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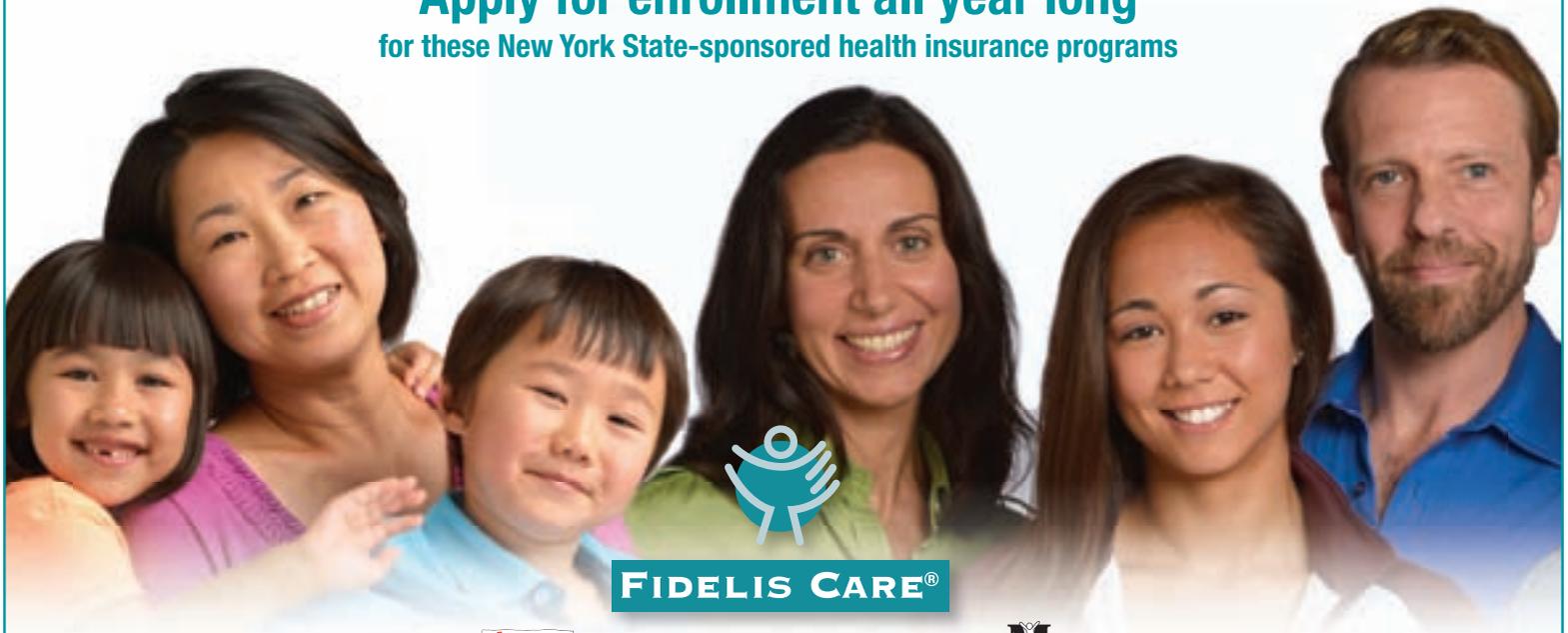
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Letter from the publisher

Summer fun in the city

School's out and summer in the city can be a very stimulating time for families. So many events will be taking place around our wonderful five boroughs and in the surrounding metro area. This 4th of July will be no exception, and with them moving the fireworks to the East River, more boroughs will be able to view them than when they are on the west side, so enjoy!

Perhaps you're like me and have been caught up in World Cup fever. Our family is crazy for soccer and we've been rather glued to the games. It's so exciting to root for our national team and as I'm writing this they have been doing quite well in their group and are probably moving



on to the next round. We are a "soccer" family and AYSO was a way of life for us for a number of years.

We're so glad to see it becoming more popular as more people get exposed to the game.

Whatever sport your children choose I hope they choose something. Complex and positive development is derived from participation in controlled and safe athletics. If your kids are enrolled in a summer program and/or camp they will undoubtedly be participating in lots of group activities and getting to know new friends and enjoying the many hours of daylight.

Still, it's also important for them to go on reading and stay on track

with their intellectual and academic achievements. Summer reading lists are always a great idea and most schools have sent home a selection and parents should encourage and assist with this summer goal. The learning process must be ongoing and parental assistance is necessary sometimes to see that it does.

July is also a big time for family vacations and I'm certain that many families will be opting for some time out of the city or at one of our many fine beach areas. Make sure your kids use sun block and know water safety precautions. Make it a family habit because our kids mimic either what we do or what we don't.

So with the whole summer ahead and a city loaded with street fairs, parks, block parties, beaches, ball fields, theaters, and more, no one should have a reason to not be active

and engaged.

I wish I had the summer "off" like our kids. I remember all too well the great feeling of freedom that we had in the summer break months and I recall it with wistful longing.

Whatever you do, I wish a great summer for you and your families. How terrific that it's just at the beginning and that many weeks still lie ahead. It goes fast though so make the most of it.

Thanks for reading and have a great time!

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

LAYOUT MANAGER:

Yvonne Farley

WEB DESIGNER:

Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov,
Mauro Deluca, Earl Ferrer, Cheryl Seligman

MANAGING EDITOR:

Vince DiMiceli

ASSISTANT EDITOR:

Courtney Donahue

COPY EDITOR:

Lisa J. Curtiss

CALENDAR EDITORS:

Joanna Del Buono,
Jesseca Stenson

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

CALENDAR

(718) 260-2523

ADDRESS

New York Parenting Media/CNG
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

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Avoiding the summer *slide*

Boredom busters for all age groups

BY CHRISTINA KATZ

You have probably heard about the summer slide — the way kids can lose a lot of the skills, knowledge, and motivation they learned during the school year over the lazy, hazy days of summer. And though I am sure you don't need your child to become the next Einstein or Madame Curie, you probably want to make sure your child will retain all that was learned last year in order to be prepared for the academic year to come.

And sure, a little strategic screen time here and there can be educational when we intend it that way, but the key to keeping summer fun and instructive is to mix up informative play and educational screen time. This is also a great way to stave off the inevitable choruses of "I'm bored" or "We're bored."

This summer, set tone that a little learning is an important part of each day, so kids still enjoy the relaxation

of summer while keeping up the habit of learning.

Here is a roundup of 21 ways to keep your kids' minds active all summer long, so your kids will have a happier summer and you won't worry about the transition back to school come fall:

Ask for insight. Check with your child's teacher before school gets out to see what kinds of educational goals she recommends for your child. Don't compare your children's academic performance to siblings or friends. Everyone learns and grows differently. Aim to support your child wherever he stands academically right now to maximize enjoyment of learning.

Sign up for your library summer reading program. Set a minimum reading time each day of 30 to 60 minutes. Or break reading time into two 30-minute chunks — one for a parent-approved book and the other for whatever your child chooses to read. The library offers lots of variety, and summer is a great time to check out age-appropriate comic books and graphic novels, as well as cookbooks and biographies.

Visit museums in your area. Find out in advance when the free days are to visit local museums and learning centers. Opt for guided or non-guided tour, as your family prefers. Be sure to check out the gift shop on your way out for inspired games and toys.

Plant a garden together. Use illustrated gardening books by Sharon Lovejoy to find projects that suit the personalities of your family and kids. If your family loves pizza, plant a pizza garden. If fresh salsa is your thing, plant a salsa garden. Think about what your family likes to eat and plant accordingly. See sidebar for guidebooks bursting with gardening inspiration.

Shop like a teacher. Visit your local teacher supply store and stock up on workbooks and educational games. Other things you will find that might motivate summer loungers include timers for breaking the day

up into learning chunks, craft supplies for every age, and educational games, videos, and music.

Play store. Pull out a portion of the food in your cabinets and pantry out onto the countertops. Let kids use real money, price items, break out the calculators, and do the math. Make playing store an all-day affair or a weekly occurrence, if your kids enjoy it. Make the game as simple or complex as suits your children's ages.

Visit local nature centers, Audubon societies, and nearby gardens. Make a list at the beginning of summer and plan to hit all the regional natural destinations all before the first day of school. Then plan a weekly outing and bring along a picnic. To review what you saw and learned on the way home, play "I Spied" instead of "I Spy."

Research a future vacation. Let each child pick his own destination and figure out what it would cost for the family to spend one week there including airfare, transportation, meals, hotels, and everything else. Have them present their proposed vacations to the whole family by showing the math writ large on posterboard. Who knows, they just might talk you into a trip you hadn't thought of yourself.

Let them plan a meal. The kids can become chefs for the day, including the jobs of finding the recipes, making the grocery list, cutting the coupons, doing the shopping, comparing brands, and cooking up a storm. Then be a good sport and enjoy whatever they serve. Very young children can do the same, only with make-pretend food.

Have a word of the day. Put the word in large letters at the top of a page with the definition just below. Hang the word on the fridge and make a game out of using it in sentences all day long.

Battle bugs or weeds as research projects. What a great way to practice troubleshooting and potentially solve your most nagging nuisances. Challenge older kids to solve your ecological challenges by

More boredom busters

Use this list of movies based on books and gardening books to keep little brains active on summer vacation.

Books with film adaptations to read together

"Madeline" by Ludwig Bemelmans and John Bemelmans-Marciano

"The Cat In The Hat" by Dr. Seuss

"Winnie-The-Pooh" by A. A. Milne

"Eloise" by Kay Thompson and Hilary Knight

"Charlotte's Web" by E. B. White

"The Tale Of Desperaux" by Kate DiCamillo

"Freaky Friday"* by Mary Rodgers

"Charlie And The Chocolate

Factory"* by Roald Dahl

"Diary of a Wimpy Kid" by Jeff Kinney

"Little Women"* by Louisa May Alcott

"Harry Potter" by J. K. Rowling

"The Lion, The Witch And The Wardrobe"* by C. S. Lewis

"The Hobbit"* by J. R. R. Tolkien

* More than one film version available.

Gardening books by Sharon Lovejoy

"Roots, Shoots, Buckets & Boots: Gardening Together With Children"

"Sunflower Houses, Inspiration From The Garden"

"Trowel and Error: Over 700 Tips, Remedies & Shortcuts For The Gardener"



researching and experimenting with natural solutions they track down on the Internet. Keep a log of the results. Give rewards for problems solved.

Measure and mix. Put the kids in charge of desserts for the summer. Make sure they create some healthy choices like fruit pops or sorbet, as well as delicious baked goodies like pies, cakes, and cookies. If they get carried away, let them have a neighborhood bake sale.

Go multi-media with books you read together. Take turns reading out loud or check out audio books from your local library to listen to before dinner or before bed. Once you finish the book as a family, watch the movie together. Compare and contrast the books and the films. See sidebar for suggested books that have been made into movies.

Keep a "How I Spent My Summer Scrapbook." Choose a blank-page, over-sized book with ample pages for writing, collaging, collecting, and embellishing. Set aside time to work on "summer books" for a half hour every day at whatever time

of day works best. Let kids decide whether or not to keep it private or share the results with the family.

Sign up for BrainPop. This educational website has more than 1,000 short animated movies for kids ages 6 to 17, making it the perfect substitute teacher for your kids over the summer. Best of all, they can pursue topics that interest them. Check with your child's school library to see if they have free access to BrainPop.Jr for kindergarten through third grade. Otherwise, a subscription is money well spent on entertaining enrichment.

Tackle a big creative project. Choose one that takes planning, creativity, and involving others like putting on a puppet show, writing a play, or making a movie. Let your child approach the project in his own way, and only offer to help if you are needed. Invest a little money in your child's creativity and their imaginations will be buoyed by your patronage.

Visit friends and family around the world. Start with a list of friends and family you know all over the

globe. Then once a week, take an hour to really explore that destination via Google Earth and by researching online information. Expand your geographic horizons further by video-calling your friends or family and informally interviewing them about the area where they live. Post a map on the wall and stick a tack in each location you visit virtually.

Think beyond the lemonade stand. Terrific lessons about business, sales, and marketing will be learned when you create your child's version of the lemonade stand. Why not sell old toys, baked goods, or artwork as a lesson in entrepreneurship? You never know. You might spark a future interest in business.

Commit to a cause. If your child loves animals, see if you can spend some time volunteering at a local animal shelter. If she's a regular fashionista, why not throw a summer "trashion" show to raise money for a local charity? Even a trip to your local food bank or letting your kids come with you while you give blood is a life lesson that keeps on giving.

Share your childhood favorites. Did you love to make friendship bracelets or collect comic books? Did your husband learn to play guitar or practice scouting skills in the backyard? Summer is the perfect time to share your favorite hobbies and summer pastimes with your kids. Why not strike up a conversation about it at dinner tonight to get the memories rolling?

Admire intelligence. Find healthy and smart virtual role models for your tween or teen to study over the summer. For example, if your young lady loves entropy and dissecting frogs, she might enjoy trying some home experiments created by Bill Nye, the "Science Guy." Learn more at <http://www.billnye.com/for-kids-teachers/home-demos/>. Make a list of virtual summer tutors for each child and indulge in customized summer learning.

Christina Katz loves jungle gym slides, water park slides, Slip 'N Slides, and Chutes And Ladders, but not the summer slide. Her latest book is "Permission Granted, 45 Reasons To Micro-publish."



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

The inherited IRA

I inherited an Individual Retirement Account from my aunt. I am 45 years old, and there is \$350,000 in the account. What are the rules, and is that money exposed to creditors if I am sued or file for bankruptcy?

Both Roth IRAs and traditional IRAs are enjoying 15-minutes of fame this month in the wake of a United States Supreme Court's decision in the Clark vs. Rameker case on June 12, 2014. The Court was presented with the question: "Is an inherited IRA protected from the bankruptcy claims of creditors?" On June 12 the Court answered that question with a unanimous "No."

Specifically, the Court held that funds held in inherited IRAs are not "retirement funds" within the meaning of U.S.C. § 522(b)(3)(c) and therefore are not exempt from the bankruptcy estate. This renders inherited IRA funds to creditor claims in bankruptcy. Traditional and Roth IRAs have typically been exempt from bankruptcy claims up to a \$1 million limit (\$1,245,475 as adjusted for inflation in 2014).

The United States Circuit Courts of Appeals (the third court to address a bankruptcy case if it is appealed) has taken opposing views on this question. In the Eighth Circuit, inherited IRAs have been exempt from bankruptcy claims on the grounds that the funds are retirement funds in tax-exempt vehicles. Other Circuits have held that inherited IRAs lack the requisite "retirement purpose" and are governed by a different set of rules than IRAs in the hands of their original owners. Inherited IRAs can be liquidated at any time without penalty, unlike an original IRA, which suffers a penalty if the owner withdraws assets before the age of 59-and-a-half.

In the Clark case, Heidi Heffron-Clark inherited an IRA from her mother in 2001, who had named Heidi on the beneficiary designation form. The IRA was worth \$450,000 at the mother's death. Heidi had drawn the account down to approximately



\$300,000 before filing for Chapter 7 bankruptcy nine years later in October, 2010. Heidi argued that the money constituted "retirement funds" and was not available to creditors. The creditors objected. The bankruptcy court agreed. The U.S. District Court for the Western District of Wisconsin reversed the bankruptcy court and the U.S. Court of Appeals for the Seventh Circuit overturned the District Court decision.

IRA accounts, employer sponsored retirement plans such as 401(k)s and 403(b)s are accounts that an individual creates and funds for himself. The Supreme Court decision turned on the legal distinction between self-funded IRAs and inherited IRAs, whether through an employer-sponsored plan or a roll-over when you leave the company. The Court noted that, unlike IRA owners, inheritors cannot make additional contributions to the account. They can withdraw funds without penalty. By contrast, non-spouse inheritors of an IRA must withdraw the entire account balance in five years of the primary owner's death or take out a minimum amount each year starting on Dec. 31 of the year after the IRA owner dies. This applies to all inherited IRAs. The Court emphasized this distinction, reasoning that the bankruptcy code provision is intended to ensure that a filer has money during retirement,

justifying its protection.

This presents an interesting conundrum for spouses who inherit an IRA. Spousal inherited IRAs receive slightly different treatment. An inheritor spouse can roll over the inherited IRA into her own IRA account and not take distributions until she reaches 70-and-a-half, even if that date is later than the date the decedent spouse would have turned 70-and-a-half. She would not be able to withdraw assets before the age of 59-and-a-half from the commingled IRA. If she elects the roll-over, her own account is not an inherited IRA. If she does not do the roll-over, the inherited IRA is considered such. The spouse in that scenario would not have to withdraw money until the decedent spouse would have turned 70-and-a-half (or immediately assuming the spouse died after he reached that age). Since now, under the Court's decision, the inherited IRA would not be protected from bankruptcy, this new interpretation militates in favor of spouses rolling over the IRA into their own (or opening one post-haste if they did not have one to begin with).

Naming a creditor-protection trust as a beneficiary is also an option for spouse and non-spouse inheritors alike. The trust will shield the inherited IRA funds from creditors, and can also control a (possibly spend-thrift) heir to withdraw the funds in terms of timing and amount. The rules applicable to setting up a trust that will be the recipient of an inherited IRA are complex, and should only be implemented with the assistance of a qualified estate attorney to ensure that your objectives are met and that you understand all the benefits and drawbacks of using a trust.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrustplan and on her website at www.besunderlaw.com.

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Got their 'Back'

Operation Backpack helps a child in need face school with a smile

BY SHAVANA ABRUZZO

Summer is finally here, but the start of a new school year is around the corner.

The pint-sized pupils in your life may already be bugging you about buying pens, pencils, notebooks, binders, bookbags and all the other supplies that make their fresh start fun, so turn the nag into a flag of opportunity for good works and introduce them to Operation Backpack.

The annual campaign of Volunteers of America-Greater New York collects brand-new knapsacks filled with grade-specific supplies for the thousands of city children living in homeless and domestic violence shelters, and then delivers them to their doorsteps before the first day of school.

You and your family can help by dropping off new backpacks and supplies at

a Duane Reade store near you from July 14 through Aug. 8. You can also donate at the register from July 13 to 24 to help the retailer continue its assistance to vulnerable youth.

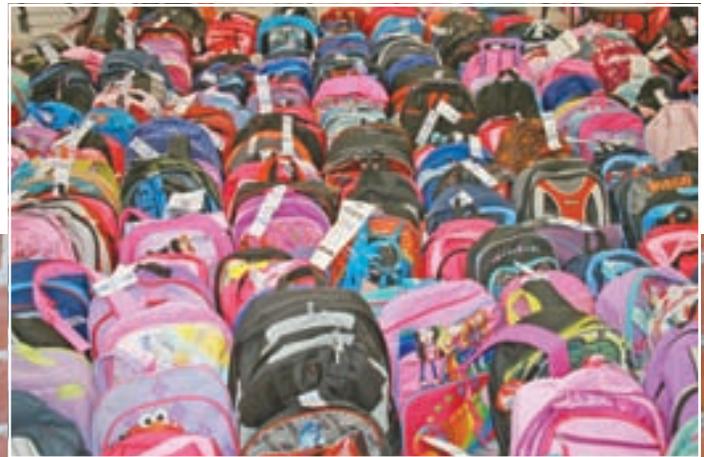
Operation Backpack instills community service in children while defraying costs for families in need, claims the program's founder.

"A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all," says Rachel Weinstein. "With the average cost of a filled backpack hovering around \$81, we can relieve the financial burden that many parents face."

A humble backpack can amount to a badge of honor for underprivileged children: It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them.

It can also be a fun and fulfilling summer activity for your whole family — the rewards of which are in a class of their own.

Visit www.OperationBackpackNYC.org/fill for a grade-specific supply list. Companies and community groups interested in donating can contact Rachel Weinstein at rweinstein@voa-gny.org.





Baby, I'm tired

Helping your
baby sleep
all night

BY MALIA JACOBSON

There's no denying that parenting is exhausting work. But having a baby doesn't have to mean resigning yourself to months (and years) of sleepless nights. Armed with a bit of expert knowledge, you can help your little one sleep better — so you can catch a few zzzzs, too.

Find your baby's sleep number

According to sleep expert Dr.

Jacob Teitelbaum, late bedtimes cause many childhood sleep problems, because overtiredness makes it harder for children to get to sleep and stay asleep. But figuring out when to put your baby to bed can be tough.

To find your baby's perfect bedtime, first determine how many hours of sleep he needs in a 24-hour period to determine how many hours he can comfortably stay awake per day. Set your child's bedtime so that he is not awake longer than that, and you'll prevent overtiredness that can

wreck nighttime sleep.

For example, a 10-month-old who needs 14 hours of daily sleep can stay awake for 10 hours per day. If he gets up at 6 am and naps for three hours each day, he needs a standing 7 pm date with his bed. (Hint: Newborns need between 14 and 16 hours of shut-eye per day; tots 1 to 3 years old need 12 to 14 hours, and kids 3 to 6 need 10 to 12 hours.)

Nix the nightlight

You may love the way your baby's smile lights up a room, but when it

Learning to fall asleep in bed will help your child learn to sleep longer stretches, and eventually, sleep through the night. But many babies won't tolerate being put down awake.

comes to sleep, the best light is no light at all. Nighttime light disrupts melatonin production, and even a small nightlight or the light from the baby monitor can be enough to prevent deep, restful sleep. Dim the house lights after dinner and install effective blackout blinds to get the bedroom truly dark. A black twin-sized flat sheet can be folded in half and tacked around a window in a pinch.

Embrace boring

Sleep doctors agree that an effective bedtime routine is one that's absolutely set in stone: the same things, in the same order, every night.

"Our bodies love routine, and this is especially so with children and bedtime," says Teitelbaum. Performing the same events in the same sequence before bed cues a child's subconscious for sleep. Sure, a routine this solid is bound to get boring for you. But the routine is for their sake, not yours (and a happily snoozing child is well-worth the effort).

Practice the pacifier

Pediatrics reports that nearly 70 percent of parents give pacifiers to their newborns. And it's likely that a good portion of these parents find themselves getting up at night to replug their baby's lost binky. The sooner a child learns to manage his or her own pacifier, the better everyone sleeps. Incorporate "paci practice" into tummy time and playtime, and your baby will be self-plugging in no time.

Start sunny side up

For an easier bedtime, start your baby's day off the bright way. Strong morning light helps set your child's internal clock so

he'll fall asleep more easily come nightfall. Open curtains to let the light shine in, and serve breakfast in a sunny spot. When weather permits, take a quick stroll around the block.

Atta baby

Many experts advise putting babies to bed drowsy but awake, to support independent sleep skills. It's true, learning to fall asleep in bed will help your child learn to sleep longer stretches, and eventually, sleep through the night. But many babies won't tolerate being put down awake.

Help your baby learn to love his crib by using rhythmic patting to soothe him after placing him in bed, without picking him back up. Because infants should be placed to sleep face-up, you might not be able to pat your child's back, so pat the crib mattress or the shoulder instead.

Avoid nap traps

Naps are important to babies and young children — they promote healthy nighttime rest, and new research from Emory University shows that they help babies learn and retain new information. But napping all day is guaranteed to make your baby nocturnal; research links more daytime sleep with less sleep at night.

To promote healthy naps while preserving nighttime sleep, don't allow naps longer than three hours. For most babies and young children, naps of an hour or two are long enough to be restorative without robbing nighttime sleep.

Get baby moving

Moving all day can help your baby sleep all night. A body in motion is one that's primed for sleep, because exercise helps children fall asleep faster and sleep more soundly. So put away your stroller and carrier and let your little one move. Aim for at least 60 minutes per day of vigorous activity. Toddlers and young children need plenty of chances to walk and run; babies need lots of time on their tummies and backs to wiggle, stretch, and work their muscles.

Malia Jacobson is a nationally published sleep expert, health journalist, and mom of three. Her most recent book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."



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Continued on page 14

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PreSchool

DIRECTORY

Continued from page 12

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Kids in business

Children rake
in the skills
when they
get to work

BY DENISE YEARIAN

Children go into business for a variety of reasons. Some need extra cash to pay for recreational activities. Others have a desire to save for the future. Still others have a little extra time and want to make good use of it. Whatever the motivation, starting a summer business is a good way for children to learn entrepreneurial skills. Here are some things to consider:

Choose an idea

To get your child started in a business, help him make a list of what he likes to do and businesses that relate to those interests.

“When Ben decided he wanted to start a business, we sat down and talked about what he could do,” says his mother, Stephanie. “He has always loved animals, so it seemed a good fit for him to take care of other people’s pets.”

Once your child has made a list of what he enjoys doing and the kinds of services or products he can provide, have him analyze the market. Are there people who live in your area with specific needs? Talk with your child about those needs and how he may be able to provide a service

or product for them. In Ben’s case, there were plenty of people in need of summer pet care. Also, look at small businesses in the community. Do any offer a similar service your child could provide at a lower cost?

Sole proprietor or joint venture

Many small businesses successfully run with one person. The key question to ask is, how much time does your child have to devote to the business? If he is on a swim team or involved in another sports program, his time may be limited. For this reason, your child may want to consider working with another family member or friend.

For the Andersons, this was the best way to go. Their oldest child, Brandon, had karate lessons several times a week and a few summer tournaments on the calendar.

“While Brandon was at lessons, the girls and I mixed and baked cookies, so they would be ready to sell the next day,” reports their mother Kim.

The upside to having a joint venture is less work for each individual and more potential for the business to grow. The down side is they have to split the profits, and one party may feel he or she is doing more work than the other.

“There were times the girls complained that their brother didn’t help with the mixing and baking,” Kim says. “But I reminded them their brother was the one in charge of advertising. And he was always there when it came time to sell.”

Advertising ideas

Before advertising, choose a name that fits. Some business names are cute and clever. Others have names that clearly state who is running the business and what it offers — Ben’s

Best Home Pet Care. With a little creativity, your child can come up with a name that’s cute, clever, and states its purpose.

The best place to begin advertising is with family, friends, and neighbors.

“One thing that made Ben’s business so successful was we lived in the same community for 10 years,” says Stephanie. “People knew our whole family and felt comfortable letting Ben take care of their pet.”

One of the cheapest and most effective ways to advertise is to print up flyers and pass them around the neighborhood or community. Flyers should be printed on bright paper and include the business name, child’s name, phone number, address, services or products offered, and price (if desired). Posters that are tacked on bulletin boards are another good option, especially if they have tear-and-take tabs on the bottom of the poster that lists the service provided and a contact number. Other advertising options include business cards, newspaper ads, phone calls, and emails.

Count the cost

Before your child delves into business, have him list all of the supplies needed and the cost of each item. If he has money in his savings account, he can use that to get the business up and running. If not, perhaps you can loan it to him with the agreement he pay it back. That’s what the Andersons did.

“When my kids started Yum Yums, they were pretty broke,” Kim states. “I told them I would pay for the initial supplies, and they could reimburse me as the business took off.” Another option? Have your child do extra chores around the house to raise money for start up.

Business ideas for kids

Short on business ideas? Here’s a few:

- Babysitting
- Birthday party helper or entertainer
- Tutoring
- Data entry
- Dog walking
- Pet care
- Refreshment stand
- Baking
- Produce stand
- Garden weeding
- Lawn mowing
- Car washing
- Personalized people and pet gifts
- T-shirt making
- Making care packages
- Jewelry making or other craft



Determine the price

The flip side to counting the cost is determining the price. If your child is making a product, such as Yum Yum Cookies, go to a place where similar products are being sold. In the Andersons' case, a local bakery. What are similar products selling for? How much can your child reasonably charge after paying for supplies and still realize a profit?

If your child is providing a service, find out what his competitors are charging for the same services. Do they charge by the job or the hour? What are kids his age earning for doing similar work? One key question your child should ask himself is, "Can I offer this product or service for a little lower than market rate and still make a profit?" If the answer is "yes," he's in business!

Policies and practices

Before embarking on the busi-

ness, have your child determine exactly what services or products he will offer. This should then be communicated to future customers. If, for example, your child starts a lawn mowing business, will he provide his own gas? Sweep the driveway? Rake, if necessary? Depending on the business, he may want to have a written description of what he provides. When the service has been completed, your child should give the customer a receipt and make a duplicate copy for himself.

Even though your child is young, he can earn the respect of customers by maintaining good work ethics. Impress on him the need to be on time, respectful, and hard working. This is also a good way to help the business grow. Remind him that current customers may pass along his name to potential new customers.

At the onset of your child's business, establish safety rules. Insist

that he inform you of his whereabouts at all times. Avoid letting him sell door-to-door. Stress the importance of not talking with strangers while he is alone. Remind your child that if he ever feels uncomfortable, leave the situation and find a trusted adult immediately. If you have an extra cellphone or one he can borrow, let him take it while he is gone.

Record his success

Being a successful entrepreneur means managing money wisely. Encourage your child to record his income, expenses, and profit by making a chart in a notebook or using a ledger. This will show him how much money he has put into the business and how much he has gleaned from it. Allow your child to spend some of his earnings, but encourage him to save some and put some back into the business. If he has borrowed money from you, he needs to pay

you back. This is also a good time to teach your child about benevolent giving. Is there an organization he can give to?

Once kids experience the accomplishment of working, earning, and spending, they may decide to keep going. That's what Ben did.

"He had so much fun taking care of other people's animals, he kept the business going for several years," concludes Stephanie.

For the Andersons, Yum Yums was a summer experience that was shelved when school started.

"By the time fall rolled around, my kids were ready to shift gears," Kim finishes. "That's okay, though. It was a great experience, and I'm glad they did it. My kids worked together for a common goal and learned a little about what it takes to run a business."

Denise Yearian is the former editor of two parenting magazines and the mother of three children.

A need for flexibility

Comptroller
Scott Stringer
wants to give
city employees
more options in
working hours

BY SHNIEKA L. JOHNSON

City Comptroller Scott Stringer is proposing legislation to set the stage for flexible workplace hours for city employees — a topic very personal to him as a parent of two small children.

The legislation, “Right to Request,” aims to decrease the level of fear that employees may have in requesting flexible working arrangements by creating a platform for employees to approach their employers. Stringer announced findings from a report issued by his office joined by his wife Elyse Buxbaum and their two children.

A similar bill has been proposed at the federal level (called the Flexibility for Working Families Act), and model legislation is currently under consideration at the state level. These laws do not mandate that employers provide flexible scheduling, but they promote dialogue that can help eliminate the stigma associated with non-tradi-

tional work arrangements.

Stringer’s report, entitled “Families and Flexibility: Reshaping the Workplace for the 21st Century,” provides examples of best practices for companies to offer flexible scheduling to their employees and the variety of cost savings and other benefits that this scheduling can have for businesses. Advocates of the proposed legislation say that there is a need for “right to request” legislation because a change in hours can help a family, especially working families, single parents, and those caring for elderly relatives. The report is a strong attempt to bring everyone (legislators, business owners and employees) to the table to discuss this topic and find ways to implement flexible scheduling.

Following Stringer’s presentation, I discussed this topic with him further:

Shnieka Johnson: Your family was present at your most recent press conference on the “Right to

Request” legislation. Are they what made you feel so strongly about this topic of workplace flexibility?

Scott Stringer: Yes, it’s a struggle my wife and I confront every day as the parents of two children under 3 with full time jobs. It is my duty to look out for the long-term interest of our city’s economy. Few issues have a more profound effect on the day-to-day lives of working people like us in our city and beyond than achieving what is popularly known as “work-life balance.”

SJ: There is a passionate group of supporters behind the legislation, but what obstacles do you foresee in implementing it?

SS: One of the greatest obstacles to flexible workplaces is the continued stigma associated with taking time from work to care for family members. That stigma won’t go away overnight — not after generations have become accustomed to the traditional 9-to-5 workday within the walls of a particular workstation.

However, the best way to chip away at that old philosophy and make employees expect and employers embrace flexible scheduling is to provide a safe space to start a conversation about how it can be a benefit to both workers and the bottom line.

We will look carefully at successful legislation overseas and in states across the country for best practices in how to effectively implement “right-to-request,” and I am confident that our city agencies, many of whom are well-versed in enforcement of employment laws, are up to the challenge.

I have a strong coalition in support of the legislation. At my press conference, I was joined by caregiver groups like AARP and the Alzheimer’s Association, women’s advocates like NARAL Prochoice NY and Catalyst, and groups that advocate for low-wage workers like the Center for Popular Democracy and the Retail Action Project.

SJ: Are there strategies in place to maintain momentum on this topic and continue the conversation?

SS: I plan to host a forum on this topic to engage with the business community and workers in all sectors. Many in the private



City Comptroller Scott Stringer spoke of his workplace flexibility legislation at City Hall.

“Few issues have a more profound effect on the day-to-day lives of working people like us in our city and beyond than achieving what is popularly known as ‘work-life balance.’”

sector have already realized that flexible workplace scheduling is profitable for all participants, but government can do more. I have strong legislative partners at the city, state, and federal level and there will be hearings on the bills.

SJ: Technology and telecommuting was mentioned a number of times during your remarks. Is that where you see the trends of workplace flexibility going?

SS: We’ve seen how technology can revolutionize our daily lives — from smartphones to GPS. But all too often, our institutions — business and government — are slow to pick up on what consumers already understand, namely, that technology can revolutionize the workplace and make the world more efficient.

Telecommuting certainly isn’t going to work for all businesses. After all, you can’t knead pizza dough on the internet or fit someone for a pair of shoes remotely. But for many businesses, technology will be one piece of a broader conversation about how flexibility works for their company and industry.

Aetna, one of America’s largest health insurers, increased its share of workers who telecommute — from nine percent in 2005 to 47 percent in 2012, saving the company \$78 million in real estate costs alone.

SJ: How will this help working families with small children specifically?

SS: Flexible workplace arrangements allow parents and their employers to accommodate their schedules — that so often involve juggling many activities: day care, school drop-offs, doctor’s appointments, soccer practice, and

many, many others. Sometimes adjusting your schedule by even one hour can make all the difference and have a positive impact on your work product

SJ: The benefits to the employees are clear, how does this legislation positively affect the businesses that are on board?

SS: For New York City to remain an economic engine, we must compete with other cities for top talent and investment. To do that, we must realize that everyone benefits from a policy that sees family and work as complementary, rather than competing parts of life. Happy, productive employees are good for business.

SJ: In the long-term, how will New York City benefit financially from “Right to Request?”

SS: This is an issue of economic competitiveness for the future of the city’s economy. By embracing flexible scheduling, it will help to keep employees who are also parents or caregivers in New York City and attract young people who see the city not only as a place where they can make their mark professionally, but also as a place where they can put down roots and raise a family.

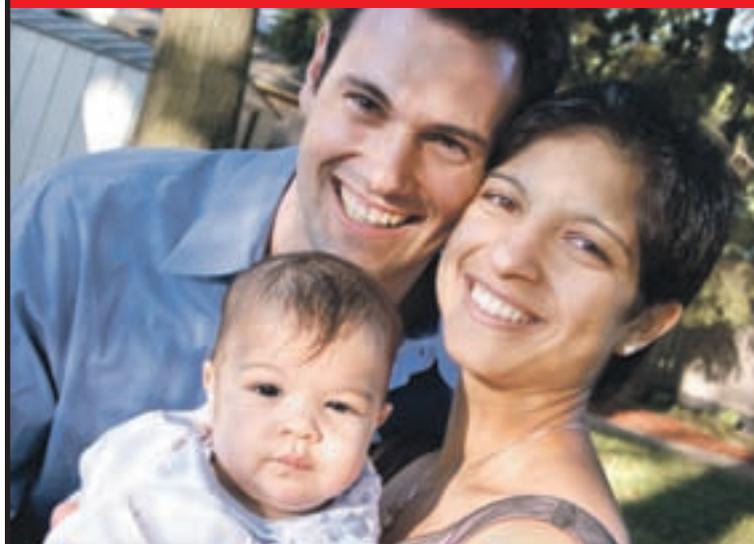
SJ: What would you like to communicate to New York City parents about this proposed legislation?

SS: I am highlighting the value of this important policy change, and hoping to start a discussion about it in New York City. I want parents to know that I understand the challenges of balancing their family responsibilities and career. The pressure of caring for children and elderly parents is very real. I feel it every day. In the New York City Comptroller’s Office, we have our finger on the pulse of the New York City economy. That means responding to the needs of the business community, but also taking concrete steps to address the real challenges facing working people in all five boroughs. Promoting flexible work arrangements is but one piece of that effort, and I look forward to continuing this conversation in the months and years to come.

For more information, visit: <http://comptroller.nyc.gov/flextimenyc/>

Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: www.shniekajohnson.com.

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CHRISTINE M. PALUMBO, RD

Nutrition Facts		
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Serving Per Container: 1		
Amount Per Serving		
Calories: 185	Cal from Fat: 85	
		% Daily Value*
Total Fat	9.5mg	15%
Saturated Fat	2mg	9%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	72mg	3%
Total Carb	19g	6%
Sugars	5g	45%
Dietary Fiber		
Protein	0g	
Vitamin A	4%	Vitamin C 4%
Calcium	10%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Food label accuracy

You felt so proud of yourself. You consumed only half of one of those stubby cartons of premium ice cream — until you noticed with horror that a serving size is only half a cup and not the entire carton. Oops.

Let's face it, the nutrition facts panel that has been a part of our food packages for two decades is confusing and frustrating. But if the Food and Drug Administration gets its way, labels will soon be revamped.

Americans have mixed feelings when it comes to how helpful food labels are to them. According to a Harris Poll of 2,266 adults surveyed in February:

- They are divided on whether seeing “healthy” on a food package is a helpful nutrition indicator, with 53 percent feeling it's helpful and 47 percent indicating it's not.

Fact: This claim is strictly regulated, with specific limits on its fat, saturated fat, cholesterol and sodium content, plus a requirement for certain good nutrients.

- Three out of four (76 percent) feel that the statement “Made with...” — as in “Made with real fruit” — is a helpful signpost.

Fact: These labels can be applied to anything that contains even very small amounts of the boasted content.

New labels, new emphases

Calorie counts would be in large type and portion sizes will be adjusted to reflect how much Americans really eat. For example, a 20-ounce bottle of soda would be counted as one serving, rather than the two-and-a-half servings currently seen on most bottles. Your ice cream? The more realistic one cup serving would replace the current half-cup serving size.

“Things like the size of a muffin have changed so dramatically. It is important that the information on the nutrition fact labels reflect the realities in the world today,” says administration commissioner Dr. Margaret Hamburg.

The “Calories from Fat” line would be removed.

Percent daily calories would shift to the left of the label. And some package sizes would be required to show both “per serving” and “per package” calorie and nutrient amounts.

Added sugars would be highlighted on a new line. Currently, naturally occurring sugars and added sugars are lumped together. Foods with unexpected added sugars include pasta sauce, ketchup, and pizza. One cup of pasta sauce has five teaspoons of sugar while a frozen pizza may contain as much as six teaspoons. Each

tablespoon of ketchup contains one teaspoon of sugar.

A revised nutrition facts label may not stop you from overeating ice cream, but at least the portion size will be easier to read and will be more realistic.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics and is enthused about the proposed changes, although she wishes caffeine would also be included. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Mini mushroom burgers

PREPARATION TIME: 5 minutes

MARINATE TIME: 30 minutes

COOKING TIME: 8 minutes

SERVES: 4

INGREDIENTS:

2 Portabella mushrooms, stems removed

1/4 cup light balsamic vinaigrette

Salt and freshly ground black pepper

8 small high-fiber whole-grain dinner rolls

8 slices red onion

8 slices tomato

DIRECTIONS: Place Portabellas and vinaigrette in a large zip top bag. Zip and lightly rub the vinaigrette into the mushrooms. Let marinate for at least 30 minutes. Remove mushrooms from bag, drain and

season both sides with salt and pepper. Heat a grill or grill pan over medium heat and spray with non-stick cooking spray. Place the mushrooms on the grill gill side down and cook for 4 minutes. Turn and continue to grill until mushroom is almost cooked through, about 4 more minutes. Remove from pan and drain mushrooms on paper towel, gill side down. Cut each mushroom into quarters and place on buns. Top with onion and tomato and serve.

NUTRITION FACTS: 144 calories, 29 g carbohydrates, 4 g dietary fiber, 5 g sugars, 5 g protein, 2.5 g fat (0 sat or trans fat), 0 cholesterol, 300 mg sodium, 40% DV selenium, 8% DV iron, 8% DV potassium

Recipe courtesy of the Mushroom Council and mushroominfo.com.



Sibling on the way!

Helping children embrace a new family member

BY JUDY M. MILLER

Our family building began with one child. As our family grew, I discovered that preparation helped our children transition into their new roles as a big brother or big sister. Here are a few tips from my in-the-trenches experiences, practices that helped our children embrace the newest family member with total joy:

Begin the big sibling preparation early

You will have plenty of time once you have shared the news that you are expecting. Use some of this time to help your child become comfortable with welcoming the new arrival. Siblings-to-be can sing, talk to, or tell stories to the baby in your belly. Talk about what a great older brother or sister your child will be, and what a help they can

be to you.

Your child can carry a photo around of the child if you are adopting. My son did this after we received a picture of his sister from China. We laminated a copy for him so that he would not destroy it. He proudly shared the picture with anyone he could, "This is my baby sister!"

Siblings-to-be can help with nursery preparation — arranging small items like diapers, books, and stuffed animals. Older siblings can help with painting the room. Our son helped us pick out books for his sister, as well as toys and clothes. My daughter helped me put her sister's crib together by handing me the small assembly items. She then ran and got a stuffed animal from her cache to gift to her baby sister.

Acknowledge that everything shifts when a new child arrives

An only or youngest becomes a big sister or brother. The youngest child relinquishes the spot of being the baby, to become the middle child. As parents, we should recognize and talk about these changes with our children and focus on the fact that even though our family is growing it is still our family, just bigger.

Our oldest was an "only" for five years before his sister arrived home. We spent a lot of time preparing him to be a big brother. We discussed responsibilities and expectations as well as the privileges that come with being the oldest. We read books and watched movies about families with multiple kids; then we talked about the relationships we read about or viewed in the

movies. The transition to becoming a big brother went beautifully because he was so invested. Now a teenager and an adult, my daughter and son continue to be close.

Be consistent

Adhere to your schedule. Children do well with consistency; they need to know what they can rely on, what to expect. Consistency gives a child security, especially when there has been a big change, as in the addition of a new sibling.

It is common for children to act out or regress when a new sibling arrives into the family. My youngest daughter wanted a bottle after her brother arrived home. Recently potty-trained, she had a few accidents.

Discipline and reactions to your children should be consistent with how you handled things prior to the arrival of your new child. Praise the behavior you want to see.

Address the fears that come with change

There will be less of you — energy, patience and time — to go around, especially during the first days, weeks, and, sometimes, months home. You will likely run into additional challenges because you are juggling more kids.

Assure your child that your relationship with and love for him will not change. Try to schedule on-on-one time to listen and share with your child. Have dad, another family member, or trusted friend watch the new sibling. Your child will feel loved, and this is the greatest gift you can give.

Judy M. Miller is a freelance writer living with her husband and four children. She is the author of "What To Expect From Your Adopted Tween."



Summer reading on an e-reader

Summertime
and the
reading is easy
with e-books

BY SUE LEBRETON

As temperatures rise and the days lengthen, are you dreaming about lazy, summer days, lounging on the beach or relaxing in a hammock reading a great summer book? How about your children, do they read throughout the summer or take a vacation from books?

Summer reading helps children maintain the academic progress they achieved in the school year. It is also a great time to encourage

kids to read for fun. Research shows that they are more likely to read a book that they choose. So have them pick an interesting book and then suggest making it an e-book to change their summer reading into a new and exciting experience.

Just as they embrace all the new technology, children are quickly adopting this form of book reading. According to the Scholastic Kids and Family Reading Report, the percentage of children who have read an e-book has almost doubled in the past three years, rising to 46 percent, and

they say they are keen to read more. Almost half of the children aged 6 to 17 told the researchers that they would read more books for fun if they had greater access to e-books. More books for fun? That is music to a parent's ears.

The Scholastic data also showed that 25 percent of boys who had read an e-book were now reading more books for fun. That is fantastic news for a group who tends to read less as they age. E-books could be a boon to your efforts to keep your boy reading regularly for pleasure.

What if your child is a reluctant reader? This is a group that can benefit from e-books because they are often intimidated by larger books and the appearance of a text-heavy page. E-books are read on slim devices that display a single page and offer the option to increase the type size. My 11-year-old son loves that the e-reader tracks his progress. Like the children in the study, he is motivated to see the percentage read increase on the screen instead of being discouraged by seeing the volume of a print book that remains to be read despite expending considerable time reading.

Two e-book attributes children say they like are portability and privacy. The ability to carry multiple books offers the opportunity to move to the next book when they complete one, or switch books if the current one loses their interest. What a great tool to have when traveling. Children commented in the study that they were also fond of the fact that with e-books they can hide what they are reading from friends. Admit it, sometimes we all read things we might not want our friends to see.

Are your eyes glazing over at the thought of introducing yet another

More about e-readers

The experience that most closely mimics reading a print book is using one of the e-readers with black and white e-ink pages. The market is dominated by Sony, Kobo and Kindle devices. They range from the base models (about \$69) that require you to download books from a seller's site while hooked to your home computer, to newer wi-fi and touch-screen models that allow you to buy books on the go (up to \$199). Be careful, this is a convenient but potentially budget-stretching option for an avid book buyer.

These are dedicated book devices, so no surfing the web or checking e-mails. E-books are slightly cheaper to purchase than print books, so depending upon your reading and purchasing pace the e-reader can pay for itself fairly quickly. Remember, no late fees at the library. The lack of distraction from e-mail and the lure of web surfing can also be helpful for

readers who are easily seduced to other media.

Buying an e-reader

Before you head to the store, go to your library's website so that you know what format they support, otherwise, you might end up with a device where purchasing books is your only option. Talk to friends who have e-readers and do some online research for comparisons. Define what is important to you as a reader. Do you need a dictionary? Do you need wi-fi? Once you are clear about what you need, go to a store and handle the various devices to see which you prefer. Remember to ask where you can buy books that are compatible with this specific reader.

Other devices

You can read an e-book on your laptop, computer, iPad or tablet, iPod, cellphone and Play

Station Portable or the Nintendo DS. The PlayStation and Nintendo options are more cumbersome to turn into readers, but it can be done, and instructions are available online.

To use an existing device to read an e-book, download an app so that you can read your books, magazines, and newspapers anywhere. Just be sure that the app is compatible with the source where you purchased the original material. For example, if you buy books from Kobo for your Kobo reader, you need the Kobo app to be able to read that same material on your other devices. There are some conversion software options available if you purchase from multiple sources, but if you go that route, you will need to be more comfortable playing with the technology.

Some e-reader producers have entered into the tablet market so that users can surf the internet and check e-mails in addition to reading e-books. These devices range from \$200 up to \$600 for their multiple offerings.

Top
Tips



pricey device into your home and budget? E-reading does not have to break the bank. There is an e-reader option to suit most budgets, and you can borrow books from the library without ever leaving your home. Some libraries even loan the devices. The best part about borrowing e-books from your library? No late fees. Once your borrowing period expires, the file is no longer

accessible on your device. The first time you borrow an e-book you have to download the required software but the process is relatively simple.

You can begin e-reading today without an outlay of cash if you use technology that you may already own, such as a cellphone, iPod, iPad, tablet, laptop, or computer. Download an e-book app and you can begin to buy or borrow books. Take

note that for summer reading on the beach or deck, many of these backlit devices do not perform well in direct sunlight due to the glare, but an e-reader is fine.

Despite its many merits, e-reading is not likely to replace print books for all uses. Nothing surpasses the joy of snuggling and reading to your child at bedtime, no matter what their age. Children in the study

echoed that sentiment and said they still preferred a paper book at bedtime. That is probably a wise choice, since exposure to lit devices can delay the onset of sleep, not at all what we parents are looking for at bedtime.

Sue LeBreton is a health and wellness journalist and an avid reader. Thanks to her e-reader, she carries a library with her wherever she goes.



Ludwig Bemelmans's painting of Madeline at the Paris Flower Market.

75 years of 'Madeline'

New York is a great place to celebrate this story of Paris

BY TAMMY SCILEPPI

It all started in 1939, with a humorous, rhyming picture book about a petite Parisian school-girl. She's a mischievous red-head with spunk and attitude, who becomes the envy of her classmates when her appendix is removed (true story).

Madeline is the feistiest of 12 little girls in two straight lines, wearing identical coats and flat sailor chapeaux. A brave role model for her young female readers, she seems totally fearless when telling a tiger

in the zoo, "pooh, pooh!" — proving that being smart and strong is cool, even if you're a mademoiselle.

Since her whimsical debut 75 years ago, Madeline still remains one of the world's most popular and beloved fictional characters. And, through her whirlwind escapades in Paris, London, and the French countryside — brought to life by her creator Ludwig Bemelmans's enchanting watercolor illustrations and light-hearted storytelling — she has charmed her way from the original book through all five sequels, which have become

true classics.

You can probably find at least one "Madeline" storybook on every kid's bookshelf.

Who was Bemelmans?

A hundred years ago, a footloose, frustrated, misfit teen from Austria arrived in New York City. Needing a creative outlet, he began to draw on walls — of his apartment, in restaurants — everywhere. Starting his first career as a busboy at the Ritz Hotel, he taught himself how to sketch on the backs of menus and kitchen tile walls.

“His ambition was to be a cartoonist, until the brilliant children’s book editor at Viking discovered him, and said, ‘You must write children’s books!’” says exhibit curator, Jane Curley.

The first lines of “Madeline” were written on the back of a menu at Pete’s Tavern in Manhattan.

Bemelmans claimed to have no imagination; all his books are mostly based on his experiences and people he knew. Madeline herself was actually a mix of personalities: his daughter, Barbara; his wife, Madeleine; and his mother. The school-girl was also her creator’s alter ego, along with her favorite companion, Pepito, who expressed Bemelmans’s wild and naughty side as a child.

Like Madeline, Bemelmans was a free spirit; he liked living large.

“His circle of friends ranged from mobsters to millionaires. He loved commissions like this one, where he got to stay on board a luxurious yacht, just as he stayed rent-free at the Carlyle, while he painted the murals at the bar there,” said Curley.

And he loved to travel.

“For ‘Madeline and the Bad Hat,’ he visited Spain; for ‘Madeline and the Gypsies,’ he followed Gypsy caravans and circuses around for an entire summer in 1958. Of course, it was fun for him!” explains Curley.

And his message — which runs through all the Madeline books — is one of “courage, optimism, and delight in life, even in the face of challenges,” says Curley.

The “Madeline” series includes “Madeline,” 1939; “Madeline’s Rescue,” 1953; “Madeline and the Bad Hat,” 1956; “Madeline and the Gypsies,” 1959; “Madeline in London,” 1961. Bemelmans’s grandson has continued the series with books written and illustrated in his grandfather’s style: “Madeline and the Cats of Rome,” “Madeline at the White House,” and “Madeline and the Old House in Paris.”

Bemelmans bar

At the upper-crust Carlyle Hotel on the Upper East Side, in the 1940s, Bemelmans was commissioned to paint murals in

exchange for room and board. In fact, if you visit the hotel’s swanky Bemelmans Bar, you can enjoy a cocktail surrounded by his whimsical illustrations of city landmarks.

For youngsters who want to feel like they’re part of “Madeline” and love music and dressing up fancy, Bemelmans Bar serves high tea and kid-friendly food from Saturdays through October before Christmas. Singer and pianist Tina de-Varon even takes singing requests and makes it a truly unique family experience.

Madeline’s Tea at the Carlyle [35 E. 76th St. at Madison Avenue on the Upper East Side, (212) 744-1600, www.

rosewoodhotels.com/en/the-carlyle-new-york/dining/bemelmans-bar].

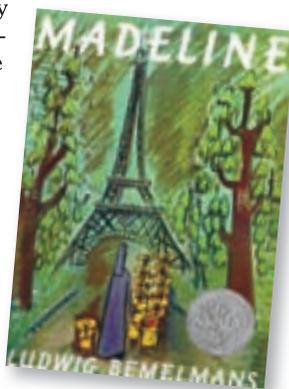
Anniversary celebration

To celebrate the 75th anniversary, the New-York Historical Society on Manhattan’s Upper West Side is honoring the little darling of Paris and her creator with a special exhibit and family event from July 4 to Oct. 13 — featuring more than 90 original artworks by Bemelmans, as well as the weekly Madeline’s Tea Party on Wednesdays.

To commemorate the anniversary, a lavish slipcased edition of the original book can be viewed or purchased at the New-York Historical Society. It includes a full-color panoramic pop-up spread of Paris, with all the famous landmarks, including Madeline’s house.

Madeline in New York: The Art of Ludwig Bemelmans at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 873-3400, www.nyhistory.org/exhibitions/madeline-new-york]

Madeline’s Tea Party at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 873-3400, www.nyhistory.org/programs/madeline-s-tea-party July 4 – Oct. 13, July 16, July 23, Aug. 13, Aug. 20, Sept. 10, and Oct. 8, 3–5 pm. \$40 per child, \$35 members; \$50 per adult, \$40 members.



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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Teens need shut-eye

I used to feel like a broken record. Every evening, I would call down the hall toward the light that remained on in my daughter's bedroom, "Are you heading to bed yet?" This was because my daughter was typically up past 11:30 pm, and she needed to rise slightly after the birds — around 6 am. Typically she was aggravated, cranky, and just plain miserable when the sun came up. You would think that an 18-year-old could adjust, knowing that each and every morning she would regret the alarm. At the time, though, her schedule was definitely a catalyst — advanced-placement courses, two honor society schedules, volunteer work, and an insane athletics schedule. With freshman year in college approaching, another chaotic schedule is likely, so getting into a regular sleep schedule should be at the top of her list.

What's a parent to do when she realizes her teen is on a downward spiral due to lack of sleep?

Inadequate sleep cycles

According to the National Sleep Foundation, teens should be getting approximately nine-and-a-quarter hours of sleep per night to function at their best.

Staff members at the Mayo Clinic write, "Puberty changes a teen's internal clock, delaying the time he or she starts feeling sleepy — often until 11 pm or later. Staying up late to study or socialize can disrupt a teen's internal clock even more."

Robert S. Rosenberg, medical director of The Sleep Disorders Centers of Prescott Valley and Flagstaff, Arizona and author of the newly released book "Sleep Soundly Every Night, Feel Fantastic Every Day," (Demos Health, June 2014), reports "Recent surveys have shown that only 15 percent of teenagers get eight-and-a-half hours or more of sleep."

Experts say that part-time jobs and extracurricular activities, in addition to school schedules, contribute to fewer hours of sleep. Teens also spend time on social networking sites before bed, which can affect their ability to fall asleep.

Dr. Nadav Traeger, director of Pediatric Sleep Medicine at Maria Fareri Children's Hospital at Westchester



Medical Center, clarifies that the amount of sleep teens needs vary.

Consequences

A lack of sleep can lead to negative consequences, including drowsy driving, which can be extremely dangerous.

Traeger says that teens who get insufficient sleep may present with various issues.

"The possible symptoms include: increased tendency for sleeping during the day, decreased school performance, decreased attention, restlessness or hyperactivity, moodiness, memory problems, behavioral problems, and propensity for clumsiness or accidents."

A lack of sleep can also affect a teen's athletic performance. Rosenberg points to a recent study conducted at Stanford University which involved baseball, basketball and football teams.

"Athletes demonstrated improved performance when they were encouraged to sleep ten hours, or at least one more than they had been sleeping."

Rosenberg advises parents to watch for the following behaviors:

- Sleeps late on weekends
- Falls asleep when not actively engaged in something
- Has trouble waking up for school
- Increased agitation and irritability

Better sleep habits

Sleep is important for tissue re-

pair and strengthening muscles, explains Rosenberg, so parents should encourage teens to cut down on extracurricular activities that go well past dinner times.

"Let them know that during sleep a lot of important things are taking place, such as memory consolidation for, not only facts, but also for how to swing a bat or shoot a basketball."

Traeger suggests that parents persuade teens to practice good sleep habits.

"The main habits that will promote good sleep quality are: using the bed for sleeping only, sleeping only in own bed (not the couch, etc.), having little variability in the sleep-wake schedule (including weekends), exercising regularly (as long as it is not too close to bedtime), and getting sufficient exposure to daylight during the day."

Tips and tales

Additional tips are provided by the National Sleep Foundation (www.sleepfoundation.org):

- Keep a sleep diary: Use to determine how much sleep you need to feel good during the day.
- Naps: Keep these short and not too close to bedtime.
- Keep your bedroom cool, quiet, and dark.
- Avoid caffeinated drinks (coffee, tea, soda and chocolate) late in the day. Nicotine and alcohol also interfere with sleep.
- Keep a consistent sleep schedule. This will help keep your body in sync with its natural patterns.
- Don't eat, drink, or exercise within a few hours of your bedtime.
- Avoid TV, computer, and the telephone within an hour before bed.

Share your ideas

Upcoming topic: Tips to encourage your teen to get involved in politics.

Please send your full name, address, and brief comments to myrna-haskell@gmail.com or visit www.myrnahaskell.com

Myrna Beth Haskell is a feature writer, columnist and author of, "Lions And Tigers And Teens: Expert Advice and Support for the Conscientious Parent Just Like You" (Unlimited Publishing LLC, 2012). For details, visit www.myrnahaskell.com.

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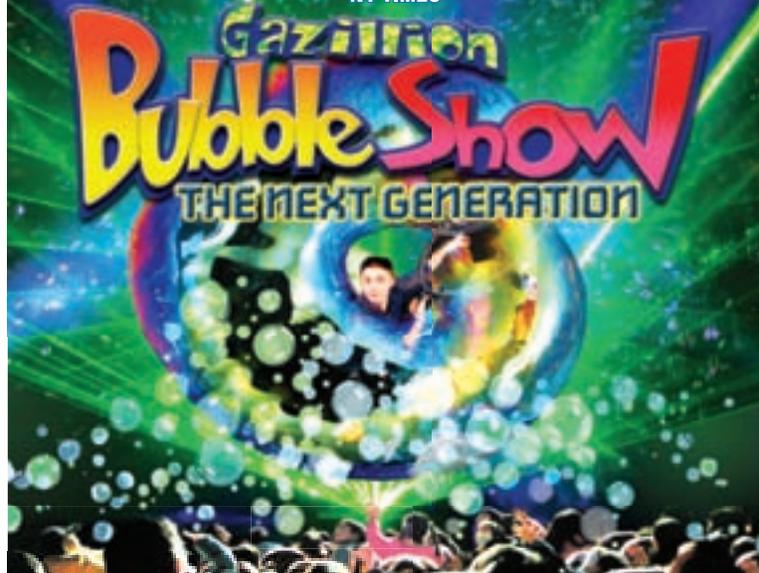
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Calendar

JULY



Traditional Chinese folk dancing

Come and enjoy a performance of the New York Chinese Cultural Center on July 24 at Van Cortlandt Park, presented by the 2014 Summer Stage Kids event from City Parks Foundation and Disney.

The spectacular dance program features traditional folk dances, and visitors are treated to a variety of regional dances, such

as the Mongolian, Uygur, Tibetan and Tai dances that showcase the rich diversity of China's different locals.

New York Chinese Cultural Center, July 24 at 10:30 am. Free.

Van Cortlandt Park (Van Cortlandt Park South and Broadway in Kingsbridge; www.SummerStage.org; www.chinesedance.org).

Submit a listing

This calendar is dedicated to bringing our readers the most comprehensive list of events 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!

WED, JULY 2

IN THE BRONX

Mommy and Baby Yoga: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10-11 am; \$25 (\$15 members).

For tots 8 weeks old to crawling with a mom, dad, or caregiver. Stretch, breathe and bond with your child. Led by instructors. Registration required.

First Wednesday Trolley: Longwood Art Gallery @ Hostos, 450 Grand Concourse at 149th St.; (718) 931-9500; www.bronxarts.org; 5 pm; Admissions to venues free.

The event begins at Longwood Art Gallery at Hostos, then travels the South Bronx corridor including the Bronx Museum of the Arts, Bronx Art Space and Bronx Documentary Center. For older teens.

Sunset Music: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 7 to 8 pm; Free with admission to the grounds.

Grupo-Afro Peruano Caracumbe sing, dance, and perform traditional selections.

THURS, JULY 3

IN THE BRONX

Stories in the Garden: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 2 pm; Free with admission to the grounds.

Children 3 to 6 years old with an adult listen to stories, sing-along and watch a puppet show. Event is held outdoors, in case of inclement weather meet indoor at Wave Hill House.

FRI, JULY 4

IN THE BRONX

Lucky Diaz and the Family Jam



Photo by Joshua Bright

Yoga with little ones

Parents and babies can enjoy a day of yoga weekly on July 2, 9, 16, 23, and 30 at Wave Hill.

The classes are designed for mothers, fathers, or caregivers and babies eight weeks old to crawling, and provides a gentle exercise session. Stretch, breathe and bond with your child while meeting other parents. The class is led by certified instructors from Yoga for Bliss. Mats are provided. The class is from 10 am to

11 am. Admission is \$25 and \$15 for members.

Advanced registration online is required. Online registration closes at 8 am on the day of each session. Drop-ins accommodated as space allows. Participants must present their member's ID card or a printed program registration form at the front gate.

Wave Hill [W. 249th Street and Independence Avenue in Riverdale, (718) 549-3200; www.wavehill.org].

Band: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 12:30, 2, and 3:30 pm; Free with zoo admission.

The Grammy-winning trio help celebrate the July Fourth weekend. Each performance is about 30 minutes long.

Highlights Walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 2 pm; Free with admission to the grounds.

Celebrate America's birthday with a walk through the gardens.

FURTHER AFIELD

Audubon Center: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue, Brooklyn; (718) 287-3400; www.prospect-park.org/audubon; Noon-5 pm; Free.

Get into the celebratory action and discover why the Bald Eagle became America's symbol of indepen-

dence; use games and activities to learn why birds are so special; join with a naturalist and take a tour of the grounds discovering all the flora and fauna in the park; and finally, find out how Snappy the turtle got its name.

SAT, JULY 5

IN THE BRONX

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

Discover the marvelous mushroom. Children can get their own mushroom starter kit and watch how the fungus grows at home.

Lucky Diaz and the Family Jam Band: 12:30, 2 and 3:30 pm. Bronx Zoo. See Friday, July 4.

SUN, JULY 6

IN THE BRONX

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, July 5.

Lucky Diaz and the Family Jam Band: 12:30, 2 and 3:30 pm. Bronx Zoo. See Friday, July 4.

FURTHER AFIELD

Family Performance Festival and Musical Adventures: Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/06/family-performance-festival-musical-adventures-in-central-park; Noon; Free.

Discover more about the park and the music it makes from George Steele as you sing along with him, then head out on an adventure in the park.

Global Family Day: Central Park, Rumsey Playfield, off of Terrace Drive, enter at E. 68th Street, Manhattan; www.nycgovparks.org/events/2014/07/06/summerstage-presents-global-family-day-okee-dokee-brothers-hybrid-movement-company-shaun-parker-company-acrobuffos-national-dance-institute; 3-7 pm; Free.

SummerStage Kids presented by Disney presents a day dedicated to engaging young audiences and their families through performances, interactive workshops of circus arts, face painting and more!

TUES, JULY 8

IN THE BRONX

Support group: Latino Pastoral Action Center, Room 321, 14 W. 170th St.; (718) 450-2567; snadvocacynavigator@gmail.com; 7-9 pm; Free.

Parents of children with autism join with other parents in a loving, caring group. RSVP required.

WED, JULY 9

IN THE BRONX

Mommy and Baby Yoga: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am-11 am; \$25 (\$15 members).

For tots 8 weeks old to crawling with a mom, dad, or caregiver. Stretch, breathe and bond with your child. Led by instructors. Registration required.

"Little Red's Hood": Mt. Hope Playground, E. 177th Street and Walton Avenue; www.cityparksfoundation.org; 10:30 am; Free.

Continued on page 30

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 29

Modern twist on classic fairy tale, presented by CityParks Mobile — and part of the 2014 SummerStage Kids event.

“Shaun Parker & Company”: Pelham Bay Park, Bruckner Boulevard and Middletown Road.; www.CityParksFoundation.org; 11 am; Free. Interactive show for tots.

THURS, JULY 10 IN THE BRONX

“Little Red’s Hood”: River Park, 180th Street and Boston Road; www.CityParksFoundation.org; 10:30 am; Free.

A modern twist on an old favorite. Presented by the CityParks PuppetMobile.

“Janice Marie Robinson’s Melodic Magic”: Classic Playground, Van Cortlandt Park South and Orloff Avenue; www.CityParksFoundation.org; 10:30 am; Free.

Interactive show presented by 2014 SummerStage Kids.

FRI, JULY 11 IN THE BRONX

“Little Red’s Hood”: Crotona Park, Crotona Park E. and Charlotte Street; www.CityParksFoundation.org; 10:30 am; Free.

Modern twist on an old classic. Presented by 2014 SummerStage Kids.

SAT, JULY 12 IN THE BRONX

Scavenger Hunt: Bronx County Courthouse, 851 Grand Concourse Rd.; (718) 590-3527; 9 am; \$40 per team.

Presented by Borough President Ruben Diaz, teams will meet to find various clues and visit Bronx landmark.

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

Children explore luminous paper lanterns, cut out shapes, and make a simple papier-mache lantern to take home.

FURTHER AFIELD

Bird watching: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue, Brooklyn; (718) 287-3400; www.prospectpark.org/audubon; 10 am; Free.

Children 8 years and older, with a parent, observe and identify more than 200 species of birds that fly through the park or make it their

home. Binoculars and bird guides will be provided.

Block Party: Brooklyn Children’s Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children enjoy erecting new buildings with an assortment of blocks.

Garden tour: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; www.bbg.org; 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Family-friendly peek inside the gardens, learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

SUN, JULY 13 IN THE BRONX

Bronx Family Day: St. Mary’s Park, 450 St. Anns Ave. and E. 149th Street; (718) 402-5155; www.SummerStage.org; 2014; Free.

2014 SummerStage Kids presents David Gonzalez’s “Aesop Bops! Funky Fables,” Kids Junk Orchestra and Secret Agent 23 Skidoo. Children enjoy fast-paced and funny storytelling packed with audience participation, unconventional music-making and hip-hop geared specifically for kids.

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, July 12.

FURTHER AFIELD

Block Party: 11:30 am. Brooklyn Children’s Museum. See Saturday, July 12.

“Bugaboo Review Puppet Show”: Central Park, Peter Jay Sharp Children’s Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776 1066; www.nycgovparks.org/events/2014/07/13/family-performance-festival-bugaboo-review-puppet-show; Noon; Free.

Families will learn more about the importance of bugs through bug puppets and interactive songs during this fun and educational show.

MON, JULY 14 IN THE BRONX

Kids Junk Orchestra: Haffen Park Amphitheater, Hammersley and Ely avenues; www.SummerStage.org; 10:30 am; Free.

An afternoon of fun music presented by 2014 SummerStage Kids.

WED, JULY 16 IN THE BRONX

Mommy and Baby Yoga: 10 am-11 am. Wave Hill. See Wednesday, July 9.

“Janice Marie Robinson’s Melodic Magic”: Mt. Hope Playground, E. 177th St. and Walton Ave.; www.SummerStage.org; 10:30 am; Free.

Children are enthralled by kid-friendly tricks. Presented 2014 SummerStage Kids.

Kids Junk Orchestra: Pelham Bay Park, Bruckner Blvd. and Middletown Road; www.SummerStage.org; 11 am; Free.

An afternoon of fun music presented by 2014 SummerStage Kids.

FURTHER AFIELD

Walking with Dinosaurs: Barclays Center, 620 Atlantic Ave. at Pacific Street, Brooklyn; (917) 618-6100; www.barclayscenter.com; 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm; \$30-\$94.

The spectacular featuring 20 animatronic beasts comes to the borough for a premier engagement.

THURS, JULY 17 IN THE BRONX

Mister G’s Bilingual Music: River Park, 180th Street and Boston Road; www.SummerStage.org; 10:30 am; Free.

Enjoy family-friendly music presented by 2014 SummerStage Kids.

“Little Red’s Hood”: Van Cortlandt Park Classic Playground, Van Cortlandt Park S. and Orloff Ave.; www.SummerStage.org; 10:30 am; Free.

Modern twist on an old classic. Presented by 2014 SummerStage Kids.

The Bossy E Tour: River Park, Southern Blvd. at Bronx Park South; 10:30-11:30 am; Free.

Mister and Missus G rocks the stage with dancing, singing and having fun.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

FRI, JULY 18 IN THE BRONX

Secret Agent 23 Skidoo: Crotona Park, Crotona Park E. and Charlotte St.; www.SummerStage.org; 10:30 am; Free.

Kid hip-hop for the young-at-heart

by 2014 SummerStage Kids.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

SAT, JULY 19 IN THE BRONX

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

“Just so stories” by Rudyard Kipling on the menu for children to learn about animals, then make an inventive story on their own with artist Donna Maria.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

Max ZT & the Hammered: Brooklyn Children’s Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Noon; Free with museum admission.

The Jimi Hendrix of the Hammered Dulcimer this is an innovative concert that combines Irish folk music with tunes inspired from Senegal to India.

Laura Marx Fitzgerald: Brooklyn Children’s Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 1 pm; Free with museum admission.

The author of “Under the Egg” reads from her books and shares stories with children 8 years and older.

SUN, JULY 20 IN THE BRONX

Summer Sunday: Bronx House, 990 Pelham Parkway South; (718) 792-1800 X 235; bronxhouse.org; call for time; \$10 per class (\$15 for 2; \$10 special needs program).

Each session focuses on a separate discipline, music, dance, and theater.

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, July 19.

MindFlip Duo: Haffen Park Amphitheater, Hammersley and Ely avenues; www.SummerStage.org; 10:30 am; Free.

Part of the International Contemporary Circus Festival, presented by 2014 SummerStage Kids.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

pm. Barclays Center. See Wednesday, July 16.

Max ZT & the Hammered: Noon. Brooklyn Children's Museum. See Saturday, July 19.

WED, JULY 23

IN THE BRONX

Mommy and Baby Yoga: 10 am–11 am. Wave Hill. See Wednesday, July 9.

Edge School of the Arts: Mt. Hope Playground, E. 177th St. and Walton Avenue; www.SummerStage.org; 10:30 am; Free.

Demonstrations of dance presented by 2014 SummerStage Kids.

"Little Red's Hood": Pelham Bay Park, Bruckner Blvd. and Middletown Road; www.SummerStage.org; 11 am; Free.

Modern twist on an old classic. Presented by City Parks Puppet Mobile.

THURS, JULY 24

IN THE BRONX

Chris Clark Bicycle Stunt show: River Park Playground, 180 St. and Boston Road; www.SummerStage.org; 10:30 am; Free.

Be amazed by the death-defying cycle tricks. Presented by 2014 SummerStage Kids.

New York Chinese Cultural Center: Van Cortlandt Park, Van Cortlandt Park S. & Broadway; www.SummerStage.org; 10:30 am; Free.

Traditional costumes, dance and music. Presented by the 2014 SummerStage Kids event.

FRI, JULY 25

IN THE BRONX

MindFlip Duo: Crotona Nature Center, Charlotte Street and Crotona Park East; (718) 378-2061; www.SummerStage.org; 10:30 am; Free.

Part of the International Contemporary Circus Festival, presented by 2014 SummerStage Kids.

FURTHER AFIELD

Artpalooza: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Paint, draw, glue, or weave your way to explore your arts and crafts side. For children 5 years old and younger.

Friday Family Jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.



Photo by Larry Thompson

Japan's ancient art

Audiences will have the rare chance to witness the old art form of kabuki as Japan's Heisei Nakamura-za kabuki company performs a revival of a 19th-century ghost story called "The Ghost Tale of the Wet Nurse Tree" on July 5.

The presentation will include a demonstration of various walking styles used by characters in

kabuki plays, as well how to use a dance fan stage prop, in order to familiarize audiences with the art.

July 5 at 11 am. Admission is free.

David Rubenstein Atrium at Lincoln Center [Broadway between W. 62nd and W. 63rd streets on the Upper West Side, (212) 875-5000, atrium.lincolncenter.org].

Celebrate summer with a festive summer night, children build, and play with Imagination Playground blue blocks. For all ages.

SAT, JULY 26

IN THE BRONX

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

Fancy Fireflies introduces children to the works of photographer Gregory Crewdson then make tiny, sparkly firefly designs to hang on a tree twig.

FURTHER AFIELD

Celebrate Hawaii: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children learn all about the culture and history of Hawaii then make a flower necklace to take home.

SUN, JULY 27

IN THE BRONX

Summer Sunday: call for time. Bronx House. See Sunday, July 20.

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, July 26.

FURTHER AFIELD

"Tina Ballerina and Friends": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 1:30 am; Free with museum admission.

Join author Nandi Miley-Collymore and listen to the rhyming journey of Tina Ballerina. Then create a popsicle stick puppet of a favorite character from the book. For all ages.

Celebrate Hawaii: 11:30 am. Brooklyn Children's Museum. See Saturday, July 26.

EarthCapades: Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/27/family-performance-festival-earthcapades; Noon; Free.

Gather the family to watch the tricks and flips of this circus troupe as they teach about ecological diversity.

"The Secrets of Skell": Alianza Dominicana Cultural Center, 530 W. 166th St. and Amsterdam Avenue, Manhattan; (212) 740-1960; 2 pm; Free.

Continued on page 32

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 31

Children's movie to support learning, in an artistic environment for teens and families to improve skills in critical thinking and literacy.

MON, JULY 28

IN THE BRONX

"Little Red's Hood": Haffen Park Amphitheater, Ely Ave. at Hammersley Avenue; www.SummerStage.org; 10:30 am; Free.

Modern twist on an old classic. Presented by 2014 SummerStage Kids.

WED, JULY 30

IN THE BRONX

Mommy and Baby Yoga: 10 am–11 am. Wave Hill. See Wednesday, July 9.

Larger Than Life: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 11 am; Free.

The ultimate boy band shares crazy pop music.

THURS, JULY 31

FURTHER AFIELD

Free Thursdays: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.

Come and join in for an afternoon of fun exploring of the museum. For all ages.

LONG-RUNNING

IN THE BRONX

Dinosaur Safari: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl. The 40-foot T. Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

Paper Arts & Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Wednesdays, 1–3 pm; Free.

Children have fun creating collages using decoupage, origami, kirigami and more.

Learn to draw: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Thursdays, 2–3:30 pm; Free.

Children 10 years and older learn the basics of still-life pencil drawing, including volume, tone, value, and sketching.

Seasonal crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 2–3:30 pm; Free.

Make holiday arts and crafts.

Stories in the Garden: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; Thursday, July 10, 2 pm; Thursday, July 17, 2 pm; Thursday, July 24, 2 pm; Thursday, July 31, 2 pm; Thursday, Aug. 7, 2 pm; Thursday, Aug.

14, 2 pm; Thursday, Aug. 21, 2 pm; Thursday, Aug. 28, 2 pm; Free with admission to the grounds.

Children 3 to 6 years old with an adult listen to stories, sing-along and watch a puppet show. Event is held outdoors, in case of inclement weather meet indoor at Wave Hill House.

FURTHER AFIELD

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sandboxes, and more, weather permitting.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

Storytime: Nolen Library, The Metropolitan Museum of Art, Fifth Avenue at E. 81st Street, Manhattan; (212) 570-3788; www.metmuseum.org; Sundays – Wednesdays and Fridays, 10:30 am–11 am, Now – Thurs, July 3; Free.

Look, listen, and have fun with picture books. Children 3 to 7 years old start with a book and then explore

the museum on a self-guided gallery hunt.

Touch tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Wednesdays, Saturdays and Sundays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

"As You Like It": Central Park, W. 103rd Street and Central Park West, Manhattan; newyorkclassical.org/whats-playing; Thursdays – Sundays, 7 pm, Now – Fri, Aug. 22; Free.

Audiences will enjoy this performance of Shakespeare's classic tale, as performed by the New York Classical Theatre, which is celebrating its 15th anniversary.

The Art of Math: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 12:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

Giglio: Our Lady of Mount Carmel, N. Eighth and Havemeyer streets, Brooklyn; Weekdays, 6 pm to 11 pm, Saturdays, 6 pm to 12 am, Sundays, Noon to 11 pm, Wed, July 9 – Sun, July 20.

It's that time again — the 127th feast at Our Lady of Mount Carmel kicks off and features a parade, brass band, games, vendors selling Italian specialties, rides, amusements and old-world charm.

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New & Noteworthy

BY LISA J. CURTIS

Not too cool for drool

Part scarf-bandana and part bib, the Scabib is a stylish alternative to bibs of yore that don't match baby's outfit du jour. Scabibs come in a variety of prints and colors for girls or boys, yet they are all one size, at 18-inches wide by 8-inches high. Scabibs have a Velcro-closure and absorbent, terry-cloth lining. An ideal accessory for teething babies (who drool constantly), or for a babe who's in dire need of a jaunty scarf to spice up an otherwise ho-hum ensemble. With a Scabib, baby is ready for the runway — if only she could walk.

Scabib, \$12.50-\$15, www.scabib.com.



Customize their ride

Britax's new Affinity stroller has a sleek frame (available in black, silver, or white), machine-washable seat liner, rain cover, and sun cover so kids ranging from six-months to

55 pounds can go for a ride in style. The clever design allows the seat to be forward- or rear-facing and has four recline positions for maximum comfort (and nap time!). With the addition of a Britax Bassinet, the Affinity stroller can accommodate newborns, allowing mother to look terribly British pushing her contemporary pram. Personalize this stroller — or make it feel new again for a second child — with one of the Color Packs, sold separately, which include a canopy, shoulder and buckle pads for the five-point safety harness, basket liner, and machine-washable padded seat liner in black, red pepper, fossil brown, sky blue, cactus green, or cool berry. Air-filled tires and an articulating handle round out this perfect combination of form and function that will have you walking and shedding that baby weight in no time.

Britax Affinity Stroller, \$599.99, Color Pack, \$99.99, and Bassinet \$199.99, www.britax.com.



Dreamy new lullabies

Every parent whose brain is addled by sleep-deprivation will be forever grateful for "Precious Child — Love Songs & Lullabies" for speeding their babes off to the Land of Nod. Darryl Tookes and Joe Beck's utterly soothing assortment of traditional children's songs ("Twinkle Twinkle Little Star")

and new works showcase Tookes' Johnny Mathis-esque baritone voice. Legendary guitarist-composer Beck and vocalist-composer-pianist Tookes

drew on the love they have for their kids and paired it with their shared musical virtuosity to create an album

that will restore peace and harmony to moonlight-filled nurseries everywhere, beginning Aug. 15. It's a perfect baby shower gift, but we recommend this charming album for insomniacs of all ages.

Precious Child — Love Songs & Lullabies CD by Darryl Tookes and Joe Beck, \$12.98, mysiesstore.com/mckennagrouponlinestore.



Sock it to 'em

Sometimes baby doesn't feel fully dressed without a pair of shoes. Trumpette has the answer for your little Peanut: a set of six socks that'll fool the eye into thinking she's wearing a pair of Lucy-inspired oxfords. Knit

from a cotton-nylon-spandex blend of yarn, the socks form a cuff on top. The set of Lucy socks, which fits babes ages 0 to 12 months, is packaged in a gift box so cute that it could even make Charlie Brown smile.

Peanuts Lucy Sock Set by Trumpette, \$14.50, www.trumpette.com/socks/peanuts_lucy_0-12-m.html

Just plane fun

Kadie Flye is the mother of the Flye Baby, an invention that will revolutionize airplane travel for families. She wanted to invent a device to alleviate the strain of traveling by plane with a baby on your lap. The result is the Flye Baby, a clever bed-seat that holds a baby up to 25 pounds. It allows face-to-face interaction with Mom or Dad, while the parent's hands are free to play, feed, or even do a super fast diaper change. The hammock is secured on one end by the tray table in front of the parent, and on the other end, straps around the parent's waist. The baby is attached in a five-point harness. The Flye Baby Infant Travel Seat can only be used



during cruising, not during take-off or landing, and can be compactly folded, stored, and carried in its own pouch. Now, when you're choosing your family's next vacation destination, the sky's the limit.

Flye Baby Infant Travel Seat by SCS Direct, \$49.95, www.thegrommet.com.

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