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September 2018

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First day blues:
Saying
goodbye



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Bronx/Riverdale Family
September 2018

Where every child matters

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Another summer ending

I don't really think of summer ending as much as I think of school beginning. Some of the nicest days of the year take place in September. Still, that's not very helpful for the kids, teachers, and parents, all of whom have to return to normal routines in spite of many holidays that, in New York, disrupt the beginning of classes. With the beautiful weather it's often difficult to get in the groove, but somehow by the end of the month it all falls into line.



This issue has some good articles and thoughtful columns helpful for every Back to School student and family.

Being the "new kid" at school is tough. I myself know that. I was ten years old when we moved from one city to another. It really helps to do some prep work, and our writer Cassi Denari has given us some helpful suggestions as to how to prepare

for that day. The more familiar your child is with the new environment and the layout, the better the transition will be. If this applies to your family or someone you know, please be sure to read.

Saying good-bye on the first day is often tough. Separation anxiety is no joke. Many times I've written about

leaving my daughter at preschool and standing out on the sidewalk weeping. She was fine, I was a wreck! Randi Goldfarb addresses this common issue with helpful tips for easing the experience. Homework! Ugh! Denise Yearian gives us a number of essential tips to establish successful routines to make homework happen, without the battles. Every family can use help in this department. So many distractions and busy days make getting homework done in a timely manner often daunting. It's important to establish routines that aid the

process towards success.

There are also columns on food, first-aid, recording treasured moments, college savings; a lot of great information.

We've also show you some options for great out-of-school activities in your area. So many good possibilities for kids and parents to choose from. We have exciting opportunities in this vibrant city of ours. Take advantage of them for your kids.

Enjoy the Labor Day holiday and the beginning of this new school year. If you celebrate the Jewish High Holy Days, Shana Tova! All the best.

Thanks for reading!

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Short Stuff

Enjoy the ride

With summer's warm weather and the rise in gas prices, now is the perfect time to ditch the minivan and get outside. The e-bike movement is a must-try for families looking to avoid the typical grind, to get out of the car, and actually enjoy getting outside. (An e-bike is a bicycle with two accelerators.) Whether running errands or having outdoor adventures, these bikes are the ultimate family transport.

Riese & Müller's e-cargo bike, The Load, offers stability and control while riding, even with the most precious of



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and all of your essentials with ease.

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Banish diaper rash

Some exciting news from Boudreaux's Butt Paste: The brand is launching its first-ever Rash Kicking Kit to help banish pesky diaper rash. Perfect for new moms and dads, the Rash Kicking Kit is a baby registry must-have!

The kit features both the original and maximum strength formulas, plus the all-new Boudreaux's Butt Brush — an inno-

vative, mess-free, silicone applicator that helps parents gently apply a thick and smooth coat of paste on baby's booty to form a protective barrier from wetness. The Boudreaux's Butt Paste Complete Rash Kicking Kit has everything needed to kick rash fast!

Boudreaux's Butt Paste Rash Kicking Kit is \$14.99 at [Amazon.com](https://www.amazon.com).

End nipple confusion

A new bottle solution from Australia is limiting baby's confusion and resistance to taking a bottle. Minbie is designed to encourage a proper latch, similar to breastfeeding, for a seamless transition from breast to bottle and back.

Generic nipples can often result in confusion and the bottle taking over. Now, Minbie, available in the US for the first time, solves this problem by encouraging babies to latch and feed with their instinctive breastfeeding technique.

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How to curb the goodbye blues

Tips for alleviating separation anxiety

BY RANDI GOLDFARB

Reluctance. Guilt. Anxiety. Uncertainty. Sadness.

Children and adults can certainly experience a wide range of intense emotions at separation times, resulting in a whole lot of drama. Separation anxiety is a normative part of development, but it can still be quite challenging. Young children strive to become more independent, but they still need that feeling of safety and security of having a parent nearby. Despite parents wanting their children to become more independent, adults are often conflicted about their children actually becoming more independent! Children make sense of their world thanks to a keen ability to watch everything and everyone — especially parents — around them, and they behave accordingly. When it comes to separation anxiety, how a parent or caregiver conducts themselves during separation is typically the most significant factor as to whether things go smoothly.

We often hear the refrain “My child won’t let me leave!” The truth is, in this case, it really is not the child’s choice! Adults have a great opportunity to be a guide for children for making goodbyes short and still sweet. Being proactive and creating effective strategies to manage separation can empower children to feel competent, help them develop emotional awareness, build greater capacity for self-control, and further independence.

It’s true that school can be a significant time where separation anxiety shows up, but it is certainly not the only venue. For example, when a young child is put down in her crib for a nap, she starts to cry, reaching her arms up to the caregiver. On your way to the bathroom, your toddler runs after you, grasping your legs and carrying on. A friend or family member wants to hold your baby, and he pulls away in resistance, and reaches out to you. A babysitter arrives to watch your child, and



your child becomes visibly distraught, and then his behavior evolves into a full-blown tantrum. Your child is resisting your departure when dropped off at a birthday party or play date.

When adults are proactive, practicing separation strategies in advance, both adults and children will have more confidence when saying goodbye, thus alleviating separation anxiety. Being patient is important, because a child’s behavior can often be inconsistent and can also be affected by life changes. Separation and goodbyes do not need to be full of drama. The less intensity that occurs between you and your child at drop-off, the better it is for all those involved. The calmer you are, the quicker your child can get started with the school day, ready to participate and have fun.

Here are a few tips for smoother separations:

- Approach these situations in a loving, kind, yet firm manner, despite the emotional commotion occurring. Share with

your child that everyone can have a great day even when missing one another!

- Acknowledge and share your own feelings about separation in an age-appropriate manner. This can help normalize your child’s experience with saying goodbye.

- Convey matter-of-factly and with confidence to your child that although goodbyes can be challenging, you can (eventually!) manage them well with minimal distress for all involved.

- It is very important to communicate with your child’s teachers about separation prior to the beginning of school.

- Cultivate trust by always telling your child you are leaving. Do not prolong or drag out goodbyes, regardless of whether your child seems distressed.

- Add an element of playfulness for saying goodbyes, because even goodbyes can be fun!

For more information and to book a Supportive Separation event in your community, e-mail info@zakandnat.com.

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Attendees of the All Star Code fund-raiser.

Coding for all

Organization opens doors in tech for young men of color

BY SHNIEKA L. JOHNSON

Manhattan mom Christina Lewis is the founder and chief executive officer of All Star Code, a New York City-based nonprofit organization with a mission to educate, prepare, and place black and Latino young men in the tech industry.

This impetus behind starting All Star Code was Lewis's late father, Reginald F. Lewis (1942–1993). She had learned that when he was a young man, he had participated in a summer program that led to him attending Harvard Law School. Through work with her family foundation, the Reginald F. Lewis Foundation (which supports schools, programs, and groups that promote economic and social justice), and individual work in philanthropy, she had seen a number of organizations that promoted girls being exposed to coding and technology. However, no organization had

surfaced that catered to these young men. There was nothing like All Star Code.

After much time in conversation with individuals in education, the non-profit sector, and technology, Lewis decided to establish All Star Code, in honor of her father.

“My dad, Reginald F. Lewis, was an iconic figure in the history of black business and one of the greatest entrepreneurs of all time. When he died in 1993, my dad was the owner and CEO of TLC Beatrice International, the largest black-owned business in the U.S. and one of Forbes Magazine's top 400 list of richest people in America,” said Lewis. In February, PBS premiered the documentary “Pioneers: Reginald F. Lewis and the Making of a Billion Dollar Empire.”

“I channeled his legacy to start All Star Code, a New York-based nonprofit that aims to give the next generation of diverse leaders the tools they need to succeed in

the technology industry,” said Lewis. “As a business journalist, I had a front-row seat to observing the growth in income inequality. In honor of my father's legacy — and all who have fought for equal rights — I created this program to help the next generation of youth catch the next wave of opportunity.”

Lewis and her team have raised more than \$1 million for the growth and development of the All Star Code's six-week summer intensive program.

“We are constantly tweaking and improving our curriculum based on our current and past year's feedback, which comes from both internal and external evaluations. We seek to provide both a mix of coding education and the soft skills necessary to succeed in the business world,” explained Lewis.

The “All Stars” also establish an invaluable network of mentors and like-minded peers. With locations now in New York

“I created this program to help the next generation of youth catch the next wave of opportunity.”

City and Pittsburgh, this free program has been deluged with applicants — nearly 1,000 applications were submitted for the 160 available spots.

“The idea is that we are one All Star Code, so while there may be some regional differences, we strive to learn from our expansion sites and offer consistent programming across all our regions,” said Lewis.

“Five years ago, we didn’t even have a desk or a team. Now, All Star Code currently employs 20 people. Every year, we’ve doubled the number of students we serve, and now we’re proud to host eight cohorts of students across two cities — New York City and Pittsburgh, which were selected out of over a thousand applications,” said Lewis. “This year’s six New York cohorts are being hosted by Goldman Sachs, Medidata, Cisco, Major League Baseball, JP Morgan Chase, and Oath. And in Pittsburgh, All Star Code’s first expan-



All Star Code founder Christina Lewis.

sion city, two cohorts are being hosted by Chatham University and the University of Pittsburgh.

“We also have to thank the Reginald F.

Lewis Foundation and AT&T, which continue to provide essential financial support for our organization,” said Lewis.

Since 2013, All Star Code has had about 300 participants in programs hosted by corporate partners. The program’s curriculum focuses on science, technology, engineering and mathematics, and teaches students web development. The program includes guest speakers and mentoring. On average, an astounding 95 percent of All-Star-Code graduates go on to four-year colleges with the majority either majoring or minoring in computer science.

For many years, Lewis has been recognized for her entrepreneurship as well as her individual philanthropy. She remains focused on growing All Star Code and continuing to motivate young men of color toward success. She explained, “We announced a plan to serve 1,000 students annually by 2020, and we are on track for that. We are also always looking to expand to new cities, as well as support our alumni in both their coding and business ventures.”

For more information, visit AllStarCode.org.

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

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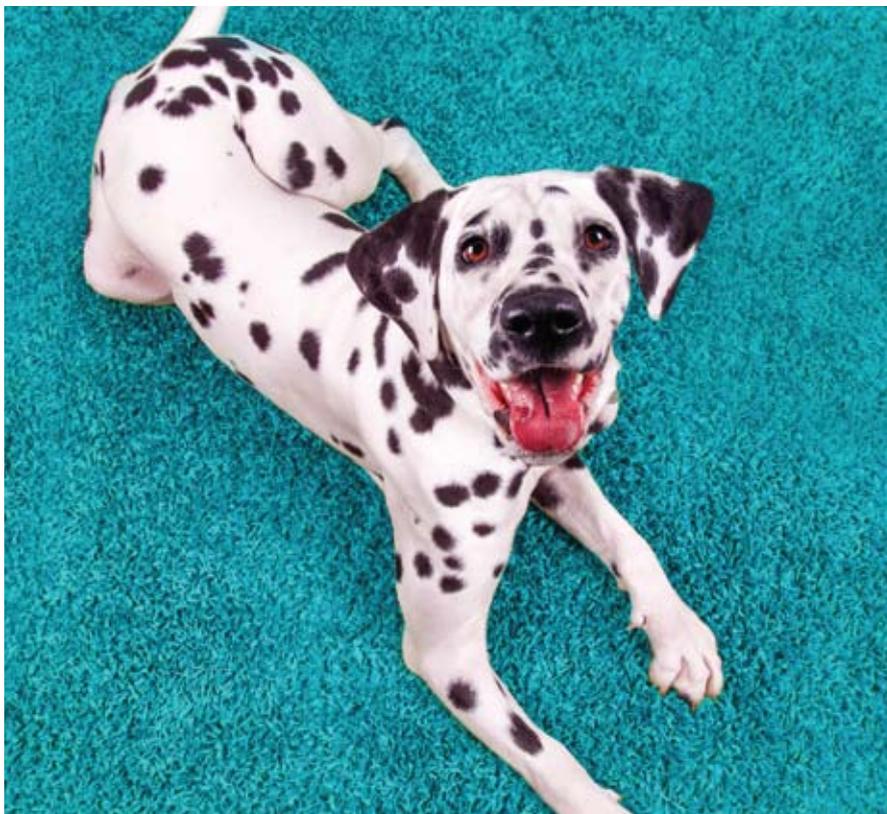
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Helping your anxious fur friend at home

If you have an anxious pup, you know how even the smallest noises or changes in the layout of your home can send your dog running and hiding. Like anxious people, anxious dogs need some extra attention to help them calm down and self soothe, but with a few small changes in your home, you can help your precious pet feel more at ease and comfortable. We asked Dr. Kurt Venator, chief veterinary officer at Purina, for some tips on creating a safe and healthy environment for anxious dogs at home.

“Dogs and cats have innate needs and behaviors that we should account for in both how we design our living spaces and how we interact with our pets in those spaces, especially if your pet is new to your home or recently adopted,” says Dr. Venator. “In your home, you can help eliminate anxious behaviors in your pet by creating a happy place where your pet can feel safe and secure. This includes finding an ideal spot for your pet’s crate or a comfortable bed they

enjoy with their favorite toys.”

Here are some design considerations from Dr. Venator:

1. Consider neutral wall colors. Despite popular belief, dogs and cats are not color-blind. In fact, they see many of the colors that we see and can actually see better than humans in dim or low light. They also see the ultraviolet part of the spectrum, which means some materials (such as bright white man-made materials like paper, plastic, or fabric) appear fluorescent to dogs, which can be visually jarring. The ideal color palette for pets consists of light hues in the soft yellow to soft violet range.

2. Add carpeting. Place rugs on the floor to prevent slipping and also to provide extra comfort on your dog’s feet and body.

3. A window with a view. Provide access to an outdoor-facing window to comprehend external stimuli and events.

4. Consistency is key. To help prevent anxiety in a nervous pet, it’s important



HEALTHY LIVING

DANIELLE SULLIVAN

to provide a structured and consistent routine for him or her that includes socialization, exercise, and regular feeding habits. Interaction through toys and grooming are also great opportunities for pet-owner engagement and rituals your pet can do to develop familiarity. CleverPet hubs are game consoles for anxious dogs, and it’s a great way to keep them busy — especially if you’re out of the house for a few hours a day.

5. Find help. If your pet continues to show signs of anxious behavior — especially around certain people, places, or objects — it’s best to consult with your veterinarian, a certified animal behaviorist, or a certified dog trainer to see if he or she can evaluate your pet and provide appropriate suggestions. If it’s not possible to avoid the stimulus that is triggering the dog’s anxious behavior, experts can work with you to develop a behavioral plan that can help alleviate your dog’s fears.

6. Stay calm. Keep in mind that dogs look to their owners for reassurance, so showing them that we are calm and relaxed as much as possible is likely to help them understand there is nothing to be scared of and no legitimate reason to feel anxious.

7. Consider medication. As a last resort, some dogs do require special medications known as anxiolytics to control their anxiety. These would be administered in tandem with a behavioral plan. Again, consult a veterinarian to see if this is a viable treatment option.

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



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Saturday, December 8, 2018 • 10:00am – 1:00pm

Thursday, December 4, 2018 • 4:30pm – 6:30pm

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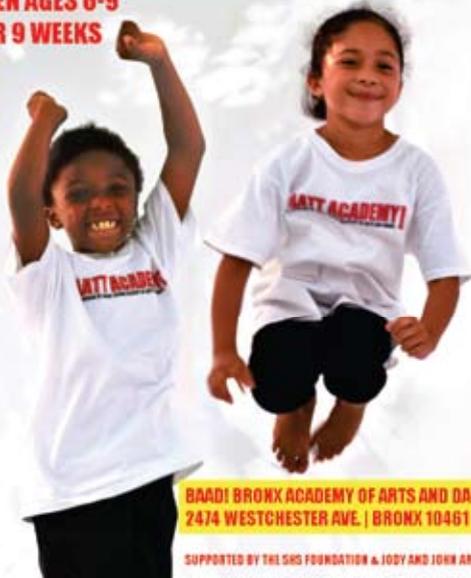
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Keep them safe at every age

BY KIMBERLY BLAKER

According to the National Center for Missing and Exploited Children, approximately 115 children are abducted by strangers each year in the United States. But strangers are not always the culprits when it comes to foul play and our children. More often than not, children are at greater risk from acquaintances, family, and friends. These dangers come in many forms, and different concerns are more prevalent at each stage of development:

Abduction — easy prey

During infancy and the early years, children can be kidnapped quickly with no need for coaxing. Leaving a little one unattended in a stroller or locked car for just moments is long enough for an abduction to occur.

When shopping, keep your child in sight at all times. For difficult outings, leave your child with a sitter or use a child safety harness with toddlers. This gadget prevents small children from wandering off and reduces potential danger should parents become distracted.

As soon as your child is old enough to understand, read stories and discuss stranger dangers to reduce the risk of kidnapping.

At home or away, young children should be supervised when they play outdoors. As children grow, keep close tabs on their whereabouts, and never allow them to play unattended in parks, wooded lots, or secluded areas.

Abduction by an ex-spouse, estranged grandparents, or other family member is even more prevalent. More than 200,000 children are abducted by family members each year. If you suspect the possibility of this occurring, take every precaution



while abiding by child visitation requirements. If you have serious concern, seek legal advice on how to protect your child when a court order requires that you allow unsupervised visitation with the potential perpetrator.

Sexual predators

As your child grows, new risks develop. Pedophiles and other sexual predators can be anywhere. Although your child could be sexually abused at any age, most pedophiles prefer children nearing puberty. According to Child Lures, a child-abuse prevention program, pedophiles “prey on a child’s sexual ignorance

and curiosity.”

Sexual abuse is most often committed by males — of all social and economic backgrounds. Pedophiles often look for access to children by taking a job working with or near them, chaperoning or leading activities and clubs, coaching sports programs, or befriending an adult to gain access to a child. While not all men who work with children are molesters, parents should remain alert to the possibility.

Teach your child what areas of the body are off limits to others and how to say “no” to someone who touches in a way that is uncomfortable. In addition,

make sure your child understands that if something does happen, she is not to blame and should tell an adult.

There are a number of changes in your child's behavior that might indicate something has gone wrong, according to the North American Missing Children's Association. These include withdrawal, unusual anger, acting out, fear of being alone or with a particular person, or decreased interest in activities, especially those in which the molester is involved. If you notice unexplained changes in your child's behavior, talk with your child to determine the problem, or seek professional help.

Internet dangers

It would seem stranger danger should decrease as children grow. But strangers and acquaintances just begin to pose risks by different means. Nineteen percent of children ages 10 to 17 who use the internet have been sexually propositioned according to a study by the Crimes Against Children Research Center of the University of New Hampshire. Although none of the children in the study had been physically victimized, approximately one quarter of the children were distraught over the incidences.

To keep your kids safe on the internet,

purchase filtering software. Although filters are imperfect and don't screen every inappropriate site, they significantly reduce access to danger sites.

In addition, insist your child or adolescent only use chat rooms designed for your child's age group. This reduces risk of involvement in adult discussions. It's also good to know some kids' chat sites are moderated to insure no inappropriate or potentially dangerous discussion takes place.

Make sure your child understands the importance of never giving out his name, address, phone number, or other personal or family information to strangers on the internet, no matter how young or friendly the acquaintance may seem.

Finally, keep a close eye on kids when they use the internet. While teens need their privacy, monitor the situation if an abundance of time is being spent online.

Peer dangers

During the teen years, growing independence makes your teen vulnerable to the risk of rape, and it's committed by peers and strangers alike. When alcohol and drugs become part of a teen's social habits, the potential increases.

Teach your teen about the risk and how to be safe. Discuss date rape drugs

that are used and the risks they pose, and know the details of your teen's whereabouts. In addition, enroll your daughter in a self-defense workshop to learn how to defend herself.

If your child is missing

In the unlikely event that your child disappears, here's what you can do:

- Be prepared. Keep an updated record that includes your child's hair and eye color, height, weight, blood type, phone numbers and addresses of friends, and a recent photo.

- Be sure to include several strands of your child's hair with the roots and follicles attached for a DNA sample, and create an impression of your child's teeth in a piece of sterilized Styrofoam.

- According to federal law, a waiting period cannot be required for reporting missing children. If your child comes up missing, contact your local police department, and make every effort to search for your child while using caution not to disrupt evidence.

Kimberly Blaker is the author of a kid's stem book, "Horoscopes: Reality or Trickery?," containing fun experiments to help kids understand the scientific method and develop critical thinking skills.

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College preparation you might overlook

My 17-year-old daughter is off to college this fall, and will turn 18 in December. I want to make sure that I am the one to make decisions for her if something happens, and also to make sure I have access to her health information. Can she sign a power of attorney and healthcare proxy? Can I download one online and have her sign it? Is there a norm these days for parent authorization to receive health info?

It's difficult sending the kids off into the world without worrying about the myriad challenges they will encounter. After purchasing everything one needs for dorm life, another concern is how you will continue to make medical and legal decisions for them while they are away.

Most states place the age of majority at 18. This means that until your child turns 18, he or she is most likely not legally competent to sign a healthcare proxy or power of attorney (or make a Last Will and Testament).

When she turns 18, however, the situation changes. At that point, you will no longer be legally able to access your child's healthcare information or speak with her doctors, which are subject to Health Insurance Portability and Accountability Act (commonly called HIPAA) privacy laws that restrict the dissemination or disclosure of a patient's privileged medical information absent consent. You might be paying the bills — and even paying for her health insurance — but at that point, you cannot get information without her consent. This can be particularly unsettling in a crisis situation.

The way to resolve this is to have your teenager sign a HIPAA release once she turns 18. The release will authorize disclosure of your child's healthcare information directly to you if you call the healthcare provider. You can keep a copy or ask your child to furnish a copy to her doctor and the college health center. If your child is uncertain about granting you blanket access to all health information (and assuming

you are reluctant to use an “I pay the bills, I get the information” strategy), the release can be tailored to exclude certain types of information (sex, drugs, and alcohol, for example), except in dire situations.

Next, have your child execute a healthcare proxy. If your 18-year-old is in an accident and cannot communicate medical decisions to her doctor (or the doctor in the hospital), in the absence of a healthcare proxy in place, a parent might need to go to court to obtain the authority to make those decisions. In New York, since 2010, the Family Health Care Decisions Act allows a patient's family member to make healthcare decisions if the patient lacks decisional capacity and did not execute a healthcare proxy. However, this statute only bestows such authority in a hospital or institutional setting, not a physician's office. Other states may not have a similar statute.

Even though you have raised your child to go out into the world, you still remain a source of financial and even medical support, and are the likely “in case of emergency” contact. It is important to get the requisite authority to make those decisions in advance before a crisis occurs. And, if you do not have these advance directives for yourself, it is a good opportunity to get those documents finalized as well for both parent and child.

Last, but not least, is a power of attorney. A power of attorney (sometimes referred to as a durable power of attorney) appoints an individual (or multiple individuals) to act as agents on a person's behalf with regard to financial or legal (non-health) matters. The scope of the authority is determined by the individual signing the power of attorney and granting the authority, and can be as broad or as narrow as the person wishes.

If your child is fiercely independent and resisting the idea of granting such control to you, despite continued dependence on your financial support, it can help to propose a trusted aunt, uncle, cousin, older



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

sibling, or even responsible friend of the family to serve in one of these roles or as a co-agent with the parent.

In the context of older people, they tend to be reluctant to grant someone such control over their affairs with a power of attorney, as doing so is, implicitly, a recognition of their own actual or potential cognitive decline. With teenagers off to college, it presents different concerns about the parent continuing to have control over them just as they are on the brink of complete independence. Teens may also be concerned that the power of attorney can be used by the parent to access their grades, which the college will not usually disclose absent the grant of authority, regardless of who pays the bills. Be prepared to address this and other concerns with your child when discussing the topic with them.

So, as you plan to celebrate your teen's 18th birthday, have a plan to discuss these topics and documents at some point after you bring out the cake, and rest easier that you will still be able to be there for her in a time of crisis.

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. Submit questions that you would like to see answered in this column to alison@besunderlaw.com.

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Food questions that parents always ask

Whether you're just beginning your parental journey or you've already got a couple of children, you may have questions about your child's diet. Perhaps it's one of these:

Pregnancy

Are caffeinated drinks okay? There is no scientific consensus on caffeine's effect on the developing fetus. However, during pregnancy (and breastfeeding), the American College of Obstetrics and Gynecology advises limiting the amount of caffeine to 200 milligrams a day. This is the amount in 12 ounces of regular coffee. Some OBs advise their patients give it up entirely until the research is more concrete.

Breastfeeding

Is there anything I can do to prevent food allergies in my baby? There is no evidence that avoiding food allergens while nursing (or during pregnancy) prevents food allergies.

Infant

When is the ideal time to introduce solid food? The American Academy of Pediatrics recommends mothers exclusively breastfeed until about six months of age and then begin to introduce solid foods. But research published in *JAMA Pediatrics* in July suggests an alternative feeding schedule. It found breastfed babies who ate solid foods at age three months had almost two hours additional sleep and nearly two fewer sleep disturbances per week. Keep in

mind that, before making any changes, you should consult your baby's pediatrician.

Toddler

What can I do to encourage my child to eat vegetables? Read vegetable picture books to your little one! Research published in the May issue of *"Appetite"* studied 127 toddlers ages 21 to 24 months old. Reading books about vegetables boosted the tots' consumption and was associated with smaller increases in their fear of new foods and food fussiness.

Preschooler

Why is my "good eater" suddenly turning his nose up at certain foods? This is a time of slower growth and a reduction in appetite. Your child may dislike mixed dishes. If that's the case, "unmix" the food; put aside ingredients for mixed dishes before assembling the recipe. This also works for a salad or sandwich.

Elementary school age

How far should I go in policing my child's diet? Don't criminalize the cupcake. Making a food forbidden often has unintended consequences. Kids with highly controlled diets — where they have only "clean" food around — can become pickier and more resistant. Focus instead on creating independent eaters who have a healthy relationship with food, who can self-regulate sweets and snacks, and who enjoy all kinds of foods without a parent persuading them to eat.

Tween

Does my child need a multivitamin or other dietary supplement? It's commonplace to worry over whether your child is obtaining enough nutrients from his diet. Ask yourself this: Does your child eat a variety of foods from each food group? If so, he probably does not need a supplement. If he avoids entire food groups due to a food dislike, allergy, or intolerance, seek professional advice from your pediatrician or a registered dietitian nutritionist. Remember, a supplement is just that, a supplement. It can never make up for a poor diet.

Teen

Help! My teen just announced she's become a vegetarian. At this time of their lives, teens' concern for animal welfare or desire to exert their independence often results in avoiding animal protein. Vegetarian meals, when planned well, include nutrient-rich foods such as vegetables, fruits, whole grains, and plant proteins. Just make sure she doesn't replace meat with poor food choices. A caveat: Sometimes a switch to vegetarianism is a way to mask an eating disorder since it's a socially acceptable way of saying "No" to food in public.

• • •

What are YOUR questions about childhood nutrition? Write me at the e-mail address below, and I'll do my best to answer them in a follow-up column!

Christine Palumbo is a Naperville-registered dietitian nutritionist and 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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End the hassles over homework

BY DENISE YEARIAN

Homework is an important component of a child's educational experience. For many kids, it's a given — they just do it without complaining. But for others, it's a battleground, a place where war ensues every weekday evening.

Even in well-functioning families, homework can be one of the hottest parent-child crisis buttons. So how can you, as a parent, keep the battle to a minimum and make homework a positive experience?

A child's ability to be successful with homework begins with the value parents place upon learning. Success in this department requires helping your child develop essential homework skills, creating a working alliance with your child and his teachers, and learning to deal with common homework problems. Here are a few tips to help get homework done — without the battles:

Hand over the reigns

Asking about homework and helping out is an important part of guiding your child through his assignments, but excessive involvement may stifle his ability to learn to work independently. Be available for assistance and feedback, but do not jump in too quickly to correct homework, or wait until the 11th hour when, out of frustration, you end up completing his homework for him. Remember, the more responsibility you assume, the less responsibility your child will take. Hand over the reigns. This will give your child responsibility and ownership of his homework.

Eliminate excuses

From time to time, kids will make excuses to avoid doing homework. There may be times when the excuse is valid,

but at other times it could just be a ploy to avoid the unpleasant. For this reason, parents should familiarize themselves with their child's abilities. Then you'll know if Junior is really struggling or just wanting to take the easy way out.

Establish rules and routines

One way to avoid homework hassles (and help your child become an independent learner) is to establish rules and routines. This should include a regular place and time for doing homework, as well as guidelines regarding screen-time and cell-phone usage.

Try to create a pleasant homework environment. For example, if you decide to work at the kitchen table, make sure it's clean and that you have ample supplies within reach. You might even include a healthy snack or drink. Some children work better with quiet music playing or a window open for fresh air. Others are easily distracted and need absolute quiet. Try to figure out what works best for your child, and stick with it.

Guidelines regarding screen-time and cell-phone usage should be established from the very start. This avoids the potential of getting trapped into lengthy discussions and arguments when the phone rings or their friend is available to play a video game online.

While establishing these rules, remember that there may be a circumstance in which your child needs to call a classmate to double-check an assignment. If this is the case, set a time limit on the call — five minutes or so. This should be ample time to write down any information needed.

From time to time, a TV special may rouse your child's interest. If the special comes on during homework time, give your child the option of doing his work

early, or offer to record the program or use a digital media player such as Apple TV, so he can watch it at his leisure. Above all, be consistent with rules and routines. This avoids procrastination and lets your child know his boundary lines and your expectations.

Assist in planning

From time to time, children feel overwhelmed if they have to complete a long-term assignment, such as a report or special project. As a parent, you can alleviate some of the stress by helping your child divide the work into bite-size chunks. For example, if your child has to do a book report, and it's due by the end of the month, set a date when he should have the book read, another date when the rough draft should be done, and another date when the final report should be completed. Do not nag, but follow up when the allotted dates arrive.

Eliminate careless mistakes

A lot of kids rush through their homework to get it over and done with. In general, this is not a problem if the work is thorough and complete. But if your child is rushing through his homework and, as a result, makes careless errors, has sloppy handwriting, or fails to pay attention to directions, it's time to intervene.

Explain to your child that you want him to do his best work, not his fastest. Suggest that he underline or highlight important words or phrases in the assignment directions, so he will remember what needs to be done. Also, encourage him to look over his work for accuracy.

Each night before the homework gets put into the backpack, review his assignments. Check for neatness and accuracy, as well as for interesting ideas and good organization. Encourage, but do not de-



mand that all the mistakes be corrected. Remember, the goal of some assignments is creativity and original ideas, in which case spelling and grammar can be worked on at a later time.

If you suspect your child has made mistakes due to poor understanding, provide assistance. If you continue to see the same problems cropping up, talk with the teacher or consider hiring a tutor.

Increase self-confidence

If your child lacks the confidence to work independently, he may perceive himself as destined to fail and see others as having all the answers. If this is the case, spend time encouraging him, not only

in the area of homework, but with other school-related activities. Emphasize your child's strengths rather than his weaknesses. When you do review homework, start with what has been completed correctly before focusing on the revisions.

Easing the overload

If you suspect your child is receiving more homework than he can handle, talk with his teacher. Find out how much time the assignments should take. Based on what you learn, set a specific amount of time for homework to be done. If finishing the homework continues to be a problem, return to the teacher and explain the situation. Perhaps it's more than your child

can handle. Teachers are often willing to make adjustments in quantity of homework assigned when they understand a problem exists. Above all, remember the importance of down time. Like adults, children need time to wind down from a busy school day, to think, or simply rest.

In conclusion, as parents, we want our children to get the best education possible. To achieve that goal, we must show them how to be independent, responsible learners. If we do the job right, education will continue long after their school days are over.

Denise Yearian is the former editor of two parenting magazines. She is the mother of three children, and has six grandchildren.

Preparing your child for a productive year

I want to help my kids have a productive school year. What can I do at home to set them up for success?

A supportive learning environment at home is just as important as one at school. Set up a quiet space for your child to do his homework as soon as the school year begins. Getting him involved in the process will give him a sense of ownership over his learning.

Have your child choose the spot in your home where he would like to work. Remind him that it should be a quiet space where other people aren't likely to be walking around and should have a flat surface to work on as well as a comfortable chair. Then set up organizational systems.

One idea is to have a small corkboard where you can hang up weekly assignments, as well as spelling and vocabulary words so that your child always knows

where they are and has easy access to them. Also, keep sharpened pencils, crayons, highlighters, index cards, and other school supplies in a small bin in the space.

Lastly, have your child put his touch on it. That could mean placing fun stickers on the bin, putting a special stuffed animal on the table, or a favorite pillow on the back of their chair. When your child likes the space where he is doing work, he is more likely to want to go there and get it done!

We absolutely cannot forget that a new school year can be overwhelming for parents as well! Having a spot in your home that is geared up with all of the things that you will need will be helpful for you as well. Put up your own corkboard and calendar. Here, you can hang up any important papers that come home and immediately pencil in important dates, so you are never caught off guard or miss anything. If you have more than one school-aged child,



TIPS FROM A TEACHER

LAUREN ROSEN

color coding is a great idea. Mark all events for that child in a certain color, and use the same colored push pins and folders for all school materials pertaining to each child.

Wishing you all a terrific school year!

Lauren Rosen has been teaching in Manhattan private schools for 10 years. She lives in Manhattan with her husband and daughter. You can reach her at MrsLRosen@gmail.com.



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Calendar

SEPTEMBER



Associated Press / Thomas Kenzie

Great buzz!

The New York Botanical Garden is a-buzz with the sound of honey bees with its Dig, Plant, Grow, Pollinator Pals, now through Sept. 9.

Children will learn all about the relationships between a flower's life cycle and bees, bugs, and butterflies. Plus, explore an apiary and taste local honey.

Dig, Plant, Grow, Pollinator Pals, now to Sept. 9, Tuesday through Sunday from 10 am to 5:30 pm. Included in All-Garden Pass, \$28 adults, \$12 children 2-12; children under 2 free.

New York Botanical Garden [2900 Southern Blvd. at Fordham Rd. in Fordham Heights, (718) 817-8700; www.nybg.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!

SAT, SEPT. 1

IN THE BRONX

Painting Outdoors with Elizabeth, Susie and Harriet: 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 all day Saturday.

Follow the adventurous and passionate spirit of trailblazing Hudson River School painters Elizabeth Gilbert Jerome, Susie M. Barstow, and Harriet Cany Peale. Hear stories about their intrepid pursuit of painting nature. Then relish the last days of summer in Wave Hill's annual, outdoor painting project, using watercolor paint and pencils to translate what you see into shapes, tones and marks of light.

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.

Story hour is surprising, funny, quirky, serious and silly.

SUN, SEPT. 2

IN THE BRONX

Painting Outdoors with Elizabeth, Susie and Harriet: 10 am–1 pm. Wave Hill. See Saturday, Sept. 1.

FURTHER AFIELD

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.

Hello, hello, hello! Sing, dance and play with the magical musical stories performed by the fabulous Flor Bromley!

MON, SEPT. 3

IN THE BRONX

Holiday Monday: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 9 am–5:30 pm; \$8 adults, \$2 children 6-18, children under 6 free.

Spend Labor Day at Wave Hill. Explore the beautiful 28-acre public garden and cultural



Up close with predators

Birds of prey put on an aerial display at Raptor Fest in Stadium Ball Fields on Sept. 15.

Experience the thrill of viewing New York's premier predators live and up close. Visitors will join Urban Park Rangers, Friends of Van Cortlandt Park, and NYC Audubon to view these incredible creatures.

The event includes live demonstrations as well as education and activity tables. Activities are provided by

the Urban Park Rangers and live flying demonstrations by Skyhunters in Flight.

Raptor Fest is a great way for kids to learn about birds of prey, get up close and personal with them, and watch them perform amazing aerial feats.

Raptor Fest, Sept. 15 from noon to 3 pm. Free.

Stadium Ball Fields at Van Cortlandt Park [Putnam Avenue and Van Cortlandt Park South in Riverdale, (718) 548-0912].

center overlooking the Hudson River and Palisades.

Dig! Plant! Grow! Pollinator Pals: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; 10 am–5:30 pm; Included in All-Garden Pass. \$28 adults, \$12 children 2-12; children under 2 free.

The garden is a-buzz with pollinators! Learn all about the relationships between a flower's life cycle and bees, bugs and butterflies. Explore an apiary and taste local honey.

Monday Opening: New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd.; (718) 817-8700; www.nybg.org; 10 am–6 pm; All-Garden Pass: \$28 adults, \$12 children 2-12, children under 2 free.

The New York Botanical Garden is open to visitors on this holiday Monday. Explore all that the world-famous 250-acre landscape has to offer, including kid-friendly activities in the Everett Children's Adventure Garden inspired by the exhibition "Georgia O'Keeffe: Visions of Hawaii."

FURTHER AFIELD

New York Renaissance Faire: Hudson Valley State grounds, 600 Rt. 17A, Hudson Valley; (845) 351-5171; renfair.com/ny; 10am–7pm; \$29.95 adults, \$13 children 5-12, children under 5 free.

Hear ye, hear ye! Travel back in time to a beautiful 16th-century English village! See amazing acrobats, magical fairies, swash-buckling pirates, jousting and more! With kid-friendly shows, crafts, games and tempting treats, there's something for everyone. Check website for stage schedules.

TUES, SEPT. 4

FURTHER AFIELD

Little Playtimes: LEGOLAND Discovery Center Westchester, 39 Fitzgerald St., Westchester; (866) 243-0770; <https://westchester.legolanddiscoverycenter.com>; 10 am–2 pm; \$24 for an adult and child, children 2 and under free.

Have a LEGO® play date! Little ones build their curiosity with LEGO® bricks while parents mingle together. Activities include story

Calendar

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

time, Animal Bingo and Farmers Workshop. Check website for schedule.

SAT, SEPT. 8

IN THE BRONX

Plant Morphology: 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.

Observe living specimens of plants, fruits and flowers up close, then make drawings inspired by their shape, size and structure. Use watercolor pencils and paints to illustrate your plant or combine it with collaged plant images. Consider the importance of biodiversity on our planet while you conserve species in two dimensions.

2018 Unity Park Concert: Unity Park in Rev. Lena Irons Unity Park, Washington Avenue and E. 168th Street; (347) 773-4922; 3 pm to 6 pm; Free.

Join Morrisania Band Project for the 2018 Unity Park Concert Series, a five-concert series in Unity Park. Our goals are to foster higher community engagement and strengthen the arts culture in Morrisania by hosting free public concerts in an underutilized city-park. This is the second Annual Sickle Cell Anemia Awareness Concert: Featuring Morrisania Band Project with Elissa Carmona.

FURTHER AFIELD

Family Day: Harlem School of the Arts, 645 Saint Nicholas Ave., Manhattan; (212) 926-4100; communications@hsanyc.org; www.hsanyc.org; 10 am; Free.

Join us at The Herb Alpert Center for HSA Family Day. HSA invites all families to tour the facility, meet our faculty, observe class demonstrations, enjoy student performances, and learn more about our course offerings in music, dance, theatre, art & design, and musical theater.

SUN, SEPT. 9

IN THE BRONX

Plant Morphology: 10 am–1 pm. Wave Hill. See Saturday, Sept. 8.

Family Nature Walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm; 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. Meet at Wave Hill House. Severe weather cancels.

Outdoor Movie Nights "Rogue One – A Star Wars Story" (PG 13): Randall's Island Park, 20 Randall's Island Park, (212) 830-7722; Jennifer.wainwright@randallsisland.org; <https://randallsisland.org/events>; 7:30 pm to 10 pm; Free.

Randall's Island Park is an amazing setting to watch a movie under the stars!

MON, SEPT. 10

IN THE BRONX

Bronx Jewish Center High Holiday Schedule: Bronx Jewish Center, 1969 Haight Ave.; (718) 812-1701; office@bronxjewishcenter.org; www.bronxjewishcenter.org; 10 am; Free.

Bring in the Jewish New Year with The Bronx Jewish Center. Join us for a warm, inspiring and meaningful service led by Rabbi Pewzner. Beginners are welcome. We gather to mark these Days of Awe as one community seeking to find peace and tranquility in our souls. Together, we bring ancient words to life.

TUES, SEPT. 11

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

THURS, SEPT. 13

FURTHER AFIELD

The Feast of San Gennaro: Most Precious Blood Church, 109 Mulberry St., Manhattan; (212) 491-2806; sara@sunshinesachs.com; <https://sangennaro.nyc>; 11:30 am–11 pm; Free.

The beloved Feast of San Gennaro, which is celebrating its 92nd anniversary this year, is an annual festival presented by Figli di San Gennaro (Children of San Gennaro), a not-for-profit community organization dedicated to keeping the spirit and faith of the early Italian immigrants alive. The Feast is New York City's largest and longest running festivals and attracts more than one-million people from around the world each year, to take part in the religious processions, colorful parades, free musical entertainment, and a wide variety of authentic Italian cuisine.

FRI, SEPT. 14

IN THE BRONX

Career Services Annual Resource & Career Expo: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; ceis@nypl.org; www.nypl.org; 11 am; Free.

Join us for our annual job fair and meet with employers from varying industries including Retail, Manufacturing, Security and Law Enforcement, Construction, Transportation, Administrative, Health Professions, and more. A fast and simple approach for employers to identify, screen, review credentials, as well as select potential candidates for their organizations. Pre-registration required.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

SAT, SEPT. 15

IN THE BRONX

In the Path of Monarch Butterflies: 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.

The monarch butterfly begins its migration south in September, and some stop at Wave Hill on the way! With bold, painterly marks, make large-scale, printed butterflies with gorgeous, orange-red-black patterned wings. Participate in a group installation on the Conifer Slope, displaying milkweed and butterfly prints that show the inspiring journey of the monarch butterfly.

Raptor fest: Stadium Ball Fields at Van Cortlandt Park, Putnam Avenue and Van Cortlandt Park South; (718) 548-0912; Noon to 3 pm; Free.

Experience the thrill of viewing New York's premier predators live and up close. Join NYC Parks at the annual Raptor Fest hosted by the Urban Park Rangers, Friends of Van Cortlandt Park and NYC Audubon. The event is free to the public and will include live demonstrations and education and activity tables.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

"Disney Junior Dance Party On Tour": Beacon Theater, 2124 Broadway at W. 74th Street, Manhattan; (212) 465-6500; www.disneyjunior.com/events; 4:30 pm; Tickets start at \$50.

This high-energy live concert experience brings beloved characters to life. New to the tour is the star of Disney Junior's hit, "Fancy Nancy," plus a live on-stage appearance by Bingo and Rolly from "Puppy Dog Pals." The 90-minute interactive show features 20 songs from Disney Junior's hit series, LED technology, a giant Mickey-shaped DJ booth, high-tech scrim screens and 4D special effects.

"iLuminate": Schimmel Center, 3 Spruce St., Manhattan; (212) 346-1715; schimmelcenter.org; 7:30 pm; Tickets start at \$39.

"iLuminate," the action-filled journey of light and sound, tells the story of a group of 20-somethings who dance to the beat of life in a city of glowing colors and heart-pounding tempos. The production uses popular and classic hits by Michael Jackson, Bruno Mars, James Brown, Janet Jackson, Chris Brown, LMFAO, The Wanted, and Sam Smith, together with technological elements to create a glowing visual design.

SUN, SEPT. 16

IN THE BRONX

In the Path of Monarch Butterflies: 10 am–1 pm. Wave Hill. See Saturday, Sept. 15.

Butterfly Walk: Wave Hill, W. 249th Street



Inside a miniature world

Take the key and open the gate to a whole new small world at Gulliver's Gate, open in Time's Square daily through Dec. 22.

Gulliver's Gate is a large-scale interactive exhibit of a miniature world that provides visitors with a bird's-eye view of The Beatles performing outside of Buckingham Palace, and Nessie rising up out of Loch Ness in the Scottish Highlands. Visitors will watch in awe as planes take off in the Gulliver's Gate airport. At the end of the tour, participants can even have a miniature 3D version of themselves printed out and

placed in the displays, to live on as a "model citizen" for eternity.

To make the exhibit interactive, guests are given an RFID key, which brings each exhibit to life.

Gulliver's Gate, daily 10 am to 8 pm now through Dec. 22. Admission \$36, \$27 children ages 4 to 12 and seniors, and free for children under 3 years old. Reservations not required. Suitable for all ages.

Gulliver's Gate [216 W. 44th St. between Seventh and Eighth avenues in Time's Square, (212) 235-2016; www.gulliversgate.com; customercare@gulliversgate.com].

and Independence Avenue; (718) 549-3200; www.wavehill.org; 1 pm; Free with admission. \$8 adults, \$2 children 6-18, children under 6 free.

A bevy of butterflies (and their caterpillars) animate Wave Hill's gardens in early fall. Join naturalist Paul Keim for a short introduction to butterfly behavior, then head out for a walk to observe monarchs and other butterflies in the gardens. Learn about their habits and habitat, food sources, and adaptations for survival.

Bardekova Ensemble Concert: Woodlawn Conservancy, Jerome Avenue and Bainbridge Avenue; (718) 920-1469; contact@woodlawnconservancy.org; woodlawnconservancy.org; 3 pm to 4 pm; Free.

The woodwind quartet will perform Celia Cruz, Lefebvre, Verdi, Joplin, and others. Conservancy members receive preferred seating. Meet at the Woodlawn Chapel, Jerome Avenue and Bainbridge Avenue entrance at 2:00 PM. The performance is free, but registration is required to guarantee a seat.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am-11

pm. Most Precious Blood Church. See Thursday, Sept. 13.

"Disney Junior Dance Party On Tour": Noon. Beacon Theater. See Saturday, Sept. 15.

"iLuminate": 4 pm. Schimmel Center. See Saturday, Sept. 15.

TUES, SEPT. 18

IN THE BRONX

Cruising the Cove: Hammonds Cove Marina, 3124 Harding Ave.; (718) 863-5580; ndambinskas@aol.com; <https://www.eventbrite.com/e/cruising-the-cove-for-joe-joe-tickets-48452287095>; 5:30 pm; Free.

Cruising at the Cove is a family friendly car show. Each date will be in honor of a different charity and a 50/50 will be held. No burn outs please.

FURTHER AFIELD

Little Playtimes: 10 am-2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

THURS, SEPT. 20

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am-11 pm. Most Precious Blood Church. See Thursday, Sept. 13.

FRI, SEPT. 21

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am-midnight. Most Precious Blood Church. See Thursday, Sept. 13.

SAT, SEPT. 22

IN THE BRONX

Memorial 5K Run at Kips Bay: Lucile Palmaro Clubhouse, 1930 Randall Ave.; <https://diem.life/quests/479/buy-tickets/tickets-list>; 7 am to noon; \$20 adults (Children under 13 free; \$20 to sponsor a runner).

The fourth Steven Bonano runs invites you to join with Team Kips Bay Boys and Girls Club. Following the Steven Bonano Memorial 5K Walk/Run will be Day For Kids Festival featuring live entertainment, food trucks, face painting, music, bouncy house, dunk tank and much more. Free T-shirts and bib for each registered participant; Post-race refreshments; Award ceremony following race.

Bundle Dyeing and Happa Zome: 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.

Join visiting artist Natalie Stopka to create botanical works of art featuring common herbs and garden flowers — like marigolds, coreopsis and hollyhock.

FURTHER AFIELD

Submerge 2018: Hudson River Park, Pier 84, W. 44th Street, Manhattan; (212) 627-2020; <https://hudsonriverpark.org/explore-the-park/locations/pier-84>; 11 am to 4 pm; Free.

Celebrates the city's coastal waters by bringing marine science to life. Join us for citizen science, free hands-on activities, kid-approved science entertainment and presentations by renowned scientists. Enjoy kayaking, fishing and activities galore!

SUN, SEPT. 23

IN THE BRONX

Bundle Dyeing and Happa Zome: 10 am-1 pm. Wave Hill. See Saturday, Sept. 22.

TUES, SEPT. 25

FURTHER AFIELD

Little Playtimes: 10 am-2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

Calendar

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

SAT, SEPT. 29

IN THE BRONX

Tiny Terrariums: 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.

Create your very own mini-terrarium in a recycled glass jar (provided or take your own). Craft a small world to nurture a little succulent bud through the winter. Add layers of sand, tiny rocks and natural materials, or even a tiny creature to live within your take-home nursery.

Get Hooked!: Randall's Island Park, 20 Randall's Island Park, (212) 830-7722; Jennifer.wainwright@randallsisland.org; <https://randallsisland.org/events/get-hooked-3>; 11 am; Free.

Get up close and personal with the fish and wildlife that live along our shoreline. Try your hand at fishing while learning about amazing underwater habitats at this free event.

2018 Unity Park Concert: Unity Park in Rev. Lena Irons Unity Park, Washington Avenue and E. 168th Street; (347) 773-4922; 3 pm to 6 pm; Free.

Join Morrisania Band Project for the 2018 Unity Park Concert Series, a five-concert series in Unity Park. Our goals are to foster higher community engagement and strengthen the arts culture in Morrisania by hosting free public concerts in an underutilized city-park. Come and enjoy the Battle of the Bands: All genres welcome.

SUN, SEPT. 30

IN THE BRONX

Tiny Terrariums: 10 am–1 pm. Wave Hill. See Saturday, Sept. 29.

Sunset and S'mores: Van Cortlandt Nature Center, W. 246th Street at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 6 pm to 7:30 pm; Free.

Urban Park Rangers lead you on this sunset hike through Van Cortlandt Park. Afterward, participants will be treated to s'mores over an open fire. Registration is required. To register, visit the Urban Park Rangers Registration Page on Wednesday, Sept. 19.

FURTHER AFIELD

Traditional Tarantella Dances and

Ritual Drumming: Pelham Art Center, 155 Fifth Ave., Westchester; (914) 738-2525; anki@pelhamartcenter.org; www.pelhamartcenter.org/public_programs/free.cfm; 1:30–3:30 pm; Free and open to the public.

Award-winning percussionist, singer, dancer, actress, and teacher Alessandra Belloni performs traditional Italian dances. After the performance there will be a workshop on tissue paper stained glass technique by Sylvia Vigilani, where participants create wonderful decorations for their windows.

LONG RUNNING

IN THE BRONX

Kids Art and Table Top activities: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; <https://www.nycgovparks.org/events/2018/09/01/kids-art-and-table-top-activities>; Saturdays, 9 am to 11 am, Free.

While Mom and Dad take fitness class, the kiddies have fun with arts and crafts and table-top activities.

A Closer Look – Georgia O'Keeffe and

Hawai'i: New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd.; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am–6 pm, until Fri, Sept. 21; 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 sandscape — 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! Pollinator Pals: New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd. (718) 817-8700; www.nybg.org; Tuesdays – Saturdays, 1:30–5:30pm, Sundays, 10 am–5:30 pm, until Sun, Sept. 9; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2-12; Weekends: \$28 adults, \$12 children 2-12; children under 2 free.

The garden is a-buzz with pollinators! Learn all about the relationships between a flower's life cycle and bees, bugs and butterflies. Explore an apiary and taste local honey.

Dig! Plant! Grow! The Three Sisters:

New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd. (718) 817-8700; www.nybg.org; Tuesdays – Saturdays, 1:30–5:30pm, Sundays, 10 am–5:30 pm, Tues, Sept. 11 – Fri, Oct. 5; Included in All-Garden Pass. Weekdays: \$23 adults, \$10 children 2-12; Weekends: \$28 adults, \$12 children 2-12; children under 2 free.

Learn more about the Three Sisters — corn, beans and squash — and the Native Americans who grew them, the Lenape. Make your own corn husk doll, grind corn, sort beans and identify fun and interesting squash fruits and seeds.

Kids Paper Arts and Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; Saturdays, 2 pm to 3:30 pm, Free.

Kids create cute and fun objects out of paper and other ordinary materials they can take home. Parents are invited to join their little ones in the activities.

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

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

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

Kids will turn recyclable materials into adorable works of art to use at home.

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

Kids use your imagination to create adorable arts and crafts projects to take home. Projects may combine 2D and 3D together.

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

Kids create fun art inspired by the season, using various materials and techniques.

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.



VOTE Family Favorites 2018

Each year we honor the best family-friendly businesses, services and attractions.

- Ice Cream Shop • Restaurant (Family Friendly) • Amusement Center • Family Theatre • Museum
- Academic Enrichment Program/Tutoring • Indoor Play Space • STEM Program • Performing Art Class/Activity
- Dance Class • Gymnastic Class • Music Lessons • Tennis Program • Birthday Party Place
- Local Bakery For Birthday Cakes • Pizza Place • Private Schools • Martial Arts • Hospital/Birthing Centers
- OB/GYN • Dentist • Orthodontist • Hair Salon for Kids • Museums for Families • Optometrists • Pre-Schools
- Foreign Language Schools • Urgent Care Centers • Day Camps



Vote at nyparenting.com and be entered into a drawing for a two night stay for four to

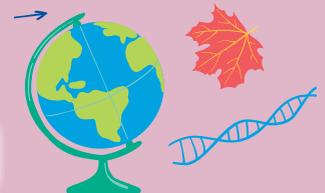


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