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# Family February 2015



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# Letter from the publisher

## Desperate need of love

I'm pretty sure it was more than St. Valentine's Day that prompted a celebration of love in the month of February. Living in the Northeast means that by now we are sick and tired of winter and are looking forward to anything to help us feel warm and nurtured. Just like holiday lights at Winter Solstice, love and hearts and chocolate candy sounds pretty darned good in early February.

As we read the horrible news headlines emerging around the globe, one has little doubt that this world is in desperate need of love. We read about the horrors of children whose childhoods are sabo-



taged by an array of devastation. We pale with disbelief that any child's reality could be so shocking and so devoid of love that in it's place is obscenity. Yet we also know these are truths and that the headlines don't lie.

Knowing these horrendous truths should prompt all of us who are largely blessed with prosperity, health, and opportunity, the means and skill to be profound nurturers and love givers/teachers.

We have mused on this topic of love in many ways in this issue. We have of course pointed out events around town that will help us celebrate the Cupid in us all and we

have naturally written about ways to love better and more successfully. Perhaps more importantly, we have attempted to talk about methods for teaching love to our children. We have had experts in this topic give us some sound direction to find some keys to the process. We have even touched on the topic of in-laws and it's not just comedians who understand the significance of that source of possible friction.

In thinking about love, I myself, have pondered the difficulty of letting go as well as holding on. Sometimes the better expression of love is in not being active, but in stepping back and watching from afar. For me and for most "empty-nesters" not being the parent who is loving up close anymore is hav-

ing to learn a new way of operating through this magical thing we call love. When to give and when not to becomes our new mantra and modus operandi.

Enjoy this crazy winter month and have fun in the snow and ice. For sure, we will be getting it. It's February in the Northeast. Be joyful and love each other. As Lennon and McCartney said "Love is the Answer." Without a doubt.

Thanks for reading.

Susan Weiss-Voskidis,  
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# Falling in love again

Make time for  
romance with  
your spouse  
— over and  
over again

BY CAROLYN WATERBURY-  
TIEMAN

**A**s Valentine's Day rolls around again, I find myself reflecting on love relationships in general and marriage in particular. You may be wondering why I am writing about marriage in a parent resource magazine. The answer is simple: the model for marriage (or any committed relationship) we provide for our children has implications for generations to come.

The intricate connection between marriage and parenting can perhaps best be illustrated by comparing a family to a mobile. If you have ever carefully observed a mobile, you probably noticed that all the connec-

tions make it impossible to touch one piece without moving all the others. Some may teeter wildly while others barely quiver, but they all move. The same is true of families. What affects a person in one relationship will affect all of her other relationships. In short, your parenting will be affected by your marriage and vice versa.

I have been puzzling over the question of why we assume dating and courtship are active and stimulating, whereas marriage is passive and routine? Most wedding ceremonies are chock full of action words — promises to love, honor, cherish, support, nurture. So far, I haven't attended a wedding in which one of the vows was, "I promise to become less attractive, less affectionate, uncom-

municative, distant, and to take thee for granted for as long as we both shall live."

All too often, I see couples investing more time, energy, thought, and money on planning and preparing for their wedding day than they will ever spend on their relationship again. Maybe we need to require that couples be married for at least a year, better yet five years, before they get a wedding. If only we were as committed to creating lifelong, satisfying relationships as we are to throwing perfect weddings! Then maybe all our talk about the importance, value, and even sacredness of marriage would be more than just talk.

One of the most common excuses for a marriage gone stale is lack of time. Well, I'm here to tell you that courting couples have the same 24 hours in their day as married couples. Courting couples are often full-time students who hold jobs, or are both employed full time, or employed full time and have children. Married couples who complain of having no time for each other somehow find time to chat and text or do lunch with friends or co-workers, watch television, surf the net, and participate in social media.

Clearly, what has changed are a

couple's priorities, not the amount of time available. When you care about someone, you make time to let them know it. If only couples would work as hard to keep each other as they did to get each other in the first place. The key word here being "work." Every one of us who has ever been involved in a committed relationship knows how to court. We must have been fairly good at it at one time. There is no good reason for stopping. Marriage doesn't extinguish the desire to be courted.

As a culture, we are in love with falling in love. Unfortunately, this obsession with falling in love is not conducive to long-term, committed relationships like marriage. But perhaps it could be if we changed the rules a bit. We tend to believe that falling in love with a person can happen only once. Then when you fall out of love with that person, you move on to the next. The fact is, you don't have to fall out of love to fall in love. I have personally fallen in love, on numerous occasions, with the same man: my husband of 29 years. Each time has been different, surprising, exciting, and deeply satisfying.

Falling in love is easy. Staying in love is the real challenge. Here are a few suggestions for meeting the challenge:

**Continue becoming yourself.** I once heard a university provost say, "Becoming is superior to being." "Being" describes a static state, while "becoming" recognizes the active, evolving nature of the self. Becoming also suggests that the process is one over which we have control. Take responsibility for knowing what your needs are, for communicating them to others, and for getting them met. Your spouse is not capable of knowing or responsible for fulfilling all your needs. And the only way he can know what you need or want is if you tell him. Have realistic expectations for yourself and others. Remember, the only person you can change is yourself. Continue becoming the best version of yourself.

**Learn and practice effective communication.** Increase your feeling word vocabulary. The more accurately you can identify your feelings, the more likely you are to effectively express them and get the associated needs met. Accept conflict as a natural part of any intimate relationship. Arguing does not have to be destructive.

Learn and practice rules for fighting fair. Learn and practice the steps for problem solving. First and foremost, identify and define the problem. The more accurately you define the problem, the more likely you are to arrive at a mutually agreed upon, effective solution. (If you discover issues in your marriage that you are not sure how to address, get professional help. Marital therapy is not restricted to couples with serious problems. Seek help before what is simply irritating becomes a crisis.)

**Revisit your courtship.** Research has shown that one characteristic of couples in lasting marriages is a fond recollection of their earliest times together — their meeting and courtship. Take time to recall how you met and what you did to attract one another in the first place. If it worked then, chances are it will work now. Expressing appreciation, noticing when your partner looks especially attractive, leaving notes, holding hands, calling just to say hello — all those little things you did when you were courting are just as important now as they were then.

**Create opportunities for falling in love.** Schedule time to spend together regularly. Spur-of-the-moment outings are lovely, but don't depend on them happening in the fast-paced lives we live. Take a walk and talk. Learn how to do something new as a couple. Choose a book and agree to read and discuss it. Better yet, read aloud to one another. Time together doesn't have to be spontaneous or expensive to be meaningful.

Relationships that last involve two people committed to spending a lifetime falling in love again. So that is my wish for you this Valentine's Day. May you look for opportunities and find reasons to fall in love with one another over and over for as long as you both shall live. You and your children will reap the rewards.

*Carolyn Waterbury-Tieman has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons, ages 24 and 14. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To read more, visit [www.aparent4life.com](http://www.aparent4life.com) or follow A Parent for Life on Facebook. To contact her, please e-mail [parent4life@yahoo.com](mailto:parent4life@yahoo.com).*

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# Simple ways to show your kids LOVE

BY GAYLA GRACE

**Y**our kids know you love them, right? I'm sure they could still use a few extra strokes or simple reminders of how important they are to you. Try some new ways this month to say, "I love you."

- Surprise them with a new game on Saturday morning. Enjoy donuts and hot chocolate while learning to play the game. Be sure to include the whole family.

- Tell them the story of their birth. Show pictures of how they looked as a newborn, and talk about who came to visit in the beginning. Make sure they know how excited you were when they entered your life.

- Love them despite their faults. Offer them grace freely and often.

- Find a unique quality about each of your children and praise them

for it. Whether it's a sensitive spirit toward a sibling or a quick-to-forgive gesture toward friends, tell them how it makes them special.

- Indulge in a child-specific treat, and enjoy some one-on-one time together. Ask for input and make plans ahead so they know it's a special occasion.

- Compliment your child in front of another adult. Be specific with an example of good behavior as you beam with pride.

- Praise their efforts, not just results. Don't expect perfection on every chore or straight-As on every report card. Let them know you notice when they do their best.

- Let them pick their favorite book and read to them, even when you don't want to.

- Play inside together on a rainy day. Make forts with chairs and blankets or play a game of hide-and-seek.

- Accompany them to walk the dog. Ask about their day at school or a budding friendship. Listen more than you talk.

- Allow them to be messy. Play with finger paints and Play-Doh. Go outside and spray Silly String on each other.

- Display their artwork on your refrigerator or window. Talk about what a great job they did and how you love to look at it every day.

- Put a surprise in their lunch. Include a note that says, "I love you."

- Get off social media and completely tune in when they're talking.

Refrain from multi-tasking and focus on their needs.

- Patiently help them with homework. Don't raise your voice when you have to explain it one more time.

- Ask for their ideas when you plan your next vacation. Look at fun places to visit on the computer and dream together for future trips.

- Sit under the stars and talk about the beauty of god's creation.

- Take off your serious hat and make them laugh. Tell jokes or watch a funny movie together. Tickle them until they cry.

- Offer a no-rules day. Let your kids stay in their pjs all day and eat and play whatever they want.

- Ask your child to sing to you. Join in and finish the song as a duet. Let your child know that you love hearing her beautiful voice.

- Surprise them with a simple gift through the mail such as a comic book, a glow-in-the-dark pencil, or their favorite player's card. Include a note of "I love you."

- Make s'mores around the fire pit or roast marshmallows in the fireplace. Include a cup of hot cocoa or favorite beverage with it.

- Start fun traditions for holidays and birthdays that your child can look forward to as a family.

- Get to know their friends and encourage healthy friendships. Take everyone out for a movie night or bowling night once in a while.

- Be their biggest fan. Let them experiment with sporting activities, music lessons, and other extracurricular activities. Cheer them on as they seek to find what fits for them.

- Allow them to be different from you.

- Treat them with respect. Don't interrupt when they're talking. Ask for their opinion as often as possible and include them in family decisions as they get older.

- Hug, kiss, and shower them with physical affection every day. Tell them at least once a day, "I love you."

## Books to help your kids feel loved

"You Are Special" by Max Lucado  
 "Little Things Long Remembered: Making Your Children Feel Special Every Day" by Susan Newman  
 "101 Ways to Make Your Child Feel Special" by Vicki Lansky  
 "Oh, The Places You'll Go" by Dr. Seuss

*As a freelance journalist, Gayla Grace loves sharing experiences to encourage other parents. She is thankful for her five children, who love her despite her not-so-perfect parenting.*

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# Learning to love your mother-in-law ...or daughter-in-law!

How to make the most of a relationship with a bad reputation

BY JAN PIERCE

**R**ecently, I sent a list of six questions to my women friends asking about their relationship with their mother-in-law or their daughter-in-law. The answers came back almost immediately, telling me this is a hot topic.

I remember the day my son announced his engagement. I was thrilled — just filled with happiness for him and his intended bride. But soon after came the realization that I'd be a mother-in-law. I wasn't quite as thrilled.

Why? Well, to be honest, mothers-in-law have a bad reputation. They are the butt of jokes about their heavy hand, their unwanted advice, and their tendency to see

no wrong in their precious sons, even when they're acting like rats. How to combat the stereotype? How to do better?

One place to begin in understanding this uncertain relationship is to think of our own nuclear families. Ideally, relationships between parents and children are based on a foundation of unconditional love. We love our parents and they love us. We love our children and they love us. But even in this most natural of relationships, there are tensions. Add to that a merging of two different family backgrounds and traditions, and the room for misunderstanding and animosity is multiplied many times.

So what were the findings? What themes ran through all the success-

ful relationships and what trouble spots reared their ugly heads over and over?

Here are the six questions I asked. You might want to jot down some answers of your own.

- If you have a good relationship with your mother-in-law or daughter-in-law, name three reasons why.

- If there are problems in the relationship, give the general areas of tension, e.g. parenting, holidays, communication, etc.

- Name three areas that might be "touchy" in the relationship.

- When you experience tension or misunderstandings, what helps? Conversation, heart-to-hearts, letting it go? Other?

- Talk about the role of advice in your relationship. Do you appreciate it? Feel confident in giving it? Hate it?

- What would be the ideal in-law relationship in your opinion?

## The Findings

Not surprisingly, the most successful relationships were built on mutual trust and understanding. Many younger women spoke of uncertainty and lack of confidence in their role as daughters-in-law in their early years of marriage. As they were learning to be a wife, they also had to take on the responsibility of a relationship with a woman they barely knew. Those who developed a positive relationship, even a friendship, went through a time of testing, learning to trust, and deciding to "let it

## Tips for daughters-in-law

- Allow your mother-in-law to continue to play a role in her son's life. She's earned it.
- Know that strong relationships take time to build. In the meantime, be willing to let things go for the sake of a future relationship.
- Don't assume your mother-in-law will be just like your own mother (or any other person you know).
- As much as possible, keep conversation positive, free of gossip, and respectful.
- Agree to disagree on touchy topics.
- Appreciate efforts to help even if you have to set boundaries.
- Learn to listen to advice without necessarily taking it.
- Be patient. You may one day become a mother-in-law.

## Tips for mothers-in-law

- Accept the fact that your son has chosen another woman to love and respect.
- Display love and affection honestly. Know it may take some time for the relationship to mature.
- Overlook flaws or failings in your daughter-in-law. Try to remember what it was like to be a new wife.
- Speak positive things to her and about her.
- Understand she is young and may change some of her opinions and habits.
- Refrain from giving unsolicited advice, even if you're "right."
- Be supportive and willing to help if needed.
- Be patient. You were once a young, inexperienced woman.

Top  
Tips



go” when there was the possibility of misunderstanding words or circumstances.

One of the loveliest answers I got was from a woman in her 50s who spoke of accepting her mother-in-law just as she is — a quirky, sometimes inappropriate, and seemingly unloving woman. She has learned to accept strange, random re-gifts rather than store-bought ones, she has learned to understand the woman will not play the role of a loving grandmother to her children, but still she determined to love her as she is and not as she wishes she would be.

Another young woman spoke of feeling offended and even attacked by her mother-in-law when she received unwanted advice and criticism about things such as time management, finances, and discipline of her children.

The solution to this relationship in jeopardy came when the husband stepped up and stood with his wife. Once the wife felt affirmed, she was free to see words of advice in a better light, not as condemnation, but as alternate choices and ones she was free to follow or ignore. The key was not feeling ganged up on by a mother-and-son combo.

Almost universal was the concept of mutual respect. Respect doesn't mean taking advice or believing the same ways. It doesn't mean managing another's behavior or changing their personality. What it does mean is letting the other person be themselves, warts and all.

I'd have to add that kindness and a sense of humor go a long way in any new or awkward relationship. Giving the benefit of the doubt relieves the tension of perceived competitive or jealous ambitions, the tendency to judge or be judged, and the possibility of offending without meaning to. Many pitfalls are avoided if both women see the other through eyes of love and acceptance, ascribing positive motives to their sometimes less-than-admirable behaviors.

In general, the answers to the six-question survey were heartfelt — the topic mattered to the women who answered.

Very few reported a perfectly smooth road to a healthy relationship, but rather they learned over time to build a friendship based on acceptance, kindness, and love.

*Jan Pierce is a retired teacher and freelance writer specializing in education, parenting, and family-life. Find her at [www.janpierce.net](http://www.janpierce.net).*



## JUST WRITE MOM

DANIELLE SULLIVAN

# Save-at-home mom

**D**eciding to stay at home as a mom is a huge undertaking, and not one taken lightly. Many are just not able to accomplish it financially, and not everyone wants to, but if you are already a stay-at-home mom or think you might want to be and may possibly be able to swing it financially, consider that there are quite a few ways to save money.

In my career, I have been a full-time worker, part-timer, and freelancer, and I've also been a stay-at-home mom, too.

Here are some of my tips to help you save money:

### Shopping

Plan to spend some time planning to shop. Every time I plan out exactly what I will purchase and do my homework by staking out the best deals at the stores, I save money. You can learn a lot of stuff just browsing circulars and websites. For example, did you know that Toys 'R' Us has a "price match guarantee" that not only says if you find an item cheaper at another store, it will match that price, but also if you find it cheaper on ToysRUs.com or BabiesRUs.com, it will also match.

### Think ahead

Last-minute shopping equals paying more nearly every single time. When I was working full-time, I lost a lot of money that way. Now that I freelance, I have more time to pick and choose and plan ahead for every holiday and occasion. It also helps to get those reward store cards, and it's only an extra five minutes to fill out the application for them. The next time you visit that store, you'll already have the card and be on your way to earning reward points.

Another tip? If you buy a blouse, shirt or bag you love, ask yourself if anyone on your birthday or holiday gift list would also like it. Then buy another at the sale price. Even if the birthday is months away, you save money. When shopping online, before you place any order, Google the word "coupon" and then "code" along with store's name. Eight out of 10 times, I'll find a code that allows free shipping or a percentage off my order.

### Groceries 101

Supermarkets these days can eat your money like no other type of store. When that weekly circular comes to your door, mark off what is on sale and stock up. Note the fine print, however, because sometimes, it will say you must buy three, or four, or five of the items to get the deal. Buy things you'll always need in bulk, but if you only need one of that item over the next six months, it probably isn't a good deal for you.

### Cook at home more

When I was working full-time, there were many nights where I'd get home late and we'd order out. Huge money eater! By planning a week's worth of dinner on Sunday night (while perusing your supermarket circular and tailoring the dishes around the sales), you will save.

Small grocery savings tips? Buy a long-term traveling water bottle for your child, instead of weekly juice packs for the lunchbox, and refill at night. When it comes to buying meat, choose the thicker cut pieces, and slice and dice at home. Thinner cuts cost more.

### Extra income

If you have the time to take on additional tasks and are looking for some extra income, chat it up at your child's school. Often, working moms are looking for someone local to pick up their kids and watch them for a few hours each day. If you like to write or are good at technology, a quick daily perusal of Mediabistro.com just might result in a gig here and there. There are many of these out there now, especially in blogging and social media.

### Consider the instant savings

Even if you don't gain an extra income, just think about all the money you can save from the daily keep up while working. From day-care costs, clothing, and dry cleaning to lunches, dinners, and coffees out (not to mention guilt gifts for the kids), you may be saving more than you think. Some moms report that when they factor in the costs it takes to work outside the home, they almost negate the costs of staying home. And that's where the above supermarket and shopping tips come in handy!

*Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*



# St. Helena Elementary School

## A Total School Program

### OPEN HOUSE

Saturday, January 31, 2015

11:00 – 1:00

- Full Day Early Childhood Program for 3 Year Olds
- Full Day Pre-School (4 yrs. old) and Kindergarten
- Schedule: 8:00 am to 2:35 pm
- Breakfast Program Available (beginning at 7:00 am)
- After School Programs to 6:30 pm (3 yrs. old to 7th grade)
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"There is a wonderful family atmosphere here. In the Parkchester area, you have all these faiths. It doesn't matter if your neighbor is Muslim or Catholic. They're still your neighbor." - Richard Meller, Principal



**2050 Benedict Ave.**

*School entrance on Benedict Avenue  
between Pugsley Ave. & Olmstead Ave.*

**Bronx, NY 10462**

**718-892-3234**

**[www.sthelenaschoolbronxny.org](http://www.sthelenaschoolbronxny.org)**



# INSPIRATION

Christ the King School is a co-educational Catholic elementary school serving students in grades UPK through 8th. Our mission at Christ the King is to create an inclusive environment, uplifting our children both academically and spiritually. To this end we approach education from both an intellectual and faith-filled perspective, offering a rigorous State mandated curriculum supplemented with Sacramental preparation and exciting extracurricular opportunities. We strive to inspire our students to become productive, successful members of their larger community through service, leadership and compassion. Christ the King invites you to visit us and see how we can assist in the educational vision of your child's future!

## CHRIST THE KING SCHOOL

1345 Grand Concourse  
Bronx, NY 10452  
718-538-5959

[www.christthekingbronx.org](http://www.christthekingbronx.org)



## Catholic Schools

### DIRECTORY

#### Christ the King School

1345 Grand Concourse, Bronx 10452,  
718-538-5959 or [www.christthekingbronx.org](http://www.christthekingbronx.org)

Christ the King School is a Catholic, co-educational school serving children from UPK through 8th grade. As an extension of Christ the King Parish, our school creates an atmosphere conducive to the total development of each child. To accomplish this we utilize the New York State Standards and academic guidelines to provide the foundations for your child's academic experience. Our school supplements intellectual development with Sacramental preparation and exciting, diverse extracurricular activities. At CTK we pride ourselves in a disciplined, safe and respectful environment, inclusive of all children. Proper safety habits and respect for others are required and essential to the CTK experience. Beyond this, we realize that CTK is part of a greater community and, therefore, we seek out service and leadership opportunities to inspire those around us, helping to build a better city. At Christ the King School we truly are excellence in education!

#### Immaculate Conception School

378 East 151st Street, Bronx, NY 10455,  
718-585-4843 or [www.ics151.org](http://www.ics151.org)

Founded in 1854, Immaculate Conception School is the oldest Catholic school in the Bronx. Immaculate Conception offers excellent academics in a safe environment, and a values-based education that encourages your child to use his/her talents in service of others. The school prides itself on its inclusive environment in which diversity is respected and celebrated. Dedicated faculty strive to develop students academically, spiritually, psychologically, and physically. As a Partnership Network school, Immaculate Conception also offers enriching arts programs that promote well-rounded and intelligent students fully prepared for high school. The engaging after-school program includes activities like dance, drama, sports, photography, and homework help. Scholarships applications are available for new students in Pre-K through 8th grade and most families qualify. Admissions are on a rolling basis - call today!

#### Our Lady of Mount Carmel School

2465 Bathgate Avenue Bronx 10458,  
718-295-6080 or [www.olmcbbronx.org](http://www.olmcbbronx.org)

Our Lady of Mount Carmel's Early Childhood Program ensures a solid foundation in mastering fine and gross motor skills, letter and number recognition, patterning, socializing skills, and the development of emotional levels appropriate to three, four, and five year olds. Emphasis is on structured play, center time, circle time, and indoor/outdoor activities which challenge students to be both team players and individuals. The moral and ethical expectations of Mount Carmel encourage children to be stewards of one another and to act in the service of others at all times. This is the basis of our fundamental belief in creating responsible young people

who look out for the needs of their fellow companions. Registration is ongoing for PK3, UPK, PK4 and Kindergarten!

#### Sacred Heart School

95 West 168th Street/ 1248 Nelson Avenue, Bronx, NY 10452, 718-293-4288 or [www.shhighbridge.org](http://www.shhighbridge.org)

Sacred Heart School has been a part of the community since opening its doors in 1926. Over the past 89 years, we have proven our ability to produce students who are primed for success. Students receive a values-based education taught by our committed and caring teachers. We strive to provide each and every student with the social, academic and creative experiences that lead to holistic development. Each student's learning is strengthened through a variety of resources including a science lab, computer lab, iPads and Chromebooks.

As a Partnership Network school, Sacred Heart offers choir, dance and music classes during the school day as well as a robust after-school program. Scholarships applications are available for new students in Pre-K through 8th grade and most families qualify. Admissions are on a rolling basis - call today!

#### St. Athanasius School

830 Southern Blvd, Bronx, NY 10459,  
718-542-5161 or [www.stathanasiusbronx.org](http://www.stathanasiusbronx.org)

Founded in 1913, St. Athanasius School has been serving the children of the South Bronx for over 100 years. The school prides itself on providing our students with a high quality, well-rounded education, rooted in faith and attentive to individual differences. In its inclusive environment in which diversity is respected and celebrated, the students of St. Athanasius are free to flourish. As a Partnership Network School, St. Athanasius offers choir, dance and music classes during the school day as well as a robust after-school program. Scholarships applications are available for new students in Pre-K through 8th grade and most families qualify. Admissions are on a rolling basis - call today!

#### St. Brendan School

268 E. 207th St., Bronx 10467,  
718-653-2292 or [www.stbrendanschoolbronx.org](http://www.stbrendanschoolbronx.org)

For more than 100 years, St. Brendan School has been a neighborhood fixture, providing a quality Catholic education to its students in grades Pre-K through 8th. Our school strives to educate the spirit and develop the intellect in an environment that emphasizes Christian values and creates an atmosphere fostering responsibility and requires courtesy. At St. Brendan, you can be assured that your child will receive a strong academic education in structured surroundings. Self-discipline, responsibility and self-motivation are among the benefits of our school's program. Teaching the whole child is a priority. As such, St. Brendan offers an exemplary academic curriculum supplemented with visual arts instruction, weekly music lessons through a partnership with Education Through

*Continued on page 16*

# OUR LADY OF MT. CARMEL SCHOOL

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the Whole Child"*



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jr@archny.org • (718) 295-6080 • www.olmcbronx.org



*St. Thomas Aquinas School*

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

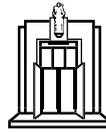
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- TACHS Preparation classes
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- Summer Academy, Camp & Bible School
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## CONTACT US FOR MORE INFORMATION

### ST. THERESA ELEMENTARY SCHOOL

2872 St. Theresa Ave., Bronx, New York 10461

Telephone 718-792-3688

visit our website at [www.sttheresaschoolbronx.org](http://www.sttheresaschoolbronx.org)

Father Thomas Derivan, PASTOR Mrs. Josephine Fanelli, PRINCIPAL

# Catholic Schools

## DIRECTORY

*Continued from page 14*

Music, physical education and technology classes.

To best serve our families, we provide an early drop off, breakfast program and after care services until 6:00pm. Additionally, scholarships are available for qualified families so that an exceptional education at St. Brendan's is possible for all!

### St. Helena School

2050 Benedict Ave, Bronx 10462,  
718-892-3234 or [www.sthelenaschoolbronxny.org](http://www.sthelenaschoolbronxny.org)

St. Helena School is a culturally diverse Catholic school that educates children from full day Pre-K – 3 years to 8th grade in the Park Chester/ Castle Hill section of the Bronx. Their motto is "It's Fun to be Good!" Students in grades 1-8 have a schedule from 8:00 to 2:35 daily. They are accredited by Middle States along with fine NYS ELA and Math test scores. Students enjoy 2 periods of gym, computers and library each week in state-of-the-art facilities. Extracurricular activities include boys as well as girls' basketball, track, bowling, volleyball, cub scouts and summer camp. Their graduates have earned over \$200,000 in high school scholarships.

### St. Raymond Elementary School

2380 East Tremont Avenue Bronx  
10462, 718-597-3232 x2232 or [www.straymondelementary.org](http://www.straymondelementary.org)

St. Raymond Elementary School offers full-day academic programs for Pre-K3 through Grade 8 in a safe, nurturing and academically motivating environment and a broad array of extracurricular activities. Our offerings include Catholic faith formation; advanced level math and science; Italian; honors and enrichment programs; academic intervention and remediation programs; a full-time art teacher and strong music program; SMART Boards in all classes; primary and middle grade libraries; two science labs; two computer labs; a full sports program and fitness center; before- and after-school programs; school nurse; air-conditioned classrooms, moderate tuition and financial assistance for those who qualify. In addition to its broad array of programs, St. Raymond provides a personalized setting in which each student is recognized as an individual and whose unique talents and strengths are encouraged. St. Raymond benefits from a close relationship with parish priests and significant parental involvement. Come visit and experience the St. Raymond's spirit! For more information visit our website or contact: Elaine Nole.

### St. Simon Stock

2195 Valentine Avenue, Bronx 10457,  
718-367-0453 or [www.stsimonstockschool.org](http://www.stsimonstockschool.org)

St. Simon Stock is a private co-educational Catholic School for children in Pre K 4 through 8th grade. We provide a quality education along with a challenging curriculum. We are departmentalized in our 6th, 7th and 8th grades.

St. Simon Stock is an "oasis in the desert"

as the late John Cardinal O'Connor was known to say in talks to educators everywhere. We are a stabilizing influence in the community and a beacon of hope for the inner city neighborhood. All of us at St. Simon Stock believe in what we do, like what we do and are proud of what we do. This is evident in the fact that the majority of our teaching staff has been part of the St. Simon Stock community since the 1980's.

Our students are involved in curriculum based class trips, where they can visualize what they have read about in their textbooks. Ask about our Cardinal Scholarships for the new school year for new students from public schools.

### St. Theresa School

2872 St. Theresa Ave., Bronx 10461,  
718-792-3688 or [www.sttheresaschoolbronx.org](http://www.sttheresaschoolbronx.org)

Christ is the unseen but ever present teacher at St. Theresa School. The children who pass through our doors are eager to learn and are challenged by a stimulating academic, social and athletic curriculum infused with Catholic values. The program reflects an integrated learning experience for Pre-Kindergarten three year olds, universal pre-kindergarten four year olds, kindergarten and students in grades one through eighth grade.

Teachers, administrators, aides and other professionals who also pass through our doors impart their knowledge and extensive experience with enthusiasm and a truly caring respect for the children in their charge. A parent could ask for more when the education, safety and future of their child are at stake.

St. Theresa School provides a before and after school programs, breakfast and lunch programs, children choir, art, music, Italian language studies, computer classes, physical education and an accelerated mathematics program. We also offer a wide variety of after school activities.

St. Theresa's offers children a place to grow and blossom with discipline, guidance, and care.

### St. Thomas Aquinas School

1909 Daly Ave., Bronx 10460,  
718-893-7600

St. Thomas Aquinas School was founded by Mother Butler and the Religious of the Sacred Heart of Mary in 1907. Over these years the school has been a mainstay in the neighborhood. It continues to provide a Roman Catholic curriculum and a quality education addressing the changing needs of the student population. Catholic values are infused in every aspect of their students' educational experience. Their faculty and staff are dedicated to providing a safe and nurturing environment for all. Their pastor, Father Jose Librado Godinez and the priests of the Institute of the Incarnate Word administer to the spiritual aspects of the school community. St. Thomas Aquinas school is committed to their mission of Catholic education.

Registration is ongoing. Inquire about scholarships. The school has full day Pre-K4 and Kindergarten, grades 1 to 8. Early drop-off and after-school are also available.



## St. Brendan School

"Where Children Shine"

268 E. 207th St., Bronx, NY 10467

718-653-2292 • [www.stbrendanschoolbronx.org](http://www.stbrendanschoolbronx.org)

St. Brendan School offers a quality education rooted in sound Catholic values and challenging academics for children from Pre-K through 8th grade. At St. Brendan's we aim to equip your child with the self confidence and wisdom to lead a fulfilling and productive life in which service to their community is key.



**St. Brendan's is proud to offer a safe and disciplined learning environment for all children.**

- Hot Breakfast/Lunch program, Early Drop-off and Afterschool are available
- NYS Common Core Curriculum, as well as art, physical education and computers
- Free Universal Pre-Kindergarten
- Technology is integrated into all classrooms with Internet and Smart Board capabilities
- Students participate in school wide community service projects
- Academic Support Services available
- Extensive Music program includes Bell and Church Choir
- Extracurricular activities include CYO Sports and Chess teams
- Full-time Registered Nurse on premises



**Call 718-653-2292 to arrange a tour!  
Make a positive choice for your child's future!**



## ST. RAYMOND ELEMENTARY SCHOOL

Excellence in Catholic Education for Over 150 Years  
Safe, Nurturing and Academically Motivating Environment  
Faith-Centered Education for Pre-K 3 to Grade 8

### REGISTRATION ONLY

**FEBRUARY 2, 3 & 5**  
9:00 A.M. & 1:00 P.M.

**FEBRUARY 9 & 10**  
9:00 A.M. & 1:00 P.M.



*Photo by Vinnie Amessé*

### REGISTRATION & INFORMATION

**FEBRUARY 23- 26**  
9:00 A.M. & 1:00 P.M.

### INFORMATION, TOURS & REGISTRATION

**FEBRUARY 10 & 19**  
6:00 P.M.

**FEBRUARY 19 & 20**  
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378 E. 151<sup>st</sup> Street  
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#### Sacred Heart

1248 Nelson Ave.  
Bronx, NY 10452  
T: 718-293-4288  
[www.shhighbridge.org](http://www.shhighbridge.org)



#### St. Athanasius

830 Southern Blvd.  
Bronx, NY 10459  
T: 718-542-5161  
[www.stathanasiusbronx.org](http://www.stathanasiusbronx.org)

Visit our website, [www.partnershipnyc.org](http://www.partnershipnyc.org), to learn more about our schools, including our other three schools in Harlem.

## Scholarships Available. Enroll today.



## HEALTHY LIVING

DANIELLE SULLIVAN

# Pet safety in winter

**T**he frigid temperatures around the country are not just inconvenient; they can be incredibly dangerous for our pets. Experts say frostbite can set in in less than 15 minutes, and animals are not exempt from this, despite their furry coats.

Hypothermia is the most dangerous hazard when the weather gets this cold. Signs of hypothermia include "violent shivering followed by listlessness, a rectal temperature below 95°F (35°C), weak pulse, lethargy, and coma." It can become fatal very fast.

It goes without saying that every dog and cat needs to be indoors during cold temperatures like these. I would argue, however, that dogs and cats need to be indoors during any cold temperatures. If you are cold, they are cold, simple as that. Out-

doors is no place for pets.

Here are 10 cold-weather tips for your pets:

## Anti-freeze can be fatal

Anti-freeze is poisonous. Even a lick or two on a quick walk can add up to distress for your dog. Keep an eye out for any liquid on sidewalks and steer clear of it. Also, do not let your dogs roam freely where you cannot monitor their activity. If there is any doubt that your dog may have ingested anti-freeze, take him to the vet immediately.

## Pay extra attention to puppies

Puppies are more susceptible to the cold than dogs due to their tender age. They will suffer from the harsh realities of the cold quicker and should not spend much time outdoors in harsh weather conditions. In addition, they may have some issues potty training during cold spells. Understandably, puppies may have more accidents in this weather.

## Cars and feral cats

Cats are particularly vulnerable to the cold and can freeze to death. They are also crafty and smart and will do what they have to do to stay warm and alive. When left outside, many cats seek to find warmth in car hoods and engines, and can easily be killed when cars are turned on. Take a peek under your hood and tires before turning on your car.

## Leash and collar

When walking puppies and dogs, make sure their collars are secure and never let them off the leash. Getting lost in sub-zero temps is deadly. Their scent trails are compromised in the snow, and frostbite and hypothermia can set in quickly, leaving them unable to find their way back home.

## Frostbite

Frostbite most often occurs on the thin, exposed areas of a dog such as their ears, tail, scrotum, and paws. The skin may look blue or white, but will appear red and inflamed when circulation comes back. The surface

of the skin may peel and eventually turn black. Use warm (not hot) compresses on the affected areas and then seek medical care.

## Cars can be death traps

It's worth remembering that a cold car can be just as deadly as a hot car for a dog. They can freeze to death in a vehicle with no heat. Not only are they already at freezing temps, but cars can act as a refrigerator, keeping all the coldness inside.

## Stay away from salt

Be on the lookout for salt on sidewalks and driveways, which can irritate and even burn your pup's paws. Wipe their paws off with a paper towel or warm cloth when you return from a walk.

## Check on neighboring pets

It's imperative to remember that if we see an animal left outside in this weather, we must report it to the proper authorities ASAP. Dogs left outside in cold temperatures suffer needlessly and can easily die. It is a form of abuse. We are the protectors of animals and need to be vigilant about their well being at all times.

## Indoor comfort

When indoors, try to let your dog sleep in a warm spot. Ideally, every dog should have a bed (or share yours) and not sleep on a hardwood floor. Make sure to place the bed away from doors and drafts.

## More food

Dogs that are kept outside often need extra food in the winter months to keep warm. If you must keep your dog outside for periods in the daytime (not recommended), make sure you are supplying them with extra calories all day long (and a sheltered, cozy doghouse). And never, ever leave your dogs out at night!

*Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*





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# Pediatric dentists

## Why growing teeth need a specialist

BY DR. TANESHA FRANCIS

**A**s someone who specializes in the treatment and care of little people's teeth, parents often ask me how important it is to take children to a pediatric dentist. In fact, many don't realize that this is an option in the first place.

Yes, there are options! There are dentists, like me, who specialize in the unique needs of infants, children, and young teens' teeth. Alternatively, there are family dentists who are qualified to care for patients of all ages.

Naturally, I believe that pediatric dentists are the way to go when parents have the option, and here are my reasons:

### Teeth development in children

Think 6 plus 6! Generally speaking, a baby's first teeth will begin to break through at 6 months; those

teeth will stay put until about age 6, when they begin to fall out and be replaced by permanent, adult teeth. Although children lose their first set of teeth, poor oral care in those early years can lead to issues and disease that lasts throughout life.

A pediatric dentist specializes in instructing families on how to care for teeth before there are even teeth!

Parents often think of troublesome sicknesses such as asthma and allergies; however, dental problems such as early childhood caries (an infectious disease also known as baby bottle tooth decay or bottle rot) are five times as common.

### What sets pediatric dentists apart

Pediatric dentists have a lot to learn! Unlike general dentists, pediatric dentists are required to com-

plete up to three additional years of specialty training in the unique needs of children's teeth.

Some of the topics we study that are unique to working with children include behavior management, pediatric pharmacology, interceptive orthodontics, speech, minor oral surgery, sedation, traumatic injuries, dental care for children with developmental disabilities, and more.

Since the dental journey includes growing a first set, losing them, and then growing an adult set, there's a lot to keep up with during each stage.

We specialize in helping families make it a healthy journey from the start. We also offer key advice on maintenance through those critical candy-and-sweets-eating years.

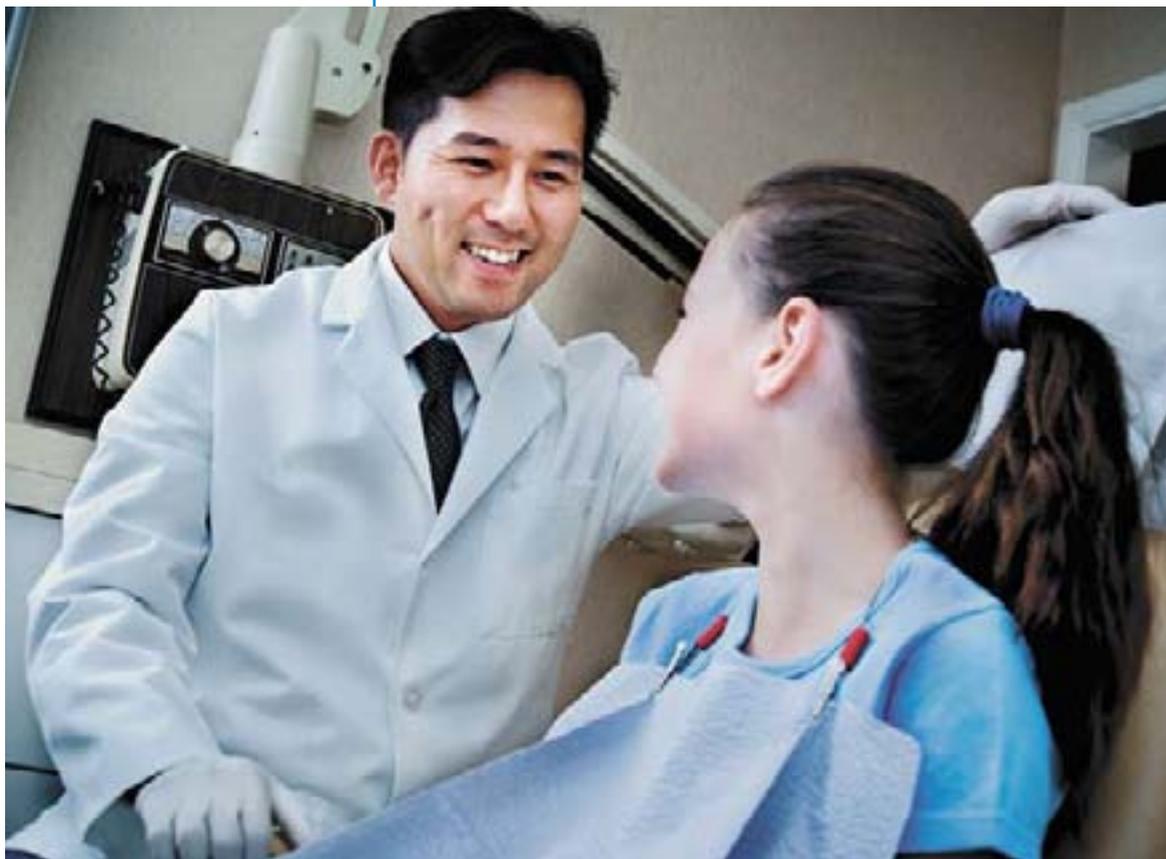
### Specialized treatment options

Parents know that taking care of children — especially health exams like regular dentist visits — can be stressful at times. Pediatric dentists are great at knowing how to make visits as painless and pleasant as possible. Our offices are full of color, activities, and warmth that can make kids' experiences fun and educational, too. Dentists often recommend dental appliances and corrective treatments during the childhood and adolescent years.

We also have the most up-to-date knowledge about treatment options and advancements in the field for children. And in the end, children and teens are all about the "cool factor" with a pediatric dentist, our finger is on the pulse of colorful and engaging tools and appliances that will keep them interested in their own dental health.

We all want the best for children. When it comes to keeping their mouths, teeth, and gums healthy for the long haul, a pediatric dentist just makes sense!

*Dr. Francis can be found at Park Slope Kids Dental Care [150 Fourth Ave. between Douglas and Butler streets in Park Slope, (718) 488-0200].*



# Meet The Practice

## Smile Savers Pediatric Dentistry

2100 Bartow Ave., Suite 246, Co-Op City, Bronx  
718-708-6755 • www.smilesaverspedo.com

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



## Riverdale Dental Care

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

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

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# Dental health for kids

February is National  
Children's Dental  
Health Month

BY JAMIE LOBER

**T**he Department of Health for New York State says that it is important for children to develop good oral health habits at an early age because practicing healthy habits can prevent or reduce tooth decay in infants and children.

"Parents often do not think of the value of what they are doing for their kid's oral health at home until an issue arises," said Dr. Jonathan Shenkin, dentist and spokesman for the American Dental Association.

Teeth tend to appear between 6 to 8 months-old and by age 3, all 20 primary teeth should be in the mouth. Starting around age 6, baby teeth are replaced by permanent teeth, but it's important to remember that both sets of teeth matter.

"When teeth first come they are exposed to saliva and the minerals that exist in the saliva and fluoride that enables minerals to be deposited completely into the tooth," said Shenkin.

You have to give the teeth time to become strong. Diet plays a big role, and soda can be one of the worst culprits.

"If you are continually consuming sugars throughout the day you are constantly reducing the acid level in your mouth



“It is important that parents monitor toothbrushing until kids tie their own shoelaces because they do not have the manual dexterity to appropriately remove plaque,”

making teeth more susceptible to decay processes, so it is about the frequency and consumption,” said Shenkin.

“Poor oral hygiene combined with poor nutrition can cause tooth decay in kids that could be easily avoided.”

Set an example of how children should take care of their teeth by taking care of your own.

“If you do not have appropriate behaviors that improve oral health you put your kid at great risk for developing disease,” said Shenkin.

To do so you’ll need to have the right tools.

“A big change we made in the last year and a half is recommending fluoride toothpaste for children as soon as the first tooth erupts in the mouth,” said Shenkin. “We used to say age 2 was the first time you would provide fluoride toothpaste, but we changed it based on the amount you use and the age of the child.”

And you should know your measurements.

“We recommend at the eruption of the first tooth to start using a piece of toothpaste the size of a piece of rice to help parents visualize the amount, which is extremely small to minimize ingestion. And then at age 3 we recommend a pea-size amount,” said Shenkin.

Your child should be brushing twice a day.

“Morning and night is imperative and it is not just about putting the toothbrush in the mouth, it is about removing the plaque on the teeth and the sugars that cause the decay,” said Shenkin. “It is important that parents monitor toothbrushing until kids tie their own shoelaces, which is at 6 to 7 years of age, because they do not have the

manual dexterity to appropriately remove plaque,” said Shenkin.

Sometimes the right toothbrush can make a big difference.

“Electric toothbrushes can inspire children to brush their teeth and they do a better job if they are excited about the process,” said Shenkin.

You’ll also need a trustworthy dentist who can help with the cleaning.

“We typically recommend at age 1 or within 6 months of the eruption of the first tooth to have the first visit to find out what kind of risk factors exist,” said Shenkin. “We recommend seeing the dentist based on your risk level so some kids go once a year and some need to go 4 times a year.”

The dentist may have some individualized recommendations that consider your child’s needs.

“Parents do not realize the importance of dental sealants at the age of 6,” said Shenkin. Evidence shows they work wonders. “The most decayed tooth in the mouth for all of us is the adult first molar on the biting surface and the most effective way of reducing risk for tooth decay in young kids is to put a dental sealant or a little plastic coating on it to dramatically reduce the incidence of tooth decay,” said Shenkin. It is advised to do that on all permanent molars for kids.

If your child wants sugar, it is best with a meal.

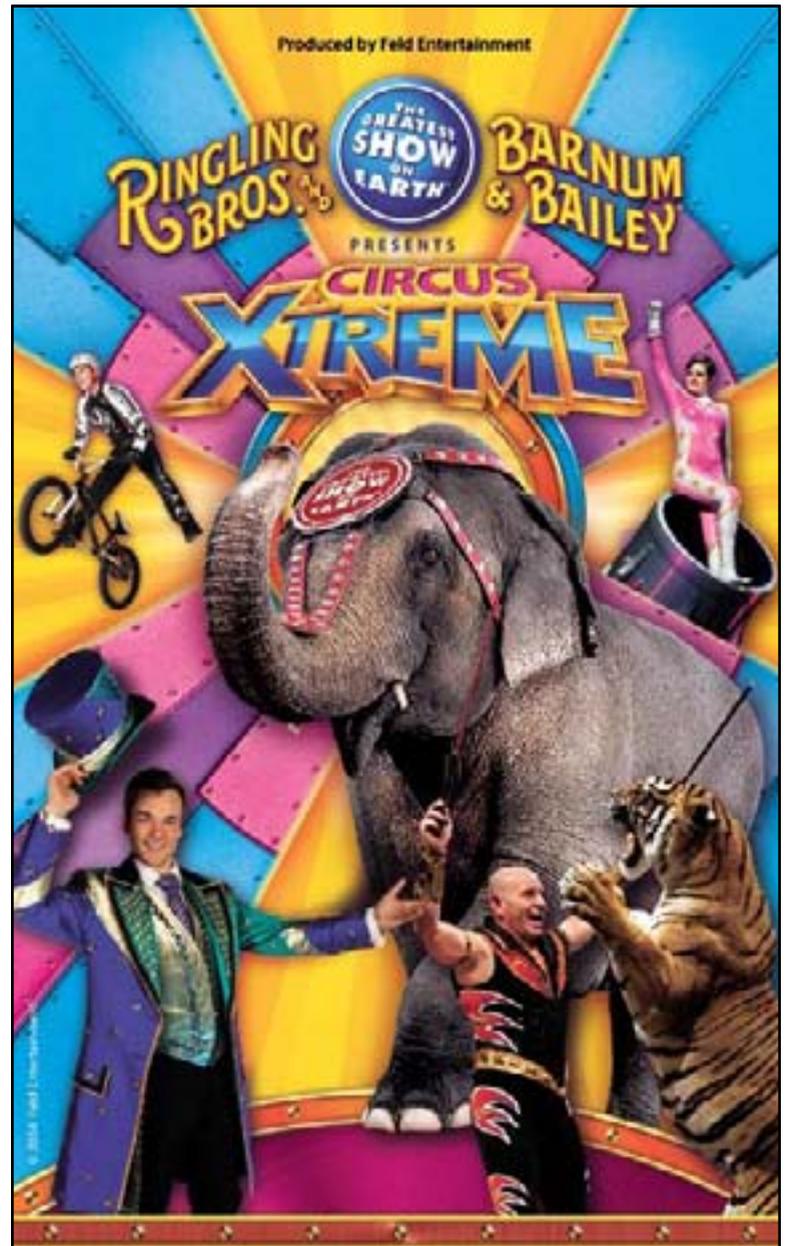
“Do not have sugars in between meals because having it with meals would expand the time period that there are higher levels of acidity in the mouth,” said Shenkin. “Mistakes parents make are putting kids to bed at night with a bottle with fermentable sugars, juices, or milk because it can result in decay.”

February is National Children’s Dental Health month, making it the perfect time to talk with your child about why taking care of his teeth matters. And it may sound basic, but folks easily overlook the importance of dental health.

“The most important thing we have recognized is how kids can come to the dentist earlier to reduce disease levels, educate parents, and redirect behaviors in the household,” said Shenkin.

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

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# Block out the badmouthing

Seek support that really helps

**“Y**ou’re right not to let him spend time with the kids. He didn’t take care of you; he didn’t take care of them. You don’t owe him anything. The kids are better off without him.”

Statements like this one — supportive of one spouse or partner and very antagonistic toward the other — are common when a relationship ends. Friends and relatives are there for us, taking our side no matter what, against a partner who has hurt or betrayed us. They help us keep going when we are exhausted and feeling hopeless. Where would we be without them?

Probably better off, if bashing our partners is all they do.

Yes, most friends and relatives are well-intentioned. But listening to them badmouth the other person can worsen problems rather than solve them.

**What’s the problem with a friend standing by me?**

There are many ways for people to be supportive. They can listen

when we are angry or afraid. Take us out when we are lonely. Pick up groceries. Have our kids over for a play date so that we have more time to handle what we need to.

These actions and countless others are constructive and lessen our burdens. But relentless criticism of the significant other is something else altogether.

Why? To be blunt, many of those close to us don’t know what they’re talking about or have a skewed view of the partner. That’s because most of us — even when a relationship is good — tell others many more negative things regarding our partners than positive ones. Over time, supporters may become hostile to the partner. When the split occurs, they understandably blame the partner and don’t have anything good to say. Often, this is to our detriment.

**What’s wrong with hearing what we already believe?**

Consider a president and his or her cabinet. The cabinet members, in speaking to him, only say what they

know he believes. This president won’t learn anything from them, and may come to believe that his view is the only valid one. That there are no alternatives.

Now imagine the president surrounded by cabinet members who share various ideas, and discuss the merits and disadvantages of numerous and perhaps opposing courses to follow. This president would hear about different options and their consequences.

Now consider yourself the president. Which advisors would you want on your team? The ones who tell you only what you want to hear — or the ones who help you clearly see the situation so that you can make the best decisions possible?

During my own divorce, Steve, a close friend from out of state, never had anything bad to say about my wife. He didn’t tell me what I was entitled to or to fight for it. He did, though, ask me these questions:

“How’s your daughter doing?”  
“Are you taking good care of her?”

That second question made me angry.

True, I was broken up. My work for a publishing company suffered. I was terribly sad.

But when it came to caring for my child, I didn’t miss a beat; a source of pride even now, many years later.

I wondered how could my friend ask me that question?

After a moment, it hit me that Steve was an even better friend than I had realized. Steve cared about me, and my daughter as well. Living elsewhere, he couldn’t know if I was doing a good job as a father at that difficult time. So he asked me a hard question.

Thankfully, I was holding it together as a parent. But what if I wasn’t? Fortunately, I had a friend who was ready to help me face that problem and deal with it. For me, that was tremendous, and infinitely more supportive than if he had said nasty things about my spouse.

*New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin helps clients end their relationships respectfully and without going to court. Contact him at [lee\\_chabin@lc-mediate.com](mailto:lee_chabin@lc-mediate.com), (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at [www.facebook.com/lchabin](http://www.facebook.com/lchabin).*

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.

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## THE BOOK WORM

TERRI SCHLICHENMEYER



## Perfect-for-kids nonfiction

**H**ave you ever wanted to do something big — but you didn't know how?

It might have been a small action, and it might have been something great, but never giving up was the way to go. In the new book “Stella by Starlight” by Sharon M. Draper, for instance, a young girl wanted to become a writer. Her daddy wanted to vote.

When Stella Mills saw the sparks from across Kilkenny Pond that night in 1932, she knew there was nothing good about the nine hooded men surrounding it. Quickly she and her brother ran to wake their parents because they knew that everybody in their neighborhood was in danger when the Klan was about.

Normally life in Bumblebee, North Carolina, was a safe place for Stella and her friends. Yes, it was true that there were places they couldn't go because they weren't white and no, their blacks-only school wasn't nearly as nice as the whites-only school, but Stella loved her schoolmates and neighbors because they

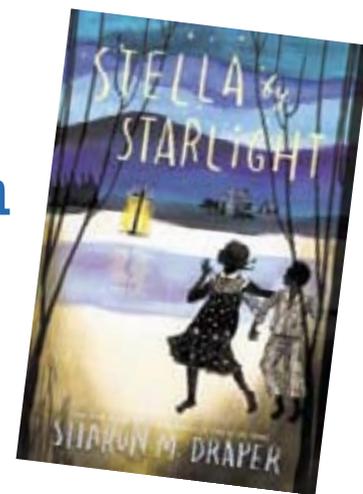
always watched out for one another. When one lacked, the others shared, and that made her proud.

But the Klan was another matter, and every black person in Bumblebee knew it. Even Stella's teacher, Mrs. Grayson, understood the seriousness of what was happening and she tried to keep her students calm and safe by distracting them with writing and with stories. Stella loved stories, and she loved writing but she didn't think she was any good at either of them.

That would change, though, when her friend, Tony, told her to write what she knew — and so Stella did. She wrote about the Klan and their dragons; about airplanes and books and grown men making boys bleed. She wrote about gifts, her father's reason for celebration, and the courage it took to stand up for your rights.

Yep, I loved “Stella by Starlight,” and there are many reasons why.

Its authenticity is at the top of the list. Author Sharon M. Draper gives this story a historical basis, yet she keeps it fictional so young readers can understand and identify with the



characters.

Those characters are second on the list: I loved Stella! She's sunny and smart, and her determination will make it easy for your child to want to know what happens to her and her family.

I also liked the way Draper lends child-friendly, not-too-detailed, not-too-scary action in this chapter book, and the anti-racism theme really struck me as timely.

And then there's the ... well, I could go on and on, but let's just say that this is the perfect book for a 7-to-12-year-old reader who enjoys a good historical novel. For that kid, “Stella by Starlight” is a book she'll want.

“Stella by Starlight” by Sharon M. Draper [336 pages, 2015, \$16.99].

## Action, adventure, history, & pooches

**Y**our dog is always finding things to chew on.

Sometimes, he even asks you to throw those things for him, just so he can find them again.

Normally that leads to a fun game. But what if he found something that was important? What if, as in the new book “Ranger in Time: Rescue on the Oregon Trail” by Kate Messner, his discovery could save a life?

Squirrels were the main reason Ranger the golden retriever flunked out of Rescue Dog training. He was really good at finding people with his nose, but Ranger just couldn't stop chasing squirrels.

Luke, Ranger's boy, knew that and he loved Ranger just the same. Ranger was a good dog, he just didn't pay attention — and sometimes, neither did Luke. Luke didn't notice that when Ranger was digging in the dirt, he'd found a metal box. And therefore, Luke didn't see Ranger disappear.

The box hummed and a white light came from the edges of it. Ranger

couldn't look at the light, but when he finally opened his eyes, he was in a dusty, loud place with big animals, funny smells — and a woman's frantic voice. Someone was lost, and Ranger heard a familiar word: “Find!”

Sam Abbott knew he was going to miss his family. He hated leaving the farm, too, but his pa made the decision to move. Now there was a long trip ahead of them: it would take weeks and weeks to get to Oregon by foot and by wagon train. Leaving everything behind would make it seem even longer.

And now there was this dog tagging along, but Sam didn't mind. The dog had found Sam's little sister when she wandered off. He warned the family when a herd of buffalo stampeded. He was a good dog but where did in the world — or out of it — did that dog come from?

Action, adventure, history, and pooches. If this sounds like the perfect recipe for a new chapter book series, then “Ranger in Time: Rescue on the Oregon Trail” is exactly what

your child will want you to dish up.

It's easy to get caught up in this story because Messner makes her characters so likeable and the scenes so authentic. Kids, I think, will like the flow between then and now, and I think they'll be clinging to the edges of their seats once they get to the big finale. Be sure, too, that they read the author's note at the back. It's a nice wrap-up.

All together, this book is a great introduction to a new hero that 7-to-10-year-olds will look forward to seeing again. If your child is ready for a fantasy-history-non-fiction-based chapter book, then “Ranger in Time: Rescue on the Oregon Trail” is the one to find.

“Ranger in Time: Rescue on the Oregon Trail,” by Kate Messner [144 pages, 2015, \$17.99 hardcover, 5.99 paperback].

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

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# Calendar

FEBRUARY



## Goats at the disco

The Bronx Arts Ensemble presents “Three Billy Goats Gruff” at the Lovinger Theatre at Lehman College on Feb. 15

In this updated version of the Norwegian fairy tale, the three billy goats are Barry, Maurice, and Robin, the Bee Bee Gees. On their way to a concert, they meet the troll under the bridge and find the only way to “Stay Alive” is to harmonize.

Just think of “Saturday Night Fever” meets the troll. Written by Dante Albertie with musical arrangements Jack Gale, the production is fun for young and old.

“The Three Billy Goats Gruff” on Feb. 15 at 1 pm. Tickets are \$6.

*Lovinger Theatre, Lehman College [250 Bedford Park Blvd. West in Norwood; (718) 601-7399; [www.bronx-artsensemble.org](http://www.bronx-artsensemble.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 [bronxriverdalecalendar@cnglocal.com](mailto:bronxriverdalecalendar@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!

## SUN, FEB. 1

### IN THE BRONX

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

Children listen to wintry blues and explore the patterns and rhythms, then express those feelings with paper, crayons and scissors.

### FURTHER AFIELD

**Quilting kids:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Discover the art of using quilts to share stories and symbols. Learn the meanings of some popular West African "adinkra" symbols, then decorate a quilt square to hang at home.

**To the Moon:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 1:30 pm; Free with museum admission.

Children discover why some traditions are based on the moon and touch a real rock from outer space.

## WED, FEB. 4

### IN THE BRONX

**"The African Drum":** HOSTOS, 450 Grand Concourse; (212) 724-0677; [www.shadowboxtheatre.org](http://www.shadowboxtheatre.org); 10 am and 11:30 am; \$10 in advance (\$15 at door; \$8 group rates).

Listen to the wit, wisdom, and humor of traditional folk tales and learn how the turtle got its shell, and three more African fables woven into an interactive shadow puppet adventure of little Kjana and her animal friends. Presented by the Shadow Box Theatre.

## THURS, FEB. 5

### IN THE BRONX

**"The African Drum":** 10 am and



## African culture tales

Africa comes to the Bronx this month when HOSTOS presents "The African Drum," where kids aged 3 to 7 sing and dance their way on a trip through the grasslands.

Kjana and her animal friends — including talking leopards, a wise old loon, and a turtle — teach life's lessons as they lead the children on a wondrous adventure through storytelling and traditional African folk tales, including "How the Animals got their Colors," "How the Turtle Got its Shell," and "Why

the Egret Flies Free."

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

Tickets are \$10 for the hour-long show and can be purchased by calling the box office at (212) 724-0677; performance dates are Feb. 4 and 5; Check the listings for exact times.

*HOSTOS [450 Grand Concourse in Melrose, (212) 724-0677. [www.shadowboxtheatre.org](http://www.shadowboxtheatre.org)].*

11:30 am. HOSTOS. See Wednesday, Feb. 4.

## FRI, FEB. 6

### IN THE BRONX

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

Rangers are your guide to the solar system and discuss the science, history, and myths of the sky.

## SAT, FEB. 7

### IN THE BRONX

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

Artist Randy Brozen teaches children

how to make a handmade paper mask from natural fibers of cotton.

**Arts, crafts & games:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am-noon; Free.

Families are invited to participate in activities including sand art, paper crafts and more.

**Rabbit Gets Ready:** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

Ready Rabbit has too many other things to do in stead of getting ready for school.

**Victorian Valentine workshop:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 1 pm-3 pm; \$10 (\$8 students, seniors, members).

Children learn about the holiday and make a fun valentine using scraps of paper. Registration required.

### FURTHER AFIELD

**To the Moon:** 1:30 pm. Brooklyn Children's Museum. See Sunday, Feb. 1.

**Janice Marie Robinson:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2 pm; Free with museum admission.

Cultural Connection presents a live performance with "Melodic Magic." This interactive event entertains children of all ages.

## SUN, FEB. 8

### IN THE BRONX

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

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

Rangers guide visitors to the best spots to view owls and wildlife.

**Tree walk:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1 pm; Free with admission to the grounds.

Trunks, stems, leaves, and branches, make up a tree. Join with Gabriel Willow and learn all about the trees on the grounds.

### FURTHER AFIELD

**Free to Dance!:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am; Free with museum admission.

Children of all ages learn to jump like Pearl, stretch like Alvin Ailey, and be inspired by African-American dancers. RSVP required.

**To the Moon:** 1:30 pm. Brooklyn Children's Museum. See Sunday, Feb. 1.

## SAT, FEB. 14

### IN THE BRONX

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

I heart pollinators shares the heady fragrances of the greenhouse and provides beautiful flowers to make Valentine's Day Cards with.

**Game day with Princess for Lifetime:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am-noon; Free.

*Continued on page 30*

**Continued from page 29**

Participants enjoy crafts, games and other activities using sand art and paper.

**Cookie workshop:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 11 am-3 pm; \$15 materials fee.

Roses are red and sprinkles are, too. Use sanding sugars and cookie icing to decorate your own cookies for that special someone in your life. All ages are welcome.

**"I Love You Just Like This":**

Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barne-sandnoble.com](http://barne-sandnoble.com); 11 am; Free.

Special Valentine's Day reading with Elmo and the Sesame Street gang.

**Web comic workshop:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5545; Noon-1:30 pm; Free.

Suggested for children over 10 years old. Artist Carol Burrell talks to kids about how to create their own web-site.

**Love is all around:** Bronx Museum of the Arts, 1040 Grand Concourse; (718) 681-6000; [www.bronxmuseum.org](http://www.bronxmuseum.org); 1-4 pm; Free for children under 12 with parent/guardian.

Celebrate with an afternoon of art activities for all. Pre-registration required.

**FURTHER AFIELD**

**The Year of the Sheep:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 12:30 pm; Free with museum admission.

Celebrate Lunar New Year and learn about sheep in art from around the world.

**To the Moon:** 1:30 pm. Brooklyn Children's Museum. See Sunday, Feb. 1.

**Chinese New Year:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2 pm; Free with museum admission.

Puppetry in Practice presents this celebration with a telling of the story about the Chinese zodiac told with Shadow Puppets. A Dragon Parade follows.

**3, 2, 1, Happy Chinese New Year:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2:30 pm; Free with museum admission.

Children 5 and younger celebrate the holiday and then create a New Year's craft to take home.

## Fun with Cinderella

Bippity, boppity, boop, "Cinderella" toe-tips in to the Florence Gould Hall on Feb. 7 and 8.

The New York Theatre Ballet's classic "Cinderella" braves the New York cold with a two-day performance of this perennial favorite.

Children will enjoy the dancing clock, the madcap sisters,

and everyone's favorite princess, Cinderella.

"Cinderella" on Feb. 7 and 8 at 11 am, 1 pm, and 3:30 pm each day. Tickets are \$35 for children and \$40 for adults.

*Florence Gould Hall [55 E. 59th St. between Madison and Park avenues in Midtown East; (212) 355-6160; [www.nytb.org](http://www.nytb.org)]*



Photo by Richard Termine

**SUN, FEB. 15**

**IN THE BRONX**

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

**"The Three Billy Goats Gruff":** Lovinger Theatre, Lehman College, 250 Bedford Park Blvd. West; (718) 601-7399; 1 pm; \$6.

The Bronx Arts Ensemble presents this new adaptation to the Norwegian fairy tale that blends the old with a dose of "Saturday Night Fever" thrown in.

**Night Hike:** Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm; Free.

Older children explore the park at night and discover owls, deer, coyotes and raccoons among many other animals. Explorers chosen by lottery.

**FURTHER AFIELD**

**The Year of the Sheep:** 12:30 pm. Brooklyn Children's Museum. See Saturday, Feb. 14.

**To the Moon:** 1:30 pm. Brooklyn Children's Museum. See Sunday, Feb. 1.

**3, 2, 1, Happy Chinese New Year:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2:30 pm; Free with museum admission.

Children 5 and younger celebrate the holiday and then create a New Year's craft to take home.

**MON, FEB. 16**

**IN THE BRONX**

**Kids' week:** Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm; Free.

School's out. Take a hike over to the center and enjoy fun-filled nature activities.

**TUES, FEB. 17**

**IN THE BRONX**

**Kids' week:** Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm; Free.

School's out. Head to the park for a variety of nature programs.

**Kids' week:** 1 pm. Van Cortlandt Nature Center. See Monday, Feb. 16.

**Presidents' Week:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1:30-3 pm; \$23 per session.

Take a break from winter and join in for this fun workshop. For children 5 to 10 years old. Registration required.

**FURTHER AFIELD**

**"Anansi the African Spider-man":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Listen to tales of the mischievous Anansi and discover how this African tale traveled around the world. Children 2 and older make a spider to take home.

**WED, FEB. 18**

**IN THE BRONX**

**Kids' week:** Crotona Nature Center, Charlotte St. & Crotona Park East; (718) 378-2061; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm; Free.

School is out. Enjoy a day with the rangers for fun nature activities.

**Kids' week:** 1 pm. Pelham Bay Ranger Station. See Tuesday, Feb. 17.

**Kids' week:** 1 pm. Van Cortlandt Nature Center. See Monday, Feb. 16.

**Presidents' Week:** 1:30 - 3 pm. Wave Hill. See Tuesday, Feb. 17.

**FURTHER AFIELD**

**3, 2, 1, Blast Off!:** Brooklyn Children's Museum, 145 Brooklyn Ave.

at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Children take a journey and learn about African-American women in space. Dr. Mae Jemison tells of her trip into space. Children then make a space craft to take home.

**THURS, FEB. 19**

**IN THE BRONX**

**Kids' week:** 1 pm. Van Cortlandt Nature Center. See Monday, Feb. 16.

**Presidents' Week:** 1:30-3 pm. Wave Hill. See Tuesday, Feb. 17.

**FURTHER AFIELD**

**Traffic Lights:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Red means stop, green means go. Then, make a traffic craft to take home.

**Sing-a-Long:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 6 pm; Free with museum admission.

Gwen Sumpter tells a tale and then invites all to a sing-a-long featuring songs from the African-American spiritual tradition.

**FRI, FEB. 20**

**IN THE BRONX**

**Kids' week:** 1 pm. Van Cortlandt Nature Center. See Monday, Feb. 16.

**"Into the Woods" Jr:** The Bronx House, 990 Pelham Parkway South; <http://www.bronxhouse.org>; 7 pm; \$10.

The Riverdale Children's Theatre is presenting the junior version of the Sondheim classic. More than 30 children and adults take to the stage in

*Continued on page 32*

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# Calendar

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Continued from page 30

this whimsical original story.

## FURTHER AFIELD

**Jammin' Out:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Black History Month is explored by learning about traditional African instruments.

## SAT, FEB. 21

### IN THE BRONX

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

Visit the grounds Cactus and Succulent House and spend some time sketching and painting an exotic desert design.

**Arts, crafts & games:** 10 am-11 am. Poe Park Visitor Center. See Saturday, Feb. 7.

**Game day with Princess for Lifetime:** 10 am-noon. Poe Park Visitor Center. See Saturday, Feb. 14.

**Picture book reading:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5545; 10:30-11:30 am; Free.

Children 3 years and older enjoy a Charles Dickens picture book and do an art project.

**"Click, Clack, Peep":** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

From the author of "Click, Clack, Moo" comes the adorable tale of the the duckling that wouldn't quiet down.

**"Into the Woods" Jr:** 2 pm and 7 pm. The Bronx House. See Friday, Feb. 20.

## FURTHER AFIELD

**"Unbought and Unbossed":** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2 pm; Free with museum admission.

Tells the story of Shirley Chisholm, the first African-American woman to be elected to Congress.

**Arts of the African Diaspora:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 12:30 pm; Free with museum admission.

Children connect to the past and learn about the traditional and contemporary customs of the African

## Wintertime crafts

Create Your Own Winter Wonderland at the Museum of the City of New York from Feb. 17 through Feb. 22.

There is nothing quite like winter in New York. Sure, it's cold and we can't leave the house without a scarf and gloves, but it is February after all. Treat your kids to a special day during winter break with some creative collage-making at the Museum of the City of New York.

Children can spend the time building their own winter wonderland collages while enjoying some good old-fashioned hot chocolate. Then they can view the exhibitions at the museum to round out the day.

Winter Wonderland from Feb.



17 through 22, from 11 am and 2 pm. Free with museum admission of \$14 for adults. Children under 19 are free.

*Museum of the City of New York*  
[1220 Fifth Ave. between 103rd and 104th streets in East Harlem, (212) 534-1672; [www.mcny.org](http://www.mcny.org)]

people.

**Grace Drums:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 1 and 2 pm; Free with museum admission.

This performance introduces children to African percussion instruments, music and vocals from the African and Caribbean culture.

## SUN, FEB. 22

### IN THE BRONX

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Feb. 21.

**Taste of nature:** Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm; Free.

Learn all about the origins of everyday food.

**"Into the Woods" Jr:** 2 pm. The Bronx House. See Friday, Feb. 20.

## FURTHER AFIELD

**"Unbought and Unbossed":** 11:30 am and 2pm. Brooklyn Children's Museum. See Saturday, Feb. 21.

**Arts of the African Diaspora:** 12:30 pm. Brooklyn Children's Museum. See Saturday, Feb. 21.

## THURS, FEB. 26

### FURTHER AFIELD

**Free Thursday!** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718)

735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3-6 pm; Free.

Join in for a afternoon at the museum.

## FRI, FEB. 27

### IN THE BRONX

**"Into the Woods" Jr:** 7 pm. The Bronx House. See Friday, Feb. 20.

## SAT, FEB. 28

### IN THE BRONX

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

Using recycled materials make a little home or feeder for your fine-feathered friends.

**Black History Month:** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 11 am; Free.

Children read "I am Rosa Parks," and "I am Jackie Robinson."

**Outdoor survival:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1-2 pm; Free with admission to the grounds.

Discover the simplest everyday materials that will aid you in the wilderness. Recommended for children 10 years and older. Reservations recommended.

**Fire making:** Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/](http://www.nyc.gov/parks/)

rangers; 1 pm; Free.

The Urban rangers teach the techniques and developments in making a fire. Recommended for children 8 years and older with a parent or guardian.

**"Into the Woods" Jr:** 2 pm and 7 pm. The Bronx House. See Friday, Feb. 20.

## FURTHER AFIELD

**Cosmic creations:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2 pm; Free with museum admission.

Learn about astronomy and the planets, stars, and space with Dr. Neil Degrasse Tyson, a contemporary African-American astrophysicist. Make a shooting star to take home.

**The Phantazia String Players:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3 pm; Free with museum admission.

The Noel Pointer foundation presents this jazz, classical, and gospel concert celebrating Black History Month.

## SUN, MARCH 1

### IN THE BRONX

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Feb. 28.

**"Into the Woods" Jr:** 2 pm. The Bronx House. See Friday, Feb. 20.

## FURTHER AFIELD

**Cosmic creations:** 11:30 am and 2 pm. Brooklyn Children's Museum. See Saturday, Feb. 28.

## LONG-RUNNING

### IN THE BRONX

**Photo exhibits:** Museum of Bronx History, 3266 Bainbridge Ave. and E. 208th Street; (718) 881-8900; [www.bronxhistoricalsociety.org](http://www.bronxhistoricalsociety.org); Saturdays, 10 am-4 pm, Sundays, 1 pm to 5 pm, Now - Sun, April 5; \$5 (\$3 students, children & seniors).

Presented by the Bronx County Historical Society photos of High Bridge: New York City's Oldest Bridge & Newest Greenway and Bridge to the Fair: 75th Anniversary of the Bronx-Whitestone Bridge will be on display.

**Identification enrollment:** Bronx Business Center, DOF, 3030 Third Ave. at E. 156th Street; [www.nyc.gov/idnyc](http://www.nyc.gov/idnyc); Weekdays, 8:30 am-4:30 pm.; Free.

The city is offering a free ID card for all city residents. Enrollment in the program provides access to services and programs offered by the city as well as by businesses. Holders may gain access to all city buildings that provide ser-

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vices to the public and is an accepted form of identification for accessing numerous city programs and services. Benefits also include a free one-year membership at many of the city's leading museums, zoos, concert halls, and botanical gardens.

**Identification enrollment:** Mondays, Wednesdays and Fridays, 9 am–9 pm, Tuesdays and Thursdays, 5 pm to 9 pm, Saturdays, 9 am–9 pm.; Free.

The city is offering a free ID card for all city residents. Enrollment in the program provides access to services and programs offered by the city as well as by businesses. Holders may gain access to all city buildings that provide services to the public and is an accepted form of identification for accessing numerous city programs and services. Benefits also include a free one-year membership at many of the city's leading museums, zoos, concert halls, and botanical gardens.

**Storytime:** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); Mondays, 11:30 am, Mon, Feb. 2 – Mon, April 27; Free.

Stories come to life on the Samsung Galaxy Tab 4 Nook.

**Youth Made Media (Y2M2):** Hunts Point Recreation Center, 75 Manida St. at Spofford Ave.; (212) 360-3327; [jheffler@ciyparksfoundation.org](mailto:jheffler@ciyparksfoundation.org); [www.cityparksfoundation.org](http://www.cityparksfoundation.org); Weekdays, 3 pm – 6 pm, Now – Sun, May 31; Free.

Students 11 to 15 years old receive instruction in Media Arts linked to Environmental Science. In addition, children receive homework help, go on field trips, watch movies, and so much more. Registration is required.

**Dickens, a celebration in pictures:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5545; Tuesdays – Saturdays, 8am to 4 pm, Tues, Feb. 3 – Sat, Feb. 21; Free.

Children over 5 years old will especially enjoy this exhibition of wonderful illustrations.

**Tropical discoveries:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Fridays, 10 am–5 pm, Now – Fri, Feb. 27; Free with garden admission.

Children explore the differences between tropical and temperate plants in the Everett Children's Garden, where they can pot a tropical plant to take home. They will also make bark rubbings, count tree rings and fill up a field notebook with interesting facts.

**Story, arts and crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 10 am–10:45 am.; Free.

Children 6 months to 4 years old



Photo by Eugenia Eiseeva

## A princess adventure

“Floating Around Like A Princess” floats into the New Victory Theater from Feb. 27 through March 8.

After a young princess is cursed by a wicked witch to float through life forever, she must find a way to come back to earth by her 16th birthday or be doomed to defy gravity forever. The show features the princess twirling above the stage, through the kingdom and into a magical forest. Directed by Allegra Libonati, the production showcases the bright-

est talents of Harvard's graduate acting program. This funny and romantic musical features original songs, and is suited for ages 6 and up.

“Floating Around Like a Princess,” Feb. 27 through March 8. Tickets are \$10, \$13, \$18 or \$25 for members, with full price tickets starting at \$15.

*The New Victory Theater [209 W. 42nd Street between Seventh and Eighth avenues in Times Square, (646) 223-3010; [www.newvictory.org](http://www.newvictory.org)]*

enjoy a story followed by a craft and activity related to the reading.

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

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

**Recycle to art:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Wednesdays, 2–3:30 pm.; Free.

Have fun turning junk to treasure. Children under 10 must be accompanied by an adult. Wear appropriate clothing.

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

Make holiday arts and crafts.

**Paper Arts & Crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); Saturdays, 2–3:30 pm.; Free.

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

**Carla Hall's Culinary Kids Food Week:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Monday, Feb. 16, 10 am; Tuesday, Feb. 17, 10 am; Wednesday, Feb. 18, 10 am; Thursday, Feb. 19, 10 am; Friday, Feb. 20, 10 am; Saturday, Feb. 21, 10 am; Sunday, Feb. 22, 10 am; \$20 (\$18 students & seniors; \$10 children 2 to 12).

Hands-on activities for children that introduce them to cooking skills, and the relationship between plants, farms and favorite foods. Geared to children 4 to 12 years old. Workshops are of-

fered at 11 am, noon, and 1 pm with a different chef each day.

### FURTHER AFIELD

**Ice skating:** Lefrak Center in Prospect Park, Parkside and Ocean avenues, Brooklyn; (718) 594-7439; [info@brooklynice.org](mailto:info@brooklynice.org); [www.brooklynice.org](http://www.brooklynice.org); Tuesdays – Thursdays, 11 am–6 pm, Fridays, 11 am–8 pm, Saturdays, 10 am–9 pm, Sundays, 10 am–6 pm, Now – Tues, March 31; \$6 (\$8 on Sat. and Sun) plus \$6 skate rental.

Families have a great time twirling and skating and enjoying the rink .

**Needlework and games:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway, Brooklyn; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); Saturdays and Sundays, 1–3 pm.; \$3.

Join in with staff and make a small sampler and play board games.

**Ice skating school:** Lefrak Center in Prospect Park, Parkside and Ocean avenues, Brooklyn; (718) 594-7439; [info@brooklynice.org](mailto:info@brooklynice.org); [www.brooklynice.org](http://www.brooklynice.org); Mondays and Wednesdays, 4–6:30 pm, Now – Tues, March 10; Free.

Instructions, fitness, homework help and lots more. Preregistration required.

**From Here to There:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Tuesdays – Sundays, 10 am–5 pm, Fri, Feb. 6 – Sun, May 10; Free with museum admission.

This innovative exhibit teaches the science of how things move by land, sea and air. Visitors can heat up and launch a hot air balloon, operate an authentic canal lock system to move a boat and experiment with pneumatics, pulleys, hydraulics, and levers to move objects mechanically.

**Art Kids:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Fridays, 11:30 am and 2:30 pm, Now – Fri, March 6; Free with museum admission.

Children explore a new style of art and discover the artistic process while developing artistic skills.

**“Galapagos – Nature's Wonderland in 3D”:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.ny-science.org](http://www.ny-science.org); Weekdays, 11 am & 2 pm, Saturdays and Sundays, 1 & 3 pm, beginning Sat, Feb. 14; \$6 adults; \$5 children.

In this 3D movie, travel to the Galapagos archipelago to meet giant half-ton tortoises and marine iguanas that spit sea-salt from their noses, hunt fishes with the colorful blue-footed boobies, and swim with tiny penguins.



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Playing with food

## Study reveals benefits to toddlers' messy eating

**M**organ Delack was at her wit's end when her daughter was 1.

"Almost every time I put her in the highchair to feed her, she would throw her food on the floor," she says. "She was trying to play with me and get my attention. She knew she'd get a response."

Whether your child is throwing food or making a spectacular mess with it, it's difficult to see a good result. After all, this mess-making is creating more work for you!

Believe it or not, there is a silver lining in this developmental stage. According to a study published in the journal *Developmental Science*, the messier a toddler gets while eating, the more he's learning. And eating in a highchair is the best place for that learning.

The study explored how well 16-month-olds learned the names of non-solid foods and other objects while seated either in a highchair or



at a table. The researchers offered the toddlers foods such as pudding, applesauce, juice, and soup, but gave them made-up names.

The toddlers who most enthusias-

tically explored the foods by poking, throwing, and picking them up were more likely to correctly identify them when the researchers put foods out in different sizes or shapes.

And the tots seated in highchairs were better at correctly identifying the objects compared to those seated at tables. Because the foods vary in shape and size, the context in which the child touches it matters.

"It turns out that being in a highchair makes it more likely you'll get messy, because kids know they can get messy there," says lead author Larissa Samuelson.

So the next time your little one smears mashed peas all over, reframe it as a "learning experience."

"The study shows the cascading influence that the context of everyday activities — such as mealtimes — has on children's exploration, attention, and word learning," wrote the authors. "When young children messily eat and explore food at each meal, they are learning both about individual foods and also about non-solid substances more generally."

*Christine Palumbo is a Naperville-registered dietitian nutritionist. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*

## Swedish pea soup

**ACTIVE PREPARATION TIME:** Seven minutes

**TOTAL PREPARATION TIME:** One hour 30 minutes to two hours (not including soaking)

**SERVINGS:** Eight servings (almost 1 cup each)

Pea soup dates back to ancient Roman times, when it was a nutritious, peasant food staple, but it eventually became one of the time-honored foods of Sweden. Made with yellow peas, this simple soup is prepared with sweet, zesty mustard.

### INGREDIENTS:

- 1 pound (454 g) dried yellow peas
- 6 cups water
- 1 medium onion, diced
- 1 tbsp. reduced sodium vegetable broth base
- 1 tbsp. prepared mustard (e.g., Swedish, whole grain, or Dijon)
- ½ tsp. freshly ground black pepper

1 tsp. low-sodium herbal seasoning blend

- 1 bay leaf
- 1 tsp. marjoram
- 1 tsp. thyme

**DIRECTIONS:** Cover the dried yellow peas with water and soak overnight. Drain the peas and place them in a large heavy pot. Add the remaining ingredients, stir well, cover with a lid, and bring to a boil over high heat. Reduce the heat to medium and simmer for 1½ to 2 hours, stirring occasionally, until the peas are tender. Add water as needed to replace moisture lost to evaporation. Remove the bay leaf before serving.

Traditional Swedish pea soup uses whole yellow peas (not split). If you are unable to find whole yellow peas, substitute split yellow peas, but reduce the cooking time by about 30 minutes.

To make this in a slow cooker, soak and drain the peas, then combine with the other ingredients and cook



for 4 to 6 hours on high or 8 to 10 hours on low.

**NUTRITION FACTS:** 203 calories, 14 g protein, 36 g carbohydrate, 1 g fat, 0 g saturated fat, 15 g fiber, 5 g sugar, 59 mg sodium, 28% DV thiamine, 39% DV folate, 10% DV calcium, 16% DV iron, 17% DV magnesium, 16% DV potassium, 12% DV zinc

Used with permission by Sharon Palmer, RDN, author of the book, *Plant-Powered for Life*.

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