

BRONX/RIVERDALE

August 2016

FREE



Family

Where Every Child Matters

*It's still
summer!*

Plan it all with our calendar

**Preparing for
Kindergarten**

**Teaching your
children about
mindful eating**

**A fun social
media detox**

Find us online at www.NYParenting.com





FIDELIS CARE®

Child Health Plus with Fidelis Care



Affordable health insurance for children under 19.

See top-quality providers, close to home.

Checkups, dental care, hospital care, and more!

★ **Fidelis Care is a top-rated plan in the 2015 New York State Consumer's Guide to Medicaid and Child Health Plus.**

How much does Child Health Plus cost?

Coverage may be free or as little as \$9 each month, based on household income. For families at full premium level, Fidelis Care offers some of the lowest rates available.

How do I enroll my child?

Through NY State of Health at nystateofhealth.ny.gov. Apply by the 15th of the month to have coverage for your child on the 1st of the following month.

Fidelis Care is in your community!

Visit fideliscare.org/findanoffice to search for the community office nearest to you.

1-888-FIDELIS • fideliscare.org

(1-888-343-3547)

TTY: 1-800-421-1220



To learn more about applying for health insurance, including Child Health Plus and Medicaid through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.



Family August 2016



FEATURES

- 6 Taking it offline**
New game encourages social media detox
BY LAURA VAROSCAK-DEINNOCENTIIS
- 8 Preparing for kindergarten**
A teacher's advice for the big day
BY ALEXA BIGWARFE
- 10 Nurturing nature's gifts**
Encouraging your children to embrace science and the arts
BY CAROLYN WATERBURY-TIEMAN
- 12 Teaching children about mindful eating**
A therapist's new book offers help for families struggling with weight issues
BY ALLISON PLITT
- 22 Coming up Rosie**
O'Donnell's program gives theater-loving kids a brighter future
BY TAMMY SCILEPPI
- 24 Fitbit to be tied**
A device that tracks all my fitness activity? No thanks!
BY LISA A. BEACH
- 29 An online minefield**
How to help your kids, tweens, and teens safely navigate social media
BY LISA BEACH

COLUMNS

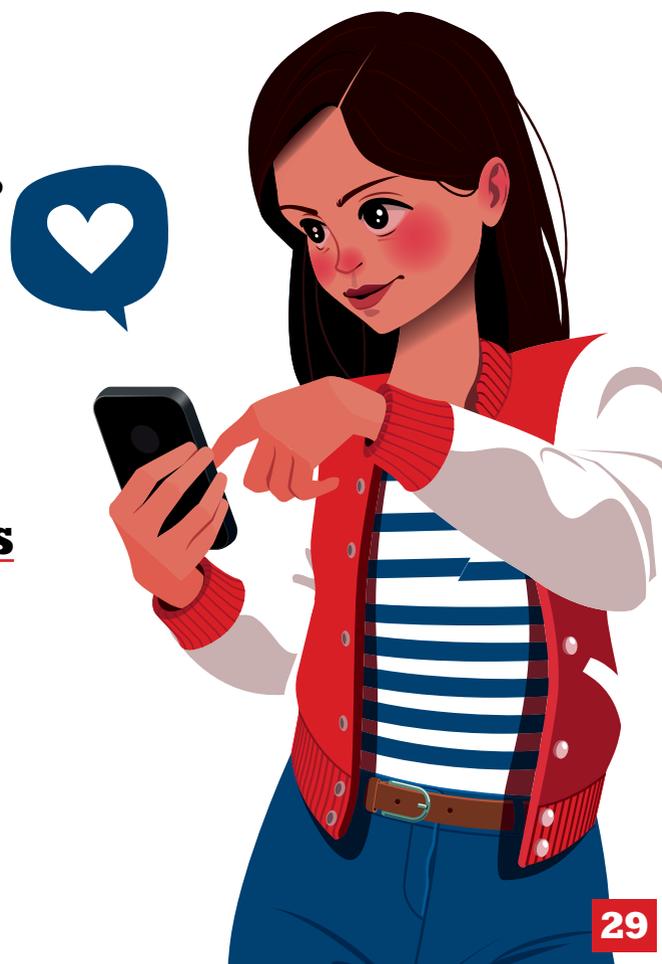
- 18 Healthy Living**
BY DANIELLE SULLIVAN
- 20 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 26 Dear Dr. Karyn**
BY DR. KARYN GORDON
- 28 Behavior & Beyond**
BY DR. MARCIE BEIGEL

CALENDAR

- 30 August Events**

SPECIAL SECTIONS

- 14 Education Directory**



Summer in the city

Summer fun is happening all around New York. The beaches have been really friendly this year with great weather overall. Not too hot and steamy, but just hot enough to make being at the beach simply delicious. The beach is great for everyone in the family, but especially for kids. It's, after all, a really big sandbox, and what kid doesn't love the sandbox?



I was out at the beach last weekend as usual and was marveling at the amount of work and talent some of the kids had put into

building one of the most beautiful and intricate sand castles I had ever seen. Then there are the boogie boarders and even really young surfers. By the way, what's really changed is the number of adults who have gotten into the joys of boogie boarding. It's not just kids anymore, which makes trying to swim or take a dip sometimes fairly hazardous.

It's been a great summer for picnicking in the park and if one walks or drives by our parks on any weekend, you can see for yourself how

many families are taking advantage of our beautiful facilities and wonderful lawns. One doesn't even have to see it, usually you can smell the aroma of grilling going on.

New York City is wonderful in the summer. With lots of families going in and out of town on vacations and many of the kids away at sleep away camps, most of the neighborhoods are less crowded, and if you have a car, it's a lot easier to park and get around. Public transit is lighter, too, and that makes everyone happier who takes it on a daily basis. But watch out for the cyclists. They are everywhere.

Our calendar is full of wonderful ideas for you and your family, and

if you want to have an even greater expanded look around town for happenings beyond your own borough, log onto to our website, NY-Parenting.com, click on the calendar, and also sign up for our newsletters on the homepage.

Have a great August and happy Labor Day, too!

Thanks for reading.

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

Community News Group

CEO: Les Goodstein
PRESIDENT & PUBLISHER: Jennifer Goodstein

New York Parenting

PUBLISHER / EXECUTIVE EDITOR:
Susan Weiss
PUBLISHER / BUSINESS MANAGER:
Clifford Luster
OPERATIONS ASSOCIATE:
Tina Felicetti
SALES REPS: Alexis Benson, Erin Brof,
Jay Pelc, Stephanie Stellacio
ART DIRECTOR: Leah Mitch

WEB DESIGNER: Sylvan Migdal
GRAPHIC DESIGNERS: Arthur Arutyunov,
Daria Avvento, Gardy Charles, Yvonne Farley,
Earl Ferrer, John Napoli

MANAGING EDITOR: Vince DiMiceli
ASSISTANT EDITOR: Courtney Donahue
COPY EDITORS: Lisa J. Curtis,
Shavana Abruzzo
CALENDAR EDITOR: Joanna Del Buono

Contact Information

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

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

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

CALENDAR
(718) 260-2523

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

www.NYParenting.com



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

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

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

Join the conversation on Facebook.

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



45 minutes of pure fun with your family!

Sing, dance, and jam at a Music Together class and see what parents around the world have been raving about for decades.

Find a class near you in Manhattan or Brooklyn: MusicTogether.com/NYC



Download Hello Everybody today!



MUSIC TOGETHER
BRINGING HARMONY HOME.

State of the Art Dental Facility • Kid Friendly



Smile-Savers
Pediatric Dentistry, PC
www.smilesaverspedo.com

We Welcome Little Smiles!
Dr. Dionne Finlay, Pediatric Dentist
Dr. Steve, Orthodontist



718.708.6755

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

When your child needs more than just a Band-Aid...



Better have a good pediatrician.
Make sure your kids are covered.

Contact Affinity Health Plan at **866.247.5678** to obtain more information about Child Health Plus, a free or low-cost health insurance program sponsored by New York State for kids under the age of 19.

To learn more about applying for health insurance, including Child Health Plus and Medicaid through NY State of Health, The Official Health Plan Marketplace, visit nystateofhealth.ny.gov or call 855.355.5777.

 **Affinity Health Plan**



AffinityPlan.org/CHP   

"Free Me: The Game" creators Jose Pablo Cantillo and Jeff Levine.

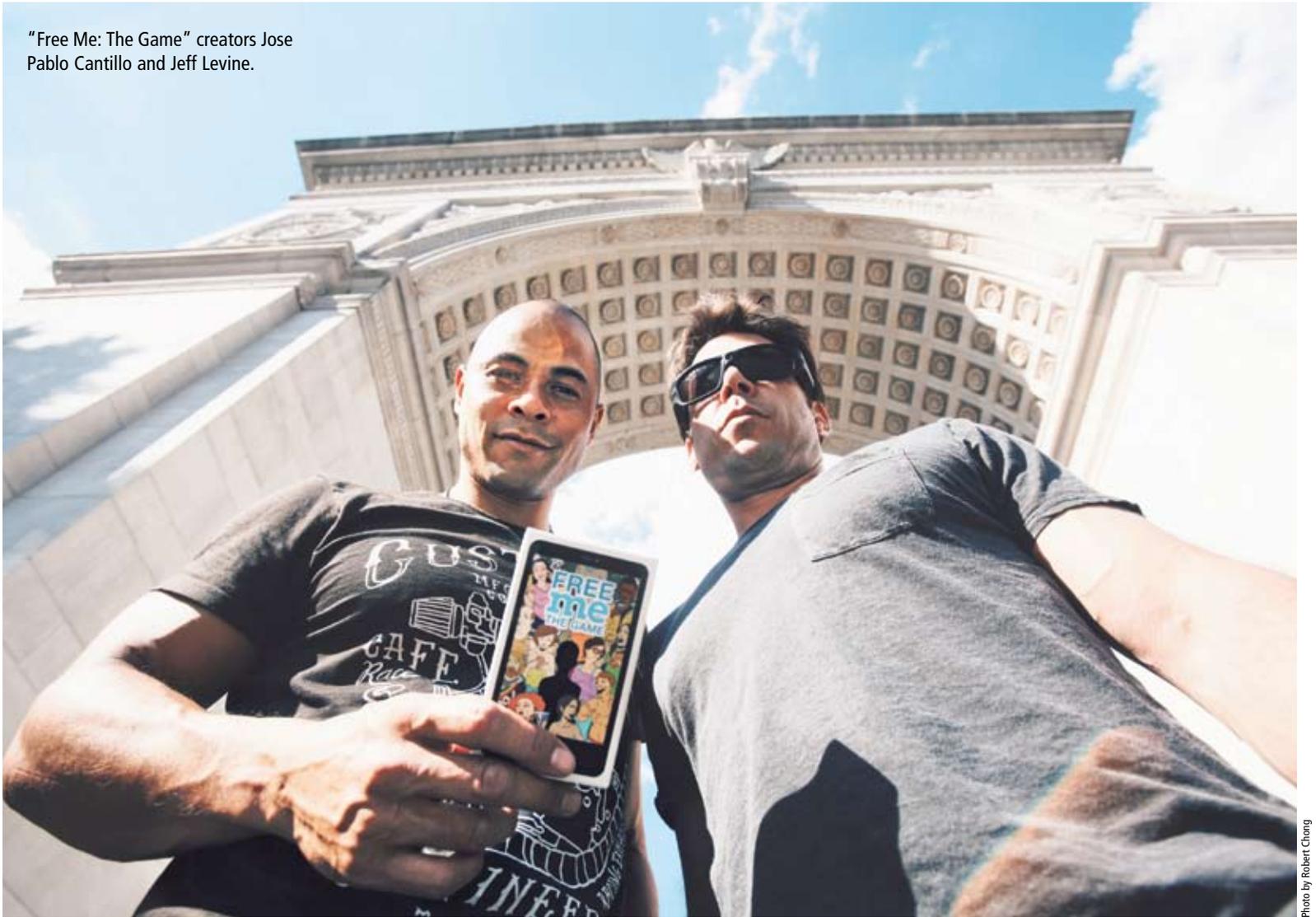


Photo by Robert Chong

Taking it offline

New game encourages social media detox

BY LAURA VAROSCAK-DEINNOCENTIIS

It all started with a father taking a peek at his 9-year-old daughter's open diary: "My Dad is always on his phone every min. of every second, it is so annoying, he can't even look at anything besides his phone. I wish he could just play with me."

Jeff Levine, (a.k.a. "annoying dad") rushes off to catch an early flight to New York, but he cannot escape the sting of his child's words. On the plane, he joins his close friend and business partner Jose Pablo Cantillo (best known for his acting roles on "The Walking Dead" and "Sons of Anarchy") who immediately senses something is wrong. Jeff confesses his

indiscretion, and both men acknowledge their excessive use of popular technology platforms, despite their efforts to keep it at a minimum, especially around their families.

They also understand the damage social networking sites cause by creating a false sense of connection that fools people into believing they are more connected than ever before. They realize that being on their phones for "every minute of every second" encourages those around them to do the same.

Comedians at heart, Jeff and Jose also poke fun at the extremes of social media mania. By the time the plane lands, they challenge each other to live without their digital devices for as long as possible.

They can only bear to abstain for a couple of days, but this newly found freedom opened their eyes to the constant addictive pull of social networking sites around them. They stop to watch a mother in a playground. She holds coffee in one hand and her cellphone in the other. While simultaneously texting and conversing on speakerphone, she kicks her baby back and forth on the swing! This image perfectly illustrates the ridiculous lengths people will go to feed their insatiable social media appetite.

The trip becomes the impetus for a brilliant idea: a new, groundbreaking card game that aims to change the way people view their online identities. Jeff and Jose brainstorm

Each card depicts a funny scenario that illustrates how ridiculous and out of hand social media postings can get.



on their flight back from New York to Los Angeles. Inspired by their heightened awareness, they apply their sharp wit and dedication to family to create "Free Me: The Game," which emerged after 11 months of development.

Designed with teenagers and young adults in mind, players from all walks of life are enjoying this entertaining card game. Its goal is to bring people together to form authentic connections through laughter. Finding humor in social media creates a feeling of camaraderie, which cannot be duplicated through a screen.

In this fast-paced card game, the first person to lose all friends and followers is the winner. The first and most important rule is to put away all cellphones and electronic devices. There are different categories of cards that you can give, take, or swap with other players. Dare cards challenge players to perform silly tasks in front of the group. If a phone card is selected, players engage in "hashtag battles."

Each card depicts a funny scenario that illustrates how ridiculous and out of hand social media postings can get. One card shows a man standing in front of a machine in his underwear. A bright orange liquid squirts out, splattering his face. The caption reads: "Spray tan malfunction ruins your selfie photo session."

Another card displays a couple sitting at a romantic dinner table. Both of them stare at their phones with smiles on their faces. The card reads, "You post how great your date is going. Your date does the same. You haven't actually spoken." This absence of intimacy in today's culture is exactly what the game aims to highlight.

The card in the last example reminds me of a recent news story about a couple who just got married. As they entered the reception for the first time as man and wife,

the bride had her phone in hand and frantically began posting. Annoyed, the groom asked her to put the phone away, but she refused. An argument ensued, and the groom walked out on his bride. A few days later, he filed for divorce.

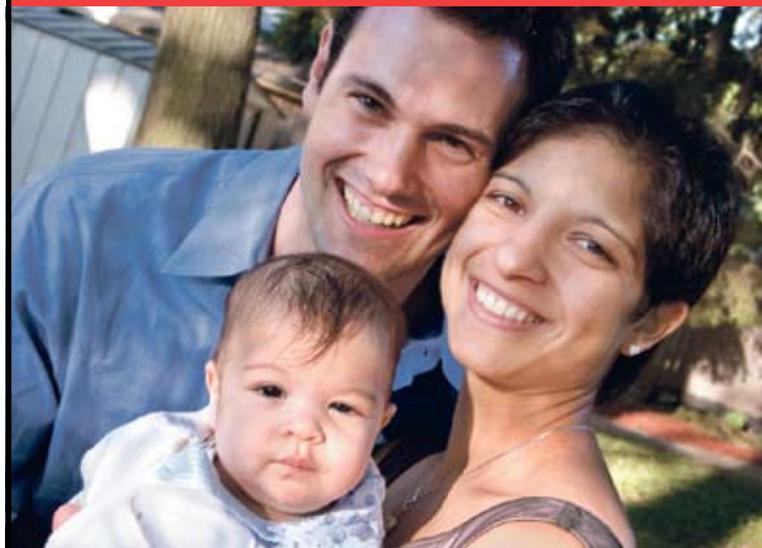
After playing "Free Me," I strongly support the game's mission. Everyone who participates enjoys spending meaningful offline time with family and friends. The game does have an ingenious hook: It ends with the loser posting penalty tasks to their real social media pages. Even if younger generations miss the satire behind the game, at least they will spend less time online and become more mindful of what they post on social media sites.

As a writer, educator, psychology student, and mother, I appreciate this game on many different levels. The intelligence behind its design will raise awareness about the social media epidemic in our country and serve as an enticing alternative to digital devices as the primary means of relating to others. The game also supports the serious problem of cyber-bullying by donating \$1 of every online purchase to anti-bullying organizations.

"Free Me: The Game" has much to offer the millions of people who remain isolated from the outside world and disconnected from face-to-face human interaction. Although the development and growth of social media are amazing technological achievements with many benefits, their overuse is tearing apart the precious gift that created them in the first place: a joining of hearts and minds.

Laura Varosca-DeInnocenti is a teacher, freelance writer, and mom living in Brooklyn. She is an award-winning contributor to New York Parenting and a member of the Parenting Media Association, and she has a master's degree in clinical psychology.

Are you a mom who wants to make money?



We want you to join our team.

We are looking for a motivated candidate.

No sales experience necessary, but a car and liking people is a must!

Full benefits, salary and commission



Email resumes to ffelicetti@cnglocal.com or call Tina at 718-260-8336

NEW YORK Parenting

nyparenting.com • WHERE EVERY FAMILY MATTERS

Preparing for kindergarten

A teacher's advice for the big day

BY ALEXA BIGWARFE

The summer has passed by more quickly than you thought, and now you may be panicking because you are sending a child to kindergarten. Is he ready? Are you ready? Kindergarten is one of the largest milestones in a young child's life, and you want to ensure you and your child transition smoothly.

Kindergarten teacher Summers McBride graciously answered some questions about preparing for the big start to school. She offers important insight and suggestions for making the jump to kindergarten:

What are the *most* important things a parent can do to prepare her child for kindergarten?

Before school begins, you could visit the school and take a tour — visit the important places: kindergarten hall, cafeteria, etc. Practice getting in and out of car seats, so that the car line will be less stressful when starting your day, or visit the bus stop and talk about the procedures for riding a bus.

Have your child practice writing his name with a pencil. Practice counting objects and counting aloud. And most importantly, read books daily and ask questions as you read the books. There are simple things you can do to help develop pre-reading skills while reading together — point to each word on the page as you read, have your child point to the words as you read, ask him how many words are on a page.

Where do you see parents putting a lot of unnecessary effort?

I think we are all guilty of this, but worrying too much about things that don't truly matter — things like having to have the perfect outfits, shoes, hairstyles, lunch boxes, and sparkly school supplies.

Additionally, do not panic if your children do not know their letters, numbers, or are not reading. Children will be assessed prior to school and placed appropriately. There is a large variation in skill level for children entering school for the first year, but by the end of the year, your child will be caught up to where he needs to be to enter first grade.

Do you have any advice or tips for a first-time kindergarten parent?

Trust and talk with your child's teacher often. We love your children just like they are our own, and we truly want the best for each and every child in our classroom.

Keep the morning goodbye short, sweet, and positive. Some students are very anxious the first few days,

and it is very encouraging for the students if you remain calm and upbeat. The children are able to sense when a parent is stressed or sad.

Can you recommend any good books that can help prepare mom and dad for the first week?

The best children's book I know is "The Night Before Kindergarten." Otherwise, I think books for parents would vary depending on the kind of child.

What are some great ideas if parents want to bring in a gift for the teacher the first week?

The biggest gift is having support and knowing that you have parents to help you. But for the parents who aren't able to help out in class, I know they like to show their support and love other ways. So for me, the worst part of preparing for my day is making lunch. When a parent offers to bring me lunch that is a wonderful gift. Coffee is great, too!

As far as a present, I can't speak for all teachers, but things we can use in the classroom are very helpful: pens, stationery, tissues, Clorox wipes, hand soap, etc.

Any other tips or pointers for moms and dads?

Just try not to worry, and if you have any questions, thoughts, or concerns, feel free to talk to your child's teacher. I am huge on communication and being on the same page with parents, so that things are kept consistent for children. Having great communication helps everyone involved.

Other tips for once the school year starts:

Bring a snack when you pick your child up from school. Many of the kindergartners eat lunch very early, so by the end of the day, they are very hungry.

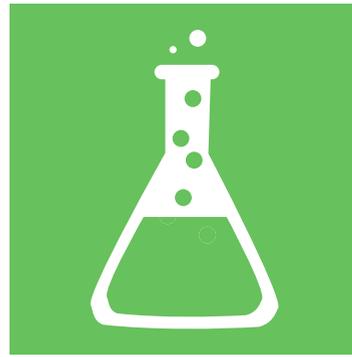
Be prepared for homework. Yes, in kindergarten. Many schools give daily homework, even to the kindergartners.

Plan for rest time. School is going to wear them out. Especially those children who have never been in an all-day program or are still used to taking a nap.

Good luck as you begin this very exciting and sometimes scary adventure into education. Remember these tips and try to enjoy it!

Alexa Bigwarfe is the mother of three young children and a freelance writer. She writes about her experiences as a mother and is particularly familiar with this topic as she prepares her middle child for kindergarten in the fall.





**Online Activity Guide
on www.NYParenting.com**



Amazing Art

Expand your child's creative horizons – classes, workshops and school break camps in an exciting variety of arts, crafts and digital arts. Scholarships available.



Pelham Art Center
155 Fifth Avenue, Pelham

Info/registration at
www.pelhamartcenter.org
or 914 738-2525 x114

AUTISM SERVICES

Your insurance pays, we provide.

DIRECT BEHAVIORAL SERVICES

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

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

Call 347-559-6131 or email directbehaviorservices@gmail.com
www.directbehavioralservices.com

Private pay also accepted.



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



HOME OF

THE DANCESTUDIO AT BRONX HOUSE

Register Now!

- Fall classes begin September 20
- Professional Faculty
- Music & Dance Recitals
- State-of-the-Art Facilities
- Free Loaner Instruments
- Year Round Programming
- Competitive Pricing & Financial Assistance

Registration for Private Music Instruction is ongoing.

CALL 718.792.1800 ext. 235

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





Nurturing nature's gifts

Encouraging
your children
to embrace
science and
the arts

BY CAROLYN WATERBURY-
TIEMAN

Looking into a newborn's eyes, there is something ancient, yet completely innocent in his gaze. A hint of the divine lurks within the depths of those limpid pools. While utterly dependent upon us for their survival, they appear to have forgotten more than we will ever know. Like the energy stored in an object at rest, they

are a body full of potential. Within that miniature body, cradled in our arms, exists the potential for everything he will ever become.

Whether or not that potential is fully realized is primarily in our hands.

Like all of nature, our children are exquisite works of art and science. As members of the human race, their legacy is to become both scientists and artists. They are born to wonder, to want to understand and explain —

science. They are born to create, to want to express and communicate their experience — art.

From the beginning, infants use all of their senses to figure out what things are and how they work. When they do begin to talk, they start naming things. Their earliest attempts at conversation are filled with questions — what, how, and why. They replicate sounds and hum. Their bodies move rhythmically. Give a child a pencil, and he will draw. Provide music, and he will sing and dance. Listen, and he will tell you a story. That every human culture has art and science is not surprising. What is surprising is how rapidly the artist and scientist is socialized out of our children.

We take our young budding artist and scientist and say, "I can't look at that right now. I'm too busy." "I'm doing something. Be quiet." "Sit still." "Don't touch that." "Don't make a mess." "Stop asking so many questions." We put

As parents, we are responsible for making sure our children develop a healthy conscience, and setting a good example is the best teacher.

a screen in front of them to keep them occupied, so we can get back to our important work.

By the time children start school, science has become a dreaded subject that seems unrelated to their existence. Art has become something they cannot do, are not good at, or are not supposed to like because of their gender. They have learned to doubt or mistrust the artist and scientist within. Then we entice them with contests and trophies to get them enthusiastic about things for which they had a natural affinity.

How ironic that our children, as living experiments moving around in a veritable natural laboratory with science constantly going on inside and around them, are convinced science is something that is only relevant to people called scientists. How unfortunate that they become inhibited by the social definitions of art and the evaluative process, considering themselves unqualified to create a masterpiece on their life's canvas, assuming someone called an artist can do it better.

In our efforts to arbitrarily assign monetary value, we have treated art and science as mutually exclusive rather than inextricably connected. There is the anatomy, chemistry, and physics of visual art. The physics of musical sound. The anatomy of singing. The psychology of literature and theatre.

There is no inherent value of one over the other. Each is enhanced by an understanding of and appreciation for the other. Together they make us the unique creatures we are. Together they allow us, unlike any other creature on Earth, to understand, create, and assign meaning to our existence.

There is a science that is es-

sential and prerequisite to the practice of any other science or art — conscience. Just as biology is the knowledge of living things, conscience is the knowledge of the difference between right and wrong. The dictionary defines conscience as knowledge of one's guilt. I prefer to think of conscience as recognizing the implications of one's choices. Conscience should not just kick in after a poor choice has been made. A healthy conscience is proactive and serves as a guide when faced with challenging decisions.

Like all sciences, conscience is learned. It is learned by our children at our knees and elbows, in the back seats of our vehicles, and in our homes. It is learned by observing as well as listening because "while they may not listen to everything we say, they are watching everything we do." They are taking note of whether the actions match the words. Conscience reminds us that just because we can do something, doesn't mean we should.

As parents, we are responsible for making sure our children develop a healthy conscience, and setting a good example is the best teacher. When our children witness us using our perceptive skills and demonstrating empathy toward others in our decision-making and actions, they learn how to exercise conscience. When we express appreciation for their conscientious choices and institute related, reasonable consequences for their failures to do so, we help strengthen their conscience.

Jiminy Cricket told Pinocchio, "Conscience is that still small voice that people won't listen to." We must make sure our children not only hear and recognize that still small voice, but that they listen to it. Practicing conscience in art and science, in life, significantly increases the likelihood that our children will make worthwhile contributions to the world as they seek to fulfill their potential.

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

WESTCHESTER
RIDGE HILL

LEGO
LEGOLAND
DISCOVERY CENTER

THE
ULTIMATE
INDOOR
LEGO®
EXPERIENCE

RIDES
PLAY
BUILD
LEARN
FUN

\$10.00 OFF

Promo Code: 161051 • Expires: 6/30/17

*Offer valid for \$10 off, up to five (5) tickets at LEGOLAND® Discovery Center Westchester. May not be combined with any other discounts, coupons, or offers. Not valid on birthday parties, group or school trips. Original coupon must be presented at the time of purchase. All children must be accompanied by an adult. Adults may only visit with a child, or on select Adult Evenings. Duplication or sale of this offer is prohibited. No cash value. Not redeemable for cash or credit. LEGO, the LEGO logo, the minifigure and the brick and knob configuration are trademarks of The LEGO Group. © 2016 The LEGO Group. Used with permission. All rights reserved.

LEGOLANDDiscoveryCenter.com/Westchester
866.243.0770 • 39 Fitzgerald Street, Yonkers, NY 10710

f t g+ YouTube Instagram Meetup p

Teaching children about mindful eating

A therapist's new book offers help for families struggling with weight issues

BY ALLISON PLITT

Do you have a child with a weight problem and wish you could do something to help him? Are you upset watching your child deal with this difficult problem alone and feel you have failed him as a parent? Psychotherapist Dr. Michelle Maidenberg has written just the book to assist you with this dilemma — “Free Your Child from Overeating: 53 Mind-Body Strategies for Lifelong Health.”

As of 2010, more than one-third of the children and adolescents in this country were overweight or obese. It is a serious national health issue, since overweight or obese children are 10 times more likely to become overweight or obese adults. And food manufacturers know how to lure kids to eat unhealthy food; kids are now eating five to six times more sugar than the three teaspoons a day recommended by the American Heart Association.

Mindful eating

The book, written for children 10 to 18 years old, is broken down into three parts. In the first part of the book, Maidenberg introduces the concept of “mindful eating” to kids. She explains, “One popular definition of mindfulness is paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.”

She suggests parents talk to their child about mindful eating, as



Dr. Michelle Maidenberg.

opposed to mindlessly eating a bag of potato chips in front of the television. Maidenberg wants the child to experience and savor the food's flavor, and share his thoughts and feelings with his parents. Mindfulness stops impulsive behavior, and lets parents help their child navigate his emotions.

The child is asked to write in the book about his mindful-eating experience. Then, he should assess his values in life, such as family, friendship, compassion, and integrity. Once a child establishes his core beliefs, he can begin to formulate an idea about how he is going to change his lifestyle to eat more nutritiously and exercise.

This book is not about dieting,

because, “Diets don't work,” says Maidenberg, “Ninety-five percent of dieters regain their lost weight in one to five years ... Encouraging dieting can undermine parents' intent and actually contribute to an increased risk of obesity.”

Instead, she advocates “a consistent practice of healthy eating and exercise [that] will making long-term, incremental changes. The goal for any child is to promote diet-free living and mindful eating with all foods eaten in moderation.”

Working together

The second part of the book details how the family can collaboratively work together to help the overweight child and even themselves. Most often, an overweight child usually has an overweight parent, so the author has the parents write about their behavior and attitude towards food. Even if the family has another child without a weight problem, Maidenberg advises treating both children the same in regards to mealtimes and eating.

The more frequently parents made comments to their children about their weight, the more negatively the children felt about their bodies. Family members should never tease their child about being overweight, nor should they weigh their child or bribe him to lose weight.

In addition to buying healthier foods, parents may decide not to buy “trigger foods” that cause their

child to overeat. If parents do choose to bring trigger foods into the home, they should not have them easily accessible in the kitchen.

Research shows that when the family attempts weight loss and healthier lifestyles together, children are more successful at losing weight. When families eat meals together, kids tend to eat healthier and are less likely to be overweight.

Parents shouldn't label food as "junk" or "bad" food. Sometimes the overweight child will steal or hide food to avoid being seen eating it. If there is shame associated with eating a specific food, it is more likely the child will try not to be seen eating it, and may overdo it.

Besides following a healthier eating plan, children should adopt an exercise routine. Many studies have found a direct correlation between screen time and kids being overweight and obese.

Family meals should be screen-free and family members should commit to no more than two hours of screen time per day. Studies have also shown that exercise has numerous benefits. For example, it enhances academic performance, improves mood, promotes better sleep, and increases energy.

If you never discuss your child's weight problem, you could be seen as ignoring it, even though you may be thinking about it. And one study showed that how you talk about it matters. According to the study, if parents engage in weight-related conversations, those children were more likely to diet, use unhealthy weight-control measures, and binge eat. But, when the parents discussed healthful eating behaviors, the adolescents were less likely to diet and use unhealthy weight-control behaviors.

"Gives parents and teens all the tools they will need to succeed."
—MARCIE G. FOX, PhD, licensed psychologist and coauthor of *Think Confident, Be Confident for Teens*

FREE A Handbook for Helping Kids and Teens YOUR CHILD from **OVEREATING**

53 Mind-Body Strategies for Lifelong Health



MICHELLE P. MAIDENBERG, PhD, MPH, LCSW-R

Sticking to it

Teenagers are at the age where they want to be independent, but they actually need parental support more than ever because of their "raging hormones and impulsive behavior," the author says. The last part of the book discusses how parents can help their child if they slip by bingeing. Kids can have self-defeating thoughts, and parents can talk them through these ideas, so they can resume their improved lifestyles.

Teenagers should learn that no one is perfect. And if they binge, they should try to get back on track as soon as possible.

"Every slip is a learning oppor-

tunity and enhances your child's self-awareness and ability to problem solve. [He] is practicing working through challenging situations to get back to her values of healthful living," Maidenberg writes. The author leaves space in the book for when a child makes a mistake, he can write down his thoughts and feelings, and how he intends to resolve the dilemma.

The family must support the child and his needs — whether it means calling a restaurant ahead of time to find out the menu or accompanying their child on a walk around the neighborhood. These teenag-

Research shows that when the family attempts weight loss and healthier lifestyles together, children are more successful at losing weight.

ers should also learn to assert themselves in restaurants or other situations when they need to ask for healthier food alternatives.

Parents are encouraged to use empowering words when discussing their child's health, such as "fit," "strong," and "active." Parents should encourage their children to love their bodies regardless of their weight, as humans are all different shapes and sizes. Parents should also stand up for their child if they are being bullied at school because of their weight.

"The prevalence of weight discrimination has significantly increased in recent decades and is comparable to the rates of racial discrimination. Weight is the main reason for teasing and bullying at school," Maidenberg writes. Children should have access to healthful foods at school and should also receive some type of nutritional education.

The most important lesson of all is for children to learn that hard work provides positive feedback.

"The person who sticks it out — who decides to stay with it despite any setbacks, frustrations, and disappointments — is left feeling confident and proud, recognizing that the result is worth all the effort!" Maidenberg concludes.

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

Private/Independent School Guide

Education Choices

DIRECTORY

Highbridge Advisory Council Family Services

Seven Locations
718-992-1321, www.HACFS.org

HAC offers quality early childhood education for children between the ages of 6 weeks through 4 years of age. Through the use of High Scope and Creative Curriculums, we offer a variety of subjects such as Literacy, Math, Science, and Nutrition.

All programs are licensed by the NYC Department of Health and Mental Hygiene. In collaboration with NYS Dept. of Education, NYC Dept. of Education & NYC Administration of Children's Services, we provide year round early education, through our Family Childcare, Early Childhood centers, Universal Pre-kindergarten Head Start and our Pre-School Special Education Program.

HAC programs are nationally accredited by NAEYC (National Association for the Education of Young Children) and NYS Quality Stars.

Parents will be happy to know that HAC sites are certified to administer medication.

The Rosalyn Yalow Charter School

116 East 169th Street
929-249-2569
www.yalowcharter.org

A K-8 grade school in District 9 of the Bronx, that honors Nobel Laureate Rosalyn S. Yalow (1921-2011), a physicist and the second American woman to win the Nobel Prize in Medicine (1977). Dr. Yalow was a lifelong Bronx resident, raising two children in the borough.

The goal is to eliminate the learning achievement gap for economically disadvantaged urban children—including special needs students and English language learners—by using engaging and demanding education; a team teaching model, linking an experienced teacher with a licensed social worker in grades K-2 and with a teaching fellow in later grades; rich extracurricular activities (fencing, arts, chess) to educate the whole child; and family support counseling—all in order to graduate our students at or above grade level in literacy and math.

Our hope is that Dr. Yalow's legacy will inspire a new generation of Bronx children to work hard at their education and strive for success.

St. Brendan School

268 E. 207th St.
718-653-2292
www.stbrendanschoolbronx.org

For more than 100 years, St. Brendan School has been a neighborhood fixture, providing a quality Catholic education to its students in grades Pre-K through 8th. Our school strives to educate the spirit and develop the intellect in an environment that emphasizes Christian values and creates an atmosphere fostering responsibility and requires courtesy.

At our school you can be assured your child will receive a strong academic education in structured surroundings. Self-discipline, responsibility and self-motivation are among the benefits of our school's program. Teaching the whole child is a priority. And we offer an exemplary academic curriculum supplemented with visual arts instruction, weekly music lessons through a partnership with Education Through Music, physical education and technology classes. To best serve our families, we provide an early drop off, breakfast program and after care services until 6:00pm. Additionally, scholarships are available for qualified families so that an exceptional education at St. Brendan's is possible for all!

St. Simon Stock

2195 Valentine Avenue, Bronx
718-367-0453
www.stsimonstockschool.org

Founded in 1928, St. Simon Stock is a Catholic School dedicated to preparing students from UPK to 8th grade for a successful and fulfilling future in academic excellence. Our school offers a safe, nurturing learning environment that strives to empower students to achieve all they can in the light of God's message of love and service, through a quality curriculum and moral standards. Your child will receive an education that prepares him/her to succeed as a responsible global citizen.

Currently undergoing a renaissance, St. Simon Stock School is once again

Continued on page 16

NYParenting.com



The Rosalyn Yalow Charter School
A MODERN CLASSIC GRADE SCHOOL

First Grade Seats Available
for the 2015-16 School year

APPLY TODAY

yalowcharter.org/apply
116 East 169th St. Bronx, NY
929-24-Yalow or 929-249-2569



**St. Thomas Aquinas
Elementary School**

1909 Daly Avenue, Bronx, NY 10460
718-893-7600

"Founded in Faith, Growing with Confidence"

St. Thomas Aquinas School is proud to announce the addition of FREE Full Day Universal Pre-Kindergarten for the 2016-2017 school year! Our school is also a proud participant in the new Blended Learning Initiative bringing advanced technology and instructional innovation into the classroom resulting in higher test scores and increased subject comprehension.



All St. Thomas Aquinas students enjoy the benefits of:

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

Apply today to become part of an expanding St. Thomas Aquinas School community. Registration is open and our admissions are limited! Contact the school directly at 718-893-7600 to arrange a tour.

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

HAC Family Services Inc.



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

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

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

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

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

Bridging the Gap to Education & Success

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

Nearly a half a century of service to the Bronx

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

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

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



BRONX/RIVERDALE
Family
Where Every Child Matters

August 2016
FREE

PARENTS
MEDIA ASSOCIATION
2016 GOLD
Award Winner
Child cover &
parenting

*It's still
summer!*
Plan it all with our calendar

**Preparing for
Kindergarten**

**Teaching your
children about
mindful eating**

**A fun social
media detox**

Find us online at www.NYParenting.com

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

Check us out!

NYParenting.com

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

Education Choices

DIRECTORY

Continued from page 14

becoming a powerful force in educating the Bronx. We have increased instructional time and technology along with implementing unique enrichment and community service programs to spark your child's curiosity and assist in creating positive change in the world. Scholarships are available for qualifying families.

St. Theresa School

**2872 St. Theresa Ave.
718-792-3688**

www.sttheresaschoolbronx.org

Children who pass through our doors are eager to learn and are challenged by a stimulating academic, social and athletic curriculum infused with Catholic values. The program reflects an integrated learning experience for Pre-Kindergarten three-year-olds, Universal Pre-Kindergarten four-year-olds, Kindergarteners and students in grades one through eight. Teachers, administrators, aides and other professionals impart their knowledge and extensive experience with enthusiasm and a truly caring respect for the children in their charge. Providing before and after school programs, breakfast and lunch, a children's choir, art, music, Italian language studies, computer classes, physical education and an accelerated mathematics program. We also offer a wide variety of after school activities. St. Theresa's offers children a place to grow and blossom with discipline and guidance.

St. Thomas Aquinas School

1909 Daly Ave., Bronx 10460

718-893-7600

Was founded by Mother Butler and the Religious of the Sacred Heart of Mary in 1907. Over these years the school has been a mainstay in the neighborhood. It continues to provide a Roman Catholic curriculum and a quality education addressing the changing needs of the student population. Catholic values are infused in every aspect of their students' educational experience. The faculty and staff are dedicated to providing a safe and nurturing environment for all. St. Thomas Aquinas school is committed to the mission of Catholic education.

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

Thornton Donovan School

**100 Overlook Circle, New Rochelle
914-632-8836
www.td.edu**

Westchester's only "Little Red Schoolhouse" was founded in 1901. The school has approximately 170 academically talented students.

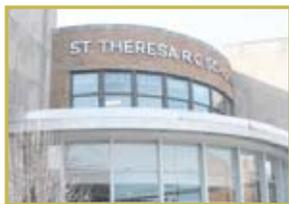
As an independent co-ed K-12 school, T-D specializes in international education, with dozens of sister schools around the world. T-D is AdvancED accredited and has been recognized for its support of students with high academic potential by Johns Hopkins University Center for Talented Youth. Our school is individually focused and globally engaged.

**Digital
CAMP GUIDE
2016**

Check it out on nyparenting.com

ST. THERESA SCHOOL

*Gives Your Child A Step Ahead
With A Solid Academic Foundation, Catholic Values And
A Warm, Caring Learning Environment*



Experience the facilities and learn about the activities enjoyed by all our children...

- Before and After-School Programs
- Breakfast Program
- Lunch Program
- Children's Choir
- Accelerated Mathematics Program
- Basketball and Cheerleading
- Active & Devoted Home/School Association
- Italian language studies
- Boy and Girl Scout troops
- Updated Computer Lab
- Smartboards in every classroom
- Physical Education—huge gym
- On-staff School Nurse
- Title I services

CONTACT US FOR MORE INFORMATION

ST. THERESA ELEMENTARY SCHOOL

2872 St. Theresa Ave., Bronx, New York 10461
Telephonenumber **718-792-3688**

visit our website at www.sttheresaschoolbronx.org
Father Thomas Derivan, **PASTOR** Mrs. Josephine Fanelli, **PRINCIPAL**



St. Brendan School

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

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



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

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

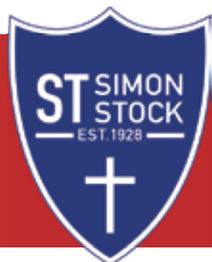


Call 718-653-2292 to arrange a tour or visit our website at www.stbrendanschoolbronx.org



Make a positive choice for your child's future!

"St. Brendan School, where children shine!"



Inspiring Responsible Citizenship in the Catholic Tradition

We have availability for our UPK and Kindergarten programs. Act now, so that you can secure a seat for this September's UPK or Kindergarten classes. There are significant scholarships available to qualified families. We also have some availability for other grade levels as well. Thank you for considering St. Simon Stock School.

Apply now for UPK at: nyc.gov/prek, select program code: **XAEN**.

Apply now for Kindergarten at: Applycatholicschoolsny.org, select St. Simon Stock School or by phone at 646-794-2885.

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



Ciudadanía Responsable inspiradora en la Tradición Católica

Tenemos disponibilidad para nuestros programas UPK y Kindergarten . Actuar ahora , por lo que se puede asegurar un asiento para las clases de jardín de infancia o UPK de este mes de septiembre . Hay becas disponibles para familias importantes cualificados .

También tenemos cierta disponibilidad para otros niveles de grado también. Gracias por considerar a San Simón Stock escuela ti.

Aplicar ahora para UPK en: nyc.gov/prek, seleccione el código del programa : **XAEN** .

Aplicar ahora para Kinder en: Applycatholicschoolsny.org , seleccione San Simón Stock escuela o por teléfono al 646-794-2885.

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



St. Simon Stock School

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

Escuela San Simón Stock



HEALTHY LIVING

DANIELLE SULLIVAN

The power of water

Water is essential for life. Whether inside or outside of the body, water heals. We all know it and most of us strive to drink more, but did you know about all of the therapeutic and restorative things that water can do for a body?

A year ago, my dog was diagnosed with acute pancreatitis. She could not move, would not eat, and when we took her to the emergency vet, they were straight with us: many dogs with her levels of pancreatitis do not survive. They told us they would start an intravenous drip immediately, and we should pray.

After two days, we visited her. Still attached to her tube, she was spunky, renewed, and thriving, even while still quite ill. She was given pain meds but no additional specific medication other than fluids. This was the first time I was awed by the power of water.

Around the same time, my daughter was diagnosed with postural orthostatic tachycardia syndrome, which affects every system of the body. One of the most important treatments is to drink large amounts of water to keep the blood volume up. When the body is not super hydrated, patients suffer blood pressure issues, heart racing, and are likely to pass out and suffer a host of other symptoms. It's an extreme example, but, on a lower level, we all exhibit symptoms if not properly hydrated.

Drinking water, especially in the dog days of summer, is essential for children, teens, and adults. There is a reason why people grab some cold water for any person who isn't feeling well. Water can prevent and cure many ailments:

Cellular level: Keeping hydrated is vital, because nearly every cell in the body needs water to function properly. Being dehydrated causes the heart to pump harder and places a stress on every organ in your body.

Hunger: Experts say that if you have already eaten something, but find yourself feeling hungry, nine out of 10 times you are mildly dehydrated.

Mental clarity: According to a study published in the Journal of Nu-

trition, being even mildly dehydrated (defined as one to two percent below optimal levels) can affect mood, cognitive function, and ability to think.

Prevention: By simply upping your water intake, you may be able to stave off migraines, headaches, bloating, and constipation. So instead of reaching for over-the-counter relief when these ailments pop up, drink plenty of water to prevent them before they occur.

Detoxify: Water is the best way to flush toxins out of your body. Even if you simply consume too much sugar or salt, by drinking water, you will help bring your body to a healthy equilibrium. Water also helps relieve the bloating from premenstrual syndrome.

The Institute of Medicine advises that an adequate water intake for men is roughly 13 cups a day, while for women is about nine cups daily. Keep in mind that is for a typical day. Factors such as exercise, health conditions, weather, pregnancy, and breastfeeding will require you to increase your daily amount. (It is possible to drink too much water, which can di-

lute electrolytes to a damaging level, but this is rare. You would need to consume gallons at a time.)

A good sign that you are drinking enough is if your urine is clear-colored. The darker the urine, the more the need for hydration. In children, you can ward off a urinary infection by upping their water consumption if you notice dark urine. Prolonged dark urine may be a sign that your kidneys are not getting enough water to properly filter out toxins.

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.



Saving People Money Since 1936

**... that's before there
were shopping carts.**

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO[®]



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Choose conventional or grass-fed beef?

In spite of today's high beef prices, some families are opting to pay even more for grass-fed beef. They believe it's tastier and more nutritious than conventional grain-fed beef. Are they onto something?

First, some beefy definitions:

Conventional beef. Cattle that spend the majority of their lives grazing on grassy pastures. They are then "finished" for the last three to nearly 12 months on a primarily grain-based diet that may include corn, soybeans, roughage, and nutritional supplements. The animals are often given antibiotics and hormones.

Grass-fed beef. These cattle eat grass and forage from the pasture until they are harvested. Until January of this year, the Department of Agriculture formally defined this method of feeding. "Grass-fed" beef can still be found in the meat case, but there is no legal definition of this term. Instead, look for private bodies that certify beef as having been raised on grass. These include American Grassfed, Food Alliance, and Animal Welfare Approved, which also look at the confinement of animals, environmental stewardship, and use of hormones and antibiotics.

Better nutrition?

Proponents of grass-fed beef point to its superior nutritional profile. For example, a serving of grass-fed beef provides roughly two fewer grams



of total fat and one more gram of protein.

One widely heralded claim is that it provides a greater amount of omega-3 fatty acids.

It is true the grass-fed contains double the omega-3s, but the overall amount is very small. Conventional beef contains 0.02 gram omega-3s per 3½ ounces, compared to 0.05 gram per 3½ ounces. If you want omega-3s, go for fatty fish and omega-3 eggs.

The undisputed benefits of grass-fed, pasture-raised beef include the long-term sustainability of animal

farming and the ways the animals are cared for.

Two more labels you may encounter at the meat counter:

Naturally raised beef. This is a Department of Agriculture certification that the meat is harvested from cattle raised completely free from growth hormones, antibiotics, or animal by-products. This could be either grain- or grass-fed. By contrast, "natural" beef can come from cattle raised on a feedlot, fed genetically modified grain or grain grown with pesticides, or given antibiotics or hormones.

Grass-fed organic beef. This meat comes from cattle fed on only 100 percent organic grass and forage. These cattle are never given antibiotics or hormones. Consumers Union recommends this whenever possible.

If grass-fed or other premium beef is not in your budget, watch the portion size and select extra lean cuts of conventional beef.

Christine Palumbo is a registered dietitian nutritionist in Naperville, Ill. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.

Southwest chicken dip

Prep: 10 mins. Cook: 25 mins

Yield: 10 half-cup servings

INGREDIENTS:

1 1/2 cup Stonyfield Whole Milk Plain Greek Yogurt

1 8 oz. package Neufchatel or cream cheese (softened)

1 cup salsa

1 tsp. chili powder

2 cups chicken breast (cooked and

shredded)

1/2 cup black beans (drained and rinsed)

1/2 cup corn

1 cup shredded Mexican blend cheese

Garnish: sliced scallions, shredded cheese, beans, and corn

DIRECTIONS: Preheat oven to 375-degrees Fahrenheit. Mix all of the ingredients together in a large bowl until incorporated. Transfer the mixture to a baking dish or cast-

iron skillet and bake in the oven for 20–25 minutes until bubbly. Remove from oven and garnish with scallions, shredded cheese, beans, and corn.

Serve with celery sticks, carrot sticks, pita chips, and/or crackers.

NUTRITION FACTS (without garnish): 190 calories, 8 g carbohydrate (4 g sugars), 16 g protein, 11 g fat (6 g saturated), 1 g fiber, 330 mg sodium, 8% DV vitamin A, 2% DV vitamin C, 15% DV calcium, 4% iron.

Used with permission from Stonyfield.com.

WE LOVE TO SURPRISE YOU
FUERZA BRUTA

**FINAL PERFORMANCE
 AUG 28TH**

DARYL ROTH THEATRE
 101 EAST 15TH STREET - AT UNION SQUARE

ticketmaster 1-800-745-3000

FUERZABRUTAGLOBAL.COM
 #FUERZABRUTANYC

A Hilarious Night of Laundry, Laughs and Liquor!

ONE FUNNY MOTHER

"Rib-ticklin, laugh-a-minute...priceless"
 -Time Square Chronicles

"Freeing and Entirely Fabulous"
 -NY Theatre Guide

The perfect "Girls Night Out" or "Date Night" for anyone who IS a Mom, HAS a Mom or is MARRIED to a Mom!

OneFunnyMother.com **NY** Telecharge.com 212-239-6200
 New World Stages, 340 W 50th St.

Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

Gazillion Bubble Show

"INGENIOUS BUBBLE WIZARDRY."
 -THE NEW YORKER

10th INCREDIBUBBLE YEAR!

Telecharge.com or **212.239.6200**
 For groups or birthdays call **866.642.9849**
NY New World Stages 340 W 50th St.

GazillionBubbleShow.com

Coming up Rosie

O'Donnell's program gives theater-loving kids a brighter future

BY TAMMY SCILEPPI

Sparking lifelong appreciation for the arts with classes in dance, singing, and acting, Rosie's Theater Kids — created by actor-comedian Rosie O'Donnell — provides city youngsters with creative opportunities. Its fun, triple-threat approach to learning has shaped the lives of 60,000 boys and girls since the organization's start back in 2003. And now, two childhood friends from Hell's Kitchen are celebrating the scholarships recently awarded to them by Rosie's Theater Kids, which has given them thousands more reasons to sing and dance for joy.

The color yellow

At one time, funny, big-hearted O'Donnell was considered brash and controversial. But since she left her talk show, she has been leading a quieter life and doing "ordinary" things, like raising her children and posting family stuff on her Facebook page. And her two loves — kids and theater — seem to be keeping the busy mom out of trouble.

Every kid has a dream, and parents like O'Donnell understand that if that dream isn't channeled properly, and if it isn't nurtured and celebrated, chances are, it will eventually fade to gray.

So, when she launched Rosie's Theater Kids, offering performing-arts classes as well as free Broadway shows to fourth graders attending PS 51 — located near the city's theater district and filled with many students whose families can't afford tickets to the shows, the kids' lives were changed forever. O'Donnell realized the irony in the situation and said it was, "Like living in Hawaii, and never having access to the beach."

The comedian's favorite color is sunshine yellow, which she prefers to the limelight. In her book, "Celebrity Detox," she writes, "Fame stole my yellow. Yellow is the color you get when you're real and brutally honest. Yellow is with my kids ... The bundle of bright yellow warm-



Photo by Rosalee O'Connor

Rosie O'Donnell (with Broadway star Kristin Chenoweth) loves the theater.

ing my core, formerly frozen and uninhabitable ... They got yellow from me, and I felt yellow giving it to them, and it was all good ... So, why am I leaving my show? It took my yellow. I wanted it back. Without it, I can't live. The gray kills me."

So, when she dreamt up the coolest kids' theater program in town while sitting at her kitchen table, you can bet she had probably imagined a warm yellow. Sharing Broadway and the performing arts with local kids became her calling. Like many of her program's students, O'Donnell came from humble beginnings and knew what it was like to have that burning-in-your-belly desire to become something more. Her mother, who died when O'Donnell was 10, introduced her to the theater. And her beloved former teacher, Pat Marvel, helped her heal and find her voice, so O'Donnell named the program's home on Manhattan's West 45th Street the Marvel Arts Center in her memory.

Well-rounded kids rule

In the old days, to get into show biz you had to know how to carry a tune, dance (and tap dance) your heart out, take elocution lessons, and learn how to project your voice to the audience. But most of all, you had to have personality and a winning smile.

All of the above still holds true today. Tomorrow's rising stars are expected to train hard and aim high for their personal best and to strive for excellence, especially if they're chosen as Rosie's Theater Kids, where the code word is achievement — not only in the performing arts, but in school as well.

The staff and industry professionals are there to help students develop and hone their creative talents, but the programs take learning a step further, with life-prepping guidance along the way.

After all, the road to stardom can get rocky, and finding your inner Hamilton or Nicki Minaj doesn't come easy for anyone.

In a challenging, sometimes cut-throat world, a hefty dose of self-esteem and confidence-boosting makes all the difference, and all kids and teens benefit from knowing that the people around them believe in them and support their chosen path.

That's especially true for Rosie's Theater Kids, who deal with difficult challenges. Some have grown up in the housing developments or have families impacted by crime.

A triple threat

Rosie's one-of-a-kind programs focus on academics, nutrition, and art, and the staff works hard to provide an exciting, well-rounded theater education.

Last year, Rosie's Theater Kids' ACTE II Program received the National Arts and Humanities Youth Program Award, the nation's highest honor for out-of-school arts and humanities youth programs. Performing to loud applause for First Lady Michelle Obama at the White House, 12 students accepted this honor.

In 2014, the program was awarded a \$500,000 grant to establish the SAM Scholarship for Scholastic and Artistic Merit, an ongoing scholarship program that provides graduates with full scholarships of gap funding (the amount of money that is owed once scholarships, grants, and parent contributions are accounted for) to the college of their choice. Whatever is left (generally loan



Karen Herrera and Kathy Gaweda celebrate their scholarship wins thanks to Rosie's Theater Kids.

amounts) need not be taken, and the scholarship will pay for that. The funds will be used to cover tuition, room and board, books, and other necessary items that come with the cost of higher education.

Kathy and Karen win big

For the first time in Rosie's Theater Kids' history, two city students were selected to receive this scholarship. When Katarzyna (Kathy) Gaweda, 16, garnered a much-deserved \$100,000 scholarship from Rosie's Theater Kids, she said she couldn't imagine a greater feeling — until her best friend, Karen Herrera, also 16, was called up moments later to accept a \$50,000 scholarship at the annual spring benefit.

Both girls are former PS 51 students. Kathy and Karen were introduced to the program during a school visit in the fourth grade.

"I was so incredibly excited. I started crying out of happiness, and when Karen's name was announced, the tears just kept coming," said Kathy, the daughter of Polish immigrants. "We've shared experiences since first grade and to be able to share such a life-changing experi-

ence is something I will never forget. When I got home and told my mom, she was super excited as well. We cried happy tears together."

Kathy, who attends the Professional Performing Arts School in Manhattan, as a musical theater major, said she is looking at small liberal arts colleges not too far from New York so she can stay close to her parents. Her top choices are probably Brown and Vassar.

"We're going to start applying in the fall, so we can get teacher recommendations and write our essays. Rosie's helps the seniors so much with the college application process, which is a huge comfort to us and to our parents," she said.

Thanks to Rosie's Theater Kids and their scholarships, both girls have applied to colleges they would never have even dreamed of applying to before.

"Rosie's is one of the most accepting and loving communities I've ever been a part of. Every member of the staff genuinely cares so much for each student and the students are always there for each other. As the students get older, they became caring for and helping the youngest students," Kathy said. "During my first

gala with Rosie's, I realized that I had so much fun when I was performing that from then on it held a special place in my heart."

Although her interests include photography, writing, humanities, and women's studies, Kathy plans on entering freshman year with an open mind, taking whatever classes interest her, then choosing an academic path later on.

Like many New Yorkers, she needs her culture fix every now and then.

"I recently saw 'Dear Evan Hansen' at Second Stage Theatre and it was absolutely incredible! I loved the music and the story so much, and since it's moving to Broadway, I'm hoping to see it again. I'm also desperate to see 'Hamilton' (but who isn't?), as well as 'Waitress' and 'The Color Purple,'" she said.

As the daughter of two Mexican immigrants, Karen also grew up in modest circumstances. She attributes her strong work ethic to her mother, a home keeper, and her father, a bike messenger. And she credits her sister Kiara, who is deaf, as one of the reasons she has such appreciation for musical theater.

"I honestly had no idea I was going to win. It's not that I doubted my

abilities to win it, but it's because everyone in my class is so deserving," said Karen. "It's truly an honor to win such an amazing scholarship."

Karen said her mom was waiting by the door when she told her she had won \$50,000. They hugged and started tearing up. She then told her dad, and they both hugged her.

"My younger sister started yelling in excitement," she recalled. "I had never seen my family so happy, but something that I will never forget from that night is when my dad told me, 'Karen, this is the best gift I have ever received in my 46 years of life.'"

Karen has been looking at New York colleges, like State University of New York Purchase and others. She hasn't started applying yet, because she just finished her junior year at Talent Unlimited High School, but may major in communications or look into bachelor of fine arts programs in acting.

Karen enjoys the theater scene and said she recently saw the plays "The Humans" and "The Father" on Broadway, and performances by the Jessica Lang Dance Company and SteeleDance Company.

"I've really been wanting to see 'Dear Evan Hansen,' 'The Curious Incident of the Dog in the Night-Time,' 'Fiddler on the Roof,' 'The Color Purple,' and of course, 'Hamilton,' which is on everyone's must-see list."

Earlier this year, she saw Deaf West's production of "Spring Awakening," and recalled being brought to tears as the songs came to life through American Sign Language.

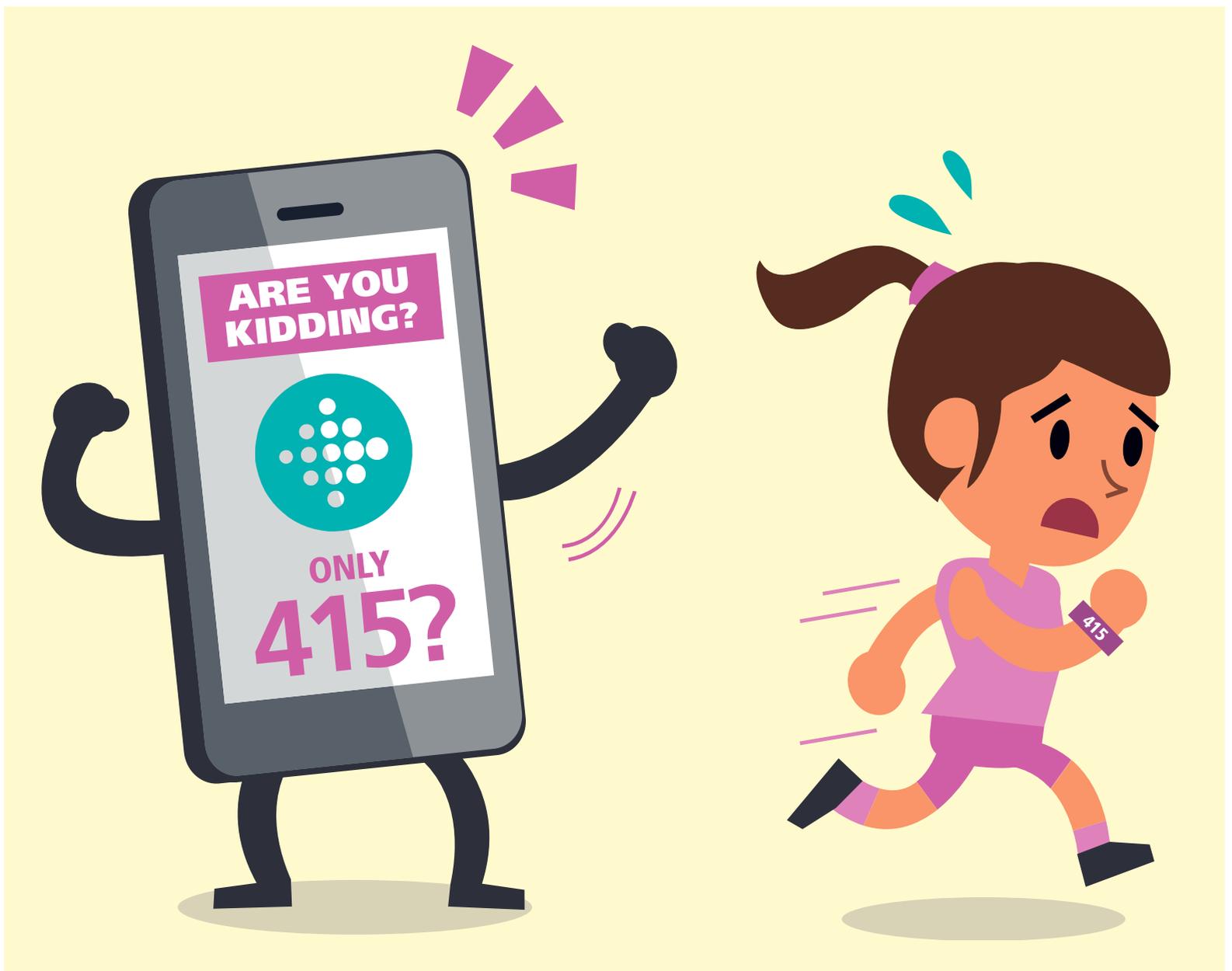
Her fave theater actors, singers, and dancers include Jonathan Groff, Frank Langella, Misty Copeland, Lin-Manuel Miranda, Beth Malone, Audra McDonald, and so many others.

Rosie's Theater Kids has lifted the curtain on an exciting world of possibilities for Karen.

"[It] has changed my life completely," she said. "Without this program, I would have no idea what I would be doing now. I am truly grateful for the investments made in me and will forever be thankful to be a part of such an amazing program that gives children the opportunities to succeed and excel in life."

For more, visit www.rosiestheaterkids.org.

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



Fitbit to be tied

A device that tracks all my fitness activity? No thanks!

BY LISA A. BEACH

Tapping into the latest trend, my well-intentioned husband recently bought me a Fitbit, one of those omnipotent fitness-tracker wristbands that works with your smartphone. The Fitbit monitors your every move (literally) with a built-in navigation system and loads of features, mak-

ing it a top-seller that (supposedly) fits every lifestyle.

That is, every lifestyle but mine.

I practically hung my head in ungrateful shame as I returned his gift, because isn't it all about the thought that counts? What does this say about me if I returned a gift, not because it didn't fit or it is the wrong color, but because I just didn't like it?

What kind of monster am I?

And yet, I was ready to be branded with a scarlet letter as I returned my Fitbit to Sports Authority (that my husband scored at a 20 percent discount, no less!). I'm probably the only person in the world who's jumping off the Fitbit bandwagon.

Why?

For starters, I'm just not into

To get the most out of my Fitbit, I need to wear it all the time, even when I'm sleeping, shackling me like an I'm-on-house-arrest ankle bracelet. Who needs that judgment all day long?

exercise. I mean, I occasionally walk and do yoga, but only because I know I should. And I've given up trying to master the "Dance Off the Inches Hip Hop Party" DVD I bought a few years ago, foolishly thinking I could do complex choreography "so simple anyone can do it." Well, thanks for making me feel like an idiot, girl-on-the-cover-with-rock-hard-abs. When Fit Blonde Girl instructs her hip-hop wannabees to "pop it," the only thing that pops (and cracks) is my arthritic hip.

And I do try to incorporate movement into my daily life. I kick butt in word games, throw a fit when my teen mouths off to me, run daily errands, jump to conclusions, and dance around uncomfortable conversations. These activities don't really burn many calories, but, at least I'm not totally sedentary.

But the fitness tracker is a little too Big Brother for me, with my every movement being monitored 24-seven. To get the most out of my Fitbit, I need to wear it all the time, even when I'm sleeping, shackling me like an I'm-on-house-arrest ankle bracelet. It just dangles on my wrist all day, recording every arm swing as I walk or reach for another glass of wine. Who needs that judgment all day long?

I feel like I should be wowed by this "wonder product" chock-full of features that track not only your exercise, but also your sleep patterns, your water consumption, your calories, and your heart rate.

High-tech features for a low-tech girl:

- I don't need a Fitbit to monitor my water intake. When I can feel the cotton in my mouth, I know it's time to take a drink.

- I don't need a Fitbit to tell me I was restless 35 times last night. I looked at the clock 14 times during the night, feel exhausted in the morning, and can see the dark circles under my eyes, so I'm well aware I had a crappy night's sleep.

- I don't need a device that's waterproof up to 10 meters, given my penchant for never going scuba diving.

- I don't need a Fitbit to vibrate every hour to tell me I've been inactive for too long. When I feel my derriere going numb from sitting at the computer too long, I know it's time to get moving.

And then there's the whole guilt factor. On days when I think I've been fairly active, I check my Fitbit only to discover that I racked up an unimpressive 415 steps today, and it's already 3 pm. This sets off a mini-rage, as I yell at my wrist monitor, "Why are you silently judging me? Who are you to tell me I'm below my goal today?"

On top of all this, I'm always just a few steps behind what's trending.

Case in point — "Breaking Bad" was three seasons old before I even heard about it. And I just read a fashion article that pantyhose are coming back in, which made me wonder, when were they out? So it feels a bit premature for me to jump on the Fitbit bandwagon just yet.

I'm also not what marketing experts would call an "early adopter." I don't upgrade my cell-phone every year. I have zero desire for an Apple Watch. I don't want a drone.

And, after great resistance, I finally forced myself to get on Twitter now that it's almost 10 years old. I'm always late to the trend party by choice.

Now, if my husband can find me a Witbit to monitor my sarcasm, I'd be all over that. But a Fitbit? Thanks, but I'm good.

Lisa Beach is a freelance writer, blogger, humorist, and recovering homeschool mom who lived to write about it. Check out her writer's website at www.LisaBeachWrites.com and visit www.TweeniorMoments.com, Beach's humor blog about mid-life, family, friends, and all the baggage that goes with it.

THAT PHYSICS SHOW

FAMILY FUN FOR ALL AGES!!

at the ELEKTRA THEATER
866-811-4111 | 300 W 43rd ST
for GROUPS and INFO: 212-967-8278

www.THATPHYSICSSHOW.com

WE'RE BACK!
LIMITED ENGAGEMENT
July 18 - Sept. 4

iLuminate
THE MOST FUN YOU'LL EVER HAVE IN THE DARK

"BEST NEW ACT IN AMERICA! SUPERB, SENSATIONAL!"
-America's Got Talent

OVATIONTIX.COM • 1.866.811.4111
THEATRE 80 ST. MARKS
80 ST. MARKS PLACE • BTW 1ST & 2ND AVE

iLuminate.com

FUN FOR ALL AGES! NO ENGLISH REQUIRED FOLLOW US!



DEAR
DR. KARYN
DR. KARYN GORDON

Helping your kids get through divorce

Dear Dr. Karyn,

I am currently going through a painful divorce, and my kids are really struggling. We were in a toxic relationship, but now my kids are really suffering. I realize this is a loaded question, but are there any suggestions you could give to parents in this type of situation?

I recently did a segment for a national television show on helping kids through divorce with the simple dos and don'ts for parents. Divorce is rarely easy or straightforward — every family's situation is unique. And yet, I've seen firsthand — while working with hundreds of families — that how parents deal with the divorce *greatly* impacts how “healthy” or “damaged” the kids end up. Many kids (including teens and young adults) don't know how to voice their needs to their parents, so I often become the spokesperson to the parents, providing practical tips for how to

navigate this tough time. Here are three tips to consider:

Filter what you say

Be sure to filter what you are saying not only to your kids, but also when your kids are around. (They often overhear the late-night phone calls if you're discussing your ex.) The golden rule is to say something positive, neutral, or nothing at all! When children hear negative comments (directly or indirectly), they often feel that they need to choose sides, and this often creates an enormous burden that is unfair and unhealthy.

Also be sure to filter what you say when talking directly to your kids. When a parent makes comments such as “You are so much like your father,” but at another time says, “I can't stand your father,” your child may interpret that you can't stand him. It confuses him!

Just remember to honor your partner (even if you disagree on many things) in his or her absence.

Focus on your kids

It's important to put extra focus and energy on connecting and engaging your kids during this time! This can often be tough for parents going through divorce, because many tell me they feel like they are falling apart and have nothing left inside to give.

My encouragement is to try your best (and get your own support, as I list below). Your kids are losing the family “that they know,” and it is a very big deal for them. Even though divorce is extremely common, it's a new experience for your children, and it's important to not minimize their experience, and to recognize the pain it may cause them. When talking with your kids be sure to emphasize:

- That they still have two parents that love them.
- That the divorce is not their fault. (It is never the fault of any child.)

Be sure to spend time with them

one on one; they need to know that you are close by during this difficult time. They may be angry, frustrated, distant, or aggressive, and blaming one parent more than another. Expect a wide range of emotions and validate their feelings. (Don't rationalize your behavior or the decision to divorce.) Listen, listen, and listen some more (yes, I intentionally wrote “listen” three times), and allow them to experience the huge range of emotions they face. Divorce is like a type of death — in fact, many people experience the same cycle of emotions as if a person has died (shock, anger, sadness, acceptance, forgiveness). Give them time to experience and grieve this.

Surround yourself with supportive friends

Many children mirror the emotions of their parents, so the sooner you can work on getting yourself healthy and happy again, the better! To do so, make a list of the people in your life that can be on your supportive team (friends, family, counselor), but definitely do not put your kids on that team.

Kids (including teens but also young adults) should never be the counselor or go-to person for their parent. Yes, they can help in supporting you when you are struggling, but they should never have to feel the burden of being the person you are relying on — it's too big and heavy for them. One of the most damaging things a divorced parent can do is to unload to their kids. Be intentional to get help from your adult supportive team, so you can return to emotional health and be a better parent to your kids.

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



NEW YORK
SPECIAL CHILD
www.NYParenting.com

Fall-Winter 2015-2016
FREE

The risks of misdiagnosis

How social media supports parents

Strategies for language

4 inspiring success stories

Eliminating problem foods

200+
resources

LONG ISLAND
SPECIAL CHILD
www.NYParenting.com

Spring/Summer 2015
FREE

A holistic approach to **ADHD**

Challenges and changes in Special Ed

Autism-friendly traveling tips

Benefits of music therapy

150+
resources

WESTCHESTER/ROCKLAND
SPECIAL CHILD
www.NYParenting.com

Spring-Summer 2016
FREE

Advocating for your child

The stigma of medication

7 habits for effective parenting

Recognizing auditory issues

150+
resources

NEW YORK SPECIAL CHILD

LONG ISLAND SPECIAL CHILD

WESTCHESTER/ROCKLAND SPECIAL CHILD

Trusted since 2008

Informing & enriching
"Special Needs"
families
throughout NYC,
Long Island
& Westchester/Rockland

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

Visit us online at

www.NYParenting.com

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



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

New York Parenting/CNG

1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
718-260-4554 • family@nyparenting.com



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

Don't take a summer break from parenting

Summer is a time when everyone wants a break. We work hard all year and we deserve it! When it gets warm and the days are long, we all expect time at the beach, lighter schedules, and more time with friends.

After working hard to keep your small beings in line all year, you may also want a parenting vacation. This means less structure at home and more flexibility with the rules, for example, you'll say "yes" more often to ice cream and "no" to daily clean up.

While it may seem like the right choice at the moment, the reality is that you'll have to work harder in the longer run. Consider that carefully when you decide to have a summer vacation from parenting.

Here are your options, warts and all:

Take the summer off and pay for it as you go

You don't want to scream at your kids at the family barbecue, but I assure you that's what will happen if you let go of all structure. When you look the other way as your kiddo eats a second dessert, it means that bedtime will end up being at 11:30 pm, instead of the regular 8:30 pm.

You will see that bad behavior starts to happen more often. Also, while you can pretend that your child understands the shift in rules during the summer, it's not the case. It will take an intense amount of work and be a grueling process to transition your kiddo to school-time rules if you let everything go during the summer.

Make a set of summer rules

You acknowledge that the summer has more space for flexibility, but you will create structure that inhibits problem behavior. You'll talk with your kids about the shift in expectations when they are on holiday and that there are adjustments you are making. Maybe you decide to



have dessert every other day rather than just on the weekends, or baths every day instead of every other.

Whatever the change, you talk about it and do it with intention. The road back in September will be bumpy, but not grueling.

Rules change only during vacation

You keep all your regular rules and expectations in place, especially when it comes to routines around treats and bedtime. This signals to your child that the rules are in his best interest. Also, you maintain some daily reading and homework time, so that your small ones keep learning all summer. Doing so helps them see learning as part of life, not something that only exists during school.

When you are on vacation together, you relax the rules a bit and let your children know exactly what you are doing. This plan ensures that the transition back to school

is seamless. Your kiddos learned all summer that structure does not inhibit fun.

My suggestion is to put option three into action. Select family rules that help your small ones thrive and keep them in place all year round. Make small adjustments as seasons change, because dramatic changes are confusing. Keep your children's mind stimulated throughout the summer as their bodies are in motion.

Do what is in your kids' best interests and help them flourish year round!

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

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

An online minefield

How to help your kids, tweens, and teens safely navigate social media

BY LISA BEACH

Think before you post. It seems like common sense, but a lot of kids, tweens, and teens just aren't heeding this advice when they use social media — and are getting themselves into trouble in the process.

Just ask attorney James Mueller, a managing partner with Verner Brumley McCurley Mueller Parker, a Dallas-based family law firm.

"Some of the things kids put online [are] going to affect them, because it doesn't go away," says Mueller. "It will follow them in life."

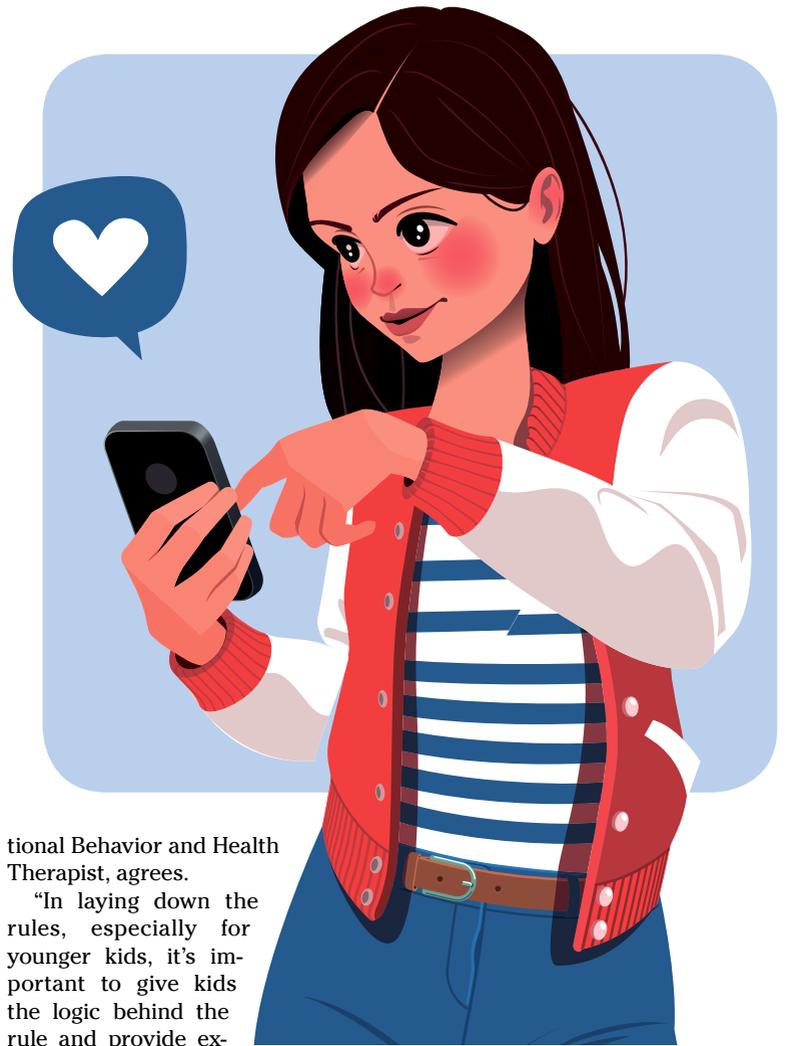
As a family lawyer, Mueller sees this at first hand.

"In one custody hearing, a daughter gave the judge all these reasons why she didn't want to live with mom. We found out that, when we checked the girl's Instagram account, she didn't want to live with mom, because dad allowed her to smoke marijuana and drink while at dad's house," recalls Mueller. "The next thing you know, she's kicked off her sports team, the judge has now seen all of this, and dad is in trouble. The sad part is it all came from an Instagram post."

Kids need to realize that these days, everyone looks at their social media activity, including teachers, coaches, lawyers, colleges, scholarship committees, and potential employers. Stories abound in the media about athletes getting kicked off teams, students losing their scholarships, and kids getting arrested for some of their questionable antics that got posted on social media.

"When any potential employee sends me a resume, the first thing I do is pull any social media accounts that I can," points out Mueller. "You can find out an unbelievable amount of information."

Mueller advises that parents, as the first line of defense, need to play an active role in their kids' online lives by providing age-appropriate limits. Dr. Sandy Gluckman, a Func-



tional Behavior and Health Therapist, agrees.

"In laying down the rules, especially for younger kids, it's important to give kids the logic behind the rule and provide examples that demonstrate the bad things that could happen," says Dr. Gluckman, who advises a collaborative approach, asking kids what kind of rules they could live with and then negotiate. "When you're a nurturing — rather than authoritative — parent, you're educating and empowering kids, which will help them learn to think things through themselves."

So how can kids, tweens, and teens engage online in a more responsible way? Here are some tips:

Think before you post. If you'd be embarrassed to show what you're going to post to your grandmother, then don't post it. If you'd be compromising your safety (such as posting where you'll be at a certain time or that you're home alone), then don't post it. If you'd be hurting or embarrassing someone else, then don't post it.

Assume what you post isn't private — even if you send a private message. Mueller points out that just because you intended something to be private when you sent it, doesn't necessarily mean the other person understands (or wants to adhere to) your intentions of keeping it private.

As he says, "You can only control

your action, you can't control other people's actions."

Realize what you post is permanent — even if you later delete it. Once you hit send, you create a permanent cyber-record of your words and images delivered via status updates or news feeds. Someone might have already saved or shared your post by the time you delete it from your account.

Be aware that your online activity affects your reputation. When you realize that other people besides your friends are checking out your social media accounts, you're more likely to do the right thing online.

With kids of all ages texting, exploring social media, and posting photos, parents can use these tips to help them navigate the use of social media in a safe, responsible way.

Lisa Beach is a freelance writer whose work has been published in dozens of print and online publications, including Brain, Child, Parents, Scary Mommy, Good Life Family, Calgary's Child, and Orlando Family. Check out her writer's website at www.LisaBeachWrites.com and visit her humor blog at www.TweeniorMoments.com.

Calendar

AUGUST



Visit Mario's kitchen

"The kitchen really is the castle itself. This is where we spend our happiest moments and where we find the joy of being a family," says Mario Batali.

Come see for yourself at Mario's Kitchen Gardens at the New York Botanical Gardens, Tuesdays through Sundays now through Aug. 31.

Garden beds are filled with plants featured in the favorite recipes of the chefs from Batali's res-

taurants. Kids can explore the gardens to solve Mario's Menu Mystery.

Parents are invited too!

Mario Batali's Kitchen Gardens, Tuesdays through Sundays, 1:30 to 6 pm, now through Nov. 1. Tickets are included in the All Garden Pass.

New York Botanical Garden [2900 Southern Blvd. off Fordham Road in Fordham Heights, (718) 817-8700; www.nybg.org]

Never miss a great event!

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

Calendar

Submit a listing

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

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

MON, AUG. 1

FURTHER AFIELD

Garden Camp: Morris-Jumel Mansion, 65 Jumel Terrace, Manhattan; (212) 923-8008; 10 am to noon; \$5 per day.

Spend a week with gardener Karen, who will lead a fun-filled schedule of planting, exploring, observing, and creating around the historic grounds of the mansion. No two days are the same, and getting a little dirty is happily encouraged! This camp is recommended for children ages 5-11. A parent or legal guardian must be present. To register, email education@morrisjumel.org.

TUES, AUG. 2

IN THE BRONX

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 children for a fun day of painting the scenery around them. We guarantee they'll love it. Supplies will be provided!

FURTHER AFIELD

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

WED, AUG. 3

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. Listen to tales about winter activities for people, bugs, and animals as we dream of cooling off. Join us to read "Possum's Harvest Moon" by Anne Hunter, "Snowy Day" by Ezra Jack Keats, and "The Mitten" by Jan Brett.



Photo by Justina Wong

Learn to play golf

Tee off at CityParks Golf now through Aug. 25 at Crotona Park and Hunts Point Recreation Center.

Children ages 6 to 17 can learn the basics of the sport, from teeing off to how to sink that hole-in-one.

City Golf is now through Aug. 25 at Crotona Park on Tuesdays and Thursdays from 9:30 am to 10:30 am for children 6 to 8, and from 10:30 am to noon for children 9 to 17 years old.

Crotona Park's Ballfield 3 (Claremont Parkway and Crotona Park East in Claremont)

It's also at Hunts Point Recreation Center (Julio Carabello Field) on Tuesdays and Thursdays from 9:30 to 10:30 am for children 6 to 8 and from 10:30 am to noon for children 9 to 17 years old.

Hunts Point Recreation Center at Julio Carabello Field (765 Manida St. between Spofford and Lafayette avenues in Hunts Point)

City Golf is free and is presented by René Lacoste Foundation and CityParks Foundation.

Registration online is required: www.cityparksfoundation.org/sports/register.

Programs are held outdoors, but move into Wave Hill House in inclement weather. Ideal for children ages 3 to 6 years old.

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

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

"Ratatouille": Poe Park, E. 193rd Street and Jerome Avenue; (718) 430-1825; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

A rat named Remy finds his dreams

of culinary superstardom stirring up sizable controversy in the kitchen of a fine French restaurant in director Brad Bird's madcap computer-animated comedy. You should arrive before 8 pm to get your spot. Feel free to bring a blanket to sit on, although there will be a limited supply of chairs available. Bottled water is OK, but no glass.

FURTHER AFIELD

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

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@vc-park.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: Van Cortlandt House Museum, W. 246th Street and Broadway; (718) 430-1890; info@vc-park.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.

FURTHER AFIELD

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

FRI, AUG. 5

IN THE BRONX

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

Enjoy the music, explore the museum, and stroll the garden. Folk Singer Scot Test is supplying the tunes. Light refreshments will be available. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to Bartow-Pell Mansion to City Island. Registration requested.

A Splash from the Beach: Williamsbridge Oval Recreation, 3225 Reservoir Oval East; (718) 543-8672; 6 pm to 8 pm; Free.

We are bringing the beach to the park. Come play with sand, water, and beach balls! We will have arts and crafts, make your own snack, and limbo contest.

"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.

There has never been a movie or a phenomenon like "Jaws," the terrifying motion picture from the horrific

Continued on page 32

Calendar

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

Continued from page 31

best-seller and one of the most popular films of all time. In case of rain, the event moves indoors.

FURTHER AFIELD

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

SAT, AUG. 6

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.

Celebrate the glory of sunshine and discover why it is so important. Through handmade sundials, learn about the sun's shadows and discover a simple way to tell time. Add a traditional motto to your sundial or create your own. Then, using shapes, found natural materials, and special paper, create a print from the sun's rays.

Get Up and Go Family Adventure Race: St. Mary's Park, St. Ann's Avenue and E. 143rd Street; (718) 430-1825; www.nycgovparks.org; 11 am to noon; Free.

This parent-child race incorporates basic exercises and sports skills, and provides a healthy, one-hour dose of fun for all! Open to children ages 8-12 and their parents. The timed races take place on a course featuring 12 activity stations where team members must properly perform the required exercise or task before advancing to the next station and final run to the finish line.

Family Camping: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 6 pm to 7 am; Free.

We camp to create lasting memories, connect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Registration required.

SUN, AUG. 7

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, Aug. 6.

FURTHER AFIELD

Storytelling festival: Nolan Park, Building 10 on Governors Island, Manhattan; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.



Laughs at graduation

Get ready to chuckle till your sides hurt at the Kids 'N Comedy Graduation Show at Gotham Comedy Club on Aug. 12.

Camp Kids 'N Comedy is celebrating the latest bunch of funny men and women in their graduation — yes, that's right, these kids (14 to 17 years old) are ready for the big time. So come on down and get a laugh fest as the comics move over their tassels in a

graduation show.

Kids 'N Comedy graduation show on Aug. 12 at 2:30 pm. There's a \$10 cover and a one item minimum. There is a lunch menu and a kids menu available. Reservations required and only by phone.

Gotham Comedy Club [208 W. 23rd St. between Seventh and Eighth avenues in Midtown, (212) 877-6115].

Hosted by Brooklyn ARtery Soundstage, the event features Regina Röss. Families can get the ferries to the island at 10 South St. in Manhattan or Brooklyn Bridge Park Pier 6 in Brooklyn.

TUES, AUG. 9

IN THE BRONX

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

WED, AUG. 10

IN THE BRONX

H.E.A.R.T. Summer Program: 1 pm. New York Public Library Castle Hill Branch. See Wednesday, Aug. 3.

THURS, AUG. 11

IN THE BRONX

"Big Hero 6": Hunts Point Recreation Center, Lafayette Avenue and Hunts Point Avenue; (718) 430-1825; www.nycgovparks.org; 8 pm to 10

pm; Free.

Robotics prodigy Hiro lives in the city of San Fransokyo. Next to his older brother, Tadashi, Hiro's closest companion is Baymax, a robot whose sole purpose is to take care of people. When a devastating turn of events throws Hiro into the middle of a dangerous plot, he transforms Baymax and his other friends into a band of high-tech heroes. You should arrive before 8:30 pm to get your spot. Feel free to bring a blanket to sit on, although there will be a limited supply of chairs available. Bottled water is OK, but no glass. Reservations are not taken, so space is available on a first come first served basis. All are welcome!

FRI, AUG. 12

IN THE BRONX

"E.T. the Extra Terrestrial": Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 430-1825; sarah.bishow@parks.nyc.gov; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Elliott is a young boy living with his single mother, his older brother Michael, and his younger sister Gertie. He helps a friendly alien get back to his home. Bring a blanket, chair, and friends and enjoy movies outdoors. In case of rain, the event moves indoors.

"Alexander and the Terrible, Horrible, No Good, Very Bad Day": Joyce Kilmer Park, Grand Concourse and E. 163rd Street; (718) 430-1825; 8:30 pm to 10:30 pm; Free.

One calamity follows another, but when 11-year-old Alexander tells his family about his misadventures, he finds little sympathy. But he soon learns that he's not alone when his family all find themselves living through their own calamitous days. You should arrive before 8:30 pm to get your spot. Feel free to bring a blanket to sit on, although there will be a limited supply of chairs available. Bottled water is OK, but no glass. Reservations are not taken, so space is available on a first come first served basis. All are welcome!

SAT, AUG. 13

IN THE BRONX

A day in the life of the Bronx River: Concrete Plant Park, Sheridan Expressway and Westchester Avenue; (718) 430-1825; www.nycgovparks.org; 10 am to 4 pm; Free.

Together with professional scientists, our Citizen Science Stewards will participate in different studies throughout the watershed, culminating with a data exchange information about how to get involved with our various CS opportunity.

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.

Fishy fun allows children to focus on friends with fins, especially those popular goldfish swimming in Wave Hill's Aquatic Garden. Turn colorful paper bags into fantastic 3-D fish that can swim through the air and flutter home with you.

It's My Park Day: St. Mary's Park, 146th Street and St. Ann's Avenue; 11 am to 3 pm; Free.

Outdoor community event of family-friendly fitness, arts, and volunteering occurring every second Saturday through October in the largest park in the South Bronx. There will be games for kids and adults, fitness activities, giveaways, music, dancing, and so much more!

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

Calendar

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

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 aged 12 and under and their families!

SUN, AUG. 14

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, Aug. 13.

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. Canceled in case of severe weather.

FURTHER AFIELD

Storytelling festival: Nolan Park, Building 10 on Governors Island, Manhattan; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features Arif Choudhury.

TUES, AUG. 16

IN THE BRONX

"The Land Before Time": Bathgate Community Garden, 1818-1836 Bathgate Ave. and E. Tremont Ave.; (212) 333-2552; 8 pm to 10 pm; Free.

Littlefoot, an orphaned brontosaurus, teams up with dinosaurs pals Cera, Ducky, Petrie, and Spike to reunite with their families. This classic animated tale is well-loved by audiences of all ages. Complimentary hot popcorn will be provided.

FRI, AUG. 19

IN THE BRONX

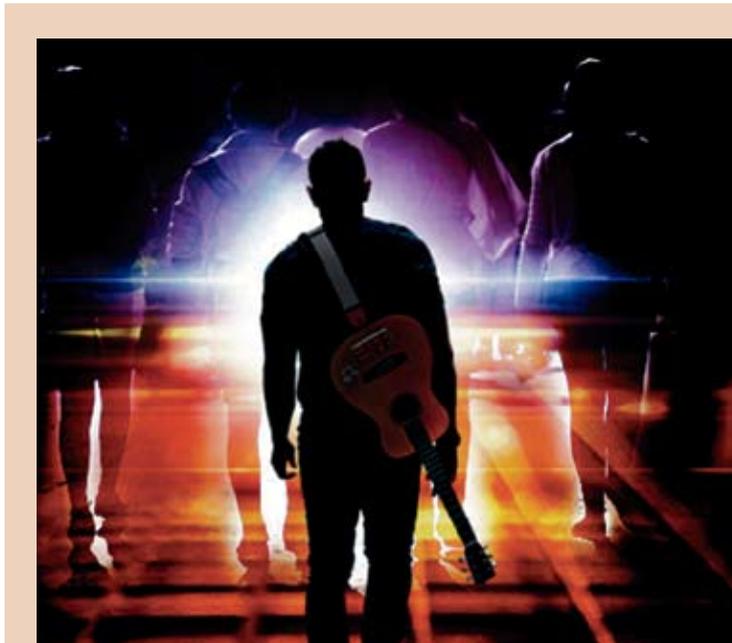
Family Camping: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 7 pm to 7 am; Free.

We camp to create lasting memories, connect with the natural world, and bond with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Space is limited and families are chosen by lottery. Pre registration required.

SAT, AUG. 20

IN THE BRONX

Family Art project: Wave Hill, W. 249th Street and Independence Ave-



Rockin' time travel

Travel to the past, present, and future with Edge in the new musical "Summer Rock" at the Davenport Black Box Theatre on Aug. 11, 12, 13, and 14.

Summer just got a new set of heroes. Edge and his friends discover a way to travel into the past, but they will need to travel into the future facing their greatest challenge in a race against time to save his younger sister. The roller-coaster ride of the

summer has just begun.

"Summer Rock," Aug. 11 and 12 at 8 pm, Aug. 13 at 2 pm and 8 pm, and Aug. 14 at 2 pm and 6 pm. Tickets are \$30 for adults and children 11 and older, and \$25 for seniors and children 10 and younger.

Davenport Black Box Theatre [354 W. 45th St. between Ninth and Eighth avenues in the Theater District, (516) 252-4114; www.summer-rockanewmusical.com].

nue; (718) 549-3200; www.wavehill.org; 10 am to 1 pm; Free with admission to the grounds.

Paint the colors of summer into a garden painting made without brushes.

"Frozen": Sachkerah Woods Playground, Jerome Avenue and E. Gunhill Road; (718) 430-1890; info@vcpark.org; 8:30 pm to 10:30 pm; Free.

After the kingdom of Arendelle is cast into eternal winter by the powerful Queen Elsa, her sprightly sister Anna teams up with a rough-hewn mountaineer named Kristoff and his trusty reindeer Sven to break the icy spell. Bring a blanket to sit on, although there will be a limited supply of chairs available. Bottled water is OK, but no glass. Space is available on a first come first served basis. All are welcome!

SUN, AUG. 21

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, Aug. 20.

FURTHER AFIELD

Ecology Sail: Schooner Pioneer sails from Pier 16 at South Street Seaport, Manhattan; <https://web.ovation-tix.com/trs/pr/961826>; Noon to 3 pm; \$45 (\$40 children).

Come aboard the schooner Pioneer and set sail past Governors Island for the fishing grounds of Bay Ridge. Children and adults help raise the sails so we can continue our exploration the old-fashioned way. While sailing past the Statue of Liberty we'll learn about the sea creatures we caught, examine plankton through a view-scope, test the water to learn how animals live here, and learn about our marine ecosystem.

The sail is recommended for children aged 5 and up. Reservations required.

Storytelling festival: Nolan Park, Building 10 on Governors Island, Manhattan; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features Julie Pasqual and puppets.

WED, AUG. 24

IN THE BRONX

"Ratatouille": Harris Playground, Goulden and Paul avenues; (718) 430-1825; 8:30 pm to 10:30 pm; Free.

Arrive before 8:30 pm to get your spot, bring a blanket to sit on, although there will be a limited supply of chairs available. Space is available on a first come first served basis.

SAT, AUG. 27

IN THE BRONX

"The Lorax": Van Corlandt House Museum, Broadway at W. 246th Street; (718) 430-1825; 8:30 pm to 10:30 pm; Free.

This animated adventure follows the journey of a boy as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. Arrive before 8:30 pm to get your spot, bring a blanket to sit on, although there will be a limited supply of chairs available. Bottled water is OK, but no glass, space is available on a first come first served basis.

FURTHER AFIELD

Arthur Ashe Kid's Day: USTA Billie Jean King National Tennis Center, Corona Park, Queens; (866) OPEN-TIX (673-6849); www.usopen.org; 9:30 am to 4 pm; \$10 general admission (\$25 loge tickets).

The 21st annual event is presented by Hess. Singing sensations Flo Rida, Zara Larsson, Troye Sivan, Jordan Fisher, Laura Marano, and Forever In Your Mind will team up with reigning 2015 US Open Champion Novak Djokovic and two-time US Open Champion Rafael Nadal to kick-off the 2016 US Open.

Family Day: Morris-Jumel Mansion, 65 Jumel Terrace, Manhattan; (212) 923-8008; 11 am to 1 pm; Free with museum admission.

Summer is almost coming to an end, but there's still time for some colonial family fun! Enjoy colonial

Continued on page 34

Calendar

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

Continued from page 33

games in the park and make toys children enjoyed 250 years ago, such as a whirlingig. Advanced registration is recommended. To register, please email education@morrisjume.org.

SUN, AUG. 28

IN THE BRONX

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

A 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 session is for anyone who isn't confident with their bike control skills. Pre-registration is required at bike.nyc.org. Kids must bring a bike and a helmet; adults can borrow one.

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

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

FURTHER AFIELD

Storytelling festival: Nolan Park, Building 10 on Governor's Island, Manhattan; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features Megan Hicks.

WED, AUG. 31

IN THE BRONX

"Hotel Transylvania 2": Between 151st E. and Grand Concourse; (718) 430-1825; 8:30 pm to 10:30 pm; Free.

Now that Dracula has opened the Hotel Transylvania's doors to humans, things are changing for the better; however, Drac is secretly worried that his half-human grandson, Dennis, isn't showing his vampire side. Arrive before 8:30 pm to get your spot. Bring a blanket to sit on, although there will be a limited supply of chairs available. Bottled water

is OK, but no glass. Space is available on a first come first served basis.

LONG-RUNNING IN THE BRONX

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.

Summer Dance Program: Bronx Academy of Arts and Dance, 2474 Westchester Ave; (718) 918-2110; jessica@baadbronx.org; www.baad-bronx.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.

Summer Sports: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; sarah.bishow@parks.nyc.gov; www.nycgovparks.org; Tuesdays – Fridays, 10 am to 6 pm, Now – Wed, Aug. 31; Free.

Learn to play sports at Williamsbridge Oval. Youth ages 6–14 can come and learn to play sports such as flag football, basketball, soccer, volleyball, ultimate frisbee, and others at this drop in.

CityParks Golf: Crotona Park (Ballfield #3), Claremont Parkway and Crotona Park East; www.CityParksFoundation.org; Tuesdays and Thursdays, 10:30 am to noon, Mon, Aug. 1 – Thurs, Aug. 25; Free.

Youngsters 6 to 17 years old learn the proper use of equipment, the basics of the sport, and hone up on skills. Online registration required.

CityParks Golf: Hunts Point Recreation Center, Manida St. between Spofford and Lafayette avenues; www.CityParksFoundation.org; Tuesdays and Thursdays, 10:30 am to noon, Mon, Aug. 1 – Thurs, Aug. 25; Free.

Budding Artists: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (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.

View the garden through the eyes of an artist! Children investigate the

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

Mario Batali's Kitchen Gardens: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 1:30 pm to 6 pm, Now – Sun, Nov. 20; 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.

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

Create miniature works of art (4-by-6-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, 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 & field, kickball, volleyball and street hockey!

Sports Unlimited: St. James Recreation Center, 2530 Jerome Ave. at E. 193rd St.; (718) 367-3657; sheroly.jones@parks.nyc.gov; <http://www.nycgovparks.org>; Tuesdays and Thursdays, 2 pm to 5 pm, Now – Fri, Sept. 23; Free.

Girls and boys 6 to 17 years old are invited to join our experienced staff to play ultimate frisbee, soccer, dodgeball, flag football and handball!

Summer experience: Hunts Point Recreation Center, 765 Manida St. and Spofford Ave.; (718) 860-5544; ernando.rosa@parks.nyc.gov; www.nycgovparks.org; Tuesdays and Thursdays, 2 pm to 5 pm, Now – Thurs, Aug. 25; Free.

Girls and boys ages 6–13 are invited to join our experienced staff for for ultimate frisbee, softball, and flag football!

Kids Express: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Wednesdays and Fridays, 11 am to 12:30 pm, Now – Fri, Sept. 30; Free.

Groups must schedule in advance. Space is limited. Kids engage in activ-

ities that encourages self expression through process-oriented art — allowing for individual expression. Interpretation of literary arts through a different art form includes discussion and sharing of ideas.

Recycle-to-Art Scrap Glam Jellyfish: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Wednesdays, 2 pm to 3:30 pm, Wed, Aug. 3 – Wed, Sept. 28; Free.

Make a glamorous jellyfish out of Styrofoam cups to take home. This is a fun activity for kids and parents.

Kid's Whimsies: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Thursdays, 9 am to 10 am, Thurs, Aug. 4 – Thurs, Sept. 29; Free.

Children will create their own line figure characters in motion and give them personality. This is a fun activity for kids ages 5 to 12.

Baby and Me Imagination: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 9 am to 10 am, Now – Fri, Sept. 30; Free.

Activities that engage your baby's imagination: stories, songs, nursery rhymes, and more.

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

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.

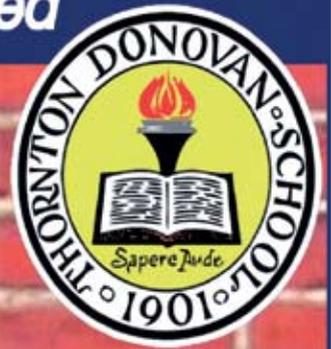
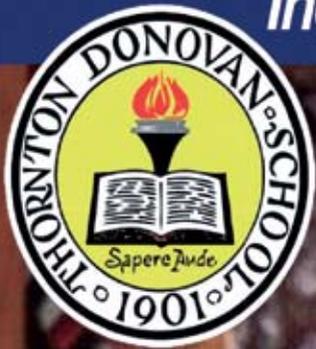
A beautiful, huge crystal nautilus shell with 30 grand luminescent fish takes riders on an aquatic journey.

Summer on the Hudson: 125th Street and Marginal Street, West Harlem Piers, Manhattan; 311; www.nycgovparks.org; Tuesdays and Wednesdays, 10 am to 2 pm, Tues, Aug. 2 – Wed, Aug. 31; Free.

Calling children ages 12 and under! Want something fun to do on a sunny afternoon? Join Summer on the Hudson in West Harlem Piers Park for games such as giant tic-tac-toe, lawn bowling, hopscotch, jump rope, and more. Small groups are welcome.

THORNTON-DONOVAN SCHOOL

Individually Focused, Globally Engaged



Thornton-Donovan
will travel to
Peru and the
Galapagos Islands
in 2016-17



CO-ED • GRADES K-12
100 Overlook Circle New Rochelle, NY 10804 | www.td.edu | 914 632-8836



Advertise with us!

BROOKLYN

Family

QUEENS

Family

BRONX/RIVERDALE

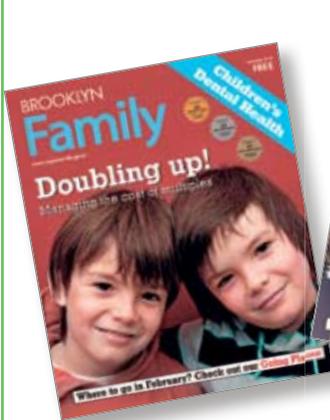
Family

MANHATTAN

Family

WESTCHESTER

family



To place an ad in our line of **Family** publications,
please call **(718) 260-4554**



S H O P
BACK to
SCHOOL

Log onto our Free WiFi for exclusive sales & discounts

Check Out Our Store Listings of Mall Student Discounts Offered Every Friday*

see guest service's at the Mall - for participating retailers   #2016InStyle

Come to *The Mall at Bay Plaza*
 for a chance to win

CRACK THE VAULT

AUG 12 to AUG 14
1:00 PM to 5:00 PM

First 2,000 shoppers, each day, will have a chance to win!

play for a chance to **WIN...**

2016 Toyota Highlander!
 Prize Value: \$40,000.00

\$5,000 Shopping Spree!

\$2,000 Cash Prize!



City World Toyota

More Official Terms & Conditions for Details

BRONX FASHION WEEK
 PRESENTS

Young
FASHIONISTAS

HOSTED BY:
Caridad 'La Bruja' De La Luz



AUGUST 19TH | 3PM-7PM | AT THE MALL AT BAY PLAZA



The Mall at Bay Plaza

200 Baychester Ave, Bronx, NY 10475, Exit 11, Off I-95

MTA BUSES SERVING THE MALL AT BAY PLAZA: BX5, BX12, BX23, BX26, BX28, BX29, BX30, BX38, BXM7, Q50
 SUBWAY #5, 6 SUBWAY TO BUS STATION

MallatBayPlaza.com   #BrandsYouLove

OVER 100 STORES & RESTAURANTS









MICHAEL KORS
 JCPenney