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NEW YORK Parenting

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August 2018

Where every child matters



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Halfway through summer

The summer is half gone and it never fails to amaze me how fast the weeks fly. Winter never moves that fast. Right?

Your kids may still be away at camp or more than halfway through their day camp season. My daughter is a director of a popular day camp that's all outdoors and these last weeks have been a nightmare for them coping with the rain issues, especially at dismissal time when they are struggling to get the kids on the right buses.

Along with the Fourth of July week, many families take the end of August for vacation when the camps close and just before school begins. It's been pretty nice locally, except for the recent rainy days, and there have been some really exquisite beach days.



We've been to the beach quite a lot and even had some great meals on the Brooklyn Brighton Beach Boardwalk on some balmy evenings. Wonderful Russian food! Friday nights they have fireworks at The Cyclones in Coney Island and you can see them nicely too in Brighton. Going to a game at The Brooklyn Cyclones is

a great event for families. Affordable and scaled down to be a perfect family outing, the F train takes you right there.

Minor league baseball is hardly minor. I've been very impressed with the renovations to the Boardwalk at The Rockaways. The NYC Ferries can take you there from many locations around the boroughs and they're lots of fun! It's a very popular destination this summer, and impressively

from my point of view they have closed a small section for the nesting of some very small but endangered birds called Piping Plovers. Their chicks are apparently the size of cotton balls. Isn't that adorable?

However you and your family spend the end of summer, I sincerely hope it's a safe and happy one.

Make the most of the still long days and all the outdoor activities that go with it. Tennis anyone?

Thanks for reading.

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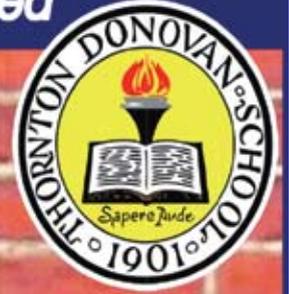
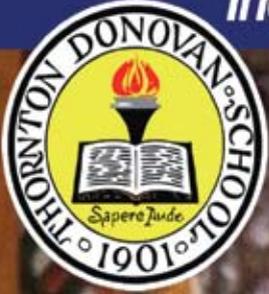
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“I Can Do That! Erasable Art” by La ZOO

The illustrations of food, animals, clothing, and vehicles by La ZOO are designed to get little ones to use their imagination — and their fine motor muscles. Who wouldn't want to decorate their dream doughnut, or give a zebra its stripes? Wipe-off pages hold crayon beautifully and can be wiped clean easily with a paper towel so little artists can make their mark again and again. (Wet-erase and dry-erase makers also work on the pages.)

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Head Start Program

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Ten tips to flush out potty mouth

BY DENISE YEARIAN

At one time or another, parents may have to censor their child's speech. When cursing or other inappropriate language erupts from your child's mouth, consider these 10 tips:

1. Recognize developmental level. Children under the age of 6 think in concrete terms, so use simple statements like, "That's not a nice word; we don't say it." Kids over age 6 think in the abstract, so use it to teach why certain words are unacceptable.

2. Ask and explain. Don't assume your child knows the meaning of the word or its inappropriateness. Ask him, and then explain that it is offensive and could affect how others perceive and receive him.

3. Avoid overreacting. Some experts suggest ignoring the first offense, others say to address it immediately. Whatever you choose, stay calm and in control. Overreacting clues kids in that these are emotionally charged words, and they could use it to leverage attention.

4. Set guidelines. Establish boundaries on what is and isn't ac-

ceptable speech.

5. Opt for alternatives. Brainstorm acceptable words to use in place of expletives. Also, if he feels frustrated or angry, encourage him to take time for self-reflection.

6. Be mindful of media. Monitor the content of the TV shows and movies you allow in your home. Even if your child seems engrossed in another activity, if he's within earshot, he is hearing it.

7. Don't joke around. Resist the urge to laugh or video record him swearing, so you can upload it on social media sites. This sends a mixed message and reinforces bad behavior.

8. Be a good role model. If your child says, "You say it!" don't deny it, justify it, or set double standards. Admit your mistakes and agree to stop. What's more, if regular house guests have a propensity to swear, ask them to curtail cursing in your home.

9. Define consequences. If the problem persists, establish consequences and be consistent, i.e. put 50 cents in a jar for every offense.

10. Praise positive changes. If swearing was a problem and your child is now making an effort to stop, give praise when he expresses himself appropriately.

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





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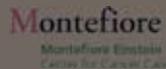
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Continued from page 10

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Continued on page 13

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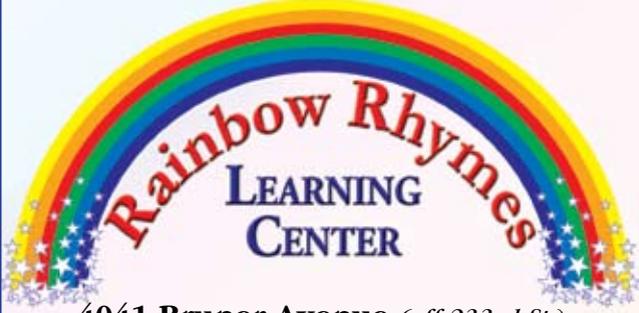
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Creative problem solving

Education reform to prepare kids for future challenges

BY DEBORAH BRADLEY-KRAMER

There has never been a greater need for education reform than the present moment. Educators and parents face an enormous challenge today in preparing present and upcoming generations for a rapidly changing and highly unpredictable future. In the next few decades, automation and artificial intelligence may make seemingly stable professions largely redundant. Changes to our climate may lead to sweeping migration and drastic transformation of economic production models. Technologies that seem cutting-edge and rich in opportunity may be entirely obsolete by the time today's kindergartner enters the job market. As a result, an educational model that was developed for the industrial era is likely to be entirely insufficient to the actual world our children and students will live in.

So how can we best prepare these children for the world they will inherit, whose parameters we can only guess at? The philosophy of education known as inquiry-based learning or phenomenon-based learning has been developed and applied with great success in countries such as Finland and Singapore that regularly score towards the top of global educational benchmarks such as the Programme for International Student Assessment.

Unfortunately, educators in U.S. schools often fail to teach our children how exciting and mesmerizingly beautiful the inquiry process can be — fixating on the destination rather than the journey of learning. If our nation's citizens are to acquire the skills necessary to remain competitive in an age of accelerating change, it is paramount that we urgently engage in a humanist approach to science, technology, engineering, and mathematics education reform to revolutionize our standings in the global knowledge economy.

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections. For example, a teacher may choose to extend an exploration of sustainable systems by challenging students to improve the overall energy efficiency of their own homes. A third-grader may tie together her under-

standing of energy loss, simple machines, and magnets to conceive of a device that will keep the door to the family refrigerator shut once and for all. Given the time to test, analyze, and redesign her invention, this child will not only have reduced her carbon footprint, but mom and dad's energy bill as well.

Now, imagine that your child attends a school where inquiry-based learning is encouraged. A first-grader is motivated by natural curiosity and asks: "Why are some ladybugs yellow?" Supported by enthusiastic interest from the rest of the class, the teacher orders several dozen ladybug eggs that the children raise in the classroom over the course of the next month. Your child and her classmates record observations of the ladybugs in interactive notebooks each day — watching as they hatch into some larvae, crystallize into some pupae, and emerge as adult ladybugs.

Together, the class develops a list of critical questions that they would like an-



swered. They form a variety of hypotheses that they test while they acquire and practice skills in measurement, mathematics, biology, and drawing that they need to record and analyze their data. Collaborative planning amongst your child's teachers results in supplemental activities involving reading, writing, engineering, multimedia design, visual and performance art, civil debate, public outreach, and much more.

Driven again, by the authentic interest of the class, the teacher facilitates a series of daily, mini-experiments. Does a ladybug prefer a wet or a dry habitat? What is the ideal temperature for a ladybug habitat? What is a ladybug's favorite food?

"But why are some ladybugs yellow?" one student asks again. As the insects begin to hatch, students see some yellow ladybugs, but then they switch to red. The students grapple with their observations in search of an explanation until finally, someone has the idea to put a hidden camera in the ladybug habitat. The following day, the teacher shows a video to the class that reveals a ladybug hatching from its pupae! Eagerly leaning forward, the class watches together and ... the new ladybug is yellow! Your child raises her hand to suggest skipping forward in the video and sure enough, the ladybug has turned red after several hours. Yellow ladybugs are just red lady-

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections.

bugs that have freshly hatched!

It is a different era, and we need fresh approaches to pedagogy and education. It is worth noting that in a 2013 study of Google employees, the seven most important qualities were: being a good coach, communicating and listening well, possessing insights into others, having empathy toward and being supportive of one's colleagues, being a good critical thinker and problem solver, and being able to make connections across complex ideas. These qualities are valuable in many fields

beyond technology.

A holistic approach to education creates minds able to rapidly acquire new modes of learning, develop new strategies, adapt to the needs of future quandaries, and fully explore their own passions. In this model, the individual interest and talents that make each child unique are not ignored, but rather, fully embraced in order to create a dynamic community of diverse learners. Autonomy, creativity, and lateral thinking are valued over rote memorization, creating students fluent in their ability to generate original ideas. Motivated not by grades, but by the natural curiosity that is present in every child, a humanist approach to education creates intrinsically motivated kids that simply love to learn.

A generation of creatively literate citizens is a non-negotiable requirement for future success. It is therefore important that students are taught how to teach themselves, how to define and solve their own problems, and how to work collaboratively towards meaningful goals; all skills that will empower them to become the innovators, leaders, and change agents of tomorrow.

Deborah Bradley-Kramer is MUSE Academy's Head of School. For more, visit <https://museacademybk.com>.

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Helping out

Benefits of volunteering at your child's school

BY MYRNA BETH HASKELL

Has your child's teacher asked for volunteers this year? If you have never offered your services, you may want to reconsider. Many elementary school teachers are eager to accept help from parents. Sometimes classes have as many as 25 or 30 students, and it can be a blessing to have an extra pair of hands. Even at the middle school and high school levels, parents are needed for a variety of reasons.

When my kids were still in school, I volunteered in many capacities, including Parent-Teacher Association president. My home office provided flexibility, which made it easier to find opportunities to help out during the day. However, there are plenty of ways parents can offer their assistance, even if they work during school hours.

Volunteering at your child's school will help your child as much as his teacher. He will realize that his education is just as important to you as it is to him. Having a relationship with school staff also makes it easier to address concerns or issues that may arise during the school year. It's a win-win for everyone.

Benefits of volunteering in the classroom

"Volunteering in your child's class gives you a delicious peek into your child's daily life," explains Dr. Eileen Kennedy-Moore, a psychologist, internationally published author of several parenting books, and co-author of the recently-released "Growing Friendships: A Kid's Guide to Making and Keeping Friends" (Aladdin-Beyond Words). "You'll be able to see how the teacher and students interact, pick up on the atmosphere in the classroom, and perhaps see a whole new side to your own child. Kids often behave very differently at school. Your chat-box at home may be on the quiet side at school, or your baby of the family may show an impressive degree of independence and resourcefulness in the classroom."

Christina Hibbert, founder of Motherhood Radio-TV and bestselling author of several books — including the award-winning "This is How We Grow" (Oracle Folio Books), says, "Volunteering can help you

Classroom volunteer etiquette

If you decide to volunteer, here is a short list of some dos and don'ts to consider:

- *Do* tell your child's teacher about any skills or hobbies you have.
- *Do* show up on time.
- *Do* refer to your child's teacher as Mrs. Smith (not Mary) in the classroom.
- *Do* wait for an appropriate time to ask about your child's progress (not in the middle of a messy art project).
- *Do* dress comfortably and appropriately.
- *Don't* ask for special favors.
- *Don't* overstay your welcome.
- *Don't* make a pest of yourself. (You are there to help out, not chat about a million other things.)
- When in doubt ... *ask!*

better understand your child's strengths and weaknesses, to see her at her best or at her not-so-best, and to get a feel for what she loves about school and where she might be struggling."

Better communication

By volunteering, I was able to have constructive conversations with my children about their school day. I was familiar with the daily class schedule, so I was able to ask the right questions. For instance, instead of the generic "what-did-you-do-in-school-today?" I would ask, "What was the topic for writer's workshop this morning?" Specific questions seem to generate an actual response instead of a vague, "Ah ... nothing."

Kennedy-Moore states, "Knowing more about your child's school environment is very helpful if your child doesn't usually tell you what's happening at school."

Communication with school staff might be easier as well.

"Volunteering can also help you build relationships with school personnel," Kennedy-Moore points out. "This can be useful for facilitating communication and addressing your child's needs."

Bonding aspect

Volunteering helps build strong relationships.

Hibbert elaborates, "Volunteering helps your child feel connected to you. As you participate in his world, he'll feel the love you have for him, and he'll know that you support him. Young children love to 'show off' their parent at school, because it makes them feel special having you there. You may also develop a stronger relationship with your child's teacher, and this will allow you to be more involved in your child's learning and progress in school."

Kennedy-Moore adds that your involvement at your child's school is also a catalyst for building community relationships.

"Volunteering also helps you get to know other parents who can be great sources of information about resources or opportunities for your child. Meeting other parents might even lead to family relationships that offer your child a special sense of connection to the school."

For those with less flexible work hours

Many parents don't have a flexible work schedule or the time to participate in classroom activities on a regular basis. If you want to volunteer, but your work schedule does not permit helping with activities in the class, ask your child's teacher if you can do something from home or attend evening activities and meetings.

"When my children were in elementary school, I worked a 45 to 55-hour work week," says Linda Witherwax, former Taconic Region PTA director in New York and current Volusia County Council PTA president in Florida. "What really helped me stay involved with my children's school was getting involved in the PTA." Witherwax believes this was a very good way to stay connected and to have updated information about what was going on at the school. "The principal attended all the meetings and talked about current issues and upcoming events. I got to meet other parents, which also helped me to stay connected and informed." She also suggests participating in evening events, such as back-to-school nights.

"If your work schedule gets in the way of



volunteering during the school day, don't worry! There are plenty of opportunities to pitch in on weekends or in the evening," says Kennedy-Moore. She suggests looking into the following:

- Administrative role to help with fundraisers.
- Organizational projects that can be done via e-mail.
- Doing a presentation about your career in your child's classroom on "Career Day."

Hibbert proposes volunteering for after-school activities.

"Perhaps you could be the team parent for after-school sports. You can volunteer at an after-school book fair or carnival, too." She also suggests helping with projects you can work on at home. "Teachers are usually more than willing to send home items you can help with, such as creating project pieces for school projects. You'll be pleasantly surprised by how many opportunities there are to volunteer after business hours."

Donations are always needed as well. "You can volunteer by donating needed classroom supplies or snack items," adds Hibbert.

Volunteering at the secondary level

When I was PTA president at my children's middle school, I was told that finding parent volunteers in secondary schools

is like finding a needle in a haystack. However, it's even more important that parents remain involved as their children get older. This is the time when things might go awry, and if there are problems, they certainly will be bigger ones.

It's important that teens understand that their parents are not "checking up" on them, but helping out, because they care about their teen's education and special interests.

Older students are capable of planning things on their own and running clubs. Therefore, you will probably be given a more supervisory type of role.

Witherwax claims that PTA is important at the secondary level as well.

"There seems to be so much more going on at the secondary level. There are often guest speakers from the district who share curriculum news."

At the high school level, there are usually student representatives talking about the specific events for each class, such as prom.

Joining booster clubs or serving as an advisor are great ways to show your support. I was the National Art Honor Society advisor when my daughter was in high school. I had a great rapport with the students, and my daughter was thrilled to have me volunteer in this capacity, because she knew that I also had an interest in art. It was a great way for me to share her love of fine art and meet other students with similar interests.

There are usually opportunities to volunteer at concerts, honor roll events, and sports events as well. At this level, students are usually from neighborhoods that are a greater distance away. So, an additional benefit is meeting the parents of some of the other teens whom you wouldn't have met otherwise.

Be sure to subscribe to the school's online newsletter or mass e-mails — if your teen is not talking about what is going on, you will still be informed.

"I had e-mail addresses for all my children's teachers," shares Witherwax. "E-mail was a popular means of communication with secondary teachers."

Studies show that your involvement in your child's school makes a difference at all levels. The cooperative alliance of parents and teachers who work together as a team is a formula for success. Find the time to get involved, and show your child how much you care about his education. Any level of participation is important. Your child can only benefit from your genuine interest.

Kennedy-Moore asserts, "Most importantly, volunteering at your child's school shows that you value education and care about helping to build the school community."

Myrna Beth Haskell is an award-winning author (www.myrnahaskell.com). She is also co-founder and managing editor of SANCTUARY (www.sanctuary-magazine.com).



Five hobbies for you and your children

Hobbies are great tension busters, and they can also get creative juices flowing, which aids in stress reduction, mindfulness, and relaxation. In this respect, hobbies are not merely activities you can do when you have some free time, but rather, intended practices that foster good energy and usher happiness into your life.

More importantly, having hobbies has been shown to provide long-lasting and impactful health benefits, such as:

- Better brain health and less risk of dementia later in life
- Longevity and longer life
- Lower blood pressure
- Smaller waist circumference
- Lower body mass index
- More career and life success

The more we study biological health, the more we learn how much stress negatively impacts it, so just as we teach our kids to eat healthfully and exercise, we must teach our kids how to combat life

stressors. The best part is that we can learn new hobbies with our kids. Taking up a hobby with your child is a win-win situation and the bonding factor can often last throughout your lives.

Here are five hobbies that you and your child can enjoy. Each one provides its own unique approach to instilling peace and inspiration:

Crafting: From scrapbooking and pottery to crocheting and sewing, the benefits of crafting are many. First, they can aid in math skills, hand-eye coordination, and fine motor skills. Secondly, you have a finished product in the end. And you also can create beautiful memories and keepsakes through your masterpieces.

Gardening: Combining a physical activity with a project appeals to many. Gardening can be very physical with lots of stretching and bending, yet also less active — think of planting seeds in an egg carton on your windowsill. No matter which you choose, the benefits of bond-



HEALTHY LIVING

DANIELLE SULLIVAN

ing with nature are profound. Best of all, you can reap the rewards in the form of a delicious tomato or a gorgeous bouquet of flowers.

Bike riding or walking: If you're looking for a more active hobby, you can try walking or biking. These activities are easily accessible to most, require little to no training, and combine exercise with relaxation. Walking provides quiet time for in-depth talks. Often it is easier for kids to speak when you are engaging in an activity rather than sitting across the table from them. You can mix it up, too: If you want to get in a power walk, your child can bike alongside you.

Painting and drawing: Art is one of the purest means of expression that exists, and it can be enjoyed by nearly everyone. With just a few pencils or paintbrushes, you can get started. YouTube enables us all to become amateur artists. There are also learn-to-draw books of all kinds. Inexpensive supplies can be easily purchased at multiple stores either locally or online. Finished projects can be displayed all around the house ... or perhaps, even in local art shows.

Photography: It's all about perspective, and it's likely that your perspective is completely different than your child's. Photography helps capture a personal point of view. Best of all, you don't necessarily need to purchase a fancy camera to start out. You can very nicely capture beautiful photos on your phones. If photography becomes a greater interest, then cameras make great birthday presents.

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

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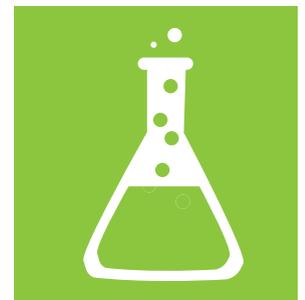
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The power couples

Double your nutrition with these duos

Picture this: You're about to pop something "healthy" into your mouth, perhaps some broccoli flowerets or roasted chickpeas. What if you could significantly boost the nutrients your body is about to receive? You can! A growing number of foods have been shown to have a "one-plus-one-equals-three" nutritional effect when eaten together.

For example, combining foods that contain carotenoids with a healthful fat makes it easier for the body to absorb the nutrients more readily. Some classic — and delicious — examples of this include tomatoes with extra virgin olive oil, or a crisp, green salad with added avocado or oil in the dressing.

Does your family enjoy guacamole? This popular dip is brimming with boosted nutrition. The fat in the avocado makes the lycopene in the tomatoes, the limonene in the lime, and other nutrients more bioavailable to you.

Let's look at some additional dietary duos your family can begin incorporating today:

Whole grain bread and nut butters. Whole grains are a good source of vitamin E, which helps to prevent cell damage from free radicals. Adding a healthy fat such as peanut or almond butter assists the body

to absorb this fat-soluble vitamin.

Banana and yogurt. Everyone knows yogurt contains probiotics, the good bacteria our bodies need for digestive and immune health. But these bacteria need "food" to munch on, which is where the prebiotics found in plant fibers come in. Bananas are rich in prebiotics, as are many other fruits, vegetables, whole grains and nuts.

Black beans and salsa. Garbanzo or kidney beans with bell peppers. Vegetarian chili with red bell peppers. Breakfast cereal with strawberries or kiwis. Spinach salad with mandarin orange. Spinach with lemon. These are all examples of pairing plant-based iron sources with vitamin C. The body can absorb only two to 20 percent of the non-heme iron found mostly in plant-based foods. Luckily, vitamin C boosts iron absorption by three- to six-fold.

Beef and broccoli for Chinese takeout. Roasted Brussels sprouts with crushed Brazil nuts. These are two examples of combining sulforaphane, a plant compound found in cruciferous vegetables, with the mineral selenium. When sulforaphane enters the bloodstream, it can inhibit the growth of tumor cells. Selenium, a mineral found in fish, meat, eggs, nuts (especially Brazil nuts) and mushrooms, binds with



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

proteins in our bodies to form antioxidant enzymes, which protect us from free radicals. Together, they're up to four times more effective than as single nutrients.

Garlic and chickpeas. Adding even a tiny amount of fresh garlic to these popular beans boosts the amount of iron the body can absorb by about 17 percent.

Tea with a squeeze of lemon. This classic combo is delicious hot or cold. Lemon boosts tea's levels of catechins — found in green, black, and white tea — that are available for your body to absorb, helping to stop cell damage.

Spice-rubbed grilled meat. Grilling over high heat brings out sublime meat flavors. But it also results in the fat forming a compound called malondialdehyde, linked to chronic diseases such as cardiovascular disease and cancer. Research published in the American Journal of Clinical Nutrition suggests adding an antioxidant-rich blend of oregano, rosemary, black pepper, paprika, and garlic as a rub on lean steaks or mixing it into burgers significantly reduces these damaging compounds.

Can't remember all of these pairings? No worry! The best way to spot synergy on your plate and to ensure a nutritious meal is to make sure it has a minimum of three colors and contains healthful fat from foods such as avocado, a healthful oil, or nuts.

Christine Palumbo, is a Naperville, Illinois-registered dietitian nutritionist and fellow of the American Academy of Nutrition and Dietetics. Her favorite dietary duo is spinach sautéed in olive oil with a squeeze of lemon juice and a touch of garlic. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.

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Splash smarter

Tips for keeping it fun *and* safe at the water park

BY MYRNA BETH HASKELL

My family always enjoyed planning our annual summer vacation together. As our kids got older, our getaways needed to include their favorite summer activity — at least one day at a nearby water park. We would scout locations to be sure there was a park in the general vicinity, guaranteeing a day of unbridled splashing, tubing, and sliding. We have probably visited 15 over the years.

We found that there was always something for all of us to enjoy. I favored the lazy rivers, wave pools, and family tube rides. My husband and kids were more adventurous — enjoying free-fall type slides and water coasters.

Nothing beats the summer heat like a day full of wet and wild fun; however, as with most activities in and around water, there are safety precautions parents should take to ensure a healthy day at the water park.

Read park guidelines prior to visit

It's imperative to read the park's guidelines before you go. Information about picnic areas, swim diapers, first aid, electrical storm shelters, and other policies can usually be found on the park's website. If you have a question that is not answered in the guidelines, call ahead.

Wayne L. Franks, Jr., director of operations for Camelbeach Mountain Waterpark in Pennsylvania, says, "Camelbeach provides life jackets for free, which are available for all non-swimming guests. For our Kahuna Lagoon Wavepool, all guests under 48 inches in height are required to wear a life jacket and have a responsible chaperone within an arm's length of them at all times."

Foam toys or air-filled arm rings are not substitutes for U.S. Coast Guard-approved life jackets, and are usually not allowed at water parks.

There will be rules about attire as well.

"Footwear is encouraged for all guests while traveling from one attraction to the next," says Franks. "However, most footwear is restricted from being worn while riding, with the exception of aqua-socks or

Safety first

Parents may find additional safety information at the following websites:

- International Association of Amusement Parks and Attractions: <http://www.iaapa.org/safety-and-advocacy/safety/water-park-safety/tips>

- Healthy swimming tips: <https://www.cdc.gov/features/healthyswimming/index.html>

- The model aquatic health code: An all-inclusive model public swimming pool and spa code: <https://www.cdc.gov/mahc/>

water shoes. There is a shoe and garment rack available at all slides and attractions for guests to deposit their personal belongings while enjoying the ride," he adds.

Check restrictions on loose-fitting garments. Certain attractions may require swim shirts (fitted, flexible tees made for swimming) or bathing suit only (e.g. at Camelbeach, shirts are not allowed on the Vortex slide). Metal zippers and other adornments may not be permitted as well, so read the rules carefully.

Swim diapers are required for children who are not potty trained.

"Swim diapers must be worn by all guests who are not 100-percent potty trained. Swim diapers are available at our water park retail store," says Franks. Some water parks will not have swim diapers available for purchase, so parents need to come prepared with extras.

Requirements vary from park to park regarding unsupervised minors and age minimums for "supervisors." Remember, too, that lifeguards are there to protect guests from drowning or other attraction emergencies, not to supervise children.

Parents should also locate the first-aid office as soon as they enter the park.

Prevent bacterial infections

Some water parks have rides that utilize both chlorinated pools and adjacent fresh water areas (e.g. a lake). Swimmers need to take precautions while swimming in both fresh water and chlorinated pools.

Water park essentials pack list:

Pack the following items the night before you plan a trip to a water park to be sure you have the right supplies on hand:

- Sunscreen for body and face
- Hats and extra T-shirts (or water tees)
- Sandals or water shoes with treaded or rubber soles to prevent slippage
- Sunglasses with strap
- EpiPen if needed
- Band-Aids, anti-bacterial ointment
- Waterproof watch and camera
- Extra swim diapers
- U.S. Coast Guard-approved swim vest for non-swimmers, unless provided by park

"Bacteria and pathogenic amoebae are present in freshwater lakes and ponds and in improperly chlorinated swimming pools," explains Francine Marciano-Cabral, professor of microbiology and immunology at Virginia Commonwealth University. "In warm weather, pathogenic bacteria and amoebae divide rapidly in fresh water."

Marciano-Cabral discusses ways to prevent bacterial and amoebic infections.

"When freshwater lakes or ponds appear cloudy, it is best to avoid swimming there. When swimming in lakes and ponds, do not stir up the bottom. It is also important to keep the head above water as many pathogens can enter the nasal passages, or contaminated water can be swallowed. Use nose clips if children go to a water park where the water shoots up out of the ground."

Chlorinated water may contain bacteria.

"The problem with chlorinated pools is that in the hot weather, with the sun shining, the chlorine dissipates and the levels fall rapidly. So it is important that chlorine levels are checked frequently," Marciano-Cabral says. "Shoes are important to wear to prevent fungal infections to feet."

"To help limit the spread of infection, you should stay out of the water if you



have diarrhea or open wounds,” advises Dr. Melissa Winterhalter, a physician with the section of ambulatory pediatrics at Nationwide Children’s Hospital in Ohio. “Showering, even a quick, one-minute rinse before and after swimming, can help to decrease pathogens,” she adds.

Winterhalter recommends that parents change their babies and toddlers frequently, even if wearing swim diapers.

“Most swim diapers are made to hold the stool or urine output, but they will leak after extended time. Check the diaper often to be sure it doesn’t need to be changed — every 30 to 60 minutes helps prevent urine or stool leakage,” she says. “Changing should be done in the bathroom or in a diaper changing station, not poolside.”

Swim safety tips

According to the Centers for Disease Control and Prevention, “Drowning is a leading cause of unintentional injury or death among children 1–14 years old. Swimmers can prevent drowning by learning swimming skills such as floating, by wearing life vests, and by swimming under the supervision of parents, caregivers, or lifeguards who know cardiopulmonary resuscitation (CPR).”

“Always swim with a buddy and where

there is a qualified lifeguard on duty,” advises Franks.

Everyone should follow all posted height and weight restrictions and should follow the lifeguard’s specific instructions when riding the slides, tubes, and other attractions.

Parents should never leave a non-swimmer unattended, even if a lifeguard is nearby.

Hydration

When you’re frolicking in the water, it doesn’t always feel like you need to drink water.

“Most children don’t drink enough when they are at a water park or enjoying outdoor play,” warns Winterhalter. “As a guideline, try to take a break every hour in the shade to drink, rest, and re-apply sunscreen. Younger children may need more frequent breaks. If your child goes to the potty and their urine is dark or strong smelling, they need to focus on drinking more than usual and may need a longer rest.”

Sun safety

The Centers for Disease Control and Prevention reports, “Sunburn is not immediately apparent. Symptoms usually start about four hours after sun exposure, worsen in 24–36 hours, and resolve in three to five days.”

Therefore, parents should regularly

apply sunscreen, because burns may not be easily detected.

“Everyone should apply sunscreen of SPF 30 or greater any time they are outdoors and exposed to the potentially harmful rays of the sun,” Franks says. “Be sure not to forget your face, tips of the ears, and tops of your feet, as these are tender areas often forgotten and susceptible to severe sunburn.”

Of course, if you notice a sunburn developing, it is best to seek shade, drink water, and apply after-sun lotion to rehydrate the skin (e.g. one containing aloe).

Security and emergencies

Family members getting lost or separated is always a concern at any amusement park.

“At Camelbeach, we encourage all families and groups to have a pre-established plan for a meeting place if any one of their party happens to become separated,” says Franks.

Water parks have security teams trained to help reunite family members, so parents should point out staff uniforms, so their children can locate an employee or security personnel if they get lost or frightened.

John Poncy, a security expert and chief executive and quality officer of The Denz Group, suggests that parents teach their family members a five-point contingency plan that Poncy learned in the military. This can be modified for any amusement park or other crowded venue so that family members know what to do in case of separation or emergency:

G – Where leader is *Going*: Know which part of the park Mom, Dad, or an adult supervisor will be at any particular time

O – *Others* leader has with him or her: Who is with Mom in the toddler area?

T – *Time* leader will be gone: Know what time Dad plans to return to the wave pool or other specified meeting place.

W – *What* to do if the leader does not return on time: If Mom doesn’t return by 4 pm, go to the Security Office and wait for her there.

A – *Actions* in an emergency if leader is not present: If there is an emergency at your location (such as violent weather), wait for authorities or security personnel to give you instructions.

Poncy also reminds parents to help their children memorize phone numbers.

“Make them memorize your phone number, because if their phone dies and they need to use someone else’s phone, they will need to know the number to call.”

Myrna Beth Haskell is an award-winning author. She is also cofounder and managing editor of SANCTUARY (www.sanctuary-magazine.com).

Calendar

AUGUST



Joshua Bright

What's the buzz?

What a great time to be a bee! Enjoy a sweet weekend at Honey Weekend at Wave Hill on Aug. 11 and 12.

Children can outfit themselves with wings, antennae, a pollen cup, and a kazoo to hum with. Buzz around in a hive of six-sided cells and forage in the flowers. Join in a bee parade and do a bee dance in a cardboard hive. Parade begins at 12:30 pm, weather permitting.

Or, drop in and make a beeswax candle to take home.

Kids can also chat with beekeepers, try on beekeeping gear, peek inside a hive, and learn fascinating facts about honeybees.

Honey Weekend on Aug. 11 and Aug. 12, from 10 am to 3 pm. Most events are free with garden admission; there is a \$15 materials fee for the candle workshop (\$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday).

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

WED, AUG. 1

FURTHER AFIELD

Fun Days: Cape May Lighthouse, Cape May Point State Park, New Jersey; (800) 275-4278; www.capemaymac.org; 9 am to 2 pm; Free to activities on the grounds (separate fee to climb the lighthouse: \$8 for adults and \$5 for children ages 3-12).

Family Fun Days provides kids with hands-on activities like pirate hat-making, along with performers and kid-friendly entertainment, and adults may browse among the crafts vendors, all at the base of the lighthouse. Climb the 199 steps to the top and enjoy the best view of the Jersey Cape. Hosted by the Mid-Atlantic Center for the Arts & Humanities. Contact Cape May Historic Accommodations at www.capemaylodging.com, for lodging information.

THURS, AUG. 2

IN THE BRONX

Stories in the Shade: Playground for All Children, Middletown Road and Bruckner Boulevard; (718) 430-1891; 11 am to 11:45 am; Free.

Join us on Thursdays through Aug. 16 at Pelham Bay Park for stories and fun as part of the New York Public Library's Summer Reading Program. "Stories in the Shade" is presented in part by the City Island and Pelham Bay Branches of the New York Public Library in collaboration with NYC Parks.

Stories in the Garden: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free.

Wave Hill educators share some of their favorite nature stories. These stories — classics and more — come to life through interactive book readings, sing-alongs, and movement. Rain cancels.

Barefoot Dancing: Lawn east of Memorial Grove at Van Cortlandt Park, Broadway and Post Road; (718) 430-1890; 6:30 pm to 8 pm; Free.

Barefoot Dancing brings authentic forms of ethnic dance and music to the public. While demonstrating and teaching the art forms,



Learn tennis in the parks

Dust off those rackets and get ready for Tennis in the Parks as part of City Parks Foundation's Summer Sports program. From now until Aug. 28 the city's youngsters will get the opportunity to get tennis lessons from the pros.

The program is suitable for children up to 17 years old, and offers lessons at all skill levels, plus tournaments and leagues.

Classes are available at these locations:

- Pelham Bay Park (Bruckner Boulevard and Middleton Road) Tuesdays and Thursdays, 1 pm to 4 pm.

days, 1 pm to 4 pm.

- Van Cortlandt Park, Stadium (W. 242nd Street and Broadway) Tuesday and Thursday, 9 am to noon, and Monday and Wednesday, 9 am to noon (intermediate players).

- Williamsbridge Oval (E. 208th Street and Bainbridge Avenue) Monday and Wednesday, 9 am to noon.

- Woodlawn Park (W. 233rd Street and Jerome Avenue) Tuesdays and Thursdays, 9 am to noon.

All classes are free, and registration is required online at: www.cityparksfoundation.org.

the artists explain the historical and cultural roots of each style of dance.

FRI, AUG. 3

IN THE BRONX

First Friday: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30 pm to 8:30 pm; \$5 (\$15 non-members; \$10 seniors & students).

Enjoy music, explore the museum, and stroll the garden; light refreshments available. The free 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.

FURTHER AFIELD

Virtuous Journeys: Sugar Hill Children's Museum, 898 St Nicholas Ave., Manhattan; (212) 335-0004; www.sugarhillmuseum.org; 3:30 pm to 4:30 pm; Free with museum

admission.

Surprising, funny, quirky, serious and silly — it's Story Hour at Sugar Hill Children's Museum.

SAT, AUG. 4

IN THE BRONX

Family Art Project – On Storytelling and the Land: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10am-1pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free. Admission is free until noon on Saturday.

Through storytelling, movement, and exploring Wave Hill's history, go beyond property titles and leases and create inclusive stories, envisioning a future when the land belongs to everyone.

Calendar

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

FURTHER AFIELD

Showtime Saturdays: Sugar Hill Children's Museum, 898 St Nicholas Ave., Manhattan; (212) 335-0004; www.sugarhillmuseum.org; 1 pm to 2 pm; Free with museum admission.

Surprising, funny, quirky, serious and silly — it's Story Hour at Sugar Hill Children's Museum.

SUN, AUG. 5

IN THE BRONX

Family Art Project – On Storytelling and the Land: 10 am–1 pm. Wave Hill. See Saturday, Aug. 4.

FURTHER AFIELD

Adventure Course: Alley Pond Park, Cross Island Parkway and Grand Central Parkway, Queens; (718) 217-4685; www.nycgovparks.org; 9:30 am and 1 pm; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building. Please dress appropriately: no sandals, flip flops, or open-toed shoes are allowed. Our programs are appropriate for those ages 8 and older. The Adventure Course program lasts about two hours. Due to its popularity, we ask that you arrive at least half an hour before the start time of each program. Space is limited. A valid Photo ID is required for participants ages 18 and older.

Sunday Fundays: Sugar Hill Children's Museum, 898 St Nicholas Ave., Manhattan; (212) 335-0004; www.sugarhillmuseum.org; 1 pm to 2 pm; Free with museum admission.

Sing, dance & play with the magical musical stories performed by the fabulous Flor Bromley!

TUES, AUG. 7

IN THE BRONX

"Spider Man – Homecoming": Paradise on Earth, 1106 Fox St.; (212) 333-2552; 7:30 pm to 10 pm; Free.

Thrilled by his experience with the Avengers, young Peter Parker returns home to live with his Aunt May. Under the watchful eye of mentor Tony Stark, Parker starts to embrace his newfound identity as Spider-Man. Peter must soon put his powers to the test when the evil Vulture emerges to threaten everything that he holds dear. The movie starts after the sunset. Free for all, and great for the whole family. "Spider-Man – Homecoming" is PG-13 for sci-fi action violence, some language, and brief suggestive comments. This movie is 130 minutes long.

WED, AUG. 8

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Light-house. See Wednesday, Aug. 1.

THURS, AUG. 9

IN THE BRONX

Stories in the Shade: 11 am to 11:45 am. Playground for all children. See Thursday, Aug. 2.

Stories in the Garden: 11am. Wave Hill. See Thursday, Aug. 2.

Summer Stargazing: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 7 pm to 9:30 pm; \$25 (members save 10 percent).

Prepare for the Perseid meteor shower, this summer's most anticipated celestial show! Look up and get ready for an out-of-this-world experience with Irene Pease, sidewalk astronomer and science educator. Learn what it takes to be an amateur astronomer in New York City, get oriented to the night sky, test out a telescope in the garden, and observe the starry night high above Wave Hill. This program is rain or shine, with an indoor presentation only in the case of rain. Adults and children aged 12 and older are welcome.

FRI, AUG. 10

FURTHER AFIELD

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

SAT, AUG. 11

IN THE BRONX

Family Art Project – Be a Bee: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Outfit yourself with wings, antennae, a pollen cup, and a kazoo to hum with. Buzz around in a hive of six-sided cells and forage in the flowers. Join in a bee parade and do a bee dance in a cardboard hive. Parade begins at 12:30 pm, weather permitting. Honey Weekend event.

Candle Making Workshop: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am to 3 pm; \$15 materials kit; plus admission to the grounds.

Drop in and try your hand at creating an assortment of beeswax candles to take home.

Bee Station: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am to 3 pm; Free with admission to the grounds.

Chat with beekeepers, try on beekeeping gear, peek inside a hive, and learn fascinating facts about honeybees. Free with admission to the grounds. A Honey Weekend event.

Basic Canoeing: Crotona Nature Center, Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 11

am to 2pm; Free.

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

FURTHER AFIELD

Showtime Saturdays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Saturday, Aug. 4.

SUN, AUG. 12

IN THE BRONX

Family Art Project – Be a Bee: 10am–1pm. Wave Hill. See Saturday, Aug. 11.

Candle Making Workshop: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am to 3 pm; \$15 materials kit; plus admission to the grounds.

Bee Station: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am to 3 pm; Free with admission to the grounds.

Freshwater fishing: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am to 12:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. You can try to hook a pumpkinseed sunfish, carp, or chain pickerel. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

Family Nature Walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

Sunday Fundays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Sunday, Aug. 5.



Susan Krystak (MAC)

Family fun on the shore

Want a family-friendly summer destination? Come on down to Cape May, N.J., and enjoy a day full of fun activities on the historic lighthouse grounds, on Wednesdays now through Aug. 22

Family Fun Days provide kids with hands-on activities like pirate hat-making, along with performers and kid-friendly entertainment. Adults are not left out — they may browse among the crafts vendors, all at the base of the 1859 lighthouse. Climb the 199 steps to the top and enjoy the best view of the Jersey Cape.

Family Fun Days, Wednesdays, through Aug. 22 from 9 am to 2 pm. Admission is free to activities on the grounds and there is a separate admission to climb the lighthouse: \$8 for adults and \$5 for children (ages 3–12).

Cape May Lighthouse [Cape May Point State Park, Cape May, N.J., (800) 275-4278; www.capemaymac.org]. For information on restaurants, accommodations, and shopping, call the Chamber of Commerce of Greater Cape May at 609-884-5508 or visit www.capemaychamber.com or www.capemaylodging.com.

We camp to create lasting memories, connect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Please note: Space is limited and participants are chosen by lottery. To enter your family into the lottery, please visit the Urban Park Rangers' Event Registration page. Registration opens on Wednesday, Aug. 8.

FURTHER AFIELD

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

SAT, AUG. 18

IN THE BRONX

Family Art Project – Fishy Fun: Wave

WED, AUG. 15

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Lighthouse. See Wednesday, Aug. 1.

THURS, AUG. 16

IN THE BRONX

Stories in the Shade: 11 am to 11:45 am. Playground for all children. See Thursday, Aug. 2.

Stories in the Garden: 11 am. Wave Hill. See Thursday, Aug. 2.

FRI, AUG. 17

IN THE BRONX

Family Camping: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 6 pm to 7 am; Free.

Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

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

FURTHER AFIELD

Showtime Saturdays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Saturday, Aug. 4.

SUN, AUG. 19

IN THE BRONX

Family Art Project – Fishy Fun: 10 am–1 pm. Wave Hill. See Saturday, Aug. 18.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

Sunday Fundays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Sunday, Aug. 5.

WED, AUG. 22

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Lighthouse. See Wednesday, Aug. 1.

THURS, AUG. 23

IN THE BRONX

Stories in the Shade: 11 am to 11:45 am. Playground for all children. See Thursday, Aug. 2.

Stories in the Garden: 11 am. Wave Hill. See Thursday, Aug. 2.

FRI, AUG. 24

FURTHER AFIELD

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

SAT, AUG. 25

IN THE BRONX

Family Art Project – Delicate Dragonfly Wings: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission. \$8 adults, \$2 children 6–18, children under 6 free. Admission is free until noon on Saturday.

Study these ancient insects and see them fly in all directions. Collect transparent materials and create delicate, iridescent — even stained-glass-like — shimmering wings that mimic those of the dragonfly!

Calendar

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

FURTHER AFIELD

Showtime Saturdays: 1 pm to 2 pm.
Sugar Hill Children's Museum. See Saturday, Aug. 4.

SUN, AUG. 26

IN THE BRONX

Family Art Project: Delicate Dragonfly Wings: 10 am–1 pm. Wave Hill. See Saturday, Aug. 25.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm.
Alley Pond Park. See Sunday, Aug. 5.

Sunday Fundays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Sunday, Aug. 5.

THURS, AUG. 30

IN THE BRONX

Stories in the Shade: 11 am to 11:45 am.
Playground for all children. See Thursday, Aug. 2.

FURTHER AFIELD

Family Fun Night: Adam Clayton Powell, Jr. State Office Building, 163 W. 125th St., Manhattan; (212) 961-4390; www.summerstageinharlem.org, 5 pm to 8pm; Free.

Get ready for a summer evening of family fun with a back-to-school theme and entertainment provided by several youth groups. The event will include participation by the Harlem School of the Arts, which helps enrich the lives of young people and their families through world-class training and exposure to the arts across multiple disciplines. It will also feature the Uptown Dance Academy, a premiere dance school for urban youth that exposes children to the diverse world of dance as they prepare for the professional stage. Bring your own chair.

FRI, AUG. 31

FURTHER AFIELD

Virtuous Journeys: 3:30 pm to 4:30 pm.
Sugar Hill Children's Museum. See Friday, Aug. 3.

LONG-RUNNING

IN THE BRONX

Tennis: Van Cortlandt Park- Stadium, W. 242nd Street and Broadway; www.CityParks-Foundation.org; Mondays – Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

CityParks Tennis provides free tennis lessons to children, ages 6 to 17. Lessons for kids are offered at all skill levels. Opportunities include free beginner lessons, tournaments, leagues, excellence programs and special events. The program concludes with a fun tournament for beginners held at the Central Park Tennis Center, and the BNP Paribas Aces Tournament for intermediates held at Flushing Meadows

Park in mid-August. Monday and Wednesday session is for intermediate players.

Tennis: Williamsbridge Oval Recreation Center, E. 208th Street and Bainbridge Avenue; www.CityParksFoundation.org; Mondays and Wednesdays, 9 am to noon, until Tues, Aug. 28; Free.

Summer Sports Experience: Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; <https://www.nycgovparks.org/events/2018/06/15/wbo-talent-show>; Weekdays, 9:30 am to 6:30 pm, until Fri, Aug. 31; Free.

The Summer Sports Experience teaches an abundant array of sports activities to our city youth throughout the spring and summer seasons. Sports include basketball, flag football, soccer, track, kickball, and more! Every hour, another sport is introduced. This year, we are partnering with City Parks Foundation, who will provide tennis, golf, track and field, and more. This event is free for participants. This is a drop-in program, which means that your kids can come and go as they please throughout the day. Groups are welcome! Please email sarah.bishow@parks.nyc.gov to arrange a date for your group.

A Closer Look – Georgia O'Keeffe and Hawai'i: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10am–6pm, until Sun, Oct. 28; Included in All-Garden pass. Weekends: \$28 adults, \$12 children 2–12.; Weekdays: \$23 adults, \$10 children 2–12; children under 2 free.

Inspired by O'Keeffe's unique style of representing close-up views of flowers and fruit, children investigate botanical specimens and create art. Play in a Hawaiian landscape – a sandbox inspired by O'Keeffe's landscape paintings featuring real shell and rock specimens to uncover. Pot up a tropical ginger cutting to take home and observe its growth! Activities in the Everett Children's Adventure Garden.

Dig! Plant! Grow! – Pickle Me!: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Saturdays, 1:30–5:30 pm, Sundays, 10 am–5:30 pm, until Fri, Aug. 10; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2-12; Weekends: \$28 adults, \$12 children 2-12; children under 2 free.

Explore summer fruits throughout the Edible Academy! Learn more about the crops and spices used to make pickles. Make your own batch of "Fridge Pickles" to enjoy at home.

Tennis: Woodlawn Park, W. 233rd Street and Jerome Avenue; www.CityParksFoundation.org; Tuesdays and Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

Nature Center Adventures: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Thursdays – Sundays, Noon to 1 pm and 2 pm to 3 pm, until Sun, Aug. 19; Free.

Join our Adventure Guides, who lead free

nature-related programs at our Nature Centers this summer. Nature Center Adventures connect New Yorkers of all ages to the natural world. Nature Center Adventure programs include scavenger hunts, nature crafts and games, and getting up close and personal with our nature center animals.

Tennis: Pelham Bay Park, Bruckner Boulevard and Middleton Road; www.CityParks-Foundation.org; Tuesdays and Thursdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Nature Center Adventures: Pelham Bay Nature Center, Bruckner Boulevard and Wilkinson Avenue; (718) 319-7258; Thursdays – Sundays, 1 pm to 2 pm, until Sat, Aug. 18; Free.

FURTHER AFIELD

"Frozen" on Broadway: St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; frozenthemusical.com; \$100 and up.

A musical worth melting for! If you loved the movie "Frozen," you'll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there's the classic song "Let It Go," plus many new numbers for this new production.

Governors Island: New York Harbor, Manhattan; <https://govisland.com>; Weekdays, 10 am–6 pm, Saturdays and Sundays, 10 am–7 pm, until Wed, Oct. 31; Ferries run from Manhattan and Brooklyn. Check website for schedules and fares. Entry to the island is free.

This unique New York City destination is open for the season! The 172-acre island in the heart of New York Harbor has something for everyone, from biking, slides, play fountains and hammocks to tours of historic Fort Jay and Castle Williams.

Ocean Wonders – Sharks!: New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets, Brooklyn; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays and hundreds of species of ocean wildlife.

"Neverland – Peter Returns": Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; www.cityparksfoundation.org; Tuesdays – Fridays, 10:30 am and 11:30 am, Saturdays and Sundays, 1 pm, until Sun, Sept. 30; \$12 (\$8 children).

The City Parks Foundation presents the original marionette play based on J.M. Barrie's iconic Peter Pan tales. This version is a spin on the beloved children's classic. Leaving their parents behind, the Darling children follow Peter Pan back home to Neverland for the adventure of a lifetime. When the cunning Captain Hook turns Peter's pals Tiger Lily and Tinker Bell against him, the children team up with the Never Boys to save the day, learning the value of forgiveness and friendship.

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Summer's tricky balancing act

Is the freedom of summer amazing, or are you seeing more behavior challenges?

Summer is a time of more open schedules, more frequent treats, and less rules. For some, it is a break from routine that allows for a recharge. If that is you and your children, congratulations, and enjoy this moment! For others, though, the break in routine creates anxiety and arguing, and leads to more behavior challenges than any other time of year. If this is you and your children, keep reading, because I have some powerful tips for you.

How do you create structure without losing the joy of summer? It is a balance. Where are the places that you can build in structure, and where are the places where you can create freedom and allow for more exploration?

Build structure in ways that will support your daily life once September arrives. This includes:

- Waking up at a specific time each day.
- Going through a solid morning routine of getting dressed and having breakfast, even if you are just lounging around the house for the morning.
- Taking 10 minutes to sit and read together.
- Finding 10 minutes to sit down and draw or do worksheets. The structure of sitting and focusing on a task is an important skill to learn.

- Keeping a set bedtime.
- Speaking with purpose, as listening skills are something that should never be sacrificed.

Maintaining the feel of summer freedom and exploration is important, as it is still summer. You can do this by:

- Having more time with friends than usual.
- Allowing play dates to drag on and on and on. While you enjoy visiting with the parents, your kids can keep enjoying their friends.
- Getting outside and exploring new areas and corners of the city you have not seen yet.
- Saying “yes” more often. There are more possibilities and time in the summer, so when your kids ask for something, find more ways to say “yes.”
- Making sure you are celebrating every moment that you can. This can be done with happy dances, cheers, or ice cream. The method is less important than the enthusiasm.

Parenting does not take a vacation. You don't get a summer break. It is a role you maintain every day. Determining what elements can shift as you move through the summer are critical. This is how you maintain your happiness and your family's happiness!

Letting all the rules go out the window is never a good choice, no matter how



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

much you want to be on summer vacation, too. Find the balance and take one small step at a time to maintain the quality behavior your small ones need to thrive in the world.

Dr. Marcie earned her doctorate from Teachers College, Columbia University. She is the author of “Love Your Family Again” and “Love Your Classroom Again.” She has a thriving private practice, provides school-wide trainings for educators of all ages, and has been a guest behavioral expert on national media. For more, visit DrMarcie.com.



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