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NEW YORK Parenting

Bronx/Riverdale Family
September 2017

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End of summer

It all goes too quickly, but what a nice August we've had, and quite exciting too! Although the hype about the eclipse was a bit much for our area, it was nonetheless really interesting to see if you looked through the glasses. The fact that it didn't get dark at all here in New York was a big disappointment to just about everyone, because the only way you actually knew it was happening, was by looking through the glasses. We all imagined a lot more drama, especially the kids.



So our children are either already back or going back to school after Labor Day. As I said, summer and vacations whizz by, and suddenly the days are getting longer and the evenings cooler. The stores and online outlets have been busy with back-to-schools shoppers filling those supply lists and buying new clothes for the new school year. The lists seem to get longer

every year. I was remarking to friends the other day that I don't recall my parents ever having to buy paper towels or tissues for the school. Supplies for us yes, but no supplies for the school or the classroom. Budgets, I guess.

In this issue there are a number helpful articles and columns about essential Back-to-School topics like homework help, packing school lunches, monitoring your child's smartphone, strategies for spelling, and the return of cursive writing. We hope they will be helpful to your family and make your job a little easier.

Our writer Shnieka L. Johnson has written a piece on after-school care or extracurricular activities that complements the special section we present this month. For most working parents, it's absolutely necessary to have good options that go beyond the 3 pm end of the school day. Even if it's not,

education and learning is not only about the subjects taught in the school classroom. Our children need many kinds of stimulation and exposure. There's a lot to choose from and of course convenience and cost are part of the decision-making process.

Whether you have a child who's starting school for the first time, entering a new school, or matriculating to a new grade, the word is NEW! New friends to make and new teachers to get to know, and a new schedule to get accustomed to. So exciting. Be sure to take lots of pictures and label them so years from now you will know where they were taken, when, and who's in the picture.

Happy September. Wishing you all the best in this new school year!

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Homework help

Guiding kids to master their learning-management skills

BY DR. HEIDI SMITH LUEDTKE

Homework strikes fear in the hearts of many parents. You may not remember facts you learned in school, like the significant battles of the Civil War or the difference between a simile and a metaphor. Some things you learned are obsolete now: Pluto is no longer considered a planet, it was demoted in 2006. Here's the good news: When it comes to homework help, asking the right questions is more important than knowing all the answers. Use these smart prompts to direct your child's work and teach important learning-management skills:

1. Do you have a written (or online) assignment to follow?

Students may struggle with homework, because they don't recall what they were

supposed to do. Make sure your child is using the guidance his teacher provided, so he completes all the objectives. Encourage him to track his progress by crossing off items as he finishes.

2. Do you understand what your teacher is asking you to do?

Even a detailed assignment won't help if your child doesn't understand it. Make sure your child grasps the particulars before she begins, so she doesn't waste time doing the wrong things. Consult with the teacher if unclear expectations are a perennial problem.

3. What materials will you need?

Tracking down materials creates unnecessary distractions. Encourage kids to gather supplies before starting a project,

so their work isn't interrupted by a frantic search for the calculator, scissors, or glue stick. Keep oft-needed items in a homework caddy for easy access.

4. Are there words or ideas you don't know?

Your child may get stuck because he doesn't understand one or more crucial concepts. Help him identify these obstacles and search for remedial information. Encourage kids to find answers in their textbooks or online, rather than offering your interpretation. Students who can find information on their own become empowered learners.

5. Did you do similar problems in class?

Most homework assignments are opportunities to practice skills kids learned at school. Direct your child to class notes

and worksheets for examples and review them together to refresh her memory. Kids should repeat the in-class procedures to solve homework problems. Shortcuts may lead to omissions or errors; teachers often require students to show work step-by-step.

6. What is the timeline for completing this assignment? Are there milestones you'll have to accomplish?

Kids may fail to finish big projects, because they wait until the last minute to begin.

"Older children with assignments that will take several days or weeks to complete will need help in learning to manage those assignments," says Donna Elder, a senior literacy specialist with the National Center for Family Literacy.

Clarify steps your child must accomplish and write due dates on the calendar. Kids should make their own deadlines for initial steps, like buying supplies or doing library research. Project planning reduces stress for everyone.

7. How can we break this assignment or project into smaller chunks?

Breaking assignments into segments

can help kids maintain momentum. Divide a long list of objectives into subsets and use a timer to stay on task.

It's easier to read social studies for 15 minutes than to plod through an entire 35-page chapter. Short breaks between work periods let kids stretch and refresh.

8. Where can you find the answer to the question?

Textbook authors use section headings, bold words, text boxes, graphics, and summaries to present material in an accessible way. Smart students use these tools to locate answers quickly and to organize information. Help your child use textbook cues to hone his search skills, take notes, and create his own study guides. Structured material is much easier to learn and remember than unrelated ideas.

9. How did you get your answer? Why did you answer this way?

Monitor the homework process by checking kids' work.

"If there are errors, help kids self-correct by asking them to explain their logic or to show you what source of information they used," says educational psy-

chologist Dr. Jennifer Little, creator of Parents Teach Kids (www.parentsteach-kids.com), a collection of modules that show parents how to teach foundational learning skills at home.

If your child insists his wrong answer is right, Little says, "Let it go." Errors show the teacher what needs to be covered (again) in class.

10. Where can you go to get extra help?

Your child may be anxious that there isn't an instructor standing by during homework. Let her know it is okay to reach out if she's stuck. There's no such thing as a stupid question.

•••

Do your best to keep a positive attitude during study time.

"Homework is not a punishment," says Elder. "It takes practice to learn new skills. Reinforce that message by rewarding progress."

A warm hug or an encouraging word can make all the difference.

Heidi Smith Luedtke is a personality psychologist who has gleaned many practical parenting strategies from her husband's more laid-back approach. She is the author of "Detachment Parenting."



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Cursive comeback?

After disappearing from curriculums, is handwriting proving its value?

BY MYRNA BETH HASKELL

When the Common Core State Standards Curriculum was adopted in June 2010 by 42 states — including New York — there was something glaringly missing: a requirement that students be taught cursive handwriting. The standards include learning to “print upper and lower case letters” in the primary grades, but there is no mention of cursive instruction. Instead, keyboarding and other technology skills were part of the standards. This caused a backlash from many parents and educators who wanted cursive to remain in their curriculums. Proponents claim that students need to learn cursive to be able to read historical documents, develop fine motor skills, improve working memory and recognize diverse letter styles.

Those who agree with eliminating cursive from curriculums cite the overwhelming use of technology as a global communication tool as well as cursive being a drain on instructional time, when skills such as sentence structure and correct grammar usage should be honed instead.

After much speculation, several states who adopted the Common Core Curriculum have opted to bring cursive back as part of their state standards.

In New York, cursive handwriting is not a state-wide requirement, but local school districts can choose to include it. The newly released city Department of Education Handbook includes cursive handwriting as a recommended skill to be taught in

the third grade.

Should we lament the eventual loss of individualized “signatures” or an ability to read Grandpa’s letters to Grandma while stationed in Korea? Or should we celebrate technology’s swift and sweeping influence on global communication and easy access to information? Perhaps there is compromise amidst the discord.

The tech takeover

Technology definitely has its advantages. Typed papers are easier to read. Students can retrieve instant word counts and send work electronically. Tablets and laptops are widely used in classrooms to take notes, and students can double-check homework due dates online. There are apps that generate citations and bibliographies, teach story building, and spot plagiarism.

Things have gotten a lot easier, but students need to learn to use this available technology. Elementary students are now taught keyboarding skills and how to navigate online information. After all, the majority of communication in today’s global workforce is done electronically. Lessons in cursive can take a significant portion of instructional time, and curriculum is packed with standardized test preparation, so school districts have been forced to prioritize.

Jan Z. Olsen, a registered occupational therapist, and founder and developer of Handwriting Without Tears, explains, “People believe that technology is completely taking over classrooms, but that is not true. Technology and handwriting co-exist in classrooms. Students need to be able to print, write in cursive and keyboard, as each skill is necessary at different times.” She says that students who learn all of these skills become better communicators.

Teaching writing vs. teaching penmanship

Writing is a form of communication, and

one can communicate ideas by writing something down by hand or typing it on a keyboard.

Jerry Maraia, assistant head of school and head of curriculum, instruction, and assessment at Léman Manhattan Preparatory School, counsels, “Educators need to teach writing from the perspective of the communication of ideas. It doesn’t mean we don’t care about penmanship or cursive. It’s just less important. Unfortunately, sometimes kids associate writing instruction with their penmanship. This undermines words and ideas.” Maraia explains that a perceived “writer’s block” issue could be as simple as a student being fearful of writing, because he knows his handwriting is deemed messy, becoming averse to writing his ideas down. Educators should be mindful of this.

The case for cursive

I just bought a new car the other day. Guess what? I had to both print and sign my name on at least a half dozen forms. I thought, If they don’t eventually change these forms, how will millennials handle these?

It seems that some rules are already changing. Students will be able to type responses on the English Language Arts exam. The Educator Guide to the 2017 Grade 3 Common Core English Language Arts Test states, “This school year, schools will have the option to administer the Grades 3–8 English Language Arts tests on computer or paper.”

Even if students are able to use a keyboard for tests and biometrics to replace handwritten signature authentication, should curriculums still include cursive?

Frank Milner, president of Tutor Doctor, clarifies, “You can make the argument that students work primarily from computers in all facets of life, but [eliminating] cursive skills takes away from cognitive development, motor skills and, in a more linear sense, working with significant legal docu-



ments that require signatures. Computers are obviously a major part of standard education systems today, but learning to type specific keys does little for the brain; whereas handwriting uses many parts of the brain that involve memory, reasoning, and language.”

The link between handwriting and reading

Most experts agree that there is a link between handwriting and reading. Students use sensorimotor memory that they don't use while typing. Children also develop phonemic awareness as they write by hand.

“It's important to note that each student is different,” Milner cautions. “Because reading and writing in cursive involve more complex characters, the potential to acquire new styles and recognize language becomes beneficial. However, learning cursive can also make it more difficult for some students because books simply aren't printed in cursive and alternating between the two can be confusing.”

“There is some value in students physically moving left to right as they write. When we read, the eyes also follow left to right. There is a physical connection as the eyes and hand move across the page,” Maraia explains.

Being able to read historical documents

“This is a good point from the perspective of learning how to ‘read’ handwriting. However, historical documents have been transcribed in print,” Maraia points out.

Although students do have access to transcribed versions of the Constitution and other important documents, there are a multitude of writings that are discovered every day in family homes and historic buildings — diaries of former slaves, great-grandmas' notations in the margins of photos from WWII, and other personal and priceless finds.

cognitive automaticity — the ability to free your mind from the mechanics of handwriting and focus on content. Through cursive instruction, children will eventually develop their personal style and increase speed and fluency.”

Some studies show that cursive activates different brain patterns than print, so students are able to understand letters regardless of their design. Other studies have shown that cursive may be beneficial for students with dysgraphia because it eliminates the necessity of picking up a pencil after each letter and reduces problems with spacing.

Motor skills

Although cursive develops fine motor skills, this may be a weaker argument.

“Development of fine motor skills is not really a strong argument, because students can acquire hand-eye coordination in a plethora of ways,” Maraia points out.

Is there compromise?

“It's all about flow,” says Maraia. “The mechanics of cursive may help some students with the flow of ideas from their brain to the paper. The important thing here is that students need to reflect on their learning style and be encouraged to find what best represents their thinking. Some might find they do their best writing while on the computer and others while printing.

“It's more about the child becoming self-aware — understanding the method that works best to express their ideas efficiently.”

However, Maraia also points out that screens can be a distraction for some students with all the bells and whistles. Pen and paper alone could serve a student who requires fewer distractions.

“I do see cursive eventually going away with the rise of tech devices; but I don't think it will ever fully go away. I believe that, as time goes on, it will be studied as an art.” Maraia continues, “You do learn a lot about people from their handwriting. It's a piece of one's individual identity.”

So the curriculum battle continues as educators weigh the pros and cons of teaching cursive handwriting. Parents should attend meetings at their child's school or make inquiries with administrators if they have concerns about the curriculum or they want to understand the school's philosophy.

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of SANCTUARY (www.sanctuary-magazine.com).

Writing it down to remember

Olsen describes that the physical act of writing leads to increased comprehension.

“Learning to write in cursive is shown to improve brain development in the areas of thinking, language, and working memory,” says Olsen. “Cursive handwriting stimulates brain synapses and synchronicity between the left and right hemispheres – something absent from printing and typing.

“A recent UCLA-Princeton study found that college students remember lectures better when they've taken handwritten notes rather than typed ones,” Olsen reports. Other studies have shown that students who practiced writing spelling words scored higher on tests than those who typed them.

Maraia describes, “If you write it down, you remember better. With computers, kids attempt to write everything down as they take notes. With handwriting, they need to determine what's most important.”

Cursive is faster and teaches diverse letter recognition

“Cursive is a more efficient form of handwriting,” Olsen asserts. “Cursive today is different than it was in the past.” She says the focus is on legibility, not teaching fancy swirls. “Children need handwriting practice beyond second grade in order to build

Danger phone

Parents must be vigilant about children's device use

BY JATHAN MARICELLI

"It's 10 pm. Do you know where your children are?" was a long-running public service announcement on television. The goal of this announcement was to protect the youth of America by motivating derelict parents to get their kids safely indoors and under proper care by the 10 pm curfew.

It's time for a new PSA: "It's 2017. Have you checked your child's smartphone today?"

As a middle school teacher, I can attest that not monitoring smartphone use sabotages a child's school performance in many ways.

Here are five of them:

Sleep deprivation

Last year, one of my students kept falling asleep in class, because he was staying awake until 3 am "texting friends." I asked the rest of the class if this was something that teens did on school nights nowadays. Half of the class raised their hands in affirmation.

The Centers for Disease Control and Prevention has identified sleep deprivation as a "public health problem." They go on to say, "Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors."

Your child might not run a vehicle into a ditch, but they are going to crash and burn in math class without proper rest.

"It's 2017. Should you let your kid take their smartphone to bed?"

Multitasking

Research shows that multitasking is detrimental to one's ability to focus. A Stanford University study reveals that "People who are regularly bombarded with several streams of electronic information do not pay attention, control their memory, or switch from one job to another as well as those who prefer to complete one task at a time."

Switching from app to app, texting

while talking, and tweeting while watching TV weakens one of the most-needed skills in school — the ability to focus.

"It's 2017. Can your child go an hour without checking their phone?"

Pornography

The number of teens viewing pornography is quite sobering. And according to Covenant Eyes, "Seventy-one percent of teens have done something to hide their online activity from their parents."

What is particularly dangerous about letting a teen's porn habit go unchecked has to do with neuroscience.

"Teens are at a great risk of developing a pornography addiction as their brains are still developing," write authors Jennifer Riemersma and Michael Sytsma in "A New Generation of Sexual Addiction."

"It's 2017. Have you checked your child's browser and app history?"

Sexing

No matter how many stories run nationally about a teen committing suicide because her "boo" showed his "boys" the nude picture she sent him, it keeps happening. In fact, DoSomething.org reports, "Eleven percent of teen girls ages 13 to 16 have been involved with sending

or receiving sexually explicit messages."

Porn creates the appetite, and smartphones make it easy to imbibe.

"It's 2017. Have you checked your child's camera log?"

Fighting

Many fights at school start on social media. In fact, sometimes students agree to fight on social media the night before. In June of this year, www.kens5.com out of San Antonio reported several teens being shot in a fight that started as a Facebook dust-up.

"It's 2017. Have you checked your child's social media accounts?"

•••

Smartphones are a part of everyday life. One might even argue that they make children safer due to increased communication with parents when they are out and about. What cannot be argued, however, is that unchecked smartphone usage can sabotage your child's school performance at the very least and put their well-being in jeopardy at the very worst.

"It's 2017. Have you checked your child's smartphone today?"

Jathan Maricelli is a classroom teacher, author, and father of four. More of his writing can be found at www.jathanmaricelli.com.



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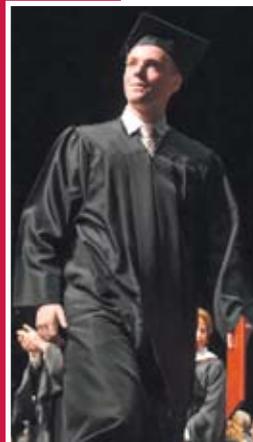
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Hold off on kids?

Women under pressure to become moms

Actress Zoëy Deschanel once said she didn't want to have kids, and instead chose to focus on her career, because that is what she wanted to do at that time.

It didn't go very well online, as you might imagine, since the internet can be a place for trolls and mean-spiritedness in general. She certainly wasn't the first woman to express that belief, and she absolutely won't be the last, and with good reason.

Here's exactly what she told *Marie Claire* in 2012:

"That's never been my focus ... My sister [Emily] was always very motherly, babysitting and stuff. I like kids, and I like being around kids — but it was never an ambition, something, like I need ... I like working. That's what I like doing. I like to work."

Oh my, a woman not wanting kids ... cue the end of the world.

Her stance didn't surprise me. I actu-

ally thought, "You go, girl!" Know what you want, and go after it. What did surprise the heck out of me were the comments condemning her feeling that she didn't want kids. All over the television and the internet, people (mostly women!) felt compelled to point out that she must hate kids, be too selfish to have a child, or just be an eternal child herself, incapable of being a mother.

Seriously?

I think that if a person doesn't want children, she should be considered to be someone who is one step closer to finding herself because she is paying attention to her individual wants and needs, instead of caving into societal pressure. Isn't that more mature than, say, having a baby to please mom ... or even America?

Today's women don't need to have a baby to be complete, as much as they don't need a man to be whole. In fact, discovering who you are is one of the



JUST WRITE MOM

DANIELLE SULLIVAN

most beautiful things you can do, and the whole point of why you're here. In addition, the relationship with yourself is precisely what fosters your relationship with everyone else.

Women in their 20s and 30s should take some time to get to know themselves, enjoy their career and the natural spontaneity that should be a part of every young person's life. If my daughters (or my son) never have children, I will be more than fine with it. In fact, neither of my daughters want kids, and they are definitely not looking to get married now — or possibly at all. I think it's awesome.

Why should women feel pressured to reproduce? If they want to, that's one thing. In 2015, Deschanel changed her mind and celebrated the birth of her daughter, Elsie, and in May 2017, welcomed a son, Charlie.

But if a woman doesn't want a child, or if she wants to wait, go for it. There is tremendous and unnecessary pressure on women for everything. (As if you'd ever catch anyone questioning a young man about when he'll have kids!)

Being a mom is a wonderful experience, but it is definitely not the only thing a woman should be, and not every woman wants to be a mother. It doesn't make her selfish or childlike; it means that she knows who she is and what she wants. And even when a woman is a mother (or a wife), that is just one facet of herself; it is most certainly not the sum of her whole being.

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.

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After-school fun

There's a wide range of extracurricular options for kids

BY SHNIEKA L. JOHNSON

With school now in full swing, many parents are scrambling to find after-school care or extracurricular activities to occupy their children during the post-school hours. The academic success of our children is a top priority, but children also have a creative and active side that should be nourished. Children's level of socialization also depends greatly upon their involvement and success in extracurricular activities, whether in sports, music, cultural excursions or other arts-related activities. We, as parents, want our children to experience a variety of activities.

There are various types of after-school programs. Some programs are sponsored and operated by for-profit businesses, and there are many more run by schools. Community organizations, churches, and government agencies — such as the parks department — also offer after-school programs. Some programs emphasize sports or the arts (dance, music, arts and crafts), and other programs focus on academics by providing tutoring in school subjects, assisting with homework, or integrating science.

All of these programs strive to provide

safe places for children to have fun.

It is not financially wise to pay for every program that sounds interesting, so you either have to find a program that has a vast selection of activities or simply narrow down your options. In attempting to decide which activities are worth pursuing, there are a few things to consider:

- How much does your child enjoy the activity?
- Will this be a long-term commitment?
- Will this cause a conflict in your schedule?
- Does it fit in your budget?
- Is it easily accessible?

For school-age children, on-site after-school programs are a great option for identifying the best and most convenient extracurricular options for your child. This option is especially attractive for working families, since on-site after-school activities are often easier to balance with work and family life. Also, as children form healthy relationships with their teachers, participation in extracurricular activities with those same teachers will likely develop, which will allow the children to become comfortable learning and exploring during in-school and out-of-school hours.

Many after-school programs receive private grants and government funds like the

21st Century Community Learning Centers Grant (awarded to programs that provide academic enrichment for students attending high poverty/low performing schools) in order to provide quality programming at an affordable rate for working families. As a benefit of this funding, staff of the organizations receive training from education and youth development professionals via non-profit organizations like The After School Corporation and the Partnership for After School Education. This only adds to the professionalism of the staff and their ability to best serve children.

Non-profit organizations like the Police Athletic League of New York City and the Sports and Arts in Schools Foundation are two of the largest after-school providers in the city, serving all five boroughs.

Effective after-school programs benefit not only the children they serve, but their families and communities, by providing a safe, structured environment for the children of working parents. After-school programs also offer an array of activities that are not always available during the school day. If there is limited time, space or funding for physical education, art and music programs, after-school programs can offer kids the opportunity to run, draw, or perform.

A good after-school program has many benefits. It keeps the children safe, as well as busy. They burn off excess energy and explore their creativity. After-school programs help children develop leadership skills. They learn what it means to have good sportsmanship and why it's important to be a team player. Overall, it helps shape the personality of a child. Children practice open-mindedness and how to be respectful of others, because that's what is expected of them in the after-school environment.

It has been cited in many studies that after-school programs improve student achievement in school, as well as enhance test scores and work habits. By providing students with activities such as music, art, sports, and cultural experiences, after-school programs improve students' social skills, give them confidence, and influence their educational and professional aspirations. Teens involved in extracurricular



Links:

Sports and Arts in Schools Foundation

<https://sasfny.org/>

Police Athletic League

<http://www.palnyc.org/>

21st Century Community Learning Centers Grants

<https://www2.ed.gov/programs/21stcccl/index.html>

American Museum of Natural History

<http://www.amnh.org/>

Intrepid: Sea, Air & Space Museum

<https://www.intrepidmuseum.org/>

Solomon R. Guggenheim Museum

<https://www.guggenheim.org/>

activities and after-school programs often take part in leadership roles such as student council. They learn the importance of volunteering and attending conferences. This helps them to grow as individuals, and helps them to be stronger candidates

once college application time arrives.

In addition to after-school programming, during school breaks or days off from school, there are many options for day-long care or holiday camps available to children. These options vary from open play to music, art, sports, and cultural experiences. For example, many learning spaces, like museums, offer activities during the winter, spring, and summer breaks. A few of my favorites in the New York metro area are the American Museum of Natural History, the Intrepid Sea, Air, and Space Museum and the Solomon R. Guggenheim Museum. The programs offered at these venues are top-notch and will be unique experiences for your child.

Although extracurricular activities can be important aspects of your child's development, try your best not to overbook. If your child attends programming Monday through Friday, try to leave a free day (or two) on the weekend. Remember, some of your family's most memorable moments will occur unplanned and without a schedule.

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

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Continued from page 16

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Introvert spirit

Author puts spotlight on shy kids' great qualities

BY ALLISON PLITT

Susan Cain isn't a psychologist, but the shy, bright author's bestselling book about human behavior has changed the way many people perceive themselves and others.

After graduating from Princeton University with an English degree in 1989, Cain went to study at Harvard Law School. While there, Cain struggled with her introversion when she was confronted with speaking in front of the large classes.

When Cain got a job working as an attorney at a corporate law firm, she noticed her employers putting herself and other introverted employees to good use on the job. After she left the law firm, she wrote a book about all of the positive contributions that introverts have made to society.

In 2012, Cain published her now famously influential book, "Quiet: The Power of Introverts in a World That Can't Stop Talking." Overcoming her fear of public speaking, she has given lectures on the topic that have been viewed by millions on YouTube.

After conducting numerous interviews for her book and reading countless research studies, Cain came to the realization that the American public generally praises people who are socially outgoing and comfortable in the spotlight, but don't really admire introverted people.

Following the success of her book, Cain received feedback that a volume was also needed for young people. Consequently, in 2016, she published her second bestselling book, "Quiet Power: The Secret Strengths of Introverted Kids."

Cain says this book is written for all of those students entering middle and high school who are seeking to form their own identities. Similar to her assertions about American adults, Cain says that the popular kids in American schools are usually the ones who are the most socially active and enjoy being the center of attention.

It's a shame that their nature is under appreciated, because introverts aren't a rare breed. Cain writes that one-third to one-half of the United States' population is introverts. She lists numerous famous



Michael Glass

Author Susan Cain.

people who are considered introverts — civil rights leader Rosa Parks, Harry Potter author JK Rowling, artist Pablo Picasso, Microsoft co-founder Bill Gates, and American basketball legend Kareem Abdul-Jabbar.

According to Cain, the personality characteristics of introverts include enjoying solitude and working alone, avoiding conflict, not taking big risks, tending to think before speaking, preferring time spent with one or two friends instead of a group, engaging in projects for hours at a time without getting bored, and feeling emotionally exhausted after spending time with friends even after having fun.

Cain's book gives a boost of self-confidence to all the kids labeled "shy" by others. She writes, "Studies show that shy kids tend to have loyal friendships, and to be conscientious, empathetic, and creative. Both shy and introverted people make great listeners. And it's through listening that we tend to be good at observing, learning, and maturing."

Cain makes the distinction that while introverts like to be alone, extroverts enjoy being in groups and thrive being around

others. The other major difference between the two personality types is that introverts' senses are more highly stimulated by their environment than extroverts.

As an illustration, she describes a research experiment in which both extroverts and introverts put on headphones and were asked to complete the same task while all listening to the same music. When the music was low, the introverts performed better at the task than the extroverts. As soon as the volume was raised, the extroverts excelled at the job over the introverts.

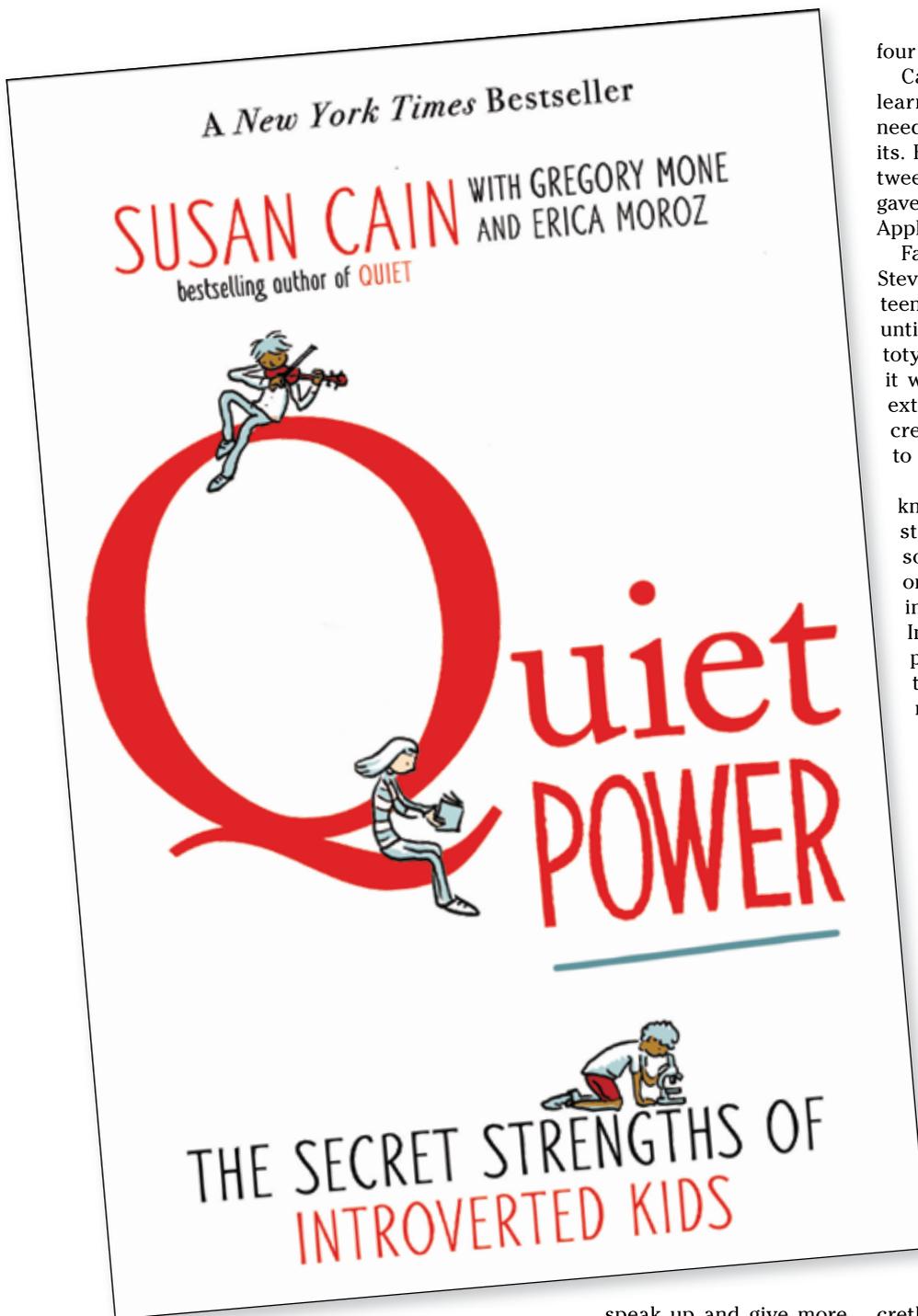
For her book, Cain interviewed many introverted kids and found a lot of different things that helped them succeed inside and outside of school. One of these things is what she calls "a restorative niche." As Cain writes, "It doesn't have to be a secret or a fort, but it should give you a feeling of safety, comfort, and of personal space."

Because introverts can feel tired from socializing or over-stimulated by their surroundings, restorative niches usually are "calm retreats" — quiet spaces with low lighting that allow their occupants "to relax and recharge."

Providing another important tip to her young readers, Cain emphasizes that introverts should be guided by a passion — be it a sport, a creative art, politics, or volunteering for a cause. Once they have found something in their heart they really want to pursue, introverts have the ability to concentrate on studying something for hours at a time.

When introverts hear their inner calling, they have the potential to be great leaders. Introverted leaders do not selfishly need to be the center of attention. They are more likely to listen to their employees and are more generous in delegating responsibility to other people so their workers feel a sense of purpose as well.

If an introvert is invited to a celebration and doesn't want to attend because of the size of the party, she can always suggest another social alternative to her friend, so that the host doesn't feel personally rejected. Cain, however, suggests



that introverts should occasionally try to move out of their comfort zones and attend large parties. She suggests that introverts bring a friend to the party, so they will at least know one person there.

Cain also says introverts should attempt to participate more in class. In many classrooms, some extroverted students volunteer to speak just to be heard. If possible, the teacher should ask a question and then tell the class to wait one minute before responding. When teachers give students extra time to think, they allow the quieter students the chance to

speaking up and give more reflective answers.

While introverts enjoy group projects, so they can avoid being the center of attention, their ideas are often not heard in group settings. Introverts need to go out of their comfort zone to make sure their voice is heard, because if the group presentation turns into a disaster, they will regret their silence.

If introverts have to make an individual presentation, Cain advises them to conquer their fear of public speaking by mastering a knowledge of the subject as well as practicing the presentation in front of a small group of people at least

four to six times.

Cain says introverts can befriend and learn from extroverts, but introverts need to let extroverts know their limits. Remarking on the collaborations between introverts and extroverts, Cain gave as an example the co-founders of Apple Computer.

Fascinated by computing, introvert Steve Wozniak spent hours alone as a teenager and adult studying technology until one day he finally created the prototype of the first Apple computer. Yet, it wasn't until Wozniak partnered with extrovert Steve Jobs that he actually created a computer someone wanted to buy.

Jobs, "a genius as a programmer" known for his "razor-sharp business instincts," was able to market Wozniak's sophisticated technology by insisting on changing the computer's interface into a more user-friendly appearance. In addition, Jobs made "charismatic presentations" that communicated their product in a relatable way to a mass market of eager consumers.

There are also some things the author says introverts should avoid. For example, she says that young people should never depend on drugs or alcohol to help them relax socially. Instead, one young introvert hosted a painting party where everyone who was invited came from her favorite art class at school.

Cain also suggests that introverts not use social media as a way to avoid meeting and socializing with people in real life. Distant online acquaintances do not replace deep, meaningful relationships that introverts thrive on in reality.

Last, Cain says introverts can only accomplish their goals by constantly forcing themselves to go beyond their comfort zones. She recounts that when Franklin Delano Roosevelt secretly served four terms as president in a wheelchair, he had his shy wife Eleanor travel throughout the United States to listen and observe the hardships of all Americans during the Depression.

Eleanor, who overcame her shyness to become an impassioned speaker for human rights, is credited with saying, "Do one thing each day that scares you." Introverts, take note.

For more information about Cain and her role as Chief Revolutionary of the Quiet Revolution, visit her website www.quietrev.com.

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

Packing wise

Take extra care preparing your child's school lunches

BY TAMMY SCILEPPI

As if you don't have enough to do or think about before an eagerly anticipated — or dreaded — start of another school year, here's something else to keep in mind: food safety.

While most doting parents don't usually put that at the top of their back-to-school lists, having a conversation about this important topic will likely help everyone learn more about safe food-handling.

Food-borne illness, or food poisoning, can happen when certain disease-causing bacteria, viruses, or parasites (aka pathogens) contaminate the foods we eat.

But don't worry. In the United States, our food supply is among the safest in the world.

That said, it's hard to believe that about 1 in 6 Americans are stricken with food poisoning each year. According to the Centers for Disease Control and Prevention, 48 million persons get sick, 128,000 are hospitalized, and 3,000 die from food-borne infection and illness in the United States annually. Many of these people are children, older adults, or people with weakened immune systems who may not be able to fight infection normally.

Knowledge is power, so knowing the facts and practicing safe food-handling habits every day will help reduce your family's risk of getting sick from contaminated food, since food-borne illness can be serious or even fatal.

While packing your child's nutritious and tasty lunch, keep these valuable tips in mind.

Marianne H. Gravely of the U.S. Department of Agriculture's Office of Public Affairs and Consumer Education Food Safety and Inspection Service in Washington, D.C. reminds parents that food-poisoning bacteria grow rapidly at temperatures warmer than 40 degrees Fahrenheit, and in just two hours can reach dangerous levels. So, it's important that your child's lunch stay cold.

"One way to make sure the food stays cold is to assemble the components of your child's lunch the night before and refrigerate everything, so that when you pack the lunch, all the food starts out cold," says Gravely.

And every parent knows that using an insulated lunch bag or box is important. It should contain at least two cold sources, such as a cold juice box or frozen bottle of water and an ice pack, to keep your child's lunch fresh and yummy.

According to the U.S. Department of Agriculture's Food Safety and Inspection Service website (www.fsis.usda.gov), even as the weather gets colder, perishable food — including meat, poultry and eggs — must always stay cold. That's especially true during the summer. In between store and home, transport perishable food as fast as possible when no ice source is available. At home, refrigerate perishables promptly. Food should not be left out at room temperature more than two hours — one hour if the temperature is above 90 degrees Fahrenheit.

If you pack prepackaged combos for lunch, keep them cold, because they often contain perishable foods like deli meats, cheese, and cut fruit.

Gravely suggests that parents pack just the amount of perishable food that can be eaten at lunchtime. That way, there won't be a problem about the storage or safety of leftovers. After lunch, discard all leftover food, used food packaging, and paper bags. And, don't reuse packaging, because it could contaminate other food.

Before you know it, old man winter will be here, so using an insulated container to keep soup, chili, and stew at the proper temperature, so that hot lunches stay hot is a good idea.

"But first, fill that container with boiling water then let it stand for a few minutes, empty, before putting in the piping hot food," says Gravely.

And remind your family to wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking.

Cross-contamination is a big no-no!

The estimated number of reports of salmonella infections each year is about 42,000. It's the most frequent cause of food-borne illnesses, according to the Department of Agriculture. And almost 50 percent of those cases are infants and school-age children.

Remember that harmful bacteria can get onto cutting boards, utensils, and

countertops, so always use a clean surface for prepping food. After cutting up raw meat and poultry, wash the board with hot water and anti-bacterial dish detergent. You can also sanitize cutting boards and counters with another homemade solution: Add 2/3 cup of bleach to a gallon of water and pour it into a spray bottle for easy use. Then you're ready to prep bread, veggies, fruit and cheese. Consider using one cutting board for fresh produce and another one for meat and poultry.

More helpful, safe food-handling hacks come from www.kraftrecipes.com:

Store raw meat, poultry, and seafood tightly wrapped on the bottom shelf of the refrigerator. This prevents the raw juices from dripping onto other food.

Always marinate food in the refrigerator, not on the countertop. Discard leftover marinades that have been used with raw meat, poultry, or seafood.

Replace and wash dish towels and sponges often to prevent the spread of harmful bacteria throughout the kitchen. Use paper towels to dry washed hands after handling raw foods.

Reminder: Before packing lunches, wash your hands with soap and warm water (ideally for 20 seconds), especially if you're sick or have just thrown out the garbage, or even handled your cell phone. Yuk! (Research has shown that phones are riddled with bacteria, so clean them daily with a sanitizing wipe.)

And don't forget to pack a disposable hand wipe in the lunchbox for your favorite student.

If you're feeling like you might be developing mild Obsessive-Compulsive Disorder by now, don't fret. Take a few deep breaths and remind yourself that what you've been doing so far is more than likely okay, food safety-wise. Chances are nobody has come down with food poisoning in your family, and they probably never will, so just keep up the good work.

Beyond school lunches

Thanksgiving isn't that far away, so if you'd like to find out three ways to thaw a turkey safely, you can visit:

<https://www.flickr.com/photos/usdafoodsafety/29006002195/in/album-72157671912703496/>

Back-to-School FOOD SAFETY TIPS

Chances are you worry more about whether your children will eat the food in their lunch boxes than about whether that food will be safe to eat. But children are the most vulnerable to food poisoning, so it makes sense to take extra precautions when preparing the lunches they take to school.

1 IN 6 Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



42,000

Estimated annual reports of salmonella infections, the most frequent cause of foodborne illnesses



Of the estimated 42,000 annual salmonella infections, almost

Because many milder cases are not diagnosed or reported, the actual number of salmonella infections may be 29 or more times greater. That's more than

1.2 MILLION

estimated cases annually.



Tips to keep your kids healthy

<p>CLEAN</p> <p>If you're making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to salmonella-related illness.</p>	<p>SEPARATE</p> <p>Use one cutting board for fresh produce and a separate one for meat and poultry.</p>	<p>COOK</p> <p>Cook foods to the right temperature using a food thermometer.</p>	<p>CHILL</p> <p>If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g., freezer packs and frozen water bottles).</p>
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Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

<p>Tip 1</p> <p>Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!</p>	<p>Tip 2</p> <p>Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.</p>	<p>Tip 3</p> <p>Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.</p>	<p>Tip 4</p> <p>If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.</p>	<p>Tip 5</p> <p>If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water. Let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 160°F or above.</p>	<p>Tip 6</p> <p>After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.</p>
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Additional source: CDC | USDA | Ad Council | For more Back-to-School food safety tips go to **FoodSafety.gov**

to refrigerate after opening.

- Raw (unpasteurized) milk and foods that have unpasteurized milk in them.

- Salads made in the store, such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.

- Soft cheeses such as feta, queso blanco, queso fresco, brie, camembert, blue-veined cheeses, and panela, unless it is labeled as “made with pasteurized milk.”

For more info., visit: https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/protect-your-baby-and-yourself-from-listeriosis/ct_index

If you are the parent or caretaker of a child whose immune system is weakened by a serious illness, or you have an older relative or friend (65 and older), make sure that safe food handling is practiced each time a meal is prepared. Infants and young children, pregnant women, older adults, and people with weakened immune systems caused by cancer treatment, diabetes, AIDS, and bone marrow and organ transplants, are at greatest risk for food-borne illness.

Because all parents lead hectic lives, food safety concerns aren't a priority for most. But when it comes to our precious children, it's important to stay informed, because kids are the most

vulnerable to food poisoning.

Taking extra precautions makes great sense, so here's one more suggestion: Remind your youngsters to keep backpacks on the floor, not on the kitchen table or counters. I've tried it for years, but it never worked for me. Perhaps it will work for you!

Gravely recommends the free Food-keeper app, available for Apple and Android devices. It has storage information for hundreds of foods.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to *New York Parenting*. Scileppi's work has appeared in a variety of media outlets.

By the way: The universal “thaw law” says — Always thaw food in the refrigerator. Never defrost food at room temperature on the countertop.

Protect your baby and yourself

Safe food handling and prepping is super important if you're pregnant. You can download or print out this booklet, which will also cover foods to avoid during pregnancy, and much more.

<https://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM312787.pdf>

Did you know that pregnant women are at higher risk of getting sick from List-

eria monocytogenes, a harmful bacterium found in many foods? Listeria can cause a disease called Listeriosis, that can result in miscarriage, premature delivery, serious sickness, or the death of a newborn baby. If you are pregnant, you need to know what foods are safe to eat.

According to the USDA, these foods are associated with Listeriosis:

- Hot dogs, luncheon meats, bologna, or other deli meats – unless they are reheated until steaming hot.

- Refrigerated pâté, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that do not need refrigeration, like canned meat spreads, are okay to eat. Remember

Calendar

SEPTEMBER



Meg Banks

Mingle with the horsey set in Central Park

Saddle up, it's Family Day at the fourth annual Rolex Horse Show on Sept. 24 in Central Park.

You're invited to enjoy the event and witness demonstrations of dressage; see the beautiful Arabian horses; visit with Hamlet and Honor, the two Mini Horse Heroes, as well as have a day of face painting and activities in beautiful Central Park.

Fourth annual Rolex Horse Show, Sept. 24 from 1 pm to 3 pm. Free.

Wollman Rink, Central Park [E. 65th Street and Fifth Avenue in Central Park, (540) 687-6341, www.centralparkhorse-show.com].

Never miss a great event!

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

Calendar

Submit a listing

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

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

THURS, AUG. 31

IN THE BRONX

2017 Summer Sports Experience: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (212) 360-3300; jules.webster@parks.nyc.gov; www.nycgovparks.org; 10:30 am to 5:30 pm; Free.

NYC Parks' Summer Sports Experience teaches an array of sports activities to NYC youth throughout the spring and summer. SSE Jamboree will highlight the most popular sports covered throughout the Summer Sports Experience. Featuring the following activities, baseball, fitness mobile, flag football, soccer, softball, tennis, track & field, play mobile, and volleyball. Recommended for children 6 to 17 years of age. Snacks and prizes given out. Rain or shine.

Stories in the Shade: Playground for all Children, Bruckner Blvd. and Roberts Ave. (718) 885-1703 or (718) 792-6744; www.nycgovparks.org; 11 am to 11:30 am; Free.

Join us in Pelham Bay Park for stories and fun as part of the New York Public Library's Summer Reading Program. "Stories in the Shade" is presented in part by the City Island and Pelham Bay Branches of the New York Public Library in collaboration with NYC Parks. In the event of inclement weather, call for event updates.

Kids Imaginative Arts: Poe Park Visitor Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; 2:30 pm to 4:30 pm; Free.

Get your creative juices flowing with imaginative art. Cell phone photography is part of the activities. Kids will create pieces combining 2D and 3D for creative effect. Use your cell phone camera to capture your 3D effect. Needed: Cell phone camera.

FRI, SEPT. 1

IN THE BRONX

2017 Summer Sports Experience: 10:30 am to 5:30 pm. Williamsbridge Oval Recreation Center. See Thursday, Aug. 31.

Seasonal Arts and Crafts: Poe Park Visitor Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; 2:30 pm to 4:30 pm; Free.

This fun painting program provides a project



Pope Jackson

Bronx rocks with rocks

Search for rocks, paint a few, and enjoy family games at Virginia Park, now to Oct. 20.

Join the rock hunts where members are encouraged to re-hide rocks, and search for them. The purpose of the rock hunting group is to encourage families to unplug, explore their borough, and meet members of the community. There will also be chances for members of the community to paint their rocks

together every Friday from 6 pm to 8 pm in Virginia Park, as part of Game Night — hosted by artist Lovie Pignata. Also, jump Double Dutch, play games and get to know your neighbors.

Bronx Rocks, Friday nights, 6 pm to 8 pm now through Oct. 20; Free
Virginia Park (1878 Cross Bronx Expwy. and Westchester Avenue in Parkchester; www.facebook.com/groups/133894070515111)

for every season. This program is offered to kids ages 6 to 12 years old.

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

Nat Osborn and his band will perform from 6 to 8 pm. Enjoy the music, explore the museum, and stroll the garden; light refreshments are available. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to BPMM to City Island. Registration requested.

SAT, SEPT. 2

IN THE BRONX

Family Art Project: Painting Outdoors: Wave Hill Garden and Cultural Center, 675 West 252nd St. 718-549-3200; www.wave-hill.org; 10am to 1 pm; Free with admission to grounds: \$8 adults, \$4 students.

Visitors use watercolors for this annual outdoor painting project. Create a masterpiece in-

spired by the tones and shapes of the Hudson River School painters.

Paper Arts and Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <http://www.nycgovparks.org>; 2 pm to 3:30 pm; Free.

Children will make beautiful, fun things out of paper to give as a gift or keep for yourself.

SUN, SEPT. 3

IN THE BRONX

Family Art Project: Painting Outdoors: 10 am to 1 pm. Wave Hill Garden and Cultural Center. See Saturday, Sept. 2.

Summer Concert Series: Orchard Beach Nature Center (OBNC), Orchard Beach; (718) 885-3466; www.nyc.gov/parks/rangers; 1 pm to 5 pm; Free.

Come on out and enjoy some Salsa, Free-style, Bachata, Merengue R&B, and Pop and Zumba.

Calendar

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

TUES, SEPT. 5

IN THE BRONX

Tiny tots stories & Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art>; 9 am to 10 am; Free.

Fun is had with cute and funny stories and songs for tiny tots to enjoy. Session ends with fun arts activity inspired by the stories and songs.

2017 Summer Sports Experience: 10:30 am to 5:30 pm. Williamsbridge Oval Recreation Center. See Thursday, Aug. 31.

Kids Le Petit Art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art>; 2:30 pm to 4:30 pm; Free.

Kids create their own miniature art to take home. The piece is small enough to carry in your pocket or in your hand. For ages 6 to 12 years old. Parents or adults welcome with their younger child. Children can make a mini greeting card or journal or coloring book.

"Sing": Bathgate Community Garden, 1818-1836 Bathgate Ave. at 175th Street; (212) 333-2552; <http://www.nycgovparks.org>; 7:30 pm to 9:30 pm; Free.

In a city of humanoid animals, a hustling theater impresario's attempt to save his theater with a singing competition which becomes grander than he anticipates even as its finalists' find that their lives will never be the same. Complimentary hot popcorn will be provided.

WED, SEPT. 6

IN THE BRONX

Recycle to Art: Poe Park Visitor Center - Poe Park, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; 2:30 pm to 4:30 pm; Free.

Have fun turning discarded materials into usable works of art, projects include a pop-sicle stick puppet.

THURS, SEPT. 7

IN THE BRONX

Kids Imaginative Arts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Thursday, Aug. 31.

FRI, SEPT. 8

IN THE BRONX

Seasonal Arts and Crafts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Friday, Sept. 1.

SAT, SEPT. 9

IN THE BRONX

Upper Bronx River Paddle: Shoelace

Park Kayak Launch, E. 219th Street and Bronx Boulevard; marybeth@greenway.org; <https://www.greenway.org/events/bronx-river-paddle>; 9:30 am; \$30.

The Bronx River Alliance and East Coast Greenway Alliance invite you to journey through the heart of the Bronx via canoe traveling south through the Bronx River Forest, New York Botanical Garden and part of the Bronx Zoo on this urban adventure. Travel through NYC's only fresh water river and learn all the beautiful natural resource has to offer! This area of the river is great for beginners and youth, so bring along the whole family!

Paper arts and crafts: 2 pm to 3:30 pm. Poe Park Visitor Center. See Saturday, Sept. 2.

FURTHER AFIELD

2017 New York City Labor Day Parade: Parade start at Fifth Avenue and 44th Street, Manhattan; (212) 604-9552; info@nycccl.org; www.nycccl.org/event/2017-nyc-labor-day-parade-sep-09-2017; 10 am; Free.

Join the hard-working men and women of New York City who are proudly "Working Together, Leading the Way!" This year, we will be led by Grand Marshal, Edgar Romney, Secretary-Treasurer of Workers United SEIU, and Parade Chair, James J. Claffey, Jr., President of IATSE Local One and International Vice President of IATSE.

Stem Cell Drop-Ins: American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Noon to 5 pm; Free with museum admission.

What are stem cells, and what promise to they hold for medical treatments? Stem cell research is a rapidly advancing field, filled with immense challenges and potential. Stop by the Sackler Educational Lab to speak to stem cell biologists to learn about the basic biology of stem cells, recent advances in research, and how stem cells can potentially treat diseases. We will also feature specimens that showcase the amazing regenerative capabilities of other species, thanks to the wonder of stem cells.

SUN, SEPT. 10

IN THE BRONX

Family Nature Walk: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; noon; Free with admission to grounds: \$8 adults, \$4 students.

Naturalist and educator Gabriel Willow takes visitors on a family-friendly walk through the gardens and woodlands. Come get some exercise while enjoying the natural beauty of Wave Hill. Severe weather cancels this event.

Boxing Blooms: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 1 pm to 3:30 pm; \$20 (\$10 members - includes admission to museum).

Learn the art of Renaissance flower preservation by becoming an apprentice of a French artisan! Join us for an exciting and unique

introductory workshop on the methods of 16th-century floral preservation, or "keeping flowers" for year-round display. Bring your own bunch or use flowers from Bartow-Pell's gardens that we will have on hand. Registration requested. Cost BPMM Members \$10; Not-Yet BPMM Members: \$20 (workshop fee includes admission to the museum and materials) Register here.

FURTHER AFIELD

Stem Cell Drop-Ins: Noon to 5 pm. American Museum of Natural History. See Saturday, Sept. 9.

Open auditions: Pearl Studios, 500 Eighth Ave. between W. 35th and W. 36th streets, Manhattan; (212) 410-0370; isorch.org; 1 pm to 5 pm; Free.

InterSchool Orchestras of New York (ISO) will hold open auditions for the fall semester. Auditions are available for all six ISO orchestras, tiered from beginner through advanced, and two concert bands, intermediate and advanced. Children from all boroughs are encouraged to participate in auditions. Students are asked to perform a piece of music, scales and to sightread. Please note there are no openings for the flute or harp at this time. Pre-registration is required.

TUES, SEPT. 12

IN THE BRONX

Tiny tots stories & Art: 9 am to 10 am. Poe Park Visitor Center. See Tuesday, Sept. 5.

Kids Le Petit Art: 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, Sept. 5.

WED, SEPT. 13

IN THE BRONX

Recycle to Art: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Wednesday, Sept. 6.

THURS, SEPT. 14

IN THE BRONX

Kids Imaginative Arts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Thursday, Aug. 31.

FRI, SEPT. 15

IN THE BRONX

Seasonal Arts and Crafts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Friday, Sept. 1.

SAT, SEPT. 16

IN THE BRONX

Paper Arts and Crafts: 2 pm to 3:30 pm. Poe Park Visitor Center. See Saturday, Sept. 2.

FURTHER AFIELD

Open House: Harlem School of the Arts, 645 St. Nicholas Avenue, Manhattan; <http://>



Open orchestra auditions

Open auditions for the InterSchool Orchestras will be held at Pearl Studios on Sept. 10.

InterSchool Orchestras of New York auditions for the fall semester are available for all six orchestras, tiered from beginner through advanced, and two concert bands, intermediate and advanced.

Children from all boroughs are encouraged to participate in auditions.

Students are asked to perform a piece of music, scales and to sight read. Please note there are no openings for flute or harp at this time.

Pre-registration is required.

Open auditions, Sept. 10, from 1 pm to 5 pm. Free.

Pearl Studios [500 Eighth Ave. between W. 35th And W. 36th streets in Midtown; (212) 410-0370; www.isorch.org]

THURS, SEPT. 21

IN THE BRONX

Kids Imaginative Arts: 2:30 pm to 4:30 pm. Poe Park Visitor Center – Poe Park. See Thursday, Aug. 31.

FRI, SEPT. 22

IN THE BRONX

Seasonal Arts and Crafts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Friday, Sept. 1.

SAT, SEPT. 23

IN THE BRONX

Family Art Project: Ecology in a Bowl: Wave Hill Garden and Cultural Center, 675 West 252nd St. (718) 549-3200; www.wave-hill.org; 10 am-1 pm; Free with admission to grounds: \$8 adults, \$4 students.

Be inspired by the local landscape to create a mini ecological landscape. Guests sculpt a landscape out of clay, then use small items found on the grounds to add natural detail to their landscape creations.

Museum Day Live: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; Noon to 4 pm; Free.

Bartow-Pell joins participating museums across the nation in offering free admission on Museum Day Live! Explore the mansion, carriage house, and grounds on guided tours at 12:15, 1:15, 2:15, and 3:15 p.m. Download your free ticket through Smithsonian Magazine at www.smithsonianmag.com/museumday.

Paper Arts and Crafts: 2 pm to 3:30 pm. Poe Park Visitor Center. See Saturday, Sept. 2.

FURTHER AFIELD

Stem Cell Drop-Ins: Noon to 5 pm. American Museum of Natural History. See Saturday, Sept. 9.

SUN, SEPT. 24

IN THE BRONX

Family Art Project: Ecology in a Bowl: 10 am – 1 pm. Wave Hill Garden and Cultural Center. See Saturday, Sept. 23.

FURTHER AFIELD

Stem Cell Drop-Ins: Noon to 5 pm. American Museum of Natural History. See Saturday, Sept. 9.

TUES, SEPT. 26

IN THE BRONX

Tiny tots stories & Art: 9 am to 10 am. Poe Park Visitor Center. See Tuesday, Sept. 5.

Kids Le Petit Art: 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, Sept. 5.

www.hsany.org; 10 am to 3 pm; Free.

Meet faculty; take a demo class; sing, dance, have fun. RSVP required.

Stem Cell Drop-Ins: Noon to 5 pm. American Museum of Natural History. See Saturday, Sept. 9.

SUN, SEPT. 17

FURTHER AFIELD

Stem Cell Drop-Ins: Noon to 5 pm. American Museum of Natural History. See Saturday, Sept. 9.

MON, SEPT. 18

FURTHER AFIELD

Autumn Harvest Dinner: North End Grill, 104 North End Ave. at Murray Street, Manhattan; (917) 693-5944 (Danielle Freiberg); <https://ce.nokidhungry.org/events/autumn-harvest-dinner>; 6 pm; Tickets begin at \$1,250.00.

No child should go hungry, come to this fund-raising event with great food for an even greater cause. The evening includes a silent and live auction, fine wine and food.

TUES, SEPT. 19

IN THE BRONX

Tiny tots stories & Art: 9 am to 10 am. Poe Park Visitor Center. See Tuesday, Sept. 5.

Kids Le Petit Art: 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, Sept. 5.

Swedish Cottage Marionette Theater: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 4 pm to 5 pm; Free.

Bartow-Pell Mansion Museum is partnering with the City Parks Foundation to bring the Swedish Cottage Marionette Theater from Central Park to the front lawn of the mansion where the group will perform an innovative production based on a children's classic in a mobile theater. Bring a blanket or chair for this kid-friendly, after-school treat!

WED, SEPT. 20

IN THE BRONX

Recycle to Art: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Wednesday, Sept. 6.

Calendar

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

WED, SEPT. 27

IN THE BRONX

Recycle to Art: 2:30 pm to 4:30 pm. Poe Park Visitor Center – Poe Park. See Wednesday, Sept. 6.

THURS, SEPT. 28

IN THE BRONX

Kids Imaginative Arts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Thursday, Aug. 31.

FRI, SEPT. 29

IN THE BRONX

Seasonal Arts and Crafts: 2:30 pm to 4:30 pm. Poe Park Visitor Center - Poe Park. See Friday, Sept. 1.

SAT, SEPT. 30

IN THE BRONX

Family Art Project: Mapping the Bronx: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wave-hill.org; 10 am-1 pm; Free with admission to grounds: \$8 adults, \$4 students.

Visiting artist Francisco Donoso, exhibiting in Call and Response, the fall exhibition in Glyndor Gallery, works with the visual language of cartography and abstraction to make multi-layered artworks. Using recycled maps and printmaking, create individual collages or join in a collaborative map installation highlighting Bronx green spaces — like Wave Hill.

Paper Arts and Crafts: 2 pm to 3:30 pm. Poe Park Visitor Center. See Saturday, Sept. 2.

LONG-RUNNING

IN THE BRONX

Chihuly Exhibit: New York Botanical Garden, 2900 Southern Blvd. (718) 817-8779; www.nybg.org; Tuesdays – Sundays, 10am-6pm, until Sun, Oct. 29; \$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.

Nature's Sculptures: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Fridays, 1:30 pm to 5:30 pm, Saturdays and Sundays, 10 am to 5:30 pm, until Fri., Sept. 15; Free with All-Garden Pass.

Using Chihuly's glass sculptures as a foundation, 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.

Treetop Adventures: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Daily, appointments between 10 am-5 pm; beginning Fri, Sept. 1; Climb: \$64.95; Zip: \$34.95 (plus admission).

There are two new exciting experiences to be had at the Bronx Zoo, and both are part of the Treetop Adventure Program. One experience – called Climb – is an aerial adventure course consisting of rope bridges, rope walks, ladders, wobbly bridges and swinging elements. There are various levels of difficulty. The other adventure offered is Zipline, allowing guests to zip across the Bronx River 50 feet up in the air. Both adventures require a ticket in addition to an All Experience Ticket and there are participation requirements. Check website for more information. Tickets are sold by time and appointment.

Rock hunting & painting at Bronx

Rocks: Virginia Park, 1878 Cross Bronx Expressway and Westchester Avenue; <https://www.facebook.com/groups/133894070515111>; Fridays, 6 pm to 8 pm, until Fri., Oct. 20; Free. Create and Paint a rock – join the group on Facebook.

Members are encouraged to rehide the rock. So far the group is up to over 250 members. The purpose of the rock hunting group is to encourage families to unplug, explore their borough, and meet members of the community. There will also be chances for members of the community to paint their rocks together every Friday from 6 pm to 8 pm in Virginia Park, as part of Game Night – hosted by artist Lovie Pignata.

Nature's Sculptures: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Saturdays and Sundays, 10 am to 5:30 pm, until Sun, Oct. 29; 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.

Motion Bike Ride: Claremont Neighborhood Center, 489 E. 169th St. and Third Avenue; (347) 261-1764; www.nycgovparks.org; Saturdays, 10 am to noon, until Sat, Oct. 28; Free.

Bike riding classes and bike skills training for family and adults of all ages: 10 years and older. Please note: Children under the age of 18 must be accompanied by their parent or legal guardian.

FURTHER AFIELD

Drones – Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th St. and 12th Avenue), Manhattan; www.intrepidmuseum.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun., Dec. 3; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5; Retired and Active Duty Military, Free).

The exhibit explores pilotless aircraft and the history of drone technology. Visitors

can fly actual drones and explore the use of drones in police and fire departments, in fashion, and art.

“The Princess, The Emperor, and the Duck”: Swedish Cottage Marionette Theater, West 79th and West Dr, Manhattan; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm, until Sun, Sept. 17; \$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.

Art Island Outpost: Governors Island, New York Harbor, Manhattan; (212) 274-0986; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, until Sat, Sept. 30; Free.

Make art during the summer with hands-on art making workshops and art-viewing experiences! The open outdoor space of the Free Arts Island Outpost beckons you to come collaboratively create! Young artists will be inspired and challenged to explore big projects utilizing found objects and traditional mediums. This is a space to invent, adapt, and transform your relationship to art and the art making process. Hosted by the Children’s Museum of the Arts.

“Addy and Uno”: The Theater at 14th St. Y, 344 E. 14th Street, Manhattan; (646)395-4310; <https://14streety.secure.force.com>; Saturdays and Sundays, 11 am and 1 pm, Sat, Sept. 2 – Sun, Sept. 24; \$20 (\$25 at the door).

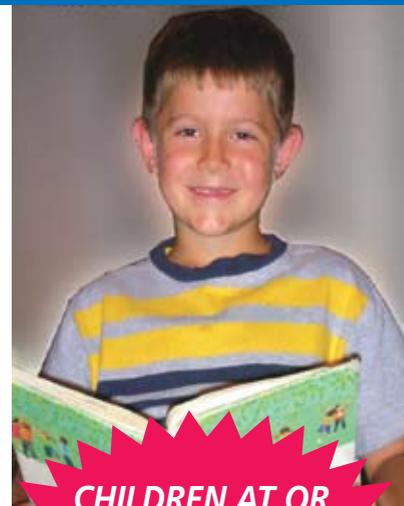
“Addy and Uno” is a new musical about disability, bullying and friendship. As Uno, a child with autism, faces the challenge of competing in his school's math competition, his friends with varying disabilities – ADHD, visual, hearing and physical impairment – rally in support. Told through puppets, the show celebrates the abilities within disability, and inspires empathy and the understanding that it's “nice to be nice.” Run time is approximately 50 minutes – no intermission.

Discovery room: American Museum of Natural History, Central Park West at W. 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Mondays – Thursdays, 1:30 pm to 5: 10 pm, beginning Sun, Sept. 10; Free with museum admission.

Families, and especially children ages 5-12, enjoy an interactive gateway to the wonders of the Museum and a hands-on, behind-the-scenes look at its science. Children, accompanied by adults, can explore an array of artifacts and specimens, puzzles, and scientific challenges. Hunt for animals in a majestic two-story replica of an African baobab tree filled with specimens of birds, insects, reptiles, and small mammals. Assemble a life-sized cast skeleton of Prestosuchus, a 14-foot-long reptile from the late Triassic Period and handle real fossils.

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Make breakfast a high-protein meal

Have you noticed the latest push to add protein to our meals and snacks? One eating occasion that's received particular attention is breakfast. A growing body of research supports high quality protein breakfast for both brain power and a sense of fullness, as well as decreased snacking of foods high in sugar and fat later in the day.

You already know that breakfast provides your children with an energizing start. It's their body's early morning refueling stop after 8 to 12 hours without eating. Their bodies also need fuel for the mental work they perform in school.

In addition, a morning meal sets things up nicely from a nutrient point of view. Children who eat breakfast usually consume more vitamins, minerals, and fiber for the day; these include the nutrients kids often fall short of such as calcium, vitamin B 12, potassium, fiber, folate, and iron.

Breakfast and learning

Breakfast helps prepare kids to learn.

"Their brains need the amino acids tyrosine and tryptophan found in foods containing protein to help produce the neurotransmitters responsible for both alertness and relaxation," says Lauren Harris-Pincus, MS, RDN, author of The Protein-Packed Breakfast Club. "Consum-



ing a breakfast made up of protein and fiber-rich foods will slow down digestion and absorption of carbohydrates, keeping kids satisfied longer and allowing them to stay focused on learning. They will likely also have more energy for physical education classes, recess, and after-school activities," she added.

Protein needs

Children of both genders, ages 4 to 8, need 19 grams of protein in a day, according to the Recommended Dietary Allowances.

Boys

- Ages 9–13 need 34 grams
- Ages 14–18 need 52 grams

Girls

- Ages 9–13 need 34 grams
- Ages 14–18 need 46 grams

Can your child consume too much protein? Yes, it is possible, especially when kids down multiple smoothies made from protein powders and supplements. These powders come from animal products like whey and casein (the byproducts of cheese manufacturing) or from plants like soy, rice, pea, or hemp.

Since protein is a priority with her family, Harris-Pincus has various breakfast options on rotation.

"For simple assembly, my daughter likes a whole grain waffle topped with cottage cheese and strawberries on the side, or blueberry protein pancakes made with



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

eggs, oats, and mashed banana [that] I batch cook and keep in the freezer," she said. "Sometimes I bake banana muffins with extra protein and pair one with low-fat milk. Muffin tin egg-and-cheese omelets are also an easy way to enjoy high quality protein and can be meal prepped on the weekend to have on hand all week long."

Other protein-packed breakfasts

Plant-based:

- Oatmeal prepared with soymilk, nuts, and hemp seeds.
- Toasted bagel sandwich with veggie turkey, vegan cheese, and a banana.
- Tofu scramble with veggie-sausage and soymilk.
- Peanut butter on whole grain English muffin.
- Overnight oats.

Lacto vegetarian:

- Greek yogurt with granola.
- Cottage cheese with nuts and berries.
- Protein smoothie.

Lacto-ovo vegetarian:

- Scrambled eggs with beans, tortillas, and cheese.

Non-vegetarian:

- Omelet with Canadian bacon and whole wheat toast.

As everyone settles into their school year routine, wake up the kids to a healthy breakfast and enjoy one yourself, too. The effort will be well worth it!

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

Foods and their protein content

- Large egg: 6 grams
- 8 fluid ounces dairy milk: 8 grams
- 8 fluid ounces almond milk: 2 grams
- 8 fluid ounces coconut milk: 2 grams
- 2 Tablespoons peanut butter: 8 grams
- 2 Tablespoons almond butter: 7 grams
- 6 ounces Greek yogurt: 18 grams
- ½ cup cottage cheese: 14 grams
- 2 ounces tofu: 5 grams
- 2 tablespoons hummus: 2 grams



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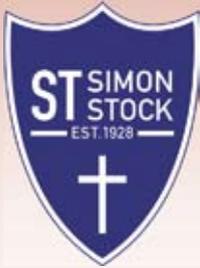
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