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LETTER FROM THE PUBLISHER



Share your holiday recipes

Share with us your favorite holiday recipe!!

As soon as late October I'm already thinking about the Thanksgiving Day meal. I guess that's what November means to many of us. It also means the days having grown shorter, the school session back in full swing, and the holiday season gearing up toward the new year.

It's a rare family that doesn't love Thanksgiving? It's such a special opportunity to share and enjoy the culinary company and togetherness of friends and family. It's also an opportunity to bring the kids into the kitchen and have the multi-generational reality be instructional to the younger family members.



I myself learned to cook by being in the kitchen with my grandmother, mom and uncles. Yes, there were men in my family who were also cooks. It wasn't just women's turf, and in putting a feast together, and exchanging recipes and styles, all were brought closer.

Next month we're going to do a special focus on sharing food ideas for the holidays and I'm hoping that many of you are going to send us some of your favorite recipes. It can be a main course, a side dish or a dessert. Whatever you feel is special and that kids can learn too! We're going to print our favorites.

The best way to get it to us is to email it to family@nyparenting.com. Please give

us your first name, your borough and your email address so we can contact you in return. There will be prizes for the most popular recipes.

I'm really looking forward to seeing what our readers send as well as trying to make some of them in my own kitchen. Have a Happy Thanksgiving and a safe holiday in every way. Good appetite!

Thanks for reading.

Susan Weiss-Voskidis,
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A helping hand

Online parent training gets A+ for convenience, results

BY MIKE CIVELLO

Ask any parent to name their biggest child-rearing challenge and nine times out of 10, you'll probably get the same answer — managing behavior.

All children have behavior issues — whether it is adhering to morning routines like brushing teeth, getting dressed, and getting out of the house in time for school, or playing cooperatively with their siblings, doing their chores without complaint, or even just sitting quietly in a chair throughout an entire special event. All can be wearing on parents.

Identifying triggers

The behavior challenges for children with special needs like autism can be significantly more difficult for parents and caregivers to manage. Children with developmental disabilities often have trouble navigating the basic mechanics of daily living and can often struggle with even simple social interactions and tasks. Breakdowns happen, as they do with any child, but for children with special needs, they likely happen more often or are sparked by a host of unpredictable triggers.

Key, of course, is understanding that children with developmental disabilities rarely act out to simply garner parental attention or as a strategy to secure more video game time. More likely, outbursts are triggered by frustration — the inability to clearly communicate basic needs and desires, or by environmental prompts like moderate to extreme sensitivities to light, sound, or even touch.

Parents and caregivers typically are caught in the crosshairs. Moreover, because an individual child's behavior triggers can be hard to identify and even more complicated to manage (or which require adaptation on the part of a caregiver), successfully navigating these situations can take enormous time, creativity, and patience. And the situations often feel overwhelming.

Training vs. education

Every parent and every caregiver has moments of feeling overwhelmed — and isolation. Parents of children with special needs, in particular, often feel like they



are the only one struggling to bail a sinking ship.

The good news is that training to develop productive strategies does help. A recent study of parents of children with developmental disabilities reports that parents who received training in behavioral intervention techniques saw a 57 percent decline in problem behaviors associated with their special needs child compared to a parent who was simply educated about interventions. Trained parents, the study reported, have more than 20 percent better outcomes in managing their child's behavior than those without training.

The challenge, however, is that training parents of children with disabilities can be very expensive and resources — such as skilled and geographically convenient behavioral therapists — are quite scarce. Support systems do exist, but may not be easy to identify or be readily accessible. Finding a quality behavior therapist for your child can be — and often is — a seemingly insurmountable challenge for many

parents in the US and globally.

Do the numbers

According to the Centers for Disease Control, one in every six children (or nearly 450 million worldwide) is diagnosed with a developmental disability. However, even in the U.S. and in large metropolitan areas like New York City, getting the right support — even when covered by an employer's benefit plan — is a challenge.

With only 18,000 board certified Behavior Analysts worldwide, finding an expert provider to treat your child — not just in smaller, or non-urban locales, but even in New York, the city that never sleeps, the city with everything — is, at best, extremely difficult. Finding someone willing and able to go above and beyond to train you consistently to reinforce and manage behavioral plans in the home is nearly impossible.

Technology matters

Technology — not robots, but videos, chat rooms, online guides, etc. — is step-

ping in to fill the void for millions of parents seeking the tools, resources, and skills to implement basic behavioral intervention therapy and help their children. Technology is addressing the problem of how to serve so many children by too few behavioral experts by making it possible to cost-effectively and cost-efficiently scale parent-training resources and tele-consultative services to parents wherever they live.

Increasingly companies (and their employees) are rethinking the delivery of (and access to) effective behavioral intervention and caregiver-support services and looking to the cloud to turn the behavioral therapy delivery model on its head.

Rather than bemoan the one (therapist) to many (children/families) ratio, employers, educators, and healthcare providers are leveraging technology to deliver support services to enable many (families) to benefit from a single evidence-based resource.

These services can include instructional e-learning videos offering step-by-step training to help parents teach their child the art of daily living and human interaction, develop daily routines like brushing teeth independently, or socialization strategies, like making eye contact when prompted, or develop such long-term life skills as how to help the child prepare for a job interview.

Parents of children with special needs often feel like they are the only one struggling to bail a sinking ship. The good news is that training to develop productive strategies does help.

Companies like Amazon and Pfizer are tapping into low- or no-cost (to employees) third-party services to deliver needed support and training to their employees caring for children with special needs. Altruism aside, employers benefit from improved productivity (reduced stress, greater focus, less absenteeism) and greater employee loyalty. The unspoken understanding is that your best interest is in their best interests.

Stepping forward matters

Human resources and benefits executives, who want to do more to help employees care for their children with disabilities, also understand how crucial this support can be to bolstering employee morale. But to make the cost-benefit case to management, they need to know how many employees are impacted. At issue is that few parents with special needs children are brave enough to step forward. Many fear

stigmatization or lack of employer support that could jeopardize their careers, so most human resources departments have only anecdotal evidence to evaluate.

Managing challenges at home along with the fear that promotions will be held back and projects will be passed on to other colleagues is not a healthy approach to work. And employers may not know the cause, but they do notice when productivity suffers. So step forward. Let them know you (and your unique family) exist. And don't just ask for help. Ask for training.

Mike Civello (mike@rethinkfirst.com) is vice president of employee benefits for Rethink Benefits (www.rethinkbenefits.com), a leading global online solution delivering a comprehensive video-based treatment program, behavior intervention planning tools, training for caregivers, individualized assessments, and online skills-based activities for individuals caring for those with developmental disabilities.



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Why can't my child read?

BY JAN PIERCE

One of the most basic benchmarks in your child's academic development is learning to read. And reading is the skill that opens the doors to all other learning. So what can you do when it becomes apparent that your child is struggling to become a good reader?

Never too late

It's never too late to add read-alouds to your daily life. Kids love stories, and there are endless choices for topics. If you've "failed" to read to your kids, begin today. In short order, you'll find you enjoy reading together as much as your children do.

And the more time children spend in reading activities, the easier it is for them to become readers, too.

Aside from lack of exposure to reading experiences, there are many reasons why children do not learn to read easily. These can range from simple understandings about letters and sounds to processing problems that may require professional interventions.

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

Some basic reading problems

Letter sound awareness: In order to read, children must have the understanding that words are made up of smaller bits called phonemes. Phonemes are the sound chunks made by letters. For example the word cat has three phonemes: the k sound of c, the vowel a, and the "t" sound of t. While a child hears the word cat as a whole, it's important to be able to break the word into sound chunks for the purpose of learning to read.

Decoding: Decoding is the process of seeing the letters and then "saying" the sounds aloud. (Of course silent reading comes later.) Decoding is a complex skill

How to help overcome the struggle

that requires knowing all of the alphabet sounds plus the combinations they make, plus understanding reading rules such as a silent e at the end of "bike."

Vocabulary: A healthy, growing vocabulary is one of the best indicators of success in learning. Knowing the meaning of words and being able to learn new words regularly is a great plus in becoming a fluent reader. The more a child reads, the bigger the vocabulary.

Fluency: Once decoding skills are developed, we expect children to be able to read aloud fluently. A strong reader should sound as if he or she is talking naturally with the proper ups and downs in tone, and with the impression that there is strong understanding.

Comprehension: It is fairly common for children to read as if they understand, but upon further questioning, it becomes apparent that they really haven't made sense of the words. Comprehension is more than just remembering facts; it's being able to discuss the information in meaningful ways. For example the color of Cinderella's ballgown isn't nearly as important to know as the fact that she's leaving her scullery position to capture the heart of the prince.

Other issues

Auditory or visual processing: These problems require specific testing by professionals and therapy to help the brain identify sounds or visuals correctly and be able to interpret them.

Attention problems: Children with significant attention problems find it difficult to focus on reading skills long enough to be successful.

Memory: Some children have difficulty remembering the shape of a letter or the sound it makes. They require extra practice to become successful in learning.

Second language: For the child learning English as a second language, it is important to know that it takes approximately six years to become fluent in English speaking and reading skills.

Vision problems: Some children have difficulty with focusing on words even though they may test 20/20 on basic reading tests. If there is blurring or double vision, or difficulty in "tracking" along the lines, children can be helped by reading therapies.

It's extremely important for parents to request testing by their school if reading difficulties are evident. The stigma that develops when a child is placed in a "slow" reading group or the self-confidence problems that arise when the child knows he "can't do it" are detrimental to learning in themselves. Early diagnosis and intentional interventions can make all the difference for a struggling reader.

What parents can do

Your home and the life you live with your family is your child's first and most important school. There are many ways



you can support your struggling reader at home.

Have fun with books, leading your child to an appreciation of the printed word. Find books, comics, or any other printed material that your child loves and read them together.

Develop awareness of letters, sounds, and word parts in daily life. Notice the stop sign at the corner and the McDonald's sign as you buy your Happy Meal.

Learn the alphabet in many ways such as magnetic letters, by singing songs, using letter blocks, reciting the alphabet as you climb stairs, doing dot-to-dots, tracing the letter in cornmeal.

Build word awareness. Teach your child to recognize and write his or her name, and then expand known words such as the names of siblings, common food items, color words, etc.

Play rhyming games and sing songs to-

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

gether. Play "I'm thinking of a word that begins with the letter b."

Sound out words and learn word patterns. "Let's think of all the -ill words we can."

Take time to talk about and reflect on the meaning of the stories you read. "Why do you think Goldilocks went into the Three Bears' house?" "Why does Curious George get into so much trouble?"

Finally, there is no substitute for lots and lots of reading. Enjoy old favorites, and find exciting new titles. Even struggling readers will work hard to succeed if they're motivated. Make the most of your child's current interests. If dinosaurs are

the new topic of interest, be sure to find lots of books about them.

An excellent resource for all things related to reading and reading success is the website www.readingrockets.org.

Reading is a very complex skill, and there is no "one size fits all" when it comes to solving reading problems. Be sure to contact your child's teacher and the school's professional staff to diagnose and begin to solve your child's reading issues.

*Jan Pierce is a retired teacher and reading specialist. She is the author of *Homegrown Readers and Homegrown Family Fun: Unplugged*. Find Jan at www.janpierce.net.*



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Battle nut allergies — with peanuts

It's not often that a health organization makes a complete 180-degree turn with a long-standing recommendation. But the National Institute of Allergy and Infectious Diseases did just that earlier this year with their advice about preventing peanut allergies.

Rather than avoiding peanuts, the new guidelines recommend exposing infants to peanuts early — as young as four to six months of age — to prevent or reduce the chance of developing a peanut allergy later.

“This is a significant change in practice, as parents were previously told to avoid peanuts until age 3,” says Rachael Costello at Rachael Costello Nutrition.

The landmark study that influenced the reversal, “Learning Early About Peanut Allergy” clinical trial, showed that introduction of peanut products into the diets of infants at high risk of developing peanut allergy is safe. Not only that, but the study showed that early peanut introduction reduced later development of peanuts allergy by a whopping 81 percent.

The trial was the first and only large, randomized prevention trial for peanut allergies. Its findings are considered definitive.

Peanut allergies affect fewer children than most people suspect: only two percent of kids in the U.S. Peanut-allergic chil-

dren, their parents, and caregivers must be constantly vigilant against even a trace of peanut exposure. It is thought as many as 20 percent of children will outgrow their peanut allergy.

Three risk categories

In order to reduce the risk of peanut allergy in high risk infants, introduce peanuts as early as 4 months of age. But don't wait too long. Your baby could develop peanut allergies at 6 months. Sure, it can be scary for a mom to introduce these foods when peanut allergies run in the family.

The specific timing depends upon which of the three risk categories your infant falls under.

Group 1: This group is the smallest percentage but has the greatest potential for peanut allergy. The infant suffers from severe eczema, egg allergy, or both. Start introducing peanut at four to six months of age. Parents should discuss how to introduce peanut with their pediatrician; the infant may need to have a supervised feeding in the medical office.

Group 2: This group has mild to moderate eczema but no egg allergy. Introduce peanut-containing foods around the age 6 months.

Group 3: Everybody else; no eczema or any known food allergy. Introduce peanut-

containing foods any time after 6 months.

The panel's recommendation is to introduce peanuts by mixing 2 teaspoons peanut butter or powdered peanut butter into a food the child is already eating. You can add it to applesauce or infant cereal or even thin it out with formula or breast milk. In all cases, infants should start other solid foods before they are introduced to peanut-containing foods.

When introducing peanuts, always keep safety top of mind. Whole peanuts are a choking hazard even if the child has teeth.

Prevention tips:

In order to prevent peanut allergies, are there guidelines for peanut consumption for an expectant mother? Costello says there are no recommendations to restrict peanut intake while pregnant as there is no strong evidence to support avoiding peanuts will prevent an allergy. Ditto for breastfeeding.

“Waiting to start solids until 4 to 6 months and exclusive breastfeeding up until that time have shown to reduce food allergy development in children,” adds Costello.

With early introduction there are no guarantees we can prevent peanut allergies in every child. But we will see a lot of reduction in the next five to 10 years. Be sure to always discuss your child's diet with your health provider.

Christine Palumbo is a Naperville, Ill.-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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Reasons to be thankful

For many of us, November ushers in the frenzied start of the holiday season. It's a time of preparation and mass hysteria for so many ... including myself. Just the thought of all the cooking, preparing, shopping, wrapping, and hosting is enough to make me pull the covers over my head and dream of Jan. 2.

Still, Thanksgiving is a good opening act if you ask me (slightly less if you're hosting). It's a time when we gather around the table just to be with the people we love — no presents, no pressure, nothing to do but sit there and enjoy each other's company — and try your best to avoid pulling out your phone, and actually talk.

With all of the horrendous happenings in our world, taking one day to just enjoy each other is a blessing. Most of us, including our children, keep up such a hectic daily pace that the majority of the days can easily become a series of chaotic to-do lists.

Yet the things I am most thankful for are the stark opposite, in fact.

I'm thankful for the times we share our

day over a pizza or talk about our frustration, which then turns into a much-needed release and hopefully a smile. I'm thankful for the days when one of us is struggling and the rest of us come together to help and comfort. Life is filled with challenges, but when you have a loving support system, you can get through it all.

I'm thankful for snuggling up with my loving Lab, Django, on cold nights after busy days. I'm thankful for Saturday afternoons with my parents when they joke and laugh and love my kids. I'm thankful each and every night when we all get home and are together again. I'm thankful for the never ending hearty laughs that make our eyes tear when something unexpectedly happens. Those are the memories we will carry with us.

When you think of what fills your heart, it is never going to be the new phone, jewelry, or car. It's not even going to be the big party or fancy vacation. It's just not.

Our most special moments lie in the common, everyday occurrences.

Jack Pearson on the popular show,



JUST WRITE MOM

DANIELLE SULLIVAN

"This Is Us," played by Milo Ventimiglia, perhaps said it best: "I am thankful for my family. I'm thankful that we're all safe, and there's no one in the world that I'd rather be too hot or too cold with."

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



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Should women wait to collect Social Security?

In my previous column, I discussed how Social Security benefits can be an important part of a person's retirement income. Determining what age to claim your Social Security benefits should be determined by age, health, and amount of other savings earmarked to retirement income, among other factors. This is especially important for women planning their retirement.

Some of the reasons are demographic. Women tend to live longer than men, and according to AARP, are more likely than men to be widowed and single when they are older. According to the Department of Health and Human Services, in 2012 only 45 percent of women over 65 years old were married, compared with 75 percent of men.

Another factor to consider is that women tend to take time out of the workforce to care for children or aging parents, and historically have earned less than men, on average. This combination could lead to lower overall career earnings and savings when compared to men of similar age.

Therefore, it's important for women to ensure they receive the most they're able from Social Security. Here are some things to keep in mind when making these decisions.

It can pay to delay. Although people can start receiving reduced benefits at age 62, it might be wise to wait until your full retirement age — ages 65 to 67 depending on your birth date — if you're able to.

If you take Social Security benefits before your full retirement age (FRA), the amount of your monthly benefit payment will be reduced. If you delay collecting benefits beyond your FRA, the amount of your monthly benefit will increase until you reach age 70. Factors such as health and other retirement savings should be considered when deciding what age to claim benefits, so it's always best to consult a financial advisor before making these permanent decisions.



You can collect Social Security even if you are still working or earning self-employed income — but of course, there are a few rules to remember. If you collect before your full retirement age, your benefits will be decreased by \$1 for every \$2 you earn over \$16,920 (the 2017 limit). The year after you reach full retirement, there is no penalty for working and claiming Social Security at the same time, and your benefits will not be adjusted for earned income. Social Security earnings rules can be very complicated, and again, consulting a financial advisor before making these decisions is recommended.

Social Security may not cover all of your needs in retirement. Historically, Social Security benefits compose half of the total income of unmarried women — including widows — age 65 and older. And according to the same study by the Nationwide Retirement Institute working with a financial advisor helped most women better prepare for their retirement. Only 13 percent of women say they received advice on Social Security from a financial advisor. However, 86 percent of



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

women surveyed — who worked with an advisor — say their Social Security payment was as expected or more than they expected.

Make an informed decision on when to retire. According to the same Nationwide Retirement Institute study, 80 percent of retired women currently collecting Social Security benefits took those benefits early, locking in a lifetime of lower income. That may not be the best financial decision for them longer term. Working a few extra years until FRA could translate into thousands of extra dollars over the course of a person's retirement. Delaying Social Security benefits until age 70 would mean even more income during the remainder of your life. Consider working longer if you're able, and consult a professional about your best Social Security claiming strategies.

A careful review of Social Security regulations, your financial situation, and any health considerations you may have are crucial to developing a strategy to maximize income during retirement. Taking the time to review your options and making an informed decision can help you maximize your monthly retirement income and Social Security payments. It can make a dramatic difference in the long run.

Anthony N. Corrao is an independent advisor with Corrao Wealth Management. For more than 25 years, he has helped families with their financial goals by developing financial, educational, and retirement planning strategies. He can be found at www.corraowm.com.

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Children can show gratitude

As November begins, I always start to think about my early Thanksgivings. Before we could eat, my dad always made a sappy speech about how thankful he was. He would go on and on about us all being together, and healthy, and joined around a full table of food. He then made each person at the table share what they were thankful for. I always giggled at his speeches and rolled my eyes a bit when I had to share, annoyed that I had to wait before I could dig into the mashed potatoes.

As an adult, I look back on those moments, and it warms my heart. What a gift my dad gave me. Talking about the good, pointing out the positive, and occasionally shedding a tear at how good life can be. This is a gift that every child needs and every parent can give — ideally, more than once a year. In order for your children to be grateful, you need to model gratitude.

The exciting news is that gratitude is a behavior! Yup, with just three consistent actions, you can teach your children how to feel grateful.

First, talk about things that you are grateful for every day. Make it part of your casual conversation, just like you would the weather. At least three times a day make a

comment, “Wow, I am so grateful we made it to school on time” or “This picture is amazing. Thank you for showing it to me.”

Second, ask your small ones what they are grateful for just once a day. Make this a habit, and ask them at the same time each day. Perhaps you want to start dinner out with this question or it becomes part of your bedtime routine. Doing it at the same time each day helps you remember to ask the question. If your child does not have an answer (as sometimes they say they don’t), simply wait. Let them know you will wait for them to find their answer, because you know they have one.

Third, when your child acts ungrateful (throws a tantrum because you said “no dessert” or carries on when you won’t buy them a new toy), do not get into a long conversation about how good their life is. In this moment, just listen and restate your decision (i.e. “No dessert tonight”). There is no big conversation to remind them of all the sweets they already ate today. This moment, when they do not see how amazing their life is, you simply listen. No argument, no commentary, no convincing. You know that later that day or the next, you will find out what they are grateful for. You know they are learning the skills to



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be thankful. So in this moment of problem behavior, you can be patient. Now, that is something to be grateful for!

Dr. Marcie Beigel is a behavior specialist based in Brooklyn with more than 20 years of experience. Her book “Love Your Classroom Again” was a bestseller, and her new book, “Love Your Family Again,” is available for purchase at Amazon.com on Nov. 15. Visit DrMarcie.com/freegift.

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The science of calming tantrums

Tantrums can rattle even the calmest of parents. Your child is screaming, overwhelmed, and in anguish, and he or she may be acting out toward you directly. Nothing you are doing is helping. If you are in public, you might feel even more compelled to quiet this storm inside your child, and that combination of pressure and helplessness on both your part and theirs is the perfect brew for you to lose your temper. Who among us hasn't lost it when their child just would not stop screaming?

The first thing we need to do is forgive ourselves, and then we have to try to understand exactly what is happening inside our child when a tantrum overtakes them.

In "The Science of Parenting: How today's brain research can help you raise happy, emotionally balanced children," author Margot Sunderland explains how what a child needs the absolute most in that flurry of emotion is patience and understanding, not time outs. Tantrums, and distress tantrums in particular, are a biological function.

"Distress tantrums happen because essential brain pathways between a child's higher brain and his lower brain haven't developed yet," writes Sunderland. "These

brain pathways are necessary to enable a child to manage his big feelings. As a parent, your role is to soothe your child while he experiences the huge hormonal storms in his brain and body.

"If you get angry with a child for having a distress tantrum, he may stop crying, but this may also mean that the fear system in his brain has triggered, overriding his separation system. Or he may simply have shifted into silent crying, which means his level of the stress chemical cortisol will remain sky-high. As we have seen throughout brain research, uncomforted distress can leave a child with toxic levels of stress hormones washing over the brain."

No one wants his or her child to suffer emotionally, yet we all want to help ease our child out of the tantrum as soon as possible, too. Here are five things you can do to help your child in the heat of the moment:

Remain calm

This is the most important thing you can do and it has nothing to do with your child. It is up to you to set the tone, and it's vital that you not inflame the already stressful moment with yelling or anger.



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Stay with your child

Do not walk away to leave all the building emotions toppling over by themselves. You can offer a soothing hug, if they will let you, or you can simply sit next to them, which allows them a certain amount of freedom if they need it. Every child and every tantrum is different. Take their cue.

Allow choices

If the tantrum is centered on wearing a piece of clothing or eating a certain food, calmly offer them an option, instead of demanding them to do as you say. Even very young children need to feel they have some control over their body and wishes.

Educate yourself

Read about the science of tantrums even if your child is not currently having them. The more you can understand the biology behind the behavior, the easier it will be to adopt a clear and calm approach when they occur.

Take it seriously

Remember that he or she needs you to help him or her calm down. A child's frontal brain lobes are not yet fully developed. When they are, your child will be able to control their emotions, but right now, they need you to show them the way and be their safe place to fall.

"It is important that you take a genuine distress tantrum seriously and meet your child's pain of loss, frustration, or acute disappointment with sympathy and understanding," says Sunderland. "When you do this, you will be helping your child to develop vital stress-regulating systems in his higher brain."

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



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Protecting digital data after you die

I have all of these digital online accounts, between my Apple ID and music, e-books, my Facebook account, and Google Photos. What happens to all of that data when I am disabled or die?

A newly adopted law in New York State offers fiduciaries a tool to access online digital assets of another person who has done their estate planning documents. The law says that if a user has used an “online tool” to administer digital assets, the online designation will have control even over a Will or Power of Attorney giving a contrary directive.

So take the following example: Oscar is a 32-year-old basketball player with a wife and two children. He does all of his banking online, has an Instagram account with 342,000 followers, a Facebook account for his public likeness and a more private one within his inner circle of 1,000 close friends and family, a Flickr and Google Photos (formerly Picasa) account where he stores all his photos (no backups), and, of course, a Twitter feed.

He was playing “War of the Worlds” on his iPad tablet and ranked third on the game board, and was at level 1,107 in Candy Crush. His password-protected laptop is in his home office when he suddenly dies in a boating accident. Can his wife legally access his computer and online accounts? Can his attorney? Probably not. What’s more, depending on what steps Oscar took before he died when he set up his personal settings, a lot of that material might not be recoverable.

But many services now offer the ability to store passwords in a “vault” and designate a person to have access if something happens to the user. Last Pass, Legacy Locker, and Entrustenet are a few examples. Giving someone your passwords or leaving a list is not a viable solution. First of all, most people are uncomfortable leaving a printed list or a computer list of all their passwords. Also, everyone changes their passwords frequently — usually be-

cause they forgot the password in the first place — so a list of that sort doesn’t usually help.

Services like Last Pass will update the password and save it in your designated devices. There is a blog called “The Digital Beyond,” that maintains a list of online services that are designed to help users plan for their digital death and afterlife or to have loved ones memorialize them after their death.

Here are some of the options on the most popular sites:

Facebook: Facebook devotes an entire page to the topic of “Here’s what happens to your account when you die.” You can designate a “legacy contact.” And Facebook really does have an app for that: Facebook offers an app called “If I die,” that you can set up at any point before your death to help put your social accounts in order and send out a last message if you wish. Instagram allows you to memorialize an account.

Google: Google allows you to “plan your digital afterlife” by allowing you to select “trusted contacts” to receive data from Gmail or Google. It also offers an “Inactive Account Manager” feature that lets you designate up to 10 trusted contacts to be notified if your account goes inactive, and gives them access to your data with your permission.

Apple: In a recent case, a widow was unable to use her late husband’s iPad because she did not know his Apple ID password, and Apple refused to reset it even with the death certificate. Of all passwords, the Apple ID is probably the most critical: It contains a lifetime’s collection of music, books, and other material.

Hotmail lets relatives order a CD of all the messages in a deceased user’s account if they provide a death certificate and proof of power of attorney.

Flickr will keep an account up and mostly open to the public, but if a user had marked any photos as private, the site won’t let family or friends into the account.



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

There are other services like GhostMemo — which allows you to prepare messages to be sent to loved ones with videos or just documents. After a set period of inactivity, the service sends a “proof of life” link to reset the timer; if there is no response, the service sends out your messages. With the service Afternote, it allows you to designate one or more digital “trustees” who report your death to the service, after which they are given access. The password savers offer encrypted space to store passwords and other account information to give to designated recipients after a user dies. Each site has a system in place to verify a user’s death before distributing any digital assets.

US Trust put out a Wealth and Worth Study in 2013 that found that 45 percent of high-net worth people it polled had not organized passwords and account info for their digital lives in a place where heirs or executors would find them, although 87 percent said they had a will and knew where their important documents were. While it is not exactly the way anyone wants to spend their Saturday, it is worth devotion of a few hours to organize your digital life and explore the options many of these services offer for doing so.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists parents with their estate-planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrustplan and on her website at www.besunderlaw.com.

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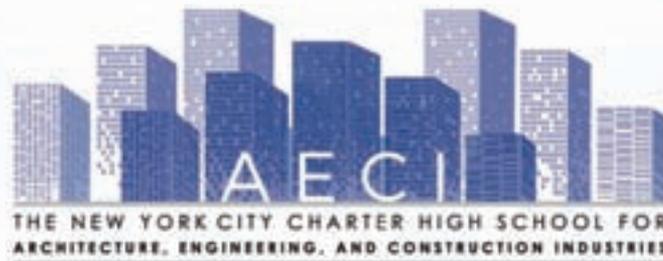
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Tuesday, November 14, 2017	4:30pm – 6:30pm
Tuesday, December 5, 2017	4:30pm – 6:30pm
Saturday, January 6, 2018	10:00am – 1:00pm
Saturday, February 10, 2018	10:00am – 1:00pm



EVENTO ANNUAL DE PUERTAS ABIERTAS

Los padres y tutores están cordialmente invitados a asistir a este evento anual de puertas abiertas de nuestra institución para el próximo año escolar 2018-2019. Invitamos a las familias a nuestra escuela a realizar una vista previa para conocer nuestro ambiente escolar y recorrer el edificio para ver los programas que están disponibles para los estudiantes del primer año.

Martes, Noviembre 14, 2017	4:30pm - 6:30pm
Martes, Diciembre 5, 2017	4:30pm - 6:30pm
Sabado, Enero 6, 2018	10:00am - 1:00pm
Sabado, Febrero 10, 2018	10:00am - 1:00pm

Wolk this way

Mom has advice on raising girls in the age of social media

BY TAMMY SCILEPPI

“**C**oncerned about your daughter’s need for ‘likes’ and her addiction to her smart phone?...I’ve got the antidote,” says author, educator, and girls’ leadership guru Laurie Wolk, who is a Westchester mom raising young teens — two daughters and a son.

She advises parents on how to speak with children about the do’s and don’ts of social media, and her new book — “Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness” — is a back-to-basics approach to parenting in the digital age.

“Parents want help. Raising kids in the iGeneration is totally new. We have no role models, because nobody has been here before,” says Wolk. “And even though many of us already know which valuable life skills we want our kids to learn, and we’re aware of those old-school parenting techniques, we’re often too busy with our day-to-day lives to implement them!”

Did you know that an average 12- to 15-year-old sends over 40 texts a day? And that 78 percent of teens check their mobile device hourly?

Wolk’s goal is to help parents like you “reclaim the power in their homes away from social media, the uninvited guest, and go back to the basics of creating a stable and loving home, accepting and encouraging their daughters and gently nudging them to take risks and experience real accomplishments.”

And she hopes that parents can “step (back) into their roles as mentor and guide and stand side by side with their daughters, helping them unwind and decode the different messages that social media is sending them.” As this begins to take shape in the home, Wolk predicts that social media “will start to blend into the background, allowing the things that matter most to stand front and center — your daughter!”

Wouldn’t it be nice if families went back to a simpler time — when “like” meant that you were really liked — and not by 155 strangers? And feelings were expressed with an actual hug or kiss ... and not by texting cute emojis? That said, perhaps

parents should look at devices and social media through a less gloomy and more positive lens, so they can learn to embrace today’s digital reality and teach their children how to monitor themselves and stay safe online.

“It’s important to speak with your children about what is appropriate and safe to post ... and how to become a good digital citizen,” says Wolk.

As a proactive parent, she also feels that other parents shouldn’t get distracted by their own devices and busy lifestyle, but knows it’s easier said than done.

Building a healthy family connection takes work. And Wolk is hands-on when it comes to her brood. Her book helps parents with powerful communication and leadership skill lessons, providing real-life examples. Hopefully, your efforts will yield confident, capable young women (and men) who can communicate and interact with different people effectively ... in the real world (despite opposing views, for example).

With an increase in teen anxiety, protecting them from the harsh realities of life may not be the best way to go. In a scary, unpredictable world, Wolk believes “we must expose our kids and ourselves to the hard stuff. Not easy, I know,” she admits.

As parents, we shouldn’t underestimate the power of social media ... and the media for that matter. So, when you’re ready for action and want to take your power back, you’ll find helpful templates, exercises, and worksheets that you can use as valuable tools to deal with your device-addicted teen, who may be somewhat brainwashed by what she has been exposed to via screens.

In her roles as educator and motivational speaker, Wolk helps parents and young girls learn how to communicate and connect with themselves, each other, and the outside world. She works directly with companies, schools, organizations, and individuals on building confidence and leadership skills.

She points out that girls are learning “valuable life lessons from mentors like the Kardashians and Instagram ‘stars,’ whose heavily edited photos and videos leave them feeling badly about themselves and second-guessing their own lives.

“Physical and psychological changes in her adolescent brain mixed with the impact of the media, most importantly social media, has girls feeling lackluster about themselves and uncomfortable communicating in real life,” she explains.

Wolk works hard to get the word out about raising balanced kids in our madcap — and sometimes dangerous — digital age.

Tammy Scileppi: So, how did your timely book come about?

Laurie Wolk: From the day I was told, “It’s a boy and a girl,” — yes, twins! — I told myself I was going to build a better me because of them. I felt that with unconditional love, strong values, and my hard-won life experiences, my kids would grow up to be a confident, capable, and kind young man and woman.

Up until my kids were eight, everything was going pretty much according to plan. Sure, the preschool and early elementary school years had their challenges, but nothing notable to speak of.

During those early years, I was a life coach and girls’ leadership educator, working with parents and kids. I attended conferences, took advanced certification classes, and pored over parenting books into the wee hours of the night. I tested out everything I was learning in real time on my children and my clients.

And then the world of iPhones, Instagram, Netflix, and Snapchat came a-knockin’. Instead of feeling like I had this whole “parenting” thing down, I had a pervasive feeling of fear, doubt, and powerlessness. Quite often, I felt paralyzed and incapable of taking any kind of action at all. These screens that had innocently come into our home had slowly taken over our lives.

I began talking about social media, and its influence on family life with my clients and their children in my workshops. I began researching the effects of social media and digital devices on our brains and development. I noticed that everyone focused on the doom and gloom aspect of social media, but nobody offered any tools or advice on what to do.

So, I set about finding the antidote, and I did, [and it] informs my book. It’s all about clear rules, family connections, and teach-



Laurie Wolk advises parents on how to speak with children about the dos and don'ts of social media. Her new book — "Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness" — is a back-to-basics approach to parenting in the digital age.

ing life skills to our kids.

TS: So, how do parents raise confident girls amidst the social media madness?

LW: We parents and society give our girls (and boys) mixed messages, and we need to pay closer attention to our actions and our words. We tell them to be leaders, but we call them out for being "bossy." We tell them that they are capable and strong, but then we jump in and solve their problems for them. We encourage them to be assertive, but then we inundate them with our pleas to be nice and respectful. We tell them to take risks and make mistakes, but then we mitigate their failures, so they don't feel the hurt.

We need to teach our kids not to rely on the external world for validation. Sure, good grades in school or being on an elite sports team offer confidence boosts during those early years, but research shows that these are not enough to sustain a feeling of true confidence in one's whole self. It's the same for social media. Those

online "likes" and comments aren't going to give them the same happiness that an in-person compliment or a true "real life" connection would.

Having report cards that are covered with A's alone is not doing our girls justice. In fact, along with those A's, we want to be focusing on a whole lot of C's, too: Communication, collaboration, contribution, character, and creativity.

TS: How do we teach our children to be brave and use their voices?

LW: Being able to share freely how you feel in exchange for the opportunity to make change in your world (or a situation) is freedom. Freedom is the ability to share your truth, knowing that you will be okay whatever the outcome is. Intimacy comes when you share how you feel — that's how relationships get stronger. And relationships are the cornerstone of happiness.

Sharing how you feel also brings the truth to the surface. Even if your true feelings are not as well-received as you

would've liked, you'll still find you feel relief in having expressed them. When feelings are kept inside and not voiced, that's when we see unhealthy and problematic behaviors develop. Those "hurt" feelings often get buried, and later in life (whether in work or in relationships), we tend to see that people fail to speak up yet again, having carried with them this default way of being. This can come at tremendous personal cost to their careers, marriages, and friendships.

That feeling of confidence that we all so desperately want for our kids is only created from the inside, and it's hard-earned. No parental life lesson, academic achievement, social media stardom, empowerment rally, or brilliant ad campaign can give it to her. That confidence starts with girls learning to speak up and ask for what they want and need. It takes courage, but it's a skill they (and even we adults) can learn with experience.

TS: Parents want to help their anxious teens, but many feel that it means protecting them from life's challenges. That said, how can these kids deal with bumps in the road head on? Share your recipe for raising balanced kids in a digitally-obsessed world.

LW: One-half cup — Firm boundaries (set around the behavior you expect from them as well as their use of digital devices)

One-quarter cup — Understanding that social media and technology are here to stay and that it's a way of life for kids today

12 heaping spoonfuls — Unconditional love

Continuous role modeling of the behavior you want to see in your kids, like kindness, respect, clear communication, taking risks, making mistakes, and bouncing back

Sprinkle throughout — Opportunities to practice the important life skills that they aren't necessarily learning due to a busy after-school lifestyle and digital distractions

These types of skills — like being brave, caring, resilient, organized, honest, and creative — are what they need to find lasting happiness.

Knead repeatedly — This last step can be accomplished through a method I call "Life Skill Lessons From Your Living Room" in which you regularly allow your kids to cultivate these skills by planning things, volunteering, negotiating, taking risks, and more!

Part 2 will appear in our December issue.

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

Calendar

NOVEMBER



Getting crafty at harvest time

It's Harvest Time at Wave Hill on Nov. 25 and 26.

Parents and children enjoy a day out in nature and then create natural weavings from the gathered items, including, fall leaves, cones, pods and seed heads. Then the children weave them together with other materials and make a decorative wall hanging which celebrates the bounty and beauty of the season.

Natural Weavings for Harvest Time, Nov. 25 and 26, from 10 am to 1 pm; free with admission to the grounds, \$8 adults and \$4 students. Reservations not required.

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

Never miss a great event!

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Calendar

Submit a listing

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

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

WED, NOV. 1 IN THE BRONX

Studio Art With Amy: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; <https://www.nycgovparks.org/events/2017/11/01/studio-art-with-amy>; 4 pm to 5 pm and 5 pm to 6 pm; Free.

This workshop teaches children 6 - 13 years old how to draw, paint, and create sculptures. It is recommended the students come each week to build their portfolio. At the end of the session the artwork will be displayed. There are two sessions on Wednesday.

Bronx Trolley Night: Hostos Community College, 450 Grand Concourse and 149th Street; (718) 681-6000; www.bronxmuseum.org/about; 5:30 pm to 7:30 pm; Free.

Hop off The Bronx Trolley at the Bronx Museum for a free, guided tour of our current exhibitions. The Bronx Trolley is a project of the South Bronx Cultural Corridor. Making a cultural loop through the lower Grand Concourse and in other sections of the Bronx, it provides an innovative way to travel free while giving Bronxites and tourists alike the opportunity to sample several of the area's hottest cultural attractions, dining establishments and entertainment venues.

FRI, NOV. 3 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; \$5 members).

Skip Giacco and his Jazz Quartet are back at the mansion! Enjoy the music, explore the museum, and stroll the garden; light refreshments available. The trolley makes an hourly loop starting at 5:25 p.m. from the #6 Pelham Bay Park subway station to BPMM to City Island. Registration requested.

Plena Libre: The Bronx Museum of the Arts, 1040 Grand Concourse at 165th Street; 7:30 pm; Free.

Carnegie Hall's neighborhood concert presents this thrilling showcase, with hand drummers pounding out mesmerizing beats, raucous horns raising the roof, and swirling

Consider yourself at home

Consider yourself at home in this production of "Oliver" at the Bronx House Nov. 16, 17, 18, and 19.

The Riverdale Children's Theatre's satellite site at Bronx House presents "Oliver." The Lionel Bart's classic musical is based on Charles Dickens' novel, "Oliver Twist." The Tony and Olivier Award-winning show is one of the few musicals to win an Academy Award for Best Picture.

The family musical includes a cast of 35 children (pictured in rehearsal) along with professional adult actors.

"Oliver", Nov. 16, 17, 18, 19; show times are 7 pm on Thursday, Friday and Saturday and 2 pm on Saturday and Sunday. Tickets are \$12 for all seats.



The Bronx House [990 Pelham Parkway South in Riverdale; (718) 792-1800; www.riverdaletheatre.org/bronxhouse]

and soaring three-part vocal harmonies. Masters of the traditional Puerto Rican plena and bomba styles, Plena Libre fuses these traditions with modern Afro-Caribbean influences to put a new and always electrifying spin on this scintillating music. The Boston Herald described Plena Libre's performances as "a mad weave of polyrhythms that simply sizzle." Come and experience the heat.

SAT, NOV. 4 IN THE BRONX

Bird Walks: Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 8 am to 9:30 am; Free.

Join NYC Audubon on birding walks through Van Cortlandt Park to discover wild-life happenings in the park.

Flag Football Championship Festival: Macombs Dam Park, East 161st St. and River Avenue; (212) 360-3300; <https://www.nycgovparks.org/events/2017/11/04/flag-football-championship-festival>; 9 am to 5 pm; Free.

The Flag Football Championship Festival will conclude the 2017 Citywide Flag Football season. NYC Parks Borough Champions will participate in playoff style games resulting in one Citywide Champion for each division, and NYC Parks youth will participate in clinics and "combine" like activity. Come enjoy a fun filled day of Flag Football with special guest, performances and free treats for kids.

"The Winter's Tale:" Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; <https://www.nycgovparks.org/events/2017/11/04/arts-culture-fun-the-public-theater-mobile-unit-the-winters-tale>; 1 pm to 3 pm; Free.

Dire misunderstanding changes the course of destiny when King Leontes becomes convinced that his wife is pregnant with his friend's child. The maligned wife perishes, the accused friend flees, and the cursed infant is left to die alone on the shore. But from the depths of tragedy, wondrous things can occur. What's lost is found, false identities lead to true love, and the miracle of forgiveness brings new life to the world in one of Shakespeare's most treasured romances. Space is limited, so please RSVP. For older teens.

FURTHER AFIELD

Family Astronomy: Achakosuk (The Stars): American Museum of Natural History, Central Park West at West 79th Street, Manhattan; (212) 769-5200; www.amnh.org; 6:30 pm; \$12 (\$10 Members).

Young astronomers and their families are invited to an evening in the Planetarium with "The Star Guy." Wilfred Buck, a member of the Opaskwayak Cree Nation, shares legends and stories illustrating how indigenous people from the First Nations have connected to the sky for thousands of years. Recommended for ages 4 and up.

WED, NOV. 8 IN THE BRONX

Studio Art With Amy: 4 pm to 5 pm and 5 pm to 6 pm. Williamsbridge Oval Recreation Center. See Wednesday, Nov. 1.

The Great Jack O'Lantern Blaze: Van Cortlandt Manor, 535 South Riverside, Westchester; (914) 631-8200; news@hudsonvalley.org; www.hudsonvalley.org; 5 pm; Online admission is: Adults \$20 (\$25 Friday and Saturday); Children \$16 (\$20 Friday and

Calendar

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

Saturday); and free for members and children under 3.

Pumpkin power! Meander through an historic, 18th century riverside landscape and discover a breathtaking display — all made of jack o' lanterns! In this elaborate, hugely popular walk-through experience, see more than 7,000 illuminated jacks, all designed and individually hand-carved onsite by our team of artisans. Wander along our main street Pumpkin Promenade and stroll across the Pumpkin Zee Bridge. You will discover an awe-inspiring jack o'lantern Statue of Liberty rising high in the sky! Twirl with excitement as you witness a fully functioning, 20-foot diameter Pumpkin Carousel with a variety of pumpkin creatures along.

THURS, NOV. 9

The Great Jack O'Lantern Blaze: 5 pm. Van Cortlandt Manor. See Wednesday, Nov. 8.

FRI, NOV. 10

The Great Jack O'Lantern Blaze: 5 pm. Van Cortlandt Manor. See Wednesday, Nov. 8.

SAT, NOV. 11

IN THE BRONX

Bird Walks: 8 am to 9:30 am. Van Cortlandt Nature Center, (VCNC). See Saturday, Nov. 4.

Family Art Project: Dances with Leaves: Wave Hill, W. 249th Street and Independence Ave. (718) 549-3200; www.wavehill.org; 10am-1pm; Free with admission to grounds: \$8 adults, \$4 students.

Toss fall leaves into the wind or make a giant pile of leaves to jump in. Then scoop up some freshly fallen leaves and make them into fresh, bright prints to celebrate autumn. Roll up leaves with ink, layer leaf prints and use other techniques to create a hanging with a leaf stencil border.

Native American Fashion and Pop-Up Exhibition: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 2 pm; Free with museum admission.

Melissa Oakes, known as Lako:wihene, will display her couture pieces inspired by contemporary living and fashion infused with First-Nation flare alongside traditional Mohawk regalia. Melissa will be on hand to discuss her designs and historical preservation techniques of Mohawk traditional Native American attire.

2nd Annual Father Daughter Dance: Learning Tree Cultural Preparatory School, 801 Bartholdi St. (347) 926-3012; artsandculture.mm7@gmail.com; www.mm7fdd.com; 5:30pm; \$75 for Father/Daughter Ticket and \$15 for an additional child.

The purpose of this event is to provide a

memorable and quality experience for fathers and daughters of all ages within the community. In today's society, we must acknowledge the role of a father in a daughter's life in which it is essential and critical for the growth and development of a child. The 2nd Annual Father-Daughter Dance will be a great opportunity for fathers and male figures to spend time with their daughter, granddaughter, or nieces and show them what they should look for as they grow into womanhood.

The King Charles Troupe: Bronx Museum of Arts, 1040 Grand Concourse; (718) 681-6000; www.bronxmuseum.org/about; 6 pm to 8 pm; Free with museum admission.

From the streets of the South Bronx to the center ring of the Greatest Show on Earth, the world-renown stars of The King Charles Troupe will perform and share personal anecdotes about their rise to international success from their South Bronx beginnings. The Back in the Bronx series celebrates the long legacy of talent that has emerged out of the Bronx.

The Great Jack O'Lantern Blaze: 5 pm. Van Cortlandt Manor. See Wednesday, Nov. 8.

Fall Blaze: Harlem School of the Arts, 645 St. Nicholas Ave., Manhattan; (212) 926-4100; <https://hsafallblaze2017.brownpapertickets.com>; 7 pm; \$25 (\$15 students and seniors).

Dance concert by the Harlem School of the Arts Dance Ensemble. Featuring guest artist Erica Lall and hosted by Jordan Hall.

SUN, NOV. 12

IN THE BRONX

Family Art Project: Dances with Leaves: 10am-1pm. Wave Hill. See Saturday, Nov. 11.

Family Nature Walk: Wave Hill, W. 249th Street and Independence Ave. (718) 549-3200; www.wavehill.org; noon; Free with admission to grounds: \$8 adults, \$4 students.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. The walk is cancelled in case of severe weather.

The Great Jack O'Lantern Blaze: 5 pm. Van Cortlandt Manor. See Wednesday, Nov. 8.

FURTHER AFIELD

Fall Blaze: 1 pm and 5 pm. Harlem School of the Arts. See Saturday, Nov. 11.

WED, NOV. 15

IN THE BRONX

Studio Art With Amy: 4 pm to 5 pm and 5 pm to 6 pm. Williamsbridge Oval Recreation Center. See Wednesday, Nov. 1.

THURS, NOV. 16

IN THE BRONX

"Oliver:" The Bronx House, 990 Pelham Parkway South; (718) 792-1800; www.riverdaletheatre.org/bronxhouse; 7 pm; \$12.

The Riverdale Children's Theatre's satellite site at Bronx House will present "Oliver." Consider yourself at home with Lionel Bart's classic musical based on Charles Dickens' novel, *Oliver Twist*. The Tony and Olivier Award-winning show is one of the few musicals to win an Academy Award for Best Picture. The family musical includes a cast of 35 children along with professional adult actors.

FRI, NOV. 17

IN THE BRONX

"Oliver:" 7 pm. The Bronx House. See Thursday, Nov. 16.

SAT, NOV. 18

IN THE BRONX

Bird Walks: 8 am to 9:30 am. Van Cortlandt Nature Center, (VCNC). See Saturday, Nov. 4.

Family Art Project: Cornhusk Dolls: Wave Hill, W. 249th Street and Independence Ave. (718) 549-3200; www.wavehill.org; 10am-1pm; Free with admission to grounds: \$8 adults, \$4 students.

Celebrate Corn and harvest time with a seasonal family art project. First, listen to Native American tales about the harvest, then tie and weave corn husks into a doll. You can even create a doll family!

Taino Zen- Poetry from the South Bronx Reservation: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 2 pm; \$8 adults (\$6 seniors & students; free for children under 6).

In honor of Native American Heritage Month, join us for our second Treaty program of the month with acclaimed multicultural motivational speaker, storyteller, and poet Bobby González. Born and raised in the South Bronx, Bobby grew up in a bicultural environment and draws on his Taino and Puerto Rican roots to offer a unique repertoire of discourses, readings, and performances that celebrates his indigenous heritage. His most recent publication, *Taino Zen*, is a unique volume of meditative verses that deliver a reflective message urging all people to reconnect to their cultural origins.

"Oliver:" 2 pm and 7 pm. The Bronx House. See Thursday, Nov. 16.

NUYORICAN: Bronx Academy of Arts and Dance, 2474 Westchester Ave. (718) 918-2110; www.baadbronx.org/blaktinx-2017.html; 8 pm; \$20 (\$15 students/seniors).

NuYoRican pays tribute to New York City's Puerto Rican community, celebrating their sto-

Critter with an appetite

The Very Hungry Caterpillar Show will be making its debut at the DR2 Theater in Union Square now through Feb. 2, 2018

The production of the Very Hungry Caterpillar show features 75 puppets and adapts four of Eric Carle's stories, "Brown Bear, Brown Bear," "10 Little Rubber Ducks," "The Very Lonely Firefly," and "the Very Hungry Caterpillar." The show is suitable for children of all ages.

The Very Hungry Caterpillar Show, Now through Feb. 2, 2018; Thursdays, 10 am, Fridays, 10 am and noon, Saturdays, 10 am, noon, 2 pm and 4 pm, Sundays, 10 am, noon, and 2 pm; Tickets range from \$25 to \$100.

Reservations not required.

DR2 Theater (Union Square) [103 East 15th St. in Union Square; (800) 982-2787]



Carol Rosegg

ries of struggle and triumph. It is a collaboration between award-winning choreographer and artistic director of the Latin Ballet, Ana Ines King with award-winning author and journalist, Julia Torres Barden. The work is based on her book, "NEWYORICANGIRL...Surviving my Spanglish Life." This production portrays true stories of the Puerto Rican migration to the United States at it's peak in the 1940s - spotlighting the discrimination, cultural assimilation and hurdles they faced and overcame.

SUN, NOV. 19

IN THE BRONX

Family Art Project: Cornhusk Dolls: 10 am to 1 pm. Wave Hill. See Saturday, Nov. 18.

Bronx Opera Company: Bartow-Pell Mansion Museum, 895 Shore Rd. (718) 885-1461; www.bartowpellmansionmuseum.org; 2 pm; \$10 (\$20 non-members).

Michael Spierman, Artistic Director of the Bronx Opera Company, is putting together a wonderful program featuring three members of the Bronx Opera Company accompanied by solo piano.

"**Oliver:**" 2 pm. The Bronx House. See Thursday, Nov. 16.

SAT, NOV. 25

IN THE BRONX

Bird Walks: 8 am to 9:30 am. Van Cortlandt Nature Center, (VCNC). See Saturday, Nov. 4.

Family Art Project: Natural Weavings for

Harvest Time: Wave Hill, W. 249th Street and Independence Ave. (718) 549-3200; www.wavehill.org; 10am-1pm; Free with admission to grounds: \$8 adults, \$4 students.

Gather fall leaves, cones, pods and seed heads. Weave them together with other materials from the gardens and meadows to create a decorative wall hanging celebrating the bounty and beauty of the season.

SUN, NOV. 26

IN THE BRONX

Family Art Project: Natural Weavings for Harvest Time: 10 am to 1 pm. Wave Hill. See Saturday, Nov. 25.

LONG-RUNNING

IN THE BRONX

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

ventures require a ticket in addition to an All Experience Ticket and there are participation requirements (some of which are: weighing between 50 and 75 pounds, and being able to reach 5'6" from flat feet). Check website for more information. Tickets are sold by time and appointment.

Basic Sign Language: Poe Park Visitor Center - 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.

Holiday Train Show: New York Botanical Garden, 2900 Southern Blvd. 718-817-8700; www.nybg.org; Tuesdays - Sundays, 10am-6pm, Wed, Nov. 22 - Sun, Dec. 31; \$20 adults, \$10 children.

Over 150 New York City landmarks are recreated in miniature out of bark, nuts, leaves and other plant parts. Large scale model trains zip around such familiar sites as the Statue of Liberty and Rockefeller Center. This year's show features new replicas of the Empire State Building and other midtown landmarks. Timed tours today through Jan. 15, 2018; see website for holiday schedules.

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; Ret. & Active Duty Military, Free).

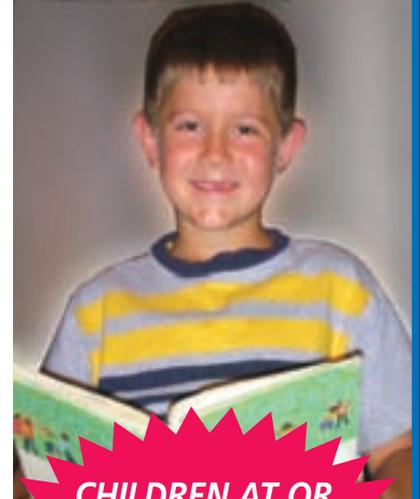
The exhibit explores pilotless aircraft and the history of drone technology. Visitors can fly actual drones and explore the use of drones in police and fire departments, fashion, and art.

Discovery room: American Museum of Natural History, Central Park West at West 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, 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.

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* Source: Tennis Industry Association

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