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Cherishing peace and freedom

I was reading an article the other day that I found very interesting, if not upsetting. How to discuss the news with your children, rather, how and when to talk to them about the violence happening around the world. I'm sure there was a time when one could perhaps escape from the barbarisms if one was lucky enough to live in a peaceful place, but these days, with the barrage of media blitz, it's almost impossible not to be caught up in it.



I used to be employed by a man who read the tabloids every day and was constantly trying to dis-

cuss with me the horror story of the moment. When I tried to escape, he accused me of hiding from the realities of the world. I believed I was protecting my sanity.

With our children it is recommended that we let them be innocent as long as possible. It is highly recommended that the local news not be our dinner table background music. It is also recommended that we don't bring up the massacres and tragedies until we absolutely have to because they are old enough to be aware of it themselves.

In this issue we touch on some

very serious topics in, I trust, an intelligent way. We have an article by Tammy Scileppi about a young 8-year-old writer who has written a book about child refugees from Syria. We have a passionate but intelligent essay from our resident attorney, Alison Arden Besunder, about GUNS and their legal and constitutional right in New York State. Carolyn Waterbury-Tieman talks about parallels between child rearing and governing. All interesting and important conversations.

The Fourth of July is Independence Day, as we all know. It is also a time to celebrate the freedoms we have and the relative peace we enjoy here in our nation. So much of the planet remains in turmoil. The conversation will go on and

on about immigrants and immigration. Personally, I am the product of four grandparents from four different countries who all found freedom in this nation. I also married a foreign national and I have lived in other places and visit other countries often. In my opinion, we must protect our own freedom by cherishing it for all and offering it to all comers.

Have a Happy Fourth! Be safe. Courage.

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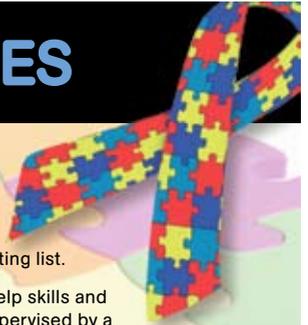
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Freedom & parenting

Parallels between how we raise our children and govern our country

BY CAROLYN WATERBURY-TIEMAN

The wide stretch of beach is empty except for a small colony of seagulls. My 2-year-old son takes off after them as fast as his toddler legs will carry him. With dimpled, sun-kissed arms outstretched and damp, salty curls bouncing, he runs with total abandon, determined to catch one.

The embodiment of complete freedom. Is there such a thing?

Complete freedom implies the absence of constraints or consequences, an impossibility for any form of life on Earth. The apparent freedom reflected in the picture of my son running on the beach is merely an illusion.

This simple act is actually governed by multiple constraints. The law of gravity keeps his feet on the ground, laws of nature allow the seagulls to escape, physical limits allow him to run for only so long, local ordinances require him to stay on a public beach, and parental restrictions prevent him from getting too close to the water. Yet, he expresses utter delight in his quest.

Our country's founders, having been subject to oppression by a centuries-old monarchy, were anxious to establish freedom. So much so, they focused almost exclusively on outlining their rights. Yet, freedom without consequences does not exist. Perhaps they would have avoided confusion if they had written "The Bill of Rights and Responsibilities." The two go hand in hand.

The democracy they formed necessitates that both be accepted and protected, or freedom will be lost.

Democracy is a system of government by the whole population through elected representatives. A democratic government depends on the active, cooperative participation of its people and their ability to fully realize this responsibility. Searching online for the essential conditions of a successful democracy repeatedly gleaned these elements: an educated populace, vigilant protection of freedom, local self-government, civic-mindedness, tolerance, freedom of speech, a written constitution, and the absence of gross inequalities.

Since we are raising our children in a democracy, what are the implications of these conditions for our parenting?

Learning to think

Whereas monarchies and dictatorships thrive with a readily controlled, uneducated populace, democracies depend on people thinking for themselves.

Our children are living in an age of unprecedented access to information. As their first teachers, our role in guiding their informal education and overseeing their formal education is vital. In addition to nurturing their curiosity, we must teach them to distinguish between opinion and fact, and considering the credibility of sources. The ability to process information to formulate their own opinion is essential.

Protect and respect

As a cornerstone of democracy, freedom must be vigilantly protected. An effective method for protecting freedom is recognizing where my rights end and yours begin.

I have the right to drive, but I do

Democracies depend on people thinking for themselves. In addition to nurturing our children's curiosity, we must teach them to distinguish between opinion and fact, and considering the credibility of sources.

not have the right to jeopardize your safety.

If in the desire to protect my freedom, I neglect yours, freedom's future is compromised. Denial of freedom based on membership in a particular group, rather than behavior and actions, increases freedom's vulnerability. Who knows when the group in question may be mine?

Self-discipline

Before participating in the government of an entire population, one should first be capable of self-government. The way to avoid external constraints is to practice internal restraints.

By providing clearly stated, age-appropriate rules and expectations with reasonable consequences for failure to comply, parents assist children in acquiring self-discipline.

When participation in a rule or consequence setting and decision-making is increasingly allowed depending on age and maturity, children learn the skills necessary for taking on greater responsibility.

The inherent relationship between rights and responsibilities becomes apparent.

Social conscience

Empathy, the ability to imagine what life is like for others, is essential to developing civic-mindedness. Living by rules when expecting others to do so and considering the impact of personal decisions on others are practices that readily translate from an effective family to an effective society.

Tolerant spirit

Openly sharing ideas and participating in productive debate and discussion provides children the opportunity to practice expressing their thoughts while experiencing differences of opinion. Learning to maintain their integrity while accepting diversity is an invaluable accomplishment.

Free, not inflammatory, speech

Expressing one's ideas, beliefs, or complaints is possible without resorting to derogatory, maligning, character assassinations of others.

When we are confident of our position, we can accept the rights of others to hold different positions without feeling threatened or compelled to agree with, approve of, or adopt theirs.

Being able to respectfully disagree shows strength of character.

Written agreements

By creating and adopting a family constitution, we demonstrate to our children the value of establishing expectations for individual members that contribute to the well-being of the entire family.

Avoiding inequality

While there is clearly inequality between parents and children in terms of age, maturity, responsibility, and knowledge, they are equal in their fundamental value as human beings. Whenever access to rights or privileges is denied due to some arbitrary characteristic, the inevitable resentment threatens the viability of the whole group.

As a microcosm of society, the family provides an ideal place to learn the democratic process. Our children learn from us what it means to be conscientious citizens in a democracy.

Like a child chasing seagulls on the beach, the pursuit of happiness involves the freedom to make choices — hopefully responsible ones.

Carolyn Waterbury-Tieman is a resident of Lexington, Ky, 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, e-mail parent4life@yahoo.com.

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Her hope is contagious

An 8-year-old from California creates a book to inspire Syrian refugees

BY TAMMY SCILEPPI

No matter who they are or what their circumstances might be, children are children. It doesn't take much to make them smile — and don't they all love to play and learn?

Child refugees from Syria are like our kids in many ways. For, despite their lost childhoods and the terrible upheaval, destruction, and despair they face, they are still children first, and having fun should be their number-one priority.

And each has a story to tell — of her journey, homeland, and hopes and wishes.

A compassionate, smart-beyond-her-years fourth-grader has penned a unique book, that is beautifully written and illustrated from the heart. The inspiring tale encourages young readers to believe in themselves now and forever, no matter what. Trisha Rao, now 9, wrote “Believe in Yourself” last year, because she felt sorry for refugee children around the world. Through the light-hearted story she tells, her wish is to remind them to be brave, to laugh and dream, but most of all to always have hope.

After all, children are the ones who suffer most from wars and conflicts.

Trisha's best friend, her smiling

golden retriever Sunshine, became the main character of this wonderful, must-read book, which is filled with her awesome paintings and illustrations. The young author intends to donate it to as many Syrian refugee kids as possible, while she shares her universal message of peace, love, strength, and courage with youngsters everywhere. Everybody can use a good dose of hope and happiness in their lives.

The worst humanitarian crisis of our lifetime

It's hard to believe there are more than 60 million refugees in the world today, of which more than half are innocent children. The Syrian refugee crisis, which began in May 2011, is the largest displacement of people of our time, and you can't turn on the news without hearing about the ongoing Syrian conflict — the topic of hotly debated conversations here in the U.S. and abroad.

Most Syrian refugees fleeing violence have found themselves in Lebanon, Jordan, and Turkey, which is now the largest host of refugees in the region and also the largest host of refugees in the world. Turkey has taken a central role in the response to the Syria crisis, hosting close to 3 million Syrian refugees — more than

any other country. About half are children dealing with unimaginable turmoil and fear in their young lives.

Trisha feels their pain, and decided to give them a special story.

The start

An inquisitive student, she studied in a Montessori school in San Diego for the first six years of her life.

“My hobbies are painting, playing badminton, playing with my friends, reading books, listening to music, and dancing,” said Trisha. And her favorite subjects include English, matter and astronomy, science, and physical geography.

Her mother Sumana says her daughter has been painting since age 2 and remarkably, has made more than 300 acrylic paintings! And the San Diego Museum of Art exhibited Trisha's works when she was just 2-and-a-half! Her paintings were also used to raise money for flood victims in Karnool, India, in 2010.

Trisha's literary journey began last summer. On a tranquil, day-dreaming kind of afternoon, the aspiring 8-year-old poet scribbled some truly profound prose in her notebook as she gazed out her window. She called it “Believe in Yourself.” Her mom, who was surprised and deeply moved by what she wrote, already knew her daughter had a creative streak and that she was wise for her age.

“She has always been kind and compassionate,” she said lovingly.

So, while her peers were enjoying summer past times, Trisha's mind went to matters beyond her safe, comfy California home. Shocked by media headlines about the war- and terror-stricken Syrian refugees, she expressed her sadness and concern about their plight to family and friends, who then helped her transform that heartfelt poem into a great children's book that conveyed a universal message. One which seems to reverberate across oceans, deserts, and rough Middle Eastern terrains: Believe in yourselves! Don't give up hope! I'm here for you!

Describing her poems, Trisha said, “I write from my heart about things that touch my heart — I write about nature, my pet dog Sunshine, my mom, my school, my friends, animals, trees, etc.”

The story follows Sunshine the pup and Papa Dog, who travel through the jungles of the world learning valuable life lessons from their animal friends, like standing up for yourself and others, loving yourself deeply, attempting to over-

Syrian refugee kids in the news

If you want to get a glimpse of what life is like “over there,” you and your kids should read Ali, Mustafa, and Amira's journeys: “School in refuge: the stories of three Syrian children in Turkey”

<http://blog.concern.net/school-in-refuge-the-stories-of-three-syrian-children-in-turkey>

You can also read how others are using creativity to help the young refugees:

Khaldiya Jibawi. This creative teen took a workshop in making videos after her family fled to a refugee camp. Her film about day-to-day life is now making the festival rounds.

<http://www.npr.org/sections/goat-sandsoda/2016/06/05/480611303/syrian-teens-9-minute-doc-hits-cannes-sundance-1-a-film-fest>

UNICEF. Three “Unfairy Tales” is the The United Nations Children's Fund's new project that takes real-

life stories of Syrian refugee kids and turns them into short — and really intense — animated videos.

<http://www.npr.org/sections/goat-sandsoda/2016/04/12/473007477/watch-these-3-unfairy-tales-and-see-if-they-move-you>

Save the Children. This organization had Syrian refugee kids draw what they were feeling.

<http://www.npr.org/sections/goat-sandsoda/2016/03/17/470809097/syrian-refugee-kids-were-told-to-draw-whatever-they-wanted>



come challenges, creating your own opportunities, working hard to make your wishes come true, being grateful to God (or any higher power), being kind to others, and staying united with friends and loved ones.

The story concludes with wonderful symbolism as Papa Dog offers unconditional love to Sunshine, who finds it comforting to know that Papa Dog will always be there to love and support him.

Trisha's journey to Istanbul

The young author and her family traveled to Istanbul, Turkey, in December 2015, and you can imagine what a truly memorable, life-altering journey it was. So she could share her important inspirational message of hope with Syrian refugee children living there, Trisha launched "Believe in Yourself" while visiting. She read it to a bevy of curious kids

Trisha Rao's puppy Sunshine is the main character in her book. (Left) Trisha launched her book to a group of Syrian refugee children in Istanbul last December.

who had gathered around her. Sadly, they had lost their homes, and sometimes, their families.

Trisha said the children loved hearing the words to the story, and especially liked her colorful pictures. Apparently, they felt an instant bond to the long-haired American girl, despite the language barrier. What a thrill it must have been to make new friends!

Her experience turned out to be the most amazing family vacation she had ever had. Trisha says she wants to encourage ALL kids to stay hopeful, no matter what.

"I turned my poem into a children's book to show that we all have great power within ourselves to make a difference in our own lives and in the lives of other people, too," she said. "I felt bad for the Syrian refugee children

because they lost their homes, home lands, and families at a young age."

Trisha said most of the children were with their parents, who were trying to get adjusted to a new country. They did not know the local language, so it was difficult for them to get good jobs.

"We met around 30 children — most between the ages of 5 and 10 — at the Support to Life community center in Istanbul. The refugee families lived far from the center, but the children came there every day to spend their day at the center," Trisha recalled. (Support to Life is a humanitarian agency working with disaster-stricken communities.)

"The hardest part was when I learned that they did not have money to buy lunch," the young writer said. "I felt bad that they had to walk several miles from where they were living to come to the center where they spent the whole day."

The Support to Life team met Trisha and her family during their trip and in a letter, the director later thanked them for being part of their cause in improving the life of refugees in Turkey.

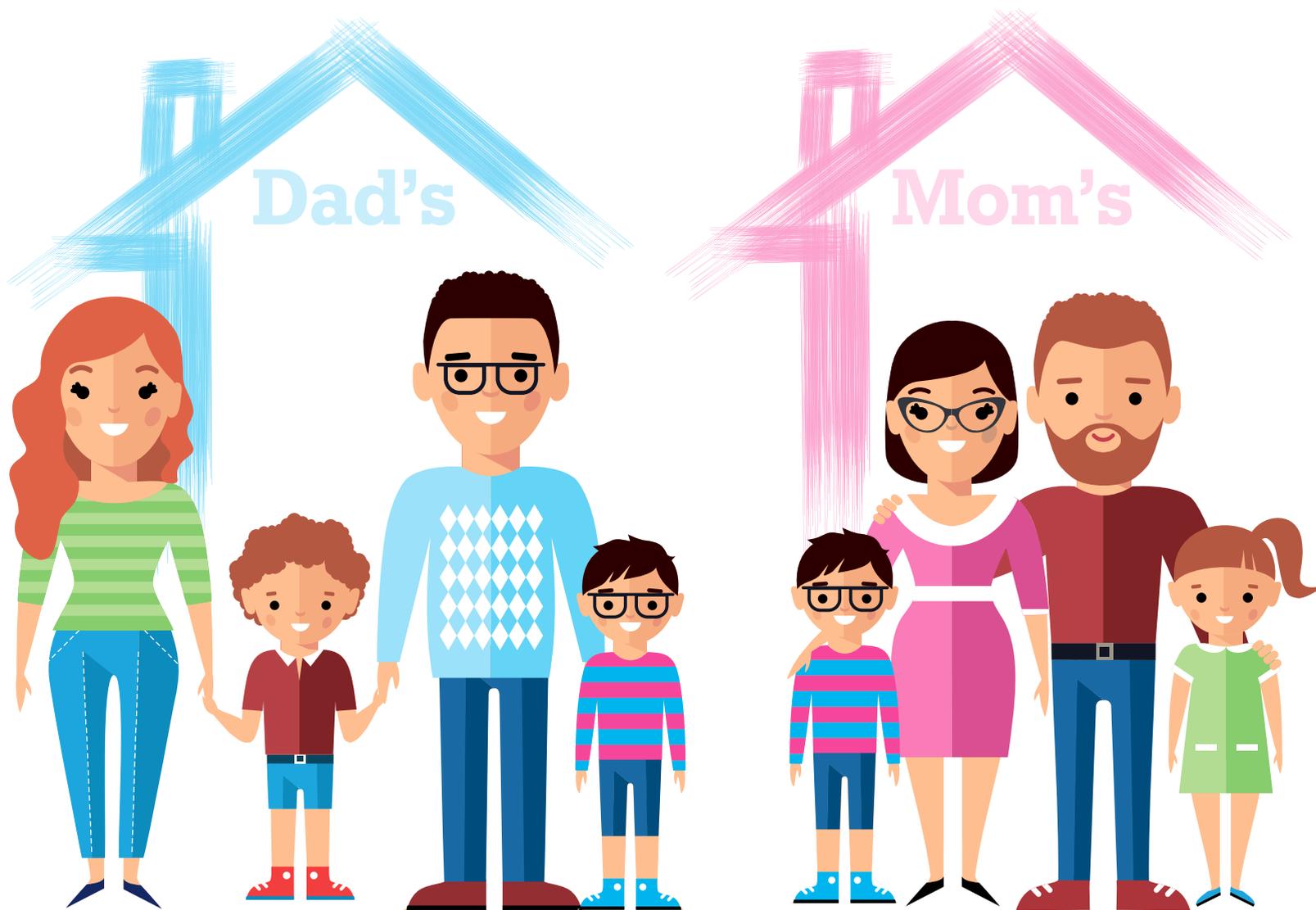
"By reading her book to the children, Trisha did not only give them support and inspiration, but also was able to touch them with her sincerity. Your thoughtful visit at the Istanbul Center Support to Life House made a great mark in the children's lives since it was also a pathway for children to reconnect with their childhood," the letter stated.

Trisha's ultimate wish with her book is to reach every single child on the planet with her positive vibe. For every book she sells in 2016, she has pledged to donate one copy to refugee children around the globe.

And since those kids in Turkey loved the book so much, it was translated into Arabic. The books that have been donated so far — more than 110 — are in English. Once the Arabic books are printed, more can be sent to Syrian children. More than 500 copies have been sold.

"Believe in Yourself" has received the 2016 Gold Medal from the Independent Publishers Book Awards in the category of Best Children's eBook. It is for sale on Amazon and through the United Nations Stores: https://www.amazon.com/Believe-Yourself-Trisha-Rao/dp/B01A4S1FQ0/ref=sr_1_1_twi_kin_2?ie=UTF8&qid=1465909533&sr=8-1&keywords=trisha+rao

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting.



Team family

After a divorce, working together when you live apart

BY GAYLA GRACE

“Although we don’t like each other, we maintain a friendly demeanor for the sake of our children.”

My friend’s comments confirmed what I already knew — her kids benefited from her efforts toward a cordial relationship with her ex-spouse.

Children with a mom and dad in different homes often experience confusion, anxiety, and turmoil. They need a stable home environment, free of tension and chaos, to develop a healthy self-image and succeed in school. If you spend time

Seven tips to help:

- Don’t meddle in the affairs of the other home.
- Maintain a cooperative and flexible attitude with your ex when discussing the kids’ schedules.
- Keep conflict with your ex-spouse away from the ears of your children.
- Encourage your children to

be responsible with their belongings.

- As a stepparent, offer grace and understanding to your stepchildren.
- Consider the needs of your children and stepchildren as they transition.
- Commit to a new tomorrow when you fail.

at your child’s school, particularly middle and high schools, you’ll notice the pressure and demands they face. Minefields at home only create

more stress.

As parents and stepparents, what can we do to promote healthy interactions and positive self-esteem?

As parents and stepparents, one of the best ways to promote success is to commit to do your part in maintaining a friendly relationship with your ex.

One of the best ways to promote success is to commit to do your part in maintaining a friendly relationship with your ex.

I know you'd rather run a marathon than talk about how to live in harmony with your ex or your spouse's ex, but it's vital to the well-being of your children and stepchildren. That doesn't mean you have to be best friends with your ex-husband, or your stepson's mom, but you do have to commit to having a cordial relationship.

I will be the first to admit this hasn't come naturally. I maintained a contentious relationship with my ex too long after our divorce. Although I tried hard to not speak badly of him to our girls, I'm sure they could sense my disapproval of his lifestyle and critical spirit toward him when we negotiated visitation. It's important to remember that our children are half of their other parent, and when we speak badly of that parent, they turn the negative remarks inward, leading to a negative self-image.

As your children move between homes, help them learn responsibility by reminding them to stop and think about what they need to pack when they leave one home and move to the other. As a stepfamily coach, I often hear stepparents complain about their stepkids making multiple trips to their house on the off week because they left supplies, a uniform, a project, etc. Don't enable irresponsibility by allowing them to return multiple times to the other home for items they forgot.

As a stepparent, recognize the adjustment your stepchildren go through when they travel between homes. Allow extra time on transition days for kids to settle in, focus, and adjust to the routine of your home. Give them space if you sense they're struggling emotionally.

Don't maintain an overly am-

bitious schedule on weeks your stepchildren are there. Allow time to help with homework, run kids to ball practice, or sit down for a home-cooked meal. Stepfamily relationships are strengthened as family members spend time together in a relaxed environment.

Also, consider what it feels like to a biological parent to have someone else take part in raising her child. And be sensitive to how your stepchildren feel toward you and whether they want you at every back-to-school function or whether you should bow out and let the biological parents take the lead.

As a mom and stepmom to five children, I understand the challenges that accompany kids moving between homes. My husband and I spent years negotiating schedules and seeking to provide a safe environment in which our kids could thrive throughout the school year.

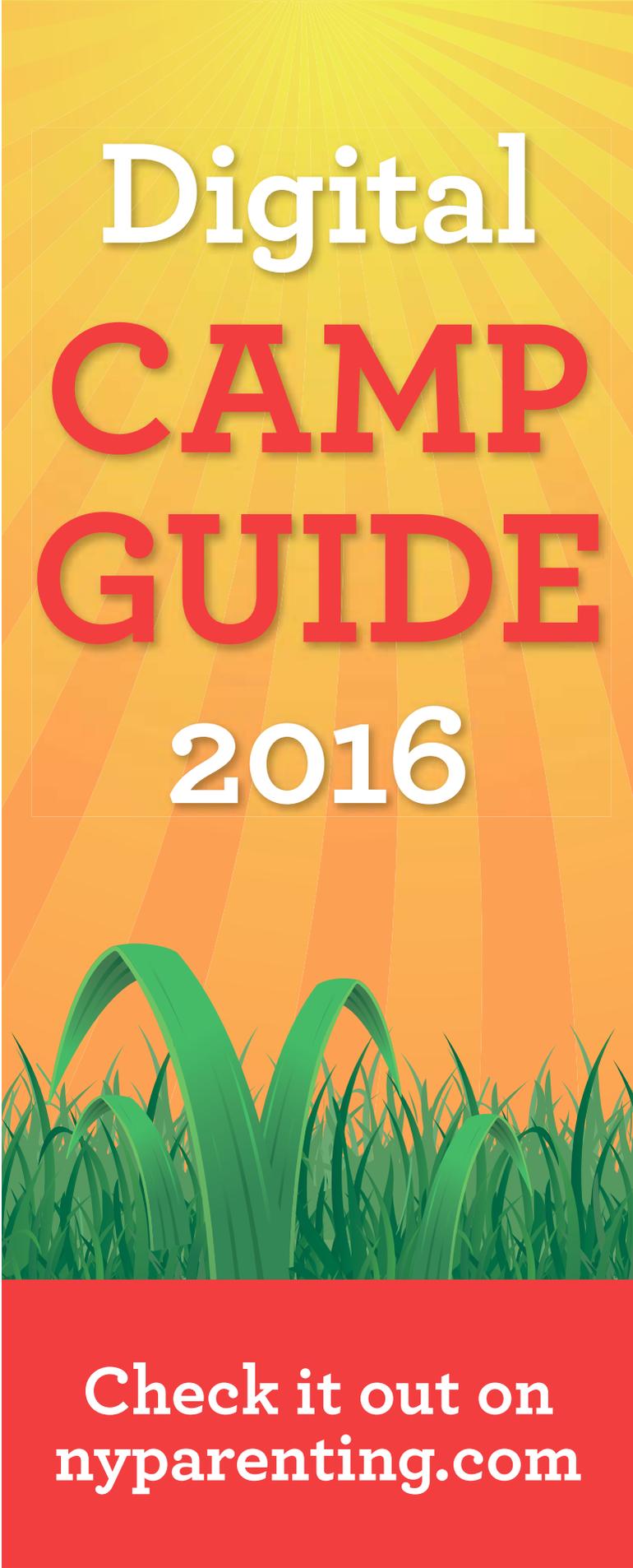
My stepchildren and two of my children have now completed school and exited the nest, leaving my husband and I with only an "ours" child left at home. Some days I think about what I would do differently if all of our kids were at home again.

I think I would offer a softer side toward my stepchildren when they've had a bad day at school. I'd be more understanding on transition days when they've just come back from their mom's house and need some time alone. I'd extend grace more freely when my own kids didn't do their chores to my satisfaction. And I would insist on fewer extracurricular activities to allow more time at home for relationships to grow and bond.

Our child-rearing season passes quickly and we're left with fond memories. Seek to enjoy the back-to-school hassles! Step back, take a deep breath, and snap a few pictures of your growing child as you head to meet-the-teacher night. Consider what you can do to sow peace. Will you commit to take the high road as often as possible? Will you do your part to co-parent in harmony?

Your children and stepchildren deserve a fresh beginning at school, with minimal conflict at home. Yes, it's harder when kids move between homes, but it's not impossible to find peace.

Gayla Grace is an author and stepfamily coach with a his, hers, and ours family. She enjoys helping non-traditional families learn to thrive in their relationships.



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ing young adults.

HAC prides itself on diversity. Many HAC staff and faculty members are bilingual and are able to address the needs of the community. HAC is a not-for-profit community based organization that has increasingly strengthened its position as the largest community sponsored early childhood education organization in the Bronx.

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self, and a lifelong commitment to learning and to Judaism. The school prepares students to successfully function on the present, while helping them develop the necessary skills for dealing with the future. With students in nursery through eighth grade, it is an inclusive Jewish community day school, serving children from liberal to traditional families.

On average, more than half of Kinneret's graduating eighth graders are accepted into specialized high schools, with many choosing to enter elite private and Jewish day schools. Based on state tests, the school continues to be ranked among the top scoring schools in New York State.

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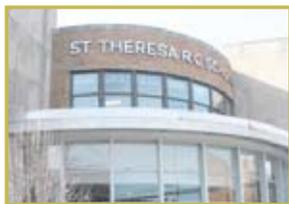
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OUR GUNS

A closer look at NY State's gun laws

BY ALISON ARDEN BESUNDER

During the past several years, it has seemed that every day, week, and month there is another tragedy as a result of guns in the hands of individuals who use them as tools of murder and terrorism.

The most recent massacre at a gay club in Orlando was one of 43 shootings on June 12. In 2016 so far, there have been 6,131 gun-related deaths, 141 mass shootings, and 259 children under 11 killed or injured (www.gunviolencearchive.org). These events have become horrifically commonplace.

Rather than my usual “Q&A” column, I thought that readers would like to know more about the gun laws applicable in New York State, which in and of itself has vastly different “gun cultures” between Upstate and Downstate.

New York gun licensing

New York has no separate constitutional gun protection, but Article 2, Section 4 of the New York Civil Rights Law provides “a well-regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms cannot be infringed.” That law has not prevented the state from imposing some of the strictest handgun regulations in the nation. New York’s 1911 Sullivan Law was one of the first in the country requiring a permit to own a handgun.

New York’s gun control is essentially two-tiered between state and local law. All handguns must be licensed. Outside New York City,

rifles and shotguns need not be licensed.

At the state level, a license may be granted to an applicant who:

- Is of good moral character.
- Over 21 years of age.
- Has not been convicted of a serious offense.
- States if and when he has ever been treated for mental illness, is not subject to a protective court order.

• To whom no good cause exists for the denial of the license.

The age requirement does not apply to persons honorably discharged from the military. Anyone between 18 and 21 can use a handgun at an indoor or outdoor pistol range or at a target pistol shooting competition under the auspices of or approved by the National Rifle Association (not exactly my first choice for supervisory authority). New York State does not perform its own background check, but rather forwards fingerprints to the Federal Bureau of Investigation for a search of criminal records. The failure or refusal of the Bureau to complete the fingerprint check in six months cannot be the sole basis for refusing to issue the permit.

Gun purchase in New York requires a license for that particular make, model, caliber, and serial number, and possession requires a valid license for that particular registered gun. Licenses are not issued to non-New York residents or part-time residents; out-of-state handguns are not permitted.

There are two types of licenses: carry or premises-only. New York City rarely issues carry licenses

and only where self-defense is the proven primary reason for ownership (usually law enforcement and armed guards). A premises-only license does not permit carrying as a concealed weapon off-premises.

Oversight and enforcement

New York’s gun control and culture widely varies from county to county, especially between Downstate and Upstate.

Other than the city (three years) or Nassau, Suffolk, and Westchester (five years), licenses in New York State are valid until revoked and need not be renewed. In other words, New York State — like most states — has no oversight of a gun owner after license.

Even with a permit, it is illegal to carry a weapon in schools (including child care), state parks, or mental health facilities. The penalty for carrying a concealed weapon without a permit is only a class A misdemeanor, carrying a penalty of a fine up to \$1,000 or up to 12 months in jail (or three years probation).

New York is a “May-Issue” state; the individual licensing official (a local police chief or sheriff) has discretion to issue a handgun license or concealed weapon permit and whether to impose conditions such as firearms training or education. The various licensing and permit authorities are not unified, the rules vary between counties, and the “gun laws” are therefore all over the map.

New York City, for example, is a “No Issue” jurisdiction. New York City is the only county where a



pistol licensee is restricted from carrying and must have an “uninterrupted trip” through the city with the ammunition and gun locked separately when traveling. Delaware County, on the other hand, is the only county to permit open carrying. The restrictions imposed on a carry license travel with the licensee as he or she travels from county to county within the state. Thus, a holder of a Delaware County license (unrestricted carry) can take his concealed handgun into Kotobuki, but his Suffolk County gun-licensee companion cannot.

New York State bans possession or sale of “assault weapons” or “large capacity ammunition feeding devices” manufactured after 1994. New York State law continues to enforce the same provisions as the (now expired) Federal Assault Weapons Ban, which bans rifle magazines in excess of 10 rounds in assault

weapons manufactured after 1994. This means that New York State bans as a felony the high capacity, quick-reload weapons such as the Sig Sauer MCX, which was reportedly used in the Orlando shooting.

However, the expiration of the federal ban undermined enforcement power, since the federal law had required that all “large capacity” magazine guns be stamped with the date of manufacture. That federal requirement is no longer in effect, hindering prosecutions of possession of post-2004 assault weapons. Gov. Cuomo’s 2013 proposals did not go as far as was originally hoped in reducing permitted magazines from 10 to seven rounds.

New York gun numbers

New York is sixth in the top 10 restrictive states on the purchase, possession, or carrying of handguns, and 48th in the “Gun Death

Rank” (in 2010 it was 24th). New York also elevated its rating to an A- from a B in 2010 from the Law Center to Prevent Gun Violence (smartgunlaws.org/new-york-state-law-summary/). In 2008 New York had the fifth lowest number of gun deaths. And in December 2012, then-mayor Bloomberg announced that the city’s murder rates were the lowest in 50 years.

More gun-related deaths occur in states with less restrictive gun laws and a higher rate of gun ownership (smartgunlaws.org/gun-laws-matter-2012-understanding-the-link-between-weak-laws-and-gun-violence).

Although New York has some of the strictest gun laws in the country, we can still do better. The federal government and the state need to require federal background checks of all gun sales, including private ones; the ban of high-capacity magazines; keeping guns from people who are

mentally ill; banning the direct internet sale of ammunition purchases. There should also be re-certification for gun ownership (just like drivers’ license renewal!) and monitoring of gun owners, together with continuing safety education courses for gun owners. It is not acceptable that it is harder to buy certain over-the-counter drugs in this country than it is to purchase a deadly weapon.

For more information on how to take action, visit the Law Center to Prevent Gun Violence and the Brady Campaign to Prevent Gun Violence (www.bradiycampaign.org).

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



HEALTHY LIVING

DANIELLE SULLIVAN



Child Mind Institute

Triumphing over dyslexia

When most people hear the word “dyslexia,” they immediately associate it with a reading problem. The disorder does cause problems with reading from left to right, reversing letters and words, spelling words, reading quickly, writing words, “sounding out” words in the head, pronouncing words when reading aloud, and reading comprehension, but the issue involves much more than reading.

The brains of people with dyslexia are wired differently. The Dyslexia Association explains that the two most important contributors to dyslexia are an underutilized left hemisphere, and an out-of-whack central bridge of tissue in the brain, called the corpus callosum. According to the National Institutes of Health, up to 15 percent of the U.S. population has significant difficulty learning to read.

“People with a learning difference like dyslexia may have trouble with reading, writing, spelling, math, and sometimes, music,” says the institute.

Three times as many boys as girls

have dyslexia.

In preschool-aged children, symptoms include late talking, difficulty in learning nursery rhymes, and rhyming games. In school-aged children, a student may have difficulty following quick instructions, reading at age level, comprehending what is said to him, and problems remembering the sequence of things.

In teens, the symptoms may be the same as in younger children, and also include difficulty summarizing a story, learning a foreign language, memorizing, and understanding jokes and idioms.

Recently, The Child Mind Institute hosted the 13th annual Adam Katz Memorial Conversation and featured a candid conversation between award-winning comedian, actress, and host of “The View” Whoopi Goldberg and Child Mind Institute President Dr. Harold Koplewicz at the Kaye Playhouse at Hunter College. They shared an in-depth discussion about Goldberg’s struggles and victories surrounding living with dyslexia.

“What I remember about being a

Whoopi Goldberg, award-winning comedian, actress, human rights advocate, and host of “The View,” spoke to president of the Child Mind Institute, Dr. Harold Koplewicz, about living and succeeding with dyslexia.

kid was that I felt pretty protected, I wasn’t afraid, and I had a mother who understood — after a while — that there was something different about the way I learned things,” she explained. “It takes people a little while to accept that something’s going on, and it’s not that you’re being lazy. It’s not that you’re not trying.”

Many people with dyslexia, like Goldberg, thrive as highly visual learners and creative thinkers who excel in the arts. She says she’s discovered along the way useful methods to overcome her dyslexia while learning scripts. Whenever she’s required to learn a new script, she enlists someone to read the lines out loud with her, so she can memorize them. Similarly, when she wrote her recent book, she dictated each word to an assistant and then afterward, had it read back to her for editing.

“The advantage of dyslexia is that my brain puts information in my head in a different way,” says Goldberg.

One website working to promote the positive aspects of the condition, Dyslexia The Gift, writes, “Our visual and holistic learning style means that we learn best through the creative process, with methods that focus on mastery of the meanings of words and symbols. The true gift of dyslexia is the gift of mastery.”

To learn more about dyslexia, visit:

- International Dyslexia Association, dyslexiaida.org
- The Dyslexia Foundation, dyslexiafoundation.org
- Everyone Reading, everyonereading.org
- National Center For Learning Disabilities, nclcd.org
- Decoding Dyslexia – NY, decodingdyslexiany.org

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



Day care 101

Choosing a place that works for your child and you

BY JUDY M. MILLER

One of the toughest first decisions I had to make as a new parent-to-be was finding exceptional day care for my newborn. I had to go back to work six weeks after giving birth, so I began my day-care search long before my son was born.

I was thankful I did. Many day cares were full and had waiting lists. A number were simply not in our budget. Others did not take such a young infant.

Here's how to find the best day care for your family:

Begin early

Begin your quest for a day care as soon as you realize that you will need it. Many day cares require a deposit to hold a place for your child.

If your child has special needs that will need to be addressed, inquire if the day care can support you in this and whether you will be comfortable. You may want to explore hiring a nanny or an in-home provider.

Ask those who know

I asked day-care-seasoned parents about the day cares they used before I began exploring options. Their input helped me to decide the environment I wanted my child to be in.

Determine what your parame-

ters are: location, cost, hours, and days needed, and in-home versus a church-based or commercial day-care center. Schedule a tour of any day care that has made it on to your final list of options. Be sure to bring your list of questions with you.

Look for a nurturing environment

Children require nurturing to grow healthy minds and bodies. Observe the environment as you tour the home or facility.

What is the daily schedule? How are children treated? What is the caregiver-to-child ratio? How does the day care feel? How do the employees transition children into new rooms?

Be comfortable with the method of discipline

Ask how the day care disciplines a child. If you are not comfortable with its methods, walk.

I did not think about asking about discipline until my son, an only child at that time, was kicked out of day care at the ripe age of 12 months for biting. I found another in-home day care for him and tearfully told the caregiver the truth. She gave me a big hug and said, "Well, that's normal!"

My son's aggression and biting disappeared within days, because he was receiving more nurturing.

She also had him potty trained at 14 months. He stayed with her until he began kindergarten.

Pay attention to safety and cleanliness

What are the security procedures? Does the day care follow them?

Check out the bathrooms. Ask to see the kitchen. Check if the caregivers and other staff members wear gloves when cleaning up bodily fluids. How are the rooms that your child will be in cleaned? Are cots disinfected? Is bedding washed or sent home with you on a consistent basis? Are the tables and other furniture appropriately child-sized? Are the toilets and sinks? What is the outdoor play area like?

Assess the communication style

How proactive is the day care with communication? Will you get a summary of your child's day, down to the number of dirty diapers and time and length of her nap? Will you be called immediately if there is a concern? Is the caregiver approachable for questions and discussion?

Understand expectations

Are you expected to pay for a full-time week over a certain number of days? How do vacations and holidays work? What hours is the day care open? Will the day care be able to take your child early or keep her late if necessary? If so, what is the charge of doing so?

Understand the sick policy

Most day cares are specific about what constitutes a sick child or an infection that will not be allowed to be in day care. A child in my son's day care came down with the highly contagious conjunctivitis (also known as pinkeye). I was relieved the affected child was sent home immediately and could not return until a doctor said he was no longer contagious.

As a parent, you hope the day care will follow the policies it has in place. Understand that adhering to the policy is important not only for your child, but others as well.

Judy M. Miller is a freelance writer living in the Midwest and a mom to four children, all of whom have spent time in day care when young. She is a Gottman Institute educator and the author of "What To Expect From Your Adopted Tween" and "Writing to Heal Adoption Grief: Making Connections & Moving Forward."



Have a New York City staycation

There's plenty to experience this summer without ever leaving the five boroughs

BY SHNIEKA L. JOHNSON

School's out and summer is officially here! Historically, family vacations and summer are a perfect pairing, but sometimes getaways can be hard to schedule around work demands or budget constraints. As a result, more families are seeking alternatives to the traditional road trip, and are vacationing locally. With New York at your fingertips, the “staycation” (a stay-at-home vacation) is a wonderful option. Millions of tourists visit the New York metro area annually, and you're already here — so start planning!

Take advantage of access to world-renowned sights and attractions. Whether it is art, science, or New York history that interests your family, go visit a local museum. Seek-

ing an indoor escape from the summer heat? Consider local attractions, architectural gems, shopping, or a Broadway show.

Or, for some fresh air, visit a botanical garden, aquarium, or zoo. Governors Island is the perfect place to spend the day. Just take the ferry to the 172-acre island where you can ride bikes and have a picnic. On July 19, the newest development on the island, “The Hills,” will open for exploration and play.

Sporting events are always a fun activity to enjoy with kids. The summer offers professional baseball games by four teams: Major League Baseball's New York Mets and New York Yankees, and the NY-Penn League's Brooklyn Cyclones and the Staten Island Yankees. Take in a game played by the Women's National Basketball Association's

New York Liberty, or a match at the United States Tennis Association's grand-slam tournament, the U.S. Open (including Arthur Ashe Kids Day on Aug. 27).

A cost-effective way to see attractions in the city is to purchase a CityPass, which boasts a 40 percent discount on standard ticket prices. This is the perfect way to make the most of your staycation. You could even take it a step further by staying at a hotel overnight, where you can swim in the pool and order room service with the kiddos!

Here are a few of the city's most popular museums and attractions. Pretend you're a tourist and go visit!

Museums

9-11 Memorial and Museum [180 Greenwich St. between Fulton and Liberty streets at World Trade Cen-

ter, (212) 266-5211, 911memorial.org]

Pay your respects to the victims of the 9-11 attacks and observe a moment of silence at the twin reflecting pools, where the names of every person who died are inscribed. Hours are Sunday through Thursday, 9 am-8 pm; Friday through Saturday, 9 am-9 pm. Last entry two hours prior to close. Not valid on 9-11. Memorial hours are daily from 7:30 am to 9 pm.

American Museum of Natural History [Central Park West at 79th Street on the Upper West Side, (212) 769-5100, amnh.org]

Explore human cultures, the natural world, and the universe, world-renowned dioramas, the 94-foot-long blue whale, and incredible dinosaur halls. Don't miss Hayden Planetarium's Space Show. Open daily, 10 am-5:45 pm. Closed Thanksgiving and Christmas Day.

Solomon R. Guggenheim Museum [1071 Fifth Ave. at 89th Street on the Upper East Side, (212) 423-3500, Guggenheim.org]

See Frank Lloyd Wright's modern architecture and enjoy one of the world's finest collections of 20th century art. Open Sunday through Wednesday and Fridays, 10 am-5:45 pm; Saturdays, 10 am-7:45 pm. Closed Thursdays, Thanksgiving, and Christmas Day.

Intrepid Sea, Air and Space Museum [Pier 86 at W. 46th Street and 12th Avenue in Hell's Kitchen, (877) 957-SHIP, intrepidmuseum.org]

Explore history, science, and service aboard the former aircraft carrier USS Intrepid, a National Historic Landmark. Open Nov. 1 through March 31, daily 10 am-5 pm; April 1 through Oct. 31: Monday through Friday 10 am-5 pm, Saturday and Sunday 10 am-6 pm; holidays 10 am-6 pm. Last entry one hour prior to close. Closed Thanksgiving Day and Christmas Day.

Metropolitan Museum [1000 Fifth Ave. at 82nd Street on the Upper East Side, (212) 535-7710, metmuseum.org]

One of the most visited museums and attractions in the city, admission includes same-day admission to The Met Breuer and The Met Cloisters. Sunday

through Thursday 10 am-5:30 pm; Friday through Saturday, 10 am-9 pm. Galleries are cleared 15 minutes before closing. Closed Thanksgiving, Christmas Day, New Year's Day, and the first Monday in May.

Other sights

Empire State Building [350 Fifth Ave. at 34th Street in Midtown, (877) 692-8439, esbnyc.com]

Enjoy 360-degree open-air views during the day or a late-night view of the world's most dazzling city skyline. Open daily 8 am-2 am. Last elevator leaves 45 minutes before close. Special holiday hours apply.

Top of the Rock Observation Deck [30 Rockefeller Pl. between Fifth and Sixth avenues, (877) 692-7625, topoftherocknyc.com]

Experience panoramic views from interior and exterior decks on the top three floors of this legendary art deco skyscraper. Open daily, 8 am-midnight. Last elevator ascends at 11 pm. Hours may vary on holidays.

Tours

Circle Line (Pier 83, West 42nd Street at 12th Avenue in Midtown, circleline42.com)

Experience magnificent views of the Statue of Liberty, Wall Street, The United Nations, and much more. The Beast speedboat ride available May through September. Special schedule Thanksgiving, New Year's Day and July 4. Closed Christmas Day.

Other links:

Arthur Ashe Kids Day: Arthurashekidsday.com

Brooklyn Cyclones: www.brooklyncyclones.com

CityPass: Citypass.com

Governors Island: Govisland.com

New York Liberty: Liberty.wnba.com

New York Mets: NewYork.Mets.mlb.com

New York Yankees: Yankees.mlb.com

Staten Island Yankees: www.siyanks.com

U.S. Open: Usta.usopen.org

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

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Shaky ground

Tracing the links between a family's stability and a child's success

BY MYRNA BETH HASKELL

The bonding process begins in the womb. Once born, infants thrive on the voice and touch of a consistent caregiver. So, from the start, stability and security provide an anchor for human growth and development.

As a child, I instinctively knew that if something bad happened — anything from catching chicken pox to navigating a personality clash with a classroom teacher — my parents would always be there to support me. I always had family to lean on and a home to escape to when the going got rough. At the time, I had no clue that this stable and loving environment would help shape me into a confident and grounded adult. However, I realize now that I subconsciously paid it forward when it came to raising my own children, providing a cushion when they stumbled and a safe haven filled with unconditional acceptance.

A stable environment provides nurturing caregivers, unconditional love, consistent discipline, and a dependable and safe living space. This secure and protective environment shapes a child's perspective of himself and the world around him. It is the springboard that sets in motion a path to hap-

piness and overall well-being. It is the bedrock to a child's future success.

Family stability in the new millennium

Family life throughout the decades has changed dramatically. Entertainment mimics culture, so we can see how the family has changed over the years just by examining family structures on television. Snapshots of the lives of the Cleavers, Bradys, Cosbys, and the Bravermans from NBC's "Parenthood," provide a good comparison.

Dr. Susan Kuczmariski, a family expert and author of several books including the award-winning "Becoming A Happy Family: Pathways to the Family Soul" (Book Ends Publishing, 2015), points to a 2014 Pew Research report that analyzed the state of the American family. The research showed that American families today are more complex and less traditional — fewer than 50 percent of American children live in a traditional family structure.

"It was this new model of the American family that I had in mind as I wrote my new book," she reports.

Family stability is not inherent in the number of family members or its various structures (i.e. traditional, single parent, blended family, foster family, etc.). Instead, it's about providing a consistent, safe, and loving environment for children, one in which they can lean on family members under all circumstances. Strong family bonds, unconditional support, and predictable safety nets are the keys to a stable upbringing.

According to an article written by Shannon Rudisill, associate deputy assistant secretary for early childhood development at the U.S. Department of Health and Human Services, "The quality and stability of a child's relationships are the most critical factors in whether a child thrives developmentally and goes on to have success in school. Nurturing, long-lasting relationships are important for all children — but especially

for the youngest children — who are learning to form secure attachments that will be the foundation for future relationships."

Strong family bonds are crucial.

"Bonding is the central component to a healthy child. A well-bonded child is secure and does better at everything," explains Dr. Gail Gross, a nationally recognized family and child development expert, author, and educator. If a child forms strong bonds, she "will have less anxiety and a higher threshold of security," Gross adds.

The child who has been raised in a secure and reliable environment has been given the tools for success.

"Your child will approach everything with a stronger sense of self and a strong central core," Gross says. "As a result, he will learn to depend on his own resources and capacities, which allows him to be independent and self-actualized."

Children should know that their accomplishments will be celebrated, but they should not be afraid to make mistakes, because they understand that they will learn from them and be accepted anyway. Encouragement and acceptance breed a positive self-esteem, a healthy outlook on future relationships, and confidence in oneself.

"Family protects from the noise of the outer world. It is here where we first discover and experience who we are and what we might become," Kuczmariski stresses. "It is where we learn to work with weakness, inadequacy, deficiency, inability, and even failure."

Kuczmariski explains that flaws and insecurity are the heart of the individual, but can also point the way to learning and growth if a child is raised in a stable and safe environment.

"Family can serve as a refuge for self-acceptance," she asserts.

The effects of growing up with instability

Instability can affect a child's self-worth and ability to achieve his greatest potential. It manifests in various situations. Frequent changes to the family structure and relation-

Additional help and resources for families

Military families:

- Information about Military Family Stability Act of 2015: www.militaryfamily.org/featured-news/the-military-family-stability.html

Stability when moving with kids:

- <http://kidshealth.org/en/parents/move.html>
- <http://psychcentral.com/lib/moving-with-kids/>

Helping your child through divorce:

- <http://kidshealth.org/en/parents/help-child-divorce.html>
- www.helpguide.org/articles/family-divorce/children-and-divorce.htm

Helping children and families with separation and loss:

- Multiple resources available at U.S. Department of Health and Human Services: www.childwelfare.gov/topics/outofhome/casework/helping/



ships, frequent changes to the physical environment (excessive relocations, etc.), a caregiver's unpredictable, emotional dysfunction or maltreatment of a child in the form of physical or emotional care, can all be catalysts to the decline of a child's socio-emotional and physical health. Family instability is often the result of emotionally absent, distant, or abusive caregivers, or when a child is insecure about her physical care (where she'll spend the night, for instance).

"A child who experiences instability at an early age of development is under stress," Gross explains. "Neuroscience tells us that when a child is stressed from consistent poverty, abuse, divorce, or insecurity that he overproduces cortisol. Cortisol changes brain architecture and impulse control. These stressors in a child's life can lead to unintended consequences, including behavior problems, loss of impulse control, academic problems, social problems, and problems with substance abuse."

Gross warns that a child under severe stress will present with changes in eating, sleeping, school performance, relationships, and motivation.

Instability can also cause health problems.

"Stress can be directly correlated to the onset of illness, not only the anxiety type of illnesses, such as stomach aches, headaches, nail biting and bed wetting, but also frequent colds and viruses," Gross points out. "Stress impacts immunities in the body, including lowering antigen levels and lymphocytes."

She says that children are more vulnerable to compromised immunity when they lack coping skills to deal with erratic pressures and behaviors at home.

How parents and caregivers can ensure stability

Parents can ensure stability by providing strong bonds, consistent discipline, unconditional love, and a safe environment.

"Bonding is the central component to a healthy child," Gross states. She also advocates consistent discipline. "You must work together with your mate as a team, rather than allowing yourself to be split by your partner or your child."

Kuczmariski believes that family rituals and events provide a strong family foundation.

"Rituals act like glue that holds the family together. Any event the family enjoys and does regularly can be a ritual, such as a fancy Friday dinner or a Saturday morning walk. Events that feel special serve to provide stability and bring the group closer together." She suggests that children be allowed to have input on establishing family rituals because this helps them feel like their role in the family dynamic is important.

Kuczmariski also counsels parents to be good communicators.

"Selfless, compassionate listening is a prerequisite for sharing ideas, feelings, and values and is critical to developing meaningful relationships. Close and healthy families are built through frequent, honest, two-way talk with one another."

Gross agrees.

"Making your child feel part of a family team, valued, and validated goes a long way to building self-esteem." She suggests that parents create a "safe space in which your child can express himself without defense."

Finding stability in tumultuous situations

There are times when instability is unavoidable. Divorce, death, separa-

Family stability is not inherent in the number of family members or its various structures. Instead, it's about providing a consistent, safe, and loving environment for children, one in which they can lean on family members under all circumstances.

ration due to military service, or frequent career relocations can be disruptive to everyone, but especially to children, who sometimes feel the turmoil more deeply because they have no control.

Kuczmariski recommends that families seek help from friends during difficult times.

"Friends extend the family boundary outward. When we are stuck in old patterns and habits, friends can help us climb out."

Divorced parents should not allow anger toward each other to overshadow the love that each of them has for their children. Instead, parents should try to create an amicable tone and remind their children that their unconditional love will not waiver during difficult times. Kuczmariski advises parents to find it within themselves to forgive.

"Forgiving opens the door to positive energy and intention."

When family life is disrupted due to relocation, separation, or death, Kuczmariski suggests finding activities that allow for renewal.

"Celebrations, getaways, and community service create occasions for renewal."

She also encourages finding silver linings during times of struggle.

"Struggle can strengthen or weaken a family soul. It can be episodic or enduring. Almost always, though, struggle can provide insight."

Myrna Beth Haskell is an award-winning author, columnist, and feature writer (www.myrnahaskell.com). She is also cofounder and senior editor of SANCTUARY Magazine (www.sanctuary-magazine.com).

Become a great parent

New book
offers training
for a very
important job

BY ALLISON PLITT

As a parent, have you ever wished for a training manual about raising kids — a book that would tell you what page to find information about disciplining your child or on which page there's advice on how to praise your child? Dr. Erica Reischer, a clinical psychologist and parent educator, has written just such a manual called, "What Great Parents Do: 75 Simple Strategies for Raising Fantastic Kids."

This manual of invaluable advice is broken down into 75 approaches to help parents work with their children and their behavior. Each strategy is contained in a two- to four-page chapter that can be skipped or skimmed over if you feel you've already grasped the concept. The book can be read in a day or two and can be referred to in any situation in which parents may not know how to handle their children.

"Underlying the parenting practices described in this book are three key principles that I call the ABCs of great parenting," explains Reischer. The A stands for Acceptance, which is about accepting your child for himself. For example, an athletic father may have trouble accepting his son is quiet and musically inclined. The child's self is separated from that of his behavior, which can be modified by parents by following the steps that Reischer provides.

The B stands for Boundaries.

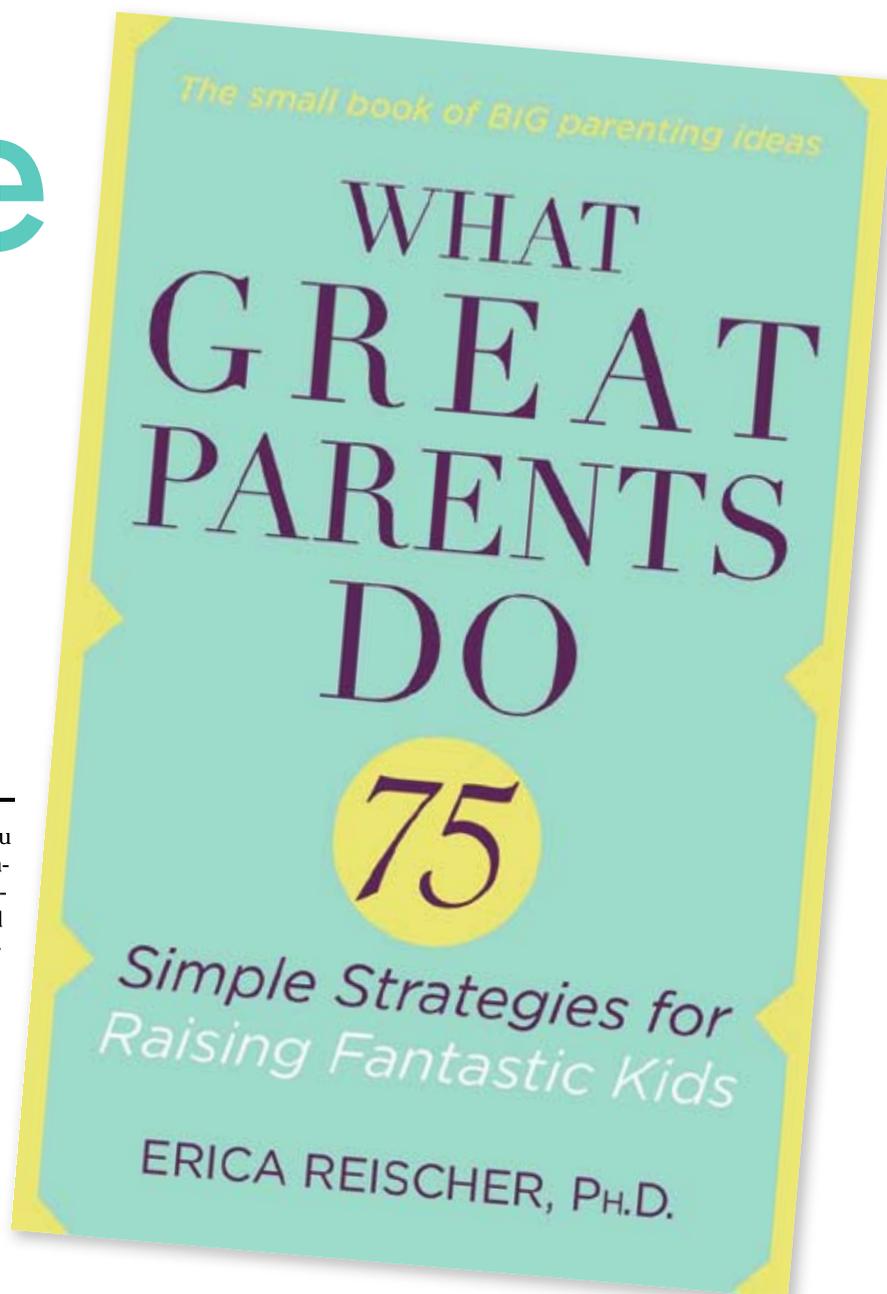
When parents communicate limits to their children, kids "ultimately feel safest in a family environment where expectations and rules are clear and reasonable." And C stands for Consistency, which means parents must follow through on what they say they will do. Parents are role models for children, who will copy their behavior, especially if the parents act in the same positive manner repeatedly.

Reischer devotes a lot of her book to discussing D for Discipline, and how to properly do it. She says it is not about punishing children, but rather teaching them to behave appropriately. Any form of physical punishment, including spanking or even holding a child's arm tightly, teaches children to handle problems with aggression and violence. Yelling at children is also portrayed as detrimental to a child's development.

"Research has also shown that yelling can have harmful effects on children comparable to physical punishment, such as hitting," Reischer observes. "Children whose parents are verbally aggressive also exhibit lower self-esteem, higher aggressiveness, and increased rates of depression."

Reischer advises disciplining children in private so as not to embarrass them in front of their peers. She also advises against disciplining children at inappropriate times, such as when the parents or children are tired and hungry.

One of the strategies for correcting children's behavior is to show empathy and assist him in identifying how he is feeling. For example, if a 6-year-old boy hits his 4-year-old brother for taking away his toy train, parents can say, "Son, I know how





Dr. Erica Reischer

frustrating and angry it can be to see your brother taking away your toy from you without asking, but hitting your brother is not going to solve the problem.”

Next, Reischer advises, you should talk to your son about other ways to teach his brother to respect his toys. You could give your older son different options to solve the problem, so he feels a sense of self-control and autonomy.

The most obvious option would be for the older brother to tell his younger brother that he must ask permission before playing with his toys. If the younger son still doesn't ask permission before using the toys, the older child can choose to get a parent involved.

Once both sons know the appropriate behavior for resolving the problem, those actions should be repeated if the dilemma should appear again. If you find the boys sharing the toys cooperatively, take the opportunity to praise them. Praise reinforces positive behavior.

But be careful how you bestow praise.

Reischer suggests that parents not label their children by saying, “You're so smart.” If a child believes he is smart, she says, he may do everything possible to look smart and not take risks at things that would be mentally challenging.

Praise should be given when children put forth effort. Parents are encouraged to give kids positive feedback for their hard work. For example, when a child's grade in math improves from a C to an A, it's better to say: “I saw how long you spent every day on your math homework, and I saw you study a lot for your math tests. Your hard

work in math has really paid off. I'm very proud of you.”

In addition, Reischer says, teach your children habits for being happy. According to the author, there are three types of happiness: pleasure, engagement, and meaning.

“The focus of pleasure,” the author writes, “is gratifying desires and preferences — for example, having delicious food, fun experiences, and beautiful things.”

Pleasure provides instant gratification for kids; however, it is really engagement and meaning that emotionally fulfill children. Engagement means that kids apply their skills to meet challenges. When these activities become complex, children learn to develop their “skills through practice and persistence.” This again reinforces the idea that through consistent effort and hard work, children can achieve goals that give them self-confidence and self-esteem.

Meaning is defined as “service” to contribute to the greater good. Great parents teach their children to be charitable. Acting charitably is not for putting on the college application but for kids to build self-confidence by using their skills to help others. When kids learn to be caring and compassionate, they learn about empathy, which will help them in their interpersonal relationships with other people.

Another key to happiness that great parents impart to their children is gratitude, the importance of being thankful for what they have. According to Robert Emmons, a prominent gratitude researcher, “Practicing gratitude alleviates anxiety and depression and improves mental, emotional, and physical health.”

Being a great parent all boils down to having a strong relationship with your children and treating them with respect. In reciprocity, kids should treat their parents in the same manner, which also means using the words “please” and “thank you.”

If you are reading her manual and feel overwhelmed by all of the advice, Reischer reminds parents that being great is not about being perfect, because no parent can do everything perfectly. When they make errors, great parents admit their mistakes to their kids and apologize for their behavior.

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

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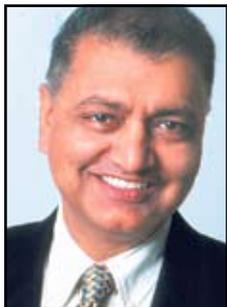
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FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
New York Methodist Hospital



Caring for a colicky baby

I know that all infants are prone to crying, but I feel like my newborn has been crying excessively. Sometimes it just means he's hungry, tired, or needs his diaper changed, but there are other times when he seems inconsolable, no matter what I do. I've read that this may be a sign of colic. How can I know for sure, and what should I do?

It is normal for infants to cry and fuss somewhat, but excessive crying from a healthy, well-fed baby for more than three hours at a time may be a sign of infantile colic. Colic in infants typically begins at two to three weeks of age and lasts anywhere from 3 to 4 months.

Currently, the exact causes of colic remain unknown, but there are several strong "suspects." Some doctors believe that colic occurs when food passes too quickly

through the baby's digestive tract. Others theorize that some babies have gastroesophageal reflux disease, which causes stomach acid to make its way into the esophagus, and can be extremely uncomfortable.

While its causes remain somewhat of a mystery, if you suspect your baby of being colicky, there is a concrete course of action you should certainly take: make an appointment with your pediatrician! There are no specific tests for colic, but it is important to rule out several other causes of sudden-onset screaming in infants such as a hernia, ear infection, or abdominal infection. There is no proven single treatment to make colic disappear, but there are ways to soothe your baby until his colic goes away.

Avoid overfeeding by nursing or giving the baby a bottle when he

or she is colicky. Keep in mind that colicky babies do not cry because they are hungry. It is better to adhere to your baby's regular feeding schedule.

Breastfeeding mothers should avoid consuming milk products and other gas producing, irritating foods. For formula-fed babies, it may be helpful to switch to a low-allergy formula such as Alimentum or Nutramigen.

Other helpful measures include walking with your baby, wrapping him snugly in a blanket (swaddling), playing music, or burping your baby more often during feedings.

If at any time you begin to feel overwhelmed or frustrated by the baby's crying, ask a family member or friend to watch your child. It is also okay to put your baby down in the crib if no one is readily available. Taking a break is a good way to help you relax, which may also improve your baby's disposition.

The good news is there are no long-term effects associated with colic, and the condition is temporary. After 3 or 4 months, all symptoms should cease, and both you and your baby will be much happier.



TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

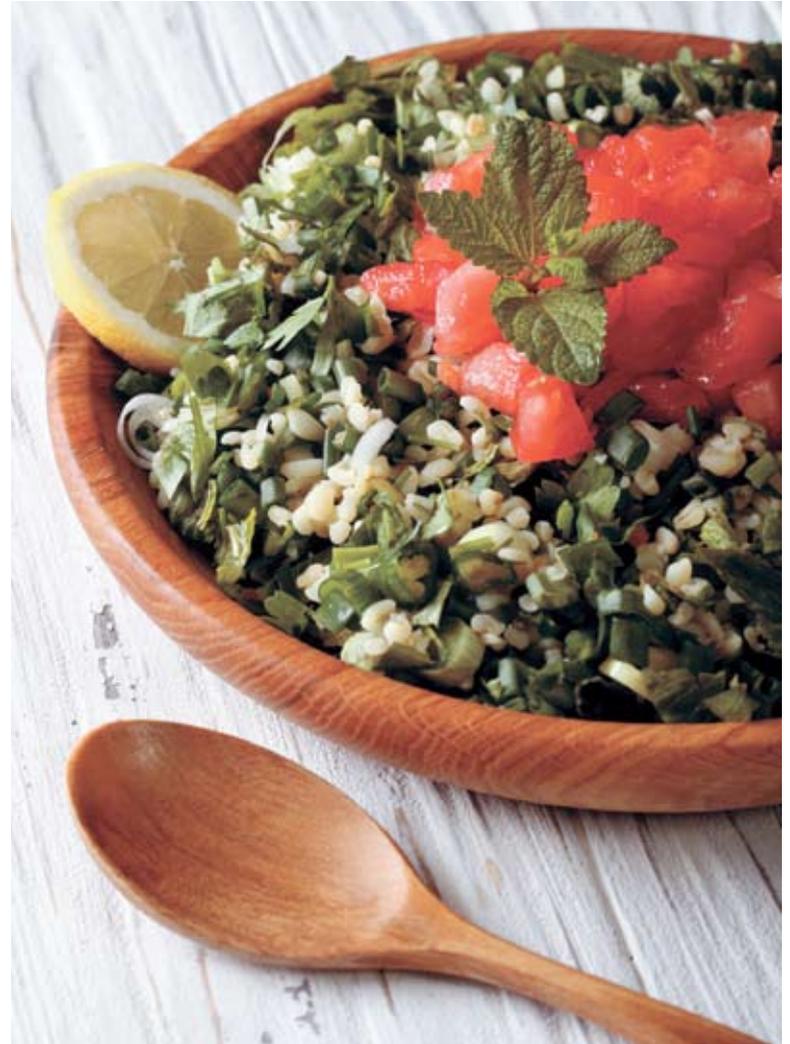
Summer meal plans

As the summer heats up and the days are stretched, finding the time or motivation to enter the hot kitchen to prepare a meal gets harder. I like to do my summer cooking in blocks of time, once or twice a week. This way, when it comes time to eat or pack a meal, I have prepared food items to repurpose into flavorful, healthful meals. This is a great way to cook if you have a community-supported agriculture share, or if you pick up a beautiful bounty of produce at the farmers' market.

Another bonus for July: batch cooking is a great way to cook if you are sharing space on vacation with other families. Put the work in, and you can enjoy the freedom of no-cook dinners throughout the week.

Break down all of your veggies in one shot. This is the only way I make it through my weekly community-supported agriculture share. I devote an hour or two to cleaning and prepping my veggies. Wash greens in deep water and spin dry. Store clean salad or sauté-ready greens in Ziploc bags with a paper towel inside. Greens will last longer this way, plus they are ready to use on a whim.

Cook pasta, grains, and legumes in a big batch and use for simple assembled dishes throughout the week. Some examples of dishes you can assemble using pre-cooked grains and legumes are: quinoa lentil salad, baked ziti, couscous salad, and Thai rice salad. These pack well for a picnic, or you can add a piece of grilled meat, fish, or soft-boiled, pasture-raised eggs to



Sour cherry ice pops

Serves 8

INGREDIENTS:

2 pints sour cherries, sweet cherries, or a mix of both, cleaned and pitted

¼ cup sugar

¼ cup water

Small pinch of salt

¼ tsp vanilla extract

Sanitized ice pop molds

DIRECTIONS: Heat water and sugar in a small saucepan until sugar dissolves and liquid is clear. This is simple syrup. Add the vanilla and let cool. Puree the pitted cherries in a blender or food processor until desired consistency. (I like chunks, my kids do not!) Mix cherry puree with simple syrup. Pour into ice pop molds and freeze. Enjoy when frozen solid!

make an elegant weeknight supper in minutes.

Cook extra meat on the grill when you have it going for meals later on. Chicken salad, steak tacos, and sausage-topped flatbread pizza are great meals that are easy to throw together with pre-cooked meats. Just make sure the meats are cooled properly after cooking and wrapped tightly in the fridge.

Stock the freezer with wholesome, nutritious snacks and side dishes for dinners on the go. Frozen cheese sticks, individual thaw-and-serve edamame packets, and yogurt squeezers all can help keep the cooler bag cold and are great for a Fourth of July fireworks picnic. Freeze single-serve homemade salad dressings in bags or contain-

ers, too, for a quick flavor boost on your picnic salad.

Don't forget dessert! While you are busy in the kitchen on your cooking day, make sure to blend up some fresh fruit and simple flavorings for homemade ice pops. Ice pop molds are widely available online and at various retailers. No time to blend fruit? Simply freeze your family's favorite juice or coconut water in the molds for a refreshing summer cooler!

Joanna DeVita is executive chef at Léman Manhattan Preparatory School, and she's the mother of two (ages 5 and 2). DeVita loves nothing more than spending time outdoors with her children, and sharing with them her love and respect for nature, good ingredients, and the joy of cooking.



FABULYSS FINDS

LYSS STERN

Fun summer ideas

Don't know what to do with the kids July 4 weekend? I found some fabuLyss activities you will all enjoy! A diva must-see is obviously the fireworks. The Macy's Fourth of July Fireworks are over the East River starting around 9:20 pm, while the Jersey City and Statue of Liberty show starts at 9:30 pm. Hopefully, your little ones can stay awake long enough to watch! A fun place to enjoy the fireworks? Brooklyn Bridge Park. Right along the East River, you and your family will enjoy the perfect view of the pyrotechnics.

If your family is more into amusement parks, check out Coney Island on July 3 and 4 for fireworks and karaoke over the beach.

I wanted to share my summer FabuLyssFinds. As you probably already know, I spend a lot of my time at the beach during the summer. I always have a million things to carry between my stuff and the kids' gear, and I found the perfect beach bag to tote it all around. The Haute Shore monogram Bali straw basket tote is what you will see me using all summer.

The tote comes in three colors: natural, brown, or black. You can then pick from more than 10 embroidery colors to monogram your bag. I love my black tote with my initials in bright pink. The bag is super light, and the wooden handles add a little bit of elegance.

Another item you'll see me in all summer? The Charlotte Olympia Havaianas (pictured). The two teams combined forces to bring you a collection of fun flip-flop styles.

Find the totes at <https://haute-shore.myshopify.com/products/bali-basket-tote>

Find the flip-flops at <http://us.charlotteolympia.com/>

A few weeks ago, I took my son to the must-see new off-Broadway



show, "You're a Good Man, Charlie Brown." The York Theatre presented the classic with young stars of Broadway. My 8-year-old son absolutely loved the show, which ran until June 26.

The York Theatre also has a fabuLyss youth acting camp that is perfect for your teens and tweens. This program will help your child strengthen their skills and creativity while boosting their self-esteem. There are two programs: The middle school program is for sixth to eighth graders, and auditions are not required. These classes are for all levels of experience.

The high school program is for ninth to 12th graders who have a passion for theater. Auditions are required by a video submission, and if your child is admitted, the program will help him take his skills to the next level while following the path of a real professional rehearsal schedule, working on a variety of materials, and preparing him for perform-

ing arts college auditions.

To read more about the camp and to sign up, check it out at <http://www.york-theatre.org/summer-intensive.html>.

Looking for a summer laugh? We have you covered. Make sure to see "One Funny Mother" <http://onefunnymother.com>.

Dena Blizzard makes motherhood even more fabuLyssly funny. Make it a diva moms' night out, and don't forget to have a glass of wine before the show. The laughter is endless!

If you haven't gotten around to reading a book yet, now is your time to turn the pages of a summer book. Set up your lounge chair and relax with these fabuLyss reads: "Modern Loves" by Emma Straub is on my to-read list. This book has wisdom and humor about two old college friends living their lives as adults. Be sure to also check out "The Girls" by Emma Cline, "You Know Me Well" by Nina LaCour and David Levithan, and "The Nest" by Cynthia D'Aprix Sweeney.

Mark your calendars! July 30 we will be setting up Camp DivaLyss-cious at Super Saturday in the Hamptons.

We're calling all kids, diva moms, and tots, too. We've planned a FabuLyss Super Saturday just for you! There will be special performances from Wendy The Pipe Cleaner Lady, puppet shows, dance parties, Bella Face Painting, glitter tattoos, balloon artistry, caricatures, deLyssscious s'mores-making, and so much more.

Capture the day with a portrait from our super children's photographer Heidi Green. Plus, you can design your very own Camp DivaLyss-cious tote bag and hat, and decorate deLyssscious cupcakes and cookies with Cakes Jagla.

I cannot wait to spend the afternoon with you!

Lyss Stern is the founder of DivaLyss-cious Moms (www.divamoms.com).

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THE BOOK WORM

TERRI SCHLICHENMEYER

Just an everyday kid — with a difference

In her new book “Being Jazz,” Jazz Jennings writes about being an everyday kid with a difference.

As a very small child, Jazz Jennings knew that something was wrong with the way adults were acting toward her. Her parents dressed her in boy clothes, gave her trucks, and said things like “Good boy!” But Jennings knew that they were wrong. She was a girl, though her body said otherwise.

For most of her toddlerhood, Jennings (known then as Jaron) fought against anything that was remotely masculine. At 2 years of age, she asked her mother when the “Good Fairy” was coming to change her into a girl; Jennings’s mother then realized that this “probably wasn’t a phase.”

As Jennings grew up, she became an inspiration for many with gender dysphoria. She and her father fought for her right to play soccer with other girls. She was up-front with friends, Barbara Walters, and others about being a girl in a boy’s body, and she had plenty of haters, but she learned who her friends really were.

Who’d ever have thought that

bathrooms would be such a hot-button issue in 2016? Jennings has, perhaps; she’s been dealing with potty parity nearly all her life, which is just one of the topics she tackles in “Being Jazz.”

It’s obvious that this is one exceptionally upbeat book. There’s almost no poor-me-ing here; even when she writes about struggles and occasional anger, Jennings’s cheery optimism is front-and-center. She gives props to her family for this, praising their easy acceptance and unconditional support, and acknowledging that many trans teens don’t enjoy the same familial benefits.

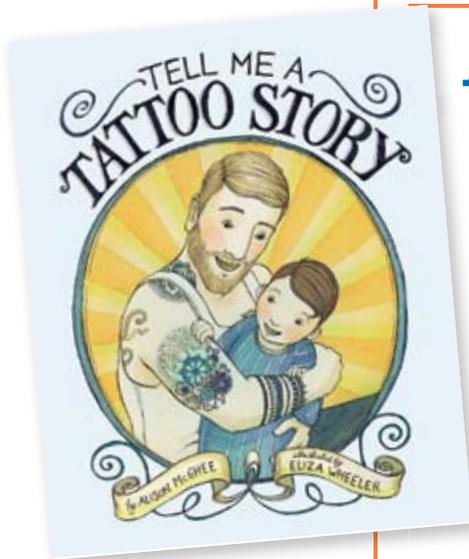
That praise can almost be expected, but I noticed one refreshingly unexpected thing: because of her honesty and openness, Jennings has become a role model, a status of which she seems nonchalantly abashed but secretly delighted, with a tone of pride there, too. (She was one of the grand marshals of last



month’s Pride Parade in Manhattan, and she is the star of TLC’s docu-series, “I Am Jazz.”) Who could fail to be charmed by such straightforward authenticity?

While this book is supposedly for teens ages 12-and-up, I think a transitioning 20-something could certainly benefit from what’s inside this book. For sure, its buoyancy and optimism makes “Being Jazz” all kinds of special.

“Being Jazz,” by Jazz Jennings [272 pages, 2016, \$17.99].



A tat is worth a thousand words

Daddy’s arms are good for hugs.

They’re big and strong and colorful, too. They look kind of like one of your favorite picture books; in fact, Daddy says the drawings on his arms are just like a story to him. In the new book “Tell Me a Tattoo Story” by Alison McGhee, illustrated by Eliza Wheeler, each picture says something important.

Not a day goes by that the little boy doesn’t want to see his Daddy’s tattoos.

Yes, he’s seen them before, many times, and he knows exactly why they’re there. He never gets tired of hearing about them.

The one on Daddy’s shoulder is a picture from a book that his mother used to read to him when he was a little boy, a long time ago. She read that book “over and over and over,”

and Daddy remembered it well.

The tattoo under Daddy’s wrist is a reminder of something that his Daddy used to say. Daddy has great memories of his father, the kindness he showed, and the lessons he taught. The tattoo is just two words, but it helps keep those words fresh.

The big colorful tattoo on Daddy’s arm? Oh, that reminds him of a very good day when he met the most beautiful girl in the world and saw her dazzling smile.

But the “dinky little heart” tattoo on Daddy’s chest — the one with the numbers inside it — that’s the little boy’s favorite one of all. There’s something very special about it, and its story is very meaningful.

It might, in fact, be the most important tattoo of all.

With a different spin on the classic tell-me-about-the-day-I-was-born preschooler favorite, McGhee brings a dad’s version of a child’s life to

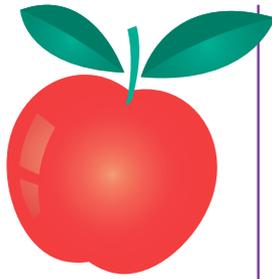
the page. It’s lovingly obvious that the dad has told this story many times, because he only hints at certain parts; still, it’s familiar and comforting to the boy, who’s heard it all before. I loved the implied intimacy of that family tale, and the way it’s told.

No children’s picture book is complete without pictures, of course, and Wheeler does an exceptional job in this one. Look closely at the dad, at what he’s doing and what he remembers. You’ll be charmed.

This is a sweet book for kids ages 3 to 6, especially if you’ve got a tat tale to tell. In that case, your child will naturally want “Tell Me a Tattoo Story” in his arms tonight.

“Tell Me a Tattoo Story,” by Alison McGhee [32 pages, 2016, \$16.99].

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



DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

Summer is the time for social studies fun

Dear parents,

Summer is increasingly becoming a more academic time. Many students are now assigned homework over the summer. This is largely happening because teachers know that young children may forget as much as 25 percent of what they learned during the school year.

This summer, we have selected a number of social studies activities that should make that subject come alive and will be fun for your children to do. They can find even more activities on the Dear Teacher website under "Social Studies Activities."

Social studies online

Since today's children spend so much time online, have your children visit outstanding social studies websites and choose several activities to do. Besides being able to make virtual visits to historic spots, from the White House to Mount Vernon, they will find endless games that will increase their knowledge. Here are two excellent free websites to visit (you can easily use search engines to find others):

Exploring Government for Kids (kids.gov) should be first. Besides being a safe site for kids to visit, it offers content on government, history, and social studies, as well as games and videos. Plus, from there you can go to your state's website and usually find many state-related activities in the social studies arena.

Since schools often provide limited instruction in geography, visit the student pages on Education. NationalGeographic.com for many map, weather and other activities.

Learn about presidents

Most children like to watch movies. This is an easy and enjoyable way to help them learn about the people who have led our country. The majority of these movies are best for children in middle school and beyond. Avoid showing your children movies about the presidents that are largely fictional.

You may wish to preview or read



reviews of the movies before showing any of them to your children. Here are a few suggestions of movies that will acquaint your children with our presidents:

- Dwight Eisenhower: "Ike: Countdown to D-Day."
- John F. Kennedy: "Thirteen Days," "PT 109."
- Abraham Lincoln: "Lincoln."
- Richard Nixon: "Nixon," "Frost/Nixon."
- Franklin D. Roosevelt: "Sunrise at Campobello," "Warm Springs."

Several television series have documentaries of our presidents that you can find online, such as the American Experience series "The Presidents," on pbs.org.

You can also let them watch virtual tours of presidents' homes and sites related to their lives. More can be learned about every president, from Washington through Bush, on the National Park Service's website at www.nps.gov/nr/travel/presidents. Click on "List of Sites" to enjoy tours related to presidents as well as stories about these places.

Making a time capsule

A time capsule is a way to give people in the future an idea of what life was like when the capsule was made. It can be opened in a year or hundreds of years later. Today, more than 10,000 time capsules exist, excluding personal ones. Most are in the cornerstones of new buildings.

Explain to your children that they will fill a container with things that

are important to them right now. The container can be placed somewhere in your home, such as a closet or filing cabinet. If buried somewhere, the container should be so tight that it will not let in either air or moisture. Point out that these capsules will be a lot of fun for them to open as adults. For example, it would give their children an idea of what their parents' lives were like. They could even open the time capsule next summer to see what they thought was truly important this year. It might not be so next year.

Here are some suggestions of things that children might want to put into a time capsule: newspapers, books, toys, clothing, personal notes about their current activities, predictions about the future, pictures, a video, or anything that the children currently use or is of value to them.

Learn about the census

Fact Finder at factfinder.census.gov (community facts) and Wikipedia.org (2010 census) are both good online sources for census information. Children can begin learning about the census by finding out how many children between 5 and 9 and 10 and 14 lived in their zip code in 2010. Then they should break this information down into the number of boys and girls in each age group. Next, they should determine what age group has the most people in their zip code. Before they start, have them guess whether there will be more people over or under 21.

Older children can look at the census figures for 2000 and 2010 to determine if their state's population is increasing or decreasing.

They can also expand their investigation of census reports to earlier censuses to see how the population of our nation changed between 1900 and 2000.

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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Calendar

JULY



Barefoot in the park

Come to a pow-wow on the great lawn of the Van Cortlandt House Museum when the Thunderbird American Indian Dancers visit on July 7.

Presented by the Van Cortlandt Conservancy, the dancers will perform as part of the Barefoot Dancing series.

Kick off your shoes and dance on the lush, green lawn and enjoy dance instruction and live music provided by the Thunderbird

American Indian Dancers. They provide instruction in many different styles of Native American dance, including some that would be seen in a traditional pow-wow. Suitable for any age.

Barefoot Dancing by Thunderbird American Indian Dancers, July 7 beginning at 6:30 pm. Free.

Van Cortlandt House Museum lawn [W. 246th Street and Broadway, (718) 430-1890, info@vcpark.org; <http://vcpark.org>].

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Calendar

Submit a listing

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

Send your listing request to bronxriverdalecalendar@cnglocal.com — 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!

TUES, JULY 5

IN THE BRONX

Jazz concert: St. Mary's Recreation Center, St. Ann's Avenue and 145th Street; (718) 367-3657; www.nycgovparks.org; 6 pm to 8 pm; Free.

Come and listen to talented young musicians from the New School for Jazz.

WED, JULY 6

IN THE BRONX

Stories in the Garden: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am; Free with admission to the grounds.

Wave Hill educators share some of their favorite nature tales. These stories — classics and more — come to life through interactive readings, sing-alongs, and puppetry. We'll be reading "Waiting for Wings" by Lois Ehlert, "Dazzling Dragonflies" by Linda Glaser, and "Where Butterflies Grow" by Joanne Ryder. Programs are held outdoors, but move into Wave Hill House in inclement weather. Ideal for children ages 3 to 6 with an adult.

"The Nut Job": St. Mary's Park, St. Ann's Avenue and E. 143rd Street; (718) 430-1825; www.nycgovparks.org; 8:30 pm; Free.

What's a curmudgeon squirrel who is banished from the park do? Find out how Lucky stumbles upon the one thing that may save his life. Come and enjoy this animated movie under the stars. Bring a blanket, chair and bottled water, no glass please.

THURS, JULY 7

IN THE BRONX

Summer Stage Kids – Kids Day Out: Van Cortlandt Classic Playground, Van Cortlandt Park South and Gouverneur Avenue; (718)430-1890; info@vcpark.org; vcpark.org; 10:30 am – 11:30 am; Free.

Children enjoy music and dance



Photo by Joshua Bright

Arts and crafts at Wave Hill

Enjoy a weekend of creating, learning, and exploring at Wave Hill at the Family Art Project on July 9 and 10.

Children can make a leafy or budding impression on an every-

day canvas bag that they can take everywhere! Make a mark by cutting out shapes and stamping simple nature prints. Create it as a memento of your time at Wave Hill or to show off your love of nature.

Family Art Project on July 9 and 10, from 10 am to 1 pm. Free with admission to the grounds

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

by singer, actor, musician, and arts educator Todd Rolle with guitarist Steve Bloom. Together, they perform hand-clappin', foot-stompin' sounds that will keep your whole crew in the groove.

Open Lego Lab: Westchester Square Library, 2521 Glebe Ave.; (347) 697-9969; daniellillard@nypl.org; www.nypl.org/ost/middle-school-labs; 11 am; Free.

Show us your building skills! Don't want to do the Daily Challenge? No problem, build anything you like. Parents are encouraged to join in on the fun with their children.

The Story of Intrepid: Castle Hill Branch Library, 947 Castle Hill Ave.; (718)824-3838; 3 pm; Free.

A hands-on artifact and photo investigation of the USS Intrepid presented by Intrepid Sea, Air and Space Museum. Learn the history of one of America's most storied ships and the everyday heroes who served on

board.

Tween Zone: Westchester Square Library, 2521 Glebe Ave.; (347) 697-9969; daniellillard@nypl.org; www.nypl.org/ost/middle-school-labs; 3 pm; Free.

Let's get active in the library with Just Dance and other Xbox Kinect and Wii games that'll get us moving! For children 13 to 18 years old.

Barefoot Dancing – Thunderbird American Indian Dancers: Van Cortlandt House Museum, W. 246th Street and Broadway; (718) 430-1890; info@vcpark.org; vcpark.org; 6:30 pm – 8:00 pm; Free.

Kick off your shoes and dance on the lush, green Van Cortlandt House Museum Lawn. Free dance instruction and live music provided by the Thunderbird American Indian Dancers. They provide instruction in many different styles of Native American dance some that would be seen in a traditional pow-wow so it is definitely

an event you would not want to miss.

SAT, JULY 9

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.

Create a leafy or budding impression on an everyday canvas bag that you can take everywhere! Make your mark by cutting out shapes and stamping simple nature prints. Create it as a memento of your time at Wave Hill or to show off your love of nature.

Meet the bees: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am to noon; \$35 (\$25 members).

Get up close and personal with the bees of Wave Hill! Observe bee behavior in the gardens, then suit up in

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Calendar

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

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a hat and veil to peek inside a hive filled with 50,000 honeybees. Search for worker bees, drones, a brood (baby bees), and maybe even catch a glimpse of the elusive queen. This workshop is appropriate for curious adults and kids ages 14 and older accompanied by an adult. Registration required.

Paddling 101: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am to 12:30 pm; Free.

Learn to paddle with the Rangers and then use your new skills to explore the shores and learn about life at the lake. This program is perfect for beginners — for ages 8 and older only. Chosen by lottery, registration required.

Outdoor fun day: Playground for all Children in Pelham Bay Park, Middletown Road; (718) 430-1891; www.nycgovparks.org; Noon to 3:30 pm; Free.

Spend the day out in the park with the family. Enjoy arts and crafts, face-painting, games, and much more. Don't miss John the Magnificent's magic show or the puppet show by "Uncle Morty's Clubhouse."

Family Affair: Target Bronx Community Garden, 1025 Anderson Ave.; (212) 333-2552; nycgovparks.org; 1 pm to 4 pm; Free.

Bronx Museum educators will be in Target Bronx Community Garden leading activities centered around gardening, art, and our neighborhood. This event is best for children ages 12 and under and their families!

SUN, JULY 10

IN THE BRONX

Art and Music Festival: Soundview Park, Lafayette and Metcalf avenues; (718) 430-4636; www.nycgovparks.org; 10 am to 6 pm; Free.

Come join the Friends of Soundview Park as they celebrate with live performances, art exhibitions, workshops, fitness programs, nature, waterfront activities, and more!

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, July 9.

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.

Freshwater fishing: Crotona Na-

ture Center, Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm to 2:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. All equipment is provided; this program is recommended for ages 8 and older. Participation is first-come, first-served.

TUES, JULY 12

IN THE BRONX

Summer Reading: Westchester Square Library, 2521 Glebe Ave.; (347) 697-9969; daniellillard@nypl.org; www.nypl.org/ost/middle-school-labs; 2 pm; Free.

Join the staff of the New Canaan Nature Center as we blend together literature, natural sciences, and artistic expression. After reading a story that combines strong human feelings and desires with information about animals and their lives, participants will become personally acquainted with one or two live animals. For children 5 to 12 years old.

WED, JULY 13

IN THE BRONX

Stories in the Garden: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am; Free with admission to the grounds.

This week, take a journey through the seasons with stories and songs about animals and people discovering nature's annual changes. Join us to read "Fletcher and the Springtime Blossoms" by Julia Rawlinson, "Old Bear" by Kevin Henkes, and "Dear Rebecca, Winter is Here" by Jean Craighead George. Programs are held outdoors, but move into Wave Hill House in inclement weather. Ideal for children ages 3 to 6 with an adult.

H.E.A.R.T. Summer Program: New York Public Library Castle Hill Branch, 947 Castle Hill Ave.; (718) 824-3838; 1:00pm; Free.

This hands-on program teaches young participants about having empathy and compassion for people, animals, and the planet.

The Uni Project: Hunts Point Playground, Spofford Ave. and Faile Street; nycgovparks.org; 3 pm to 6 pm; Free.

Come read and draw.

THURS, JULY 14

IN THE BRONX

Chinese Acrobat Li Liu: Van Cor-

tlandt Classic Playground, Van Cortlandt Park South & Gouverneur Avenue; (718) 430-1890; info@vcpark.org; vcpark.org; 10:30 am – 11:30 am; Free.

SummerStage Kids presents the fabulous, mind-blowing acrobatic performances of Li Liu.

Open Lego Lab: 11 am. Westchester Square Library. See Thursday, July 7.

Tween Zone: 3 pm. Westchester Square Library. See Thursday, July 7.

Barefoot Dancing – Greek American Folklore Society: Van Cortlandt House Museum, W. 246th Street at Broadway; (718) 430-1890; info@vcpark.org; www.vcpark.org; 6:30 pm – 8:00 pm; Free.

Kick off your shoes and dance on the lush, green Van Cortlandt House Museum Lawn. Free dance instruction and live music provided by the Greek American Folklore Society. Enter the park at W. 246th Street and Broadway and walk toward the Van Cortlandt House Museum.

SAT, JULY 16

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.

Sketch the explosion of bright flowers bursting out in the Flower Garden. Visiting artist Amy Pryor and leads us in turning cracker wrappers and repurposed packaging into starbursts and other flourishes, to make fantastic pop-style, landscape collages.

"Episode VII – The Force Awakens": The Crotona Park Amphitheater, Crotona Park East and Crotona Avenue; (347) 865-5268; www.nycgovparks.org; 7:30 pm to 10:30 pm; Free.

Let the Force be with you in this showing of the blockbuster movie. For older teens.

SUN, JULY 17

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, July 16.

Bike workshop: Van Cortlandt Park, Putnam Avenue and Van Cortlandt Park South; (718) 430-1890; 11 am to 1 pm; Free.

Two-hour supervised practice session, not a structured class. Participants can practice on one of Bike New York's loaner bikes (if you register in advance), though we encourage using your own bike. We provide a safe, controlled learning area and

the watchful eyes of Bike New York's trained coaches, who will offer tips on how to effectively stop, start, and steer a bike. The Bike Practice Session is intended for recent Learn to Ride participants, but we welcome anyone who isn't confident with their bike-control skills.

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.

MON, JULY 18

FURTHER AFIELD

Archaeology Camp for Kids: Morris-Jumel Mansion, 65 Jumel Terrace, Manhattan; (212) 923-8008; 11 am to 1 pm; \$5 per day.

Become an archaeologist during this week-long camp! Children will learn all about the field of archaeology from examining artifacts, mapping, and exploring history. Campers will have the chance to get their hands dirty while learning how to excavate an archaeological site with a pseudo-dig! This program is recommended for ages 7-14. A parent or legal guardian must be present. Advanced registration is required. Space is limited. To register, please email education@morrisjumel.org.

TUES, JULY 19

IN THE BRONX

Bike basics: Van Cortlandt Park, Putnam Avenue and Van Cortlandt Park South; (718) 430-1890; www.nycgovparks.org; 11 am to 2 pm; Free.

This three-hour on-bike class is designed as a next step for children ages 9 and up who already know how to ride a bike but would like to refine their skills. Children will learn how to properly fit their helmets and seats, perform the ABC quick check, start and stop with confidence, and scan and signal. There will be an assessment at the beginning of the class to determine whether or not each child is ready to take the class. Kids must bring their own bike and helmet.

Painting nature: Woodlawn Playground, Van Cortlandt Park East and Kepler Avenue; (718) 430-1890; www.ycpark.org; 2 pm to 3:30 pm; Free.

Bring your child for a fun day, painting the scenery around them. We guarantee they'll love it. Supplies will be provided!

"The Book of Life": Bathgate Community Garden, 1818-1836 Bath-

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gate Ave.; (212) 333-2552; nycgov-parks.org; 8 pm to 10 pm; Free.

Watch Manolo embark on an animated adventure through three worlds. He'll face his greatest fears as he tries to stay loyal to his family and still follow his heart. Complimentary hot popcorn will be provided.

FURTHER AFIELD

Archaeology Camp for Kids: 11 am to 1 pm. Morris-Jumel Mansion. See Monday, July 18.

WED, JULY 20

IN THE BRONX

Stories in the Garden: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wave-hill.org; 11 am; Free with admission to the grounds.

Take a break from the hot summer sun with stories about cooler days. Join us to read "Possum's Harvest Moon" by Anne Hunter, "Snowy Day" by Ezra Jack Keats, and "The Mitten" by Jan Brett. Programs are held outdoors, but move into Wave Hill House in inclement weather. Ideal for children ages 3 to 6.

H.E.A.R.T. Summer Program: 1 pm. New York Public Library Castle Hill Branch. See Wednesday, July 13.

The Uni Project: 3 pm to 6 pm. Hunts Point Playground. See Wednesday, July 13.

FURTHER AFIELD

Archaeology Camp for Kids: 11 am to 1 pm. Morris-Jumel Mansion. See Monday, July 18.

THURS, JULY 21

IN THE BRONX

"Puss in Boots": Sachkerah Woods Playground, Jerome Ave and East Gunhil Road; (718) 430-1890; info@vcpark.org; vcpark.org; 10:30 am – 11:30 am; Free.

The CityParks PuppetMobile presents the classic "Puss in Boots" tale — with a twist. Once upon a time there lived a young man named Ferguson Mundle. Ferguson has just the bare essentials in life — a roof over his head, the clothes on his back, and his ever faithful pet cat. One day when lamenting his poor lifestyle, Ferguson is astounded when his cat stands up, begins talking and introduces himself as Puss.

Open Lego Lab: 11 am. Westchester Square Library. See Thursday, July 7.

Tween Zone: 3 pm. Westchester Square Library. See Thursday, July 7.

Barefoot Dancing – James



Make your souvenir!

Discover what makes souvenirs great at the Souvenir Design Studio at the Children's Museum of Manhattan from July 1 through 31.

Nothing says "I love New York" like a souvenir. And now children can discover the brand-new workshop to create amazing memorable souvenirs using real Metropolitan Transportation Authority subway maps and MetroCards, or turn hilarious "only in

NY" moments into plush stuffed animal keychains.

Souvenir Design Studio, July 1 through 31, Mondays to Saturdays from 10 am to 5 pm; Sundays from 10 am to 7 pm. Check for drop-in hours. Free with museum admission.

Children's Museum of Manhattan [212 W. 83rd St. between Amsterdam and Broadway on the Upper West Side, (212) 721-1223, <http://www.cmom.org>].

FURTHER AFIELD

Archaeology Camp for Kids: 11 am to 1 pm. Morris-Jumel Mansion. See Monday, July 18.

FRI, JULY 22

FURTHER AFIELD

Archaeology Camp for Kids: 11 am to 1 pm. Morris-Jumel Mansion. See Monday, July 18.

SAT, JULY 23

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.

Collage a mixture of buoyant materials cut from re-purposed foam trays, colorful foam sheets, and reeds. Make it into an all-natural raft or handmade

boat.

Build a Birdhouse: College Avenue Garden, 1420 College Ave.; (212) 602-5300; www.nycgovparks.org; 11 am to 1 pm; Free.

Interested in building a birdhouse? Come and learn how to build a birdhouse to invite our feathery friends to the garden. This workshop is offered with Spanish translation.

SUN, JULY 24

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, July 23.

TUES, JULY 26

IN THE BRONX

Painting nature: 2 pm to 3:30 pm. Woodlawn Playground. See Tuesday, July 19.

Wildlife Superheroes: New York Public Library Castle Hill Branch, 947 Castle Hill Ave.; (718) 824-3838; 3 pm; Free.

Have you ever wondered why some of our most popular superheroes are often named after animals? Come discover the story behind an assortment of animal ambassadors such as an owl or hawk, chinchilla, White's Tree Frog, Kingsnake, lizard, or even a hedgehog.

WED, JULY 27

IN THE BRONX

H.E.A.R.T. Summer Program: 1 pm. New York Public Library Castle Hill Branch. See Wednesday, July 13.

The Uni Project: 3 pm to 6 pm. Hunts Point Playground. See Wednesday, July 13.

THURS, JULY 28

IN THE BRONX

Marc Cary at the Harlem Jam Sessions: Sachkerah Woods Playground, Jerome Avenue and E. Gunhil Road; (718) 430-1890; info@vcpark.org; vcpark.org; 10:30 am – 11:30 am; Free.

Presented by SummerStage Kids, the jazz pianist, keyboardist, producer, and composer brings soul and sincerity to the music featuring the works of Roy Hargrove, Dizzy Gillespie, Erykah Badu, Shirley Horn, Stefon Harris, Q-Tip and — most influential of all — Abbey Lincoln.

Open Lego Lab: 11 am. Westchester Square Library. See Thursday, July 7.

Tween Zone: 3 pm. Westchester

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Calendar

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Square Library. See Thursday, July 7.

Barefoot Dancing – Quenia Ribeiro & Grupo Ribeiro Dance Company:

Van Cortlandt House Museum, W. 246th Street and Broadway; (718) 430-1890; info@vcpark.org; vcpark.org; 6:30 pm – 8:00 pm; Free.

Kick off your shoes and dance on the lush, green Van Cortlandt House Museum Lawn. Free dance instruction and live music. Quenia Ribeiro is a native of Rio de Janeiro, Brazil with more than 20 years of experience as a dance teacher and 30 years as a dancer. Her vibrant and exciting classes that teach many styles of Brazilian dance are certain to make for one of the best dance experiences of your life.

SAT, JULY 30

IN THE BRONX

Community Paddle: Concrete Plant Park, Sheridan Expressway and Westchester Avenue; (718) 430-1825; <http://www.nycgovparks.org>; 11 am to 1 pm; Free.

Join the Bronx River Alliance on a canoe trip within estuary of the Bronx River. Suitable for beginners and families.

Wellness & Resource Fair:

Soundview Library, 660 Soundview Ave.; (718) 589-0880; katherinejimeenez@nypl.org; <https://www.nypl.org/locations/soundview>; 11 am to 3 pm; Free.

Participants can obtain information about the New York City identification card, police and fire departments, Phipps Neighborhood, Bronx Community Board 9, SNAP, and many more!

Astronomy: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 8 pm to 9:30 pm; Free.

Older teens visit with Urban Park Rangers and tour the solar system, learn the science, the history and folklore. The program features the use of telescopes and binoculars to observe specific astronomical events. Night Sky programs highlight the history and folklore of the solar system, using the naked eye to locate stars and planets.

SUN, JULY 31

IN THE BRONX

Living with Urban Coyotes: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinsons Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 11 am to 12:30 pm; Free.

New York City is home to an amazing abundance of wildlife. Come learn

about an oft-misunderstood member of our local habitat — the urban coyote. For older children.

Boogie on the Boulevard: 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.

Shakespeare in the Park – “As You Like It”:

Lawn east of Memorial Grove, W. 246th Street and Broadway; (718) 430-1890; info@vcpark.org; vcpark.org; 5 pm – 7 pm; Free.

Hip to Hip Theater Company presents “As You Like It” on the lawn east of Memorial Grove. Preceded at 4 pm by a “Kids & The Classics” workshop for children ages 4-14.

TUES, AUG. 2

IN THE BRONX

Painting nature: 2 pm to 3:30 pm. Woodlawn Playground. See Tuesday, July 19.

WED, AUG. 3

IN THE BRONX

H.E.A.R.T. Summer Program: 1 pm. New York Public Library Castle Hill Branch. See Wednesday, July 13.

THURS, AUG. 4

IN THE BRONX

Summer Stage Kids – Hybrid Movement Company (Cool Circus):

Van Cortlandt Park-Southwest Playground, W. 240th Street and Broadway; (718) 430-1890; info@vcpark.org; www.vcpark.org; 10:30 am – 11:30 am; Free.

The Hybrid Movement Company, a dance, acrobatic, and visual arts troupe, will perform a powerful cohesion of hybrid movement, circus arts, classical and contemporary ballet, rhythmic gymnastics, bobbing, waving, and popping.

Barefoot Dancing – SalsaFest & Nelida Tirado:

Van Cortlandt House Museum, W. 246th Street and Broadway; (718) 430-1890; info@vcpark.org; vcpark.org; 6:30 pm – 8:00 pm; Free.

Nelida Tirado has been recognized around the globe for her intense grace and powerful style. As one of the most dynamic dancers, she shares a deep passion and talent for Spanish, Flamenco, and Latin dance.

FRI, AUG. 5

IN THE BRONX

“Jaws”: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; sarah.bishow@parks.nyc.gov; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Directed by Steven Spielberg and acclaimed by critics worldwide, “Jaws” continues to shock moviegoers with its riveting tale of three men who become allied in a life-and-death hunt to destroy a killer embodying nearly three tons of instant white death. In case of rain, the event moves indoors.

LONG-RUNNING

IN THE BRONX

Mario Batali’s Kitchen Gardens:

New York Botanical Garden, 200th Street and Kazimiroff Boulevard; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 1:30 pm to 6 pm; Included in All Garden Pass Admission.

Garden beds are filled with plants featured in the favorite recipes of the chefs from Mario Batali’s restaurants. Kids can explore the gardens to solve Mario’s Menu Mystery.

Budding Artists:

New York Botanical Garden, 200th Street and Kazimiroff Boulevard; (718) 817-8700; www.nybg.org; Tuesdays, 1:30 pm to 5:30 pm, Wednesdays – Fridays, 1:30 pm to 5:30 pm, Saturdays and Sundays, 10 am to 5 pm, Now – Fri, Sept. 16; Included in All Garden Pass Admission.

Children investigate the science of light and color in the garden just like the impressionist artists. Explore art-making while using the garden for inspiration, experiment with prisms, and pot up a coleus plant featuring a palette of colorful leaves.

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 inch by 6 inch) or less using multiple mediums like acrylic paint, water color, pastel, pencil, ink, and surfaces like wood, canvas, paper, metal, and glass.

Summer Sports: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; sarah.bishow@parks.nyc.gov; www.nycgovparks.org; Tuesdays – Fridays, 2 pm to 3:30 pm, Now – Sat, Sept. 17; Free.

Children are welcome to learn about sports from skilled Parks staff in a friendly, small group introduction to various sports on a drop-in basis, including basketball, soccer, football, track and field, kickball, volleyball, and street hockey!

Innovation Labs: Westchester Square Library, 2521 Glebe Ave.; (347) 697-9969; daniellillard@nypl.org; www.nypl.org/ost/middle-school-labs; Mondays – Thursdays, 2pm–5pm, Now – Thurs, Aug. 11; Free.

This summer program lets middle school students work with 3-D printers, create circuits and wearable tech, and design websites. Snacks will be provided as well. A signed enrollment form is needed for participation.

Beginners dance class:

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

Teen girls 14 to 17 years old learn 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.

Summer Dance Program:

Bronx Academy of Arts and Dance, 2474 Westchester Ave.; (718) 918-2110; jessica@baadbronx.org; www.baadbronx.org; Tuesdays – Thursdays, 9 am to 2 pm, Now – Thurs, Aug. 11; \$5.

Children ages 6 to 9 have the opportunity to learn ballet, modern dance, capoeira, tumbling, creative movement, hip-hop, and more, plus arts and crafts and outdoor play with snacks.

FURTHER AFIELD

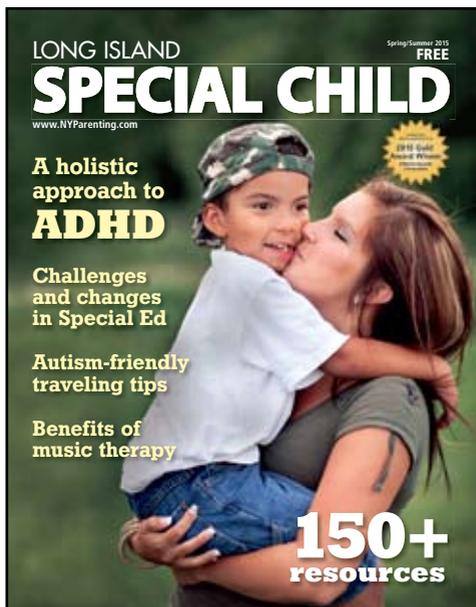
SeaGlass Carousel: SeaGlass Carousel, The Battery, Battery Park Underpass, Manhattan; www.thebattery.org; Daily, 10 am to 10 pm; Now – Sat, Aug. 20; \$5 per ride.

A beautiful, huge crystal nautilus shell with 30 grand luminescent fish, takes riders on an aquatic journey.

Summer Science Academy:

St. Francis College, 180 Remsen St. between Court and Clinton streets, Brooklyn; (718) 489-5200; <https://www.sfc.edu>; Weekdays, 9 am, Now – Fri, July 22; Free.

In its 16th year, the workshop offers dozens of New York City high school students an opportunity to discover and get real-world experience in the sciences. The program runs Monday to Friday and teaches topics such as DNA barcoding and forensics. Rising sophomores, juniors and seniors in high school may apply to the program. Candidates for the Summer Science Academy should email knolan@sfc.edu with their: name; address; phone number; name of school; graduation date, and one-page essay about why they would like to be in the program.



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**FREE AT THE MALL AT BAY PLAZA
FRIDAY AND SATURDAY**

July 15th & 16th
12:00PM - 6:00PM

OUTDOOR EVENT
Parking lot near Macy's entrance

**REGISTRATION REQUIRED
DAY OF EVENT**

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The Mall at Bay Plaza

f #2016InStyle

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