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# Family February 2016



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# February thoughts

**W**hen I was a kid there were no pediatric dentists. Dentistry was not the science it is now, although many advancements had been made and just having fluoride in our water helped my generation have better teeth and gums than the ones before. Now we know that good dentistry actually begins with babies, with diet, and with consistent dental care. Great specialization has taken place and we now have highly trained professionals in wonderful child-friendly offices and atmospheres, with state-of-the-art equipment. It has made a world of difference and parents should make sure their children visit their dentist early on in their lives,



just like they do with their pediatrician. This is Children's Dental Health Month and a good time to consider whether your family has found the practice you need to ensure your children's good health. Dentistry is an essential part of it and one has to wonder why it's so often left out of the "health care" portfolio. I strongly believe we need to band together on this topic and get our insurance companies/plans and our legislators to include dentistry in our health coverage. One of the problems, it seems to me, is that all of these decision makers already have their own coverage for their families in their very rich and broad health care packages, and that, like many

other things in life, it's an "I've got mine" mentality that leaves so many of the rest of us without. There isn't a Congressional office holder with this problem and I've discovered that most people are unaware that just one term in office guarantees a person benefits for life. These benefits are real "Cadillac" plans and not many of us have them.

This is also the month when we really know winter is here and it usually gives us a bit of a beating. Fortunately we had a mild December and January in most ways, so hopefully we won't mind too much the winds of February. This year we will have one more day in February, so enjoy the Leap Year extra day!

And finally, there's Valentine's Day. A good day of business for restaurants and florists. It used to be a good day for the greeting card in-

dustry but I think perhaps email has put a dent in that option. The thing I always loved about Valentine's Day was making a card for the people I loved, especially my parents. Cutting and pasting is still something I enjoy and working with construction paper. I think I'm going to get started right now to make some cards. I hope both you and I get some nice cards, home made from our children. It's a wonderful feeling, and if we do, we can thank our lucky stars.

Have a great month! Thanks for reading.

Susan Weiss-Voskidis,  
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**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.





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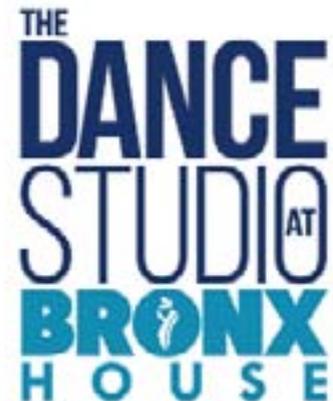
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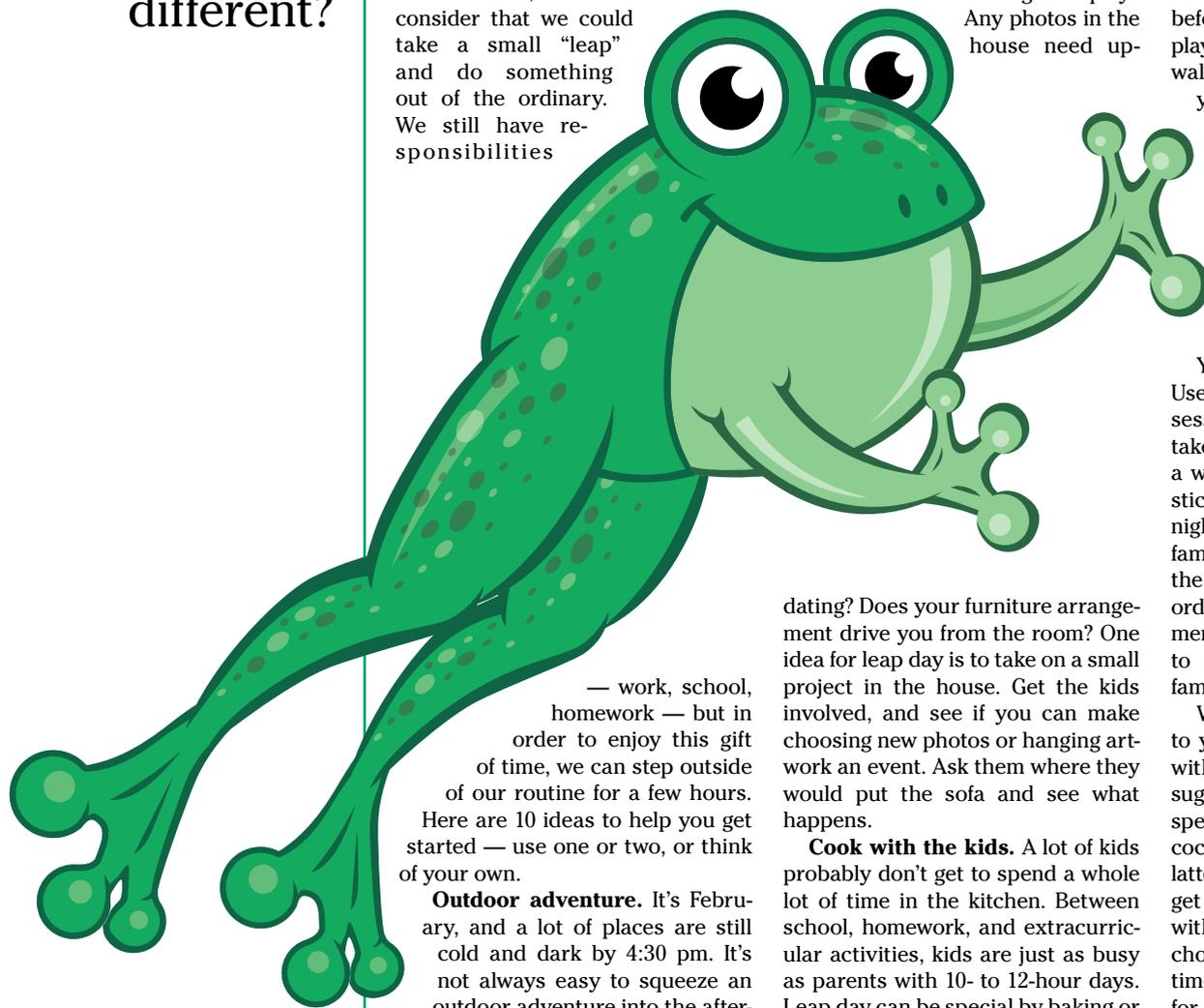
# Time to take a LEAP

We get an extra day this year; why not try something different?

BY SARA MARCHESSAULT

**E**very four years we get an extra day added to the calendar — Feb. 29. This year, it's a Monday. This day is not always on our calendar, and it could be considered extra time, or a gift of time.

Before this day is filled with normal routines, it's fun to consider that we could take a small "leap" and do something out of the ordinary. We still have responsibilities



— work, school, homework — but in order to enjoy this gift of time, we can step outside of our routine for a few hours. Here are 10 ideas to help you get started — use one or two, or think of your own.

**Outdoor adventure.** It's February, and a lot of places are still cold and dark by 4:30 pm. It's not always easy to squeeze an outdoor adventure into the afternoon. Between getting home from school, snacks, and unpacking bags, we run out of time quickly. Leap day could be the day that the adventure is made a priority. It's a special day. Head outside for an hour or two in the afternoon. Explore your neigh-

borhood. Look at what bugs you can find. Climb trees. Sled down your favorite local hill. Then go inside and have hot chocolate afterward.

**Craft day.** My kids love it when they wake up in the morning, or come home from school, to find what we call "the art sheet" on the floor. We put our kid-size table on top of the sheet and break out the craft supplies. Colored paper, scissors, glue, glitter, pipe cleaners, hole punchers ...anything that we have comes out on craft day. The table is left out for most of the day, and they can come and go as they please. We listen to music and talk, take breaks for food, and at the end of the day, they are proud of what they've created. And the time we've spent together is well worth the mess.

**Nesting.** Do you have a pile of children's artwork that you've been meaning to display? Any photos in the house need up-

a fun day to try a new ethnic meal. See what you can find in your community for a meal experience you or the kids have never had before. Try Ethiopian, Indian, French, or Hawaiian. Ask lots of questions, and enjoy your time together.

**Museum stop.** Does your community have a museum that caters to kids? Or do you have an older child interested in art? This could be the day to incorporate a special outing to a museum or an art gallery. See what's in your community that you can go and explore and share with your kids that offers an experience of culture and learning that is outside of their daily norm.

**Return to an old stomping ground.** This can be especially fun if you've lived in the same city for a long time, but moved to a new neighborhood or your kids have switched school. Visit a place that you've been before but rarely go back to — a playground with a great swing set, a walk down a favorite street, a church you used to go to, or even the kids' section of the library. Choose a place that you feel good about visiting and are eager to return to.

**Start a new routine.** Is there anything that you, or your family as a whole, committed to establishing or starting at the start of the New Year, and now has fizzled out? Use Feb. 29 as your chance to reassess and recommit. If you decided to take a walk after dinner five nights a week and are having a hard time sticking to that, recommit to three nights a week. Wanted to start a family journal but never made it to the store? Hop online Feb. 29 and order a pretty blank book that each member of your family can write in to capture memories and special family stories.

Which of these ideas sound good to you? Or what have you come up with on your own? Any of these suggestions can be combined with special treats or snacks (think hot cocoa and popcorn for the kiddos, lattes or tea for mom and dad), gadget free time, or getting together with another family. Whatever you choose to do, enjoy your gift of extra time — it won't "leap" back around for another four years.

*Sara Marchessault is a writer and coach. Her work helps clients to more fully experience joy in their daily life. Marchessault is an avid diarist and keeper of her family's stories. Learn more about her work at [saramarchessault.com](http://saramarchessault.com).*

dating? Does your furniture arrangement drive you from the room? One idea for leap day is to take on a small project in the house. Get the kids involved, and see if you can make choosing new photos or hanging artwork an event. Ask them where they would put the sofa and see what happens.

**Cook with the kids.** A lot of kids probably don't get to spend a whole lot of time in the kitchen. Between school, homework, and extracurricular activities, kids are just as busy as parents with 10- to 12-hour days. Leap day can be special by baking or cooking together. Invite your young chef to learn how to make his or her favorite meal and enjoy some quality time together.

**Eat new foods.** If your kids are a little bit older, or have an adventurous palette at any age, this could be

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# Simple ways to show your kids **LOVE**

BY GAYLA GRACE

**Y**our kids know you love them, right? Still, children can always use a few extra strokes or simple reminders of how important they are to us.

Try some new ways this month to say “I love you” with these tips:

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

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

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

**Find a unique quality about your child and praise him for it.** Whether it’s a sensitive spirit toward a sibling or a quick-to-forgive gesture toward friends, tell him how it makes him special.

**Indulge in a child-specific treat.** Enjoy some one-on-one time together while you indulge. Ask for

input and make plans ahead so your child knows it’s a special occasion.

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

**Praise their efforts, not just results.** Don’t expect perfection on every chore or straight A’s on every report card. Let your children know you notice when they do their best.

**Read together.** Let them pick their favorite book and read to them, even when you don’t want to.

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

**Play outside together on a cold day.** Make snow angels. Go sledding one more time.

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

**Allow them to be messy.** Play with finger paints and play-doh. Go outside and spray silly string on each other.

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

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

**Be in the moment.** Hop off social media and completely tune in when they're talking, focusing on their needs.

**Patently help with homework.** Don't raise your voice when you have to explain it one more time.

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

**Get spiritual.** Sit under the stars and talk about the beauty of God's creation.

**Put on a happy face.** Take off your serious hat and make them laugh. Tell jokes or watch a funny

movie together. Tickle them until they cry.

**Offer a no-rules day.** Let your kids stay in their pj's all day, and eat and play whatever they want.

**Ask your child to sing to you.** Join in and finish the song as a duet. Let your children know you love hearing their beautiful voices.

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

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

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

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

**Be her biggest fan.** Let your child experiment with sporting activities, music lessons, and other extracurricular activities. Cheer her on as she seeks to find what fits for her.

**Appreciate who they are.** Allow them to be different from you.

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

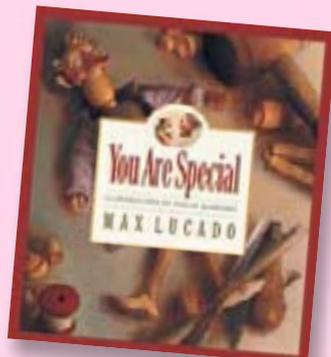
**Dream a little.** Daydream with them about their future spouse, career, or long-term ambitions.

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

*Gayla Grace is a freelance journalist who enjoys finding unique ways to show love to her five children.*

### Books to help your kids feel loved

- "You Are Special" by Max Lucado
- "Little Things Long Remembered: Making Your Children Feel Special Every Day" by Susan Newman
- "101 Ways to Make Your Child Feel Special" by Vicki Lansky
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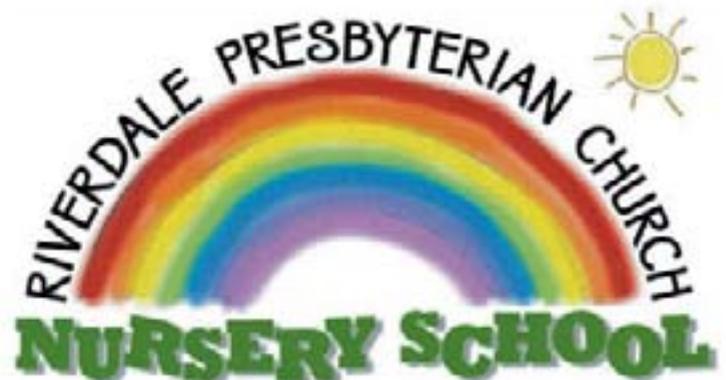
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# A dental home

The importance  
of finding a  
pediatric dentist  
for your child

BY DR. ELAN KAUFMAN

**T**he American Academy of Pediatrics and the American Academy of Pediatric Dentistry recommend that every child be seen by a pediatric dentist by age 1. It also encourages parents and other care providers to help every child establish a dental home by this age as well. The American Academy of Pediatric Dentistry modeled the concept of the dental home based on the current medical home concept in pediatric medicine.

Originally created as the center of a child's medical records, and specifically for persons with special health care needs, the medical home is a team-based health care delivery model led by a health care provider that is intended to provide comprehensive and continuous medical care to patients. With evolving health care perspectives, a modern dental home is the

same — a cultivated partnership between the patient, family, and pediatric dentist in cooperation with other dental and oral health care specialists. It was created as a cost-effective and higher quality health care alternative to emergency care situations. It encourages parents to help establish their child's dental home before problems arise.

Headed by a pediatric dentist, the dental home should provide comprehensive oral health care including emergency, preventive, and restorative treatment of oral disease. Anticipatory guidance about growth and development, as well as caries risk and periodontal disease risk assessment are also to be provided. Furthermore, a plan for dental emergency due to trauma should be established, dietary counseling provided, and education about the importance of proper oral health care for children should be taught and reviewed with

the new parents.

What this all really means is that it's best to meet your pediatric dentist as early as possible. The same ways pediatricians are trained to meet child's medical needs; pediatric dental specialists are uniquely qualified to deliver oral health care to infants, children, and adolescents. Pediatric dentists are the pediatricians of dentistry. They have additional training and education beyond dental school and are the true experts in oral health care for your child. They also know when it is appropriate to get another type of specialist involved in your child's care.

All studies show that the earlier the first visit, the better chance your child has of a cavity-free smile. It also gets a child to become familiar with the dental environment, doctors, and staff. Good oral health is an important part of your child's teeth. At the pediatric dental office you will learn how to clean and protect your child's teeth. Every child should have the opportunity for the best dental care possible, and it's never too early to find a dental home for your child. Treat your child to a pediatric dentist.

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# Sleep-away on it

## Overnight camps cook up memorable fun

BY CHRISTA MELNYK HINES

**F**rom whitewater rafting to performing arts and cooking, today's sleep-away camps appeal to a wide range of interests while still providing the long-term benefits summer camp is known for. And yet, you may wonder how to find an overnight camp that offers the right blend of environment and activities for your child and gives you peace of mind at the same time. Here are some things to keep in mind:

### **Benefits of overnight camp**

In addition to learning new skills, children learn how to collaborate

and live in community while at camp, gaining self-confidence and independence through problem-solving and teamwork.

"All those things are life skills and life assets that every parent wants for their child," says Jill Tipograph, a camp consultant and author of *Your Everything Summer Guide & Planner*.

### **Popular camp activities**

According to the American Camp Association, 75 percent of camp directors reported adding new activities and programs to accommodate trends in popular culture. The top three activities camps are integrating into their more traditional fare, like campfires, swimming, and

horseback riding, include performing arts, adventure, and more recently, culinary.

"Culinary is the hottest and newest in terms of camps investing in building kitchens and bringing in specialists to teach the kids. The other part that goes along with culinary is the whole farmed table — taking things from the gardens and cooking them," Tipograph says.

### **Traditional vs. specialty**

Specialty camps are designed for kids interested in pursuing a specific interest. Traditional camps, on the other hand, offer a combination of programming. Children can try different activities, including those they may not have tried otherwise,

“Children can learn and grow and become themselves away from home and school and all the usual surroundings. That’s why people value time at camp.”

whether stained-glass design, rock climbing, or singing in a recording studio.

“I feel that if children start their camping career on a purely specialty track, (parents) are really missing what camp can do for their child. The advantage traditional camps offer is they are all about the child holistically,” Tipograph says.

#### **A menu of choices**

One example of a traditional camp that offers a variety of specialty tracks for campers is Hidden Valley Camp, located in mid-coastal Maine and a member of the Maine Camp Experience. The camp attracts campers between the ages of 8 and 14 from all over the world.

Camp director Peter Kassen finds that culinary classes are especially attractive to campers, thanks in large part to pop culture and a greater interest in eating well.

“This idea of being a foodie has really permeated the culture. Being involved in producing your own food and eating good food has become more central not just with adults but with children as well,” Kassen says.

Through the culinary classes, campers acquire a valuable life skill, learning to prepare quality, healthy meals from specialists in the food industry, and tasting foods from all over the globe.

“Last year, we had a group of 10 Korean campers accompanied by a woman who brought them over. She cooked a Korean meal for the entire camp. It was spectacular,” Kassen says.

But cooking is only one aspect of the camp. Whether they try windsurfing, horseback riding, tennis, or anything else, Kassen hopes campers leave camp with

a sense of confidence.

“At any good camp, campers ... get excited about an idea, and they pursue it from beginning to end without an adult telling them they had to do it in the first place,” he says. “That’s why people value time at camp. Children can learn and grow and become themselves away from home and school and all the usual surroundings.”

Considerations for a successful sleep-away experience:

**Maturity.** Most kids are ready by ages 9 or 10, but consider your child’s physical and emotional maturity first.

**Plan ahead.** If possible, start researching camps a year ahead of time. Check out websites, talk to friends and family for recommendations, and visit prospective camps. Many overnight camps offer family weekends in the fall.

**Length of camp.** How long do you want your child away at camp? Camps offer both short and long-term sessions.

**Size of camp.** Decide whether your child would do better in a large setting or a smaller gathering.

**Gender.** Choose from a single-sex or a co-ed camp. Not sure which? Consider whether a younger sibling may eventually join your older child at camp.

**Location.** Determine the types of activities you want your child to experience. Because of their geographical location, some camps offer better outdoor or adventure activities than others and may be more likely to have access to experienced adventure specialists.

**Meet the director.** A meeting with the director is imperative in order to get a sense of his or her personality, trustworthiness and compatibility.

“You need to see how they’re interacting with your child,” Tipograph says. “They set the tone and the philosophy for the camp and it trickles down. How they relate to you and your child is the same way they train their staff to do the same.”

*Additional resources include ACA-Camps.org, MaineCampExperience.com, and www.everythingsummer.com.*

*Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. Her latest book is “Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.”*

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All St. Thomas Aquinas students enjoy the benefits of:

- Early Drop off 7:15 am
- Guidance Counselor
- After School Program until 6:00pm
- State of the Art Wireless Access
- Computer Lab and Smartboard Technology
- Title I Services: Reading, Math & ESL Resource Room/SETSS (for eligible students with IESP)
- FREE Breakfast & Hot Lunch Programs
- Phys Ed, Art & Music Programs
- After School Piano Lessons
- Daily Prayer and Weekly Masses

To become a part of the rapidly expanding St. Thomas Aquinas School community, do not delay. Apply Today! Registration is open and our admissions are limited!

Contact the school directly at **718-893-7600** to arrange a tour.

*"Celebrating over 100 years of Academic Excellence in the West Farms-South Bronx Community"*

## 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.

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## Catholic Schools

### DIRECTORY

#### Good Shepherd School

620 Isham Street NY 10034  
212-567-5800, [www.gsschoolnyc.org](http://www.gsschoolnyc.org)  
Principal – Geraldine Lavery

Founded in 1925 on the principles of faith, community, and academic achievement and located in the northern Manhattan neighborhood of Inwood, Good Shepherd School is a Catholic Pre-K3 to 8th grade elementary school. 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. Our extra-curricular activities include: Robotics Club, Musical Theatre, Student Council, Cooking Club, Piano, Dance Tutoring, and Arts & Crafts. Athletic offerings include: Track & Cross Country, Volleyball, Basketball, and Dodgeball. We are conveniently located near several bus routes (BX 7, BX 12, BX 20 & BxM 1) and subway lines (A & 1). Our next Open Houses are on Saturday, February 6th from 10:00am to 12:00pm and Tuesday, February 9th at 6:00pm.

#### Our Lady of Mount Carmel School

2465 Bathgate Avenue  
718-295-6080, [www.olmcbronx.org](http://www.olmcbronx.org)  
Principal - John Riley

Our Lady of Mount Carmel is a private Catholic elementary school in the Bronx. The school provides superior UPK, PK3, PK4 to grade 8 education, combining the best of current teaching and technology with traditional values in a warm and caring atmosphere. Our Lady of Mount Carmel School believes in following a Tradition of Excellence in Educating the Whole Child. The school's dedicated administration and faculty is committed to applying the tenets of high expectations in alignment with the Common Core Curriculum to best prepare students to be viable and productive members of society throughout the life process.

#### St. Anselm School

685 Tinton Avenue Bronx, NY 10455  
718-993-9464, [www.stanselmbx.org](http://www.stanselmbx.org)  
Principal - Teresa M. Lopes

Founded in 1908, St. Anselm School continues to proudly serve in the same tradition of faith and academic excellence that has marked its success for more than a century. The school's staff, faculty and administration aspire to create a safe and nurturing learning environment where students: \*Achieve academic success \* Learn integrity and values in the Catholic tradition\* and \*Belong to a community that fosters self-confidence and school spirit. The school provides a rigorous educational program designed to prepare students to succeed and compete in the 21st century. Students are taught to not only develop a mastery of academic skills,

but also enthusiastic and wholesome attitudes towards learning. St. Anselm School incorporates several enrichment programs and after school electives to complement its academic curriculum. St. Anselm School welcomes applications for admission to grades Kindergarten through Grade 8, as well as, FREE state funded Prekindergarten For All Program (UPK). Please contact the school office for more information or to schedule a visit. Come and see!

#### St. Helena School

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

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

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

#### St. John School

3143 Kingsbridge Ave. Bronx 10463  
718-548-0255  
[www.stjohnschoolbronx.org](http://www.stjohnschoolbronx.org)  
Principal - Edward Higgins

St. John's School is a Catholic co-educational elementary school providing exceptional academic and religious instruction to students in grades UPK through 8th. St. John's School enjoys a rich history and century long community presence in the Kingsbridge neighborhood of the Bronx. Today, St. John's School is experiencing revitalization under its new principal, Mr. Edward J. Higgins. With the introduction of Universal Pre-Kindergarten, the development of new extracurriculars, before and after school care options, and a school wide concentration on technology, St. John's is inspiring its students and the evolving Kingsbridge neighborhood. Scholarships are available for qualified families! We encourage you to stop by St. John's for a visit and see if you're ready to soar to new heights with our Eagles!

#### St. Simon Stock School

2195 Valentine Ave. Bronx 10457  
718-367-0453  
[www.stsimonstockschool.org](http://www.stsimonstockschool.org)  
Principal - Kinsley Jabouin

Founded in 1928, St. Simon Stock is a Catholic School dedicated to preparing students from UPK to 8th grade for a successful and fulfilling future in academic excellence. St. Simon Stock offers

*Continued on page 16*

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



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.

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- 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](http://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!**

# Catholic Schools

## DIRECTORY

Continued from page 14

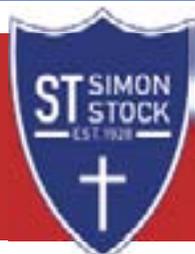
a safe, nurturing learning environment that strives to empower students to achieve all they can in the light of God's message of love and service, through a quality curriculum and moral standards. At St. Simon Stock, your child receives an education that prepares him/her to succeed as a responsible global citizen. Currently undergoing a renaissance, St. Simon Stock School is once again becoming a powerful force in educating the Bronx. We have increased instructional time and technology along with implementing unique enrichment and community service programs to spark your child's curiosity and assist in creating positive change in the world. Among these is our Liturgical Guitar Program, where we teach students the power of transmitting the Gospel through music introducing the technical discipline and artistic expression of live performance to our students. Leaders are not born, they are created. St. Simon Stock School helps in the formation of tomorrow's leaders, today. Scholarships are available for qualifying families so that we can make the specialized St. Simon Stock experience an integral part of all children's lives. Learn. Lead. Inspire. This is the St. Simon Stock Way.

**St. Thomas Aquinas School**  
 1909 Daly Ave., Bronx 10460  
 718-893-7600

**Principal, Jessica Maldonado**

St. Thomas Aquinas School has been serving the West Farms, South Bronx community for more than 100 years. St. Thomas Aquinas continues to provide a quality education based on Catholic values. The school's spiritual emphasis and technology integration are some of the focal points in preparing your child to excel and become good citizens. St. Thomas Aquinas School's mission statement is: Spirituality, Citizenship, Academic Excellence, and Respect.

Grades Pre-K to 8; Full day programs for 4 year olds; Full day Kindergarten; Early drop off program starting at 7:15 am; Free breakfast for all students; Hot lunch program; After-school program until 6pm daily; Computers in every classroom; Computer lab with laptops and wireless internet; SmartBoards in all of the classrooms; Enrichment program includes: Physical Education, Art, and Music; After-school Fine Arts program, includes: Piano lessons; Educational Support Services for reading/writing, math, and English as a Second Language (ESL), Guidance Counselor available; Resource room program with Individual Education Program (IEP) accommodations.



## 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.

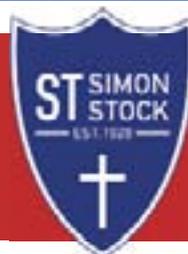


Simon Stock Way. They assume leadership roles in every form of human endeavor. At our school, children in grades UPK through 8th experience a well rounded academic and spiritual education filled with hands on enrichment programs and specialized attention from our certified staff.

**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 competitivas carreras de la Función Pública, a los pulpitos de la Iglesia Católica, los estudiantes toman su experiencia en San Simón Stock y hacia el mundo: Aprender, Dirigir e Inspirar, 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 de los grados Pre-escolares hasta el Octavo Grado tienen una formación académica y espiritual muy completa, con programas de enriquecimiento y atención especializada por parte de nuestro personal certificado.

**Por favor llame a nuestra línea de información bilingüe 646-794-2885 24 horas para preguntar acerca de la Escuela San Simón Stock y programar una visita y ver como la Escuela repercute positivamente en el futuro de sus hijos.**

### Escuela San Simón Stock

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Celebrating Excellence in Education since 1908

## Scholarships Available for a Limited Time

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### OPEN HOUSE

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9am to 11am

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
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  - Guidance & Counseling Services
  - Daily Breakfast Program @ 7:45 am
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- **FREE** Full Day Pre-K/UPK Program (8:15am - 2:45pm)
- Children must be 4 years old by December 31

All faiths welcome!

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Mon.-Fri. 8am-4pm**

**APPLY NOW**

**2016-2017 School Year  
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For more information or to schedule a visit, please call the school office. | 685 Tinton Avenue, Bronx, NY 10455 | 718-993-9464 | [www.stanselmbx.org](http://www.stanselmbx.org)



# Good Shepherd School

*A Legacy of Excellence since 1925*

620 Isham Street New York, NY 10034 **212.567.5800** [www.gsschoolnyc.org](http://www.gsschoolnyc.org)

From Pre-K3 to 8<sup>th</sup> grade, Good Shepherd School offers a rigorous curriculum featuring a selective Pre-K3 program, Universal Pre-K (UPK), and Regents level Earth Science in 8<sup>th</sup> 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.



### General Open House (All Grades):

Saturday, February 6<sup>th</sup>  
from 10:00am to 12:00pm.  
Last tour at 11:30am.

Touring Tuesdays: February 2<sup>nd</sup>,  
February 23<sup>rd</sup>, and March 8<sup>th</sup>

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)

# Are they getting enough sleep?

## Kids really need their shut-eye

BY JOE CIAVARRO

**I**n New York City, sleep is a commodity that can be hard to come by. With busy schedules extending into late hours, loud street noises, and high academic demands, making sure your kids get enough sleep can be a challenge. There is much debate over the exact number of hours a child should sleep every night, yet of equal importance is determining whether or not your child is getting good quality sleep. The consequences of untreated poor sleep in children affect many different parts of the body, and can include heart failure, developmental or behavioral issues, poor school performance, poor growth, obesity, reflux, and significantly increased risks of complications from surgery.

Risk factors for poor sleep include a history of prematurity (early birth), obesity, sinus disease, having a family member with poor sleep, large tonsils or adenoids, and persistent wheezing. Your pediatrician should be screening your child for symptoms of sleep disorders, so understanding what to look for can help your pediatrician make a diagnosis and refer your child to treatment.

Snoring is one of the most common complaints parents have concerning their child's sleep quality. Snoring is caused by an obstruction or narrowed airway (breathing tube) and can sometimes lead to apnea, or pauses in breathing. Most children with sleep apnea will have some degree of snoring, but not all children who snore have sleep apnea. It is normal for children to have noisy breathing during a cold or sinus in-

fection, but if you notice snoring during times of wellness, pay close attention. Other nighttime symptoms of poor sleep include night terrors, sleep walking, restless sleep, or return of bed-wetting issues.

Daytime symptoms of poor sleep in children can be easy to miss but do exist. Many children will be difficult to wake in the morning or complain of a headache. Older children can have daytime sleepiness with excessive napping or falling asleep at inappropriate times. Younger children can also have increased sleepiness but may also show hyperactivity.

Talk with your child's teacher about his academic performance and behavior during school hours. Inability to concentrate, focus, or pay attention during school can be a sign of poor sleep. Your child's teacher is a valuable resource, as she is likely to be spending more daytime hours observing your child and noticing changes in his performance. These symptoms are easily reversible once sleep patterns return to normal.

Adults with severe sleep apnea or sleep disorders tend to put on pounds, but young children are more likely to lose weight or have difficulty achieving normal expected weight and height gains. It is important to note, however, that obesity is a common cause of sleep apnea in children.

It may be helpful to observe your child sleeping, and look for pauses in breathing, though due to some variations in breathing patterns being normal at certain ages, sleep apnea in children can usually only be diagnosed by a pediatric sleep specialist with an overnight sleep study. Talk to your pediatrician about a referral if you suspect your child has a sleep disorder. The longer treatment is delayed, the more difficult it is to reverse the negative effects of poor sleep.

*Joe Ciavarrò is a pediatric physician assistant in New York City.*



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**LOVE**

This is the year  
to take a leap!

Are they getting  
enough sleep?

Finding the right  
Catholic school

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# The right way to have an argument

**BY CAROLYN WATERBURY-TIEMAN**

**Y**esterday morning, during my workout, I watched “The Andy Griffith Show” episode where Opie enters the 50-yard dash contest. Barney devises a training regimen and convinces Opie that winning is a sure thing. When Opie loses, he becomes despondent and rude. Exasperated, Andy expresses his disappointment in Opie’s decision to be a sore loser. In that moment Opie realizes he is risking losing something far more valuable than a medal — his father’s respect. Anxious to regain his father’s approval, Opie follows Andy to the sheriff’s office to declare he doesn’t want him to be disappointed. Andy tells Opie he doesn’t expect him to

be happy about losing. He explains that while it’s easy to be a winner, it’s much harder, but just as important, to be a good loser.

Reflecting on this account of gaining personal maturity, it occurred to me that a similar lesson is relevant to marriage. It’s easy to be married when everything is going well. It’s much harder when problems arise. But it is just as important to be committed to the relationship when the going is rough as when it’s smooth.

Conflict is the last thing most couples want to think about around Valentine’s Day, but being prepared to effectively manage conflict can mean the difference between celebrating one romantic day a year and spending a lifetime in a deeply, mutually satisfying relationship.

Remember conflict is natural in any intimate relationship. Arguing can even be a growth-promoting activity when conducted properly. Here are some suggested guidelines for keeping arguments safe and productive:

**Keep the goal in mind.** The goal of effective arguing is resolution of an issue in a manner that allows both parties to emerge whole with the relationship intact and undamaged. Not necessarily unchanged, but undamaged.

**Clarify the issue.** Define the issue as precisely as possible. Be sure both parties are clear about what is being addressed. It is much easier to find a solution to a well-defined problem.

**Argue after thinking.** Avoid addressing important issues on the

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Being prepared to effectively manage conflict can mean the difference between celebrating one romantic day a year and spending a lifetime in a deeply, mutually satisfying relationship.

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spur of the moment. Spend time giving the issue some thoughtful consideration so you can calmly articulate your position. Set aside time to adequately explore the issue.

**Agree to argue responsibly and respectfully.** Accurately identify own your feelings so that you can effectively express them. Think before you speak. Once spoken, words cannot be unspoken. Speak in the way you would like to be spoken to. Say what needs to be said in a way that is most likely to be heard by your partner. Refuse to undermine the argument with destructive tactics like ultimatums, accusations, personal attacks, name calling, bringing up the past, or the silent treatment. Never resort to exploiting your partner's insecurities or shortcomings, unless of course yours are fair game. It's OK to be mad. It's not OK to be mean.

**Use effective communication skills.** Check out your perceptions, impressions, and assumptions by repeating your understanding of the message you received. Identify areas of agreement. Use them to keep your differences in perspective. Keep the focus on the issue at hand.

**Stay in the present.** Avoid turning conflict into a competition. In marriage, if one loses, you both lose.

**Be honest.** Openly express your thoughts, opinions, and preferences. Speak about yourself, not about your partner. Being honest is not a license to be cruel. Saying what is on your mind does not mean you are right, accurate, or have a corner

on the truth. It simply means that you are sharing your perspective openly. No two people see things exactly the same way, no matter how sincerely they love each other. Work toward creating a shared perspective.

**Use humor when possible and appropriate.** Humor can relieve tension as long as it is not used to avoid the situation or belittle your partner. Laughter can be healing unless it is intended to hurt. A good rule of thumb is it's OK if both people are laughing.

**Take a break.** If the argument becomes unproductive or counterproductive, agree to step away. Set a definite time to resume, sooner rather than later. Use the break to regain your focus and perspective. Take a walk. Better yet, take a walk together. Walking stimulates the mind and inspires creativity. It may be easier to reach resolution side by side rather than face to face.

**Seek closure.** When both partners agree the conflict is resolved, put the solution into effect, congratulate one another, and move on. Remember you're not going to agree on everything. Know when to agree to disagree.

**Get help.** Frequent arguing or arguing for no legitimate reason may be symptoms of a more serious problem. Seek professional counseling before what is merely an irritation becomes a crisis.

• • •

These guidelines may seem unnatural and uncomfortable at first, but with practice you can become as proficient at effective arguing as you have been at ineffective arguing.

Conflict is inevitable in marriage. Romance is one of the first casualties of unresolved conflict. Carefully consider what you are willing to risk for the sake of the argument.

*Carolyn Waterbury-Tieman is a resident of Lexington, Kentucky. She has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons, ages 24 and 14. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. After six years as Arts Facilitator for the School for the Creative and Performing Arts, she chose to return to her favorite place of employment – home. To contact her, please e-mail [parent4life@yahoo.com](mailto:parent4life@yahoo.com).*

# Private/Independent School Guide



**NYParenting.com**

# Baby-making 2.0

## How to increase your odds of getting pregnant the second time around

BY TAMMY SCILEPPI

**I**s your biological clock ticking again, as severe baby fever clouds your thoughts? Are you and your partner yearning for another bundle of joy?

Many couples gearing up for bebé número dos find that getting pregnant the second time around is a breeze, while others are wondering why this baby dance isn't working out the way it ought to be. If you can relate to the latter, you're not alone.

According to [www.whattoexpect.com](http://www.whattoexpect.com), it turns out that second baby infertility or "secondary infertility" is more common than you think, accounting for 60 percent or so of all infertility cases.

There are many factors that may potentially cause primary or secondary infertility (including age), but thanks to medical reproductive advances, more happy couples have been welcoming their bambinos into the world.

### Reasons for infertility

Women have the best chance of conceiving at age 27 or so, but men usually don't have to worry about low sperm count until after age 40 (and if things aren't going "swimmingly" for him, it may just be a matter of wearing loose briefs or throwing back a few less beers).

And keep in mind, there's only a 20 to 25 percent chance of getting pregnant each cycle! Even for young, healthy couples, it may take up to six months to a year to get pregnant.

According to Dr. Lynn Westphal, professor of Obstetrics and Gynecology (Reproductive Endocrinology and Infertility) at Stanford University Medical Center in California, there are some issues that can cause secondary infertility woes: endometriosis can progress, an infection could have occurred during delivery or afterwards, and fibroids or benign tumors could develop on the uterus.

A woman should mention any changes in her body or cycle to her ObGyn or midwife, and ask if that could be affecting her chances of a second pregnancy. Were there



any complications during her pregnancy or delivery? Is she taking different medications that may affect her cycle? Luckily, some issues don't require fertility treatments. Sometimes it's as simple as changing your meds or adding more nutrients to your diet and getting more sleep.

### In vitro fertilization and egg freezing

During in vitro fertilization, a process by which an egg is fertilized by sperm outside the body, the zygote (fertilized egg) is implanted in

the woman's uterus in hopes that a pregnancy will result. [Watch one couple's moving journey live on "The Today Show" <https://www.youtube.com/watch?v=utkUkvYq-zM>].

During the in vitro process, women usually experience some fullness or bloating as ovaries get larger, and may have some bruising at the injection site due to daily injections of follicle-stimulating hormones (normally produced in the body), according to Westphal. By giving more, hopefully you get more eggs to grow. Other side effects include breast tenderness

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Second baby infertility or “secondary infertility” is more common than you think, accounting for 60 percent or so of all infertility cases.

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and a tired feeling.

Westphal said she has close friends who went through fertility treatments, and knows the process can also be difficult both psychologically and emotionally.

“Couples often pay a lot of money and are stressed out and worried that they’re going through all this and still might not get pregnant,” she noted. In vitro is pricey; treatments cost about \$15,000 to \$17,000 per cycle and insurance doesn’t usually cover it.

And thanks to pioneering research by experts like Westphal, what was once impossible is now possible. As one of the country’s foremost experts in fertility research, she operated one of the first egg freezing clinics in the US.

Westphal’s recommendation for women who aren’t planning to get pregnant for several years but would like to freeze their (better quality) eggs, should do so at age 32 or 33, when their chances at conceiving are better.

### **Holistic alternatives**

Westphal recalled a study she was involved in. She found that a special supplement seemed to help women who had irregular cycles, and after taking “Fertility Blend,” they seemed to have regular cycles and higher pregnancy rates. The secret? It has a number of vitamins, which include potent chaste berry extract and arginine, an amino acid.

If you’re trying to get pregnant, she suggests taking this as your prenatal vitamin or together with your prenatal vitamins, so it may optimize your cycle. But, if you’re under 35 and have been trying for a year, she suggests having an evaluation to figure out if there’s something else that is preventing your second pregnancy; if you’re over 35, she says, get evaluated

after six months.

Over 40? You may want to see a fertility expert. Remember: The key element here is time. When eggs get older, it’s harder to conceive. Also, since 35 to 40 percent of fertility problems can be traced back to the guy (and his age affects sperm quality), a specialist can help if he’s over 40.

### **Does stress affect baby-making?**

Westphal said it doesn’t, but admits that everyone is stressed out by the time they get to her office.

“I tell them it’s good to find ways to reduce and manage stress; long-term health habits may help prevent potential second baby fertility problems, and everything in moderation.”

Couples should cut down on alcohol, smoking, caffeine, colas, and calories, and get in more exercise, yoga, and meditation.

She emphasized partner support or support groups during the process, as well.

“Part of the problem with infertility treatment is, some people feel very isolated — they don’t feel like they can talk to others about it or, they don’t get a lot of emotional support.”

If you’re still not sure why all your efforts aren’t resulting in a positive pregnancy test, here’s a tip: take a break, relax, and enjoy a little vino over a romantic candlelit dinner. Or, how about a weekend getaway? Life can be overwhelming at times, so reconnecting emotionally is vital to a well-balanced, loving relationship.

As you jump-start your second baby-making journey and wait for the stork to come knocking at your door again, remember that no matter what happens, you still have your first child to cherish.

Babies are gifts. They’re truly little miracles. And despite amazing advances in reproductive research and procedures, how they come to be still remains a mystery.

*Tammy Scileppi is a Queens-based freelance writer/journalist and parent and a regular contributor to New York Parenting. Interviewing hundreds of New York City’s movers and shakers has been an amazing adventure for her. Scileppi’s work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.*

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## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# Leaving a retirement account to a minor

*I have large retirement accounts and would like to name my grandchildren as the beneficiaries. It is my understanding that a minor (someone under the age of 18) cannot legally “own” money or bank accounts. Is that accurate? How should I handle contingent beneficiaries on my IRA and other assets? Should I write the names of my minor children or should I name their parents?*

**L**eaving a retirement account to your grandchildren is a commendable way to leave a legacy for your family. If the beneficiary is designated, he may elect to “stretch” the inherited IRA (individual retirement account) over his own lifetime, allowing the asset to grow tax free within the account for presumably a long time. However the beneficiary will be required to withdraw what is called, required minimum distributions, the minimum amount he must withdraw from the account each year calculated based on his own (presumably younger) age immediately. The beneficiary will have to make an election for the stretch out within a relatively short period of time after the death of the account owner, otherwise the default is that the beneficiary must withdraw the entirety of the account over a five-year period.

Additional planning is advisable if the beneficiary is under the age of 18. Because a minor may not own property in his individual name, there is a high probability that the financial institution will require that a guardian of the property be appointed for the child in order to distribute the distributions. This would require a petition to the court, and an account held jointly with the Clerk of the Court such that approval would be required each time a withdrawal is desired. In other words the parent would not have unfettered discre-



tion over the account. Also the child would be permitted to withdraw the entirety of the assets in the account when he becomes 18, which could be a significant sum.

There are two alternatives. First you may designate a custodian who can oversee the account until the grandchild reaches 18. At that point the grandchild could withdraw the entirety of the account, subject to significant income taxes on the withdrawal and losing the benefit of tax-free growth within the account.

If the individual retirement account is of substantial value, or if you are concerned about spendthrift behavior or wish to protect your grandchild’s inheritance, you can create what is known as a conduit trust in your will or in a living trust. You can then designate that conduit trust as the beneficiary of your account instead of the individual grandchild. When drafted properly, it allows the IRA to “look through” the trust and treat the minor as the designated beneficiary while still allowing a stretch-out of the account over the grandchild’s life. The distributions are paid to the trust, not to a guardian under court supervision, and they can then be used for the

grandchild’s benefit by paying the grandchild’s parent or guardian, or a provider of services (such as a private school or college). The stretch-out can be as long as the trust allows, even for future generations.

There is also a technique known as an accumulation trust, however, the conduit trust has been approved by the Internal Revenue Service in various rulings and commentary, whereas the accumulation trust has not.

Keep in mind that the individual retirement account must be distributed only to the trustee of the conduit trust in order to preserve the integrity of the account.

These are complicated techniques that require specific drafting to ensure your objectives are met. You should always consult with a qualified estate planning attorney to determine a course of action that is right for you and your specific situation.

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

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## DIVORCE & SEPARATION

LEE CHABIN, ESQ.



# A question of marital fault

**I**n a recent court case, Alice M. v. Terrance T., wife Alice M. was divorcing her husband Terrance T., who had already been convicted of raping her during their marriage. Terrance was claiming in the divorce action that his wife had “falsely accused” [him] of domestic violence and rape.” He asked the court to decide if he was entitled to money and some property.

In his Dec. 23 decision, State Supreme Court Justice Jeffrey S. Sunshine set out the question before the court as follows:

“The issue ... is whether defendant (husband), who is serving a 40-year prison sentence following conviction of rape in the first degree against plaintiff (wife), is entitled to maintenance, equitable distribution, and counsel fees.”

The judge found it to be clear “that [Husband] seeks ... to collaterally attack his criminal conviction for first-degree rape of plaintiff during the marriage.”

Judge Sunshine doesn’t allow Terrance to cast doubt on his rape conviction. Here is one reason:

### Standard of proof

The rape case had been a criminal case. It was already decided that the husband had been found guilty of rape “beyond a reasonable doubt,” which is a very high standard of proof.

In civil cases like divorce, the standard of proof is lower — that is, easier to meet — than ones in criminal court. The standard in civil court is “a preponderance of the evidence.”

Since the husband had been found guilty of rape in the criminal court, where so much proof was required to convict him, the judge wouldn’t accept his argument in the divorce (civil court) case, where less proof is needed, that his wife had falsely accused him

### Fault

Much of the case revolves around the question of fault, more specifically: when does one spouse’s fault (bad behavior against the other spouse) affect the amount of money and property she or he will receive from the divorce through equitable distribution (dividing marital prop-

erty) and spousal maintenance (alimony)?

In partial answer to this question, Judge Sunshine referred to the case of *Blickstein v. Blickstein*, decided in 1984, “which is often cited in this jurisdiction for the proposition that marital fault is not, as a general rule, ‘a just and proper consideration in determining equitable distribution of marital property.’”

In *Blickstein*, the court stated that:

“It would be, in our view, inconsistent with this purpose to hold that marital fault should be considered in property distribution. Indeed, it would introduce considerations which are irrelevant to the basic assumptions underlying the Equitable Distribution Law.

‘And that: ‘fault is very difficult to evaluate in the context of a marriage and may, in the last analysis, be traceable to the conduct of both parties.’”

“However,” Judge Sunshine wrote, “the Court [in *Blickstein*] then unequivocally noted that in rare cases where the Court found that one spouse had engaged in ‘egregious’ conduct against the other spouse that it may be a factor the Court could consider in making an equitable distribution award.”

Judge Sunshine cited more recent cases, and cautioned that few actions will involve such egregious conduct — conduct that will “shock the conscience of the court.” But some have, such as ones involving extreme violence and kidnapping.

(“Conversely, conduct that courts have found not to be egregious includes adultery, alcoholism, abandonment, and verbal harassment coupled with several acts of minor domestic violence.”)

Due largely to Terrance’s horrible mistreatment of Alice, everything he asked for was denied. The court’s conclusion that he never contributed financially (having been incarcerated part of the marriage) didn’t help his case either.

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

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



DEAR  
DR. KARYN  
DR. KARYN GORDON

# Help your kids be more responsible

One of the most common questions I get asked from parents is about responsibility. How can we inspire, help, and empower our kids to be more responsible? The exciting part about this topic is that it does not matter how old your child is — it is never too late to start.

So what if parents have been doing too much for their kids — how does a parent start to change this habit? The following three tips will help get you thinking. If you need more tips or help with this, I go into much more detail on this topic in my resource “Analyze Your Teen: 4 Part-3 Hour Audio-File Series.” In fact, one part (nearly one hour) is dedicated to this challenging topic. But here are three tips to get you started:

## Make a list

Set apart some time, sit down with your partner, and make a list of things that you are doing that should be your kids’ responsibilities (i.e. making lunches, doing laundry, calling teachers, applying for part-time jobs for them).

Compare notes to see what you have on your list and what your partner has on his. You may be surprised just how many items you have written down.

## Prioritize

Talk it out with your partner and choose the top one to two jobs or responsibilities that you want to start giving to your kids. Be sure to start with simpler (and easier) jobs and work up to the more difficult ones.

When we are trying to pass responsibilities to our kids, we don’t want to overwhelm them (this demotivates behavior), so start with simpler jobs first.



## Talk with your child in a loving way

Once you and your partner have decided on the key items you want to start passing over to your children (i.e. they are now responsible for making their own bed or lunch), you want to make sure you raise this with your kids in a positive and loving way. Ninety-three percent of communication is the “how” not the “what.” Yes, it’s important to use the right words, but really pay attention to how you communicate it.

If a parent says, “Okay, son, I’ve had enough of doing everything, so I’m passing these jobs to you,” immediately a teen will get defensive.

However, if a parent says, “Honey, I need to apologize. I realize that I have been doing too much because of my own issues (i.e. my need for control) and I realize that it’s really not helping you or me. So I’ve thought of a great plan that will mean I nag you less, I’ll be more happy, relaxed, and easygoing, and you’ll feel even better about yourself,” you’ll get their attention.

Start with easier responsibilities first. For many things, allow the natu-

ral consequences to happen (i.e. if your son doesn’t do his laundry, he has no clean clothes). Remember not to rescue your kids!

Here’s the golden rule: If a child can do something, you let her do it (i.e. my 8-year-old twins can pick up their toys, so that’s now their job, not mine). Teens can physically do laundry or make their lunches, so that should be their responsibility, not the parents’.

Once you pull back and you see your kids moving forward, praise, praise, praise! Once your child or teen hears your praise, sees you more relaxed, and is now experiencing how great it feels to be fully responsible over something, this is the positive reinforcement they need to continue!

*Dr. Karyn Gordon is one of North America’s leading relationship and parenting experts. She is a regular contributor to “Good Morning America,” founder of dk Leadership, best-selling author of “Dr. Karyn’s Guide To The Teen Years” (Harper Collins), and motivational speaker to a quarter of a million people. Visit her at [www.dkleadership.org](http://www.dkleadership.org) and on Twitter: @DrKarynGordon.*



## GROWING UP ONLINE

CAROLYN JABS

# Protect your family's medical information

**H**ealth information is valuable. Obviously, your doctors need swift and easy access if they are going to provide effective treatment, especially in an emergency. But health data also has value to researchers and advertisers. And medical financial information is attractive to criminals who can use it to steal medications, equipment, and services.

Now that medical records are being kept electronically, they can more easily be misappropriated. Healthcare providers and insurers have been hacked, creating worries about privacy as well financial vulnerability.

Medical companies that get access to health information may bombard you or your child with advertising for treatments that you don't want or need. A thief who gets access to insurance information can ruin your credit and max out your benefits.

Just as worrisome, a person who accesses health services under the name of a family member may have her information entered into the medical record, creating confusion that can have serious consequences.

Protecting your family from these problems requires vigilance. Get into the habit of following these rules:

**Study statements.** Check provider names, dates of service, and the type of service provided. Does anything look unfamiliar? Were you billed for the same thing twice? If you see a mistake, report the problem as soon as possible.

**Check Explanation of Benefits.** An Explanation of Benefits from your insurance company usually says "This is not a bill" at the top. That's not a reason to ignore it. Match these to statements from medical providers. If there are any discrepancies, contact your insurance company immediately. An inaccurate Explanation of Benefits may be your first indicator that someone else is using your insurance information.

**Sign up for online accounts.** Many doctors and pharmacies provide pa-



tients with password protected access to personal medical files. Not only is this an easy way to check the accuracy of records, but it also keeps anyone else from setting up an account under your name.

**Correct misinformation.** Fraudulent medical claims can introduce inaccurate information into medical records. If you become aware of errors in your medical files, ask that they be corrected. Keep in mind that the medical provider that created the record has responsibility for changing it but won't necessarily notify any other providers who may have received the information. Follow up with each of them to be sure records are accurate.

**Set up personal health records.** Having your own records makes it easier if you need to change health care providers. MyPHR.com has an extensive list of record-keeping apps and programs as well as paper forms that can be downloaded. Regardless of format, you'll want to record the following information for each family member:

- Dates of immunizations
- Lab results, including blood type
- Allergies and sensitivities to medications, foods, and materials
- Prescribed medications, includ-

ing dosages

- Treatment for chronic conditions such as asthma
- Treatment for unusual conditions including hospitalization or emergency room visits

Because genetic history is likely to become more important in your child's lifetime, you may want to use the same file to record medical conditions of ancestors and other family members as you learn about them.

**Be skeptical about free.** Medical identity thieves try to trick people into revealing sensitive medical information by offering free products and services. Drug companies and other suppliers set up free forums to harvest information that may be useful in marketing. Free medical apps may collect information that is sold to advertisers.

Before accepting a deal that seems to be too good to be true, read the fine print — and especially the privacy policy.

If, despite all these precautions, you suspect someone has stolen the medical identity of a family member, act swiftly, following the steps outlined at [identitytheft.gov/#what-to-do-right-away](http://identitytheft.gov/#what-to-do-right-away).

You can also request an Accounting of Disclosures, a record that details when, what, who, and why your medical information was shared by your provider.

Even if you don't suspect medical fraud, you may want to request a disclosure report as well as reports from the three major credit agencies ([annualcreditreport.com](http://annualcreditreport.com)). By law, you are entitled to a free copy of each of these reports each year, and you may sleep better at night if you know they've given your family a clean bill of health.

*Carolyn Jabs raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years and is working on a book about constructive responses to conflict. Visit [www.growing-up-online.com](http://www.growing-up-online.com) to read other columns.*

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## HEALTHY LIVING

DANIELLE SULLIVAN

# Early menopause

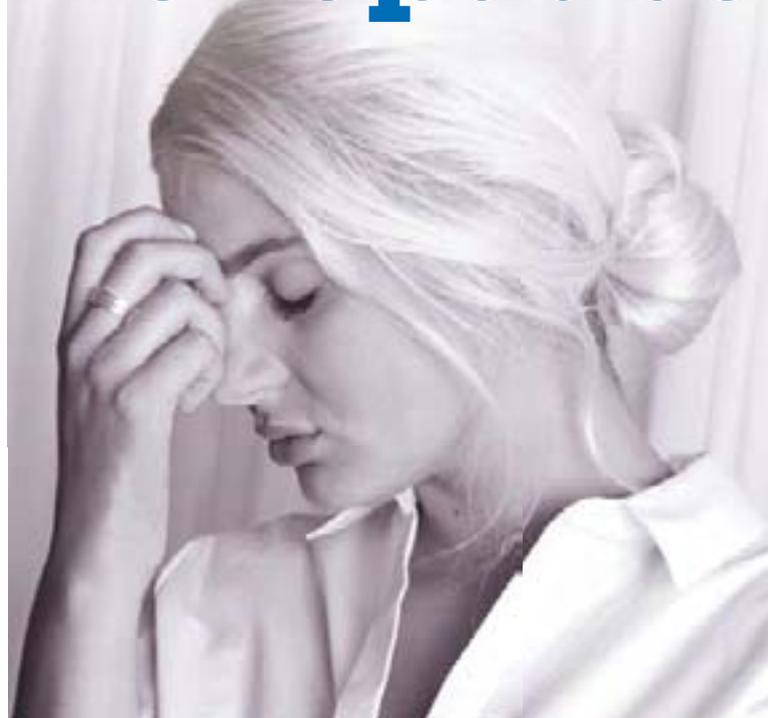
**S**usan Deakin dropped her middle schooler off at school one morning and headed for the pharmacy. Staring at the pregnancy tests, she felt nervous. At age 42, she hadn't been pregnant in more than a decade and thought her days of raising babies were over for good, but not having had a period in eight weeks could only mean one thing. The test was negative, so she bought another a few days later, which was also negative, and a trip to her doctor brought her news she simply was not ready to hear.

"You may be menopausal.' That's what my doctor told me, and I thought he was surely joking," she says. "I'm young. My period has always been like clockwork and I feel fine."

"The average [age] in the United States is 51, but it can occur between 40-60," explains Dr. Shirazian, assistant professor, Department of Obstetrics and Gynecology at the NYU Langone Joan H. Tisch Center for Women's Health. "Before age 40 it is diagnosed as primary ovarian insufficiency."

Primary ovarian insufficiency is considered premature menopause, and it may have a specific cause, which can be autoimmune or infection specific. Other possible reasons for premature menopause include having had chemotherapy treatment, having a hysterectomy (which springs a women into instant menopause), smoking, and a history of premature menopause in the family. So at age 42, Susan was technically not experiencing menopause prematurely, even though it was younger than the average age of 51.

There is no one definitive test to diagnose menopause; the official diagnostic criteria states that a woman must have not had a menstrual period in 12 consecutive months. However, it may be a good idea to have certain hormones tested. The Mayo Clinic recommends that women have these tests: follicle-stimulating hormone, estrogen, and thyroid-stimulating hormone. Follicle-stimulating hormone levels increase and estradiol levels decrease as menopause occurs, and an underactive thyroid (hypothyroidism) can cause symptoms similar to those of menopause.



Sonia Rodriguez of Sheepshead Bay, Brooklyn, was 44 when she thought she might be going through menopause because she had not had a period in five months and was not pregnant. "I was convinced my periods were over, and I felt awful, from everything I heard about menopause being so terrible. I had migraines and was extremely fatigued, so I thought that menopause could be starting, but my doctor took a blood test and called a few days later saying I had hypothyroidism, which was probably causing my menstrual irregularities. She gave me medication and my periods came back."

Signs and symptoms of menopause include irregular periods (very heavy, longer or shorter than usual), vaginal dryness, hot flashes, night sweats, sleep problems, mood changes, and weight gain.

Dr. Shirazian points out that although there is nothing inherently unusual with menopause occurring in early 40s, women should be make sure they are not suffering from "bone loss or bone decline, which tends to occur with a decline in estrogen." If a woman would like to boost herself through the use of supplements once menopause hits, Dr. Shirazian says "virtually all supple-

ments are good that include calcium and vitamin B. For symptom relief, evening primrose oil works well."

The vast majority of women report symptoms and up to 70 percent of women experience hot flashes for years, but there are those few who do not. Some women experience no symptoms other than the absence of a monthly period.

"I felt fine throughout," says Susan, who has not had a period in three years and is considered to have fully reached menopause. "Once I knew I wasn't pregnant and got over the shock that menopause was probably happening, I was actually relieved. I didn't have any debilitating symptoms and I honestly don't miss my period at all!"

If you are having missed periods or symptoms of menopause, don't make assumptions. The only way to find out exactly what is happening is to see your doctor. Search for doctors that specialize in hormonal testing and menopause.

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

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# Calendar

FEBRUARY



## All about owls

Great Horned, saw-whet, long-eared, and barred owls can often be found near the Bartow Pell Mansion Museum this time of year.

Join Jack Rothman of City Island Birds to search the grounds for owls and other winter species, including winter woodland birds as well as ducks and waterfowl in the nearby waters. Registration

required.

Be prepared for winter weather and wear sturdy, waterproof shoes.

Owl Prowl on Feb. 21 at 8:30 am; free.

*Bartow Pell Mansion Museum [895 Shore Rd. in Pelham Bay, (718) 885-1461]. For info, visit [www.bartowpell-mansionmuseum.org](http://www.bartowpell-mansionmuseum.org)].*

## Never miss a great event!

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# 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](mailto:bronxriverdalecalendar@cnglocal.com) — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

### FRI, FEB. 5

#### IN THE BRONX

**Chris Washburne and the Syotos Band:** The Bronx Museum of the Arts, 1040 Grand Concourse at 165th St.; (718) 681-6000; <http://www.bronxmuseum.org>; 7:30 pm; Free.

As part of the Carnegie Hall Neighborhood Concert series, the band performs innovative Latin jazz music.

### SAT, FEB. 6

#### IN THE BRONX

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

The stories of Eric Carle provides inspiration to create paper crafts using hand-painted papers.

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

Show that you care — not with a boring store-bought card, but with a handmade, full-of-charm, sure-to-woo original creation. Learn about the history of valentines and the printed "scraps" used to make them in the 19th century while you craft your own memorable card. Registration required.

**Researching your history:** Valentine-Varian House, 3266 Bainbridge Ave.; (718) 881-8900; [www.wnycgovparks.org](http://www.wnycgovparks.org); 3 to 4 pm; \$5 (\$3 students and seniors).

Join with genealogist and family historian and learn how to trace your personal family history. For older children and teens.

**Winter Walk:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718)



## 'Beauty' in the Bronx

"Beauty and the Beast" waltzes into the Bronx House from Feb. 19 through 29.

Disney's adaptation of the classic is performed by more than 30 students at Bronx House and the Riverdale Children's Theatre (pictured in rehearsal).

The tale that's old as time is the story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved,

the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

"Beauty and the Beast," Feb. 19, 20, 26, 27 at 7 pm; Feb. 20, 21, 27 and 29 at 2 pm. Tickets are \$10.

*Bronx House Auditorium [990 Pelham Parkway South between Hone and Bogart avenues in Morris Park, (718) 792-1800; [www.bronxhouse.org](http://www.bronxhouse.org)].*

885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 3 pm to 5 pm; Free.

Join the Natural Areas Conservancy for a guided walk through the coastal and forested areas of Pelham Bay Park. Ecologist Helen Forgione explains how to identify trees in winter and interpret signs of wildlife. Findings from the NAC's two year-study documenting and analyzing forests and wetlands in city parklands will also be discussed. The presentation will end with hot chocolate in the Orangerie. Be prepared for winter weather and wear sturdy, waterproof shoes. Registration required. For tweens and teens.

### SUN, FEB. 7

#### IN THE BRONX

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Feb. 6.

**Garden walk:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 2 pm to 3 pm; Free with admission to the grounds.

Join us for an hour-long tour of seasonal garden highlights.

### SAT, FEB. 13

#### IN THE BRONX

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

Visit the colorful blooms in the Tropical House and then make a paper heart for that special valentine.

**Celebrity Food Weekend:** New York Botanical Garden, 200th Street and Kazimiroff Boulevard.; (718)

817-8700; [www.nybg.org](http://www.nybg.org); 11 am-3 pm; \$20 (\$18 seniors and students; \$8 children 2 to 12; Children under 2 free).

Children learn about the relationships among plants, farms, and your favorite foods. Family Garden staff will offer cooking demonstrations, recipes, and hands-on activities, with plenty of music and tastings. Tinker with the science of kitchen chemistry and get to the root of foods at a variety of activity stations. Daily cooking demonstrations at 1 pm feature kid-friendly recipes.

### SUN, FEB. 14

#### IN THE BRONX

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Feb. 13.

**Celebrity Food Weekend:** 11 am-3 pm. New York Botanical Garden. See Saturday, Feb. 13.

**Chamber music concert:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 4:30 pm; \$20.

The Rivertown String Quartet performs a wonderful one-hour program of romantic classical music in the double parlors, including pieces by Schubert, Beethoven, and Ginastera — perfect for Valentine's Day. Enjoy refreshments at the opening of the Gilded Age Glamour exhibition after the concert. Registration requested if purchasing at the door.

### MON, FEB. 15

#### IN THE BRONX

**Celebrity Food Weekend:** 11 am to 3 pm. New York Botanical Garden. See Saturday, Feb. 13.

### TUES, FEB. 16

#### IN THE BRONX

**Armor Week:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1:30 pm to 3 pm; \$25 (\$15 member) per session.

Return to the days of lords, knights and princesses — and even dragons — as Wave Hill pays homage to former resident and scholar of arms and armor Bashford Dean. Spend one, two, or three afternoons building, decorating, and populating your own medieval castle. Programs are geared to families with children between the ages of 5 and 10. Space is limited. Registration required.

*Continued on page 32*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

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## WED, FEB. 17

### IN THE BRONX

**Armor Week:** 1:30 pm to 3 pm.  
Wave Hill. See Tuesday, Feb. 16.

## FRI, FEB. 19

### IN THE BRONX

**"Beauty and the Beast":** Bronx House Auditorium, 990 Pelham Parkway South; (718) 792-1800; [www.bronxhouse.org](http://www.bronxhouse.org); 7 pm; \$10.

Disney's adaptation of the classic is performed by the students at Bronx House and the Riverdale Children's Theatre. The tale that's old as time is the story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress.

## SAT, FEB. 20

### IN THE BRONX

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

Join in for Armor Week and make fun protective gear that shimmers.

**Terrarium workshop:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); Noon-2 pm; \$10 (\$8 seniors, students, members) plus a \$20 materials fee.

Join horticulturalist and author Maria Colletti to design and make a miniature succulent garden under glass to take home. Learn about tropical plant terrariums, hanging glass globes with air plants, succulent and moss dish gardens, and more. Registration required.

**"Beauty and the Beast":** 2 pm and 7 pm. Bronx House Auditorium. See Friday, Feb. 19.



Photo by Erika Kapin

## Extreme universe

Come explore the extremes at the Intrepid Sea Air and Space Museum during Kids' Week, Feb. 15 through 19.

This year, children can learn about extreme environments from the polar regions to the deserts, from Earth to the Moon, Mars, and beyond. Staff will highlight the most exciting atmospheres in the universe through hands-on

activities, presentations, and special guest appearances.

Kids' Week, Feb. 15 through 19, 10 am to 5 pm. Events are free with general museum admission.

For exact times and schedules visit the museum's website.

*Intrepid Sea Air and Space Museum [Pier 86 at W. 46th Street and 12th Avenue in Hell's Kitchen, (212) 245-0072; [www.intrepidmuseum.org](http://www.intrepidmuseum.org)]*

## SUN, FEB. 21

### IN THE BRONX

**Owl Prowl:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 8:30 am; Free.

Great horned, saw-whet, long-eared, and barred owls can often be found near the mansion this time of year. Join Jack Rothman of City Island

Birds to search the grounds for owls and other winter species, including winter woodland birds, ducks, and waterfowl. Registration required. Be prepared for winter weather and wear sturdy waterproof shoes.

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Feb. 20.

**"Beauty and the Beast":** 2 pm. Bronx House Auditorium. See Friday,

Feb. 19.

## FRI, FEB. 26

### IN THE BRONX

**"Beauty and the Beast":** 7 pm. Bronx House Auditorium. See Friday, Feb. 19.

## SAT, FEB. 27

### IN THE BRONX

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

A desert under glass has children creating paintings of exotic desert-dwelling plants.

**Nature survival skills:** Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm to 2:30 pm; free.

The rangers teach you how to survive in the wild. Learn how to build a fire, shelter, and survive plummeting temperatures. For children 8 and older.

**"Beauty and the Beast":** 2 pm and 7 pm. Bronx House Auditorium. See Friday, Feb. 19.

## SUN, FEB. 28

### IN THE BRONX

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Feb. 27.

**Garden walk:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 2 pm to 3 pm; Free with admission to the grounds.

Join us for an hour-long tour of seasonal garden highlights.

**Poetry in the parlor:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 4:30 pm; \$10 (\$8 seniors, students).

Bartow teams up with Four Way Books to present the second Sunday afternoon poetry reading in the double parlors. Poet, critic, and performer J. Mae Barizo reads from her book "The Cumulus Effect" followed by Kamilah Aisha Moon presenting pieces from her 2013 work, "She Has a Name." Enjoy a brief musical interlude in-between readings, and a reception with a book signing afterwards. Registration requested.

## Winter wonderland in Manhattan

Have fun and enjoy a Winter Carnival at Bryant Park on Feb. 5 and 6.

Bundle up and come on out for the second annual party at Bank of America Winter Village!

Have fun in the frosty weather and join in for a celebration of the winter season. This jam-packed weekend features dancing, curl-

ing lessons, ice golf, live skating, and musical performances, and more.

Winter Carnival, Feb. 5 and 6 from noon to 10 pm. Free (some activities require a fee).

*Bank of America Winter Village in Bryant Park [W. 40th Street and Fifth Avenue; <http://wintervillage.org/visit/wintercarnival>].*



Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## MON, FEB. 29

### IN THE BRONX

**"Beauty and the Beast":** 2 pm. Bronx House Auditorium. See Friday, Feb. 19.

## LONG-RUNNING

### IN THE BRONX

**Whimsical Winter Wonder:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [rsvp@pow-erhousearena.com](mailto:rsvp@pow-erhousearena.com); [nycgovparks.org](http://nycgovparks.org); Tuesdays – Saturdays, 8 am to 4 pm, Now – Sat, Feb. 27; Free.

Local artists share their creations depicting winter wonderland scenes.

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

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

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

Children use multiple mediums and learn drawing and painting techniques.

**Beginners dance class:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [rsvp@pow-erhousearena.com](mailto:rsvp@pow-erhousearena.com); [nycgovparks.org](http://nycgovparks.org); Saturdays, 10 am to noon; Free.

Teen girls 14 to 17 years old learn hip hop ballet and jazz steps.

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

Learn the fundamentals of the game with Coach Victor Campbell.



## Chinese puppet show

Celebrate the Lunar New Year, the Year of the Monkey, with a production of "Tiger Tales" at Symphony Space on Feb. 6.

Presented by the Chinese Theatre Works, this puppet show tells the tale of Wily Grandma Bunny and how she teaches the young animals of the jungle how to survive under the reign of the carniv-

ore. The show weaves shadow puppetry, Chinese music, and a big screen to create the humorous and allegorical tales.

"Tiger Tales," Feb. 6 at 11 am and 2 pm; tickets are \$15.

*Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org)]*

For children 6 to 12 years old.

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

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

### FURTHER AFIELD

**Annual train show:** Grand Central Terminal, 42nd St. and Park Avenue, Manhattan; [web.mta.info/mta/museum/#general](http://web.mta.info/mta/museum/#general); Weekdays, 8 am to 8 pm, Saturdays and Sundays, 10

am to 6 pm, Now – Sun, Feb. 21; 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.

**The Titanosaur:** American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Daily, 11 am to 5 pm; 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.

**Superheroes in Gotham:** New-York Historical Society, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays – Thursdays and Saturdays, 10 am – 6 pm, Fridays, 10 am – 8 pm, Sundays, 11 am – 5 pm, Now – Sun, Feb. 21; Free with museum admission.

Through comic books, original drawings, posters, video clips, costumes, early merchandise, and props, Superheroes in Gotham will tell the story of comic book superheroes in New York City.

**"Little Red's Hood":** Swedish Cottage Marionette Theater, W. 79th and West Drive, Manhattan; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and Noon, Wednesdays, 10:30 am, Noon 2:30 pm, Saturdays and Sundays, 1 pm, Tues, Feb. 2 – Fri, April 29; \$10 (\$7 for children under 12).

Little Red is a smart, young, city slicker who is too focused on her smartphone to notice her surroundings. When Little Red travels from New York City to the country to deliver some cupcakes to her grandma, she encounters a colorful cast of characters as Wulfric the Wolf tries to head her off at the pass. Suitable for children 3 to 9 years old.

**Nikon small world:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.ny-science.org](http://www.ny-science.org); Weekdays, 9:30 am – 5 pm, Saturdays and Sundays, 10:30 am – 5 pm, Now – Sun, Feb. 21; most activities free with general admission.

Photography and science converge in this colorful exhibition showcasing the best of photomicrography, photography taken through a microscope.

## Honor Black History

It's a Family Activity Day at Morris-Jumel Mansion on Feb. 6.

In celebration of Black History Month, costumed historian Cheyney McKnight (of Not Your Momma's History) will bring Morris-Jumel Mansion's colonial kitchen to life as she speaks about African influences on colonial cooking.

There will be things to taste and

lots to learn!

Advanced registration is recommended.

Family Activity Day, Feb. 6 from 11 am to 2 pm. Free with museum admission.

*Morris-Jumel Mansion [65 Jumel Terrace at W. 162nd Street in Harlem, (212) 923-8008, [education@morrisjumel.org](mailto:education@morrisjumel.org)].*





## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Discover the power of sprouted grains

**S**prouted grains, a popular food of the '70s, are back. In fact they're becoming trendy and can be found in bread, cereal, pasta, and snack chips.

Sprouted grains refer to seeds of grain that are soaked in water and allowed to germinate, or begin to sprout. Once a root appears, the grains can be frozen, dried, or mashed and cooked into baked goods. They're considered a whole grain and that grain can be wheat, rye, barley, spelt, or oat. Even naturally gluten-free corn, rice, amaranth, and millet flours are being made from sprouted grains.

Proponents say the health benefits are significant. Sprouted grains are said to be higher in nutrients such as protein and vitamins. But are the benefits being overstated?

"Whether there's a significantly greater amount of nutrients or not, that's not really clear," says Dr. Julie Miller Jones, professor emerita at St. Catherine University in St. Paul, Minnesota. "Is it 10 percent more, enough to make a nutritional impact?"

Sprouted grains are a touch sweeter and more flavorful than traditional whole grains.

"You're breaking down some



starch, which makes it taste sweeter," says Jones, who attended a presentation on the topic at the American Association of Cereal Chemists International meeting in October. She says it's a way for food companies to "get a sweet taste without added sugar."

She adds that some of the enzymes produced during the sprouting process can make certain proteins easier to digest.

"It breaks down grain protein and legume protein, both of which are harder proteins for us to digest."

In addition, sprouting activates

certain plant enzymes that start breaking the cell wall down, which also improves digestibility.

As to the protein increasing, she says since the starch is being used up, it's the percentage of protein that is going up, not the actual amount.

"When you measure it analytically, you have more protein, but you haven't been making protein, you've been using up the starch so the percentage is higher."

Sprouting causes the reduction of phytate, which improves the absorption of both iron and zinc, two key nutrients for both kids and their mommas.

Is there a downside to sprouting? Jones says that depending on how long you do it, "you can take all the beta glucan (fiber) out of things like oats or barley."

Sprouted flour can be purchased online and at natural foods stores, but mainstream supermarkets are beginning to offer it as well.

For more information on how to sprout your own or baking with them, see the book "Bread Revolution" by Peter Reinhart.

*Christine Palumbo is a Naperville-registered dietitian nutritionist who is eager to try her hand at some sprouted grain recipes. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter or ChristinePalumbo.com.*

### Sprouted coconut waffles

Serves four

#### INGREDIENTS:

- 2 large eggs
- 1/4 cup yogurt
- 1 1/4 cups water
- 3 tbsp. coconut oil
- 1/4 cup maple syrup (plus more for on top)
- 1 tsp. vanilla extract
- 1 1/4 cups sprouted whole wheat flour
- 1/2 cup coconut flour
- 1/2 tsp. sea salt
- 1 tsp. baking powder
- 4 tbsp. dried, shredded coconut

**DIRECTIONS:** In a large mixing bowl, lightly beat the eggs. Add the yogurt, water, oil, syrup, and vanilla. Mix until blended. Add the remaining dry ingredients to the egg mixture and mix until blended.

Follow the waffle iron instructions for cooking. Adjust the consistency of the batter by adding more water or flour as needed.

Serve with butter and maple syrup.

**NUTRITION FACTS:** 410 calories, 51 g carbohydrate, 11 g protein, 19 g fat (15 g saturated fat), 490 mg sodium, 13 g fiber

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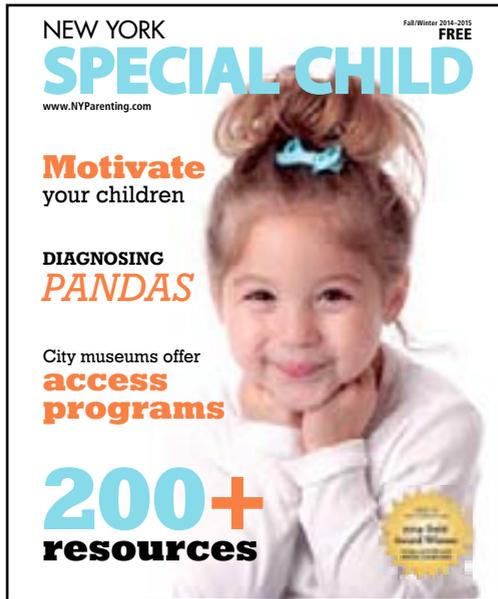
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