

BRONX/RIVERDALE

January 2016

FREE

Family

Where Every Child Matters



Active kids!

Girls, sports & the city

Decoding their cough

Parent's guide to preteen dating

Catholic Schools Week

Find us online at www.NYParenting.com



Catholic Schools Week

January 31 - February 6, 2016

Fidelis Care is proud to join with schools, teachers, students, and families in celebration of Catholic Schools Week.

Thank you for your commitment to lifelong learning and to building stronger, healthier communities all year long.



FIDELIS CARE®

Quality health coverage. It's Our Mission.

1-888-FIDELIS (1-888-343-3547)

TTY: 1-800-421-1220

fideliscare.org

Family January 2016



27



28

FEATURES

- 6 Girls, sports and the city**
NYC kids have lots of options for athletic pursuits
BY ALLISON PLITT
- 8 Preteen dating**
Trivial terrain or time to talk?
BY DENISE YEARIAN
- 14 Discover the value of Catholic schools**
Why parents choose this effective alternative
BY CANDI SPARKS
- 20 Decode your child's cough**
That hack is making them miserable, but just how serious is it?
BY SANDRA GORDON
- 22 The ultimate family adventure**
How these parents had the vacation of a lifetime
BY SHNIEKA L. JOHNSON
- 24 How to talk to your teen about eating disorders**
BY HELEN STEELE

COLUMNS

- 10 Healthy Living**
BY DANIELLE SULLIVAN
- 12 Behavior & Beyond**
BY DR. MARCIE BEIGEL
- 26 Just Write Mom**
BY DANIELLE SULLIVAN
- 27 Dear Teacher**
BY PEGGY GISLER AND MARGE EBERTS
- 28 Divorce & Separation**
BY LEE CHABIN, ESQ.
- 34 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD

SPECIAL SECTIONS

- 13 Catholic Schools**

CALENDAR

- 30 January Events**



20

2016, oh my!

My New Year's resolution this year is to spend more time helping others. Whenever I have volunteered to do anything in my life, it has left me with the very best feeling and I've been researching why.



We all know people who exercise and talk about feeling "high" during or after a workout — a happy feeling of warmth, a sense of calmness and a release of stress. Those who help others can also feel these same feelings.

This "helper's high" is believed to be caused by the release of endorphins, the body's natural pain-reducing chemicals. In addition to

relieving pain, endorphins apparently also produce good feelings.

Any kind of volunteer activity can help improve your health, but studies have shown that some types are better than others. Activities that involve personal contact, such as mentoring a child or visiting the elderly, seem to be more beneficial. Volunteers who have an ongoing, one-on-one relationship with the person they are helping are more likely to experience the "helper's high."

There was a study done a few years ago of a group of people from varied locals who had passed the 100 year mark in their lives. They

had a few things in common and one of them was that they were all very vital and engaged as helpers to others. They all also smiled and laughed a lot. It makes sense.

Involving our children early on in life in being a helper is a great piece of their education and setting the example for them personally is the ideal. It's so terrific to be a joiner, to have your hand held up, to be the volunteer in the room. It's also great for your kids to see that you're someone who others can depend on. It will make them all the more stable in their own relationship with you and ultimately with others.

It's been a wonderful year for New York Parenting. We've developed all kinds of new initiatives. If you're not signed on to

get our newsletters and e-blasts, please go to our homepage on www.NYParenting.com and sign up. Quality information for you as a parent is coming in these e-blasts. Not only that, but you can enter to win tickets and prizes of all kinds. We give things away all the time! Like us on social media and send us your comments. We always welcome them.

Wishing you all a very happy New Year. Thanks for reading.

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

Community News Group

CEO: Les Goodstein
PRESIDENT & PUBLISHER: Jennifer Goodstein

New York Parenting

PUBLISHER / EXECUTIVE EDITOR:
Susan Weiss

PUBLISHER / BUSINESS MANAGER:
Clifford Luster

OPERATIONS ASSOCIATE:
Tina Felicetti

SALES REPS: Alexis Benson, Erin Brof, Jay Pelc, Stephanie Stellacio, Shanika Stewart

ART DIRECTOR: Leah Mitch

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov, Daria Avvento, Gardy Charles, Raymond Cho, Yvonne Farley, Earl Ferrer, John Napoli

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITOR: Courtney Donahue

COPY EDITORS: Lisa J. Curtis, Shavana Abruzzo

CALENDAR EDITOR: Joanna Del Buono

Contact Information

ADVERTISING: WEB OR PRINT
(718) 260-4554
Susan@NYParenting.com

CIRCULATION
(718) 260-8336
Tina@NYParenting.com

EDITORIAL
(718) 260-4554
Family@NYParenting.com

CALENDAR
(718) 260-2523

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

www.NYParenting.com



The acceptance of advertising by **New York Parenting** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

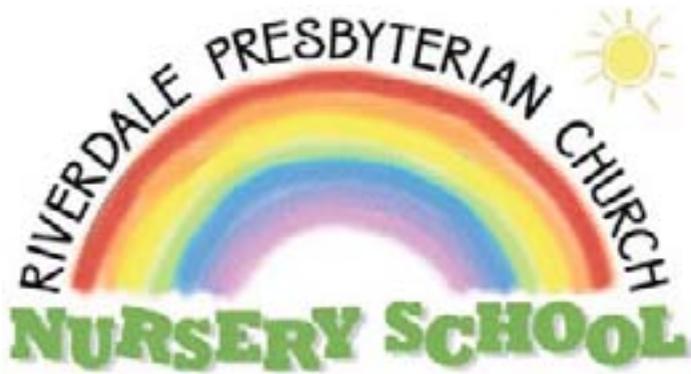
Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

New York Parenting can also be reached by calling (718) 260-4554, emailing Family@NYParenting.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

New York Parenting has been recognized for editorial and design excellence by PMA. **New York Parenting** is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2016 Readership: 185,000. 2015 circulation audits by CVC.





Riverdale Presbyterian Church Nursery School
 4765 Henry Hudson Parkway West • Bronx, NY 10471
 718-548-8260 • www.rpcns.com

OPEN HOUSE

January 25th at 10 am

RSVP at laurenrpcns@gmail.com or call 718-548-8260

RPCNS, the “Red Door School,” is a licensed, non-sectarian early childhood program serving children 2–5. We offer fun, hands-on, individualized instruction which encourages “learning by doing” and instills a desire to learn in all children.

FREE
 First lesson &
 Consultation

Belle School of Music
 “Where Learning is Fun!”



SPECIALIZING IN PIANO, KEYBOARDS AND VOICE



Kindermusik

Ages 2-4 with parent participation.
 Plant the seed of music in your child!

MUSIC LAND Ages 4-5 with parent participation.
 A delightful experience for Mozarts of the future

MUSIC FOR LITTLE PEOPLE Ages 5-7 with parent participation. Unique Russian-Japanese method. Experience the Magic of Music.

ADVENTURES IN KEYBOARD Ages 8-12. Tradition on a new note. Piano instruction for the child of the new millennium.

Bring out the musical talent in your child!

Scarsdale: 1088 Central Park Ave

White Plains: 283 Tarrytown Rd

Yonkers: 1537 Central Park Ave

914-961-5511
www.belleschool.com



Good Shepherd School

A Legacy of Excellence since 1925

620 Isham Street New York, NY 10034 **212.567.5800** www.gsschoolnyc.org

From Pre-K3 to 8th grade, Good Shepherd School offers a rigorous curriculum featuring a selective Pre-K3 program, Universal Pre-K (UPK), and Regents level Earth Science in 8th grade. Facilities include: newly upgraded Science and Computer Labs, Library, Gymnasium, and Fine Arts Room.

- Breakfast program begins at 7:15am
- Delayed dismissal until 6:30pm
- Extra-curricular activities: Robotics Club, Musical Theatre, Student Council, Cooking Club, Math Tutoring, and Arts & Crafts
- Club Sports: Track & Cross Country, Volleyball, Basketball, and Dodgeball
- Scholarships available.



Early Childhood Education **Open House** (Pre-K3 and UPK): Wednesday, January 13th at 6pm.

General Open House (All Grades): Saturday, February 6th from 10:00am to 12:00pm.
 Last tour at 11:30am.

Touring Tuesdays: January 12th, February 2nd, February 23rd, and March 8th

GSS is in Northern Manhattan and conveniently located near highways (Henry Hudson Parkway & Major Deegan Expressway), subways (A & 1) and multiple bus routes (BX7, BX12, BX20 & BxM1)

Girls, sports and the city



NYC kids
have lots
of options
for athletic
pursuits

BY ALLISON PLITT

When I attended college in Vermont in 1988, I remember all the kids at the school who grew up in New York City. They had the starring roles in the plays, performed in dance recitals, played some type of instrument, or majored in art history. I never saw any student who was raised in New York City participate in sports.

What I've been observing in the city today contradicts my pre-conceived notion. For example, my 9-year-old daughter, who is growing up in Queens, takes weekly swimming and skating classes, plays tennis once a month, and in the winter, goes skiing for at least a week.

I am not the only parent with a child active in sports. Her friends at school participate in soccer, basketball, baseball, swimming, karate, ice skating, and tennis. It's like this new generation of athletes coming out of one of the most unlikely of places.

Another interesting trend I'm seeing in the city is the participation of more girls in sports. One of my daughter's classmates, who is also a 9-year-old girl, has a brown-belt in karate. Her mother told me that the next step for her daughter would be to get her black belt, but she must be 18 years old to obtain it, so she most likely will be getting a junior black belt next year. Then, at my daughter's school last year, I met a 10-year-old girl who told me she plays ice hockey. I was astonished to hear these girls playing sports long-considered to be male-only activities.

Who would have imagined such things could have happened since 1972, when the federal government enacted Title IX? In defining Title

IX, the Women's Sports Foundation states, "Title IX gives women athletes the right to equal opportunity in sports in educational institutions that receive federal funds, from elementary schools to colleges and universities."

The major sports events of last year are inspiration enough for me — the United States' women's soccer team won the 2015 World Cup, Ser-



ena Williams won three major grand slam events in tennis, and American swimmer Katie Ledecky broke her own world record in the 1,500-meter freestyle at the 2015 World Championships.

Soccer, swimming, and tennis were the sports I played as a child, so these are the statistics that stand out in my mind. My love of playing and watching sports comes from my father, who got into a bit of mischief when he was in school growing up in Connecticut. Because of it, the school told his parents that my father should divert his extra energy into sports, which his parents encouraged him to do. By my father's senior year of high school, he was

playing varsity football, hockey, and baseball.

Growing up in suburban New Jersey in the 1980s, I had a lot of opportunities to play sports. My classmates and I were the first generation of kids whose parents both had to work full-time, so after-school activities became a necessity for many of us. Instead of walking back from school to an empty home until our parents returned from work, we could now walk over to an after-school practice of any seasonal sport or to an indoor gym in town that had gymnastics equipment, a swimming pool, and a volleyball court.

Between my brother and myself, we each played at least one season of field hockey, lacrosse, soccer, hockey, basketball, swimming, tennis, and softball by the time we were ready to go to college. Not that I played all of those sports very well, but I at least had the opportunity to participate in some of them. My father even coached my town's first all-girls soccer team in 1982, on which I played.

Sports, to my father, wasn't just about the importance of learning a physical skill. For my father, the game was about learning to work with others as a team, practicing hard until you achieved your own goals, and never giving up.

Nowadays, my father plays golf five days a week and constantly reminds me that as science has discovered, physical exercise releases "endorphins," according to www.webmd.com, that "trigger a positive feeling in the body ... which can be accompanied by a positive and energizing outlook on life." In other words, when we exercise, we are taking care of both our bodies and our minds.

Allison Plitt lives in Queens and is the mother to a 9-year-old daughter.





Spuyten Duyvil Preschool

Serving Kingsbridge, Marble Hill & Riverdale Neighborhoods Since 1928

HALF/FULL DAY NURSERY
FOR CHILDREN BORN
IN 2013

FREE FULL DAY PROGRAM
UNIVERSAL
PRE-KINDERGARTEN FOR
CHILDREN BORN IN 2012

EARLY DROP-OFF
AND LATE PICK-UP
AVAILABLE 7:30-6PM

**Accepting
Applications For
September 2016**



Check website for Open House dates
www.spuytenduyvilpreschool.org
for more information

718-549-1525

3041 Kingsbridge Avenue, Bronx, New York (Between 230 & 231 Street)

State of the Art Dental Facility • Kid Friendly



718.708.6755

2100 Bartow Ave., Suite 246
Bay Plaza, Coop City
Behind Pathmark,
Next to AMC & Bally's

SCHOOL FOR PERFORMING ARTS AT BRONX HOUSE MUSIC, DANCE & THEATER PROGRAMS FOR ALL AGES!



Winter/Spring 15-Week
Semester begins Jan 23

The Heilbrunn Music School

- Professional Faculty
- Music & Dance Recitals
- State-of-the-Art Facilities
- Free Loaner Instruments
- Year Round Programming
- Competitive Pricing & Financial Assistance

**Registration for Private Music
Instruction is ongoing.**



FEB 19-28
Fri/Sat/Sun

Tickets go on sale
JAN 14
\$10 plus minimal
processing fee

REGISTER TODAY!
CALL 718.792.1800, EXT. 235
VISIT BRONXHOUSE.ORG

990 Pelham Parkway South, Bronx, NY 10461 • 718.792.1800 • bronxhouse.org
contact: Deborah or Shannon at ext. 235 or deborah@bronxhouse.org



Preteen dating

Trivial terrain or time to talk?

BY DENISE YEARIAN

The age attraction begins varies tremendously from one person to another. For some, those feelings of attraction start in late elementary school. For others, it's not until high school. Although the age gap varies, experts agree that when a child that's 9 or 10 years old begins showing interest in the opposite gender, parents need to sit up and take notice.

"Kids this age may have a boy- or girlfriend, but still not know what dating means," says Shaunti Feldhahn, relationship researcher and analyst, and author of "For Young Women Only." "They are mimicking what they see played out on TV or

by teenagers, but they don't have a full grasp of how a relationship works."

Parents, she says, may have a tendency to dismiss these early relationships as trivial, but they should be taken seriously.

"It's an advanced signal of what is to come and needs to be addressed by Mom and Dad while they still have a major influence in their child's life," Feldhahn suggests.

Jane Bowen, director of a statewide parent education organization, agrees.

"Parents should take the lead in facilitating age-appropriate discussions with their preteen regarding friendships, dating, decision-mak-

ing, and sex. If your son says he has a girlfriend or is 'going out' with someone, ask what that means," she says.

But according to Bowen, talking about it shouldn't be a one-time deal.

"These conversations need to happen frequently, so parents know where their preteens are in relationships and preteens know what their parents' expectations are," she continues.

This is what Patty and David Ford did with their 9-year-old daughter Amber.



“If your preteen son says he has a girlfriend or is ‘going out’ with someone, ask what that means.”

“When she was in the fourth grade, Amber would tell me that so-and-so liked her and that other girls in the class had boyfriends,” recalls Patty. “I felt like if she came and shared it with me, it was important that we talk about it.”

Ford told her daughter she was too young to have a boyfriend, but she was careful to keep the line of communication open. Two years later, a bigger relational issue cropped up. With the parent-child dialogue already established, Ford was able to help her daughter navigate the sticky situation.

“This past fall, a boy at school gave Amber a necklace,” says Ford. “Since it was right before her 11th birthday, we told her if she wanted to keep it, it would have to be a birthday gift.”

But on her birthday, the same boy gave Amber a card with \$50 tucked inside of it. Amber didn’t know what to do, so she brought the money home and talked it over with her mother.

“I told her there was no way she could keep it, and she understood,” Ford explains. “We talked about how accepting a gift like that could make the boy think their relationship could possibly go to the next level — holding hands, giving him a kiss, that kind of thing. We agreed that I would call the boy’s parents, explain the situation, and tell them the money would be returned the next day.”

When parents talk with their children, they should communicate their values and expectations and then lay out boundaries. Equally important is to explain why the boundaries are there.

“Rather than imposing rules preteens may resent, help them understand reasons why the rules are there, so they begin to develop that internal compass,” says Feldhahn.

Parents should also try to find out what is influencing their child

— be it friends, an older sibling, or some form of media — so they can address the issue as a whole.

“When Amber and I talk about relationships, I find out what is going on not just with her, but with the entire sixth-grade class,” says Ford. “It helps me understand what’s influencing her. Is it persuasion from a new friend? Is she trying to fit in? Does she feel pressured?”

Although 10-year-old Jordan Adams isn’t yet attracted to the opposite gender, he fell prey to a peer-induced pair off that made him uncomfortable.

“This past fall, Jordan’s school organized a dance for the kids,” explains his mother Amy. “It was supposed to be a reward for good grades, but things spiraled out of control. Jordan came home one day and told me he didn’t want to go to school, because everyone had a date for the dance and he didn’t.”

Adams called the school and talked with the principal. He informed her that the administration knew nothing about the pair-offs; it had been instigated by the students.

“Up to this point, I hadn’t discussed boy-girl relationships with Jordan,” Adams says. “I didn’t think I needed to. But I’m realizing now that even if he isn’t thinking about girls, the kid sitting next to him in class may be, so I’ve got to maintain a constant dialogue with him.”

“Attractions are normal and will only increase as children grow,” Bowen concludes. “If we want to prepare our kids for healthy dating relationships later on, we need to start communicating and building a trusting relationship with them now.”

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

Resources

“For Young Women Only” by Shaunti Feldhahn and Lisa Rice.

“How to Talk so Kids will Listen and Listen so Kids will Talk” by Adele Faber.

“How to Talk so Teens will Listen and Listen so Teens will Talk” by Adele Faber.

“You and Your Adolescent Revised Edition” by Lawrence Steinberg, Ph.D.

“Raising a Thinking Preteen: The ‘I Can Problem Solve’ Program for 8- to 12-Year-Olds” by Myrna Shure and Roberta Israeloff.

“Roller-coaster Years” by Charlene C. Giannetti and Margaret Sagarese.

Wrightslaw

Special Education Law & Advocacy Conference

Learn to Maximize the Special Education Process.



IS YOUR CHILD STRUGGLING IN SCHOOL?

- Do you think your child should be evaluated, but don’t know how to begin the process?
- Have you requested services for your child and been told he/she does not qualify?
- Is your child on an Individualized Education Plan (IEP), but it’s not working?
- Are you in disagreement with the school over placement of your child?

Get Expert Answers to These Questions and More! Learn Your Wrights. Get Results.

WRIGHTSLAW SPECIAL EDUCATION LAW & ADVOCACY CONFERENCE

Monday, February 29, 2016

9:00 AM - 4:30 PM

(registration and exhibits start at 8:00 AM)

Hilton Westchester, Rye Brook, NY 10573

(Conveniently located @ Interstates 95 & 287)



Featuring
Supreme Court Winning
Lawyer & Leading U.S.
Special Ed Law Expert
Peter Wright, Esq.

HOSTED BY



On With Learning
Special Education Advocacy

Resource exhibition throughout the day | Exhibitors & Sponsors welcomed

For more information and to order tickets online
www.onwithlearning.com Or Call **914-582-4248** today.
Group Discounts available!



HEALTHY LIVING

DANIELLE SULLIVAN

Keep that resolution

A 'Today' anchor's secrets to being 'thinner in 30'

With the New Year comes those dreaded resolutions, and for many busy parents, they revolve around fitness and health. Experts agree that instead of resorting to unattainable goals that fizzle out by early February, the key to long-term success is to implement specific changes into

your daily eating habits and exercise routine.

We asked journalist and "Today" anchor Jenna Wolfe to share her five best tips from her new book "Thinner in 30." Wolfe is not only a fitness buff, she's also a certified personal trainer, and a very busy New York City mom to boot. Her advice is not only practical but doable:

Stop eating simple carbs after 6 pm. This means no sugar, bread, white rice, white potatoes, and nothing that comes out of a box. This is where and when we do our most damage. We're tired, hungry, lazy, and distracted, so we let our guards down. If we're out at a restaurant, we attack the bread basket and the apps before we even see our main course. If we're home, we snack, graze, eat dinner followed by more dinner fol-

lowed by a snack and maybe dessert. Follow this tip, and you'll save hundreds of calories a night.

Eat one less bite at every meal, and chew longer. Finishing every last morsel on your plate feels right, and seems ok, but studies show you can save 75 calories a day by leaving one last bite. And if you chew your food longer, you're extending the time between bites. It takes about 20 minutes for your stomach to tell your brain it's full, and in those 20 minutes, you could do so much damage! Chewing your food 20 times before swallowing could add up to 112 fewer calories per meal.

Drink 20 sips of water first thing in the morning. Don't count ounces or glasses or cups, just swallow 20 times. That's it. When you wake up in the morning, your body is already dehydrated. Drinking 20 sips (almost nine ounces) will wake you up, kick start your metabolism, and even curb some of your hunger pangs.

Download a new workout mix and arrange your music the right way! Don't just put your music on shuffle. Instead, arrange your songs from least favorite to most, so your best songs won't play until about halfway through your workout. That way, you'll get a boost just when you need it most.

Keep a strict food diary three weeks a month. Write down every last bit of food you eat over the course of the day. It doesn't matter what you eat, just write it all down. Want to take it up a notch? E-mail that list to a friend every night. You will begin to make changes to your diet on your own. When we're held accountable for our own actions, we suddenly become responsible for them. Do this for three straight weeks, and then take a week off and compare how much you eat during both stretches.

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.



Digital CAMP GUIDE

Check it out on nyparenting.com

AUTISM SERVICES

Your insurance pays, we provide.

DIRECT BEHAVIORAL SERVICES

provides customized ABA services and social groups (funded by your health insurance) to children and adults with autism in Bronx, NYC areas & NJ. No waiting list.

We work on social skills, language, play skills, self-help skills and academic skills at home, school and community. Supervised by a Board Certified Behavior Analyst (BCBA).

Call 347.559.6161 or email directbehaviorservices@gmail.com
www.directbehavioralservices.com

Private pay also accepted.



Online Activity Guide

Check it out on
www.NYParenting.com

HAC Family Services Inc.



Doris E. Stone
1165 University Avenue
Bronx, NY 10452
(718) 588-1030

**Highbridge Advisory
Council***
Day Care Center
1181 Nelson Avenue
Bronx, NY 10452
(718) 681-5216

Early Childhood Center I*
1594 Townsend Avenue
Bronx, NY 10453
(718) 299-3917

Early Childhood Center III*
1399 Ogden Avenue
Bronx, NY 10452
(718) 293-9196

**Richard H. Mangum Early
Learning Center**
921 E. 162nd Street
Bronx, New York 10451
(718) 590-0673

Bridging the Gap to Education & Success

- Childcare (2-years to 5-years)
- Family Day-Care CACFP
- Headstart
- Pre-school Evaluations
- Universal Pre-K
- Pre-school Special Education
- Family Day-Care (6-weeks to 4-years)

Nearly a half a century of service to the Bronx

For more information contact the central office located at:
880 River Avenue Bronx, NY 10452 2nd Floor
Phone: (718) 992-1321 Fax: (718) 992-8539
James W. Nathaniel, CEO HacFamilyServicesInc.org

**Marshall England Early
Learning Center**
800 Concourse Village East
Bronx, NY 10452
(718) 742-2366/69

Head Start Program*
880 River Avenue 2nd Floor
Bronx, NY 10452
(718) 992-1321





BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

Precise speech will get the right results

It's Wednesday at 3:30 pm, and you walk in the door with your kid in tow. You ask her to wash her hands. She says, "In a minute," and runs to her bedroom. Ten minutes later, her hands are still not washed.

It's 4:30 pm, and you say, "Let's build Legos." Your son says, "Wait, I'm finishing this."

At 5:30 pm, you call your children to the table to eat. They say, "In a minute."

Time goes on and at 7:15 pm, bath time, you call your daughter to the tub, and she says, "I'm not ready."

Now you're angry and wondering if your children will ever listen. You're frustrated they don't do what you tell them to do, and you're a bit confused since you want to give them a moment when it's needed, just not all the time!

"In a minute" is only a good answer if your child really needs more time to finish one more homework answer or put one more block in place. However, many children say "in a minute" without any intention of actually doing what you ask them to do.

Stop pulling out your hair, yelling at your kids, or having a small tantrum of your own. Instead, let's teach your kids to listen to you.

First, you need to stop asking your kids to do things, and start telling them. Switch your language from "Can you please go wash your hands?" to "Go wash your hands, please." Adding in the "please" is optional.

When you ask a question, your child can say "yes" or "no." When you give a direction, there is no choice.

Also, notice the clarity in my directions. They are action-based and objective. Anyone that is watching will know if hands were washed or not.

Sometimes your directions might not be so clear, like saying, "Please, clean up." What is being cleaned up: an entire room or just one particular



toy? The more specific you can be, the easier it becomes for your child to do what you said. This also lays the foundation for your kids to be good listeners.

What do you say now when your child says "in a minute?" Do you say, "okay?" My answer is generally, "No, now." Again, clear and direct.

Once you say that, your child might start making a move when you ask her to do so. When you do this over and over again, your child will stop asking for an extra minute and will start to do things the first time you ask.

Some children need a little more support. After you say, "no, now," walk over, take her hand, and say,

"Okay, we can do it together." Pairing your speech with the physical action gives them the physical experience of listening to you. They will feel in their body what "doing it now" means.

Swift, clear actions paired with concise language will stop your child from avoiding your directions.

For a special gift especially for New York Parenting readers, please visit: bit.ly/vid-nyp

Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. She has worked with thousands of families for more than 15 years and has condensed her observations into her practice and programs. For more on her, visit www.BehaviorAndBeyond.net.

St. Helena Elementary School

A Total School Program

OPEN HOUSE

Saturday, January 30, 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)
- Academics - According to New York State Board of Regents Requirements
- Accredited by AdvancEd
- Gym with Qualified Supervision
- Fundamentals of Art Expression
- We Have SmartBoards in Every Classroom

A Safe Passage Through Childhood/A Solid Religious Foundation

As seen in the Daily News on December 19, 2006 - Catholic school keeps faiths "All God's children" welcome
"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

Discover the value of Catholic schools

Why parents choose this effective alternative

BY CANDI SPARKS

At a time when the New York City public school system is under much criticism and revision, working families have found an alternative in the Catholic school system, which have historically been the ones to reach out to and support communities in need.

The public schools in immigrant-filled working-class neighborhoods during the early-to-mid-20th century were largely overcrowded and not necessarily providing top-notch education. To assure that their children would be taught their values, many of the immigrants of the day opted for a parochial school system.

In the early days of the immigration wave, it was primarily Irish and Italian immigrants that sent their children to Catholic schools. As the years went by and new immigrants came from more countries and continents, the demographic shifted and one didn't necessarily have to be Catholic to choose this option. As a result, many Catholic schools have continued as an integral part of our city-wide school landscape.

Currently, Catholic schools serve more than 160 nationalities. With each wave of immigration Catholic schools offer diversity. Non-Catholics comprise about one quarter of the student body.

"Catholic schools are not just meant for the faithful. We are here to grow faith by building community and reaching out to those in need," says Tom O'Brien, of the Brooklyn Diocese, which is involved in raising scholarship funds to help families offset tuition. "But not every Catholic school family is in great economic need. Our demographic is changing.



We have seen an influx of middle income families who choose Catholic school because of the class size, excellence in education, and for a safer environment than what most parents think the neighborhood public school would offer."

Patty, a public school teacher from the Bronx, sends her son Ronald to a Catholic elementary school.

"The environment stresses academics and doing the right thing," she says. "The teachers set high standards for the children. They are expected to do well and they rise to the occasion."

Many Catholic school students are the first in their families to graduate from college. In low-income neighborhoods, this means that the school is providing the lion's share of educational support for children who do not have access to private tutoring or help at home.

There is a 99 percent graduation rate for Catholic high schools, compared to the 41 percent public high school graduation rate. And 97 percent of Catholic high-school students go on to graduate college. Overall, Catholic school seems to outperform public school and is a viable, less-

Overall, Catholic school seems to outperform public school and is a viable, less-expensive system of education in the private sector.

expensive system of education in the private sector.

In fact, the only two private schools in New York State that were designated by the U.S. Department of Education as "Blue Ribbon," a program that honors public and private elementary, middle, and high schools whose students achieve at high levels, or schools that make significant progress in closing the achievement gap, in 2011 were both Catholic schools in the Archdiocese of New York — St. Ignatius Loyola School on E. 84th Street in Manhattan and St. Ignatius on Mott Street in Manhattan.

The incentives for getting a Catholic school education are different than what they used to be, and this is changing the demographics of Catholic school students.

"Families that don't have money don't usually have many choices. We needed to find a school with the right mix for Benny," says Elizabeth, a Brooklyn mother of two, who chose to send her son to a Catholic school with solid academics and a baseball program. "He really wanted to play baseball. The only school that we could find to bridge the gap was a Catholic school."

Likewise, Patty, of East Harlem, sends her daughter Amber to a bilingual Catholic school.

"My daughter goes to a school that gives her [education] in both languages," says Patty. "Sure, they speak the same languages in the public school around the corner, but it is unofficial. The public school does not have the same structure."

Amber's Catholic school is also closely related to other parish activities and offers bilingual masses, events, and service projects for the community. This makes the Catholic school a great way for Patty and Amber to meet people of similar backgrounds and build a community. Parochial schools celebrate the tradition of faith, family, and community.

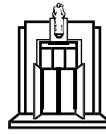
Unfortunately, keeping these schools open has become a challenge. The Catholic school sector is no different than any other, and closings have been publicized. In response, Catholic schools are researching and developing new educational business models. Some Catholic schools have closed their doors, only to reopen as academies. For example, in South Ozone Park, the Nativity of the Blessed Virgin Mary School and St. Stanislaus Bishop and Martyr School closed, only to be succeeded by the Divine Mercy Catholic Academy. Because the school involves more than one parish, it is called an academy to differentiate it from a single-parish school. Since 2005, the Brooklyn Diocese has opened many Catholic academies in Brooklyn and Queens.

The Brooklyn Diocese has also implemented the program "Preserving the Vision." The name means exactly what it says: preserving what has always been an integral part of Catholic life — the education of children. This vision includes developing schools that will be better able to meet the diverse and changing needs of students and parents.

The Archdiocese has also initiated the "Pathways to Excellence" program, aimed at professional development for principals, teachers and staff at schools that already do outstanding work. Because of the diverse population, there is still more than can be done to close the achievement gap. The program is aimed at raising standardized test scores and providing teachers with new classroom tools, such as the digital teaching program for fourth and fifth grade math, "Time to Know," which provides online learning, data collection and feedback for the school.

Personally, I am proud to share that my fondest childhood memories revolve around a humble beginning, in a humble neighborhood. My siblings and I attended a Catholic elementary school, Our Lady of Victory, for eight years. I am pleased that Catholic schools are committed to remaining vibrant institutions for generations to come.

Candi Sparks is the author of children's books about money including "Can I Have Some Money? Educating Children About Money," "Max Gets It!" and "Nacho Money." She is a Brooklyn mother of two and is on Facebook (Candi Sparks, author) and Twitter (Candi Sparks, author). Her website is www.candisparks.com.



CARDINAL HAYES HIGH SCHOOL

"UP HAYES AND ALL ITS LOYAL MEN!"

**OPEN
HOUSE**

**CARDINAL HAYES
HIGH SCHOOL
INVITES YOU
FEB. 6, 2016
10AM - 1PM**



**Enrolling Transfer Students for the
2nd Semester. Deadline: February 1st**

*A Proud Tradition of College Preparatory
Academics & Building Young Men of Character
Since 1941*

**A CATHOLIC HIGH SCHOOL
OF EXCELLENCE**

Visit our website

or call 718.292.6100 ext. 187

www.cardinalhayes.org

650 Grand Concourse, Bronx, NY 10451

HOLY ROSARY SCHOOL



NOW Accepting Applications for Enrollment!

**Holy Rosary School
FREE PRE-K For All
and grades K to 8th**

**COME VISIT OUR
NEWLY RENOVATED AND
UPDATED BULDING!**

OPEN HOUSES:

January 14th
6 p.m. to 7:30 p.m.
February 2nd
9 a.m. to 12 p.m.
February 4th
6 p.m. to 7:30 p.m.

HOLY ROSARY SCHOOL

1500 Arnow Ave., Bronx, NY 10469

718.652.1838

Visit us on the web

WWW.HOLYROSARYSCHOOLBRONX.ORG

Click on prospective families to download your application information

Come and explore all that Cathedral has to offer you!

MINI OPEN HOUSE

Thursday, January 28, 2016

7:00 PM



50 East 56th Street, NYC ~ (212) 688-1545 ~ www.cathedralhs.org
Accredited by the Middle States Association of Colleges & Schools



Our Lady of Assumption School



Blue Ribbon School

Nationally Recognized School of Excellence

Early Childhood Open House

January 12 (9:00-10:30 A.M.; 6:00 - 7:30 P.M.)

Parish Open House

January 31 (1:15 - 2:45 P.M.)

General Open House

February 2 (9:00-10:30 A.M.)

Pre-K 3 and UPK Programs Available

Grades K-8

- Before and After School Programs
- Music, Art, Computer, Phys. Ed. and Foreign Language Classes in All Grades
- FREE NYC Breakfast and Lunch Program
- Internet Access and Interactive Smartboards
- Boy Scouts, Girl Scouts, Cheerleaders, & Sports Program Available

We Honor Our Patroness, Our Lady of Assumption, the Queen of Wisdom, and Through Whom All Graces Flow.

Come and See what OLA has to offer!

Call (718) 829-1706 • www.olassumptionbronx.org

1617 Parkview Avenue • Bronx, NY 10461



St. Francis of Assisi School

Open House

Tues., Jan. 12, 2016 • 9-11am

or by appointment

St. Francis of Assisi offers FREE Universal Pre-Kindergarten (UPK), before and afterschool programs, free breakfast program, and a delicious hot lunch program.

We celebrate the individuality of students and offer an enriching and nurturing environment grounded in the philosophy of Piaget. Call and schedule a tour today and experience firsthand Where Integrity and Academic Excellence Meet!

4300 Baychester Ave, Bronx, NY 10466
718-994-4650 • sfabx.com



St. Brendan School

268 E. 207th Street, Bronx, NY 10467
718-653-2292 • www.stbrendanschoolbronx.org

St. Brendan School offers a quality education rooted in sound Catholic values and challenging academics for children from PreK 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 or
visit our website at www.stbrendanschoolbronx.org

Make a positive choice for your child's future!



"St. Brendan School, where children shine!"

Recognition & Results!



OPEN HOUSE

February 1st • 9am to 11am

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.



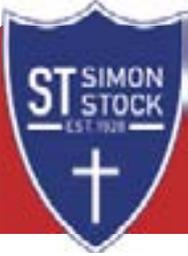
With this solid foundation our students earn national and international recognition for their accomplishments.

- CTK is home to the only elementary STEP Team in the Bronx, **winner** of the annual "Break the Stage" competition and participants in the National STEP Team "Day of Unity" Competition.
- We excel on the literary front as well! Our 4th graders have won **1st Place** at the Latino Literacy Now International Latino Book Awards for their self-authored book *De Donde Vengo Yo (Where I'm From): Poems of Pride*.

We strive to inspire our students to become productive, successful members of their larger community through service, leadership and compassion. Our commitment is evident in our students' results! 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
718-538-5959 • christthekingbronx.org



Inspiring Responsible Citizenship in the Catholic Tradition

Since 1928, St. Simon Stock School has been preparing its students to become responsible, educated and successful citizens of the Bronx and beyond. From the halls of premier high schools, elite colleges, the best and most competitive Civil Service careers, to the pulpits of the Catholic Church, our students take their St. Simon Stock experience into the greater world to: Learn. Lead. Inspire. This is the St.

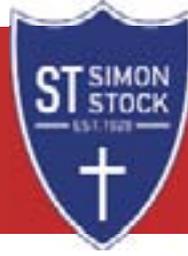


Simon Stock Way. They assume leadership roles in every form of human endeavor. At our school, children in grades UPK through 8th experience a well rounded academic and spiritual education filled with hands on enrichment programs and specialized attention from our certified staff.

Please call our 24 hour bilingual information line 646-794-2885 to inquire about St. Simon Stock School and schedule a tour to see how St. Simon Stock can positively impact your child's future.

St. Simon Stock School

2195 Valentine Ave., Bronx, NY 10457 • 718-367-0453



Ciudadanía Responsable inspiradora en la Tradición Católica

Desde 1928, San Simón Stock School ha estado preparando a sus estudiantes a ser responsables, educados y ciudadanos exitosos del Bronx y más allá. Desde los pasillos de las escuelas de primera secundaria, colegios de élite, los mejores y más competitivos carreras de la Función Pública, a los pulpitos de la Iglesia Católica, los estudiantes toman su San Simón Stock experiencia en el mundo mayor de: Aprender. Dirigir. Inspirar. Este es el camino de San Simón Stock. Ellos asumen posiciones de liderazgo en todas las formas de la actividad humana. En nuestra escuela, los niños en los grados UPK hasta el octavo grado tienen una educación académica y espiritual muy completo lleno en los programas de enriquecimiento y atención especializada de nuestro personal certificado.



Por favor llame a nuestra línea de información bilingüe 646-794-2885 24 horas para preguntar acerca de San Simón Stock escuela y programar una visita para ver cómo San Simón Stock puede repercutir positivamente en el futuro de su hijo.

St. Simon Stock School

2195 Valentine Ave., Bronx, NY 10457 • 718-367-0453

OUR LADY OF MT. CARMEL SCHOOL

"A Tradition of Excellence In Educating the Whole Child"



Pre K Program

for Three Year Olds / Programa de Pre-K para niños de tres años

UPK Program

for Four Year Olds / Programa de UPK para niños de 4 años

Mount Carmel offers a new, state of the art computer lab, enriched art and music program, and a Common Core based After Care Program.

Enrollment is ongoing.

2465 BATHGATE AVENUE • BRONX, NY 10458
jr@archny.org • (718) 295-6080 • www.olmcbronx.org

Private/Independent School Guide



Check it out on NYParenting.com



St. John School offers Christian values in a safe, caring, supportive and enthusiastic learning environment. The classroom structure is designed to encourage your child to develop at his/her own pace.

Our school's aim is to promote independence and understanding.

In addition to a rigorous NYS mandated curriculum we offer a multitude of enrichment services for grades UPK through 8th, including:



- Before and After school care
- Breakfast and Lunch programs
- Art
- Community Service projects
- Internet and advanced technology in classrooms
- Music
- Title 1 Services
- Sacramental preparation
- Physical Education

St. John's School

3143 Kingsbridge Avenue, Bronx, NY 10463 • 718-548-0255

www.stjohnschoolbronx.org

Conveniently located 2 blocks away from the BX1, 7, 9, 10 & 20 trains and close to the 1 Train at the 231st St. Station!

**Soar to New Academic Heights with the St. John's Eagles!
Contact us for a Tour Today!**



Visitation School

"Celebrating over 80 Years of Excellence in Catholic Education"

Pre – Kindergarten Through Grade 8

Plan to visit us at our

"OPEN HOUSE"

Catholic Schools Week –

Tuesday, February 2, 2016 • From 9:00 to 11:00am

or

"2016" – Touring Tuesday's

January 12 / February 23 / March 8 • From 9:00 to 11:00am

Visitation Competes and Excels in many annual Bronx and City-wide competitions, including...Science Fairs, Academic Olympics, I-TV Eddy Awards, and more!

171 West 239th Street • Bronx, NY 10463

718-543-2250 • Fax 718-543-3665 • www.visitationschoolbronx.org

Mr. Chris White, Principal

Open House

Sunday,
January 31st
11am - 1pm

3335 Country Club Road Bronx • NY 10465

718.514.7624 • www.vma-ny.org

Private, Independent and Catholic
Universal Pre-K – 8th grade

25%

AVERAGE HIGHER
SCORES THAN
NEIGHBORING
SCHOOLS

129

YEARS
TEACHING IN
NEW YORK CITY



1-18

TEACHER
STUDENT
RATIO



OVER \$800,000

IN SCHOLARSHIPS WON BY
THE CLASS OF 2015

95%

OF TEACHERS
WITH ADVANCED
DEGREES

12

SPORTS, ARTS
AND SCIENCE
EXTRACURRICULAR
PROGRAMS



70%

OF JUNIOR HIGH
STUDENTS ON THE
HONOR ROLL

Villa Maria Academy

a foundation in liberating education
within a nurturing Catholic community

Decode your child's cough

That hack is making them miserable, but just how serious is it?

BY SANDRA GORDON

It's always distressing to hear your little one cough, especially in the middle of the night. Still, as common as this wintertime symptom is, it's helpful to know that it often sounds worse than it really is.

"Coughing is the body's way of clearing and protecting the airways from irritating mucous and other secretions," says Dr. Charles Shubin. Coughs also provide valuable clues about your child's illness.

Follow our guide to figure out what's worrisome and what's not — and how to help your child feel better — fast.

Croup

A contagious wintertime viral infection that causes the throat and windpipe to swell and narrow. It typically affects kids between 6 months and 3 years. (Adults and older children have wider windpipes, so swelling is less likely to affect breathing.)

Cough clues: A distinctive, shrill, dry, seal-like bark, which frequently starts in the middle of the night.

"The sound is unlike any cough you've ever heard before," says Dr. Mark Widome, a pediatrician and author of "Ask Dr. Mark."

Other symptoms: Your child's illness follows a circadian rhythm: better during the day, worse at night. She may have a slight fever. In severe cases, your child may develop stridor, a harsh, high-pitched sound every time she inhales, similar to the noise kids make after a long crying jag.

What to do: Sit with your child in a steamy bathroom for five minutes; the humidity will help move mucus from her lungs and calm her cough.

"After that, bundle her up in warm pajamas and take her out into the cool night air for a few minutes or open the freezer in the kitchen and have your child breathe in the frigid

air," says Dr. Bonnie Kvistad, a pediatrician.

The combination of steam then cool air can help reduce airway inflammation. At bedtime, run a cool-mist humidifier in the room; the cold, moist air may reduce airway swelling as well.

Call your doctor right away if your child is less than 2 to 3 months old, her cough worsens, or she's having trouble breathing. She may need medicine to reduce inflammation. Otherwise, croup often runs its course in three to four days.

Common cold

A viral infection of the nose, sinuses, throat, and large airways of the lungs. Coughing usually lasts the entire length of the cold (about seven to 10 days), but can linger twice as long, with mild improvement each day.

Cough clues: A wet or dry, hacking cough without wheezing or fast breathing, day or night.

Other symptoms: Sneezing, a runny nose, watery eyes, and a mild fever (usually less than 101.5 degrees F).

What to do: Keep nasal passages as clear as possible; congestion and postnasal drip worsen this cough. Using a cool-mist humidifier in your child's bedroom will help moisten airways to reduce the coughing caused by post-nasal drip.

For babies and toddlers who can't blow their nose yet, use nasal saline drops and a nasal aspirator to suction a runny nose.

Children's Tylenol or Ibuprofen can keep him comfortable if he has a fever, but check with your doctor for the right dose if your child is under age 2.

If your child's cough and stuffy nose persist for more than 10 days without improving, see your doctor. Your little one could have asthma,

allergies, or even enlarged adenoids, which inhibit breathing. Older kids could have sinusitis, a bacterial infection often brought on by a cold.

Whooping cough

Also known as pertussis, it's a highly contagious bacterial infection of the throat, windpipe, and lungs. Babies routinely get their shots at 2, 4, and 6 months of age, and additional booster at 15 months and again between 4 and 6 years. Children who haven't received their full immunizations are most vulnerable. All adults, especially those in close contact with infants younger than 12 months, get the Tdap (tetanus, diphtheria, and pertussis) vaccine and a booster every 10 years. Immunity wanes as we get older. Therefore, adults may carry pertussis but get only a mild cough.

Cough clues: Dry, hacking coughing fits — as many as 25 coughs in a single breath. When your child inhales sharply to catch her breath, she makes a high-pitched whooping sound.

Other symptoms: Before the cough starts, your child has a week of cold-like symptoms but no fever. In infants, the illness can be severe and cause mucus to bubble from the nostrils. It can also lead to convulsions and make a baby stop breathing if she gets tired.

What to do: Call your doctor if your child's cough worsens — instead of improving — after a week. Babies usually need to be hospitalized to control the cough and have mucus suctioned from their throat. The illness is treated with antibiotics, although the cough can last for many weeks or even months.

Whooping cough is very contagious, so children who are not fully immunized who have been in contact with somebody with whooping cough should see their pediatrician. "They may be given prophylactic antibiotics," Dr. Kvistad says.

Gastroesophageal reflux disease

Caused by a weak or immature band of muscle between the esophagus and stomach that allows acid to flow back up. Sometimes the irritating juices can enter the lungs, causing a chronic cough.

Cough clues: A wheezy, crackly, persistent cough after your child eats. Coughing episodes typically worsen when she's lying down.

Other symptoms: She may feel a burning sensation or may vomit or belch when swallowing. A baby



might be fussy or have been labeled as colicky. Toddlers may develop wheezing and picky eating habits.

What to do: See your pediatrician if your child's wheezy cough lasts longer than two weeks. He may recommend keeping your baby upright for at least 30 minutes after feedings and elevating the head of her mattress while she sleeps. Prescription medicine can also control symptoms.

Asthma

A chronic condition in which small airways in the lungs swell, narrow, become clogged with mucous, and spasm, making breathing difficult. Common asthma triggers include environmental irritants, viral infections, and exercise.

"Children with asthma, in essence, have sensitive lungs," says Dr. Widome.

Cough clues: A persistent cough that's often whistling or wheezy, lasts longer than 10 days, and worsens at night or after your child exercises or is exposed to pollen, cold air, animal dander, dust mites, or smoke.

Other symptoms: Your child is wheezing or has labored, rapid breathing.

What to do: In mild asthma cases, a chronic cough may be the only symptom, Dr. Widome says. See your doctor for an accurate diagnosis. Mention any family history of allergy, asthma, or eczema, which can increase your child's likelihood of the disease.

Flu

A viral respiratory illness that's most common from November through April.

Cough clues: A mildly hoarse, throaty cough that comes in frequent spells and can be either wet or dry.

Other symptoms: Your child feels listless and complains that his throat is scratchy and sore, his head hurts, and the muscles in his back and legs ache. He may also have a runny nose, fever, and nausea.

What to do: Call your doctor if your child has a fever above 101.5 degrees F, is throwing up, has diarrhea, or is uninterested in eating or drinking. (Your doctor will recommend steps to prevent dehydration.)

Give your child plenty of fluids,

and use a humidifier to clear congestion in his airways. Also, to ward off future bouts of the flu, ask your pediatrician about getting your child an annual flu shot; it's recommended for children 6 months of age and older. It's not expected to protect against the swine flu (H1N1), which has similar symptoms to seasonal flu. But a separate swine flu vaccine is currently being developed. Ask your pediatrician for more information.

Bronchiolitis

An infection of the tiny lower airways in the lungs called bronchioles. It's usually caused by respiratory syncytial virus (RSV) and most often occurs from late fall to early spring.

Not to be confused with bronchitis (a frequent upper-respiratory infection in older kids and adults), bronchiolitis is common among babies and toddlers.

"Respiratory syncytial virus is different than the common cold, but it's not pneumonia. Almost all kids will get a bout of it by age 2," says Dr. Paul Checchia, a respiratory syncytial virus specialist. It typically runs its course in five to seven days.

Cough clues: A phlegmy or wheezy cough that's often accompanied by fast, shallow, or difficult breathing.

Other symptoms: Your child starts out with cold symptoms, such as sneezing or a stuffy or runny nose, that last about a week, and may develop a fever up to 103 degrees F. He's lethargic and makes a wheezing sound when he exhales.

What to do: Call your pediatrician right away if your little one seems to be struggling to breathe or is too irritable to eat or drink. Infants with bronchiolitis sometimes need to be hospitalized to receive oxygen treatment.

If your child's symptoms are mild (a wheezy cough without breathing trouble), blow his nose for him with a nasal aspirator or help him blow his nose, put a cool-mist humidifier in his room to help loosen mucus in his lungs, and make sure he drinks plenty of fluids. Kids can get respiratory syncytial virus year after year, because the body doesn't build immunity to the virus. The virus can stay alive on surfaces for hours.

"You can't put your child in a bubble, so the best you can do to avoid infection is wash your hands often," Dr. Checchia says.

Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.

The ultimate family adventure

How these
parents had
the vacation
of a lifetime

BY SHNIEKA L. JOHNSON

Would you be willing to trek 13,000 miles across multiple countries? Now, imagine that your kids are with you. That's exactly the journey that the Kirkby family went on recently. Adventure-seeking parents Bruce Kirkby and his wife Christine Pitkanen brought their two sons, Bodi (age 7) and Taj (age 3), along for an atypical family vacation. They traveled "surface only" — by boat, car, train, horse and on foot — en route to the Himalayas.

"Travel is so often destination oriented, but to us, the journey mattered just as much, or even more, than the destination. We could have flown to the Himalayas, but we wanted our children to experience everything in between; that great tapestry of cultures and languages and countries that would be missed from an airplane seat," said photojournalist Kirkby.

"We also wanted to show our boys that everything on the planet is connected," added Kirkby. "The world, especially for a young child, can seem infinitely large. Tracing a journey from our house to the other side of the world helps them see how the things we do at home affect others far away, and visa versa.

"Finally, Christine and I both love adventure and travel, and wanted to share that passion with our boys," he added.

As a travel writer and photographer, Kirkby was used to traveling alone, but the addition of his wife and young children posed some obstacles for the seasoned globe-trotter.

Travel Channel, www.travel-channel.com, cameras followed the Kirkby family documentary-style on their incredible journey to a remote Himalayan region. The typical travel challenges arose, like sick-



Gurmeet Sapal

ness from altitude changes, missed trains, and unfamiliar food.

Traveling light

"We prepared very carefully, as we had to be light. We took only the bare essentials — a few sets of clothes, one book each, first aid kit, etc. As parents, the primary thing we focus on each day is making sure the boys get enough food and sleep. If those are taken care of, the children can handle almost anything. But if they lag behind in either, travel quickly becomes difficult.

"There were times on the journey — when trains arrived four hours late, or every dish we were served was hot with spice — that meeting these needs was difficult, and required ingenuity.

Honing math skills

"The boys have been traveling all their life, so they were almost 'at home' on the road. There were meltdowns of course, but probably less than at home, because spending so much time with their parents tends to calm them, especially Bodi," said

Kirkby. "We rewarded them for good behavior and helping with family tasks by giving them each a small amount of change in local currency. They loved trying their hand at bargaining — and the math they learned in the process was amazing. They both returned home with a sack full of trinkets and mementos from around the world that they still play with today. Allowing them to buy their own things, with their own money, gave both of them a sense of control in the crazy journey — and brought both an immense amount of joy."

Any extended travel with children takes great preparation, and the ability to travel with only the "bare essentials" is a skill that even the average family going on a week-long vacation could appreciate.

Accommodating special needs

However, the Kirkbys are not the average family. One of the bigger challenges the Kirkby family faced during the journey was autism. The oldest child of the Kirkby family,



Bruce Kirby

Bodi, is on the autism spectrum, and that had a significant impact on the family's travel decisions and preparation.

"A child on the autism spectrum craves predictability and routine, so we showed Bodi a visual schedule of the coming day each morning," says Kirby. "There were unexpected shifts in plans at times, which were hard for him. He also needs quiet time and space, which can be difficult on crowded trains and streets. We brought ear-phones and music to help calm him in these situations. Overall, we find travel calms Bodi, which may seem counterintuitive, but the basic routine of getting up, moving, eating, then sleeping stays the same, day after day, and was something he could lean on."

Choices have to be deliberate when traveling with a child on the autism spectrum, and the unexpected nature of travel — with

delays, cancellations and constant changes — somehow have to be preempted to ensure the child remains comfortable.

The Kirkbys' experience illustrates that the key to adventure travel as a family is balance.

Mixing travel, fun, and rest

"Balancing travel with local exploration and relaxation. We need to make distance, but also wanted to ensure the boys didn't get exhausted, so we needed to make sure every few days we had the chance to play in a pool or by a lakeside, and not always be driving or in a train," says Kirby. "We were traveling for three months — aboard ships, trains, ferries, cars, jeeps, and even yaks. On a journey of that length, it becomes important to mix fun with travel. So we tried to follow every long day of moving with a day of exploring — stopping in un-

expected and unplanned places, like Gorakpur, India, where we found a hotel pool and pizza after a punishing 10-hour drive."

Adventure-seeking parents have to meet in the middle with their kids, for both safety and enjoyment. The key is to remember that it is the family's journey and not just your own.

The world as classroom

Many parents are hesitant to unplug, but to leave everything behind takes much determination. There are responsibilities with home and work, and if children are school-aged that poses another concern.

"Bodi missed three months of school, and people frequently ask if we were worried about this, but at his young age, what he experienced in that time seemed incomparable to the tiny bit of school he'd miss. We did buy a basic workbook, but

his teachers told us not to worry, that he'd be just fine."

Do it yourself

Although the Kirby family documented the trip for the purpose of the series, "Big Crazy Family Adventure", it is just as simple for the average family to plan a "mini adventure" themselves. Travel expos like the New Times Travel Show, nytravelshow.com, offer many resources for families to gather.

For more individualized assistance, travel agents that focus on adventure travel or family travel are the route to go. Start small with an adventure weekend, and then on to an adventure week. Dream together and dream big as you plan your journey together.

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



How to talk to your teen about

eating disorders

BY HELEN STEELE

Talking with your children about eating disorders — defined as “serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating,” according to the National Institute of Mental Health — is very important, but it

can be a tricky business. Here’s a quick guide to help you approach the topic:

Be calm

An emotive topic such as eating disorders can quickly spiral out of control — particularly when you as a parent are aware of the potential health consequences that

anorexia nervosa, bulimia nervosa, or binge-eating disorder can bring with them. Early intervention can be crucial where eating disorders are concerned, but many parents avoid voicing their suspicions until it is too late, as they fear a row.

One way to bolster your sense of calm is to prepare what you’re going to say beforehand. It’s hard to

keep your cool if your child reacts badly to your words — but planning the thread of your conversation before bringing it up can help a lot in allowing you to calmly weather any such storms. You can never entirely predict how a teenager is going to react to your words, but you will by now have at least some idea of the kind of vocal and reasoning techniques which work on them, and those which are likely to provoke an argument.

Try speaking to your teen on a reasonable and adult level. Treating teens like grown-ups where serious subjects are concerned often inspires young people to act in a way which will prove themselves worthy of this respect. Anything you can do to keep the conversation on an even keel is well worth it — as the longer the lines of communication are open and working smoothly, the more information you can exchange on this crucial topic.

Don't be judgemental

Voice your concerns — but try not to do so in a manner which is judgemental or makes it seem as though you're blaming your child. If you make her feel as though you're getting at her, she may well become defensive and shut down the conversation. Some eating disorders come with patterns of behavior or ideas about food that may seem peculiar to those without an eating disorder — and it's very easy to blame the suffering individual for what seem like weird diet quirks.

In fact, these are part and parcel of the eating disorder, which is — and this is important to remember — an illness. You wouldn't blame or judge your child for having a runny nose when she has a cold, so try to extend the same sympathy and unconditional support to your child during conversations about eating disorders. Of course, this can be difficult when the very nature of eating disorders means that your child is unfortunately likely to avoid and prevaricate when the issue is addressed, which can be frustrating, so, as above, try always to stay calm. Staying calm will prevent you from acting as though you blame her.

Listen

This conversation should not be a lecture. It should be an op-

portunity for your child to open up to you about any issues she has with food, or body image, or any questions she has about eating disorders.

We are lucky in New York to have a range of resources available to us which aim to promote healthy body image and reduce eating disorders — but it does not matter how much you tell a child, if she does not feel like you're hearing her point of view on the subject, none of it will go in. So, have an open conversation. Listen to what she's not telling you as much as what she is, and encourage her to come to you for unconditional love, support, and an open ear if she is struggling.

Prepare for negativity

Unfortunately, eating disorders and the body-image issues with which they are often associated frequently come with a considerable degree of secretiveness and defensiveness as part of the package. And this is before you take into account the fact that you may be dealing with teenagers — a demographic which can be volatile at the best of times.

Even the calmest, most open and well-reasoned conversational approach to this topic may be met with opprobrium or sulking.

That's okay. Don't worry. You've breached the topic, and let your child know that you love and care for her and want to help her in the event that she does develop an eating disorder.

Hopefully, these thoughts will percolate within her mind, and when she's feeling a bit less defensive, she might bring the subject up on her own. If not, keep on trying at regular intervals, always highlighting the message that you're not cross, you just think that this is an important conversation which you wish to have because you love your child.

For information about eating disorders, visit the National Institute of Mental Health at www.nimh.nih.gov.

Helen Steele is a writer and volunteer for charities that help people who suffer from mental health problems, addictions, and eating disorders. Steele has battled anorexia, and although she is well now, and has been able to have her own family, she's keen to ensure her own daughters have a healthy attitude towards their bodies and food.



If you like
the magazine
you'll love
the site.

Check us out!

NYParenting.com

*Where every family matters and
where New York parents find help,
info and support.*

PARENTING
MEDIA ASSOCIATION
2015 Bronze
Award Winner
Editorial Awards
Competition



JUST WRITE MOM

DANIELLE SULLIVAN

Winter weather tips for your family pets

Our pets are part of our family, and just as we make provisions to keep our children warm and cozy in the winter, the same must be done for our dogs and cats. The frigid winter temperatures are not just inconvenient; they can be incredibly dangerous for our pets. Experts say frostbite can take hold in less than 15 minutes, and animals are not exempt from this despite their furry coats.

Frostbite is bad enough, but 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-degrees Fahrenheit, 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. Outdoors is no place for pets.

Here are some other tips to keep your precious pups and kitties content and protected this winter:

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.

Frostbite most often occurs on the thin, exposed areas of a dog. The skin of their ears, tail, scrotum, and paws 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.



Cats are particularly vulnerable to the cold and can actually freeze to death. Crafty cats will do what they have to do to stay warm and alive. When left outside, many cats seek out warmth under car hoods and engines, and can easily be killed when cars are turned on, so take a peek under your hood and tires before turning on your car.

Make sure collars are secure and never let dogs 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.

Cars can be lethal. 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 an unheated vehicle. Not only are they already at freezing temps, but cars can act as a refrigerator, keeping all the coldness inside.

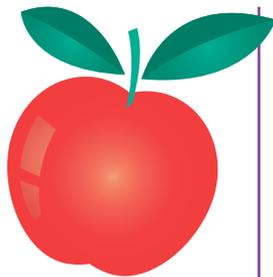
Stay away from salt. Be on the lookout for salt on sidewalks and driveways, which can irritate and even burn your pup's paws. Wipe their paws off with a paper towel or

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 as soon as possible. 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.

Anti-freeze can be fatal. It is poisonous, and 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 antifreeze, take her to the vet immediately.

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.



DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

How to jump-start a toddler's education

Dear teacher,

I am a stay-at-home mom who is anxious to help my toddlers get a head start on learning. What is my best approach?

Dear parent,

One of the best ways to start toddlers on the path to being a learning star is by talking to them. This is true whether you are with them all day long or have more limited time, because you are a working parent.

It is sad, but true, that young children from poorer homes usually hear far fewer words than those from well-to-do homes. The difference in the number of words that are heard in an hour is absolutely enormous — more than 1,000.

It is believed that this greatly affects the variance in IQ between economic groups. So talk, talk, talk to your children, and whatever your income level is will not be a factor in them being smart students.

Incidentally, this does not mean hearing words on television; this simply doesn't help children.

Beyond just talking to children, introduce them to the world, and talk about it. Get out of your home. Go to stores, restaurants, parks, museums, and libraries — anywhere they can have new experiences. Let them see rivers, lakes, the ocean, bugs, and birds, planes, trains, and buses. Have them experience elevators and escalators, and look at the day and night sky. Take them on walks and car rides. Introduce them to all of your relatives. Each new experience will widen their horizons. The more they learn about the world, the more they will understand when they begin reading about it in books.

Stopping homework procrastination

Dear teacher,

Our son puts off and puts off starting his homework every night, then doesn't have enough time to finish. Is there any way to cure or at least improve his tendency to procrastinate?



Dear parent,

For many families, a homework contract resolves a lot of homework problems. The agreement between parent and child can state a specific time for starting homework. Both must talk over the terms and agree to them. In certain cases, it may be helpful to have rewards and penalties to incentivize the child to follow the terms of the contract. You should look at our contract on dearteacher.com. It is found under Skill Builders/Study Skills.

The tendency to procrastinate can be also be reduced by having you and your child look over his homework at the start of a homework session as defined on the contract. Then, together you can decide which assignment will be the easiest to do. Starting on the easiest assignment will reduce your son's reluctance to start his homework. You can further push your son to start his homework by not letting him do anything else before his homework is completed.

Math test anxiety

Dear teacher,

You have written about math anxiety

being a real phobia that can actually be seen in the brain patterns in the regions associated with problem-solving. We have strengthened our fourth-grader's basic math skills, so she can handle her homework okay. However, she still panics on tests. How can we help her do better?

Dear parent,

You have taken the first step in helping your child grasp basic math skills. Now you need to help her learn to unfreeze her mind when she is being tested.

Instruct her look over the entire test to find just one problem that she can answer. Then she should look for others that she can solve. By solving a few problems, her confidence will be enhanced, and she will be ready to go back to the start of the test.

Should she get stuck on a problem, teach her to draw a picture of it to make the solution easier.

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

© Compass Syndicate Corporation, 2016.
Distributed by King Features Syndicate



DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Do you two need a parenting schedule?

I was recently asked the question: Do we need a parenting schedule? Here are a few thoughts that parents may find helpful.

For most families, a schedule of what dates the child will spend with either parent is of great value, for every member of the family.

Children will not feel torn: The recently celebrated Christmas holiday serves as a good example of how children can feel conflicted, if deciding which parent they will spend time with is left up to them. Do you think your kids might have felt this way? “If I’m with Mom, will I make Dad feel bad? And, if I’m with Dad, won’t Mom be lonely, and feel that I love Dad more than her?”

For a lot of children, being put in the position of having to choose is a no-win situation; whatever the decision, the child feels disloyal to someone.

Note that many holidays can be “split” in some manner. Hanukkah, also celebrated last month, is eight days long. Often, it is possible for a child to spend at least a day or two with one parent, and the remainder with the other. Depending on the circumstances, a child may be able to be with Dad on Christmas Eve and Mom on Christmas Day, or vice-versa.

Also note that older children may need a different arrangement; or even no arrangement. My daughter, recently turned 18 and living at college, had long been looking forward to tossing out the parenting schedule she had been living under. Although she had said that she believed the schedule we had was the best one possible, and though her mother and I were very flexible about our daughter being with the other parent when something came up — which our teenager recognized and appreciated — a schedule was nevertheless confining for her.

Since she turned age 16 or so, I had been hearing, “One thing I look forward to about college is not having a schedule of when to be with you and Mom.” I had my doubts; wouldn’t those conflicted feelings that often



come from having to choose which parent to spend time with still be there? But, she loves the new freedom, and no schedule is a big success for this child of divorce. (It helps a lot that both of her parents are very easy going about this, and that our daughter wants to — and makes a point of — visiting with each of us, though we don’t know weeks in advance when to expect her.

Will no schedule work in your situation when your child heads off to college? I couldn’t say, and am only grateful that it is successful here. As one who shares information with others about parenting during separation or divorce, I still can’t say that I would necessarily recommend not having a parenting schedule. It depends so much on your child, and on you the parent, too. If your child wants to try it, can you be supportive? Or, will you make every one of your kid’s trips home a guilt trip as well?

Parenting schedules benefit parents, too! Want to go out with friends? Take a class? Run errands? Go shopping? Sleep in? With a schedule in place, you’ll know when you can, and find planning ahead much

easier to do.

For many parents, a schedule also has the great benefit of reducing the conversations and interactions with the other spouse. If you’ve agreed about which parent your child will be with, and when, there should be fewer occasions to discuss and argue over these questions. If one parent has just been “showing up” to see or take the children whenever he feels like it, a schedule should help to end that behavior.

Need help in creating or revising a parenting schedule? Consider trying on your own; there are books and websites to help you. Otherwise, give some thought to mediation; parenting schedules are a big part of what divorce mediators do.

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, (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at www.facebook.com/lchabin.

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

STOMP

**“EXUBERANT!
A SURE-FIRE CROWD PLEASER”** - THE NEW YORK TIMES

ESTABLISHED IN 1994 NYC

ticketmaster® or 800-982-2787
ORPHEUM THEATRE 2ND AVENUE AT 8TH STREET
STOMPONLINE.COM

“THE WOODSMAN

is an elemental reimagining of L. Frank Baum’s World of Oz.
The puppets are fanciful and gorgeous; the spectacle is handmade,
infused with breath and light.”
The New York Times

“★★★★★
Evocative and haunting.”
Time Out New York

“MARVELOUS!
Overflows with vivid
imagery and emotion.”
New York Magazine

DISCOVER HOW THE TIN MAN LOST HIS HEART.

THEWOODSMANPLAY.COM
RETURNING JANUARY 27

Telecharge.com | 212-239-6200 | New World Stages 340 W. 50th St. f t i

PHOTO: BIANCO

Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

**Gazillion
Bubble
Show**

“IT WILL BLOW YOUR MIND”
-OPRAH

Telecharge.com · 212.239.6200
GazillionBubbleShow.com
New World Stages, 340 W. 50th St.
For groups or birthdays call 866.642.0849

Calendar

JANUARY



Hop aboard and sing with Thomas

Take a ride with Thomas the Tank Engine when “All Aboard with Thomas and Friends” returns to the New York Botanical Garden, from Jan. 2 through Jan. 24.

Join Thomas and driver Sam on a fun-filled, sing-along, mini-performance adventure by helping them decorate the station in time for the big Sodor surprise birthday party before the guest of honor, Thomas the Tank Engine, arrives! The show is 20 minutes long with plenty of songs to keep a smile on your face, with a fun sing-along.

When children arrive at the theater they receive coloring sheets and crayons. After the show they are called up in order of arrival to have their photo taken on stage

with Thomas and Sam. This photo can be printed and purchased on-site. When the children depart they receive a certificate with their name and date.

“All Aboard with Thomas and Friends.” Daily Jan. 2 through Jan. 24. Shows are 11:30 am to 5:30 pm. Tickets are \$20 for adults, \$18 for students and seniors, and \$8 for children ages 2 to 12. Prices on weekends and holiday Mondays are \$25, \$22 for seniors and students, \$10 for children 2 to 12, and free for members on any date. Tickets include the All-Garden Pass which grants access to the Holiday Train Show.

New York Botanical Garden [200th St. and Kazimiroff Blvd., (718) 817-8700, www.nybg.org].

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

Calendar

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 — 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!

SAT, JAN. 2

IN THE BRONX

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

Learn the meanings and signs represented by animals in the Chinese New Year calendar and Spirit Animal teachings of Native Americans. Let's see—what animal will you be this year? Create your own animal or seasonal vision for the year at this signature Wave Hill program and take home your very own hanging calendar.

Seal exploration: Orchard Beach Nature Center (OBNC), Orchard Beach; (718) 885-3466; www.nyc.gov/parks/rangers; Noon–1:30 pm; Free.

New York City is home to an amazing abundance of wildlife. Rangers will guide you to the best wildlife viewing spots in the urban jungle. On this program we will explore a popular area for seal sightings. Older children.

SUN, JAN. 3

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Jan. 2.

WED, JAN. 6

IN THE BRONX

Three Kings Day Parade: El Museo de Barrio, 106th St. and Park Avenue; (212) 831-7272; www.elmuseo.org; 11 am; Free.

The 39th annual event celebrates El Dia de Los Tres Reyes Magos, hosted by the El Museo de Barrio.

FURTHER AFIELD

The Three Kings: Teatro SEA, 107 Suffolk St. at Delancey, Manhattan;



Three Kings Day

Celebrate El Dia de los Tres Reyes Magos — Three Kings Day — at El Museo de Barrio's 39th annual parade on Jan. 6.

Three Kings Day is one of the most important Latin American holidays for children, and families will delight in the cavalcade of live camels, colorful puppets, parrandas, music, and dancing on this magical day.

This year, the jaunt celebrates our youth, and advocates who de-

vote their lives to their social and economic well-being. After the parade families will enjoy a musical performance, and free admission to Las Galerías at the museum.

The parade is free and begins at 11 am on Jan. 6, starting at 106th St. and Lexington Avenue, and ending at 115th Street and Park Avenue.

El Museo de Barrio [106th St. and Park Avenue; (212) 831-7272; www.elmuseo.org].

(212) 529-1545; www.teatrosea.org; 3 pm to 5 pm; Free.

Come celebrate one of the most important Latin American holidays El Dia de los Tres Reyes Magos/Three Kings Day. The first 1,000 children to arrive will meet the Three Kings and receive a FREE gift! Live music by Los Pleneros de la 21 and Mariachi Academy of New York as well as free samples of food/beverages provided by GOYA Foods.

SAT, JAN. 9

IN THE BRONX

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

Look to the sky's palette of colors, infused with shades of dusk or dawn, and then blend and blur

paint and tissue-paper dyes against a silhouette of winter trees, city skyline, river or bridge to create an inspirational scene.

FURTHER AFIELD

The Secret Theatre's Academy of Dramatic Arts: January Trial Classes!: The Secret Theatre, 44-02 23rd St., Queens; 718-392-0722; classes@secrettheatre.com; www.secrettheatre.com; 9 – 1pm; Free.

Are you not sure if your little one will take to performing? You can always sample our school at one of our trial classes! Pick ONE Saturday in January from January 9th through the 30th for your child 6-17 years old to try one of our 3 classes: Junior Drama 9-10:15am (ages 6-10) Senior Drama 10:30-11:30am (ages 11-16) Senior Musical 11:30-1pm (ages 11-17) These classes not only develop a talent inside the student, but aid in socialization, leadership

skills, decision-making, and many other life skills. We are a safe and fun environment for your little one to play and learn in! If you and your little decide this is the place for them, let us know and we will continue the sign-up process from there! The Secret Theatre 44-02 23rd Street (b/twn 44th Road and 44th Avenue) Long Island City, NY 11101 For more information, contact Tara at: 718 392 0722 Classes@SecretTheatre.com.

SUN, JAN. 10

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Jan. 9.

SAT, JAN. 16

IN THE BRONX

Game Day with Princess for Lifetime: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; nycgovparks.org; 10 am–noon; Free.

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

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

In honor of Dr. Martin Luther King's birthday, learn about the poems and stories of celebrated African American poet Maya Angelou, and the inspiring patterns and meanings of African American quilts. Speak your truth in a poem you may embed into your own tapestry design with bits of cloth, yarn and felt and lots of freedom!

FURTHER AFIELD

The Secret Theatre's Academy of Dramatic Arts: January Trial Classes!: 9 – 1pm. The Secret Theatre. See Saturday, Jan. 9.

SUN, JAN. 17

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Jan. 16.

SAT, JAN. 23

IN THE BRONX

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

Continued on page 32

Calendar

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

Continued from page 31

Hear about the folklore surrounding two wonderfully mysterious creatures—the owl and the coyote. Together with visiting artist Roxanne Jackson, learn about these local animals and their habits and attributes as we sculpt our own owl and coyote creatures in air-dry clay. Embellish your projects with bits of natural materials—feathers; rich, natural pigments; and more.

FURTHER AFIELD

The Secret Theatre's Academy of Dramatic Arts: January Trial Classes!: 9 – 1pm. The Secret Theatre. See Saturday, Jan. 9.

SUN, JAN. 24

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Jan. 23.

Owl pellet dissection: Wave Hill, W. 249th Street and Independence Ave.; (718) 549–3200; www.wavehill.org; 11 am – 2 pm; \$8 (\$ students and seniors; \$2 children 6 years old).

Owls are creatures who swallow their prey whole. Parts of the prey, such as bones, feathers and fur are bound up during digestion into a tight pellet, which the owl regurgitates. Drop-in for this exploratory workshop, and discover the origins of the owl's diet. Ages six and older welcome with an adult. Hoot and Howl Weekend event.

SAT, JAN. 30

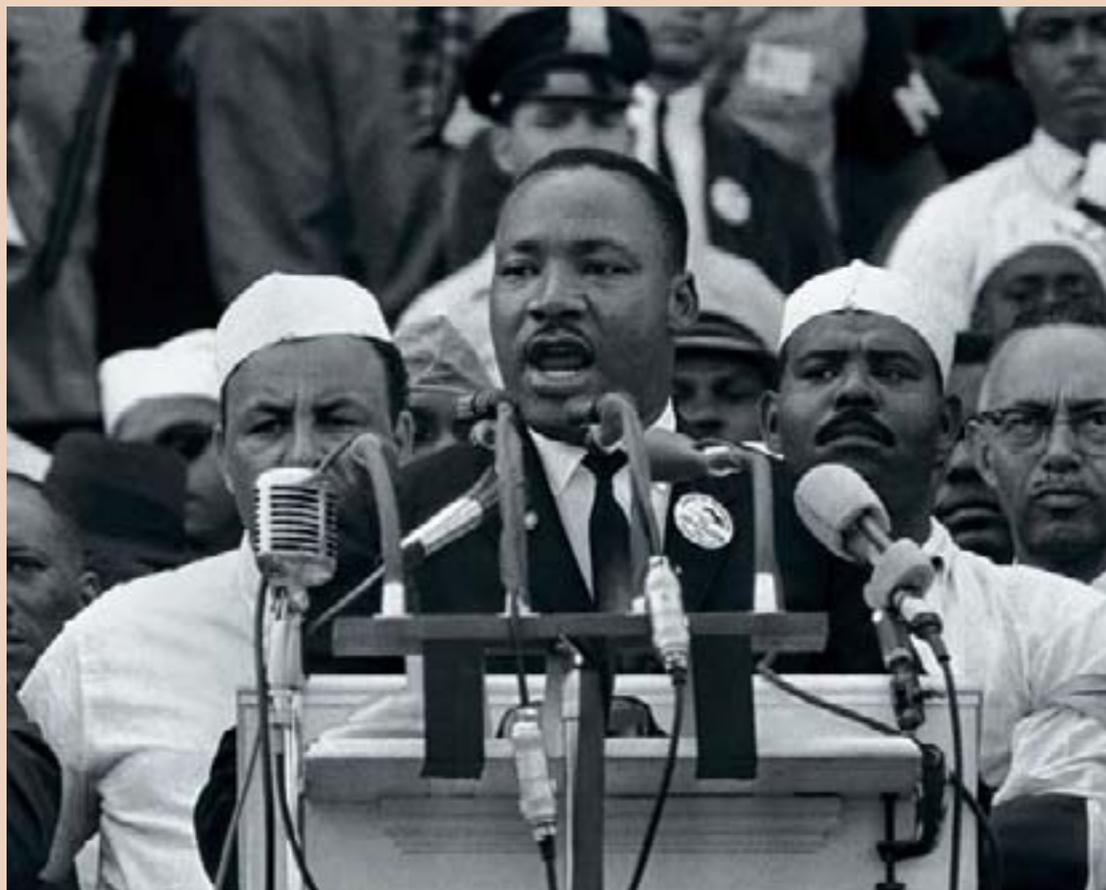
IN THE BRONX

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

Get to know your local hibernators through sleepy tales of the season. Then make your own furry bear, bat, toad or hedgehog mask, or fashion a dreamy, woodsy home. PJ's welcome!

Winter solar system: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548–0912; www.nyc.gov/parks/rangers; 6:30 pm; Free.

Astronomy programs feature the use of telescopes and binoculars to observe specific astronomical events. Many programs feature astronomy experts and all equipments is provided.



Associated Press

Celebrate Martin Luther King, Jr.

Learn about and celebrate Martin Luther King, Jr., at a kid-friendly panel on Jan. 17 at the New York Historical Society.

Major moments in the life of Martin Luther King, Jr. are discussed by a panel of experts.

Children explore the civil rights movement, King's involvement, and discover his teachings and writings.

Panelists share their memories and celebrate Martin Luther King, Jr. Day.

Martin Luther King Day, Jan. 17 from 2 to 4 pm; free with museum admission.

New York Historical Society [170 Central Park West at 77th Street on the Upper West Side, (212) 873–3400, www.nyhistory.org].

FURTHER AFIELD

The Secret Theatre's Academy of Dramatic Arts: January Trial Classes!: 9 – 1pm. The Secret Theatre. See Saturday, Jan. 9.

SUN, JAN. 31

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Jan. 30.

LONG-RUNNING

IN THE BRONX

Whimsical Winter Wonder: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; rsvp@powerhousearena.com;

powerhousearena.com; nycgovpaks.org; Tuesdays – Saturdays, 8 am to 4 pm, Now – Sat, Feb. 27, 2016; Free.

Local artists share their creations depicting winter wonderland scenes.

Holiday Train Show: New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817–8700; www.nybg.org; Daily, 11 am – 5 pm, Now – Mon, Jan. 18, 2016; Included with an All Garden Pass.

The annual event returns with more trains and more tracks with an additional 3,000 square feet of exhibition space. Displays include: Grand Central Terminal, Radio City Music Hall, the historic Hudson River Valley houses, Brooklyn Bridge, and Rockefeller Center.

Seasonal Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; www.nycgovparks.org; Fridays, 2 pm to 3:30 pm, Now – Fri, Jan. 29, 2016; Free.

Children make holiday arts and crafts to take home.

Kids Art class: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; www.nycgovparks.org; Fridays, 2:30 pm to 3:45 pm; Free.

Children use multiple mediums and learn drawing and painting techniques.

Christmas in the Colonies: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548–

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

0912; www.nyc.gov/parks/rangers; Saturdays and Sundays, 10 am to 4 pm, Now – Sun, Jan. 10, 2016; \$5 (\$3 for seniors and students; children under 12 free).

Enjoy the house decked out in all its finery.

All Aboard with Thomas and Friends: New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; www.nybg.org; Daily, 11:30 am – 5:30 pm; Sat, Jan. 2 – Sun, Jan. 24, 2016; \$20 (\$18 students/seniors; Children 2-12 \$8; members and children under 2 free).

Join Thomas and Driver Sam on a fun-filled, sing-along, mini-performance adventure by helping them decorate the station in time for the big Sodor surprise birthday party before the guest of honor, Thomas the Tank Engine, arrives! The show is 20 minutes long with plenty of songs to delight the audience as everyone sings along. When children arrive at the theater, they receive coloring sheets and crayons. After the show, they are called up in order of arrival to have their photo taken on stage with Thomas and Driver Sam. This photo can be printed and purchased onsite. When the children depart, they receive a certificate with their name and date.

Soccer workshops: St. Mary's Recreation Center, St. Ann's Ave. and E 145th Street; (718) 402-5155; nycgovparks.org; Saturdays, Noon-2 pm, Now – Sat, March 26, 2016; Free.

Learn the fundamentals of the game with Coach Victor Campbell - for children 6 to 12 years old.

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

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

Story, arts and crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Tuesdays, 10 am-10:45 am, Now – Fri, Jan. 29, 2016; Free.

Children 6 months to 4 years old enjoy a story followed by a craft and activity related to the reading.

A Very New York Storybook Christmas: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; Tuesdays – Thursdays, Noon to 4 pm, Now – Wed, Jan. 6, 2016; Free with admission to



Meet the biggest dinosaur ever

Look out New York, Titanosaurus is stomping into the American Museum of Natural History as of Jan. 15.

The latest exhibit features the cast of the largest dinosaur that ever walked the earth. Titanosaurus is 122 feet long and will

reside on the fourth floor. This giant herbivore belongs to the group known as titanosaurs and weighed a hefty-but-lithe 70 tons, which is about what 10 African elephants would weigh.

To get a sense of the creature's size, check out the fossil pictured

above.

Titanosaurus exhibit begins Jan. 15. Open daily 11 am to 5 pm. Free with museum admission.

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

the grounds.

Delight in Christmas trees throughout the mansion inspired by children's storybooks about Christmas in New York and decorated by professional designers.

Learn to Knit: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Thursdays, 1 pm to 2 pm.; Free.

Learn the basics of knitting: choosing your yarn, needles, measuring gauge, yardage. Learn to read patterns and create a simple project. You'll need some materials: worsted weight (#4) yarn, pair of #8 knitting needles, measuring tape and measuring tool. No experience needed, beginners welcome.

FURTHER AFIELD

Annual train show: Grand Central Terminal, 42nd St. and Park Avenue, Manhattan; web.mta.info/mta/museum/#general.; Weekdays, 8 am to 8 pm, Saturdays and Sundays, 10 am to 6 pm, Now – Sun, Feb. 21, 2016; Free with standard admission.

Zip through tunnels, see familiar skyscrapers; and visit subway stops by viewing model trains. The layout Lionel Metro-North, New York Central and subway trains along with a miniature replica of Grand Central Terminal is a great way to spend the holidays.

Heart and Seoul: Korea: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Tuesdays – Sundays,

10 am to 5 pm, Now – Sun, Jan. 3, 2016; Free with museum admission.

The Brooklyn Children's Museum will ride Hallyu (the Korean Wave) with a new exhibit that brings modern-day South Korea to New York City.

The Titanosaurus: American Museum of Natural History, Central Park West at West 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Daily, 11 am to 5 pm; beginning Fri, Jan. 15; Free with museum admission.

The cast of the largest dinosaur that ever walked the earth is now on exhibit. The 122-foot long dino is residing on the fourth floor. This giant herbivore belongs to a group known as titanosaurs, and weighed about 70 tons.



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

The ABCs of GMOs

Last fall, the television talk-show “Jimmy Kimmel Live!” interviewed people shopping at a farmers’ market about genetically modified organisms, commonly known as GMOs. Asked if and why they avoid them and what the letters “GMO” refer to, the shoppers were hard pressed to answer correctly. Regardless, they were perceived to be “bad.”

It’s clear that there’s poor public understanding of the science behind genetically modified organisms.

A genetically modified organism is a plant whose DNA has been manipulated with genetic material to achieve an advantage such as resistance to insects, disease, and weed killer, or tolerance to frost or drought.

Eight U.S. crops are genetically modified: Alfalfa, sugar beet, corn, soy, canola, cotton, papaya, and zucchini and yellow summer squash.

The vast amount of soy is used for animal feed and soybean oil, but the soybeans used for edamame, tofu, and soy milk are a different plant and are not modified. Wheat is never genetically modified.

Like the recent gluten-free craze, food manufacturers of packaged goods are sensing a marketing opportunity to set their products apart from the competition. More and



more, you’re seeing “Non-GMO” plastered on the front of food packages — without a verification process — in order to sell products.

The facts

Let’s dispel the myth that most processed foods are genetically modified because they include oil or sugar made from modified crops. In reality, the process of creating oil and sugar breaks down all the proteins from the plant — including the modified protein — so that the end products do not include any

of the original genetically modified proteins.

For all the angst over these foods, peer-reviewed scientific studies overwhelmingly suggest there are no observed health problems from eating food with genetically modified ingredients. The National Academy of Science, World Health Organization, European Food Safety Authority, Department of Agriculture, Food and Drug Administration, Centers for Disease Control, and several national medical and health organizations have all deemed genetically modified ingredients to be identical to their non-modified counterparts and safe for human consumption.

Still, if you wish to avoid modified foods, simply choose USDA Organic products — which is a guarantee that a product contains no modified ingredients — or look for the “Non-GMO Project Verified” label. There is also a new voluntary Department of Agriculture government certification and labeling program.

By eating more whole grains, fruits, vegetables, dairy, and lean animal protein, you’ll eat healthier and avoid genetically modified ingredients.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Turkey, brie, and apple sandwich

Prep Time: 5 minutes

Makes: 1 serving

INGREDIENTS:

- 1 tbsp. Dijon mustard
- 2 slices whole wheat sourdough bread, toasted
- 3 slices Hillshire Farm Naturals Hardwood Smoked Turkey
- 1 slice Brie cheese
- 4 thin slices green apple

DIRECTIONS:

Preheat broiler. Arrange bread on a baking sheet. Spread mustard on one slice of bread. Layer with turkey, apple, and brie cheese. Broil 2 minutes or until cheese melts and turkey is warm. Top with second slice of bread.



NUTRITION FACTS: 360 calories, 50 g carbohydrate (12 g sugar), 20 g protein, 8 g fat (3 g saturated), 7

g fiber, 1290 mg sodium, 15% DV calcium, 15% DV iron.

Adapted from HillshireFarm.com

NEW YORK **SPECIAL CHILD** LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

Informing & Enriching "Special Needs" Families throughout NYC & Long Island

For more information about distribution or how to get your free copy, please e-mail us at family@cnglocal.com.

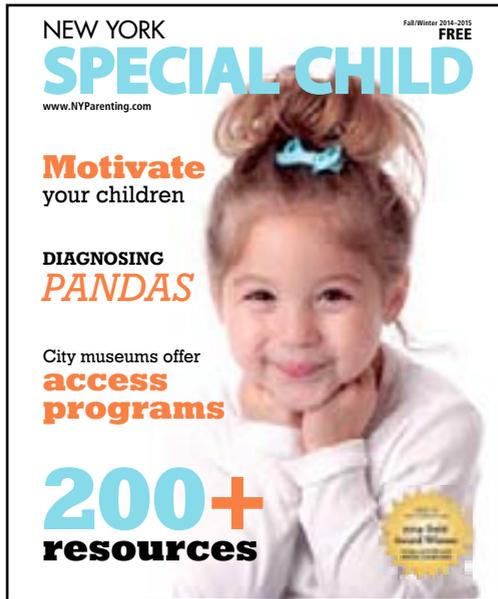
Visit us online at

www.NYParenting.com

Like us on our Facebook page, NYParenting or follow us on Twitter



To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@cnglocal.com



New York Parenting/CNG

1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201

718-260-4554 • family@cnglocal.com

ST. ANSELM SCHOOL

Celebrating Excellence in Education since 1908



All
faiths
welcome!



St. Anselm School offers a safe and nurturing learning environment where students:

- * *Achieve* academic success
- * *Learn* integrity and values in the Catholic tradition
- * *Belong* to a community that fosters self-confidence and school spirit
- Technology Program including SMART Boards, I-Pads, Elmos, Laptops and Wi-Fi access
- Daily Extended Care Program until 6:00pm
- Comprehensive Science Program
- Art and Music Programs
- Physical Education Program
- Math Mania Clubs
- Guidance & Counseling Services

Office Hours: Mon.-Fri. 8am-4pm

Scholarships Available for a Limited Time

(Call or visit school to inquire)

- **FREE** Full Day Pre-K/UPK Program (8:15am - 2:45pm)
- Children must be 4 years old by December 31

AFTER SCHOOL CLUBS:
Math, Science, Choir,
Guitar, Violin, Art, Band,
& Basketball

OPEN HOUSE

February 3rd, 2016
9 am to 11 am

APPLY NOW

**2016-2017 School Year
Pre-Kindergarten through Grade 8**

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