

BRONX/RIVERDALE

June 2017  
**FREE**

# Family

[www.NYParenting.com](http://www.NYParenting.com)

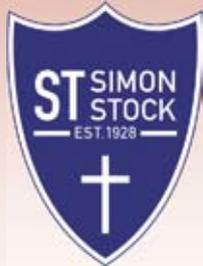


*Fathers*  
**as role models**

**10 tips for  
visiting your  
pediatrician**

**Hepatitis B  
vaccine  
at birth**





## Growing creative, civically aware, well-rounded children who excel academically and socially

- ❖ Inspired teaching Pre-K thru 8th Grade
- ❖ Active engagement
- ❖ Creative programming
- ❖ Specialized attention
- ❖ Hands-on enrichment
- ❖ Spiritual values

**Our students enjoy a unique educational experience through innovative programs and partnerships with:**

- Friends of Van Cortlandt Park - Our rooftop garden program
- American Ballet Theater
- New Victory Theater
- H.Y.P.E. Break Dancing Program
- Bronx District Attorney - C.O.N.C.E.P.T. program
- Thurgood Marshall mock trial program
- Classroom, Inc. – Learning through games
- Zearn - Common Core Computer Math Program
- And many more!

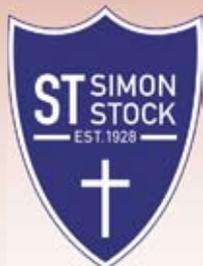
*Call our 24-hour bilingual information line: 646-794-2885 to schedule a tour*

### St. Simon Stock School

2195 Valentine Avenue, Bronx, NY 10457 • 718-367-0453



**Learn. Lead. Inspire. This is the St. Simon Stock Way.**



## Crecimiento creativo, civilmente consciente, niños bien formados que sobresalen académicamente y socialmente

- ❖ Inspirada Enseñanza desde K-hasta 8th Grado
- ❖ Compromiso Activo
- ❖ Programas Creativos
- ❖ Atención Especializada
- ❖ Enriquecimiento
- ❖ Valores Espirituales

**Nuestros estudiantes disfrutan de una única experiencia educativa a través de programas innovativos y patrocinados con:**

- Los Amigos de Van Cortlandt Park (Suelo Verde y Plantación en el Tejado)
- Teatro de Ballet Americano
- Teatro Nueva Victoria
- Programa de Brake Dance (H.Y.P.E.)
- Programa C.O.N.C.E.P.T. Distrito Legal del Bronx
- Introducción y prueba del programa Thurgood Marshall
- Classroom Inc. – Aprendiendo con juegos
- Zearn – Un programa innovativo de Matemática
- Y mucho más!

*Llame las 24 horas, a la línea de información bilingüe 646-794-2885 para programar un tour*

### Escuela San Simon Stock

2195 Valentine Avenue, Bronx, NY 10457 \* 718-367-0453



**Aprende. Guía. Inspira. Esta es la forma de ser de San Simon Stock.**



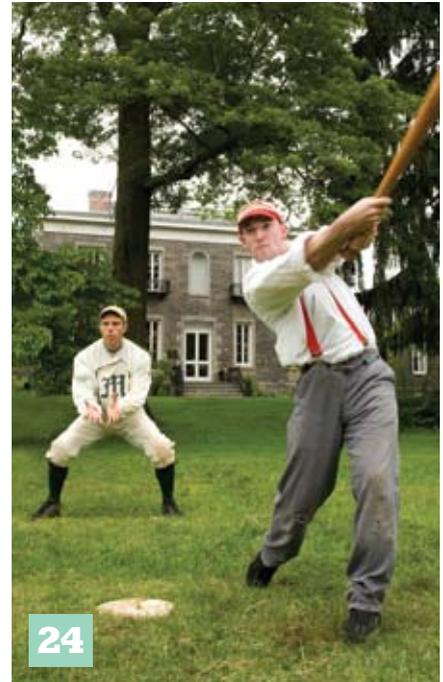
# NEW YORK Parenting

Bronx/Riverdale Family  
June 2017

Where every child matters



12



24

## FEATURES

- 6 Dad's influence**  
Fathers are role models for both sons and daughters  
BY MYRNA BETH HASKELL
- 8 Protection starts early**  
Giving newborns a crucial vaccine  
BY DR. NONYELUM EBIGBO
- 10 Doc, can we talk?**  
Ten tips for effective communication with your pediatrician  
BY DR. KAREN TROLLOPE-KUMAR
- 12 Be a volunteer**  
How kids benefit from serving their community  
BY LARA KRUPICKA
- 14 Making a plan for special education**  
New book seeks to help families understand Individualized Education Plans and how they can help  
BY ALLISON PLITT
- 18 Double duty**  
Bilingual children's books entertain and teach kids some valuable skills  
BY SHNIEKA L. JOHNSON

## COLUMNS

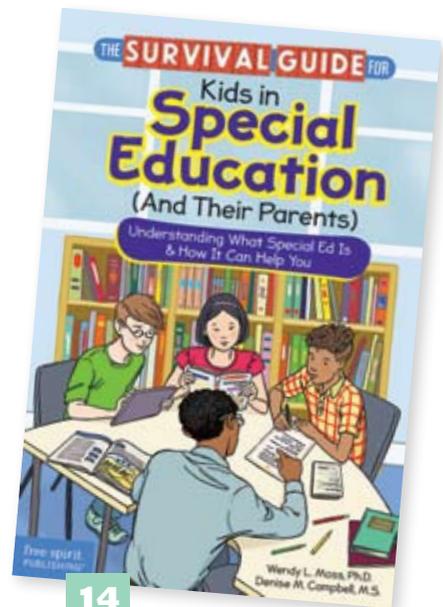
- 20 Just Write Mom**  
BY DANIELLE SULLIVAN
- 22 Ask an Attorney**  
BY ALISON ARDEN BESUNDER, ESQ.
- 29 Healthy Living**  
BY DANIELLE SULLIVAN
- 30 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD

## CALENDAR

- 24 June Events**

## SPECIAL SECTIONS

- 16 Special Needs Providers Directory**



14

# The changing role of dad

I've been observing fathers a lot lately, and whether it's out on the streets, in a shopping situation, or looking out my windows early in the morning, I've discovered the continued evolution of the responsibilities and behavior of dads.



More and more fathers are giving primary care to their children and sharing in the day-to-day duties of parenting. They are shopping for the meals and cooking them. They are doing the laundry and dropping the kids off at school or picking them up. They are present at after school activities and in the pediatrician's office. All of them? No, but more than before.

This is an enormous change from years ago when many children hardly ever saw their working dads. I've spoken to numerous people over the years who were already asleep when Dad got home at the end of the day, and often many of those dads worked six days a week. Dad was

often the disciplinarian, not the loving caregiver. Lots of older adults heard the phrase "wait until your father gets home" as a threat to punishment for something done wrong.

An enormous change has taken place with the opening up of education and job opportunities for women. More fathers are sharing and/or even taking centerstage in being stay-at-home dads and caring for their children full time, for at least a period of time. That doesn't always translate into also caring for the home as well, as studies have shown that they're still leaving many of the household chores to Mom.

All of that will change as children are equally trained in and expected to do household work like laundry, ironing, cleaning, shopping and cooking. Traditional roles are breaking down and even my Dad, who got home from work many days before my Mom, would be running

the vacuum cleaner as we came home after school and popping a roast into the oven that my Mom had left for him to do. Yes, and he even wore an apron!

In many of our urban households there are double dads and that's really a new model! I'm very curious as to how the responsibilities are divided in many of those families. I wonder if it's based on who has the better or more responsible job? Changing times for many of us especially here in NYC where we have a lot of progressive realities. Exciting stuff!

June is my very favorite month of the year. I know many people feel the same. Enjoy it!

Thanks for reading.

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

## Community News Group

**CEO:** Les Goodstein  
**PRESIDENT & PUBLISHER:**  
Jennifer Goodstein

## New York Parenting

**PUBLISHER / EXECUTIVE EDITOR:**  
Susan Weiss  
**PUBLISHER / BUSINESS MANAGER:**  
Clifford Luster  
**OPERATIONS ASSOCIATE:**  
Tina Felicetti  
**SALES REPS:** Erin Brof, Mary Cassidy,  
Shelli Goldberg-Peck, Jay Pelc  
**ART DIRECTOR:** Leah Mitch  
**WEB DESIGNER:** Sylvan Migdal  
**GRAPHIC DESIGNERS:** Arthur Arutyunov,  
Gardy Charles, Earl Ferrer, John Napoli,  
Mark Ramos

**MANAGING EDITOR:** Vince DiMiceli  
**ASSISTANT EDITOR:** Courtney Donahue  
**COPY EDITORS:** Lisa J. Curtis  
**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](http://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, 10<sup>th</sup> 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©2017



**BRONX HOUSE SCHOOL FOR PERFORMING ARTS**

**REGISTER TODAY! SUMMER MUSIC & DANCE CLASSES**



**7-week session begins week of July 5**

- Ages 1.5 and up
- Professional Faculty
- State-of-the-Art Facilities
- Free Loaner Instruments
- Year Round Programming
- Competitive Pricing & Financial Assistance

Registration for Private Music Instruction is ongoing.

**CALL NOW!**  
(718) 792-1800 ext 235  
or VISIT [www.bronxhouse.org](http://www.bronxhouse.org)



990 Pelham Parkway South,  
Bronx, NY 10461 • 718.792.1800  
**Contact:** Shannon at ext. 235 or  
[shannon@bronxhouse.org](mailto:shannon@bronxhouse.org)



New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature.



*"Be who you are made to be."*  
- Sanford Meisner

Acting Training for Teens & Youths • Discover Your Creativity & Talent

**Youth Workshop 3 weeks**  
**July 17<sup>th</sup> – August 5<sup>th</sup>**  
**9-11 year olds**



**Teen Studio 3 weeks**  
**July 17<sup>th</sup> – August 6<sup>th</sup>**  
**12-14 year olds**

**Teen Conservatory 4 weeks**  
**July 17<sup>th</sup> - August 12<sup>th</sup>**  
**15-18 year olds**

**Neighborhood Playhouse Junior Actors**  
**[WWW.PLAYHOUSEJUNIORS.COM](http://WWW.PLAYHOUSEJUNIORS.COM)**  
**212-688-3770**

**HAC Family Services Inc.**

**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)



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](http://HacFamilyServicesInc.org)

*Nearly a half a century of service to the Bronx*



**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

**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

# Dad's influence

## Fathers are role models for both sons and daughters

BY MYRNA BETH HASKELL

**W**hen I was a child, my dad seemed omnipotent. When he walked into a room, he was larger than life. He was someone who always knew how to fix a problem or find the right person to help if he couldn't do it himself — which was rare. Over the years, I developed a lot of the same skills that I had always admired in my dad: an ease with public speaking, a practical approach to finances, self-confidence, and a keen sense of time management. Would I be the same woman today if I had not had my dad as a role model? Probably not.

A father's influence lasts a lifetime. Children look to their fathers for strength, encouragement, and support. Both sons and daughters mimic their dads from a very young age. Picture a small boy pretending to dress up for work like his dad (crooked, oversized tie and all) or a little girl struggling to reach a booming baritone while pretending to give a speech to a captivated audience. It's true that someone might find it's more natural to tell a young boy, "You remind me of your dad when he was little," than a young girl. However, dads have just as much influence on their daughters — despite the gender difference — and daughters

often grow up to be reflective images of their dads. Fathers are role models for both genders in many profound ways. Children learn about honesty, relationships, compassion, and self-love from their dads.

### A father's perspective

"Men, in general, tend to construct, maintain, and build intimacy through activity, whereas women tend to develop bonds through talking," says Dr. Mark Morman, professor of communication studies and director of graduate studies at Baylor University in Waco, Texas. Morman has conducted years of research in social learning and communication.

"A father is the single most important model for how a child will father in the future. Those children who grow up with [dysfunctional or neglectful fathers] have a hard time breaking the cycle and need to make a strong effort to father differently."

Morman explains that fathers use a masculine approach to developing relationships. This means "doing" things with their kids to form bonds. A father might coach his daughter's softball team, take his son fishing, or sing in the church choir with his kids. This is a dad's comfort zone — being immersed in activities with his children.

"One of the most important things I

have learned as a dad is to be emotionally available to my kids. They have seen me emotionally vulnerable, and I believe this has been important to both my son and my daughters," Dr. LeRoy E. Reese, a psychologist at Akoma Counseling and Consulting, Inc. in Decatur, Ga., stresses. Reese adds that he is not afraid to express physical affection to all of his kids, including his son. "Sons should understand the normalcy of males expressing affection for each other."

Reese also likes to spend quality time "doing" things with his children.

"I recommend to parents, and especially fathers, to date their kids on a regular basis and to spend individual time with each child doing something that reflects his or her interests. I hike and do 5Ks with my oldest daughter, go to the symphony with my son, and draw with my youngest. It is around these events that I learn the most about my kids."

Fathers often consider part of their role to be "family protector." This does not entail using aggressive behavior to solve problems. Instead, fathers should remember that their duty is to demonstrate strength of character and convictions to solve problems.

Stevan Lynn (a.k.a. Coach Lynn), producer and host of the award-winning television program "Dare 2 Dream: A Father's Guide to Success," guest talk show host (WHCR 90.3 FM in New York), and founder of the Fatherhood Training Center in Bronx, has helped countless fathers succeed as caregivers.

"In teaching our children the formula to having 'real strength,' fathers must embrace the concept of leading by example. The strength he exhibits while overcoming challenges provides a visual guide for his children to draw upon when their own strength is tested."

When a father solves a problem while holding it together both emotionally and physically, he teaches his children such values as civility, compromise, and ingenuity.

Reese asserts, "On the issue of defending oneself, I think being positively assertive is key, as is knowing when and how to ask for help and that asking for help is a sign of strength, not weakness."

### Dads as role models for sons and daughters

Fathers need to be cognizant of their

### Father's day reflections

Thoughts, memories, and inspiration about fatherhood and how fathers have touched our lives:

"My dad stressed to both me and my brother to always respect and treat women well. Life is much easier if you follow this advice."

— Dave Blackwell

"I was considering working my senior year in high school instead of rowing on a crew team. My father told me, 'You'll be working the rest of your life. Shut up and row.'"

— Tom Gannon

"My papa has Alzheimer's, and he has become so Zen. He is sweet, emotional, patient, sentimental, and calm — traits I knew were in him but rarely saw. This disease has been a curse and yet a

blessing for our profound love."

— Maria Hoskins

"To know my dad was to love him. I never heard him say an unkind thing about anyone, which always amazed me. A favorite memory I have is that he chose to write on the blue page of my eighth-grade yearbook, 'Never be like this page.'"

— Myrna K. King

"My husband deals with my daughter better than I do sometimes. He knows how to really listen to her. If she's having a problem, he doesn't fly off the handle like I tend to do. Instead, he listens and waits until she's ready for his advice."

— Anita Mittelstaedt

"Wherever you are, *be there* for your kids! The older my kids got, the smarter I got."

— Jim Turnbull



words and their actions because their children will ultimately emulate them.

“Social learning is vital when it comes to parenting. We learn by watching others,” Morman stresses.

It depends on the father and individual situations, but Morman feels fathers should nurture and advise their sons and daughters the same.

“Fathers who instill confidence and competence in both sons and daughters end up with confident and self-motivated children.”

Lynn has a similar view.

“While there are no gender specific rules in a father becoming his kids’ role model, fathers must take into account that, as the kids grow, his understanding of their psyche must evolve. Fathers can serve as strong role models by exhibiting sacrifice on a consistent basis in regards to providing for their needs (not their wants) and encouraging their dreams. These simple acts resonate with kids.”

“It is ineffective and hypocritical to assume a ‘do as I say, not as I do’ attitude. Kids are sponges and they absorb every-

thing they see and hear, so fathers have to be very intentional about their words and actions,” Reese instructs. “Dads serve as role models by working to be their best selves and allowing their children to see their imperfections. Dads should also demonstrate loving predictability, consistency, discipline, and unconditional acceptance.”

On a personal level, Coach Lynn feels his guidance has helped to develop a strong character in his children.

“Being a role model to my children has been paramount in raising them to be confident and compassionate adults.” He believes his guiding principle was to lead by example. “Seasoned parents understand that while our children may listen to 10 percent of what we preach, they most certainly watch 100 percent of what we do. Therefore, it is imperative to give them a positive, consistent, and inspirational visual, coupled with lots of hugs and ‘I love yous,’ to shore up their belief in your words of wisdom.”

### **A dad's influence on future relationships**

Both sons and daughters look to their

father’s relationship with their mother as a guideline for what to expect in future relationships. It’s imperative that fathers model respect and understanding in all family relationships, such as with in-laws and grandparents.

Lynn states, “Developing healthy relationships is a lifelong process. Dads can help build a sense of what it takes by exhibiting a positive attitude and promoting the concepts of faith, sacrifice, patience, commitment, and unconditional love.” Lynn says that these characteristics are the cornerstones of healthy relationships.

Reese believes dads can help kids develop a healthy outlook on relationships by demonstrating one.

“All healthy relationships start with respect. One of the best ways dads can demonstrate this is by having a healthy relationship with their wife, partner, or mother of their child.”

Morman reports, “Some research suggests that, in general, women fall in love with a man similar to their dad, because he is the first man she has loved and has had as a role model.” This poses a problem if a daughter has grown up with someone who has not taught her that she is worthy of respect — the result can be a string of bad relationships. “Daughters who don’t get approval from their dads growing up might seek approval from another man,” Morman warns.

### **When dads make the best of difficult circumstances**

Sometimes dads cannot always be physically available, because they are not living with their children full-time due to divorce, military service, or other types of job relocations and family situations. Dads can still have a strong relationship with their children, even if circumstances sometimes keep them physically separated.

“Fathers must make a strong effort to maintain an ongoing presence with their kids, even when they can’t be physically present,” Morman explains. “I travel a lot, but I always text my son. I send him lots of pictures, too.” If there is ongoing contact, your “presence” never goes away.

“Fathering from afar adds another dimension to the list of responsibilities and challenges. However, Dad can still have a profound influence through consistent and constant communication and by immersing himself in his kids’ lives,” Lynn points out.

“In summary, fatherhood is a gift, a privilege, and a responsibility. I am not perfect as a father, but without question, I am a better man because I take being a dad seriously,” Reese shares.

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer (www.myrnahaskell.com).*

# Protection starts early

## Giving newborns a crucial vaccine

BY DR. NONYELUM EBIGBO

**I**t's hard to imagine putting your newborn through the pain of a shot. But a little stick early in life is an important first step to protecting your baby against a deadly disease.

Hepatitis B is a contagious liver disease caused by the hepatitis B virus. This infection can range from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. Some people are able to fight the infection and clear the virus. But for others, the infection lingers throughout their life.

The virus spreads through blood or other body fluids that contain small amounts of blood from an infected person. People can spread it even when they have no symptoms. Babies and children can contact the hepatitis B virus in the following ways:

- At birth from their infected mother.
- Being bitten by an infected person.
- By touching open cuts or sores of an infected person.
- Through sharing toothbrushes, wash cloths, or other personal items used by an infected person.
- From food that was chewed (for the baby) by an infected person.

The virus can live on objects for seven days or more. Even when blood is not visible, there could be virus on an object.

Why do we immunize children against hepatitis B? It is important to know that children are at much greater risk of serious complications of this disease than adults are. While 10 percent of adults become chronic carriers of hepatitis B virus after acute infection, 90 percent of infants run this risk, half of whom will develop liver failure. In the perinatal period, 70 to 90 percent of babies whose mothers are positive for hepatitis B surface antigen will acquire the infection from their mothers



without intervention.

The hepatitis B vaccine is not a blood product. It is produced by recombinant DNA technology and has 90 to 95 percent efficacy in preventing acquisition of this disease for at least 15 years from immunization. It is the only vaccine that is reliably immunogenic (protective) in the newborn period. A major determinant of its effectiveness is early initial dose.

For those parents who are convinced that their child will not engage in high-risk behaviors, it is worth noting that in 2008, activities such as attending school and playing sports might be considered "high-risk behaviors." The assumption today is that universal precautions are taken and that all children are vaccinated when they attend school; therefore, another child with hepatitis B who accidentally sustains an injury on the basketball court that results in a cut or bleeding should not be a threat to another child.

The Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention recommends that all delivery hospitals establish orders for routine administration of hepatitis B vaccine to newborns. This vaccine strategy mandates universal, immediate initiation of the vaccination to all medically stable newborns, as strategies based on identify-

ing high-risk mothers have not been effective due to late transmission in pregnancy and frequent suboptimal prenatal care. This recommendation is supported by the New York State Department of Health.

Why should your baby get the hepatitis B shot at birth? The birth dose:

- Protects your baby against a potentially serious disease.
- Prevents unrecognized perinatal transmission and prevents transmission from family members due to unrecognized chronic hepatitis B virus infection in the household.
- Prevents your child from developing liver disease and cancer from hepatitis B.

All babies should get the first shot of hepatitis B vaccine before they leave the hospital. This shot acts as a safety net, reducing the risk of getting the disease from moms or family members who may not know they are infected. At Richmond University Medical Center, we practice the universal birth dose vaccine strategy to protect and provide a safety net for all our newborns.

For more information, visit [www.cdc.gov](http://www.cdc.gov) and [www.immunize.org](http://www.immunize.org).

Dr. Nonyelum Ebigbo is a Pediatric Resident at Richmond University Medical Center on Staten Island. For more, contact her at [nebigbo@rumcsi.org](mailto:nebigbo@rumcsi.org).

*BP The Mall at Bay Plaza*



**H O T**  
**SALES FOR**  
**DADS AND**  
**G R A D S**

# **FREE Kids Event for Father's Day**

*Make a Special Gift for Dad at the Mall at Bay Plaza*

**Friday, June 16th | 4PM - 7PM**  
**In the Food Court - 3rd Level**

**DJ Omar will be spinning Dad's Dance Music and will have a fun give-aways and gifts**

**Create a Cool Picture Frame for Dad - Limited Availability - On a First Come Basis**

*get your  
summer on*  
*Shop the Mall at Bay Plaza*



*BP*

*The Mall at Bay Plaza*

f t i #2017inStyle

f t i #BrandsYouLove

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

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

[MallatBayPlaza.com](http://MallatBayPlaza.com)

OVER 100 STORES & RESTAURANTS

★ *macy's*

VICTORIA'S SECRET  
FOREVER 21

ULTA  
EXPRESS

H&M

GAP

AMERICAN EAGLE  
OUTFITTERS

MICHAEL KORS  
JCPenney



# Doc, can we talk?

## Ten tips for effective communication with your pediatrician

**BY DR. KAREN TROLLOPE-KUMAR**

**A**s a family doctor, sometimes, the days don't always go as expected. On a busy day, I feel like I'll never catch up, and it's frustrating that I can't give adequate time to each individual patient. One afternoon not long ago, I was feeling unusually tired. I looked down at my schedule and saw that my last patient was Beth, a young mother with a 7-year-old son. I thought to myself, let's hope this one is just a simple sore throat!

"So what brings you in today?" I asked, after a brief greeting.

"Well, I'm worried about Jimmy," said Beth, anxiously. "He's getting into trouble at school a lot, and his teachers say he's not paying attention. Sometimes he

has stomachaches. I'm not sure what to do ... Also, I'm wondering if you could just check his foot, I think he's developed a plantar wart."

I couldn't help letting out a sigh. "Well, let's just focus on the main problem," I say. "What more information can you give me? Have you got his latest report card? Any specific comments from the teacher?"

Beth shook her head. She tried to explain more about her concerns about Jimmy, but she sensed that I was not listening closely, and she tripped over her words. Finally, I said in a voice edged with irritation, "There's not much I can do in this short appointment. This is a complicated issue. Can you re-book for another time?"

After Beth and Jimmy left the office, I felt very guilty for brushing her off that way. I knew that she was not happy with the appointment, and neither was I. We had a communication problem, aggravated by time constraints. Unfortunately, such problems are all too common between family doctors and their patients, and a little teamwork can get the critical doctor-patient relationship back on track.

Like any healthy relationship, good communication is fundamental, and that applies to the doctor-patient relationship as well. When that vital link of understanding between doctor and patient is broken, a cascade of negative consequences can result. If the patient hasn't been able to fully explain his or her symptoms, an in-

correct diagnosis might be made. If the doctor hasn't clearly communicated his or her assessment of the problem, the treatment plan might fail. Poor communication inevitably leads to dissatisfaction for both doctor and patient.

Here are 10 quick tips to communicate better with your family doctor, and to make your office visit more effective:

- If you are seeing the doctor for a complicated issue (like Jimmy's problem) ask the receptionist to book you a longer appointment.
- Prepare what you're going to say ahead of time, and keep it concise and focused.
- If you've done some research on the internet about your problem and want to share it with your doctor, make sure you use reputable sites to get that information. Doctors get frustrated when patients bring in reams of information of dubious value.
- Avoid coming into the doctor's office with a list of unrelated problems — focus on your main concern for that visit.
- If you are coming in to get results of an important test, bring a friend or relative with you. Sometimes it can be hard to remember what the doctor has said, especially when the topic is emotionally laden.

Like any healthy relationship, good communication is fundamental, and that applies to the doctor-patient relationship as well. When that vital link of understanding between doctor and patient is broken, a cascade of negative consequences can result.

- If you have a particular worry about a symptom (for example, could this be cancer?), express that concern to the doctor.
  - If the doctor advises a treatment you don't feel comfortable with, explain your reasons, and see if an alternative approach would be possible.
  - Keep your follow-up appointment, and at that time, let the doctor know how well (or not) the treatment has worked.
  - If you're not happy with the service you're getting, communicate this clearly but politely, using "I" statements. (For example, "I feel concerned about how long it took to receive these test results.")
  - If you're happy with the service you're getting from your doctor, a word of thanks or a card is always appreciated. Doctors are human, too!
- Improving communication requires

work on the part of both the doctor and the patient. Thinking back on this appointment with Beth and Jimmy, I realized my faults: I was tired and also frustrated because the issue was complex and difficult to address during a short appointment. Yet still, I could have done a better job at communicating with compassion. On Beth's part, she could have prepared for this appointment by thinking ahead about what information might be useful for the doctor. Working together, patients and family doctors can form great partnerships if they keep communication at the forefront of their relationship.

*Dr. Karen Trollope-Kumar is a family physician and author of "Cloud Messenger: Love and Loss in the Indian Himalayas." For more information, please visit [www.karentrollope-kumar.com](http://www.karentrollope-kumar.com).*



**ColumbiaDoctors**  
**Pediatric ENT and Audiology Specialists**



**Your Priority is Our Priority**

Our pediatric team is dedicated to the compassionate, expert care of all young patients with disorders of the ear, nose, and throat. When it comes to caring for your child's health, there's no concern too big or too small.

**Susannah Hills, MD**  
**Flora Holderbaum, AuD**

**ColumbiaDoctors Riverdale**  
 3050 Corlear Ave., Suite 202 • Bronx, NY 10463  
 646-317-5100 • 212-305-0029

**State of the Art Dental Facility • Kid Friendly**




**Smile-Savers**  
 Pediatric Dentistry, PC  
[www.smilesaverspedo.com](http://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



# Be a volunteer

## How kids benefit from serving their community

BY LARA KRUPICKA

**M**itchell teaches at-risk youths how to sail a tall ship. Carly interprets the life of a 19th-century child. And Haley walks dogs at an animal shelter. What do these three kids have in common? They're among the estimated 15.5 million young people who participate in volunteer activities. And like many others, these three kids are finding they get back more than they give through volunteering. Here are some of the benefits they've found (and your child could gain, too):

### Discovery of new interests

Mitchell Smith hadn't done any sailing before he joined the Topsail Program at the Los Angeles Maritime Institute at age 12. But now his mom says he loves being aloft aboard the 100-foot brigantines.

"He found a passion for sailing," says Mitchell's mom, Sandy. "It opened him up to a whole new world."

In fact, Mitchell often volunteers as an excuse to get in more sailing. In a word, he's hooked.

Volunteering gives kids a chance to

### Organizations accepting youth volunteers

If your child isn't sure where she would like to volunteer, here are a few good places to start:

- Hospitals (think candy strippers)
- Animal shelters
- Museums
- Food pantries
- Libraries

For other opportunities, check out [www.volunteermatch.org](http://www.volunteermatch.org), an online searchable database of organizations looking for volunteers. (It allows you to search for kid- and teen-friendly openings.)

try new things. In the process they can uncover talents and interests they hadn't been aware of. Some may even go on to pursue college studies and careers inspired by their volunteer experiences.

### Increased confidence

Youth volunteers gain valuable exposure to interacting with the public they couldn't get anywhere else. It requires

them to exercise their communication and public-speaking skills. In turn, this fosters confidence as students see the positive impact of their interactions.

Carly Mulder, a junior interpreter at the Naper Settlement living history museum in Naperville, Ill., learned early on that part of her role involved greeting museum visitors and fielding questions about the games and other activities she demonstrates. Karin, Carly's mom, notes she has seen Carly's confidence improve from her involvement at the museum.

"She's learning how to interact with the public and how to have confidence in dealing with other people."

Wearing a costume and imagining herself as a person from a different era helped. So did special training provided by the museum.

Even behind-the-scenes roles can instill confidence as kids find success in completing the tasks they're given. And connecting with fellow volunteers and coordinators can be enough to help reticent youngsters come out of their shells and develop valuable social skills. For some kids, simply the act of sharing their time and being valued for their service can build self-assurance.

## Broadened perspective on life

Volunteer experiences also give kids a chance to get outside of their neighborhood and have contact with people who are different from them. Whether at a museum or a food pantry, volunteering opens up children's horizons. It exposes them to more of the world — in a controlled environment where they can feel safe.

Haley McDonald's mom, Bobbie, has involved her in a variety of volunteering experiences since a young age, including one while on vacation in the Dominican Republic.

"We went to a farm and helped with a project," explains Bobbie. "It was a huge, broadening experience — seeing that everyone doesn't live the way you live."

## Responsibility

While many volunteer opportunities are one-time events, kids can also sign up for regular shifts. Being committed to an ongoing position requires taking responsibility. Mitchell's mom points out that it makes him prioritize his activities. He has to decide whether he'll sign up for a sailing shift or do something else. And Carly's mom sees how it has helped her daughter learn the importance of following through on obligations.

Kids also often get the opportunity to

## Tips on getting started

1. Look for a one-time opportunity to try out the concept of volunteering, such as at a food pantry.
2. Volunteer side by side with your child. It can be a good bonding experience and models the spirit of volunteerism.
3. Watch for chances to pair your child's interests with a service activity.
4. Try, try again. If the first experi-

ence doesn't work, look for another place for your child to serve.

well. In fact, group settings can be a good introduction to a volunteer experience, such as through a Boy Scout or Girl Scout troop or church youth group. When kids have fun during an initial stint, they're more likely to sign up again in the future. And after a while, they're signing up because it's something they enjoy.

## Enjoyment

When kids find a volunteer position that fits them well, the common response is, "It doesn't feel like work." When the position and the child's interests match, to them it's more like a chance to get out and play. This in turn can be a good step in helping them discover their vocation.

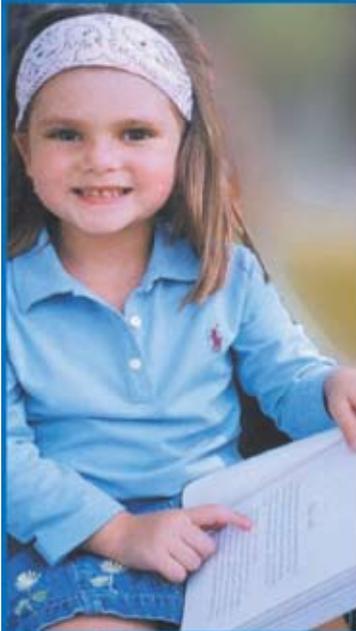
Taking along a friend, as Haley frequently does, adds to the experience as

5. Take a long-term view. If you value service to others, continue helping your child get involved in volunteering. As Dr. Bobbie McDonald (a doctor of psychology and mother of a youth volunteer) points out, "Anything you involve kids in on a regular basis, they're likely to continue into adulthood."

Don't underestimate what your child might have to offer an organization as a volunteer. And don't underestimate the positive impact that experience can have on him. As these three young people have found, there's a lot to be gained by giving your time to a local organization.

Lara Krupicka is a freelance writer and mom to three girls. She enjoys watching her daughters grow through volunteer experiences.

# YOUR PRE-SCHOOLER CAN LEARN TO READ



Your child will learn **15-30 words**  
in their first session!

"A Miracle In The Making!"

- CBS TV

- Your child will learn to read their first book fluently
- It's fun, easy and life's most exciting game.
- One-on-One Instruction in a caring and nurturing environment
- Ages 3 and older • 35 years certified experience
- **FREE** Consultation

Your pre-schooler or kindergartener will  
develop a love for reading & school!



## Dicker Reading Method

75 Brook Street, Scarsdale • 914-472-0600 • [www.MommyICanRead.com](http://www.MommyICanRead.com)

# Making a plan for special education

## New book seeks to help families understand Individualized Education Plans and how they can help

BY ALLISON PLITT

**G**rowing up in New Jersey in the 1980s, I really liked going to school and was a very conscientious student. Yet, no matter how much extra effort I put into doing my math homework, I couldn't correctly apply the concepts by myself in class.

My problems with math started in fifth grade, and as the years progressed, the subject became more difficult for me to understand. My younger brother, on the other hand, was a mathematical genius. He wasn't a diligent student like myself, but he always aced math tests.

My brother's often-discussed "brilliance" in this subject made me all the more ashamed of my own incompetence. By the eighth grade, I broke down in tears to my mother and confided to her that I couldn't handle another math class. She spoke to some of her friends in our community and found a math tutor for me. I went to that tutor every Saturday for about four years until I felt comfortable enough to do my math homework and tests in school without outside assistance.

With hindsight, I wish I could have read "The Survival Guide for Kids in Special Education (And Their Parents): Understanding What Special Ed Is & How It Can Help You." Published just this year, the book has two authors, Wendy Moss and Denise Campbell, who both have extensive experience in the field of special education. Dr. Moss earned her doctorate in clinical psychology, and as a psychologist she has worked

with families for more than 30 years in schools, hospitals, and private practice. Campbell is a speech pathologist who has worked with children affected by diverse disabilities.

This book isn't just for students enrolled in special education programs at their schools. It is for any student who needs help and receives it in the form of a study group with peers, a tutor outside of the school, or a specialist seen once a week to work on a specific area of struggle.

The authors emphasize that no one is perfect and that those students who receive high grades usually study very hard to get them. They advise students not to compare themselves to others, because each individual has his own strengths and weaknesses.

In my case, despite my problems with math, I excelled in other subjects such as English and foreign languages. Looking back, I could have benefitted from the book's advice to counterbalance my weakness in math by gaining confidence from my strengths in subjects oriented toward communication.

The book is easy to read for students starting at the third-grade level. It also includes many illustrations and real-life stories about students who were able to overcome their learning challenges. At the end of every chapter, there are questions for children to answer about their feelings towards receiving special education and how they can be proactive in receiving the help they need.

A recurring theme throughout the "Survival Guide" is that children should

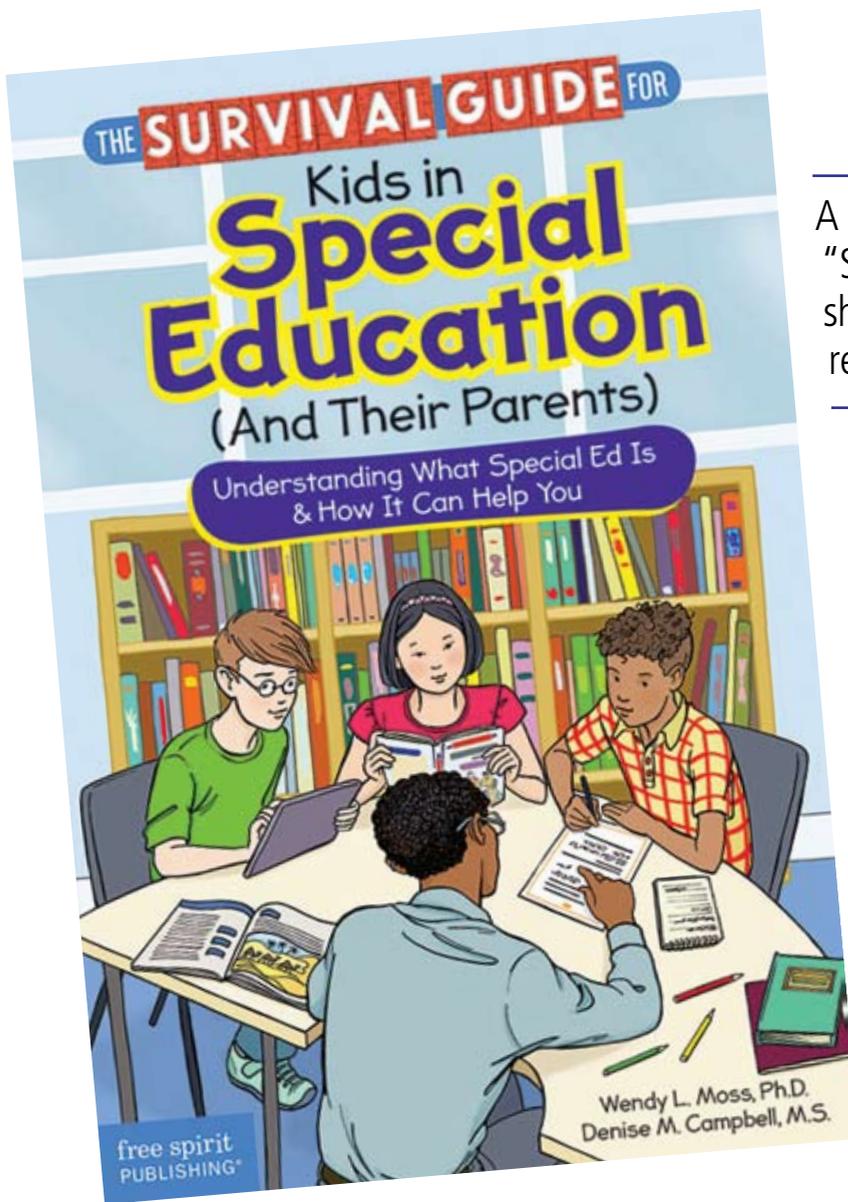
not be embarrassed to receive extra help for their studies. If they are being teased at school or afraid they will be teased, the authors suggest that the children do not act like receiving extra help is a big deal. If they need to leave the classroom to see a specialist, they should do so in a confident manner. If their friends ask them about their special education, they should respond by making direct eye contact with the person and answer the question calmly to the best of their ability.

Another concept the authors impress upon readers is that it is especially important for kids to communicate with their special education teachers to discuss their goals, what they need to do to achieve those goals, and if something is not working, to try another approach. Parents should also be aware of what is going on at school with their child's special education and the progress they are making.

The book offers many definitions to young readers about special education terms. According to the authors, "a consultant teacher is someone who goes to various classrooms and gives extra help to different kids all day long," while "a resource room is a room at school where students go to get help in small groups."

The authors also explain that students retain information in different "learning styles." They write, "A visual learner likes to see what he is learning. An auditory learner likes to hear what he is learning." Kinesthetic learning is a more experiential learning style in which students get involved in hands-on projects and create videos showing what they have studied.

When students are evaluated to determine what kind of extra help would be beneficial, they are often asked questions about the best ways in which they learn. This allows the special education teacher to determine their learning




---

A recurring theme throughout the “Survival Guide” is that children should not be embarrassed to receive extra help for their studies.

---

family are usually invited to attend these meetings. The authors suggest that before students attend such meetings, they write down what is helping and what is hindering them. They can ask the committee about their improvement and if they are reaching their goals in a timely manner.

The book appears to be oriented towards students in third through eighth grade. The authors explain that students can receive special education all throughout high school, but they should not scare themselves over what they will need to learn in the higher grades. Students should concentrate on their current Individualized Education Program and achieving the goals they have discussed with their teachers until the end of the school year.

The authors talk about students having a positive attitude towards their special education plan and avoiding negative self-talk when they make mistakes. If things become challenging for students, they should create a list of all the things they can do well. The authors also advise against procrastination and advocate that students organize their schedules and studies so that they can meet deadlines on time.

Most importantly, the book says that an Individualized Education Program teaches students about making a plan and following through on it to achieve a goal. They offer their readers possibilities for their future by using the same technique in all the challenges they will soon face in life — be it college, vocational school, or an apprenticeship in a specific field of work. Wherever students venture on their journey, the authors emphasize, they should never be afraid to ask for help. As for my own academic journey, when I finally asked for the help I needed, I was able to achieve the goals that I had originally worked so hard for but could not obtain.

*Allison Plitt lives in Queens with her daughter and is a frequent contributor to this publication.*

style. Different schools administer various tests. The authors advise students that they have the right to ask what their test is about and how long it takes to complete it.

Students will meet specialists with various expertise depending upon what skills need to be tested. As the authors clarify, “school psychologists are trained to understand students’ learning style, their feelings, and how they handle challenges ... Learning specialists might also be called educational evaluators. These people can recognize the skills students need to do well in various subjects such as reading, writing, and math.”

Other people who test students are speech or language therapists, also called pathologists.

“They test students’ skills related to listening and speaking. Other specialists are experts in vision, coordination,

and handwriting,” the authors write. Students should not be afraid of being tested. Test results, the authors say, “enable specialists to know students’ areas of talent, their areas of difficulty, and their learning styles.”

If the test results determine that a student will need a team of teachers with a plan created for his own special learning challenges, that is called an Individualized Education Program in some public schools. The team is made up of specialists and the student’s regular classroom teacher. They comprise what is called a Committee on Special Education. In other public schools, the teaching group is a 504 team which develops a 504 plan to assist students with special education.

The Committee on Special Education meets several times a year to discuss a student’s progress. The student and his

# 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 Manhattan, 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](mailto:directbehaviorservices@gmail.com)  
[www.directbehavioralservices.com](http://www.directbehavioralservices.com)

Private pay also accepted.



## HUNTINGTON

HELPS STUDENTS AT ALL LEVELS  
ACHIEVE RESULTS

## CENTER



**SAVE  
\$100**  
WITH THIS OFFER\*



### OUR PROGRAMS WORK BECAUSE:

- We begin with an Academic Evaluation
- We develop a customized learning plan
- We provide personalized instruction by certified teachers at accredited centers
- We testify on behalf of a student, attend IEP or 504 meetings, and visit the student's school
- We update you on your student's progress
- We offer flexible schedules

**TUTORING**  
Phonics • Reading • Writing • Math  
Study Skills • Executive Functioning Skills  
ADHD • Dyslexia • Learning Disabilities  
ACT • SAT • Regents

### TEST PREP

BAY RIDGE  
BRONX

FLUSHING  
MANHATTAN

PARK SLOPE  
STATEN ISLAND

[HuntingtonHelps.com](http://HuntingtonHelps.com)

**1.800.CAN.LEARN**



©2017 Huntington Mark, LLC. Independently owned and operated. \*Offer valid for Academic Evaluation, new students only. Not valid with any other offer. SAT is a registered trademark of College Board. ACT is a registered trademark of ACT, Inc. None of these entities endorses or was involved in the production of the program. HLC18188X0517

# Special Needs Providers

## DIRECTORY

### Culinary Tech Center

303 Quarropas St,  
White Plains  
914-207-7801  
[www.culinarytechcenter.edu](http://www.culinarytechcenter.edu)

Culinary Tech Center believes that quality career education can lead to a successful and rewarding future. Special needs students learn in a realistic setting by cooking in our industry standard commercial kitchens and work with chef instructors who are experienced in the industry. Programs are designed to help you learn the skills needed for entry level employment in the culinary field, as well as to develop the habits of lifelong learning needed in today's ever-changing job market.

### Direct Behavioral Services

347-559-6131  
[www.directbehavioralservices.com](http://www.directbehavioralservices.com)  
[directbehaviorservices@gmail.com](mailto:directbehaviorservices@gmail.com)

Offering Insurance funded Applied Behavior Analysis (ABA) home services in NY City areas, New Jersey & Connecticut. We are a private group of Board Certified Behavior Analysts (BCBA) / Licensed Behavior Analysts & Registered Behavior Technicians who work collaboratively in improving the lives of children and adults with autism by providing individualized high quality programming at the individual's

home and community. We work on academic and social skills, daily living skills, fine and gross motor skills, etc, accept most health insurances, and we advocate on behalf of clients with the insurance companies. For more information please call or visit our website.

### Huntington Learning Centers

1807 Williamsbridge Road,  
Bronx  
718-597-1500  
[www.huntingtonhelps.com](http://www.huntingtonhelps.com)

Our individualized tutoring programs are the perfect solution to help your child who has been diagnosed with ADHD learn skills and get help in a focused, consistent environment. We'll begin with a comprehensive academic evaluation that will pinpoint your child's strengths and weaknesses. Then we'll tailor a tutoring program to meet your child's specific needs and help them learn at their pace. We'll provide individualized instruction, break complex skills into smaller steps, teach study and test-taking skills, and help your child develop organization and time-management skills. With your permission, we will also communicate and partner collectively with your child's teachers. Our tutoring programs will give your child greater confidence and motivation and help them achieve academic success.

## IT'S YOUR FUTURE NOW

**Culinary Tech Center** believes that quality career education can lead to a successful and rewarding future. Our programs are designed to help you learn the skills needed for entry level employment in the culinary field, as well as to develop the habits of lifelong learning needed in today's ever-changing job market.

- New York State Licensed • Nationally Accredited • Financial Aid Available (If Qualified)
- Approved for Veterans Training • ACESS-VR Approved



Culinary Tech Center

**Manhattan**  
460 West 3th St.  
New York, NY 10001  
646-559-8551

**White Plains**  
303 Quarropas St.  
White Plains, NY 10601  
914-315-0740

[www.CulinaryTechCenter.edu](http://www.CulinaryTechCenter.edu)  
[facebook.com/CulinaryTechNewYork](https://facebook.com/CulinaryTechNewYork)  
 Email: [info@edtraining.com](mailto:info@edtraining.com)



Like us on

facebook

or follow us on twitter

Facebook Search: NYParenting

# Join the RNH Pool Club

Your home away from home  
this summer!



Bring this ad  
for a \$25 discount  
or register online  
and use promo code  
Swim17

## Open from Memorial Day to Labor Day

Sports, arts & crafts, sprinkler and more!  
Many membership choices available  
ranging from \$525 – \$1400.

For complete rate and registration info,  
visit [www.riverdaleonline.org](http://www.riverdaleonline.org)

## Riverdale Neighborhood House



5521 Mosholu Avenue,  
Bronx, NY 10471  
718-549-8100 ext.100

Now Registering for 2017  
RNH Camp

Visit [www.riverdaleonline.org](http://www.riverdaleonline.org)  
for details

# EVERYDAY is an ADVENTURE at YOUNG PEOPLE'S Day Camps

SENCED 1972

**45 YEARS**  
1972-2017

**Days Filled With Fun & Excitement!**

- ☺ For Boys & Girls, 4-14
- ☺ 2-8 Week Programs Available
- ☺ Operated by Licensed Teachers & Administrators
- ☺ We Accept All Union Rates
- ☺ Field Trips to Movies, Bowling & Magic Shows
- ☺ Sports & Games, Swimming, Soccer & Basketball
- ☺ Arts & Crafts, Face Painting & Talent Shows

**And More!**

**Highest Quality, Lowest Rates!**

**WE ACCEPT UNION & HRA VOUCHERS**

**FOR INFORMATION ON OUR NEXT OPEN HOUSE CALL 1-914-792-6555 OR 1-800-DAYCAMP (329-2267)**

Call Now for Pre-Season Rates!

**FREE Transportation**

[www.ypdc.com](http://www.ypdc.com)

ACCREDITED

# Double duty

## Bilingual children's books entertain and teach kids some valuable skills

BY SHNIEKA L. JOHNSON

**M**ore than 41 percent of the students enrolled in New York City public schools speak a language other than English at home, reported the city's Department of Education in its 2013 report on English language learners. Children's brains are primed for language-skill development, so it is encouraged to start introducing bilingualism at an early age. Your child's school, like many in major urban centers, is home to large numbers of children for whom English is a second language. These children represent a variety of languages and often are the majority in a single classroom.

There are many theories and arguments about bilingualism. However, it is known that knowledge of multiple languages aids cognitive development in a positive way. According to the United States Department of Health and Human Services, there are many advantages that benefit children who are raised bilingual from an early age into adulthood. For bilingual children, language skills are stronger in both their primary and secondary languages, and early reading skills tend to come more easily. Also, bilingual children have a greater ability to focus on mental tasks, like abstract reasoning — which comes in handy for test taking.

One way that parents can support bilingualism is by adding bilingual books to their home library, bookshelf, or book corner. The ability for your child to read in both English and another language will strengthen his or her literacy in an organic way. Reading bilingual books also helps children increase their cultural appreciation for others — not only for those that share a language, but for those different from them.

There are a variety of bilingual books available for children — from board books with simple vocabulary to story books with text for English and another language. Starting with these books at an early age will aid children on their path to fluency. Colorful picture books will make



"Little María" author Luz M. Mack.

learning a new language (or maintaining a home language) fun and enjoyable for the whole family.

Many children's book authors have a passion for providing language skills through fun stories in an educational way, and using a bilingual approach will immerse kids in other cultures. I spoke to author Luz M. Mack about her first bilingual children's book, "Little María." It's part of a series that is full of beautiful images, with a story centered on a character that will help all curious kids better understand cultures around the world. Here's what she had to say about her approach:

**Shnieka Johnson:** What was your inspiration?

**Luz M. Mack:** My inspiration was trying to show my children about my childhood experience. I also wanted to share with them things that other children experienced while growing up in another country, such as the Dominican Republic, as it is very different from what children experience growing up in the United States. That is how the character María originated. Her experiences are very similar to mine as a child growing up, and she enjoys time with her family, friends, and community, which is something I believe that U.S. children will be able to relate to.

**SJ:** Why was it important for you to pro-

duce bilingual books?

**LM:** It is important for me to produce my children's understanding of my own childhood experiences, and to be able to share these experiences with children from other cultures. María is a child of the world that all children will be able to see in themselves.

**SJ:** How many languages?

Will there be more?

**LM:** The book is available in an English and Spanish edition, English and Italian, and English and French edition. I am working on offering the book as an online application. Children and their families will be able to, through this application, see and hear María and her family's experiences in all the languages offered.

**SJ:** Any other books in the works?

**LM:** Definitely! The next installment of the Little María books is "María the Super Helper." This book will show how exciting, fun, and rewarding it can be to be helpful around the home. I am also working on another book that will be called "Incredible You." This book will be aimed at building children's confidence and self-love.

Born and raised in the Dominican Republic, Mack now lives in New York with her husband, Tony, and their three children: Andrea, Chloe, and Tony. Her books (illustrated by Arjeanette Vivero) promote an understanding of cultures, and they detail how childhood looks outside of the United States. The series is available in multiple languages and can be purchased via Amazon.com.

*Shnieka L. Johnson is an education consultant and freelance writer. She is based in Manhattan, where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*

Clowns • Characters

- Face Painting
- Balloon Art
- Magic • Games
- Cotton Candy
- Popcorn

**CONFETTI**  
party place

**Paint Nites for Adults & Kids too!**  
**PARTY ROOM AVAILABLE**  
**FOR BIRTHDAY AND BABY SHOWER CELEBRATIONS!**  
Call (917) 579-0867 to book your party today!  
 /ConfettiPartyPlace  /ConfettiPartyPlace  
 3190 Westchester Avenue, Bronx, New York 10461



# Pediatrics

## General & Specialized Services

- Behavioral Health
- Audiology
- Dentistry
- Orthodontics
- Physical Therapy
- Bilingual Speech Therapy
- Occupational Therapy
- Coming Soon:** Vision Therapy
- Hablamos Español*



260 East 188th Street, Bronx NY  
 2021 Grand Concourse, Bronx NY  
 470 East Fordham Road, Bronx NY  
 4487 Third Avenue, Bronx NY  
 2101 Quarry Road, Bronx NY  
 2016 Bronxdale Avenue, Bronx NY

718.220.2020 • [www.uchcbronx.org](http://www.uchcbronx.org)

 UNION COMMUNITY HEALTH CENTER  
 @UCHC\_Bronx  UCHCBRONX

**Gazillion**  
**Bubble Show**

**"INGENIOUS BUBBLE WIZARDRY."**  
-THE NEW YORKER

**10th**  
INCREDIBLE  
YEAR!

Telecharge.com or 212.239.6200  
 For groups or birthdays call 866.642.9849  
 New World Stages 340 W. 50th St.  
[GazillionBubbleShow.com](http://GazillionBubbleShow.com)

**Online Activity Guide**

Check it out on  
[www.NYParenting.com](http://www.NYParenting.com)

# De-stress yourself

I've recently rekindled my passion for crocheting, a creative endeavor that soothes me. I set aside time for it on most days. As a result, I have purchased a large assortment of yarn in shades of every color. Whenever I go to make something, I sift through various bags searching for what I'm looking for.

Likewise, when I was a young mom I was always frantically searching for a stray glue stick or my keys. Then I bought a rack over my desk to keep my keys securely fastened, and more recently, storage containers to hold various yarns, neatly marked by color and material. I also set up a school zone in my home where my kids could both do their homework and keep their school items.

These small changes made a huge difference in my life, because they brought more peace, simply by eliminating what wasn't working and fostering what brings me joy. If you would like to do the same, read on!

## Eliminate obligations

It is not necessary or healthy to take on extra work if you don't want to. We're obviously not talking about your job, because you won't always have a choice there, but so many people, and women in particular, will take on added commitments in their personal lives just so they do not upset anyone (other than yourself!).

So when you get pressure from the PTA or in-laws or neighbors to join yet another committee or work on a bake sale, flea market, or group project, you really can say "no" to anything you have no interest in. It is a sign of good health to set boundaries, so you have time for you and family.

## Add solutions

What are the things that drive you absolutely crazy on a regular basis? As a manager, I apply this principle at work, and I'm sure you can relate. When something isn't working, you will likely have a meeting about ways to fix or improve upon it. Yet at home, I would encounter recurring obstacles but not change them!

Whether it is a simple fix like an overcrowded coat rack, a dish tray that goes awry, or a junk drawer that takes up space and serves no purpose, if we take five minutes in the day to ask ourselves what is not working organizationally at home, we can immediately make a decision and plan to change it.



## Eliminate communication

This might sound harsh, but consider how many people call, text, and e-mail you daily. Have you ever just sat down to dinner or to help your child with homework and get an urgent text or call from a frantic friend or co-worker who needs their problem heard right now?

Just because we have the technological capability to always be in touch does not mean that we must be at everyone's beck and call. Of course, you will want to leave your phone on for your spouse and kids to be able to reach you, but you can also decide that at a certain time of day, you will not answer it for anyone else. It's not rude, it's self-sustaining.

## Add imposed relaxation

This means something different for everyone. Some people reach optimal relaxation when doing yoga. Others get it from running, painting, or doing crafts. Often, it can be something simple like taking a bath or catching up on the your favorite show. No matter what does it for you, it is key to introduce recreation and joy into your daily life on a regular basis. Otherwise, you will end up frazzled, and possibly resentful.

## Eliminate reading updates

Sure, Facebook is good for waiting



## JUST WRITE MOM

DANIELLE SULLIVAN

rooms and long bus rides to work, but there are two big reasons to stay away from making it a daily habit.

First off, so many of the perfect family holidays, vacations, and celebrations are falsely re-created snapshots that do not exist in real life. You might see your perfect friend with her perfect kids and perfect home, but not see that one minute after the photo was taken, the kids were arguing, the couple was fighting, and the Cinderella dream was dead. Comparing oneself to anyone (and especially on social media sites where nothing is reality) only sets you up to feel less than.

Secondly, we might absently scroll through our feed and then find ourselves 20 minutes later checking out what our long-lost friend's sister's favorite recipe is. It's a huge time waster, time that could have gone to mindful reading, taking a bath, or savoring that last sip of wine.

## Add music

There is something about music that is instantly soothing. When you turn on your favorite songs, your heart rate lowers, your mood changes, and you feel lighter, brighter, and happier. Just think of how much your home's tone changes when you listen to the hostile news channels on television compared to turning off the television and playing your favorite song.

One of my kids' happiest memories, they tell me, is when I would listen to Dave Matthews or System of A Down. Now when they hear those songs, they say they remember us cooking together or doing art projects, and it gives them a good feeling. Music is an instant stress buster, so the next time your home could use a pick-me-up (like during homework hour), turn up the volume, and sing your hearts out.

If you think something is **wrong with this picture**, you should see what's being served up in stores.

Tobacco companies spend billions on colorful signs, special discounts and promotions in stores where kids can see them. And the more kids see tobacco, the more likely they are to start smoking. **It's time for tobacco marketing to hit the road.**



Tobacco companies place most of their advertising in stores where

**75% OF TEENS**

shop at least once per week



Take action now at  
[SeenEnoughTobacco.org](http://SeenEnoughTobacco.org)



[facebook.com/TobaccoFreeNYS](https://www.facebook.com/TobaccoFreeNYS)



[@TobaccoFreeNYS](https://twitter.com/TobaccoFreeNYS)

# Digital CAMP GUIDE 2017



NEW YORK  
**Parenting**

Check it out on  
[nyparenting.com](http://nyparenting.com)

# Estate planning for non-U.S. citizens

*My wife and I are not U.S. citizens, but I have been living in the U.S. for 15 years. One of our three children was born in Italy, but the other two were born here and have citizenship from both countries. Our third child also has a U.S. passport. Do we have any unique issues that we should be considering?*

**Y**es! Many parents are so busy taking care of their children that they delay their own estate planning. Some spouses avoid the discussion because they cannot agree on a guardian. Some believe that they do not need a will since they do not have substantial assets.

Raising children is chaotic, but one thing is for sure: every parent should have essential documents in place to legally protect their family. In a situation where one or both parents are non-U.S. citizens or the chosen guardian or trustee of money for U.S.-based children is a non-U.S. citizen living abroad, there are unanticipated events that can disrupt an otherwise documented estate plan. Here are five things all non-U.S. citizen parents living in the U.S. should consider:

## Choosing a guardian

The most common reason parents start thinking about estate planning is their concern about who will care for their children if both spouses die. You can nominate a guardian and alternate guardians for your minor children in your Last Will and Testament. The court can approve the appointment and will usually do so unless it finds that the guardian is not fit to serve. In the absence of a will or a designation of a guardian in a will, the court will appoint a guardian for your children.

Many spouses disagree on who should serve as a guardian. In deciding on a one, parents should consider many factors, including:

- The relationship with your children.
- The willingness to accept responsibility.
- Whether he or she has children and their ages.

- Whether he or she lives in the same or a different state.

- Whether you anticipate maintaining relationships with both sides of the family.

- Whether he or she can meet the physical and emotional demands of being a guardian.

Keep in mind that you may always change your will at any time, and the person you nominate as guardian of your toddlers may not be the same person you want as their guardian when they are teenagers.

You should look at your will every two to three years or more frequently when you or your appointed fiduciary experience major life changes such as a birth, death, disability, or divorce. You should also choose at least one alternate guardian if the person you selected is unable or unavailable to act as guardian when needed.

Foreign nationals frequently desire to appoint non-U.S. domiciled guardians of their minor children in case of a common accident. For non-U.S. citizens, or even U.S. citizens whose chosen guardian is a non-U.S. citizen living outside the United States, you need to consider the practicalities of having your children relocated outside of their home in the country.

All nominations of a guardian in a will remain subject to confirmation by the Surrogate's Court, irrespective of citizenship. The court determines whether the nomination is in the best interests of the child, and whether the person is eligible to serve as a fiduciary. Usually it will defer to the parents' nomination in the will, but could be persuaded otherwise if someone challenges the nomination.

In cases involving foreign nationals, a non-U.S. resident may not be eligible to serve as a guardian, and therefore may not meet the statutory requirements to serve as a fiduciary. Under New York law, people ineligible to serve as fiduciaries include minors, felons, and non-resident aliens, among others. Thus, a non-domiciliary with children in the U.S. who dies without



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

a surviving spouse runs the risk that her designation of an alien sibling or parent may not necessarily be confirmed as a guardian, whether or not the nomination is challenged.

One of the factors the court could consider is the location of the nominated guardian, and if it is in the children's best interests to return abroad, or to remain in the United States. Another factor might be evidence of the parents' prior intent to return to their home country or to remain in the United States, and whether the children are citizens of the United States or temporary residents.

You should also consider that your children may not want to leave their home in the U.S. to go to another country. Children who are 14 years old or older can have a say in the appointment of a guardian, and that child may not want to leave his life behind, be it for Idaho or Italy.

For foreign nationals residing in the U.S., the best course of action may be to designate your first choice as guardian, even if that person is a non-U.S. resident. There should also be one or two alternate nominations as guardian in the event that the court declines to appoint the primary choice. As always, individual consultation with an attorney is critical.

## Wills & testamentary trusts

A will is a legal document that dictates how you want your assets distributed after your death, and, as noted above, who you want to serve as the guardian of your chil-

Disclaimer: This column is provided by Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual's situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.

dren and trustee of any money for their benefit. Minor children cannot directly own assets. Your will should specify that any property passing to a minor be held in a trust, the terms of which are set forth in the will.

Parents of special-needs children should incorporate trusts that permit the child to maintain any government benefits while still reaping some benefits from the trust income. The trust becomes effective at your death. It is a separate legal entity that holds the assets for the benefit of the beneficiaries. The terms can set forth how income is distributed and when principal is accessed (usually for the health, education, maintenance, and support of the beneficiaries at the discretion of the trustee), and at what ages the children are entitled to distributions of the remaining principal. A designated trustee administers the trust and makes those distributions.

You can specify in your will what the trust can and cannot be used to finance, how much can be used for college, and under what conditions. You can nominate one or more co-trustees and alternates, and can nominate a friend, family member, lawyer, or bank or corporate trustee.

### Other key documents

These additional documents are essen-

tial to protecting yourself and your family:

**Health care proxy.** Appoints the individual you would want to make health decisions on your behalf if you can't, as well as any successor agent to fulfill that role if the primary agent isn't available.

**Living will.** Provides direction to your agent under your health care proxy regarding end-of-life choices such as feeding, hydration, resuscitation, and life support if you are unable to communicate.

**Durable Power of Attorney.** Differs from the health care proxy in that it is for financial matters (not health related), and it is effective upon execution (not upon incapacitation). This is a very powerful document and misuse by an agent could cause great financial harm, but it is a very important document to have in place. Failure to do so could lead to a potential guardianship proceeding in a crisis situation, which can be time consuming and costly.

**Appointment of Agent for Disposition of Remains.** Appoints an agent to make burial and funeral arrangements. Some expats prefer to be buried in a family plot or returned to the home country.

**Appointment of Standby Guardian, Authorization to Leave Country, and Medical Authorization.** Streamline the ability of a guardian to return to the home country with minor children.

### Beneficiary designations

Assets such as retirement accounts and life insurance are non-probate assets and are transferred outside of the will. Those assets require a designation of the beneficiary — the person or persons whom you want to inherit those assets at your death. Parents often have retirement accounts left with previous employers, often before they married and had children. It is critical to review all of your accounts and ensure all beneficiary designations are up to date.

You should consult an attorney to make sure that your documents meet your objectives. Although many forms of these documents are online, only an attorney can help you understand what they mean and how they work. Being an ex-pat requires an additional level of attention to your legal needs. Without the benefit of legal insight, you may make mistakes that undermine your intentions.

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

# Advertise with us!

MANHATTAN  
**Family**

BROOKLYN  
**Family**

WESTCHESTER  
**family**

QUEENS  
**Family**

BRONX/RIVERDALE  
**Family**



To place an ad in any of our monthly titles, please call  
**718.260.4554**

# Calendar

JUNE

## Celebrate dads with old-time baseball

Celebrate dads at Bartow Pell Mansion Museum on June 17.

Bats, Brats, and Beer is calling all dads! As part of Father's Day weekend, the museum thinks you deserve a Saturday afternoon ballgame with beer and bratwursts.

Come celebrate on the front lawn of the mansion and watch the New York Mutuals play with 1864 rules, balls, bats, and uniforms — but no helmets or gloves!

After the game, kids can join in the fun for a game of rounders with team members. Beer and food vendors will be on-site. Registration required.

Bats, Brats & Beers, June 17 from 1 pm to 3. Tickets \$10, \$5 children. Dads are free.

*Bartow-Pell Mansion Museum [895 Shore Rd. in Pelham Bay, (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.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](http://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](mailto:bronxriverdalecalendar@cnglocal.com) — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

### THURS, JUNE 1

#### IN THE BRONX

**Creative 3D Arts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); 2:30 pm to 4:30 pm; Free.

Create a cute, fun 3D apple out of paper. This program is suitable for ages 6 to 12.

#### FURTHER AFIELD

**On the Stoop with Yellow Barn Music Haul:** Sugar Hill Children's Museum of Art & Storytelling, 898 St. Nicholas Ave. at 155th Street, Manhattan; (212) 335-0004; [info@sugarhillmuseum.org](mailto:info@sugarhillmuseum.org); 10 am to 11:30 am; Free with museum admission.

The first traveling stage of its kind, the Yellow Barn Music Haul is the brainchild of Yellow Barn, an international center for chamber music based in Vermont that generates an international, multi-generational troupe of musicians.

### FRI, JUNE 2

#### IN THE BRONX

**First Friday:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 5:30 pm; \$12 (\$10 seniors & students; Free for members).

Back by popular demand, the Kenn Morr Band performs from 6 to 8 pm. Enjoy the music, explore the museum, and stroll the garden; light refreshments available. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to the museum to City Island. Registration requested.

### SAT, JUNE 3

#### IN THE BRONX

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

Explore the colors of the rainbow! Look at light refracted through water. Collect transparent materials and create a spectrum to glue and frame into bright window hangings. Or add your piece to a stained glass-like tem-



Associated Press / Doug Raflin

## All abuzz in the Bronx

Bee there to Meet the Bees at Wave Hill on June 24.

Observe bee behavior in the gardens, then suit up in a hat and veil to peek inside a hive filled with 50,000 honeybees. Search for worker bees, drones, broods (baby bees), and maybe even catch a glimpse of the elusive queen. Horticultural Interpreter Charles Day

leads this fascinating foray into the world of the honeybee. Appropriate for curious adults and kids ages 14 and older accompanied by an adult.

Meet the Bees, June 24, 11 am to 1 pm. \$35, \$25 members.

Wave Hill [W. 249th Street and Independence Ave. in Riverdale, (718) 549-3200; [www.wavehill.org](http://www.wavehill.org)].

porary group installation vivifying the glass doors of the Sally and Gilbert Kerlin Learning Center.

**Great Fish Count:** Concrete Plant Park, Edgewater Plaza; 11 am to pm; Free.

Join the Bronx River Alliance in exploring the Bronx River at Concrete Plant Park. This is a free, family event where we will provide waders (adult sizes only — children must wear rainboots) and guide to looking under the surface of the river.

**Dig, Plant Grow, Wake up Garden:**

New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 1:30 pm to 5:30 pm; Free with All-Garden Pass.

Plants and imaginations grow at the Howell Family Garden, where kids are allowed — no, encouraged! — to play in the dirt. Display gardens, such as the Global Gardens, Bean Tunnel and Salad Bowl, and daily interactive gardening activities delight and inspire.

**"The Secret life of Pets:"** Concrete Plant park, Edgewater Drive; (718) 430-1825; 8 pm to 10 pm; Free.

Two mismatched mutts get lost in New

York City due to their feuding, and must find their way home. During their journey, they encounter a vicious bunny who plans to lead a group of abandoned pets on a mission of revenge against humanity. You should arrive by 7:30 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 waters are OK, but no glass. Reservations are not taken, so space is available on a first-come, first-served basis.

### SUN, JUNE 4

#### IN THE BRONX

**Family Art project:** 10 am to 1 pm. Wave Hill. See Saturday, June 3.

**Canoeing:** Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am to 2 pm; Free.

Few experiences compare with being on the open water in New York City. The rhythm of the waves, the sun on your face, and the exhilaration of slicing through the water all add up to an experience you'll never forget.

# Calendar

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

Our trained Urban Park Rangers will lead you on canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. All canoe programs are for ages 8 years and older. Participation in a mandatory safety review led by a trained Ranger is required.

**Dig, Plant Grow, Wake up Garden:**

1:30 pm to 5:30 pm. New York Botanical Garden. See Saturday, June 3.

## TUES, JUNE 6

### IN THE BRONX

**Kids Le Petit Art:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); 2:30 pm to 4:30 pm; Free.

Make your own personalized bookmark to take home. This class is suitable for kids ages 6 to 12 years old.

## WED, JUNE 7

### IN THE BRONX

**"Cinderella Samba":** Playground One Thirty Four, E. 133rd Street and Bruckner Boulevard between St. Ann's Place and Cypress Avenue; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 9:30 am to 10:30 am and 10:30 am to 11:30 am; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself.

**Dig, Plant Grow, Wake up Garden:**

1:30 pm to 5:30 pm. New York Botanical Garden. See Saturday, June 3.

**Recycle to Art:** Poe Park Visitor Center,

2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org](http://www.nycgovparks.org); 2:30 pm to 4:30 pm; Free.

Have fun turning discarded materials into usable works of art. Make a popsicle stick puppet.

## THURS, JUNE 8

### IN THE BRONX

**WBO Family Day:** Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; Noon to 2:30 pm; Free.

Schools are closed for Chancellor's Conference Day! Come out and enjoy the weather. Williamsbridge Oval Recreation Center will be offering a variety of games to play that day including soccer, capture the flag, obstacle courses, and more! Children 6 to 13 years old can come play. Please come dressed in comfortable clothes and sneakers. If it's raining we will bring the activities indoors.



Ron Greenfield

## Amazing drumming!

It's the 15th annual Drums Along the Hudson day on June 4.

Join city Parks and Lotus Music and Dance for this annual multicultural celebration and Native American festival.

The event features Native American, Japanese, Brazilian, Flamenco, and Korean dancers and drummers from around the world! The festival combines a celebration of Native American heritage, culture, and art with the diversity of New York City. Spanish, Afri-

can, Brazilian, and Tibetan cultures will also be celebrated with food, music, and dancing. Activities include a Tree of Peace planting, international cuisine, Native American storytelling, a powwow, crafts, and visits from Captain Planet.

Drums Along the Hudson, June 4, 11 am to 6 pm, rain or shine. Free.

*Inwood Hill Park [218th Street and Inwood Road in Inwood Hill, (212) 795-1388; [www.nycgovparks.org](http://www.nycgovparks.org)].*

**Creative 3D Arts:** 2:30 pm to 4:30 pm.

Poe Park Visitor Center. See Thursday, June 1.

## SAT, JUNE 10

### IN THE BRONX

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

Visit the Aquatic Garden to sketch and observe for inspiration. Using bright tissue paper, cut nature shapes inspired by the floating flowers and inhabitants of that watery garden. Then use a simple papier-mâché method to transform their shapes into globe-like lanterns.

## SUN, JUNE 11

### IN THE BRONX

**Family Art project:** 10 am to 1 pm. Wave Hill. See Saturday, June 10.

**Seining:** Orchard Beach Nature Center, Orchard Beach; (718) 885-3466; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am to 12:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. Get ready to get your hands wet! Seining programs use nets to catch fish. All equipment provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

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

## TUES, JUNE 13

### IN THE BRONX

**Kids Le Petit Art:** 2:30 pm to 4:30 pm.  
Poe Park Visitor Center. See Tuesday, June 6.

## WED, JUNE 14

### IN THE BRONX

**Recycle to Art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Wednesday, June 7.

## THURS, JUNE 15

### IN THE BRONX

**Creative 3D Arts:** 2:30 pm to 4:30 pm.  
Poe Park Visitor Center. See Thursday, June 1.

## SAT, JUNE 17

### IN THE BRONX

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

Using plaster of Paris, create an exact replica of your hand and the hand of one of your family members — maybe Dad's! Then, build onto your plaster hands with metallic and natural materials like leaves, sticks, and stems.

**Healthy Alternatives:** Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; Noon to 2:30 pm; Free.

Free samples! Free food demos! Free fitness classes! Free sports! Come get ready for summer. School is out and now is the time to learn how to keep the entire family healthy and happy during the summer. Sign up for the reading program at the public library. Learn how to cook healthy food. Sign the kids up for Parks' free Summer Sports Experience program, where kids can play sports all day throughout the summer for free! Take a yoga, spinning, or boxing bootcamp class. There are activities for all ages, so bring the whole family!

**Bats, Brats and Beer:** Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 1 pm to 3 pm; Dads free.

Come celebrate on the front lawn of the mansion and watch the New York Mutuals play with 1864 rules. After the game, kids join in the fun for a game of rounders with team members. Beer and food vendors will be on-site. Registration required.

## SUN, JUNE 18

### IN THE BRONX

**Family Art project:** 10 am to 1 pm. Wave Hill. See Saturday, June 17.

**Tide Pool Exploration:** Orchard Beach Nature Center, Orchard Beach; (718) 885-3466; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am to 12:30 pm; Free.



Janine Lee Papio

## Big dreams do come true

"Sweetee" hits the stage at the Ford Studio at the Pershing Square Signature Theatre Center for a limited engagement from June 1 through June 18.

"Sweetee" is the musical story of an outcast minister, a young street singer, and a band of orphans in the 1930s Depression-era South. As they struggle to make music and find their place in a world amid bigotry and poverty, a tale emerges of spiritual triumph in the face of adversity and racism. Nothing comes easy ... but

dreams are big.

The production is suitable for families with children 10 years and older.

"Sweetee," June 1 through June 18, Tuesday, Thursday, and Friday at 8 pm; Wednesday at 2:30 pm and 8 pm; Saturday at 7:30 pm; and Sunday at 3 pm. Tickets are \$65.

*The Ford Studio at the Pershing Square Signature Theatre Center [480 W. 42nd St. between Ninth and 10th avenues in Hells Kitchen, (212) 279-4200; [www.ticketcentral.com](http://www.ticketcentral.com)].*

We connect children with nature to encourage active exploration of the natural world.

This program is specifically designed for young children and families. All supplies are provided.

**Pony Rides:** Stables at Van Cortlandt Park, Broadway and Henry Hudson Parkway; (718) 430-1890; 2 pm to 4 pm; Free.

On Father's Day, head to the Riverdale Stables for free pony rides. Ages 4 to 10. Younger ages may be held on the saddle for photos.

Poe Park Visitor Center. See Wednesday, June 7.

## THURS, JUNE 22

### IN THE BRONX

**Creative 3D Arts:** 2:30 pm to 4:30 pm.  
Poe Park Visitor Center. See Thursday, June 1.

## FRI, JUNE 23

### IN THE BRONX

**"Cinderella Samba":** Walton Park, Walton Ave. and 81st Street; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 9:30 am to 10:30 am and 11 am to noon; Free.

## SAT, JUNE 24

### IN THE BRONX

**Family Art project:** Wave Hill, W. 249th

# Calendar

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

Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am to 1 pm; Free with admission to the grounds.

See them and sketch them flying and sipping the nectar of their favorite flowering shrub or bush. Then learn about local butterfly species and make a butterfly-habitat hat filled with flowers and insects in an active landscape. Pollinators Weekend event.

**“Cinderella Samba”:** Hunts Point Recreation Center, 765 Manida St. [www.cityparks-foundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparks-foundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 11 am to noon and 1 pm to 2 pm; Free.

**Meet the bees:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 11 am to 1 pm; \$35 (\$25 members).

Observe bee behavior in the gardens, then suit up in a hat and veil to peek inside a hive filled with 50,000 honeybees.

**Canoeing:** Crotona Nature Center, Charlotte Street and Crotona Park East; (718) 378-2061; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am to 2 pm; Free.

Few experiences compare with being on the open water in New York City. The rhythm of the waves, the sun on your face, and the exhilaration of slicing through the water all add up to an experience you'll never forget. Our trained Urban Park Rangers will lead you on canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. All canoe programs are for ages 8 years and older. Participation in a mandatory safety review led by a trained Ranger is required. This basic canoeing program is great for all skill levels.

## FURTHER AFIELD

**Sweet Spot Pop and Shop:** Sugar Hill Children's Museum of Art & Storytelling, 898 St. Nicholas Ave. at 155th Street, Manhattan; (212) 335-0004; [info@sugarhillmuseum.org](mailto:info@sugarhillmuseum.org); 10 am to 4 pm; Free with museum admission.

In partnership with the Sugar Hill Children's Museum of Art & Storytelling and Broadway Housing Communities, will once again bring back the Sweet Spot Festival to its “stoop.”

## SUN, JUNE 25

### IN THE BRONX

**Family Art project:** 10 am to 1 pm. Wave Hill. See Saturday, June 24.

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

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. You can try to hook a pumpkinseed sunfish, carp, or chain pickerel. Whether you chose to

grab a simple bamboo pole at a quiet lake or join more advanced saltwater programs, we have a program that fits your skill level. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

## TUES, JUNE 27

### IN THE BRONX

**Kids Le Petit Art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, June 6.

## WED, JUNE 28

### IN THE BRONX

**Recycle to Art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Wednesday, June 7.

## THURS, JUNE 29

### IN THE BRONX

**Creative 3D Arts:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Thursday, June 1.

## FRI, JUNE 30

### IN THE BRONX

**Camping:** Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 319-7258; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm to 7 am; Free.

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. Space is limited and participants are chosen by lottery. To enter your family into the lottery, please visit our Event Registration page. Registration required.

## LONG-RUNNING

### IN THE BRONX

**Bronx Zoo:** 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, 10 am-4:30 pm; until Fri, June 30; \$19.95 adults, \$12.95 children.

Come see giraffes, lions, birds, penguins and more. As a special treat, there are now five young gorillas at the Congo Gorilla Exhibit — watch their playful interactions with their parents and each other. Check website for schedule.

**Chihuly Exhibit:** New York Botanical Garden, 2900 Southern Blvd. (718) 817-8779; [www.nybg.org](http://www.nybg.org); Tuesdays - Sundays, 10am-6pm, \$25 adults, \$20 children.

Artwork created by the world-renowned artist Dale Chihuly is on view at the New York Botanical Garden, in a show that features 20 installations and includes the artists' drawings and early works. The garden's dramatic landscape becomes the living canvas for works showcasing Chihuly's signature shapes in brilliant colors.

**It's my park day:** Henry Hudson Monument, Independence Avenue and Kappock Street; (347) 203-9164; [dp@reynolds@verizon.net](mailto:dp@reynolds@verizon.net); Saturdays, 8 am to noon, until Sun, Aug. 27; Free.

Families can volunteer with the Stewards of Henry Hudson Park. Start your Saturday mornings and help to amplify its beauty and sustain community with general cleanups and gardening. Rain or shine, there will be something for everyone to do at this unique park! Volunteers under 18 years old are required to present a signed guardian's consent to participate or have a chaperone present. Walk-ons are welcome.

**Nature's Sculptures:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, 10 am to 5:30 pm, Free with All-Garden Pass.

Using Chihuly's glass sculptures as a foundation, kids can explore the shapes and colors of plants in the garden. Find inspiration in the vivid colors and patterns of nature throughout the Garden's landscape, and craft a habitat to house your own air plant.

## FURTHER AFIELD

**Drones - Is the Sky the Limit?:** Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue), Manhattan; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Thurs, Aug. 31; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5; retired and active military members free).

The exhibit explores pilotless aircraft and the history of drone technology, from its modern-day origins in World War I and its military development to its current applications in solving complex humanitarian and commercial challenges. Visitors will be able to fly actual drones and watch the first-person viewpoint of a drone racing; get up close and personal with Volantis, the world's first “flying dress,” designed by global superstar Lady Gaga, in collaboration with TechHaus.

**“The Princess, The Emperor, and the Duck”:** Swedish Cottage Marionette Theatre, W. 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays - Sundays, 10:30 am and 2 pm, \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen “The Princess and the Pea,” “The Emperor's New Clothes” and “The Ugly Duckling.” For children ages 3 to 9.

**Fly Fishing:** Orvis, 489 Fifth Ave. at E. 40th Street, Manhattan; (212) 369-0300; [www.orvis.com/newyorkcity](http://www.orvis.com/newyorkcity); Saturdays, 10 am to noon, until Sat, July 15; Free.

Join expert instructors from Orvis for lessons on fly casting and outfit rigging, equipment will be provided; registration is required. For older teens.



# Changing your family's bad habits

**W**hen I was a child, my mother would clean up after dinner, and then announce, “The kitchen is closed.” That was her way of saying we had better not go out there and make any kind of mess. No cooking, heating up, or anything else that required dishes to be used or messes to be made. I thought she was crazy. And now I find myself saying, “I’m done cleaning. Do not make a mess. If you use any dishes, you clean them up.” It’s my 2017 version of “kitchen’s closed.”

And yet, on a regular basis, I will find cups from late-night drinks in the living room, tea drips or sugar bits on the counter, or (gasp) a half a sink of dishes in the kitchen when I wake up, and it drives me mad.

On the other hand, what drives my husband mad is when I do the dishes when there aren’t really that many to be done. “You don’t have to run and do every dish the minute it’s dirty,” he says. Of course, that’s an exaggeration, and it’s also an expression of how he would prefer I relax a bit instead of getting annoyed over a trivial thing like dishes, and I would rather get the dishes done, so I can relax.

Of course, there are other bad habits that my family, and many others, are guilty of: constant arguing between siblings, not sitting together during dinner, and everyone being on their phone entirely too much. Today’s busy lifestyle may be in direct opposition to quality family time, but it doesn’t mean we can’t all work harder to not fall into bad family habits, and overcome them when we do.

## Make rules together

Create family rules with your partner early on. Decide together what is important for you as a family and why. Different families have different ideas of what constitutes acceptable bedtimes, dinner etiquette, and homework schedules as well as proper cleaning and organizational tasks.

## Talk it out

As the kids get older, integrate what makes good and bad habits into family discussions so you are all on the same page. This helps kids know exactly what is expected of them and every member of the family, and what consequences will ensue from bad habits.



## HEALTHY LIVING

DANIELLE SULLIVAN

### Nip it in the bud

Don’t let infractions slide. Maybe you’re tired and not in the mood to reprimand your child for the messy room or the texting at the table. Frankly, it’s often easier to disregard it, but ignoring it will create an unfair element between siblings, and teach your children that rules only apply sometimes.

### But don’t display anger

Raising your voice or losing your temper is no way to create peace in your home, and it just showcases your bad habit — losing your cool. Remember that children need gentle prodding and clear-cut guidelines to thrive. Even so, they will still fall into bad habits from time to time as we all do. We need to call attention to it and calmly redirect their actions.

### Include yourself

Parents need to keep up good family habits just as much (some might argue even more so) than the children. We also need to keep up our own standards. Sure, work might require us to answer co-workers during family time, but we cannot fall into bad habits and then expect our kids not to do the same. Remember, they are watching everything we do, and we are constantly modeling good (and bad) behavior for them.

*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.*



# Food allergies at summer camp

**C**hildren with food allergies heading to summer camp may be at greater risk for adverse reactions compared to when they're at school.

According to the American Academy of Allergy, Asthma, and Immunology, the reasons are numerous: People who don't know them well are supervising them, food sharing may be more common, epinephrine autoinjectors (EpiPens) may not be available, and emergency medical services may be a long distance away.

Can you send your child to summer camp and still relax while she's there? Whether your child attends a sleep-away camp or a day camp, food allergies can make you more nervous than usual.

Here are some tips as you plan your child's time away:

**Ensure there is a Food Allergy & Anaphylaxis Emergency Care Plan in place.** This is a written plan of instructions for the camp director based on recommendations from your child's health provider — an allergist or physician treating your child for food allergies — that clearly states what to do if an allergic reaction happens. Be sure to include a recent photo of your child with it.

**Talk with the food service director about your child's allergies and ask to review the menu and its ingredients.** In addition, "Bring outside foods to camp that are safe for your child to eat as close to the foods which will be served," says

## Resources for families with food allergies

- [www.foodallergy.org/resources/camps](http://www.foodallergy.org/resources/camps)
- [www.foodallergyawareness.org/programs/](http://www.foodallergyawareness.org/programs/)
- [www.aaaai.org/global/latest-research-summaries/New-Research-from-JACI-In-Practice/food-allergy-summer-camp](http://www.aaaai.org/global/latest-research-summaries/New-Research-from-JACI-In-Practice/food-allergy-summer-camp)

registered dietician Lisa Musician, president of Food Allergy Dietitian, Inc. and the author of "Parenting a Positive Reaction: A parent's guide to help promote safe care at school for your food allergy child."

"Offer additional suggestions on how to make the meals 'allergy-friendly,' or offer to go shopping with the person who is responsible for the food," she adds. If the camp is having the meals catered off-site, contact the owner and create a meal plan for your child.

**Ask about food allergy training and emergency protocol.** "Find out how far it is from camp to a source of medical attention with additional epinephrine if necessary," advises Musician, whose grown children have multiple food allergies with a history of anaphylaxis. "Also, it's important to know in advance what type of ambulance will respond to the 911 calling in the event your child needs medical assistance if epineph-



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

rine is used."

Because not all levels of ambulances are equipped with epinephrine, the camp should request a higher-level ambulance that carries epinephrine on board.

**Review your child's medications well before he departs for camp.** Ensure that the required medication forms are completed by your child's health provider and in place. And pack those meds! A recent study published in *The Journal of Allergy and Clinical Immunology: In Practice* found that only two out of five campers with food allergies were found to have brought an EpiPen to camp.

And verify that staff will carry your child's meds when on outings.

**Ask how your child will be identified with easy visibility as a reminder to the staff about food allergies.** Even seemingly innocuous activities such as hitting a piñata could spell danger if it's filled with candy.

**Calmly discuss with your child what to do about his food allergies.** Children old enough to be away at camp are old enough to advocate for themselves regarding their food allergies.

While it is nerve-racking to send your food-allergic child to camp, she CAN have a safe and enjoyable experience while she's there. "Remind your child to enjoy the experience of camp and to focus on the fun while being mindful of safe food choices," adds Musician.

*Christine M. Palumbo is a registered dietitian nutritionist and Fellow of the Academy of Nutrition and Dietetics in Naperville, Ill., who sorely wants a breakthrough in the prevention of food allergies. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter or ChristinePalumbo.com.*



# 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](mailto:tina@nyparenting.com).

Visit us online at

[www.NYParenting.com](http://www.NYParenting.com)

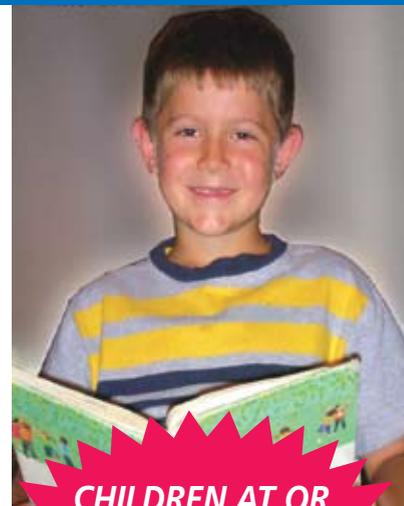
Like us on our Facebook page, NYParenting  
 or follow us on Twitter 

To advertise your business and or services  
contact us at 718-260-4554  
or e-mail us at [family@nyparenting.com](mailto:family@nyparenting.com)

New York Parenting/CNG  
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201  
718-260-4554 • [family@nyparenting.com](mailto:family@nyparenting.com)

# SOLVE YOUR CHILD'S READING PROBLEM

## ACHIEVE 1 TO 3 YEARS OF READING IMPROVEMENT THIS SUMMER.



**CHILDREN AT OR  
BELOW GRADE LEVEL  
WILL BECOME THE  
BEST READERS IN  
THEIR CLASS**

**“A Miracle In The Making!”** - CBS TV

- One on One Tutoring for K - 12th grade
- Below, At or Above Grade Level Students
- LD - ADD - ADHD - Dyslexia - Special Needs
- Your child will read better, faster with greater fluency and comprehension advancing one year every 4-8 weeks
- Grades, confidence and self esteem will soar as they learn to love reading and school
- Your 3, 4 & 5 year old will learn 15-30 words in the 1<sup>st</sup> session
- No contracts – Open 7 days a week
- **FREE** Consultation – 35 Years Certified Experience



**WATCH OUR VIDEOS NOW:**

[Dickerreading.com/DRM\\_Advantage.ASP](http://Dickerreading.com/DRM_Advantage.ASP)



**Dicker Reading Method**

75 Brook Street, Scarsdale | 914.472.0600 | [www.DickerReading.com](http://www.DickerReading.com)