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Proudly we salute our writers and designers

It was so exciting to attend the recent *Parenting Media Association* Annual Convention and Awards Dinner in Indianapolis. We were treated so beautifully by our hosts at *Indy's Child*, and our conference got off to a great start by



being whisked for an early evening reception to their Children's Museum, which happens to be the largest Children's Museum in the world. Indeed, it was really special. Many in our group also attended the opening night game of their minor league baseball's team.

Then we got down to business and had an informative and educational two days of great speakers and interactive workshops. Being

a part of the parenting media model is a truly satisfying and stimulating ongoing learning curve. Our businesses have grown alongside the sociological and technological developments of the last decade or so and have morphed from strictly

print magazines to the digital realities that are an intricate part of all our lives.

The final night was our Awards Dinner and *New York Parenting* proudly won 12 Awards of Excellence, and I was the lucky person who got to accept them. As the Publisher and Editor, I have had the good fortune to select the creative team around me, and what a team it is. So many fine talented people

whose hearts are in the right place all the time. The winners this year that I need to single out are Tammy Scileppi, Shneika L. Johnson, Lisa J. Curtis, Lee Chabin, Lyss Stern, Alison Arden Besunder, and the amazing Danielle Sullivan, who won three awards! So proud of all of them, as well as the many other great contributors, who to me are all award winners. Lastly, I want to congratulate our Art Director Leah Mitch for her fine work on our covers (three wins! including two GOLDS!).

Our first magazine, *Brooklyn Family*, is now in it's 17th year and the others are not far behind. It has been a marvelous collaborative effort and couldn't have been done at all without the mentoring and patience of Cliff Luster, who has "had my back" throughout these years. I

am grateful to him and to the other terrific people, some of who have moved on, who have contributed to our effort.

Finally, I want to wish all of you a very Happy Mother's Day! Being a mother is the best thing that has ever happened to me. As I always say to my daughter, "I missed you so much before you got here!" Right?

Thanks for reading!

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11 secrets of happy moms

Motherhood can be stressful, but you can stay positive

BY CHRISTA MELNYK HINES

We know that happiness is an emotion that can come and go. But how do we recapture that bubbly feeling amid the challenges and stresses of parenthood? Here are a few tips from moms for staying positive and feeling good:

Lean on community

Several moms polled for this article agreed that moms' night outs with their friends help them feel more optimistic. And science proves it. Studies find that time spent bonding with friends boosts a woman's level of oxytocin, a natural hormone that reduces stress. Check out mothers' groups in your area if you are struggling to build a support network.

Commit to healthy living

Women who make time to care for their bodies enjoy a stronger self-image and feel more self-confident and energetic. Exercise, try to get adequate sleep, schedule regular massages, and make healthy food choices to feel your best.

"I know that when I am reasonably well-rested and happy, I am absolutely more patient, energetic, and empathetic to everyone in my household," says Erica Wilson, a mom of one.

Take time for personal pursuits

Whether you like surfing Pinterest, training for a 5K, or simply taking a warm bubble bath, moments stolen throughout the week contribute to our overall sense of well-being.

"I try to take at least a few minutes



"I know that when I am reasonably well-rested and happy, I am absolutely more patient, energetic, and empathetic to everyone in my household."

a day outside. I close my eyes, take deep breaths, and listen to the sounds," says Melanie Werner, a mom of one.

Nourish yourself

During the rush of the week, most of us throw meals together just to get our hungry crew fed. If you enjoy cooking, find a day when you can slow down and relish the preparation. The process of chopping and measuring ingredients is meditative and soothing. Create a feast to delight all of the senses by serving your meal on a table laid out with your favorite dishes and cheerful flowers.

Laugh

Family life can be funny. Kids say hilarious things. Pay attention and write those gems down. Next time you need a lift, read them. Need more ideas? Look at funny family videos or photos, hang out with lighthearted friends, watch a silly movie, or read a humorous book.

Follow a spiritual practice

Studies find that people who lean on an inner belief system are happier. You don't have to be religious to be spiritual. You can feel a connection to spirituality through helping others, nature, yoga, music, art, personal meditation, or journaling.

Michelle Hovick, a mom of one, says the "Elevation" church app is one of her favorite spiritual gateways to a mood shift.

Practice gratitude

In a gratitude study at Eastern Washington University, researchers found a positive correlation between gratitude and happiness.

"We have found that grateful individuals tend to be happy individuals and that grateful thinking improves mood," the researchers report. Try writing down three

things you are thankful for each day — small moments count too.

Get a groove on

Whether she participates in a Jazzercise class or switches on upbeat dance tunes in her kitchen, Jessie Mallicoat, a mom of three, says, "If I'm in a bad mood, I put on some 'dancy' music and it usually helps."

In fact studies find that dancing boosts the body's feel-good endorphins. Dancing has even been found to reverse depression and increase self-confidence.

Set boundaries

Moms who are happier make conscious decisions on a daily basis about who and what is allowed into their lives. Switching to this way of thinking is empowering. You don't have to be harsh or hurtful to accomplish this goal. Politely decline invitations that don't fit with your priorities and limit interactions with negative individuals.

Access good childcare

Seek reliable childcare in order to feel secure pursuing personal interests, maintaining routine health check-ups, and for date nights with your partner. A positive marriage contributes to the overall emotional health and happiness of your family. Having trouble finding a sitter? Check out SitterCity.com, Care.com, and ask other parents for references.

Avoid comparison

Parenting philosophies that work well in one family may not work well in another. Thanks to the influx of information at our fingertips, parents have no shortage of advice. Decide which strategies make sense for your family. And beware of spending too much time on social media if you're starting to feel like you don't measure up.

"Being happy with yourself and how you parent is key to accepting other moms and how they parent, which creates a more supportive parenting community all around," says Mandy Yokim, mom of two.

Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. She finds happiness while exploring new destinations with her family, spending time with her book club friends, and cooking. She is the author of "Confidently Connected: A Mom's Guide to a Satisfying Social Life."

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Our big wins!

New York Parenting wins a dazzling dozen in international contest

New York Parenting/CNG made its own headlines recently when our chain of Family glossies broke our previous records at the prestigious, inter-continental media competition, winning 12 awards for keeping mom, dad, kids, and parenting advocates informed and entertained.

New York Parenting received two golds, four silver, and six bronze medals at the Parenting Media Association's annual Editorial and Design Awards Competition, which celebrates excellence in journalism, design, and photography in parenting publications around the U.S., Canada, and Australia.

The sensational sweep was an all-time record high, although we have been contest winners for the last 15 years. New York Parenting publishes in print every month *Manhattan Family*, *Brooklyn Family*, *Bronx-Riverdale Family*, and *Staten Island Family*. *New York Special Child*, a magazine devoted to the issues of special needs children, is printed twice a year, and all are found online at *NYParenting.com*.

"We're so proud," said Susan Weiss, publisher and editor, who accepted the plaudits at the P.M.A. Annual Convention in Indianapolis earlier this month. "Columns, articles, covers! Brooklyn, Manhattan, Queens, Bronx, and Staten Island, all five magazines won, and one of our silver award-winning articles created a tremendous buzz on the internet."

Among the columns singled out for honors were "New & Noteworthy" by Lisa Jean Curtis, "Healthy Living" by Danielle Sullivan, "Divorce & Separation" by Lee Chabin, and "Fabulyss Finds" by Lyss Stern. The accolade-worthy articles included "Misty Copeland — Breaking Down Barriers" by Shnieka L. Johnson, Tammy Scileppi's "Telling Their Stories—Healing Scars (Teens and Domestic Violence)" series, and Sullivan's "Teen Disease You've Never Heard About," an investigative feature on Postural Orthostatic Tachycardia Syndrome that went viral online.

Weiss and art director Leah Mitch — a perennial winner — clinched the gold for their "Super Dads" front cover



Publisher and editor Susan Weiss and the 12 awards from the Parenting Media Association's annual competition.



featuring a cute tot, and a cover illustration on a holiday issue of a gold star directing readers' eyes to children.

"This simple yet effective illustration tells the story of holiday traditions," determined the judges.

New York Parenting's own birth was an entrepreneurial conception.

The chain grew from a single

magazine Weiss — a globe-trotting former actress and restaurateur—created after moving to Brooklyn from Manhattan with her baby and discovering Brooklyn was a parenting-magazine desert.

"There was only one magazine and I thought it was provincial," she says. "I wanted a quality parenting publica-



tion that was sophisticated, had quality content and design, and excellent distribution." That was 17 years ago, and since then we've added the other boroughs and grown our digital presence, naturally.

Weiss's string of victories are a huge win for the entire CNG family, said CNG's president and publisher.

"I am thrilled to see the hard work and dedication Susan and her team bring to creating our Family magazines each month recognized with 12 awards," said Jennifer Goodstein. "The variety of awards shows that the magazines are hitting the right notes."

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You've gotta have ARTS

What kids really learn from an arts education

BY LELA NARGI

It's a late evening in early December and I'm sitting with my tween daughter in a stiflingly heated, baldly lit, packed-to-the gills auditorium near Coney Island, waiting for Mark Twain Junior High School's winter concert to begin.

We've come out to see my daughter's friend sing with her seventh-grade choral class — the same friend who, a week earlier, joined me to watch my daughter dance in a production of "The Nutcracker." It promises to be a long night, with three grades' worth of choral, band, and orchestra performances — each. But I'm used to these sorts of engagements. As the parent of a kid who's been lucky enough to attend public schools that vigorously buck the current trend of defunding arts programs, I've been sitting in on biannual music, dance, drama, photography, and broader "talent" shows since my daughter was in pre-K. I hardly give the enterprise any thought.

Arts education has been a big educational talking point for years, but possibly never more than since the advent of the test-driven Common Core curriculum. Across the country the arts have been cast aside in favor of reading comprehension and science, technology, engineering, and mathematics subjects — as well as the high-stakes tests that supposedly determine a child's competency in them. Yet the findings of multiple studies champion the ability of painting, drumming, ballroom dancing, and playwriting to enhance creativity, fine motor skills, and even language development in our kids —

with even more significant and lasting boons for low-income children. Many parents with kids who have access to arts classes through school accept these benefits as a given. But those particular skills are not on my mind as the lights in the auditorium dim and the first orchestral group streams onto the Mark Twain stage.

The students are wearing the customary on-stage uniform of white shirts and black bottoms. They march purposefully out from the wings in a steady and orderly manner, delicately carrying their instruments. They quietly find their seats, set their music on their stands, and follow along with their section leaders in tuning their instruments. When Jamie Baumgardt, Mark Twain's strings teacher, appears on stage they stand, then await her cue to sit again. As anyone who's ever watched an orchestra knows, this is business as usual. But if you've ever spent any time with a large group of rabid tweens and teens, you know how exceptional this sort of behavior is.

And if you're an educator, you know it even more acutely. I've listened to my sister-in-law, a 20-year veteran of elementary school classrooms, bemoan the mounting inability of her students to sit still and focus. She chalks it up to the use of smartphones and tablets, devices that encourage them to eschew human interaction and reward them for making fast, unconsidered decisions. For years my husband taught literature to city community college students and every night came home with frustrated stories of kids who didn't know how to behave in his

classroom: they truly didn't know they shouldn't text and take phone calls, didn't know they shouldn't gobble sandwiches and bags of candy, didn't know they shouldn't listen to music through one headphone as he led them (or attempted to lead them) in discussions of Kafka and Chinua Achebe. Children are losing their understanding of basic courtesy, and in the process, are becoming ever more removed from their peers and larger society. With this loss, life becomes less pleasant and more challenging for all of us. Because the loss is palpable everywhere we go. Think of the people texting through movies. Refusing to let you pass as you haul heavy grocery bags down the sidewalk. Shoving you aside to get onto the subway car first.

And this is what I'm thinking about as the strings students finish their performance, again await Ms. Baumgardt's cue to rise, and quickly, silently take their bows and leave the stage. An orchestra has many governing rules. To survive and thrive in this setting, an orchestra member not only has to know them, but she has to tacitly agree to follow them. As these rules govern how members of an orchestra treat their leaders, their equals, and the audience that has come to see them — in addition to expectations for their own personal responsibility to practice — an orchestra, quite simply, offers a blueprint for how to behave in a society.

"My music students learn professionalism and that, regardless of the context of the setting, there are times and places to be professional," Ms. Baumgardt tells me. "Running around in the park you can be kids



and throw Frisbees. But in a professional setting there are expectations. What values should musicians have that translate to the rest of their lives?"

Plenty.

Do we want our children to be able to make eye contact with friends and strangers as they politely converse with them? Do we want them to be able to show empathy for others, both locally and globally? Do we want them to understand the positive influence of their hard work, not only on their own development, but on the achievements of an affiliated group? Thanks to the efforts of Ms. Baumgardt and other teachers of music, dance, drama, and plastic arts such as sculpture and drawing, they're getting an excellent footing.

"I show them that being commit-

ted leads to success, and that can make you feel great about yourself," says Ms. Baumgardt. "But it's also about the bigger picture. The efforts they contribute, in the long run, are going to make everyone successful."

In some cases, that even includes their own parents. As my daughter's friend takes the stage with her fellow singers, a dad sitting in front of me becomes animated. After snapping the obligatory photos with his stage-obscuring iPad, he begins to wave his arms over his head, trying to get his kid's attention. She ignores him. He tries again. And again. She finally acknowledges him with the meagerest of nods. By behaving professionally, as she's been taught, she's given her own father a subtle clue about how to behave with professionalism and courtesy. Hopefully, that tiny trend will radiate.

Regardless of all the important behaviors that arts programs teach our kids (when they're fortunate enough to have them), just the very fact of their existence is important in our children's development. My daughter is here tonight to show support for her friend, just as her friend came out to support her a week earlier. The older they get, and the more serious about their various artistic pursuits, the more supportive they become for each other. Empathy (in the plastic arts, critiques would be miserable without empathy) is built right into the framework.

And empathy — along with discipline, listening skills, manners, and the ability to articulate and to work as a team — will serve these kids whether or not they eventually choose careers in any arts-driven field. Sarah, a violinist in Ms. Baumgardt's eighth-grade ensemble, wants to be a doctor — and feels the emotional connection she's developed to music will help her have an emotional connection to her future patients. Tricia, an eighth-grade violist, thinks teamwork and intuition are the two lessons she's learned from music that will be most valuable to her possible future career as a children's dentist. Ultimately, the goal of arts education is not to churn out professional artists. As Mark Twain's principal, Karen Dittola, puts it so succinctly, "By helping children learn these crafts, we're helping them grow as people."

There isn't any goal finer.

Lela Nargi is a Brooklyn-based journalist who writes about parenting, travel, books, and food. She's also the author of "The Honeybee Man" and other books for children.



HEALTHY LIVING

DANIELLE SULLIVAN

Green your home!

Climate change and global warming are an ever-pressing concern these days. We may feel helpless in instituting change, but there are specific things we can all do to help (beyond voting for politicians who will make these issues a priority!).

By making small daily changes, you can actively contribute to helping preserve our earth. And all you have to do is go green right in your own home. Here are seven ways to reduce your carbon footprint, use less energy and more natural resources, and save money to boot:

1. Go paperless!

Sign up for online bills and statements (which is a major convenience) and request to be taken off of coupon and junk mail lists. Doing this simple act will help save trees, lessen paper loads on planes, decrease ink needed, and leave more room in landfills. And the clutter reduction is priceless!

2. Install smarter lights

Just changing your light bulbs can help use 75 percent less energy! New bulbs with light-emitting diodes will also last 10 to 25 times longer than an incandescent bulb.

3. Weather strip

Drafts coming in and out from doors and windows allow heat and air-conditioned air to escape from your home.

Buy simple weather strip materials at your local hardware store and save up to 10 percent on your heating and cooling bills.

4. Fix that leak

Leaky toilets and faucets are more than just an annoyance. They are a continual source of wasted water and money.

According to EPA.gov, the Environmental Protection Agency estimates, "10 percent of homes have leaks that waste 90 gallons or more per day, and the average household's leaks can account for more than 10,000 gallons of water wasted every year."



5. Buy low-flow showerheads

The agency also estimates that 17 percent of a family's water use comes from showering, which averages about 40 gallons every day. Low-flow shower heads cap the flow at two gallons per minute, which equals big savings, both environmental and financial.

6. Replace electrical appliances with energy-efficient models

It may cost an extra few bucks to pay for new appliances, but it is cost effective in the end. The energy efficient appliances use lower amounts

of water and energy, which allows you to save monthly on your energy and water bills. Just look for the Energy Star label. Many companies also offer rebates for these models.

7. Collect rainwater

Use collected rainwater to water plants and clean outdoor surfaces. You can purchase rainwater collection barrels, which collect rainwater from gutters, and store on your porch until you need to use some water. One night of rain can yield 300 gallons of water on one roof alone.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on her blog, Some Puppy To Love.

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DEAR
DR. KARYN
DR. KARYN GORDON

Eight tips for young people at new jobs

What if you found the answers to every test you had to write? What if you knew exactly what your spouse wanted from you to have a thriving marriage? What if you knew exactly what you needed to do to get the next promotion? It sounds like a fairy tale, but it's a lot more realistic than we think. The common thread in all of these examples is understanding what the other person is looking for and his values! The great news is if we spend the time to dig and discover these answers, we can use them to create our own cheat sheet to perform more effectively in all parts of our life (home and work)!

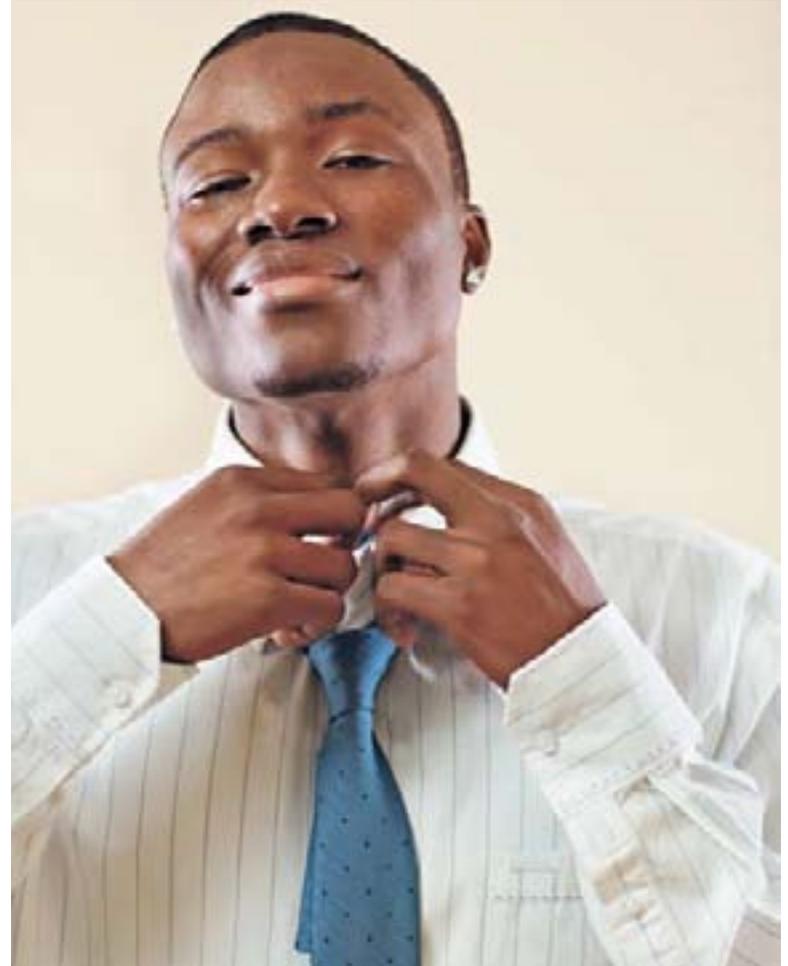
As I work with teenagers 16–20 years old, and young adults 21–35 years old, many of them feel anxious about their role in the workforce. They may come across as overly confident (or even arrogant), but what I've learned while working closely with them is that many of them feel anxious about their life and career, often wondering:

- What if I'm not doing a good enough job?
- What if my boss doesn't like me?
- What if I don't get the promotion?
- What if I get fired?
- What if I've chosen the wrong career direction?

"What if" thoughts drive anxiety and one of the best ways to deal with anxiety is to have a strategy plan! So this month I offer these practical tips so teens can feel empowered. For most individuals, having a plan and taking action is the surest way to decrease our anxiety and increase our confidence. Enjoy!

1. Talk it out — don't just quit!

One of the biggest obstacles I have observed is that when conflicts occur at work, people keep their frustrations to themselves — or worse, start backstabbing. This



creates a toxic office culture and solves nothing!

Be courageous, and if you're frustrated with your boss or fellow employees, have the guts to speak to them directly. Voice your frustrations. Listen to how they perceive the situation, and try coming up with solutions. The reality is, conflicts will happen at all jobs. The way they are handled has much more potential to cause problems than the conflict itself.

Don't just quit — use conflict as a "character-building opportunity" (I know it's something that a parent would say, but it really is true). Quitting is simply the easy way out — not the best way!

2. Ask — don't demand

This is one of my favorite simple tips. When people demand (even in the nicest tone) it often comes across as an attitude of entitlement and can really rub people the wrong way. Instead of saying "I need to have Friday off to go to a doctor's appointment," try saying "I need to schedule a doctor's appointment. Is it okay if I can take some time off on Friday?" Making requests in the form of a question comes across as being much more respectful to older generations.

3. Find a mentor

I'm convinced that one of the best strategies to make ourselves

more employable and learn great skills — and also deal with generational gaps — is mentoring! Baby boomer traditionalist managers have been around longer, and they have an incredible amount of wisdom and experience to share with the younger generations, but here's the trick: teens and young adults have to be the ones to take the initiative!

Managers are busy, so don't expect them to pursue you and maintain this relationship. When you take the lead on this, you'll be surprised how many managers are thrilled that someone is asking them for their advice!

4. Ask and manage expectations for feedback

If you need more feedback (which I often hear from teens and young adults) tell your boss — but again, phrase it as a question, not a demand. Ask how often you should expect feedback to help manage your own expectations.

One young woman I coached asked her boss, "I really want to do a great job for you. So the more I know how I'm doing, the better I will be able to meet your expectations. What is a realistic expectation I should have in terms of feedback? Monthly? Quarterly? Annually?"

5. Be appreciative

One of the most basic needs all people have, regardless of their generation, is the need to be appreciated! When you appreciate something that your boss, your manager, or your fellow colleague has done don't just tell them or drop them a thank-you email — buy personalized stationary and mail them a card! Set yourself apart. Make a statement and voice your appreciation!

Teens and young adults may prefer to receive a digital thank you, but remember who you are talking to — older generations often prefer the "good old-fashioned way" (in person, over the phone, in a card), and they will appreciate your effort.

6. Challenge yourself

Don't wait for your employer to provide ongoing training. Take the initiative and seek further training for yourself. Take leadership courses. Advance your skill base. Meet for coffee or lunch with wiser and more experienced

colleagues, and learn from them. The more you do, the more you learn, and the more employable you become.

7. Be open to feedback, even if it hurts

Sometimes feedback hurts. When we receive negative feedback we often get defensive and dismiss it, especially if the communication of this feedback is poorly handled.

But try to ask yourself if there is any truth in the feedback. Do your best to be objective. Ask people around you that you trust and respect what they think. Then ask yourself, what can I learn from this? What can I do differently? How can I use this experience to help me make progress?

The best way to move forward if we are striving for excellence is to be willing to hear and learn from feedback, both positive and negative.

8. Think big picture and volunteer

Often teens and young adults will tell me that they don't want to volunteer; after all, they have skills and degrees that seem "so much better" than volunteer positions. But this is a shortsighted perspective.

Volunteering is such a simple strategy to get your foot in the door of a company you want to work for. It builds relationships (and let's face it, so much of business is networking), increases confidence, and provides new skills to be learned. Volunteering may seem like a short-term loss in terms of time invested, but is often a huge long-term gain (which is the heart of discipline and delaying gratification). You might be further ahead in the long run by seeking out volunteer positions in the field you really want to be involved in, even if it means working for less money while you try to get your foot in the door. Think big picture, not just about today!

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 and on Twitter: @DrKarynGordon.

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Redefining motherhood

Your new
role as the
mother of a
grown child

BY MYRNA BETH HASKELL

My daughter and I were lounging by the fire pit talking about college, friendships, what holds a marriage together, and world peace. It suddenly hit me. The beautiful, young woman beside me — tanned from her summer job as a lifeguard and s'mores sandwich in hand — was all grown up. The funny thing? I realized I was listening differently. I genuinely craved her opinion on the big stuff. I also realized that I needed her, too. It was a revelation — an “aha moment.” I suppose I was also staring.

“Mom. What are you staring at?”

“I’m realizing you’re all grown up, and it’s amazing,” I answered.

“I mean, duh, mom!”

There it was ... the teenager still inhabiting part of her psyche. This

was comforting, so I had to chuckle. I know she thinks I’m being oversentimental and goofy, but someday she’ll understand and experience this with her own child.

I found that I suddenly wanted all the answers. Would this be the beginning of a new type of relationship between us? Would there ever be a day when she wouldn’t need my wisdom? My role as her mother was changing, but I am still her mother after all.

What’s a mom to do?

According to Dr. Deborah Gilboa, author of “Get the Behavior You Want ... Without Being the Parent You Hate” (Demos Health, 2014), mothering changes with time.

“Our kids all need parents no matter what their age.” She explains that the needs change, and that most adult children are looking more for

respect and love, not for rescue or unsolicited guidance.

Mothering is an ever-changing job, indeed, and one of the most difficult ones, too.

“As our kids grow and gain more autonomy, we often still expect to be in control of their lives in a way that they do not expect or want,” explains Gilboa. “The change here is to a constantly evolving and ongoing conversation about our expectations and our child’s, so that each person is treated respectfully and with clear boundaries.”

When moms have kids in college, things might get particularly difficult because college students are used to setting their own rules and living independently. However, rules associated with respect for one another, no matter what a child’s age, should be ongoing. Not long ago, I was visiting my parents the weekend of my 30th high school reunion. I told my mother where I was going and approximately what time I’d be home so that she wouldn’t worry. At this point in my life, I understood a mom’s worry quite well.

“Curfews don’t make as much sense if your child spends part of her time on her own, but it is totally reasonable to ask for (and receive) a call to let you know when you can expect that child home,” Gilboa advises.

Even if parents are still supporting a child financially (due to the cost of college or the burden of a new residence), there needs to be a transition plan in order for an adult child to become completely independent.

“Phasing ourselves out of a caretaking role is the biggest change as we parent older kids and young adults,” Gilboa states.

There is a common goal amongst moms. Simply stated, that goal is to give our children wings and to set them free as individuals who can navigate the world solo as respected and useful members of society. However, you will still be Mom, forever and always; and this means you are there to lend an ear or a shoulder when needed, to be a perennial cheerleader, and to regularly remind your child how much she is loved.

For more information:

- FamilyEducation.com
- <http://life.familyeducation.com/young-adult/parenting/51079.html>

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S., as well as internationally. For more information, please visit: www.myrnahaskell.com.

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JUST WRITE MOM

DANIELLE SULLIVAN

Cross on the green?

New York's streets are getting more dangerous

If you're like many New Yorkers, you've likely noticed the various cameras installed on busy streets in an attempt to identify and fine speeding drivers. With the quick flash of a camera light, a speeding car's license plates are photographed and a summons is mailed home to the offender. You've also likely heard complaint after complaint about the cameras' existence, such as, "It's all for the city to find ways to get extra money." These speeding cameras do, in fact, require the speeding drivers to pay a fine, but they are actually there to save lives.

When we were kids, we learned to "cross on the green and not in between" and by following this rhythm,

we were supposed to be safe on the city streets. Drivers cannot always see people darting out into the middle of the street, but that is not the way many people end up getting hit by cars. Countless pedestrians wait for the green light, look both ways, and proceed to walk across the street while obeying all traffic rules and are hit when cars turn on them. In the first three months of this year, 19 pedestrians were killed by cars while crossing the street.

There is no doubt that drivers have become more aggressive. Just ask any parent, or even better, crossing guard, outside any city school during morning school drop-off. I see it at my son's school, which is located on an otherwise quiet block fully monitored by competent and caring crossing guards (this is not a given, trust me). Between 7:45 and 8:10 am, the cars are sharply turning, zooming past double parkers, and often driving recklessly. You would think people

would be more careful outside a school when hundreds of kids are out in the streets, but it seems that they are just angrier and in a hurry,

as is evident by their non-compliance to even stop or slow down, not to mention their gestures and rants. Some cars do not even stop for crossing guards who are poised out in the streets risking their own lives. (A parent turned the corner of the school this past week while staring down at her phone, and nearly ran right over our crossing guard.) Once the kids get into school, the traffic drops dramatically, although you will always find incompetent drivers no matter what time it is.

A few years ago, my son and I were hit while crossing the street. Thankfully, while we suffered injuries, we are still here. I can't explain the horror of watching your 7 year old go

down face first on the concrete. It's something I have replayed in my head way too many times. We were across the street from my home. My son had just gotten off the school bus and we crossed while other kids and moms crossed at the opposite corner. This busy corner has an elementary school on it and everyday, the cars trying to get to the Belt Parkway turn haphazardly onto people trying to cross the street with the green light. Residents here advised (after the fact) to not even cross at the corner; but rather walk up to the next street and cross, where there are not as many drivers turning to get down to the highway. Now keep in mind, the highway is a good five blocks or so down from me, so they will still encounter various lights before then. Still, they are in a hurry.

As a result of this, I am hyper vigilant every single time I cross the street. A day does not go by that I don't see a driver get "this close" to a pedestrian crossing, or zoom through a red light when the pedestrian has already received the green light to walk. I have drilled into my kids' heads the need to wait for the green, but then look around. Do not ever blindly step out just because you get a green light. Long before kids learn defensive driving, they must learn defensive walking. And the last time I remember, pedestrians had the right of way, but that just does not happen anymore.

Could it be that besides just really bad drivers, of which there are many, our self-obsessed culture has infiltrated nearly every aspect of life? People are less willing to wait, less likely to empathize for the other person, and everything has to happen now. So I welcome the speed cameras. If they cause people to slow down and pay attention I'm all for it. We wouldn't need them if people acted responsibly behind the wheel, and they can help save lives.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.



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Communication in the digital age

How has
the texting
phenomenon
affected family
connections?

BY MYRNA BETH HASKELL

Texting literally drives me nuts. I press the wrong letter all of the time. I get frustrated because I want to send a long-winded message, and the darn thing keeps auto-correcting me. I'd much prefer to send a real note via my computer or just pick up the landline (Shh ... I still have one of those).

I know I sound ancient, but what has the world come to? No one uses words anymore. We've graduated to emoticons and abbreviations. For a person who makes a living with words, this is downright depressing!

I can't even get a hold of my kids normally anymore. If I want to hear from my son, who now lives on his own in the big city, I have to send him a text to tell him to check his e-mail. My younger daughter even thinks e-mail is antiquated. It's as if telephones and normal correspondence never existed. Try asking a 14-year-old to send a thank you note. You have to remind him that you mean put a pen to paper and a stamp on an envelope!

Has the digital world morphed our communication skills into bits and bytes for the long haul? We know that texting is not going away. The ease, convenience, and instan-

taneous response aspects of texting are just too enticing. According to the findings of a September 2014 Gallup poll, "Texting is the most frequently used form of communication among Americans younger than 50."

So, what does this say about communication between family members? Does living in the same household somehow trump the new techno talk? No matter what you prefer — texting or real-time, verbal banter — it's time to examine if this new form of communication is for better or for worse.

What's missing in a text?

We've all read books that have excited various emotions. However, texting is communication a la shorthand, so much is lost in the translation.

"Face-to-face conversations allow us to notice cues about the other person's emotions, such as eye contact, facial expression, tone of voice, body posture, and the timing and intensity of response," says Heather Leneau Bragg, a learning specialist and author of the book "Learning Decoded: Using Your Child's Unique Learning Style to Improve Academic Performance." "Texting cannot offer these important pieces of informa-

tion, which can be key to understanding, communication, and connecting with others."

"Texting certainly makes it easier to avoid real communication and having to say something directly to someone's face," says Rebecca Levey, family tech expert, host of ParentingBytes (a CBS podcast exploring parenting in the digital age), and co-founder of KidzVuz (a media company posting reviews of products by kids and for kids). She explains that this is one of the reasons why it's much easier to bully via text.

How many times have you personally experienced a misunderstanding when texting (or even e-mailing) is involved? Perhaps you are very angry with your teenage daughter who is late for dinner because she is hanging at a friend's house. If you text, "You need to get home," she might interpret this as I should start thinking about getting home, instead of I better leave right now. However, misinterpretation is not the only issue. Should we also worry that the tech generation has lost the ability of effortless, in-person, social conversation?

"When children (or adults) become more dependent on texting as communication, they often become averse to spontaneous conversation. Live conversations involve more vulnerability, with little opportunity to hide emotions and reactions. Being able to have live conversation is a foundational ability for meaningful connection," Bragg continues.

Levey points out that there could be a decrease in independence with some children because of the too readily available communication. In other words, kids might be less likely to fend for themselves if they can instantaneously request help from Mom instead.

Maintaining family connection

"If communication is suffering,

When texting provides safety

Let's not forget that texting can also provide an invaluable safety net. Cellphone users should be aware of the availability of the following safety services, features, and notifications. Sometimes, during widespread emergencies, text messages may go through when phone calls do not:

College students: Sign up for your campus emergency text notification system.

Parents: Register for your public school's notification system and allow text notification if offered.

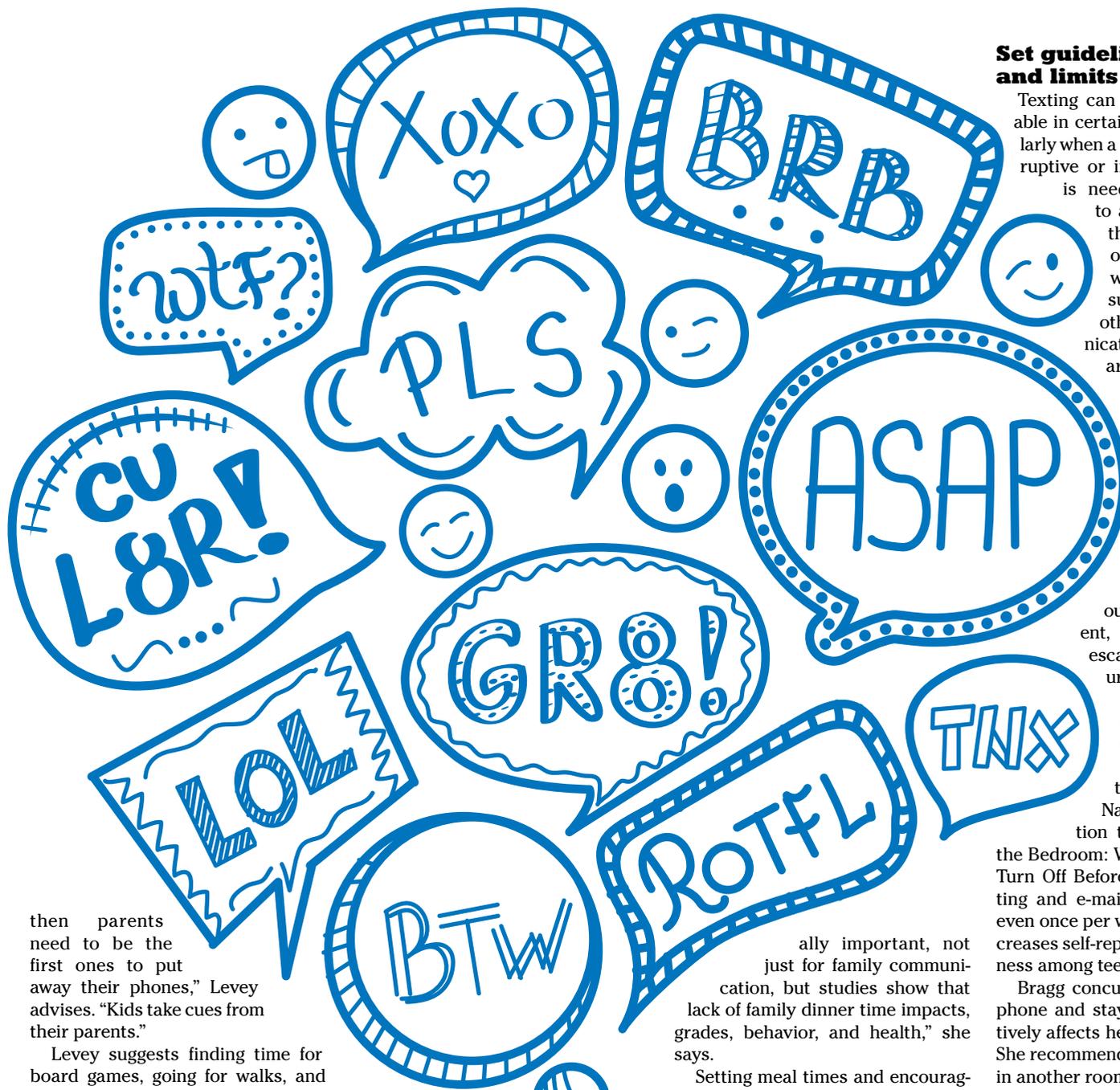
Hospital emergency rooms: Some allow consumers to access emergency room wait times via text — check with your local hospital.

Wireless Emergency Alerts: This public safety system allows customers who own certain wireless phones and carriers to receive text-like messages alerting them of imminent safety threats

(i.e. extreme weather, Amber alerts, and other national emergencies).

Text-to-911: In the future, this service will be available throughout the U.S. For updates to service areas: www.fcc.gov

Crisis TextLine (71741): Trained crisis counselors assist those in crisis via text. Local churches, community centers, and health networks sometimes offer similar services. Note: Teens, in particular, often prefer to text, rather than talk about problems.



Set guidelines and limits

Texting can be useful and desirable in certain situations, particularly when a phone call can be disruptive or immediate assistance is needed. Problems tend to arise when texting is the predominant form of communication, or when texting becomes such an obsession that other modes of communication and socialization are lost.

“Tech is awesome in moderation. Look for the ‘happy medium,’” Bragg states. “Being able to shelve the phone as often as possible allows more opportunities to connect with our children. Be present, not checked-out or escaping elsewhere,” she urges.

Texting before sleep can also become a problem.

According to an article published by the National Sleep Foundation titled “Electronics in the Bedroom: Why it’s Necessary to Turn Off Before you Tuck In,” “Texting and e-mailing after lights out, even once per week, dramatically increases self-reported daytime sleepiness among teens.”

Bragg concurs that checking the phone and staying up to text negatively affects healthy sleep patterns. She recommends that phones be left in another room at bedtime.

Texting can be a safety hazard in certain situations, or even downright rude. All family members should refrain from texting while:

- Driving
- Sitting in a class or lecture
- Operating machinery
- Attending an event where silence or attention is expected (i.e. churches, concert halls, funerals, etc.)
- Eating meals with others
- Crossing the street
- Having a conversation with someone

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S., as well as internationally. For more information, please visit: www.myrnahaskell.com.

then parents need to be the first ones to put away their phones,” Levey advises. “Kids take cues from their parents.”

Levey suggests finding time for board games, going for walks, and cooking together as options for hanging out and spending quality time.

“If a parent doesn’t prioritize that time, then they can’t expect the kids to,” she says.

Bragg states, “Family can and should be the safest place to work on communication, connection, vulnerability, and conflict resolution. Important conversations should happen face-to-face, not via text.”

When communication happens via text as opposed to in organic conversation, “Children are less likely to learn compassion and empathy, as well as how to interpret non-verbal cues such as body language, gesture, and tone of voice,” Bragg clarifies.

Bragg also explains that texting can reduce the amount of interaction we have with our children during

family rituals, such as meals, bath time, and bedtime. Establishing these rituals builds and maintains familiarity and connection.

“It is prime time for understanding each other and what makes each family member tick.” She warns, however, that dinner conversations should not be about stressful issues. “This is a time to share about each other’s lives and not the best time to grill your child on his latest test grade or rule infraction.”

Levey claims that family dinner has been in jeopardy for quite some time, due to parents working longer hours and kids participating in more after-school activities.

“Taking back family dinner is re-

ally important, not just for family communication, but studies show that lack of family dinner time impacts, grades, behavior, and health,” she says.

Setting meal times and encouraging everyone (even young children) to participate, such as setting the table and helping with cooking, will strengthen family connection.

Even when it is literally impossible to sit for dinner together — because of conflicting work schedules, for instance — finding time on weekends for a family breakfast or planning other activities where everyone participates — sans phones — will encourage intimacy and family bonding. Some families also opt to have regular family meetings, where everyone has a chance to talk about something that’s bothering them or to share something they want feedback on. This is a two-way street: both parents and children should share what is going on in their hearts and minds.



DIVORCE & SEPARATION

LEE CHABIN, ESQ.



Listening in

When eavesdropping affects a contentious custody battle

A father calls his ex-wife on the phone. He hears her voice, and her boyfriend's in the background. The line is open, but the ex-wife doesn't realize it. The father stays on the line as the boyfriend yells at and threatens the father's 5-year old son. The father begins recording the conversation.

Is this father breaking the law?

According to the recently decided Court of Appeals (the state's highest court) case of *People v. Badalamenti*, no. The father is allowed to do this (the case was actually about the admissibility of the recording in a case against the boyfriend).

Recording conversations without consent is, in fact, against the

law, and out of the seven judges hearing the case, three believed that the father had broken the law, since the ex-wife and boyfriend were unknowingly recorded without giving consent. But four other judges, who comprised the majority, found otherwise.

The majority opinion acknowledges that none of the participants in the conversation gave the father consent to record it. However according to the majority, the definition of "consent" in this case includes "vicarious consent" on behalf of a minor child.

That is to say, under certain circumstances, a parent can be treated as if he has been given consent by a minor child, even though in reality the consent has not been given.

For a parent or guardian to be "given" this vicarious consent, though, the court must determine that the parent believed in good faith that making the recording was necessary to serve the best interests of the child, and that there was an "objectively reasonable basis" for this belief. The majority of judges believes that with these constraints, parents won't be able to record any discussions just because they feel like it.

They go on to back up their opinion by pointing out that other cases decided by federal courts have recognized vicarious consent.

The dissenting judges, not surprisingly, take a very different view.

Judge Stein, writing for the dissenting judges, notes that the majority's purpose to protect children is "laudable."

However he says there are certain accepted guidelines that judges must follow when interpreting a statute. Judges do not have the authority to go beyond those principles; to go further is to make the law, rather than interpret it. Making laws is the legislature's role.

Stein believes that our legislators know that "the most prevalent form of illegal eavesdropping occurs in the context of marital or family relations," including custody disputes. Since legislators know this, he says, they would have included the vicarious consent exception, if that had been their intention.

The dissenting judges make additional and strong points that there isn't room to set out here. But, the majority rules.

The court's decision may lead to many more parents recording conversations. But before you do it, you might want to talk with your lawyer.

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

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

Pregnant & afraid

Author's
tale of a not-
so-perfect
pregnancy

BY ALLISON PLITT

In Nadine Bubeck's debut book, "Expecting Perfect: My Bumpy Journey to Mommyhood," the West Coast newscaster-turned-mompreneur describes her first pregnancy from its conception until she is finally at home with her child. Bubeck and her husband are both admitted "perfectionists" who want everything to be smooth sailing through her pregnancy. But while striving for a flawless pregnancy, they, unfortunately, encounter many rough roads along the way.

Before Bubeck begins her novel, her obstetrician and gynecologist Dr. JulieAnn Heathcott writes in the forward that her patient develops the condition called placenta previa. So while the reader knows right away that Bubeck will develop this condition — in which the placenta partially or wholly blocks the neck of the uterus, thus interfering with normal delivery — the way she leads up to that moment in her pregnancy, and how she endures it, creates suspense as her story unfolds.

The placenta is a vital organ to the fetus during pregnancy. According to WebMD, "The placenta is the organ created during pregnancy to nourish the fetus, remove its waste, and produce hormones to sustain the pregnancy ... The placenta supplies the fetus with oxygen and nutrition and removes waste from the fetus and transfer it to the mother. The fetus is attached to the placenta by the umbilical cord ... and is usually attached to the upper part of the uterus, away from the cervix, the opening which the baby passes through the delivery."

Placenta previa occurs when the placenta lies low in the uterus, partly or completely blocking the cervix. Dr. Heathcott describes the positioning of the previa into three different categories:

"A marginal previa occurs when the placenta comes close to the cervix but does not cover it; a partial previa has part of the cervix cov-



Author Nadine Bubeck with her husband and son.

all the medical facts about what is happening to her body and adds to it an emotional roller coaster when she starts to hemorrhage at the end of her second trimester. She discloses absolutely everything that happens to her and her body during what seems to be a nightmarish pregnancy. As she dates each entry she recalls, the book reads like a diary, thanks to her candid writing style.

The book has pictures in the middle of it which show Bubeck, her husband, and newborn son happily leaving the hospital together, so I'm not giving away the ending

ered by the placenta; and a complete previa occurs when the entire cervix is covered by the thicker part of the placenta. A complete previa is the most worrisome for causing maternal hemorrhage and the most dangerous for risking the life of the mother and the unborn child."

Placenta previa is usually first diagnosed in mothers during an ultrasound at 18 to 20 weeks. In most mothers, as the baby grows and the uterus stretches upward, the placenta migrates with the uterus and ends up clearing the cervix, creating a space for the child to be delivered.

Bubeck, however, was diagnosed with a complete previa, in which her placenta remained near her cervix until she was ready to conceive. This situation happens in about one in 200 pregnancies. Bubeck finds out about her placenta previa during her 20-week ultrasound. She is told not to engage in any strenuous exercise or stay on her feet for long periods of time. She is told that if she can deliver her baby at 34 weeks or later, she will have a chance at giving birth to a healthy child.

While the doctor's forward indicates that Bubeck successfully delivers her child, the days leading up to the 34-week mark are chaotic. Like a news reporter, Bubeck delivers

to the story. I did, however, feel surprised by the amount of stress she endures when her baby is wheeled off to the neonatal intensive care unit after her caesarean birth.

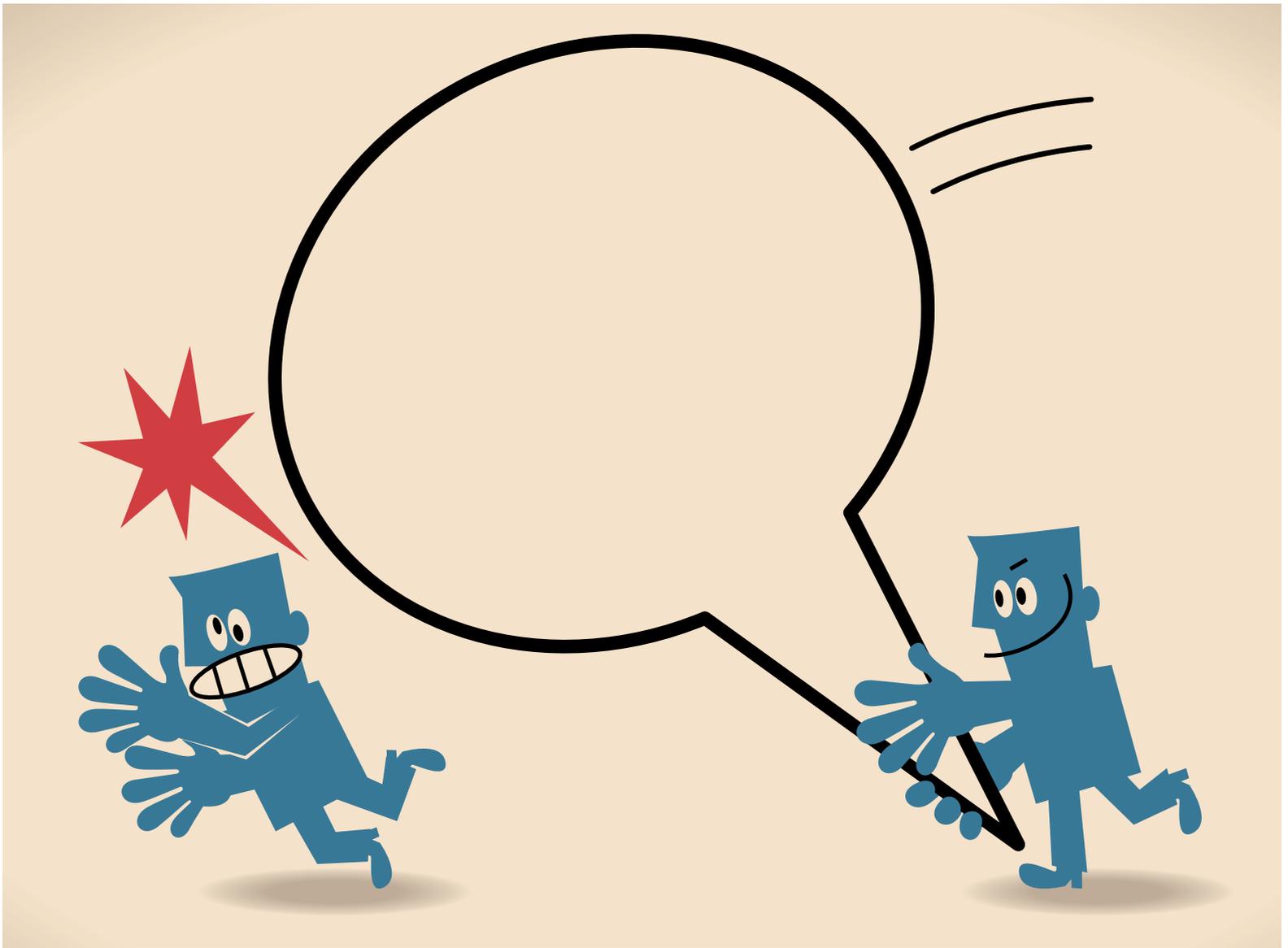
Although she does deliver her son at a safe 34 weeks, her baby still struggles with some health issues. Her depiction of her baby's condition in the neonatal intensive care unit really shows how emotionally debilitating it can be for parents when they deliver pre-term babies.

While on bed rest, Bubeck spends a lot of time discussing her relationship with her husband, how they met, and their love and respect for each other. She also discloses her difficult childhood when her parents divorced. She writes her story with the perspective of someone who has endured a painful experience, but has learned, like her other family members, that in the end anger and resentment give nobody relief.

By the time the book ends, you're cheering for Bubeck and her family to have "a happily ever after" following a harrowing pregnancy that is assuaged by a very capable hospital staff, as well as a supporting and loving family.

Allison Plitt is a frequent contributor to NY Parenting and lives in Queens with her 10-year old daughter.





Words can sting

In today's toxic online climate, a simple plea for civility

BY CAROLYN WATERBURY-TIEMAN

Years ago, when my knees were much younger, I ran four miles a day. One late-summer morning, I set off under ideal conditions with a clear sky, low humidity, and lovely breeze. I was reveling in the euphoria that often accompanies exercise when suddenly a yellow jacket flew in my mouth and stung me. Instinctively, I spit the bee out, but its stinger lodged in the roof of my mouth. I frantically yanked it from my palate just as the pain message reached my brain. Instantly, it felt like I had been kicked

in the throat. I was stunned by the intense agony that such a tiny creature could inflict.

This incident came to mind recently during a moment of free association triggered by current social media posts. The swarm of venomous words flying frantically in search of their mark was striking. What happened to the claim that social media was going to improve interpersonal communication and strengthen relationships? It certainly is not substantiated by the current prevailing online climate. Apparently increasing the available forms of communication does not automatically improve the quality of communication. Every-

where, from Facebook to websites to news feeds, sarcasm, accusations, generalizations, aspersions, and downright vilification are rampant.

We are in the midst of a presidential campaign that has become verbally toxic, while at the same time, in classrooms all over America, our children are required to attend anti-bullying training. The potential future leaders of our country are epitomizing the very behavior our children are being warned not to exhibit. How can we, as adults, expect more of our children than we do of ourselves? When my 16-year-old son observed, "It doesn't seem fair that we are expected to be more mature

Builders are warned to measure twice, cut once. An equally safe policy is think twice, speak once, (or, better yet, not at all).

than the grown ups," I had to agree. I replied, "It isn't fair, but it will be worth the effort," which launched us into a discussion about the power of words and using freedom of speech responsibly.

Here are highlights of the conclusions drawn from our conversation:

Words can hurt

They may not break bones, but words can break hearts and spirits. When used as weapons, words can leave deep, lasting scars that interfere with and sometimes prevent fulfilling individual potential. Whether spoken or written, words can be either constructive or destructive.

As Frederick Douglas observed, "It is easier to build strong children than to repair broken adults." Choose words that nurture rather than destroy.

Mind what you say

Lately we seem enamored with people who "just say what's on their mind" as though it were an admirable quality. But just because someone says what's on his mind does not make it true, accurate, or even real. Oftentimes he is merely expressing his opinion, which may or may not be based in fact. The fact is you cannot say what is not on your mind. so mind what you say.

Think first

Becoming an adult means realizing that it is not necessary, or even desirable, to say whatever comes to mind. A hallmark of maturity is the ability to filter and edit thoughts before expressing them. Using forethought demonstrates consideration and respect for those with whom you are communicating.

Like it or not, there are repercussions from the things we say. Freedom of speech does not guarantee freedom from accountability. Builders are warned to measure

twice, cut once. An equally safe policy is think twice, speak once, (or, better yet, not at all). Sometimes the most powerful thing to say is nothing.

Etiquette rules

When it comes to communication, there is no substitute for good manners and empathy. Practicing common courtesy increases the likelihood of being politically correct. Speak the way you want to be spoken to. Mark Twain wrote, "Kindness is the language the blind can see and the deaf can hear."

Final words

- You can be honest without being cruel.
- You can disagree without being derogatory.
- You can't take back words. If you said it, you thought it, whether you meant it or not.
- No one can put words in your mouth.
- What someone says to you reveals more about him than it does about you.
- Profanity and vulgarity should not be confused with wit, maturity, sophistication, or intelligence.
- Shouting might get you noticed, but speaking gently is more likely to get you heard.
- It is not what you say or how you say it that matters. It is what you say and how you say it that matters.
- For your words to mean anything, your actions must match them.
- Reread your message before hitting send.

Fortunately my encounter with the yellow jacket resulted in a full recovery. The pain subsided after a few hours leaving me with only an unpleasant, albeit now somewhat amusing anecdote. Those attacked by words do not always make such a quick or complete recovery. The damage can last a lifetime. Perhaps if the words we aim at others got stuck in our throat and caused us the pain we may inflict on them, we would exercise more caution before opening our mouths. Use your words to sustain, not sting.

Carolyn Waterbury-Tieman is a resident of Lexington, Ky. She has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.



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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Kick the competition with nutritious meals

There's a reason why soccer is the second most popular childhood sport in the US: It's easy to learn, a good workout, and fun. And whether your child plays with your local park district or an elite club league, what he consumes can impact performance.

Young children who are learning the game and are on the field just a few times a week can maintain their usual diet.

"For little ones who are just starting out playing soccer, there really isn't much more needed than three healthy meals a day and normal healthy snacks," says registered dietitian nutritionist Jill Castle, author of "Eat Like a Champion: Performance Nutrition for Your Young Athlete."

"However, in middle school and high school, the demands of soccer increase, and this may translate to an extra snack after a long practice that provides a carbohydrate source and a protein source. These two nutrients help reload the muscles with glycogen, the preferred energy source for muscles, and promote repair of muscle tissue."

Game day

A nourishing breakfast is a must on game day. A morning meal allows



athletes to stay ahead of their nutritional needs all day. Often, when athletes skip breakfast, they get behind in calories and nutrients. This may affect their athletic performance and cause them to be hungrier later, resulting in poor food choices and even overeating.

Lunch is the mid-day nutritional boost kids need to either prepare for competition or recuperate from morning events. Lunch should provide an array of food groups, such as protein foods, dairy, grains, fruit,

and vegetables.

Naturally, fluids are also very important for the athlete all day long, with dehydration being one of the big culprits in poor athletic performance.

Travel soccer presents its own set of challenges.

"The best tip I can give is to be prepared with food on hand. Having a variety of different healthy snacks packed up and ready to travel is ideal, because it allows athletes the ability to avoid the concession stand where we know most of the choices there may be unhealthy," suggests Castle. "Bring a cooler of fruit, veggies, and hummus or other dip, yogurt, granola, cheese, crackers, nut butters, 100-percent juice, small bottles of sports drinks."

All day tournaments require more substantial fare such as sandwiches, cold pasta salads, and green salads.

With the growing emphasis on player wellness that includes carefully planned nutrition, eating well may give your child an edge over the competition.

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

Smoky chipotle mac and cheese

Serves 10

INGREDIENTS:

- 1 lb box cellentani (or any hearty pasta)
- ½ cup butter
- ½ cup all-purpose flour
- 2 chipotles in adobo, minced
- 4 cups shredded 3-cheese blend
- 4 cups whole milk
- 2 pks of Nasoya Chipotle TofuBaked
- 1 small can diced green chilis, drained
- ½ can fire-roasted, diced tomatoes, drained
- ½ tsp pepper



DIRECTIONS: Cook pasta to al dente (approx seven minutes), shock in cold water, drain, and set aside.

In a medium sauce pot, combine but-

ter and flour. Cook on medium, stirring until smooth and slightly toasted. Slowly add milk while stirring and continue to simmer until sauce is bubbly. Stir in cheese until melted and smooth. While still hot, stir in chipotles, Chipotle TofuBaked, chilis, fire roasted tomatoes, and drained pasta. Season with pepper and serve.

NUTRITION FACTS: 580

calories, 49 g carbohydrate (3 g fiber, 8 g sugar), 27 g protein, 31 grams fat (18 g saturated), 75 mg cholesterol, 610 mg sodium, 20% DV vitamin A, 8% DV vitamin C, 50% DV calcium, 20% DV iron.

Adapted from and used with permission by Nasoya.

10 last-minute tips for day camp

BY DENISE YEARIAN

Camp season is upon us. But before sending your child to day camp, here are 10 last-minute suggestions to make sure it's the best experience for everyone:

1. Fill 'er up

Bring one bottle of water that has been cooled in the refrigerator and a second one that has been in the freezer. As the day wears on, the frozen water will melt and provide cool refreshment for your child.

Spray bottles are a great idea, too. They keep the face and body cool in the hot sun.

2. It's a scorcher

Apply sunscreen to your child's skin before he leaves home, and send the tube along for later reapplication. Avoid sending tanning lotion with little or no SPF, or sunscreen that contains glitter, as it can reflect light and cause sunburn. Consider sending along a hat for extra protection.

3. Bug off

If your child is going to be out in a natural environment, he should wear insect repellent. Look for a lotion formula that is safe for children; avoid sprays. When camp is over, follow up with a tick check.

4. All decked out

One no-no camp directors always see is children coming with the wrong outfit. Some kids want to pick out their own clothes, but if they have chosen black jeans and a dark T-shirt, it may not be the best option.

Dress your child for comfort, safety, and appropriate temperatures. Proper shoes are important, too, particularly if he is playing outside. Avoid strappy sandals and flip flops; opt for sneakers.

5. Name it and claim it

Any item brought to camp should have your child's name, address, and



phone number on it in case it gets left behind. It also avoids confusion if identical items are brought by two children.

6. Time out from tech toys

Do not bring valuable items such as handheld games or cellphones. Day camp programs are designed to provide an enriching experience, and your child should be engaging in these activities rather than playing with electronics.

If these items are brought, they may be confiscated and returned at the end of the day in hopes your child gets the message.

7. Pills, pains, and other problems

All camps have forms for parents to list medications their child is taking. But if you take your child off a medication for the summer, the camp needs to know that, too, because it could cause an extreme change in behavior.

Allergies are another issue to make counselors aware of, be it insect or food related.

Equally important is to share other concerns with camp staff, such as if your family is going through a divorce or has experienced a recent death, as this might affect how your child interacts throughout the day. Camps look out for the physical and emotional needs of a child, so the more

information you provide, the better equipped the staff will be.

8. Help is on the way

Having an emergency contact person is vital. Even more important is that the designated person knows you have written her name down.

Every year, camps have situations where they call the emergency contact person, and she was not informed she was designated as such. Before listing a person's name on the form, let her know and make a plan for how an emergency should be handled.

9. Beef yer' brain

Read the materials the camp gives you — policies, procedures, and planned activities. If you know what to expect and what is expected of you, things will run much smoother.

Most camps have a weekly schedule, so parents know about the upcoming activities. Talk with your child about the planned activities. If she cannot participate because of health reasons, make sure you (not your child!) inform the camp.

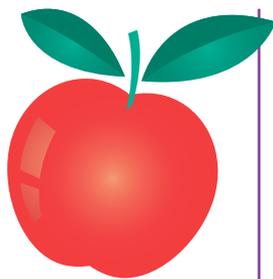
10. Getting to know you

Find out if there is an open house where you can meet the staff and see the facility prior to the first day of camp. If not, make other arrangements to introduce yourself to those who will be caring for your child. It is important for the camp directors and counselors to know you, so they can keep you informed on how things are going for your child.

Finally, encourage your child to enjoy the experience. Mark the first day of camp on the family calendar and do a countdown. Help your child develop a checklist of items needed. And don't forget to share your own camp stories. Remind your child to do his best, obey the rules, be respectful of others, and have a great time!

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





DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

Materials to help children who stutter

Dear teacher,

My third grader often gets embarrassed and distressed at school because she stutters. Do you know of any materials that could be helpful for her to read?

Dear parent,

The Stuttering Foundation (stutteringhelp.org) has recently published an exciting book for children: "The Teacher Who Made a Difference." It should help your daughter feel good about herself. It is a story about a child who stutters and tells about how she was able to overcome some of the challenges of stuttering with help from a special teacher. You will find it in the store catalog.

Beyond this book, there are several terrific materials that should be helpful for your daughter. There is the film "For Kids, By Kids," on YouTube as well as the books "Sometimes I Just Stutter" and "Trouble at Recess" that you can read or download for free on the Stuttering Foundation website. In addition, the website has a neat section called "Drawings and Letters From Kids" in which children who stutter share their stories along with techniques that have helped them.

Reservations about child's readiness for kindergarten

Dear teacher,

We have been told by our son's preschool teacher that he is ready for kindergarten both academically and socially. He has a January birthday, so he will be 5-and-a-half by the time kindergarten starts. However, we have some reservations about sending him because there are confidence issues, as he is very cautious and somewhat reluctant to try new things. How should we factor in this issue? Is there any downside to another year of preschool?

Dear parent,

The one certainty about the kindergarten readiness issue is the in-



ability to see the future. There are more than three months before he will go to kindergarten — time for your son to gain more confidence. Furthermore, you cannot be sure another year of preschool would make him more confident.

You can start building his confidence by helping him learn how to handle new situations. For example, before he faces a new situation, such as an overnight stay at a friend's house, talk over what is going to happen and play-act possible responses. And when he faces a new task, guide him in breaking it down into manageable units.

The negative about another year of preschool is that it means an additional year of schooling. Also, since the preschool teacher believes that he is ready for kindergarten, another year of preschool might not be very challenging intellectually. In addition, your son will not be the youngest in his class next fall. This is a positive, as older children tend to do better in the first three grades.

Visiting the preschool to see how your son interacts with classmates and does the school work also could help you make this decision. You may also notice there are other students who demonstrate the same reluctance to try new things.

If you decide another year of preschool is the way you want to go, be

sure to contact the school district to make sure that your son can enter kindergarten instead of first grade the next year. Some districts will insist that an older child enter first grade.

Ways to improve poor listening skills

Dear teacher,

The teacher says that my third grader has poor listening skills. However, she had no suggestions when I asked for her input on how together we could improve the her listening.

Dear parent,

Fortunately, there are some things that you can start doing at home to improve her listening skills:

- Be sure to have eye contact with your daughter when you speak to her.
- When you give directions, occasionally ask your child to repeat or rephrase them. When a task is completed, praise her for her cooperation.
- Play listening games with her like Simon Says and "I'm going on a trip and I'm going to take a (name an object, plus all the objects other players have mentioned)." The latter can be played at the dinner table.
- Start reading brief stories to your child, and ask her to tell you when she hears certain information.
- Read part of a story and ask your child to predict how it will end before finishing the story.
- Have many one-on-one conversations with your child. Be sure to ask for feedback, so you know she's able to process what she hears.

A conference with this teacher that includes your child could be helpful. Perhaps, the teacher could ask your child the first question in a classroom discussion.

It might also be effective to have the child sit near the teacher in the classroom.

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

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BEHAVIOR & BEYOND

DR. MARCIE BEIGEL



CRY BABY!

How to tell if those tears really signify a behavior problem

Parental instinct tells you that when your child is crying, something is wrong and you must fix it. You're not able to focus on anything else when you hear your child wail. Your full attention is on making the crying stop.

But what if somewhere along the way that urge was subverted into enabling your child to have bad behavior?

In other words: Your child could be using crying as a method to get what she wants. This is not a good place to be as a parent. On the one hand, you're compelled to help your child, but on the other hand, by responding you're facilitating more crying. The next time your child wants something, you can be sure she'll use crying to get it.

You can teach your child to express disappointment or requests without crying. Here are a few rules to follow in order to break the cycle. I know that with repetition you can master them. The crying might not stop the first time you attempt this new plan, but if you remain consistent the crying

will subside.

Here are the rules:

- When you notice that your child is crying, pause for one moment to assess the situation. This moment of clarity is critical. Get clear and think through your actions.

- If your child is hurt, go help and comfort her. We all need comfort when we are hurt.

- If your child appears sick, go see if she actually is. If she is sick, then comfort her.

- If your child is not sick or hurt, then ask yourself, "Why all the tears?" Take an honest guess and you're likely to be correct. Decide if crying is an appropriate response to this guess.

- If you decide it is a reasonable response, then comfort your kiddo. Provide the reassurance she is looking for in that moment. If you decide it is not a reasonable response, then do not comfort her. Instead, wait for your small being to communicate in another way.

The last rule is where the magic happens. If you wait, your child will most likely do something else. If

she does not receive the response she wants, then she will change her behavior. Wait for the behavior you feel is appropriate or provide unflustered prompts for your child to give the "correct" response. Then engage with her.

It would be beneficial to take stock now about the appropriate reasons for a tearful outburst before you're faced with a crying being in front of you. This will make it easier to stay calm and avoid going into default mode.

You will have your own unique line for this, so I cannot tell you what will be right for your family. Outside of being hurt and sick, what are you comfortable with your child using crying to express? Something like not getting her favorite cup with dinner might be on the list of inappropriate reasons for crying. This might be an occasion when you wait out the tears.

The goal is for crying to become a response to situations in which something is terribly wrong. With consistency and composure you can make this happen!

For a special gift especially for New York Parenting readers please visit: <https://drmarcie.leadpages.co/quick-video-for-ny-parenting>

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

Calendar

MAY



Fun with science

Take a step to Stem at City of Science on May 7 at Lehman College-Apex.

World Science Festival and Con Edison co-present the fun-filled, interactive day of exhibits and demonstrations. Children of all ages can explore the wonders of science, technology, engineering, and math.

Exhibits include: a giant pendulum wave that barely fits in a gymnasium, a seismic accelerator that uses gravity and elasticity to launch

small objects, non-Newtonian fluids that let you walk on water, a seven-foot domino, a space-time simulator that uses marbles to explore general relativity, and mind-bending competitions, challenges, and puzzles.

City of Science on May 7, from 10 am to 4 pm. Free.

Lehman College-Apex [250 Bedford Park Blvd. West, Gate 7, in Norwood, (212) 348-1400, cityofscience@worldsciencefestival.com].

Never miss a great event!

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

Calendar

Submit a listing

This calendar is dedicated to bringing our readers the most comprehensive list of events in your area. But to do so, we need your help!

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

SUN, MAY 1

IN THE BRONX

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

Explore some of Wave Hill's many budding trees and observe the myriad shapes and sizes of these flowery beginnings. Visit and sketch trees nearby. Then, using a wooden base, paper, and a variety of natural materials, make your own free-standing, fully budding sculptural tree.

Fresh water fishing: Crotona Nature Center, Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; Noon to 1:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature. Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. You can try to hook a pumpkinseed sunfish, carp or chain pickerel. Whether you choose to grab a simple bamboo pole at a quiet lake or join more advanced salt-water programs, we have a program that fits your skill level. Participation is first-come, first-served.

Children's Dance Battle: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; sarah.bishow@parks.nyc.gov; www.nycgovparks.org; Noon to 1 pm; Free.

Learn the form of dance called Stand Battle. Children ages 6-13 are encouraged to learn this form of dance that is performed in parades. To end the session the group will perform in Manhattan's Dance Parade on Saturday, May 21, sponsored by danccorade.org. Registration is required.

FURTHER AFIELD

Sakura Matsuri: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; www.bbq.org; 10 am; \$20-\$25



Amazing amphibians

Ancient amphibians are hopping over to Wave Hill for a visit on May 15.

Frogs and toads once shared the earth with dinosaurs. They are important indicators of environmental health and have adapted to survive in water, in the desert, and even in arctic habitats.

Join an environmental educator from the Hudson Highlands

Nature Museum to learn about frog characteristics and adaptations, hear frog vocalizations and meet frogs, toads, and tadpoles from the museum's collection.

Frogs and Toads on May 15 at 1 pm. For children 8 and older. Free with admission to the grounds.

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

(Free for children 12 and younger).

The 35th annual Cherry Blossom festival features traditional and contemporary Japanese dances, performances and customs.

Annual Irish Dance Festival: Pier 1 at Riverside Park South, Hudson Riverside Greenway and W. 72nd Street, Manhattan; 311; www.nycgovparks.org; 1 pm to 7 pm; Free.

Sure and begorra it's the Irish Arts Center's 15th year of hosting the day-long dance fest featuring hundreds of Irish dancers stepping, along with Irish music, cultural workshops and plenty of fun for the whole family to join in.

FRI, MAY 6

IN THE BRONX

First Friday – Music & Trolley: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30 pm; \$12 (\$10 seniors & students; members free).

Enjoy the music, explore the mu-

seum, and stroll the garden. Light refreshments will be available. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to Bartow-Pell Mansion to City Island. Registration requested.

"42": Clinton Playground, Crotons South and Clinton Avenue; (347) 865-5268; www.nycgovparks.org; 7 pm to 9 pm; Free.

Movies under the stars presents the screening of this movie based on the life of baseball great Jackie Robinson.

SAT, MAY 7

IN THE BRONX

City of Science: Lehman College's APEX, 250 Bedford Park Blvd. West, Gate 7; (212) 348-1400; cityof-science@worldsciencefestival.com; 10 am to 4 pm; Free.

World Science Festival and Con Edison present this fun interactive day full of exhibits and demonstrations. Children of all ages explore the

wonders of science, technology, engineering, and math. Exhibits include a giant pendulum wave that barely fits in a gymnasium; a seismic accelerator that uses gravity and elasticity to launch small objects; non-Newtonian fluids that let you walk on water; a giant, toppling seven-foot domino; a spacetime simulator that uses marbles to explore general relativity; and mind-bending competitions, challenges, and puzzles.

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

Known for its soothing and refreshing qualities, lavender makes the perfect gift for Mom! Listen to stories about animals and their moms and consider a special message for your own mother. Working with violet fabric and purple ribbons, make your own card to honor Mom with your special, sweet-scented gift.

The Grand Concourse Historic District's Art Deco Delights:

Southwest Corner, Grand Concourse and E. 167th Street; (718) 881-8900; www.nycgovparks.org; 2 pm to 4 pm; \$20 (\$10 for members).

Join Bronx Borough Historian Lloyd Ultan on a stroll through one of the Bronx's noted designated historic districts — the Grand Concourse. This tour will start on the southwest corner of the Grand Concourse and E. 167th Street and will terminate at E. 149th Street. The tours generally run about two hours. For older children.

SUN, MAY 8

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, May 7.

Mom's brunch: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10:30 am and 1:30 pm; \$45 per person (\$40 members; \$30 children; \$25 child members) plus admission to the grounds.

Celebrate the mothers in your life at a festive Mother's Day brunch in historic Wave Hill House. Seating's take place at 10:30 am and 1:30 pm. Reservations required.

Mother's Day garden party:

New York Botanical Garden, 200th Street and Kazimiroff Boulevard; (718) 817-8700; www.nybg.org; 11 am to 5 pm; \$85 (\$55 members).

Make a reservation for a delicious brunch and enjoy other special activities including watercolor painting and coloring, lawn games, face painting, and a giant chess game. Plus, make a

Continued on page 32

Calendar

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

Continued from page 31

craft or draw in chalk, and listen to a Mother's Day-themed story.

Children's Dance Battle: Noon to 1 pm. Williamsbridge Oval Recreation Center. See Sunday, May 1.

Nature walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm; Free with admission to the grounds.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. No registration required. Ages 6 and older welcome with an adult. Severe weather cancels.

FRI, MAY 13

IN THE BRONX

"Minions": Sachkerah Woods, Van Cortlandt Park, Jerome Avenue and Gun Hill Road; www.nygovparks.org; 7 pm; Free.

A screening of your favorite bad guys, turned cute! Don't forget the blankets and popcorn.

SAT, MAY 14

IN THE BRONX

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

Be inspired by local frogs who don speckled shapes and dots for camouflage. Use fabric and leather scraps to design a frog hat and frog feet — and even a frog fly-catcher. Donning our new gear and power-hopper feet, we'll gather outside, and, jumping in frog fashion, we'll form a hip, hop-in parade.

FURTHER AFIELD

Scout Day at Science in Motion Day: Intrepid Sea Air and Space Museum, Pier 86 at W. 46th Street and 12th Avenue, Manhattan; (212) 245-0072; www.intrepidmuseum.org; 11 am to 2:30 pm; call for tickets.

Spend the day with museum educators and learn about the science involved in problem solving on an aircraft carrier. Be inspired by the machines and inventions — from aircraft elevators to steam catapults — that have made advancements in aviation and life at sea possible. Workshops take place between 11 am and 2:30 pm. During Science in Motion Day, Cub Scouts will work on their Science Belt Loops and Academics Pins while Boy Scouts will work on their Aviation Merit Badges.

SUN, MAY 15

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, May 14.

Salamander exploration: Van Cortlandt park, Mosholu Avenue and Broadway; (718) 548-0912; www.nycgovparks.org; 11 am to 12:30 pm; Free.

Young children and their families explore nature and learn all about the salamander.

Children's Dance Battle: Noon to 1 pm. Williamsbridge Oval Recreation Center. See Sunday, May 1.

Frogs and Toads: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm; Free with admission to the grounds.

Ancient amphibians, frogs, and toads once shared the earth with dinosaurs. They are important indicators of environmental health and have adapted to survive in water, in the desert, and even in arctic habitats. Join an Environmental Educator from the Hudson Highlands Nature Museum to learn about frog characteristics and adaptations, hear frog vocalizations, and meet frogs, toads, and tadpoles from the museum's collection. Ages 8 and older welcome with an adult.

WED, MAY 18

IN THE BRONX

Art Museum day: Bronx Museum of the Arts, 1040 Grand Concourse; (718) 681-6000; www.bronxmuseum.org; 11 am to 6 pm; Free with admission to the grounds.

The Association of Art Museum Directors will host its seventh annual Art Museum Day.

SAT, MAY 21

IN THE BRONX

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

Amy Lincoln, whose bright, lusciously colored works were on view in Wave Hill House earlier this year, leads us in using some simple painting techniques. Inspired by the Glynor Gallery exhibition (Not So) Still Life, create your take on this time-honored subject. Observe simple plants, fruits, or objects on patterned cloths, baskets, and backgrounds. Then sketch the shapes you see and we'll paint them in with bright hues of light and color.

"42": Van Cortlandt Nature Center,

W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 7 pm; Free.

Screening of the movie of the man who changed baseball history. Don't forget the blankets and popcorn.

SUN, MAY 22

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, May 21.

Children's Dance Battle: Noon to 1 pm. Williamsbridge Oval Recreation Center. See Sunday, May 1.

WED, MAY 25

FURTHER AFIELD

Fleet Week: Intrepid Sea, Air, and Space Museum at Pier 86, W. 46th St. and 12th Avenue, Manhattan; (212) 245-0072; www.intrepidmuseum.org; 10 am to 5 pm; Free to service members; Call for tickets.

Celebrate Fleet Week at the Intrepid Museum! Join in for a special lineup of programs, performances, and interactive displays as we honor our service men and women. Watch the parade of arriving ships, and explore the U.S. Naval Academy Yard Patrol Craft that will dock at the pier. Catch a free screening of "Top Gun" on the flight deck, kicking off the Summer Movie Series. Over the weekend, discover an array of hands-on activities offered by various military partners on the pier, and enjoy World War II-era music performed by live bands. And don't miss an evening of music and swing dancing on the flight deck on Saturday, May 28. Three of New York City's best big bands will battle it out — James Langton's New York All-Star Big Band, the George Gee Orchestra, and Gordon Webster Big Band. There will also be a vintage fashion show and contest, a 1940s photo booth, and more. Don't miss the Memorial Day celebration on May 30.

THURS, MAY 26

FURTHER AFIELD

Fleet Week: 10 am to 5 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

FRI, MAY 27

FURTHER AFIELD

Fleet Week: 10 am to 5 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

SAT, MAY 28

IN THE BRONX

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

The Hudson River is seen through beautiful vistas at Wave Hill, but what is life really like inside the river? Join visiting artist Mathew Friday to hear about the relationship between storm drains and the river and our role as good river stewards. Create drawings, maps, and images of river residents, then create a diorama with movable parts — a thriving river theater!

Family camping: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 6 pm to 7 am; Free.

Urban rangers help you get the campfire going for a night out under the stars. Space is limited, families chosen by lottery.

FURTHER AFIELD

Fleet Week: 10 am to 6 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

SUN, MAY 29

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, May 28.

Children's Dance Battle: Noon to 1 pm. Williamsbridge Oval Recreation Center. See Sunday, May 1.

Memorial Day Concert: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 2 pm to 5 pm; Free.

Get treated to music by the Bronx Arts Ensemble. Held in the Nature Center. Bring blankets, chairs, and treats.

Boogie on the Boulevard: Grand Concourse, Grand Concourse and 162nd Street; (718) 681-6000; info@bronxmuseum.org; bronxmuseum.org; Noon to 4 pm; Free.

Get ready to Boogie! Presented by the Bronx Museum of Arts, the center lanes of the Grand Concourse starting at 162nd Street will be closed to cars and open to a world of fun with free music, art, and fitness programs hosted by organizations from the Bronx and beyond.

FURTHER AFIELD

Fleet Week: 10 am to 6 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

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

MON, MAY 30

FURTHER AFIELD

Fleet Week: 10 am to 6 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

LONG-RUNNING

IN THE BRONX

Baby & Me learning: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Tuesdays, 10 am to 11 am, Now – Tues, June 28; Free.

Learn simple signs for communicating with your baby, and play games and activities for both baby and you. Infants and toddlers are welcome. Join the fun!

Le Petit Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Tuesdays, 2 pm to 3:30 pm; Free.

Create miniature works of art (4-by-6-inches) or less using multiple mediums like acrylic paint, water color, pastel, pencil, ink, and surfaces like wood, canvas, paper, metal, and glass.

Learn to Knit: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Thursdays, 1 pm to 2 pm, Now – Thurs, May 26; Free.

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

Seasonal Arts & Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 2 pm to 3:30 pm, Now – Fri, June 24; Free.

Make arts and crafts items relating to celebrity women from the Bronx. For all ages; — parents and kids together. Make arts and crafts items relating to celebrity women from the Bronx. For all ages; parents and kids together.

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

Children use multiple mediums and learn drawing and painting techniques.

Beginners dance class: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; rsvp@powerhousearena.com; Saturdays, 10 am to noon; Free.

Teen girls 14 to 17 years old learn



Stirling and Francine Clark Art Institute, Williamstown, Mass.

Make a print inspired by Degas

The exhibit “Edgar Degas: A Strange Beauty” is now on view at the Museum of Modern Art through June 14. The museum offers a Printmaking Workshop on Tuesday afternoons to coincide with the exhibit.

Edgar Degas is best known as a painter and chronicler of ballet, yet his work as a printmaker reveals the true extent of his rest-

less experimentation. In the mid-1870s, Degas was introduced to the monotype process — drawing in ink on a metal plate that was then run through a press, typically resulting in a single print. The exhibition includes approximately 120 rarely seen monotypes — along with some 60 related paintings, drawings, pastels, sketchbooks, and prints.

Participants of all ages and abilities are invited to make their own monotype inspired by the exhibit.

Printmaking Workshop on Tuesdays, now through June 14, from noon to 3 pm. Free with admission to the museum.

Museum of Modern Art [11 W. 53rd St. between Fifth and Sixth avenues in Midtown, (212) 708-9400; www.moma.org]

hip-hop, ballet, and jazz steps.

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

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

FURTHER AFIELD

Dinosaurs Among Us: American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Daily, 10 am to 4 pm; Free with museum admission.

The exhibit features ancient, rarely seen fossils, and life-like models, including a 23-foot-long feathered tyrannosaur (*Yutyrannus huali*) and a small four-winged dromaeosaur (*Anchiornis huxleyi*) with a 22-inch wingspan and vivid, patterned plumage. Visitors will encounter a tiny dinosaur whose sleeping posture precisely echoes that of a living bird, an extinct-dinosaur nest containing remains of the adult that guarded the

hatchlings, and the fossil cast of a relative of Triceratops that had simple feathers on its body.

Beneath the Ice Immersion

Dome installation: American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Daily, 10 am to 4 pm; Now – Fri, May 27; Free with museum admission and members.

The Milstein Science Series presents this exhibit that takes visitors on a deep dive into Antarctic waters to explore a hidden world beneath the ice. Once thought to be low in species diversity, the Antarctic is now known to be home to a rich variety of life. This immersive dome experience showcases a surprising and visually stunning array of marine life that flourishes on, around, and underneath the Antarctic ice.

A Year With Children 2016: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street, Manhattan; (212) 423-3500; www.guggenheim.org

org; Mondays, 10 am to 5:45 pm, Tuesdays, Wednesdays, Fridays and Sundays, 10 am to 5:45 pm, Now – Sun, June 12; \$25 (\$18 seniors/students; Free for members and children under 12).

Now in its 45th year, Learning Through Art, presents the annual exhibition organized by the Sackler Center for Arts Education that showcases select artworks by students in grades two through six from 12 public schools, representing each of New York City's five boroughs.

The Titanosaur: American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; 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.

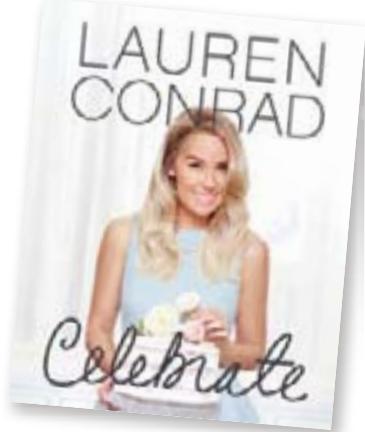
New & Noteworthy

BY LISA J. CURTIS

Let's party!

Fashion and style guru Lauren Conrad's "Celebrate" has how-to tips for planning comfortably elegant soirees. Although I consider myself a seasoned party planner, I gleaned lots of helpful tips from Conrad — best known for her appearances on MTV's "The Hills" and "Laguna Beach."

Conrad introduced me to the concept of a "baby sprinkle," which is a downsized baby shower, when family and friends want to help an expectant mom welcome baby number two or three. Her comprehensive tome is a reference manual I turn to again and again for cocktail recipes and inspiring photos of centerpieces,



tablescapes, and even proper attire.

Lauren Conrad Celebrate book by Lauren Conrad, \$28.99, www.barne-sandnoble.com.

Measuring spring fevers

Just when you thought there wasn't any way to improve upon a thermometer, we are thrilled to introduce you to the Kinsa. It's an app-enabled thermometer that plugs into your Apple or Android mobile device.

The app helps you create profile of your family, so you can keep track of each person's symptoms and history. While you're waiting — just 10 seconds — to find out your child's temp, it displays "bubbles" on your device's screen,

so your child happily sits still and pops away while waiting for the reading. Genius!

The thermometer can be used for oral, rectal, or underarm readings. And if fever is detected, the Kinsa app offers guidance on what to do, based on the patient's age and symptoms.

It's so reassuring, you almost wish your kids would get sick so you can use it again.

Almost.
Kinsa thermometer, \$25, www.kinsa-health.com.



'Jumping' for joy

"Every Day's Your Birthday!" is the third CD by Miss Nina (Nina Stone), and it features original songs — and traditional favorites — that encourage movement and turns those frowns upside down.

Ideal for children ages 2–6, its sweet songs can be enjoyed by kids of all ages. Stand out "Colors of You" is a 1920s-style



tune with trumpet and ukulele. This is Miss Nina's first album with her band The Jumping Jacks, and it drops on May 6. We hope to hear many more from these talented musicians.

Every Day's Your Birthday CD by Miss Nina & The Jumping Jacks, \$12, www.mymissnina.com.

Breakthrough bottle

Finally, there's a baby bottle that reduces air intake, and — along with feeding in the upright position — reduces gas, colic, and spit-ups. BittyLab's Bare bottle operates like a syringe, with an air-plug that allows the parent to expel air from the bottle before baby starts to slurp — reducing air ingestion. As baby sucks, the plug easily moves toward the nipple to deliver air-free milk.

The set comes with one 4-ounce Bare bottle and two nipples, the Perfe-latch (which BittyLab recommends for breast-fed babies) and an Easy-latch nipple. The set — which also includes a set of detailed directions that address usage, care, and any possible mishap a sleep-deprived parent may run into — is for newborn babies, up to 24 months.

By reducing colic-producing tears and increasing baby's smiles, the Bare bottle is a bare necessity!



Bare Air-Free 4-oz. Single Pack Baby Bottle with Perfe-Latch and Easy-latch nipples by BittyLab, \$15.50, www.bittylab.com.

Time-traveling letters

"Letters to Me, When I Grow Up" prompts children to make a "paper time capsule" where they can record — in pictures and words — their hopes, dreams, and memories; seal them; and open them later in life. The 12 letters make a sweet snapshot of childhood in their bound book. They can be sealed with the included stickers and unsealed in adulthood. (And of course, parents can read

them now to find out what's on their kids' fascinating little minds!)

A wonderfully creative way to introduce the concept of keeping a diary or journal, each letter encourages the child to record his favorite toys; to write about his family; answer questions about school; list five things he would do to make the world a better place — and more!

Recommended for children ages 4–8, this book offers a dozen ways to get kids to put pen to paper for a memento he — and his parents — will treasure forever.

Letters to Me, When I Grow Up: Young Writer's Edition activity book by Lea Redmond, \$14.95, www.chroniclekids.com.



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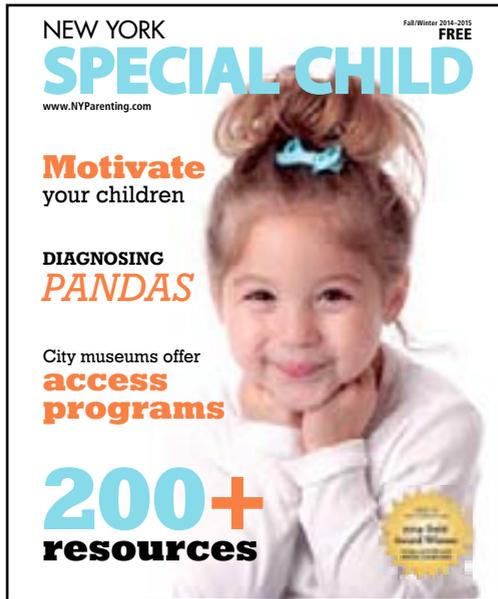
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