his glove, so don't forget that.

All good baseball teams have a coach. Before the game, your coach might remind you that players always have to be ready, so you practice throwing and catching with your

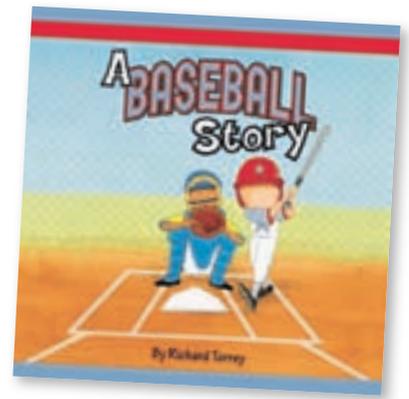
teammates. You'll have to be ready on the field, too, in case you'll need to catch a ball and get an out.

When it's your turn to bat, you'll wear a special helmet so you don't get hurt. Everybody will be watching while you're batting — even mom and dad. But if they wave at you, don't wave back. Baseball players don't wave; they need to be ready to run as soon as they get a hit. Getting a hit is almost like having a birthday.

And when the game is over, you'll shake hands with the other team. Win or lose, you'll tell them, "Good game!" because sportsmanship is important, and so is having fun. Yep, baseball players have to be ready for that — and a whole lot more.

So you've got a future Hall of Famer in the house? Your little one truly lives for the words "Play ball?" Then you absolutely have to have "A Baseball Story" sitting at home base.

This time of year, of course, there could be a 100 books about our favorite summer pastime on the shelves, but Torrey adds something really



unusual to his baseball book. One part of the story consists of a good narrative that practically begs to be read aloud. The other part of the story is made up of conversation bubbles, so kids can follow along with the things that are said to and by its young hero. It's almost two tales in one, and I thought that was enormously fun.

Older Little Leaguers may get a quick kick out of this book, but I really think it's meant for their younger brothers and sisters. So if your 4- to 7-year-old slugger loves to go batty this time of year, "A Baseball Story" will be outta the park.

"A Baseball Story," by Richard Torrey. [36 pages, 2012, \$10.99].

Meet peace-loving Father Groppi

In the new book "Father Groppi: Marching for Civil Rights" by Stuart Stotts, your child can read about one peace-loving man who knew right from wrong.

James Groppi didn't know much about civil rights when he was a kid, but he knew what discrimination felt like. Born in 1930, Groppi was the second-youngest child of parents who came from Italy — and in segregated Milwaukee, that meant a lot of teasing and prejudice.

But the Groppi family was close, and the parents taught tolerance. Teachers also noticed that Groppi was a natural leader. It was during a school basketball game

that he had one of his most memorable moments: James blocked another player who happened to be black, and accidentally

knocked him down. The boy kicked James and when they both apologized later, James understood that it was an example of respect.

In 1952, James went into the seminary to study for the Catholic priesthood. He worked at a Milwaukee youth center, where he got to know many African-American children. When he graduated from seminary and was ordained in 1959, he preached against discrimination at an all-white church before he was sent to a parish in which the congregation was almost all black.

That move gave him an early understanding of civil rights.

Starting in 1961, Father James Groppi got involved in the Civil Rights Movement. He made several trips to the South, where segregation was rampant. He worked to integrate restaurants, and he supported Dr. King's third March on Selma. He was arrested for peaceful protests, and he kept supporters safe on many marches.

Father Groppi next took on the entire City of Milwaukee over unfair housing practices.

I'm always a little surprised when

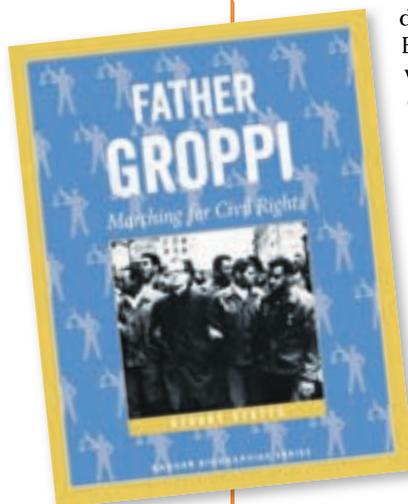
the work of an influential person is lost to history. Why don't more people know this story? Fortunately for your child, "Father Groppi: Marching for Civil Rights" solves that problem.

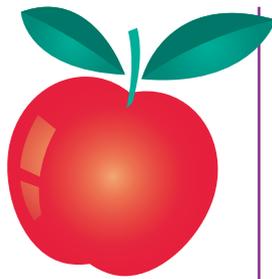
But Stotts doesn't just tell the tale of James Groppi, his work, and his disappointments. Stotts also writes about how Catholic higher-ups viewed civil rights, where racism came from and what happened, and he tells the story of a city that he claims is still "deeply segregated." This is a fascinating biography, made better for kids because of a glossary, index, and pronunciation guide.

If your child loves history, or if you want him to know more about the hard work done for equality, here's a book to find. For your 7-to-12-year-old, reading "Father Groppi: Marching for Civil Rights" seems just right.

"Father Groppi: Marching for Civil Rights," by Stuart Stotts. [144 pages, 2013, \$12.95].

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 TEACHER

PEGGY GISLER AND
MARGE EBERTS

Staying busy this summer

Parents, your goal is for your children to have a happy and healthy summer. We have some suggestions based on the fact that children in grades kindergarten through 12 are gaining more weight and falling further behind in learning during the summer. You certainly don't want this to happen to your children.

Dos for a productive summer:

- Bring your children up to grade level in every subject through your efforts or outside help.

- Have a daily family reading half-hour where everyone gathers in one room and reads. No discussion is necessary. However, it can be fun if several family members read the same books or magazines and talk about them. For example, think of the different perspectives you and your children might have on articles in People magazine.

- Make summer a skill-building time for such non-academic activities as sports, music, dance, cooking, knitting, photography, and whatever else interests your children. Gaining skills in any of these areas will help children build confidence in their abilities. This is especially important if your children are not academic superstars.

- Have a variety of family-oriented activities such as weekend hikes or biking outings, game nights, picnics, visits to historical sites and colleges, and attending sporting events and musical performances.

- Have daily household jobs for every child that contribute meaningfully to the running of the house.

Don'ts for a productive summer:

- Let your children spend too much of their time on entertainment media, including TV, video games, Facebook, and Twitter.

- Let your children avoid fairly vigorous daily physical activity.

- Let your children eat a steady diet of unhealthy foods.

Freezing on tests hurts middle schooler

Dear teachers,

My son will be in eighth grade next fall. He has always gotten good grades in math class. Unfortunately, he is a terrible test taker and froze up on the math placement test. He has been placed in the lowest or next-to-lowest math class and will not be allowed to take algebra. I don't think this is fair, as he did well in the pre-algebra class.

Dear parents,

Freezing up on tests is going to cause your son a lot of trouble later on in high school. It has already denied him a place in the algebra class and landed him in a low math class. Being a terrible test taker could even cause him to have problems with algebra if he is placed in that class. Before you push to get him to take algebra next year, consider whether it is likely that he can pass the algebra tests successfully, so he can go onto geometry.

You need to help him get a handle on freezing up on tests. A study skills course at a learning center could be helpful. Also, you or a tutor could teach him such techniques as spacing out studying before a test, re-doing all problems in a lesson for better preparation, reading directions carefully, doing the simple questions first to build confidence, skimming the test to figure out how to pace himself, and skipping questions he doesn't know. If his anxiety continues, he should ask the school counselor for help.

A test score should not be the only factor in deciding who should take algebra. Hopefully, this is not

the case at your son's school. If school is still in session, contact his pre-algebra math teacher at once and ask the teacher if your child is truly ready for algebra. If the teacher thinks he is, ask that he or she intercede, so your son can take algebra next year. If you can't contact the teacher, find out how to resolve this situation before the next school year begins.

Appealing summer activities

Dear teachers,

I have three grandchildren, ages 10, 8, and 5. I would love to have some new activities for them to do as I spend so much time with them in the summer. Do you know any that are both fun and educational?

Dear parents,

There are many websites with appealing summer activities. Do visit www.activitytv.com, which allows children and adults to work together on all kinds of fun activities. The site offers videos and written instructions for projects, from origami to science to cooking and much more.

The Lawrence Hall website (www.lawrencehallofscience.org/kidsite) has many experiments that may tie in with what the older children are doing at school. For example, your grandchildren could compare the size of their ears or feet to those of many animals. Plus, we have academic activities that are fun on our website (dearteacher.com) under "Learning Activities."

These are at-home activities. They're fun, but visiting places in your community can really widen your grandchildren's knowledge of the world. Why don't you select one day a week and call it "Adventure Day?" You can have a short adventure and end it with a picnic lunch.

Try visits to a fire station; a factory; a museum; rides on trains, buses, and boats; along with visits to parks with interesting attractions. Time at a swimming pool, bowling alley, or miniature golf can even teach new skills. You'll find many more in this parenting magazine.

Parents should send questions and comments to dearteacher@dearteacher.com or ask them on the columnists' website at www.dearteacher.com.

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Calendar

JUNE



Photo by Julie Larsen Maher

Back to Jurassic at the Bronx Zoo

Lions, tigers, and dinosaurs? Oh my! The Dinosaur Safari is now open at the Bronx Zoo.

More than 20 life-like animatronic dinosaurs hide in the planted foliage for a fully immersive experience. The narrated ride runs through a two-acre area of the zoo and highlights the prehistoric baddies, including T-Rex. First off on the trip is the Permian period, which began about 300 million years ago. The tour concludes with a stroll to the Cretaceous period, which ended about 65 million years ago.

After the ride, children can dig

for fossils and even stop for a photo moment with T-Rex himself. Also on tap is a visit to a paleontologist's tent, where fossil replicas are on display, in addition to an interactive stegosaurus that shows how the animatronics work.

Dinosaur Safari is open now through Sept. 8. The zoo is open daily from 10 am to 5 pm, and on weekends till 5:30 pm. Total Experience tickets are \$33.95 for adults, \$23.95 for children 3 to 12 years old, and \$28.95 for seniors.

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

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FRI, MAY 31

"The Tale of Despereaux": Poe Park Visitor Center at Poe Park, 2640 Grand Concourse at E. 192nd Street; (718) 365-5516; www.nycgovparks.org; 3-4:30 pm; Free with admission to the grounds.

Join in this fun story about a mouse, a princess, some soup and a spool of thread at the Book Club.

A Night at the Museum! Sleeper Program: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 6 pm-9 am; \$129 per person.

In this popular program, guests explore the halls of the Museum, including the Spitzer Hall of Human Origins, Cullman Hall of the Universe, and the Hall of Saurischian Dinosaurs, where they will find the 65-million-year-old T. rex. Then they settle down beneath the 94-foot-long blue whale in the Milstein Hall of Ocean Life, around the African elephants in the Akeley Hall of African Mammals, or at the base of a volcano in the Gottesman Hall of Planet Earth.

SAT, JUNE 1

YAI's Central Park Challenge: Central Park, The Naumburg Bandshell, 72nd Street; (877) YAI-WALK; yai.org/cpc; 9 am-noon; Registration \$30.

Join the movement — 5K competitive run, 3K fundraising walk, children's play area and races — and show your support for a world that embraces differences. Children can participate in the Jr. All-American 50 yard dash and all are welcome to enjoy the Play Area, complete with face painting, sand art, dancing, live music, games and more. Registration takes place at the event and includes access to Play Area and 2013 Central Park Challenge T-shirt for \$10.

NY Heritage Weekend: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansion-museum.org; Noon-4 pm; Free.

Free guided tours.



Park at the library

"My City Park," comes to the Belmont Public Library on June 13.

Making Books Sing presents the endearing tale of Milo and his friends, and what happens when they find out that their favorite park is going to close. The puppet

show is perfect for children 3 to 10 years old, and teaches young ones the value of working together to accomplish a common goal.

"My City Park" on June 13 at 4 pm. Admission is free

Belmont Public Library [610 E. 186th St. at Arthur Avenue in Belmont, (718) 933-6410].

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

Urban rangers celebrate the great outdoors with an overnight camping party. Participants are chosen by lottery.

SUN, JUNE 2

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

Explore the trees with visiting artist Richard Lewis and the Touchstone Center Theatre Ensemble, then create your own tree.

NY Heritage Weekend: Noon-4 pm. Bartow-Pell Mansion Museum. See Saturday, June 1.

Horseshoe Crab exploration: Orchard Beach Nature Center, Orchard Beach; (718) 885-3466; www.nyc.gov/parks/rangers; 4 pm; Free.

Come and witness the annual event.

FRI, JUNE 7

"The Tale of Despereaux": 3-4:30 pm. Poe Park Visitor Center at Poe Park. See Friday, May 31.

First Fridays: Bartow-Pell Man-

sion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansion-museum.org; 5:30-8:30 pm; \$10 (\$8 seniors and students; Free members).

Take the trolley to the mansion, enjoy a concert, a tour of the mansion and savor light refreshments.

SAT, JUNE 8

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

Visiting artist Ash Ferlito teaches children about different art materials.

NY Heritage Weekend: Noon-4 pm. Bartow-Pell Mansion Museum. See Saturday, June 1.

SUN, JUNE 9

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, June 8.

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

Beginners take an adventure with an Urban Park Ranger and learn all about the waters of our protected lakes. For children 8 years old and up.

NY Heritage Weekend: Noon-4

pm. Bartow-Pell Mansion Museum. See Saturday, June 1.

THURS, JUNE 13

Making Books Sing: Belmont Public Library, 610 E. 186th St. and Arthur Avenue; (718) 933-6410; www.nyc.gov-parks.org; 4 pm; Free.

"My City Park," is the story of Milo and his friends. Great for children 3 to 10 years old.

FRI, JUNE 14

"The Tale of Despereaux": 3-4:30 pm. Poe Park Visitor Center at Poe Park. See Friday, May 31.

SAT, JUNE 15

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

Children celebrate dad's holiday by making a special T-shirt using markers, crayons and embellishments.

Celebrate dad storytime: Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; barnesandnoble.com; 11 am; Free with museum admission.

A special thank you to the dad in your life.

Opening day: Padre Plaza Success, E. 139th St. and St. Anns Avenue; www.nycgovparks.org; 2 pm to 7 pm; Free.

Face painting, nutritional healthy cooking demos, garden and carpentry workshops, food, drinks, and games.

SUN, JUNE 16

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, June 15.

Father's day ball game: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 1-3 pm; \$10 (\$8 seniors, \$5 children).

Celebrate with the Baseball Match of the year. The New York Mutuals play with 1864 rules, balls, bats, and uniforms — no helmets or gloves. The kids join in the fun with a game of rounders with team members.

THURS, JUNE 20

Phonics with LeapFrog: Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; barnesandnoble.com; 4 pm; Free with museum admission.

Have fun with hands-on learning for children 3 to 6 years old. Space is limited, sign up now.

SAT, JUNE 22

Family Art project: Wave Hill, W.

Continued on page 32

Calendar

Continued from page 31

249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am-1 pm; Free with museum admission.

Children use floral forms to create unique art projects.

SUN, JUNE 23

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, June 22.

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

Come and see a fun show.

THURS, JUNE 27

Explore the sky with Klutz: Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; barnesandnoble.com; 4 pm; Free.

Hands-on Learning for children 7 years and older.

SAT, JUNE 29

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

Children cut nature shapes and use tissue paper to make festive lanterns.

Nature hike: Seton Falls Park, E. 233 Street and Baychester Avenue; (718) 548-0972; www.nycgovparks.org; 11 am; Free.

Urban rangers lead children on a fun hike. Bring a light snack.

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

Urban rangers teach budding anglers skills and the ethics of our waterways.



Photo by Dave Northcott, Civele Peeling's Reptiland

Hop right to it

You'll croak-n-cheer at the Chorus of Colors and Frogs at the American Museum of Natural History, now through Jan. 5, 2014.

Back again by popular demand, the exhibit features more than 150 live frogs, including 10 species of colorful dart-poison frogs, including the Tomato frog, a native to Madagascar, the white-lipped, bright-eyed frog, found in the trees of rainforests of eastern Madagascar, and the giant monkey frog, native to the Peruvian and Brazilian Amazon, which makes loud

clucking noises.

The exhibit explores the diverse world of these interesting amphibians and what they mean to our ecosystem, as well as the dangers they face.

A Chorus of Colors at the American Museum of Natural History, now through Jan. 5, 2014. Daily from 10 am to 5:45 pm. Suggested admission is \$19 for adults, \$10.50 for children, and \$14.50 for students and seniors.

American Museum of Natural History [Central Park West at 79th Street on the Upper West Side, (212) 769-5200; www.amnh.org].

Family Day: St. Mary's Park, St. Anns Avenue and E. 149th Street; www.nycgovparks.org; 4-7 pm; Free.

Hosted by SummerStage Kids, concert features KR3TS Dance Company, The Gizmo Guys, Lucky Bob, Double Dutch

Dreams and DJ Idlemind.

SUN, JUNE 30

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, June 29.

LONG-RUNNING

Dinosaur safari: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Daily, 10 am-5 pm, Now - Sun, Sept. 8; Free with zoo admission.

The new attraction includes a ride through the Cretaceous and Jurassic periods with more than two-dozen animatronic dinosaurs up to 40 feet long which move, snarl, roar and spit.

Story time: Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; barnesandnoble.com; Thursday, May 30, 4 pm; Wednesday, June 5, 6 pm; Wednesday, June 12, 6 pm; Wednesday, June 19, 6 pm; Wednesday, June 26, 6 pm; Wednesday, July 3, 6 pm; Wednesday, July 10, 6 pm; Wednesday, July 17, 6 pm; Free.

Children enjoy a new story each week and do a craft.

Changing Lenses: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse at E. 192nd Street; (718) 365-5516; www.nycgovparks.org; Tuesdays - Saturdays, 9 am-5 pm, Now - Sat, June 15; Free with admission to the grounds.

Students from the Urban Assembly School for Wildlife Conservation present an exhibit.

Naturally curious: New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; www.nybg.org; Weekdays, 5:30 pm, Saturdays and Sundays, 10 am-5:30 pm, Sat, June 1 - Sun, Sept. 8; Free with admission to the grounds.

Children learn about science with fun activities like mixing paints and creating notebooks.

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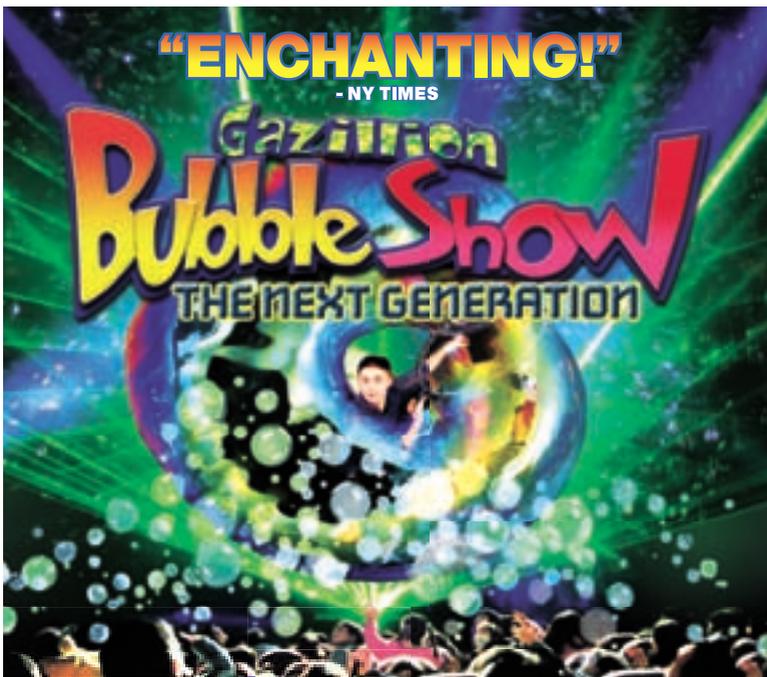
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New & Noteworthy

BY LISA J. CURTIS



Nautical by nature

If warm, sunny days draw you to water like a bee to a flower, you'll want to deck baby out for the occasion, too. Whether its Father's Day or the Fourth of July, the folks at Bunnies By The Bay have created a sailor suit that will knock you over with a wave of cuteness. Their sea blue and cream striped "bunsie" has an attached neckerchief-style collar and a soft bunny applique. The bunsie is paired with blue bell-bottom pants with white buttons down the front.

The outfit is available in size 6-12 months, and can be accessorized with a white, soft knit Skipit's Ahoy Sailor Hat (\$16), sold separately. Also available in 6-12 months, the cap has the word "Ahoy" and an anchor embroidered on the front in nautical red thread, and is topped with a red button.

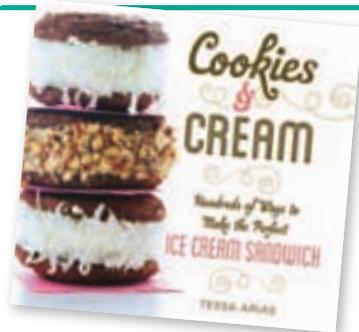
But don't put to sea without baby's first mate, Bud (\$26), a white bunny that is sporting his own hat and carries a soft boat with a striped sail that matches the bunsie. With this ensemble, even your tiny mariner is ready to set a course for adventure.

Salty Seas Sailor Set by Bunnies By The Bay, \$46, www.bunniesbythebay.com.

Bacon memories

If your attempts to generate an original notion for your family's Father's Day celebration have been thwarted by brain freeze, author-chef Tessa Arias has written a book filled with delicious ideas. Her "Cookies & Cream: Hundreds of Ways to Make the Perfect Ice Cream Sandwich" includes recipes for all kinds of combinations and her pairings — and Allan Penn's photographs — will have you drooling with anticipation of June 16.

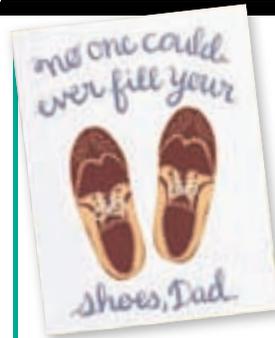
There are few foods that dads love more than bacon, and Arias has managed to craft two frozen confections with that decadent ingredient: the Elvis, made of peanut butter ice cream sandwiched between banana oat cookies and



rolled in crumbled, crispy bacon, and the Salty-Sweet with salted caramel ice cream paired with bacon chocolate chip cookies.

Featuring many helpful how-tos, "Cookies & Cream" is a tome you'll be glad to add to your cookbook library. Because, let's face it: I scream, you scream, and Dad screams for ice cream.

"Cookies & Cream: Hundreds of Ways to Make the Perfect Ice Cream Sandwich" by Tessa Arias (Running Press, \$18), www.amazon.com.



veys how much you and your tots appreciate your hubby. But Etsy shop owner Caitlin McClain, an illustrator and graphic designer from Austin, Texas, has created a card that's the perfect mix of salty tear-producing

For a dear dad

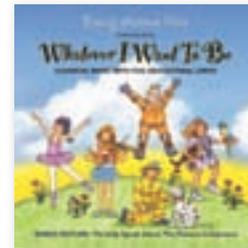
If he's a shoe-in for Dad of the Year, it can be difficult to find the right card that conveys how much you and your tots appreciate your hubby. But Etsy shop owner Caitlin McClain, an illustrator and graphic designer from Austin, Texas, has created a card that's the perfect mix of salty tear-producing sentiment and sweetness. Printed on cream, matte card stock, it reads, "No One Could Ever Fill Your Shoes, Dad." The text surrounds a pair of lace-up oxford shoes that would warm the heart of any hipster, and it is blank inside, so there's plenty of space for little hands to write "I love you, Dad!"

"No One Could Ever Fill Your Shoes, Dad" card by LittleLow, \$4, http://www.etsy.com/listing/130847482/no-one-could-ever-fill-your-shoes-dad?ref=usr_faveitems.

Classical lesson in music

If you're looking for the perfect soundtrack for your family's summer roadtrip, be sure to pick up Young Avenue Kids' "Whatever I Want to Be." The kid-friendly songs — set to quickly recognized melodies by Gioachino Rossini, Joseph Hayden, Edvard Grieg, and Franz von Suppe — have new lyrics written and sung by Ilana Melmed. Kids will happily sing along to "Blast off with Suppe," set to the fanfare of "Light Cavalry Overture," when they hear Melmed joined by her six grandchildren.

"Whatever I Want to Be" serves



as a lively introduction to classical music, with lyrics about a butterfly's metamorphosis, the different instruments in the orchestra, how to brush your teeth, the circus, and more. The CD ends with 10 tracks featuring kids sharing fun facts

about these important composers.

Kids and parents can visit www.youngavenuekids.com to learn more about the people who made the album, take a quiz, and print coloring pages.

"Whatever I Want to Be" CD by Young Avenue Kids, \$12.98, www.amazon.com.

Hair-raising tale

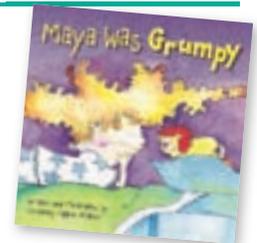
Author-illustrator Courtney Pippin-Mathur dazzles with her first picture book, "Maya Was Grumpy." Pippin-Mathur's vibrant watercolor illustrations depict a decidedly stormy Maya who stomps around the house, while her patient Grammy attempts to coax her out of her funk."

The illustrator dramatizes the scope of this sour mood by depicting our harumphing protagonist with a wilder and wilder mane of curly, golden hair. Grammy's persistent good humor and comic suggestions wiggle at the edges of Maya's frown until

she's ready to turn it upside down.

The book will certainly delight readers ages 4-8, but it also reminds caregivers to maintain their sense of humor when confronted by a storm front. Because when cooler heads prevail, the whole family can get back to the important business of having fun.

"Maya Was Grumpy" by Courtney Pippin-Mathur (Flash Light Press, \$16.95), www.booksofonder.com.



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