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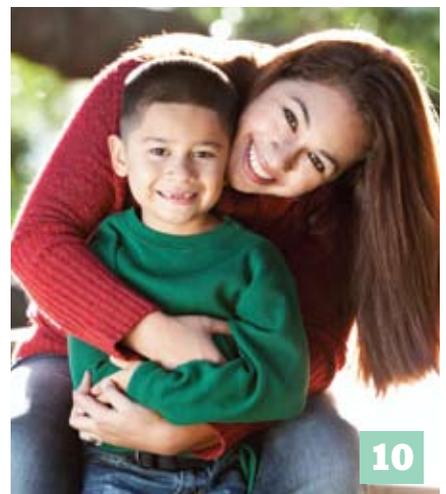
24



20



22



10

FEATURES

- 6 Scaring up fun**
Creative ideas to make your autumn party a hit
BY DENISE YEARIAN
- 8 A kinder world**
When and why bullies rule, and how to encourage empathy
BY MYRNA BETH HASKELL
- 12 Next generation**
Local teens garner awards as STEM Innovators
BY TAMMY SCILEPPI
- 14 Brooklyn Tech wins gold**
A prestigious high school takes honor for student government group
BY SHNIEKA L. JOHNSON
- 20 Ten tips for choosing a tutor for your child**
BY DENISE YEARIAN
- 22 The right way to clean**
How instilling a tidying habit now will pay a lifetime of dividends
BY ALLISON PLITT

COLUMNS

- 10 Just Write Mom**
BY DANIELLE SULLIVAN
- 30 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD

CALENDAR

- 24 October Events**

SPECIAL SECTIONS

- 16 High School Directory**

New routines and fall beginning

By now the new schedules have been put in motion and the after school arrangements and programs have either been working out or are still being finalized. New schools, grades and teachers have become more familiar in the weeks since school began and our kids are adjusting to the new routines.



In this issue Denise Yearian has shared some ideas about how to look for a tutor. I know in my family there were subjects that warranted extra study and one-on-one strategies, and we were all glad we found good part time tutors to make the classroom experience more successful. Be sure to check out her 10 tips in choosing the right tutor.

Myrna Beth Haskell is always a welcome contributor to our editorial and this month

she has shared with us a compelling article about bullying that I urge every parent/caregiver to read. Please make sure to pass it on. Issues such as bullying are of the utmost importance, and as parents, we need to be as informed as we can be.

Every October we highlight articles about teens and present a special advertising section to draw attention to the High School Open Houses going on around New York. This year is no exception, and in fact, we are pleased to highlight two stories about teens excelling in our area. The prestigious Brooklyn Tech has taken honors for its student government and a group of teens from around the city has garnered awards as STEM innovators. Exciting stuff!

It's important as parents to keep in

mind that your toddlers of today will be teens before you know it. It's absolutely amazing how quickly it all whizzes by and how responsibilities and disciplines you thought were years away suddenly find themselves manifest in your family's life. It's important to keep your options open for future school choices and it's never too early to begin discovering what would work best for your family.

Enjoy the mostly gorgeous month of October and have a safe and Happy Halloween.

Thanks for reading.

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Scaring up fun

Creative ideas to make your autumn party a hit

BY DENISE YEARIAN

Whether you're planning a bountiful harvest celebration or a creepy crawly Halloween party, you may want to consider these craft, game, and food suggestions.

Crop of crafts

When doing crafts with kids in a group setting, plan a main craft with a short, second activity — coloring pages or stringing popcorn — for early finishers. Whatever crafts you choose, pick ones that are easy to clean up, so you can move on to the next activity.

Here are a few ideas:

Black cat candy jar. Place black electrical tape over the sharp edges of a tin can. Cover the can with black construction paper and glue in place. Glue two wiggly eyes to the can, then use a thin

paintbrush and white paint to draw a mouth, nose, and whiskers. Draw and cut out a black tail shape and two triangular-shaped ears. Cut two smaller triangles from pink paper for the insides of the ears; glue to black triangles. Glue ears to the top inside edge of the can and the tail to the back side of the can. Fill with treats.

Jack-o-lantern pots. Buy various-sized terra cotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose and a toothy grin — the wackier the better. Apply Mod Podge with a paintbrush under and over the facial features then attach them to the pot. Place a short, wide stick out of the hole to resemble a pumpkin stem.

Pumpkin noisemakers. Paint a 12- by half-inch dowel rod black, and let it dry. Trace and cut out two leaves from green

craft foam, then cut a small slit in the center of each leaf. Draw a face onto the bottom side of an orange paper plate with a black permanent marker. Line up the face plate with a second orange plate, rims together, and bottoms facing out. Use a hole punch to create holes one inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the plates, moving a short end of the stick above the facial features to represent the pumpkin stem and a long end below for the handle. Sew plates together by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

Autumn activities

Games are a staple at kids' gatherings. Choose ones every child can participate

in, where no one is eliminated. With a little forethought and creativity, any game can be adapted to fit the fall theme:

Broom ball. Purchase half-sized brooms for each party guest and two different colors of seasonal garland. Decorate half of the brooms with one color of garland and the remaining half with the other garland to specify teams. Establish goals at opposite ends of the yard, and divide the children into teams. Place a kickball in the center of the yard then give each child a broom to sweep the ball to his team's goal. The first team to score five goals wins.

Ring around the pumpkin. Place three large pumpkins with stems in a line several feet apart. Gather four hula hoops. To play, children should take turns standing behind the designated tossing line and try to ring the pumpkins with the hula hoop. The child with the most rings wins.

Scarecrow relay. Separate children into two teams. Choose one child from each team to be the scarecrow. Place scarecrows at one end of the room, along with hay and oversized scarecrow-type clothing items. Teammates line up at the other end of the room. To play, teammates take turns running to the scarecrow and dressing him with one clothing

Food is more fun when kids are involved in the preparation process. Stick with things children like to eat, and then add a seasonal twist to it.

item then tag the next player who does the same. When the scarecrow is completely dressed, each teammate returns a second time to stuff straw in his clothing. The first team to finish making their scarecrow wins.

Seasonal snacks

Food is more fun when kids are involved in the preparation process. Stick with things children like to eat and add a seasonal twist to it:

Floating faces. Core and peel an apple, then cut it in half. Lay one half on the table and use a paring knife to create facial features. Repeat these steps until you have enough apple halves for each party guest. Place apples in cider punch bowl. When the cider is labeled, give

each child a floating face.

Itsy-bitsy caramel apples. Cut lollipop sticks in half. Use a melon baller to scoop little balls out of medium-sized apples, making sure each ball has a section of the apple peel. Push a lollipop stick into the peel of each apple ball. Blot apples dry with a paper towel. Melt a 14-ounce package of caramel candies with 2 tablespoons of water. Have children dip and swirl their apple balls in caramel then roll in crushed Oreo cookies, nuts, sprinkles, nonpareils, or mini-chocolate chips. Place on waxed paper to cool for 15 minutes.

Pumpkin pancakes. Mix dry ingredients: 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking soda, ¼ teaspoon salt, and ½ teaspoon cinnamon. Set aside. Separate two eggs. Mix yolks with ½ cup of plain pumpkin puree, 1 cup milk, and 2 tablespoons canola oil. Add dry ingredients. Beat egg whites until fluffy, then fold into the batter. Pour ¼ cup of batter onto a greased griddle; flip when bubbles form on top. Kids can make jack-o-lantern faces using raisins, dried fruit, nuts, chocolate chips, and whipped cream.

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



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A kinder world

When and why bullies rule, and how to encourage empathy

BY MYRNA BETH HASKELL

When I was in school, bullying was an accepted part of the climate. There seemed to be a commonplace attitude back then that “kids will be kids,” so victims felt that there was no one to turn to.

Fast forward to 2009: I attended an assembly at my daughter’s middle school called “Ryan’s Story.” John Halligan spoke about his son, Ryan, a 13 year old who committed suicide in 2003 after being bullied at school and online for several years. Halligan found that the best way to deal with the enormous pain of losing his son was to use his story to inspire change in schools.

These types of assemblies are common in schools today because there is more awareness about the sometimes dire consequences and long-term effects of bullying. All 50 states now have anti-bullying laws or policies (to explore state laws see: www.stopbullying.gov/laws/).

However, bullying is still rampant in our schools and communities. So, where are we going wrong?

The bully problem

Bullying is defined by aggressive, repetitive behavior toward another where there is a perceived imbalance of power. Bullying can be verbal, physical, or social — exclusion or spreading rumors. Cyberbullying (online bullying or bullying

using electronics) has brought bullying to a whole new level. Students can no longer return home to a safe haven. With cyberbullying, the torment continues, and there is a feeling of no escape.

“Bullying is always a problem with social relationships,” explains Dr. Michele Borba, the author of “UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World” (Touchstone: Simon & Schuster, 2016). “In middle school, bullying is at its peak, and anonymous texts contribute to stress, anxiety, and fear because kids don’t know who is sending them.”

According to results of the 2013 School Crime Supplement to the National Crime Victimization Survey by the U.S. Department of Education, in April 2015, approximately 22 percent of students ages 12 to 18 were bullied at school. The Cyberbullying Research Center (cyberbullying.org) reports, “Overall, about 25 percent of the students we have surveyed over the last eight studies have told us that they have been cyberbullied at some point in their lifetimes.”

What is going on in our communities that so many children are reporting that bullying has affected their lives?

Dr. Jessie Klein, an associate professor at Adelphi University, founder and director of Creating Compassionate Communities (www.creatingcompassionatecommunities.com), and author of “The Bully Society: School Shootings and the Crisis of Bullying in America’s Schools” (NYU

Press, 2012) shares, “Statistically, anxiety and depression are more prevalent and present at much younger ages. People are more isolated and are so goal-oriented that friendships are not as important.”

Long-term effects

The consequences and long-term effects of bullying can be devastating, and the disturbing cases reported in the media seem all too prevalent, such as when 13-year-old Zoe Johnson, a cheerleader from Michigan, committed suicide in 2015 after being cyberbullied relentlessly. Stopbullying.gov reports that even though a small number of bullied children react by using violent measures, “In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.”

Dr. Ellen W. deLara, an associate professor at Syracuse University and author of “Bullying Scars: The Impact on Adult Life and Relationships” (Oxford University Press, 2016), reports, “There are numerous long-term effects of bullying that plague people throughout adult life. Bullying victims show an increased risk of diabetes and heart disease. Both victims and bullies demonstrate greater lifetime anxiety and depression than those not involved in bullying. Other effects include difficulty trusting others, difficulty maintaining friendships or intimate relationships, very low self-esteem, and two to five times greater risk of suicide attempts over a lifespan. Of course, not everyone has long-term effects. However, in my study of over 800 people (as well as in the research of others), enough demonstrate these effects that we should consider bullying a public health crisis.”

The bystander problem

Unfortunately, we’ve all seen disturbing videos taken of incidents on buses and in hallways which depict a child being harassed or physically harmed while a gathered crowd simply watches or encourages the behavior. Bullies won’t rule the school if the general population (both students and staff) takes a stand.

“Students, just like adults, are reluctant to intervene when there is a physical altercation or a verbally abusive interaction between other students,” says deLara. “The main reason students cite is that they will be the next target if they get involved.”

Dr. Rachel Annunziato, a child psycholo-

Who is at risk?

Stopbullying.gov lists the following characteristics of victims and perpetrators. It’s important that teachers, coaches, and parents understand these characteristics so they can help children with self-image and modify behaviors before bullying situations develop:

Higher risk of being bullied (victim):

- Perceived as different from peers (overweight, underweight, wears glasses or different clothing, new to a school, unable to afford what kids consider “cool”).
- Perceived as weak or unable to defend him or herself.
- Depressed, anxious, or low self-esteem.
- Less popular or has few friends.

- Annoys, provokes, or antagonizes others for attention.

Higher risk of becoming a bully (perpetrator):

- Two profiles of bullies:
 - Those who have social power and like to dominate others.
 - Those who are isolated and may also be depressed, anxious, have low self-esteem, be less involved in school, be easily pressured by peers, or do not identify with the feelings of others.
- Aggressive or easily frustrated.
- Less parental involvement or has issues at home.
- Thinks badly of others.
- Has difficulty following rules.
- Views violence in a positive way.
- Has friends who bully others.



gist and associate professor at Fordham University, reports, “There is research out of Europe showing that bystander intervention — defending the victim or ignoring the bully to remove reinforcement — is associated with bullying frequency.”

Adults need to teach kids how to respond to a bullying situation when they are not the target.

Klein clarifies that students need to be taught the difference between being a tattletale and getting help for someone who is in distress. She asserts, “We need to encourage communities where kids are committed to protect one another and are responsible for one another.”

“Bullying is reduced dramatically when kids who witness it stand up for the victim,” Borba says, “but most kids will say they do not know what to do because adults have not given them the tools to intervene.”

Students are more apt to report bullying if they trust it will be anonymous.

“Schools must have reporting boxes and the administration must read reports regularly,” Borba claims. “The majority of bullying happens when adults aren’t present, so students have to be able to report incidents safely.”

The kindness cure

“The antidote to bullying is empathy,” Borba states. She instructs teachers and

parents to emphasize kindness rather than putting the focus on grades and accolades. “I mean, when is the last time you’ve seen a bumper sticker that says ‘Proud Parent of a Kind Kid?’ We are raising stressed-out kids who are scheduled to death. As stress builds, empathy wanes because you are in survival mode.”

Klein agrees with Borba.

“Deadlines and punctuality become more important than helping one another,” she says. Klein offers an example of a student refusing to help a peer find his classroom because of fear of the consequences for being late.

Teach empathy early

“During preschool, explaining bullying and ensuring there is no tolerance for it is important. So is character building — emphasizing kindness,” Annunziato explains.

Klein teaches empathy building games when she visits schools, such as I Have a Complaint.

“Students write down a complaint — ‘I am feeling lonely’ — and are prompted to work with a partner or group to work out what the student needs. The objective is to make the complaint into a dream — ‘I have a dream to have a meaningful connection.’” This helps students to see that a negative feeling can be turned into a positive goal.

Borba suggests, “Finding opportunities

for kids to do meaningful work to learn empathy hands-on is so important.”

Mentoring peers, volunteering for charitable organizations, or simply helping those who are less fortunate are great empathy-building experiences, particularly if they are done out of the goodness of the heart as opposed to a required activity for a school organization.

Programs and awareness

Creating a bully-free environment requires cooperation between school staff, parents, and students. In March 2011, National PTA launched an initiative called Connect for Respect to help students, parents, and educators to create safe school climates.

Anti-bullying themed assemblies have become the norm, and many schools have adopted anti-bullying programs that focus on teaching and encouraging positive behavior, but the implementation, consistency, and communication between parents and school staff all affect a program’s success. Positive Behavior Interventions and Supports, No Bully System, and Safe School Ambassadors Program are examples.

“There are programs that schools can implement, starting with the youngest children, that have been effective in promoting empathy called social-emotional learning programs,” deLara reports.

However, deLara adds that educators are still looking for programs that will demonstrate effectiveness over time and with diverse ethnic populations.

Parents must be tuned into their child’s emotional and social health. Annunziato reports, “Signs that bullying is occurring may be changes in anxiety level, moods, and self-esteem. Changes in peer relationships are also key indicators.” She encourages parents to contact school staff if they become aware that their child is being bullied. “Children may fear that conversations with school personnel could lead to increased bullying. So parents should be prepared to explain how steps are being taken to prevent this.”

Klein advises parents to help their kids seek an alternative culture outside of school so that in-school relationships do not encompass a child’s entire social life.

Lastly, kids need to be encouraged to speak up and tell a trusted adult if they are being bullied or see someone else being bullied.

“Occasionally, a student or group of students can try to intervene. This can be very successful, especially if they are well-liked and respected in the school,” deLara suggests.

Myrna Beth Haskell is an award-winning author whose work has appeared in publications across the globe (www.myrnahaskell.com).



Don't try to live through your kid

We all have that friend, or more specifically perhaps, that Facebook friend, who systematically plasters their child's achievements all over their feed on a daily basis.

Even before social media, parents did the same on the telephone, playground, and schoolyards (although not to the same extreme). In doing so, they made their child's achievements more important than their child. Perhaps not intentionally, many moms and dads trade in their child's own uniqueness, innate goodness and the essence of what they are for awards, trophies, and what they can do.

Unfortunately, this has the exact opposite effect of what was likely intended. The child quickly begins to wonder what they are without their certificates and honors, which hinders their self-esteem, instead of boosting it. And what's behind it all has nothing to do with the child. Whether purposely or not, the parent's need to feel important through their child's accomplishments is what fuels this behavior.

Dr. Shefali Tsabary, clinical psychologist and author of the New York Times bestseller, "The Conscious Parent," writes that many parents live through their child, and questions it: "Why is there such a need for us — parents especially — to raise 'extraordinary' children? Is our sense of self so compromised that we need our children to wear bells and whistles just so we can feel good about ourselves?"

Parenting is about teaching your child to be the best he or she can be, confident and secure enough to adjust to life's challenges, and helpful and productive in the world. Parenting is not about perfecting the ideal plan to acquire the most accolades. If most parents would realize that what they are doing is placing unnecessary and strenuous pressures on their children, most would stop, and it all begins with releasing expectations.

There is no need for a child to be extraordinary, writes Dr. Tsabary, because actually, all children are both extraordi-



JUST WRITE MOM

DANIELLE SULLIVAN

nary and ordinary. When we let go of rigid expectations for our children and start to see them as the beautiful and imperfect people they are, we see them in a whole new light.

"We begin to notice the nuanced qualities of their character and are amazed by all that unfolds before us," Tsabary adds. "Instead of medals and certificates being the qualifiers of merit, we begin to pay attention to the joy in their eyes and the quickness of their smiles."

Dr. Tsabary continues: "The insight slowly dawns that our children are indeed extraordinary — in their very ordinariness and that we can end the quest for them to be anything 'extra' or 'special,' for they already possess all that they need to in this present moment. Isn't this a liberating thought? I counter that not only is it liberating for us to stop the quest of fixing and producing our children — but also, ultimately, it's empowering for our children. Can you imagine the release of pressure a child must feel knowing that who it is they are — at this present moment — is worthy of their parent's praise?"

I think about how many adults still feel inadequate from their parents' expectations, never feeling they lived up to what they could be. Imagine a world where every adult felt good enough. I dare say that the violent and tumultuous world we now live in might be vastly different.

We all want the best for our children, and sometimes the best solution is the most simple. Let our kids be who they are, and as they grow, let them become who they are, not who we want them to be.

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

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Next generation

Local teens garner awards as STEM Innovators

BY TAMMY SCILEPPI

A trio of talented tech entrepreneurs received some much deserved attention at the third annual New York City “Young Innovators to Watch” awards.

In July, the winners exhibited their amazing projects at a special presentation of prizes in Manhattan.

These students, under the age of 20, are actively shaping the future by combining imagination with technology.

“They have been busy working on visionary projects that rise to the challenge [of] resolv[ing] existing societal issues, such as water quality, food waste, and physical injuries sustained by the visually impaired,” said Robin Raskin, the program’s creator. “Being recognized at an industry technology showcase is really empowering for these winners.”

Projects are ranked on their creativity, user design, use of science, technology, engineering, arts, and math — also known as STEAM; scalability; and civic-mindedness.

Winning projects include an algorithm that accurately measures lithium-ion battery percentages and a smartphone device that records customizable studio-quality sound.

“We started the Young Innovators four years ago, with the mission of rewarding students with entrepreneurial and innovative ideas by giving them scholarships and allowing them to have an awards reception at one of our technology events in either New York or Las Vegas. (We do this twice a year.)” said Raskin.

“We think it’s important to recognize STEM and high-tech initiatives at a young age, because if these students get some reinforcement, they’re more likely to continue.” So far, they’ve awarded 41 students and some of them are now in businesses of their own.

Three of those 12 highly talented award recipients weighed in about their recent wins and talked about their out-

“We think it’s important to recognize STEM and high-tech initiatives at a young age, because if these students get some reinforcement, they’re more likely to continue.”

standing projects.

Michael Klamkin, 16

Winner for his Dual Extended Kalman Filtering algorithm, Michael Klamkin lives in Staten Island with his parents, both Russian immigrants. “Our family is a blend of traditional Russian culture-values and modern American culture,” he said. “I wouldn’t change it for the world!”

In his spare time, the clever teen has been designing and prototyping a small satellite called the MTS-1, as well as studying and writing, so he can get into a challenging university and continue exploring his passion for engineering.

Your recent win

“The event was amazing! I had put so much effort into developing this project. The work finally paid off when I saw that e-mail informing me that I won,” Michael recalled, adding: “My family was ecstatic. I am extremely lucky to have parents that actively participate in my life — including the academic-scientific side — so they understood just how important this was to me and how symbolic this win was to me. This is the first ‘scholarship’ I had won, and it has inspired me to continue looking for opportunities.”

Describe your project

“It’s a new approach to monitoring

the state of charge of lithium-ion polymer batteries. In English, this means that I am applying an algorithm that is typically used for other applications (such as GPS positioning) to calculate battery percentage in small robots,” he explained. “My method allows robots, among other battery-powered devices, to be safer and more efficient, while also maximizing battery usage to squeeze out the last bits of power when it’s needed most.”

It’s a new way to help more accurately measure battery life — an industry-wide problem that he may solve one day.

Future plans

“I plan to go to a university and become an electrical engineer. However, I understand that life may lead me on a different path, so I am keeping my options open. I have recently begun considering going into the financial sector doing quantitative analysis,” he said.

Hobbies

“I enjoy building, designing, and operating multicopters (drones); and making small electronics projects.”

Sharon Lin, 18

Winner for her White Water app, Sharon Lin attended Stuyvesant High School and is now a freshman at the Massachusetts Institute of Technology. She lives with her large family in Corona, Queens. This summer, she worked on poetry performances as the New York City Youth Poet Laureate.

Your recent win

“I found out I was a Young Innovator during my high school graduation. While I was about to walk across the stage and receive my diploma, I texted my parents, and I could tell how excited they were in the audience,” Sharon recalled. “It was such a great moment to be celebrating our successes and looking forward to new experiences to come!”



Future plans

"I'm planning on studying electrical engineering and computer science and applied mathematics. In addition, I'm planning on continuing my work in research at the MIT Media Lab and the Harvard-MIT Health Sciences and Technology Labs," Sharon said. "I'm hoping to work as a data scientist or consultant in the near future, although I'm not entirely sure what my future plans are. I'd really like to work on a startup, and I have a few projects that I'm definitely looking into scaling up into larger businesses."

Hobbies

"I really enjoy filmmaking and photography. I also have a penchant for hiking, meditation, and baking."

Priya Mittal, 17

Winner for her GoGreen app, Priya Mittal lives in Manhattan with her family. She said her app "allows restaurants and juice bars to purchase imperfect produce directly from farms at a 20 percent markdown, to reduce food waste. Farmers can still sell produce that they would normally throw away and increase profit margins."

According to the judges, Priya's project tackles the important social issue of food waste and feeding the hungry, with a simple database design. She demonstrated a keen understanding of the issue and tells the story of how "ugly and imperfect fruits and veggies" can be used to help so many.

Raskin reflected on this year's innovators, "This is hard stuff. I'm extremely impressed with the students' drive to improve how we participate in the world, today and in the future."

New York City Chief Technology Officer, Miguel Gamiño, who spearheads major initiatives aimed at using technology to improve our city for all New Yorkers, added: "These forward-thinking students and their ideas inspire me and my team to keep working toward a stronger, smarter New York City."

For more information about the application process, visit <http://younginnovatorstowatch.com>.

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



(Clockwise from top) Michael Klamkin was named a Young Innovator. Priya Mittal speaks to the audience during the award ceremony. Sharon Lin won a "Young Innovators to Watch" award for her app for underdeveloped communities that identifies bacteria and abiotic particles in water.

Describe your project

"It's an app for underdeveloped communities that identifies bacteria and abiotic particles in water, based on a photo sample, making it easier for underdeveloped communities to take preventative measures to avoid exposure to waterborne illnesses like malaria. Through image recognition, it allows any user to

identify pollutants or harmful particles in their water," she explained.

According to the judges, Sharon is the only two-time winner. Her project is based on solid and unique research. She's a natural scientist, who looks at a problem and knows how to tackle it creatively. Plus, she knows how to articulate the benefits of her work.

Brooklyn Tech wins gold

A prestigious high school takes honor for student government group

BY SHNIEKA L. JOHNSON

Students from Brooklyn Technical High School — considered one of the most prestigious and selective high schools in the country — are no strangers to acknowledgment of their exemplary work. This past spring, their exceptionalism was recognized again — this time, the honor was given by the National Association of Student Councils. For its leadership and service, Brooklyn Tech's Student Government Organization was awarded a 2017 National Gold Council of Excellence Award.

The school (often referred to as Brooklyn Tech), in Fort Greene, specializes in science, technology, engineering, and mathematics. It is one of the specialized high schools operated by the city's Department of Education. A large and diverse school, it stands 68th in national rankings, according to U.S. News and World Report's list of Best High Schools.

"Receiving a National Gold Council Award reflects the highest dedication on the part of the school to providing a strong, well-rounded student council program," said Ann Postlewaite, student programs director for the National Association of Secondary School Principals. "NASC applauds the work of the Gold Councils of Excellence and challenges them to continue their leadership and service to their schools and communities."

Attracting students from all five boroughs, Brooklyn Tech serves nearly 5,700 students. It is one of the largest and most successful high schools in the United States and is touted as one of the most diverse due to the large percentage of students identifying with multicultural backgrounds or lower socioeconomic status.

One of only a few schools in the country to offer 18 academic majors for upperclassmen to choose from, its curriculum model exceeds the scope of both the New York State Regents and the Advanced Placement program. Students' test passage rates for both tests exceed district and state averages.

Due to this great success, admission is highly competitive, with an acceptance rate of around eight percent. Graduates of the high school attend prestigious uni-



Members of the Brooklyn Technical High School Student Government Organization and their adviser are, bottom row left to right, Nour Haredy, Laura Chen, Ji Yuen Cha, and top row left to right, Joseph Kaelin, Marly Banatte, Joseph Glanzberg, Jasmin Wang, Husna Ellis, Alexander Badiu, Rene Clever, Kecia O'Neal.

versities — both Ivy League and other notable colleges like the Massachusetts Institute of Technology, California Institute of Technology, University of Chicago, and Stanford University. Its graduates include scientists, chief executive officers, and top scholars. But before they were graduates of Brooklyn Tech or considered notable alumni, they were top students and were often recognized for exemplary work.

The National Association of Student Councils (representing middle and high school councils nationwide) has aimed to help student councils become more effective organizations. The student government organization offers the opportunity for students to become effective leaders. Alexander Badiu (class of 2017) says that his four years working as a leader in Brooklyn Tech's student government have taught him "how to truly guide others, form agendas, and facilitate and launch initiatives." He is most proud of the Big Sib/Little Sib program that helps to "significantly ease the transition [to high school] for entering freshmen."

James Kettle ('18) says that his work with the organization has taught him "about cooperation and teamwork and how it is perhaps the most important thing for being successful because no one can do it all by themselves." He helped to develop a plan for a Freshmen Guidance Reform Initiative so that every ninth grader will quickly meet with his guidance counselor in small groups to serve as immediate support to new students.

Student government organizations, a program of the National Association of Secondary School Principals, are encouraged to influence and aid in creating a positive school climate. One opportunity for growth in these areas is to attend the Leadership, Experi-

ence and Development Conference, which offers experiential leadership skill development for both students and advisers in order to sharpen their leadership skills to improve their school culture and community.

As a freshman, Yiting (Kelly) Su ('20) has already attended the conferences in Washington D.C. and presented at a workshop on anti-bullying efforts. She credits her student government experiences for helping to shape her confidence to pursue such an activity.

Brooklyn Tech's student council met a variety of criteria in order to receive this award. Aside from the standard written constitution, democratic election, and membership in the National Association of Student Councils, the students also demonstrated a commitment to leadership, organized school and community service projects, and were active in both state and national student council associations.

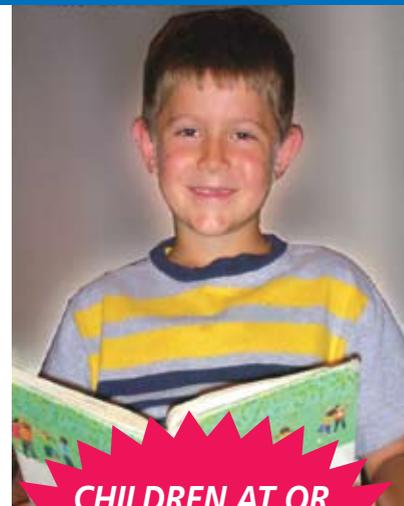
Joseph Kaelin, a coordinator of student activities at Brooklyn Tech, said, "There are only three schools in New York State to receive this award, and Brooklyn Tech is the only school in New York City" to be so honored. While lauding the outstanding work of all the students, Kelly Nottingham, assistant principal of Student and Parent Engagement, added "the success of our SGO is mostly due to Mr. Kaelin's ongoing dedication to developing effective leaders. His support and expertise is invaluable."

For more information on National Association of Student Councils, visit www.nasc.us.

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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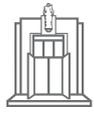
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Continued on page 18



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Continued from page 16
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Ten tips for choosing a **tutor** for your child

BY DENISE YEARIAN

Tutors offer a wealth of educational resources for students who need remedial work, as well as for those who want academic enrichment and maintenance.

To choose the right tutor for your child, consider these 10 tips:

1. Pitch and persuade

Before searching for a tutor, discuss it with your child to get his buy in. Keep the conversation positive — “You know

how reading is kind of hard sometimes? We are going to find someone who can help you.”

Most students don’t like to struggle, so if your child is aware that there is a problem, he may be more likely to want help. Even so, expect apprehension and offer encouragement.

2. Ponder priorities

There is no one-size-fits-all when it comes to tutoring. It depends on your child’s needs, setting, convenience, and cost. Some people choose a private tutor.

Others go with a tutoring center. Still others opt for an online service.

When choosing a setting — either small group or one-on-one instruction — determine which is the best fit for your child.

If you choose a group setting, find out the maximum number of students per class. Convenient location is important, too. Studies show that more frequent tutoring sessions yield greater results. When it comes to cost, bear in mind that one-on-one tutoring may be more costly than group sessions and in-home tutor-

ing more expensive than traveling to a center.

3. Reach for recommendations

Begin your search by asking your child's teacher, principal, guidance counselor, or others within the school unit. Some school districts have a list of tutors and are willing to make recommendations.

Also, check ads in your local parenting magazine or newspaper. Other parents are a good resource, too. Is there someone they have had success with?

4. Check credentials

Find out if the tutor has experience teaching the subject your child needs help with. Although the instructor may not be credentialed for your child's grade level, it's a good idea to find one who holds a college degree and has completed a tutor training program. This will ensure he understands educational theory, instructional strategies, and remedial approaches.

Graduate students with strong content knowledge may be a good option, too. Equally important is experience and teaching style. Ask if the tutor has taught children of similar age and learning style as your child. Likewise, consider personality and attitude. Is he patient, upbeat, and encouraging? Is he congenial with children?

5. Tally the track record

Equally important to check references and track record. Does the tutor you are considering have satisfaction surveys from past parents and students that prove he has helped them raise test scores, improve classroom grades, or experience better homework completion?

6. Time it right

Although extracurricular activities and parents' work schedules often dominate the clock, try to be flexible so tutoring sessions are held at a time when your child is most open to learning. Some students need a 30- to 40-minute break after school, but if you give other kids that same down time, it will be a battle to get them to work.

Know what timing works best for your child and adjust your schedule accordingly.

7. Collaborate on goals

When formulating tutoring goals, get everyone on board — teacher, tutor, par-

Questions to ask when choosing a tutor

- What age do you tutor?
- Is it for remedial work only? Or do you do enrichment and maintenance, too?
- What subjects do you offer?
- Do you have summer programs?
- Can my child go during school hours?
- Do you offer diagnostic testing? Is it required?
- Do you teach in small group sessions or one-on-one?
- Where does tutoring take place?
- What qualifications do you have?
- What if my child has a personal problem with the tutor, can I get another one?
- How often is the child required to go?
- Can you work sessions around my family's schedule?
- How often will I receive progress reports? Will they be written or verbal?
- What is the duration of the contract?
- How much do you charge?
- Are there any hidden fees?

ent, and child.

Teachers and tutors are aware of what the goals should be, but parents know their child best and should be involved in the goal-setting process.

It's ideal if the tutor and teacher work toward a common goal and communicate regularly to reinforce each other's techniques.

The teacher may also be willing to give feedback on your child's progress in the classroom.

8. Request progress reports

Many tutors offer periodic progress reports and will check off goals and redefine them, if necessary. Ask for a sample of progress reports to see if they are clear and helpful. Also inquire how often reports will be given.

9. View policies

Clarify policies before signing on the dotted line. Some tutors charge clients if an appointment is canceled without a 24-hour notice. Others have detailed policies for scheduling makeup sessions.

Also ask about substitutes. How much say will you have in who teaches your child, in the event your tutor is out due to illness?

Signs your child needs a tutor

There are a number of indications a child needs a tutor. If you see any one of the following signs, your child may be a good candidate for tutoring:

- Doesn't want to go to school.
- Difficulty doing homework.
- Gaps in learning.
- Poor test grades.
- Hiding test scores from parents.
- Teacher reports missing assignments.
- Unable to keep up.
- Multiple wrong answers.
- Unfinished assignments.
- Frustration and possibly tears.
 - Decreased self confidence.
 - Parents are frustrated and don't know how to help.

Top Tips

Information helpful to your tutor

To equip your tutor in understanding your child better, consider sharing the following information:

- What motivates your child.
- Whether or not he likes school.
- What his favorite and least favorite subjects are.
- How good his memory is.
- How he feels about being tutored.
- School work samples.
- Teacher's contact information.
- How your child feels about standardized tests. Whether he gets anxious. What his past scores were.
- If he has specific organizational or study skill issues.

10. Show support

Remember, parents play an important role in the whole learning process, so look for practical ways to support your child's academic endeavors.

At the end of each tutoring session, find out what he is expected to do before the next one — whether it's memorizing his multiplication facts or completing all of his classroom assignments — and couple those learning efforts at home.

Denise Yearian is a former educator and editor of two parenting magazines, and the mother of three children and four grandchildren.

The right way to clean

How instilling a tidying habit now will pay a lifetime of dividends

BY ALLISON PLITT

Do you have a 5-year-old son who takes all the things out of his toy box to get his favorite model car and then walks out of the room with it, leaving the other toys on the floor?

Or do you have an 11-year-old daughter who leaves her dirty clothes all over her room, disregarding her laundry basket?

Or perhaps you have a 16-year-old son who plays ice hockey and leaves his equipment and gear in his room when he isn't playing, which creates such an incredible stench that everyone in the family keeps his door closed?

If any of these situations sound similar to what is happening in your home, then I recommend you read "Teaching Children to Clean" by Schar Ward. Before becoming an author, Ward started her career as a professional housecleaner. In 1973 she began a small residential cleaning service that turned into the corporation Domestic Engineering.

Ward believes that her childhood instilled in her "many years ago, a passion for cleaning." While she grew up on a farm in Minnesota, her parents produced their own food, and her mother made the family's clothes and rugs.

"We were poor people, but as a child, I never realized it, because I always had food, clothes, a home, and parents who loved me," Ward recounts.

That idea of responsibility and self-sufficiency is a pervasive theme throughout the book. Ward believes parents can teach young children to clean by immersing them in games and imaginative play. For older children, Ward thinks parents can motivate their kids to clean by praising their efforts and giving them an allowance or non-monetary privileges.

Cleaning is a life skill

Ward believes there are many self-help books on the market these days, because "parents aren't teaching children the life skills they need to cope with everyday situations." According to the only research study she mentions in her book, the sooner you teach your child to clean up after himself, the better.

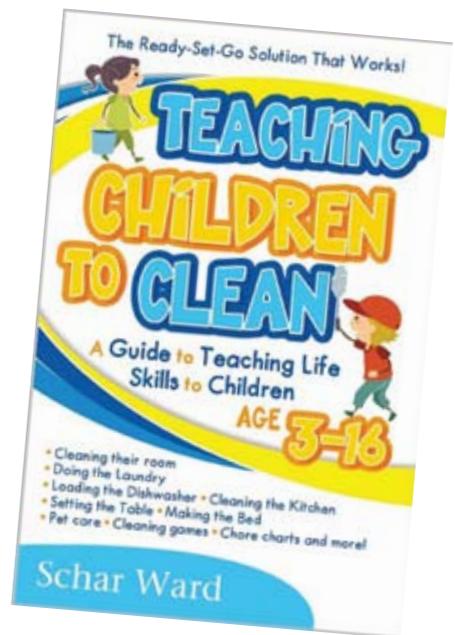
In the study, when a 4-year-old was asked to do a task, he was more willing to cooperate than when a 10-year-old was asked to do a chore for the first time. The 10-year-old felt he was being asked to do something he didn't want to do. If he had started doing chores at the age of four, he wouldn't even be questioning why he was being asked.

Parents can yell at their kids to do chores or make excuses for their kids not to do them such as, "The children are too little" or "The children have homework." One of the best ways for kids to learn how to clean is by watching their parents. "If you complain about housework and neglect your home, they will do the same," Ward advises. "Children pay attention to what you do."

Demonstrate vs. criticize

As far as results are concerned, Ward says that parents should never criticize their child's efforts, especially in public. Instead, parent and child should have a discussion about how to do something correctly and then have the parent lead the child in redoing the chore.

When teaching skills to their children, parents should not make their tone "condescending, and always try to explain the benefits of doing something a certain way." Ward gives the example of clothes needing to be separated before washing "to prevent colors from bleeding onto other clothes."



Parents need to show children how a chore is done so that children understand what is expected of them. By using the appropriate cleaning equipment and products, parents can demonstrate themselves how to clean an area thoroughly from beginning to end. Ward also recommends parents purchase pretty cleaning tools with bright colors that kids would enjoy using.

Ward encourages parents to let their children know the "personal benefits" of being neat and clean. They can say things to their kids like, "Your toys last longer when they are taken care of" or "You can find things easier."

Suggesting that parents make cleaning up the house a team effort, Ward says the family should allow for a certain amount of time each week to do chores together. For example, on a Saturday morning, each family member receives a list of chores to do and the same allotted amount of time in which to do it.

Healthier home

Instead of buying cleaning products with harmful fumes that could poison kids or pets when ingested, Ward explains how to create natural cleaning products by using baking soda, white vinegar, liquid Castille soap, Murphy's Oil Soap, club soda, Borax, and pure essential oils.

"There are over 17,000 petrochemicals available for home use and only 30 percent



have been tested for their effects on human health and the environment,” warns Ward. Not only have people found that their allergy symptoms improve dramatically by switching to natural cleaners, but these all-natural solutions can be used on multiple surfaces, saving space and money.

The cleaning process could then become an at-home adventure for the whole family. Both parents and children could pretend they are scientists or magicians creating magical potions to make their home sparkling clean.

Another environmentally friendly tip Ward recommends is to use old cotton and flannel sheets and terry cloth towels and cut them into pieces for cleaning cloths. By “repurposing” these items, the family avoids using disposable cleaning wipes and paper towels, which will save them money. Ward also suggests using washable microfiber cloths.

Comprehensive checklist

Furthermore, the book devotes chapters to cleaning every room of the house.

Since the book can be read by kids ages 10 and older, it is easy for parents to have their child read the book, which gives instructions in numeric order for cleaning each room.

At the end of each chapter is a chart that the parent can check off to ensure that every part of the room is clean and can assign a letter grade to their child’s work.

At the top of the chart is an area where the parent can let their child know how much they earned for their chore.

Included in the book are daily, weekly, and monthly chore charts for kids of different age groups. Ward also lets the parents know where they can find these chore charts online to download and print out for themselves.

Ward devotes chapters to teaching children to make a bed, do the laundry, clean up a spill on the carpet, put sports equipment away in a closet or basement, and wash dishes by hand to avoid the expense of using a dishwasher. She even instructs kids on how to clean up a pet’s area, like a

fish tank, gerbil cage, or cat litter.

At the end of the book is a list of games that parents can play with their kids to help them complete their chores. For example, Ward explains one game where parents place treats or small toys in plastic bags in their child’s room. Then the parent tells his child that he has hidden four secret “treasures” in his room and that he must clean his room to find them. After the child shows their parents the plastic bags he has found, the parent inspects the room, and if it is clean, rewards their kid with treasures.

Ward, however, makes clear that cleaning isn’t really about games and treats. She mentions that the first thing a new Navy Seal is taught is how to make his bed correctly and first thing in the morning. After describing this customary habit to her readers, she adds, “Teaching yourself to do one thing right every day, leads to doing another thing right, and the list just keeps on growing.”

Allison Plitt lives in Queens with her daughter.

Calendar

OCTOBER



African rhythms

Stomp your feet and get into the rhythm at the South African Festival of Dance at the Lehman Center for Performing Arts on Oct. 8.

Two dynamic dance companies — the Gumboots and Pantsula Dance — share the stage for a pulsating, rhythm-filled evening of urban street dance. Featuring 20 dancers with live musicians, these companies use dance to respond to cultural and political issues in their communities by conveying real-life stories of hard work,

human struggles, and longing for a better life. These communicative dances have become an important part of restoring, revitalizing, and preserving South African Culture.

South African Festival of Dance on Oct. 8 at 4 pm. Tickets range from \$25 to \$45, and \$10 for children for any seat.

Lehman Center for the Performing Arts [250 Bedford Park Boulevard West in Fordham Manor; (718) 960-8833, www.LehmanCenter.org].

Never miss a great event!

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

Calendar

Submit a listing

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

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

SUN, OCT. 1

IN THE BRONX

Family Art Project – Mapping the Bronx:

Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.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.

Fall Migration: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10 am to 11:30 am; Free.

New York City is home to an amazing abundance of wildlife. Our Urban Park Rangers will guide you to the best wildlife viewing spots in the urban jungle. We offer birding programs throughout the year and our Exploration Series focuses on unique wildlife viewing opportunities during particular seasons. To enhance your experience, we encourage you to bring binoculars and field guides, or ask a park ranger to borrow a pair.

FURTHER AFIELD

Rise Up Against Addiction 5K 2017: Pier 84, W. 44th Street and 12th Avenue, Manhattan; <https://5knewyork.shatterproofgetinvolved.org>; 8:30 am.

Shatterproof, a national nonprofit dedicated to ending the stigma of addiction, will host a 5K Run/Walk as part of its Rise Up Against Addiction campaign. Participants are invited to run/walk 5 kilometers to show support for anyone who has been touched by addiction and bring the disease of addiction into the light. Guests will have the opportunity to engage in activities geared towards uniting the community and promoting positive change.

The Great Jack-O'-Lantern Blaze:



Gardens get spooky

Gorgeous gourds, plump pumpkins, and scary scarecrows — oh my! Come to the New York Botanical Gardens now through Oct. 31 and visit the Scarecrow and Pumpkin Gardens.

Add fun to the spooky season by visiting the Everett Children's Adventure Garden.

Eye-popping pumpkins, spooky scarecrows, and plenty of family fun make this a superior seasonal outdoor outing! There are guided activities for kids, including a puppet playhouse.

And on weekends there are live animal demonstrations of the season's creepy critters, including bats, reptiles, and more.

Scarecrows and Pumpkins, now through Oct. 31; Tuesdays through Fridays, 1:30 pm to 5:30 pm; Saturdays and Sundays, 10 am to 5:30 pm. Tickets are \$28 for adults and \$12 for children; reservations not required.

New York Botanical Garden [2900 Southern Blvd. in Fordham Manor; (718) 817-8779; www.nybg.org].

Van Cortlandt Manor, 535 South Riverside, Westchester; (914) 631-8200; www.hudsonvalley.org; 6:30 pm; \$20 adults, \$17 children.

A bright and blazing display of more than 7,000 hand-carved illuminated jack-o'-lanterns set the Halloween season on fire! These artfully carved pumpkins portray flying ghosts, spider webs, snakes, and monsters, as well as a Pumpkin Promenade and a Pumpkin Zee Bridge! It's a fabulous display to view while strolling through this historic riverside landscape.

THURS, OCT. 5

FURTHER AFIELD

New York Comic Con: Javits Center,

655 W. 34th St. and 11th Avenue, Manhattan; www.newyorkcomiccon.com/Home; Noon; \$45 per day; per person.

New York Comic Con, the East Coast's biggest and most exciting popular culture convention, is back. The show will feature events, panels, screenings and more at the Javits Center, Madison Square Garden, the Hammerstein Ballroom and other spaces across New York City. Throughout the convention fans can expect programming from AMC's "The Walking Dead," Universal's "Pacific Rim: Uprising" featuring John Boyega and Scott Eastwood, "Marvel's Agents of S.H.I.E.L.D.," and more. Fans will also have a chance to interact with some of the biggest names in entertainment including William Shatner, Mark Hamill, Fe-

Calendar

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

licity Jones, and more Keanu Reeves, John Krasinski, Rosario Dawson and more!

The Great Jack-O'-Lantern Blaze:

6:30 pm. Van Cortlandt Manor. See Sunday, Oct. 1.

FRI, OCT. 6

IN THE BRONX

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).

Sultry songstress Queen Esther is back for an encore performance! Come listen to her acclaimed interpretations of Billie Holiday's rarely heard songs, together with the Jeremy Bacon trio! 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.

Chess Night: Virginia Park, Westchester Avenue and White Plains Road; (212) 360-8114; 6 pm to 8 pm; Free.

Enjoy chess night in Virginia Park in collaboration with the public artwork Daylighting by Lovie Pignata and Loving the Bronx. Lovie Pignata's public art project activates a blacktop with a bold, painted replica of the nearby Bronx River, highlighting the importance of this waterway. She has also installed retired canoes from local non-profits, which are retrofitted with seating, chessboards, planters, and way-finding signage.

Rock hunting and painting at Bronx Rocks: Virginia Park, 1878 Cross Bronx Expressway and Westchester Avenue; www.facebook.com/groups/133894070515111; 6 pm to 8 pm; Free.

Participants are encouraged to create and paint a rock, then rehide it. So far the Facebook group is up to more than 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 to paint their rocks together every Friday from 6 to 8 pm in Virginia Park, as part of Game Night.

FURTHER AFIELD

New York Comic Con: Noon. Javits Center. See Thursday, Oct. 5.

SAT, OCT. 7

IN THE BRONX

Motion Bike Ride: Claremont Neighborhood Center, 489 E. 169th St. and Third Avenue; (347) 261-1764; www.nycgov-parks.org; 10 am to noon; Free.

Bike riding classes and bike skills training

Magic tales

It's a day of wizards, witches, warriors and fun at a book signing at the Thalia Kids' Book Club on Oct. 15.

Cressida Cowell, the author of "How to Train Your Dragon," presents her enchanting new novel, an exciting adventure filled with giants, witches, wizards, warriors, and the mysterious wildwoods.

Cowell will be joined by author Claire Legrand ("Foxheart") for an afternoon of conversation, art, fun activities, and a reading from "The Wizards of Once!" Appropriate for children 8 to 12-years-old.

Cressida Cowell at the Thalia Kids' Book Club, Oct. 15 at 12 pm; Admission \$17, \$14 for members.

Leonard Nimoy Thalia [2537 Broadway at W. 94th Street on the Upper West Side; (212) 316-4962; www.symphonyspace.org]



for family and adults 10 years and older. Children under the age of 18 must be accompanied by their parent or legal guardian to sign waiver, but they can ride with group. Adults must be present to sign waiver and get fitted for a bicycle helmet.

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

Make a movable raptor puppet to resemble the hawks migrating above the Hudson River. If the wind cooperates, the puppets can fly overhead in a beautiful outdoor group soar.

Fall Harvest Festival: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; Noon to 4 pm; \$8 (\$6 seniors/students; free children under 3).

Come celebrate autumn in the park at the mansion! The museum is hosting an indoor and outdoor festival of fall delights for all ages. There will be music, crafts, games, and seasonal treats — including fresh cider from our outdoor press. Help harvest the season's final bounty, ride a horse-drawn wagon, and pick your own gourd from our pop-up pumpkin patch.

FURTHER AFIELD

New York Comic Con: Noon. Javits Center. See Thursday, Oct. 5.

SUN, OCT. 8

IN THE BRONX

Family Art Project: Raptors in the Autumn Sky: 10 am-1 pm. Wave Hill Garden and Cultural Center. See Saturday, Oct. 7.

Junior Sailing Program: City Island Yacht Club, 63 Pilot St.; (718) 855-2487; city.island.jr.sailing@gmail.com; www.city-islandyc.org; Noon; Free.

Learn about the 2018 summer program for children ages 8-16. Tour the facility, meet the team, and learn about curriculum and safety for this program.

South African Festival of Dance: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; \$25-\$45 (\$10 children any seat).

Two dynamic dance companies, the Gumboots and Pantsula Dance, share the stage for a pulsating, rhythm-filled evening of urban street dance. Featuring 20 dancers with live musicians, these companies use dance to respond to cultural and political issues in their communities by conveying real-life stories of hard work, human struggles, and longing for a better life.

FURTHER AFIELD

New York Comic Con: Noon. Javits Center. See Thursday, Oct. 5.

FRI, OCT. 13

IN THE BRONX

Photo Prop Night: Virginia Park, Westchester Avenue and White Plains Road; (212) 360-8114; 6 pm to 8 pm; Free.

Enjoy an evening of photo taking with public art and props in Virginia Park in collaboration with the public artwork Daylighting by Lovie Pignata and Loving the Bronx.

Rock hunting and painting at Bronx Rocks: 6 pm to 8 pm. Virginia Park. See Friday, Oct. 6.

SAT, OCT. 14

IN THE BRONX

Estuary Paddle: Starlight Docks at Starlight Park, E. 172nd Street and W. Farm Road; (718) 430-4665; 10 am to 3 pm; \$30 with registration.

Join the Bronx River Alliance on a 2.5-mile paddling adventure and explore the estuary sections of the Bronx River, starting at Starlight Park near floating docks and ending at either Concrete Plant Park or back at Starlight Park (depending on safety conditions). For older children accompanied by an adult companion.

Motion Bike Ride: 10 am to noon. Claremont Neighborhood Center. See Saturday, Oct. 7.

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

Stroll along Wave Hill's Conifer Slope or venture to the lower woodland to see the treasures autumn trees have laid upon the grounds. Use your findings, along with buttons, small stones, and a bit of sparkle, to decorate a recycled box or metal tin, a home for your growing nature collection.

Open House New York: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; Noon to 4 pm; free.

The museum unlocks the doors of New York's most important buildings, offering an extraordinary opportunity to experience the rich architectural heritage in all five boroughs. On both days the museum guides will take visitors through the mansion and the carriage house, highlighting the splendid Greek Revival interiors.

SUN, OCT. 15

IN THE BRONX

Family Art Project: October Treasures: 10 am–1 pm. Wave Hill Garden and Cultural Center. See Saturday, Oct. 14.



All's fair in Fort Tryon Park

Damsels in distress, knights in shining armor, and jugglers and jesters descend on Fort Tryon Park on Oct. 1 for the Medieval Festival.

Take a trip back in time and experience the excitement of jousting and juggling.

Costumed vendors and characters stroll through the grounds to sell a

wide variety of period items, food, and drink, and artisans will demonstrate their crafts.

Medieval Festival, Oct. 1 from 11:30 am to 6 pm. Admission is free.

Fort Tryon Park [Margaret Corbin Drive between Henry Hudson Parkway and Broadway in Inwood, (212) 795-1388; www.nycgovparks.org].

Open House New York: Noon to 4 pm. Bartow-Pell Mansion Museum. See Saturday, Oct. 14.

WED, OCT. 18

FURTHER AFIELD

The Great Jack-O'-Lantern Blaze: 6:30 pm. Van Cortlandt Manor. See Sunday, Oct. 1.

FRI, OCT. 20

IN THE BRONX

Rock hunting and painting at Bronx Rocks: 6 pm to 8 pm. Virginia Park. See Friday, Oct. 6.

SAT, OCT. 21

IN THE BRONX

Motion Bike Ride: 10 am to noon. Claremont Neighborhood Center. See Saturday, Oct. 7.

Family Art Project – Leaf Crowns and Fairy Houses: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to grounds, \$8 adults, \$4 students.

Sit with your wee ones and listen to stories of the "people of the mounds," the supernatural race of fairies or elves found in Celtic mythology, as told by guest storyteller Marianne McShane and her blue harp. Then travel into Wave Hill's woodland, and, using only natural materials and a bit of jute twine, create your own tiny, fairy-sized dwelling using found sticks, leaves, moss and bark, or string together a series of autumn leaves to form a fall wand or crown — and behold the magic! At 11 am and at noon, don't miss guest musicians Terry McCann and Stephen Gara offering a short concert of Irish jigs, reels, and songs.

FURTHER AFIELD

The Celebration Team!: Peter Jay Sharp Theatre, 155 W. 65th St. at West

Calendar

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End Avenue, Manhattan; (212) 864-5400; www.symphonyspace.org; 2 pm; \$17 (\$14 members).

See the magic and spectacle of more than 100 children dancing their hearts out, in one of the highest energy performances you will ever witness! National Dance Institute's Celebration Team will perform excerpts from its 2017 Event of the Year, "Harlem Night Song," directed by Bianca Johnson. The talented Celebration Team dancers are kids ages 9 to 15, drawn from schools throughout the New York City metro area.

Meet the artist: Field 62-63 at Randall's Island Park, Randall's Island Park, Manhattan; 311; www.nycgovparks.org; 2 pm to 3 pm; Free.

Join Randall's Island Park Alliance's selected 2017 FLOW artist Rose DeSiano to take some photographs of your own! During this event, you'll learn about this year's FLOW art pieces, discuss some of Randall's Island's history, and talk about photographic composition and story-telling. Bring your camera or camera phone (RIPA will also offer a few instant film cameras to borrow for the event) and spend the afternoon capturing images that you can take home with you.

SUN, OCT. 22

IN THE BRONX

Family Art Project: Leaf Crowns and Fairy Houses: 10 am-1 pm. Wave Hill Garden and Cultural Center. See Saturday, Oct. 21.

Acrobats of Tianjin: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; \$25-\$45 (\$10 children any seat).

One of the best acrobatic troupes from China shows off its superior skill with thrilling acrobatics, circus acts, illusions, and mesmerizing demonstrations of martial arts. Accompanied by traditional Chinese music, more than 100 acrobatic and martial arts performers take the stage in a vibrant spectacle of aerial stunts, juggling acts, contortion tricks, and feats of balance that are guaranteed to dazzle and delight.

THURS, OCT. 26

IN THE BRONX

Pumpkin Painting: United We Stand Community Garden, 627 E. 137th St.; 5:30 pm to 7 pm; Free.

Channel your inner pumpkin artist at this creative painting session with GreenThumb. Paint and pumpkins of all sizes will be provided, and all families have to do is bring their creativity and excitement!

FRI, OCT. 27

IN THE BRONX

Day of the Dead Arts and Crafts:

Virginia Park, 1878 Cross Bronx Expressway and Westchester Avenue; www.facebook.com/groups/133894070515111; 6 pm to 8 pm; Free.

Enjoy an evening of Day of the Dead arts and crafts.

Haunted Mansion: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 7 pm to 10 pm; \$15 (\$10 for children).

Come, if you dare, for a Halloween scare! Watch out for spirits and other creatures as you intrepidly make your way through the mansion and grounds of Bartow-Pell. Halloween treats and goodies will be available for purchase in the conservatory — if you survive! This event is produced in partnership with the City Island Theater Group. Not recommended for children under 10 years old.

SAT, OCT. 28

IN THE BRONX

Motion Bike Ride: 10 am to noon. Claremont Neighborhood Center. See Saturday, Oct. 7.

Family Art Project – Spider Web

Fashion: Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 10 am-1 pm; Free with admission to grounds, \$8 adults, \$4 students.

Join Family Art Project Storyteller Rama Mandel for tales about special spiders, including the Itsy Bitsy Spider and Anansi the spider, the great folk hero and mischief maker. Costume yourself in a web of mesh tulle and, with the twisty artistry of pipe cleaners and bits of black felt and yarn, welcome lots of little spiders. Sunday is Spider Day!

Haunted Mansion: 7 pm to 10 pm. Bartow-Pell Mansion Museum. See Friday, Oct. 27.

FURTHER AFIELD

Nostalgia Ride: Green-Wood Cemetery, Fifth Avenue and 25th Street, Brooklyn; (718) 210-3080; www.green-wood.com; 4 pm; \$50 (\$25 child; \$35, \$20 museum members).

Take a trip into the past on our BMT Standards and D-Type cars for an evening ride to explore Brooklyn's Green-Wood Cemetery. During a three-hour layover, enjoy a picnic dinner and take a guided tour to learn the fascinating stories of Green-Wood's permanent residents, including baseball legends, politicians, artists, entertainers, inventors, and Civil War generals.

SUN, OCT. 29

IN THE BRONX

Family Art Project – Spider Web

Fashion: 10 am-1 pm. Wave Hill Garden and Cultural Center. See Saturday, Oct. 28.

Spider Appreciation day! Wave Hill Garden and Cultural Center, 675 W. 252nd St. (718) 549-3200; www.wavehill.org; 1 pm to 3 pm; Free with admission to grounds, \$8 adults, \$4 students.

Halloween portrays our humble spiders as malevolent and deadly creatures, yet most are perfectly harmless to humans. Beef up your arachnid I.Q. with local entomologist Lawrence Forcella and observe a collection of live and preserved spiders, from delicate orb-weavers to hairy, hulking tarantulas. Ages 6 and older welcome with an adult.

TUES, OCT. 31

FURTHER AFIELD

The Great Jack-O'-Lantern Blaze:

6:30 pm. Van Cortlandt Manor. See Sunday, Oct. 1.

LONG-RUNNING

IN THE BRONX

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.

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

Treetop Adventures: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Daily, appointments between 10 am-5 pm; until Sun, Dec. 31; 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.



Marc Gersh

Harvest time fun for all

They have planted, they have weeded, and they have nurtured — now it is time to reap the harvest at the Randall's Island Harvest Festival on Oct. 15.

Each fall, Randall's Island Park Alliance hosts its annual Harvest Festival that celebrates the bounty of the earth and the completion of another fruitful season at the Urban Farm. Families are invited to enjoy live music, face painting, self-guided tours of the Urban

Farm, and more fun fall activities!

Additionally, join in for the Randall's Island Chef Showdown! Local chefs will use ingredients from the farm to create healthy and delicious food in the Urban Farm Kitchen.

Harvest Festival, Oct. 15 from noon to 4 pm. Free and suitable for all ages.

Randall's Island Urban Farm (Wards Meadow Loop off Hell Gate Circle on Randall's Island, randallsisland.org/visit/urban-farm/).

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.

Scarecrows and Pumpkins: New York Botanical Garden, 2900 Southern Blvd. (718) 817-8779; www.nybg.org; Tuesdays – Fridays, 1:30–5:30 pm, Saturdays and Sundays, 10 am–5:30 pm, until Tues, Oct. 31; \$28 adults, \$12 children.

Add fun to the spooky season by visiting the Everett Children's Adventure Garden. Eye-popping pumpkins, spooky scarecrows, and plenty of family fun make this a superior seasonal outdoor outing! There are guided activities for kids including a puppet playhouse. And on weekends there

are live animal demonstrations of the season's creepy critters, including bats, reptiles, and more.

Boo at the Zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Saturdays and Sundays, Noon to 4 pm, until Sun, Oct. 29; \$36.95 (\$26.95 child; \$31.95 senior for total experience ticket).

The annual tradition has upped its spook factor with a revamped Haunted Forest, complete with lurking, crawling, and flying creepies; a Halloween hayride with scarecrows, snakes, and spikers; and a special Halloween nature hike.

Basic Sign Language: Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; Wednesdays, 10:30 am to 11:45 am, until Wed, Dec. 27;

Free.

Learn basic sign language for communication. This class is open to staff, family members, and adults interested in learning sign language for communication.

FURTHER AFIELD

Drones – Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street 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 and military members).

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, fashion, and art.

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, Free with museum admission.

Families, and especially children ages 5–12, can 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. Create your own collection of minerals, skulls, or arthropods from a cabinet full of fascinating specimens. Gather around an authentic Kwakiutl totem pole carved at the Museum in 1992. Assemble a life-sized cast skeleton of *Prestosuchus*, a 14-foot long reptile from the late Triassic Period and handle real fossils. Track real-time earthquakes anywhere in the world on a three-drum seismograph and explore the natural world with sophisticated microscopes.

Brick-or-Treat at LEGOLAND Discovery Center Westchester: LEGOLAND Discovery Center Westchester, 39 Fitzgerald St., Yonkers, Westchester; (866) 243-0770; website@legolanddiscoverycenter.com; <https://westchester.legolanddiscoverycenter.com>; Saturdays, 10 am to 9 pm, Sundays, 10 am to 7 pm, Sat, Oct. 7 – Sun, Oct. 29; Starting at \$15.95 (free children under 2).

A ghoulishly good time is brewing at LEGOLAND Discovery Center Westchester during Brick-or-Treat. Little ghosts and mummies can experience Halloween every weekend in October with spooktacular activities sure to please the entire family. Wear your Halloween costume and receive \$5 off admission.



Can a teen's diet cause breakouts?

If you notice your teen spending more time than usual in front of the mirror, it may be due to the discovery of his or her first pimple. The same hormones that cause changes in height, shape, body hair and odor at the outset of puberty also influence your child's complexion. Sadly, the onset of blemishes can put a damper on your child's self-image.

The role of diet and acne has come full circle over the years. Medical guidelines in the 1970s and before pointed to diet as a cause. Then in the 1980s, the dermatology community downplayed diet, primarily attributing acne to genetics and hormonal changes. With a greater understanding of how diet may affect endocrine factors involved, today there is a renewed appreciation of the diet-acne connection.

Generally speaking, in addition to obtaining enough sleep and keeping the skin clean, the best approach to good skin is an overall varied and balanced diet. Yet there are certain dietary factors that may also have a significant impact on your teen's skin.

American diet

It's fascinating to note that the standardized American diet may be to blame. Teens who live in primitive societies do not experience breakouts. Perhaps this is due to a diet low in processed foods,

but rich in fruits, vegetables, and fish?

Dairy

A number of studies point to dairy foods as having an acne-stimulating effect in susceptible individuals. It's speculated that the hormones and bioactive compounds in milk may be the culprits. For example, one study out of the University of Oslo this year concluded that consuming dairy is a possible contributing factor to acne in teens. In the three-year study, teenagers who drank more than two glasses of milk daily experienced worse acne.

Fat free milk is a greater culprit than higher fat milk, possibly due to the additional whey protein and casein added to make the "thin" milk look less watery. Also, whey protein concentrates, commonly found in popular sports supplements, may aggravate the severity of acne.

What's the connection? Researchers believe that dairy products may increase sex hormones, which increase sebum production, leading to an increase in acne. For now, reducing or even eliminating them for a month or so is worth a try. In that case, encourage your teen to look for alternative sources of both calcium and vitamin D.

Glycemic load

There is compelling research to support a low-glycemic-load diet in minimizing breakouts. A high glycemic load diet



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

increases the amount of insulin in the bloodstream, which turns on a hormonal response that promotes the production and secretion of sebum, aggravating acne. To reduce the glycemic load of your child's diet, encourage him to cut back on sugary beverages and energy drinks, as well as foods high in refined carbohydrates such as pasta, cookies, candy, and cake.

Fat

A high fat diet — greasy pizza, anyone? — was long thought to contribute to the development of blemishes. And omega-3 fatty acids found in fatty fish are thought of as being beneficial. Yet the evidence linking total fat or the type of fat is weak at this time.

Chocolate

This one goes back several generations. The research suggests no correlation between chocolate in the role of the development or worsening of acne. If your teen notices a reaction to chocolate, it may be due to the other ingredients in it such as sugar, nuts, or milk.

The best method of treating teenage skin problems may be "tincture of time," as many teens simply outgrow their skin conditions as their hormones settle down. Of course, if skin problems are severe or persist over a long period of time, speaking to a dermatologist is a good idea.

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.



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BP The Mall at Bay Plaza

2ND ANNUAL BAY PLAZA'S TALENT SHOWCASE

SINGERS • RAPPERS • POETS • DANCERS • STEPPERS
all ages welcome - sorry, no pets

Hosted by



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FREE LIVE SHOW f t @ #BayPlazaTopTalent

SATURDAY, OCT. 14TH

1 PM AT THE MALL AT BAY PLAZA

Visit [facebook](#) to Enter: Starting Sept 13th - go to the Mall at Bay Plaza's Facebook page and upload your 2 minute (or less) talent video via the link in the pinned post at the top of the page

10 Contestants will be selected to compete in the Talent Showcase "LIVE" at the Mall at Bay Plaza

FIRST PLACE PRIZE | \$500

SECOND PLACE PRIZE | \$200

THIRD PLACE PRIZE | \$100

PUMPKIN DECORATING

SATURDAY OCT. 21ST | 1:00 PM - 4:00 PM
AT THE MALL AT BAY PLAZA

All supplies are safe and kid friendly and will be under the guidance of our hosts
Music and fun give aways with our favorite disc jockey - DJ Omar

SIGN UP FOR OUR FREE PARTY AT GUEST SERVICES FOR YOUR FREE TICKET BEGINNING OCTOBER 2ND

TICKETS LIMITED!

FOR CHILDREN 12 YEARS AND UNDER

Come to the Mall at Bay Plaza for our FREE

HALLOWEEN SHOW with our favorite disc jockey DJ Omar
and Vampire Variety Show

TUESDAY OCT. 31ST Showtimes 3:30PM & 5:00 PM

BP

The Mall at Bay Plaza

f t @ #2017inStyle

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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

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