

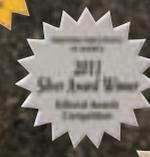
BROOKLYN

Family

The Best Guide for Parents

July 2011
FREE

**Summer
parties rock!**



Prep for Preschool

10 tips to follow

Pick a program

8 steps to planning

Keep kids reading

Sharpen skills this summer

Find us online at www.webfamilyny.com

DANCEWAVE

Summer Dance Intensive 2011



August 15-26 • Brooklyn, NY

Immerse yourself in dance this summer!

Old First Church • 729 Carroll St. at 7th Ave.

For 10-18 year olds • Beginner • Intermediate • Advanced

*Study with
World-Renowned
Artists*

- Ballet
- Modern
- Hip Hop
- Belly Dance
- Jazz
- Tap
- Street Jazz
- African
- Flamenco
- and more!*



Audition for a scholarship! July 16, 3-5 pm

For more info visit: www.dancewave.org

DANCEWAVE 45 Fourth Ave. at Dean St, Brooklyn, NY • (718) 522-4696

Family July 2011



FEATURES

- 10 Choosing a preschool**
BY LAURA VAROSCAK-DEINNOCENTIIS
- 16 Cultivate positivity**
Some tips on how to raise happier children
BY JENNIE S. BEV
- 18 Prepare your child for preschool**
A little prep can avoid tears on day one
BY DENISE YEARIAN
- 20 Smarter summer**
Tips to keep kids' reading and writing skills sharp
BY DENISE YEARIAN
- 24 Embody health & wealth**
Save money by investing in yourself
BY CANDI SPARKS
- 26 When your child is in the ER**
What to do — and what to ask — at a very scary time
BY DR. VINCENT D'AMORE
- 34 Break the silence**
Helping children who suffer from selective mutism
BY LAURA VAROSCAK-DEINNOCENTIIS
- 38 Easy riders**
12 travel activities to entertain and educate children
BY DENISE MORRISON YEARIAN
- 42 Advice for rookies**
Check out some camps now and target summer 2012
BY SHAVANA ABRUZZO
- 44 Righties' bias is wrong**
BY REUEL S. AMDUR

CALENDAR OF EVENTS

- 53 Going Places**
Take the family out and find out what's going on in your town

SPECIAL SECTIONS

- 12 Preschool Directory**
- 30 Party Directory**

COLUMNS

- 6 Healthy Living**
BY DANIELLE SULLIVAN
- 8 Newbie Dad**
BY BRIAN KANTZ
- 22 Parents Helping Parents**
BY SHARON C. PETERS
- 28 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 32 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 36 Our Relationships**
BY JOAN EMERSON, PHD
- 40 Family Health**
BY DR. PRAMOD NARULA, MD
- 46 Twice the Advice**
BY JACQUELINE AND KERRY DONELLI
- 48 Cinematters**
BY LAURA GRAY
- 50 Growing Up Online**
BY CAROLYN JABS
- 51 It Figures**
BY CYNTHIA WASHAM
- 62 New & Noteworthy**
The hottest new products



Letter from the publisher

Preschool beginnings

The first day I left my daughter at daycare/preschool was quite traumatic. I had looked quite carefully for just the right program to fit our needs and our budget and one that was as convenient as possible, considering that



we lived in one community and I worked in another, and the bus was our only means of transportation. That meant the stroller, the bags and my 2 year old on a bus that only ran every 30 minutes. It meant leaving my girl with strangers and hoping/trusting that they would be as nurturing as they appeared and that she wouldn't be upset when I said good-bye.

I stayed with her for about 15

minutes, all the while watching her while she sat on "Tessie's lap." Tessie was the oldest worker there and, I thought, a very comforting and experienced child care giver. She had her own children and in fact, was a grandmother as I recall.

She oozed ease and trust. My daughter seemed to love her right away and went to her immediately after hearing the words "Come to Tessie." I was so relieved to see that, and was thrilled that I had found this wonderful place with these obviously caring and professional people on staff.

The moment had arrived when I would walk out the door and leave my baby girl there to be cared for

by others, outside of our family/our home, for the first time. My apprehension was enormous and my chest was constricting. I said good-bye to her and walked to the street outside and immediately burst into tears. She was fine. No problem at all. Hadn't even noticed me leaving, it seemed, but I was a wreck. I had been so busy worrying about her and how she would react that it hadn't occurred to me that it was me who was going to be most affected. It was a definite hurdle to leap over that day, the day my daughter began school and a life and experiences outside of our family and our surroundings.

How important was it? It was enormous for both of us. That day began the natural separation and introduction to the world of social interaction so necessary for a child's

growth and spirit and so necessary for her Mom's as well. I returned to the adult world of working and interacting with other people and she began the process of self-realization that happens to children when they go to school.

This issue has a special focus on preschool. We hope the articles and the Directory will be helpful to those of you who are sending your child for the first time and who are contemplating your options, and we wish you an easy transition that leaves both you and your child in a comfort zone.

Thanks for reading.

Susan Weiss-Voskidis, Publisher

STAFF

PUBLISHER / ADVERTISING / EDITORIAL:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

SPECIAL ADMINISTRATIVE ASSISTANT:

Tina Felicetti

SALES REPS: Lori Falco, Linda Smith, Muriel Puder, Stephanie Stellaccio, Jay Pelc, Andrew Mark

PRODUCTION MANAGER: Keith Oechsner

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov, Patty Coughlan, Mauro Deluca, Earl Ferrer

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITORS: Meredith Deliso, Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITOR: Joanna Del Buono

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks, Mary Carroll Winingar

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or
SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

Family Publications New York/CNG
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.webfamilyny.com



The acceptance of advertising by **Family Publications New York** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **Family Publications New York/CNG**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

Family Publications New York can also be reached by calling (718) 250-4554, emailing family@cnglocal.com or by visiting our website, webfamilyny.com

Join the conversation on Facebook.

Family Publications New York has been recognized for editorial and design excellence by PPA.

Family Publications New York is published monthly by Family Publications New York/CNG. Subscription rate is \$35 annually. Reproduction of Family Publications New York in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2011 Readership: 220,000. 2010 circulation audit by CAC.



YOUR CHILD CAN GET AHEAD THIS SUMMER

With One-On-One Tutoring...In Your Home!



- All Subjects • Pre-K to Adult • Study Skills • Math
- English Language Arts • Sciences • Foreign Languages • ESL
- Preparation for SAT, ACT, SHSAT, ISEE, GED & Regents Exams
- Your Child's Curriculum • Individualized Learning Plans
- Homework Help • Affordable Rates • Certified Teachers

**DISCOUNTED
SUMMER PACKAGES!**

CALL FOR DETAILS.



**Reserve Your
Summer Tutor
Today!**

718-483-8506

www.clubz.com/brooklyn



HEALTHY LIVING

DANIELLE SULLIVAN

Take the BITE out of summer



Unfortunately, summer means bugs are abounding in the five boroughs. Although it's only the start of July, mosquitoes and bedbugs are already driving New Yorkers crazy. Here are some tips for preventing insect infestations in your home — and keeping your family healthy and itch-free this season!

Mosquitoes

"June had barely begun when my yard was inundated with mosquitoes. With the kids going in and out of the house all day, it was too easy for one or two to get in," says Michelle Goodstein, a mom of two from Bensonhurst, Brooklyn. "My son is allergic to the mosquito bites, so when he gets one, the affected area becomes inflamed and very red. I'm already sick of them, and summer has barely begun!"

While all mosquitoes are bothersome, those that carry the West Nile Virus are much more serious. The disease has even been known to be fatal in some cases. The Centers for Disease Control and Prevention say that any mosquito which flies has the potential to be a carrier. So what can we do to protect ourselves?

Mosquito bite prevention

- Use an EPA-registered insect repellent such as those with DEET, Picaridin or oil of lemon eucalyptus, even if you're only out for a short time.
- When weather permits, wear long-sleeves, long pants and socks when outdoors.
- Avoid peak mosquito-biting times — from dusk to dawn — which is when many species of mosquitoes bite the most. Be vigilant in using repellent and protective

clothing during evening and early morning. You may even want to consider avoiding outdoor activities during those times.

- Drain standing water, which is where many mosquitoes lay their eggs. Get rid of items in your yard that hold water.

- Keep mosquitoes outside with well-fitting screens on both windows and doors.

- Dead birds may be a sign that West Nile virus is circulating. Report dead birds in your neighborhood to local authorities. More than 130 species of birds have been infected with West Nile virus, but not all infected birds will die.

Bedbugs

Unfortunately, bedbugs are not only still prevalent in the city — their population is growing.

A recent article in the Wall Street Journal said that New York City is ranked number one in the nation for infestations. And according to entomologist Bob Young, the increase is two to three times of what we had last year. This summer, the population is only projected to rise. It's a bigger problem each day, and since we first started seeing them back in 2000, complaints of bedbugs have risen 10- to 15-fold, says Young.

Some of the reasons for the resurgence are the hot, humid weather that summer brings, combined with kids who go to camp, college students returning home, and people vacationing. Hotels, schools, and even gyms are all places where bedbugs proliferate. Check the bedbug registry to see which places in your

neighborhood (as well as hotels you may be traveling to) have reported bedbug infestations. Visit <http://BedBugRegistry.com>.

The flagship Niketown store, The Empire State Building,

the Time Warner Center, the Reebok Sports Club/NY (which boast patrons such as Jerry Seinfeld and Chris Rock), and the Brooklyn district attorney's office have all reported bedbug problems.

Signs of bedbugs

- Red stains on bedding or mattress
- Bedbug feces on bedding or mattress
- Dead bedbugs on bedding or mattress
- Bedbug exoskeletons on bedding or mattress
- An unusually sweet aroma. (Some people have described this smell as similar to that of raspberries, a granola bar, or almonds.)
- Unusual bite marks on body

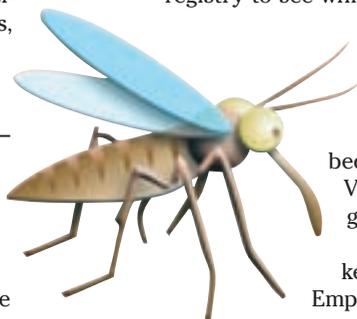
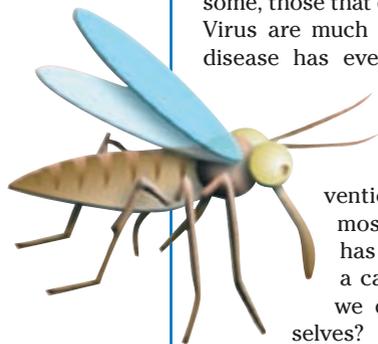
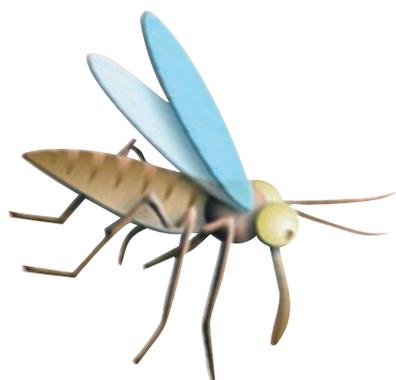
Bedbug prevention

Since bedbugs are commonly acquired when traveling, it's imperative to check for the signs of infestation after you return. It is also important to avoid buying used material from flea markets or second-hand clothing stores.

Getting rid of bedbugs

Ridding your home of these pesky creatures is not simple, and it's best to call an exterminator since they are said to be able to live up to a year without a meal! But there are some things you can do on your own. Start by thoroughly washing, vacuuming and cleaning all surfaces and bedding in hot water. Vacuum mattresses, seal them in plastic, and leave them outside in the hot sun for as long as possible. Steam clean all carpets and rugs. Spray cracks in walls, floors, and crevices with insecticides, but not on bedding where it can be harmful to humans.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years, and was recently honored with a Gold award for her health column by the Parenting Publications of America. Sullivan also writes for Babble.



"I needed surgery but couldn't be out of commission for too long."

The specialists at New York Methodist Hospital are a step ahead in using robotic surgery to treat conditions in a growing number of fields including gynecological and urologic disorders, thoracic surgery, prostate cancer, and more. This technique is known to be extremely precise, with fewer complications – and typically results in a quicker recovery, less pain, and shorter hospital stay for patients. That means you can get back more quickly to what's most important. Your life.

We fixed that.

Institute for Advanced and Minimally Invasive Surgery



Member
New York-Presbyterian Healthcare System
Affiliate: Weill Cornell Medical College

IN IT FOR LIFE

506 Sixth Street, Brooklyn • 866-362-7148 • www.nym.org



BROADWAY? GLEE? AMERICAN IDOL?

Don't just Dream it... Live It!

Show the world how amazing YOU are at

Dimensions on Stage

- Acting • Singing • Voice Lessons • Drama
- Movement • On-Camera Film & TV • Private Coaching

"Black Box" Productions

Be Confident, Be Prepared, Be a Triple Threat and ALWAYS be a star.

Register now for a summer you'll never forget!

- | | |
|-------------------------------------|-------------------------|
| Curtains Up camp | Ages 4-7 |
| Broadway in Brooklyn Camp | Ages 7-13 |
| "Glee" Summer Series: | Ages 11-17 |
| "A Mid-Summer Night's Scene" | Adults 18 and up |

7601 3rd Avenue, Brooklyn, NY 11209 Tel: 917-995-8408 URL: www.dimensionsonstage.com dimensionsonstage@gmail.com





NEWBIE DAD

BRIAN KANTZ

Choosing a new pet

Our family dog passed away last spring and our elderly goldfish met his maker shortly thereafter, and so the last year has been the first extended period of petlessness in my life. (Yes, the spell-check flagged “petlessness,” but I’m going with it anyway. You know what I mean.)

Truth be told, our two boys don’t seem overly concerned about the petlessness of our lives. They don’t beg for a dog every time they see a Purina commercial on TV, and they don’t make any melodramatic promises about feeding and taking care of a puppy if only we could get one, pretty, pretty, please. They haven’t asked to go to the pet store or to the county fair to buy or win a replacement fish. And, truth be told, part of me is kind of enjoying this little break from the daily chores associated with pet ownership. (We all know who actually feeds and cleans up after the dog — good old dad.)

Still, another part of me does think that it may just be time for a new pet. A family does need a pet, right? What kind of a dad would I be if I denied my boys the companionship of a furry, feathered or scaly creature? Who am I to stand in the way of all the cherished childhood memories that go along with owning a domesticated animal?

We always had a dog while I was growing up — and, at various times, fish, guinea pigs and hermit crabs. And I can tell you a story about each one of those special animals. In fact, as I size up what type of pet might be best for our family now, I’ll tell you a little bit about the pets of my past.

Dogs

Sorry cat owners, dogs are the classic American family pet. Our first family dog when I was a kid was a Chesapeake Bay Retriever named Lucky. Built with 120 pounds of pure muscle, Lucky was one of the last

of the suburban yard dogs. When I tell people today that my childhood dog lived in a wooden doghouse out in the backyard, and was out there in rain, sleet, and snow, they say, “Aw, how mean.” Well, let me tell you, that dog was not made for the indoors. In fact, I remember one day when my mom tried to pull him inside the house on a leash as he cut toenail tracks in the wood floor while straining to stay outside. He was a great dog.

Pro: Dogs are super fun. They’ll go with you on a walk, fetch a ball, and eat any spoiled meat — no matter how foul and nasty — from your refrigerator. Loyal to a fault, they’ll guard your house while you are at work.

Con: Loyal to a fault, they may shred your house to pieces while you are at work in a fit of separation anxiety.

Cats

I never owned a cat in my life, so I’m probably biased, but I do have to say this: when you look in a dog’s eyes, you can tell if it is friendly or mean. When you look into a cat’s eyes, you have no idea. To me, that’s a little scary.

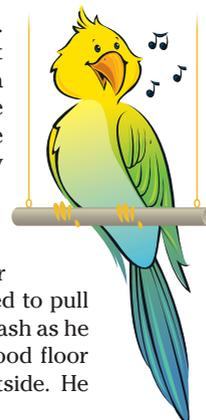
Pro: Cats go to bathroom in the same little litter box every time. That sure beats hunting for dog poop in every corner of the backyard.

Con: My wife is allergic to cats, so that’s that.

Fish

Pro: The kids did love watching their dearly departed goldfish, Grady, swim in his tank. And feeding him fish flakes was a task the kids could handle.

Con: If you introduce a few new fish to the tank, and you’re not careful, one of the fish will eat all of the other fish. Also, if you’re not careful, three months go by in a flash, and you realize that you can’t see the fish through the green algae. Is Nemo still alive in there?



Birds

Pro: They talk. My wife had parakeets as a kid, and says that they taught their birds a few words. That’s pretty neat.

Con: My sons teaching a bird a few choice words may not be so neat.

Guinea pigs

I never owned hamsters, gerbils, mice or rats as a kid, but I’m guessing that however I feel about guinea pigs can pretty much be translated to any other rodent. They’re all furry and smell like cedar chips.

Pro: Cute? Yes. Adorable? Absolutely.

Con: Cute? Yes. Adorable? Absolutely. Durable? Not so much. My childhood guinea pig, Sugar, was my pride and joy until one afternoon when our cousins visited. When I went to check on my sweet baby, I found her “sleeping” on her side, which was weird. Upon further inspection, I noticed a lollipop stick protruding from her mouth. The same lollipop stick my young cousin had been sucking on earlier in the day. Verdict: guilty.

Hermit crabs

When I was a kid, we’d visit my grandparents in Ocean City, MD, every summer. For my brothers, the highlight of the trip was time spent at the beautiful beach or at Trimper’s Amusement Park. For me, it was the eight-hour ride back home with the hermit crab I had bought for \$1.99 at the surf shop.

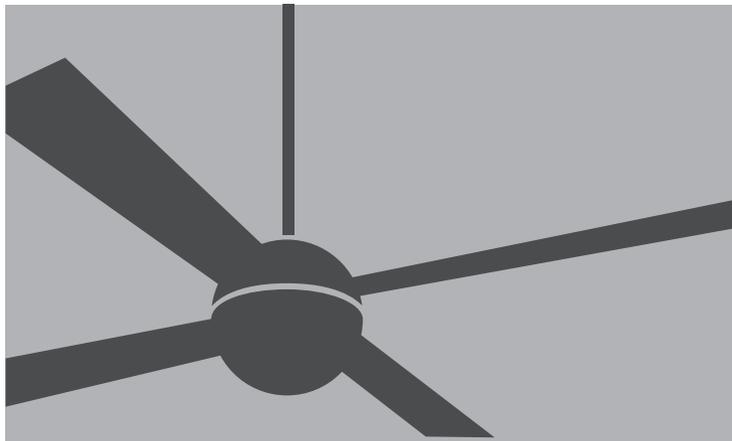
Pro: Totally easy to take care of.

Con: Short shelf life. These guys lasted just long enough for me to need to pick up a new one the following summer.

So, there you have it. Six great animals to choose from — all with pros and cons. Now, I just have to decide which is right for our family. Of course, an ant farm doesn’t sound too bad either.

Time heals all wounds, but Brian Kantz won’t forgive his cousin for murdering sweet Sugar (Just kidding!). Visit Brian online at www.briankantz.com or e-mail thenewbiedad@yahoo.com.





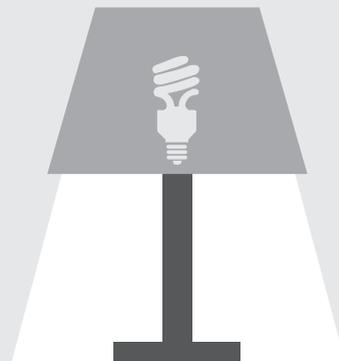
ceiling fans can improve energy efficiency...

- a. in the summer
- b. in the winter
- c. in both summer and winter

answer: c

which of these will *not* reduce your electricity use?

- a. replacing light switches with dimmers or motion sensors
- b. focusing light where it's needed instead of lighting a whole room
- c. removing lamp shades
- d. keeping bulbs and fixtures clean



answer: c

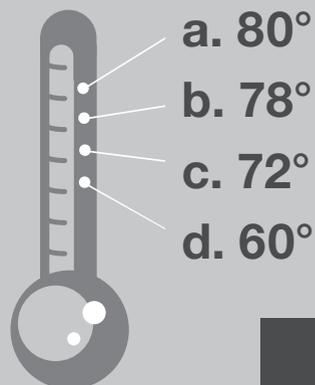
an efficient way to keep your home cool in the summer is to...

- a. close shades or drapes to keep out the sun's heat
- b. leave your a/c on all the time so it doesn't have to cool a warm house
- c. leave windows open for a breeze, even when it's hot out



answer: a

what is the recommended setting for your a/c thermostat?



- a. 80°
- b. 78°
- c. 72°
- d. 60°



answer: b

 **conEdison**
the power of green

Choosing a PRESCHOOL



BY LAURA VAROSCAK-
DEINNOCENTIIS

Choosing a preschool that fits the needs of your family may seem daunting. There are many programs out there, each offering their own unique style and perspective, all claiming to be “the best.” Do not be swayed by schools that entice parents with unprecedented academic achievement, state-of-the-art equipment, or the latest educational trend. Above all, preschoolers need a safe and comfortable place in which to learn, while also building socialization skills with peers. Knowing your child, and yourself, is the key to successfully navigating your way through the process. Beginning the journey with an open mind and a clear plan will also help eliminate unnecessary stress and make the search more enjoyable.

Plan ahead

Start by making a list of local licensed preschool programs. Most New York City preschools begin their application process several months to a year before your child will start school. Call programs that you might be interested in to find out their application deadlines and minimum age requirements. This will shorten your list right off the bat.

Know the basics

Location, cost and operating hours are three very important considerations when deciding where to send your child. Some programs offer early drop-off and late pick-up options for parents who work long days. Others are not flexible with their hours. You may find a preschool with a stellar reputation, but

if the tuition costs more than you make each month and you and your little one need to travel two hours by bus, train and ferry to get there, forget it!

Research

After narrowing down programs that are affordable, conveniently located and accepting applications in your child's age group, start asking questions. Call the director and request some information about the program: Is it accredited by the National Association for the Education of Young Children? What is the educational philosophy? How many children are in each class? Are the teachers trained and certified? Is there frequent teacher turnover? Talk to other parents about their experiences. Hang around outside the school at dismissal and introduce yourself to others. Observe the children: Do they look like they enjoyed their time at school? Listen with an open mind. If you like what you see and hear, schedule a tour of the school.

Prepare for the tour

Think about your child. Would she benefit from a child-centered program, or one that is more teacher-directed? Does a large, active classroom seem more conducive to learning than a smaller, more nurturing environment? Do you have specific needs regarding toileting, diet or napping for your child? Make a list and write down questions to ask while on the tour. Remember, it will be your school community, too. If parental involvement and a strong family-school relationship are important to you (and they should be), inquire about opportunities for parents as well. All preschools should have an open door policy.

Tour

Visiting a school is one of the best indicators of whether the program is a good fit for your family. From the moment you walk in the door, keep your eyes and ears open. Do you feel welcome? Safety is critical in a preschool setting. Look to see if the children are well supervised. Are they happy and engaged? How are the relationships between teachers and students? Are the children playing together, practicing taking turns, or are they fighting? How does the teacher deal with conflict resolution?

Popular early childhood educational approaches

Bank Street

Less structured than some other programs, the Bank Street Development Interaction approach allows children to make their own choices in the classroom, while interacting with a wide variety of materials, ideas and people. This helps a child discover things in her own way, at her own pace.

The curriculum is based on the idea that children make sense of the world by actively studying it. Teachers encourage questioning and exploration as children start to make connections between their ideas and the surrounding environment.

Creative Curriculum

The Creative Curriculum balances both teacher-directed and child-initiated learning, with an emphasis on responding to children's learning styles and building on their strengths and interests. Play is considered children's "work," which prepares them for future academic learning. Teachers support active thinking and experimenting as children explore the world.

High Scope

Designed for children who need more individualized attention, the High Scope program implements a cognitive approach to learning, and values the working relationship between teachers and children. It stresses the idea that children need active hands-on experiences with people, materials, ideas and events in order to thrive. The curriculum is built around five main content areas: language, literacy and communication, social and emotional growth, physical development, health and well-being, and arts and sciences.

Montessori

The Montessori method encourages child independence and self-direction.

The teacher acts as an active observer, preparing the classroom to best suit the individual student's needs. Children value diversity and practice respect for self, others and the world around them.

Self-esteem is nurtured as children master skills and move on to the next developmental level in their work. In addition to language arts, mathematics, science, and cultural studies, the Montessori Method emphasizes sensorial and practical life work.

Reggio Emilia

The Reggio Emilia approach is a collaborative effort, involving teachers, students, parents, and community members. It emphasizes children's symbolic relationships.

Teachers develop a project-based curricula based on students' interests, and support learning through observation, dialogue, and documentation of children's work. Learning is an ongoing process as children build relationships with others while making connections between ideas and their environment.

Waldorf

The Waldorf approach embraces the whole child — body, mind and soul. Early childhood educators model appropriate behavior, and children are encouraged to imitate what they see. Teachers also support physical, emotional, intellectual, and artistic growth by designing curriculum based on children's stages of development and offering many opportunities for creative and imaginative play.



Is there an outdoor play space?

Take notes during your observation period to help you remember the details when you're comparing programs later on. During the question-and-answer session, gather as much information as possible — and do not leave with unanswered questions. If the tour is for parents only, be sure to schedule a time for your child to visit so you can observe her in the environment.

Decide

Each school will most likely highlight its philosophy. Do not let names like Montessori, Reggio Emilia and Waldorf confuse or overwhelm you. There are many methods of teaching, and all you need to figure out is which one would best suit your child's personality and learning style. As your child's first teacher, you are an expert at this.

Apply

Depending on where you apply, submitting an application does not mean your child will automatically be accepted. There are often waiting lists based on space availability or uneven gender or age ratios in the class. In this case, apply to a few of your top choice programs and wait patiently. If you strongly prefer one school, you may include a thank you letter, which also expresses your interest in the program.

Relax

As hard as it might be to wait for a decision, admissions directors do not like to be harassed by anxious parents. So take it easy and congratulate yourself on a job well done. If your child was accepted into a program and you have second thoughts, ask yourself why. Are you feeling guilty about sending your baby to preschool (totally normal) or does something not sit right with you? If the latter is true, trust your intuition. In the end, there are many wonderful preschool programs that will provide your child with a safe, fun and engaging learning environment.

Laura Varoscak-DeInnocentiis is a teacher and freelance writer. Her articles appear regularly in these Family Magazines and have won editorial awards from The Parenting Media Association. She holds Master's degrees in writing, education and psychology. Laura lives in Bay Ridge, Brooklyn, and is the proud mom of two sons, Henry and Charlie.

Preschool

DIRECTORY

Family Center at Brooklyn Friends

189 Schermerhorn Street,
718-852-1029 x 200. www.brooklynfriends.org/familycenter

Licensed by the NYC Department of Health, the Family Center at Brooklyn Friends provides a nurturing, child centered environment for two year old boys and girls. There are three classes and several options (half-day, full day, and extended day) for families to choose from. Children begin to discover the world outside their homes and families and learn about themselves in the context of a community of peers. Listening carefully, learning how to develop patience and how to consider others' feelings are important aspects of the program. Children play inside and outside and have regular music and dance lessons. Longtime BFS preschool teacher and administrator Sara Soll is the Head of the Family Center. All head teachers are certified in early childhood education and have master's degrees.

first laboratory preschools on the East Coast. Dillon follows the child development approach to early childhood education, where the physical, emotional, cognitive and social domains of development are fostered through a play-based curriculum. Children at Dillon become confident, self-directed persons who learn to understand their world through activities involving exploration, problem-solving and cooperative action. Dillon serves 2-6 year olds in spacious classes, with 2-4 teachers per class, and St. Joseph's College students as additional helpers. Each classroom has an observation booth for parents, and the school sports a large outdoor play area. All teachers are certified in early childhood education and the school is licensed by the Department of Health and registered with the New York State Education Department.

Just Wee Two

With locations in Brooklyn Heights and Park Slope
800-404-2204 or www.justweetwo.com

Just Wee Two offers a very special time for children to enjoy pre-nursery school activities with the security of knowing Mommy (or another caregiver) is there. A great preparation for pre-school, the Mother & Child program is available for children as young as 14 months. Partial separation and separation classes are also available. The school has a pre-nursery program, arts & crafts, music, play, stories, snack and creative movement.

Little Sun People, Inc.

1360 Fulton Street
718-789-7330 or www.littlesunpeople.com

Little Sun People, Inc. is a unique community childcare service founded in 1980 by Fela Barclift, an African American mother of four and lifetime resident of the colorful community of Bedford-Stuyvesant.

Little Sun People, centrally located in the Bedford-Stuyvesant community, has been especially designed to foster the development of the younger child.

Something that sets them apart, however, is that at Little Sun

Continued on page 14

LPK, CACFP, Active PTA *There's No Place Like* NYC Dept. of Health



Little Sun People

We set the conditions for your child to flourish and for your family to be strengthened and informed of best early childhood practice both at school and at home

Children Ages 2- 5 yrs. 7:00am-7:00pm

Experienced, Caring, Qualified Teaching Staff

Learning Labs in Computers, Math, Science, Social Studies, Hands-On, Experienced Based, Age Appropriate Early Childhood Curriculum, Emphasis on Literacy and on Art Expression in our Violin Classes and Dance & Movement Classes.
We also offer classes in the Swahili Language

(718)789-7330

1360 Fulton St. Restoration Plaza

www.littlesunpeople.com

DAY CARE COUNCIL OF NEW YORK, INC.

Our Professionally Trained Phone Counselors Can Offer You **FREE** Child Care Referral Information On:

- The Location Of Child Care Programs
- Infant/Toddler Programs
- Licensed And Registered Family And Group Family Day Care
- After School Programs
- Nanny Services
- Nursery Schools
- Summer Camps
- Head Start Programs
- Becoming A Child Care Provider

Offering Child Care Information And Technical Assistance To The Five Boroughs Since 1952

212-206-7818
(Mon. - Fri. 9:30 AM - 5:30 PM)

12 West 21st Street, 3rd Floor, New York, N.Y. 10011
(www.dccnyinc.org)

Congregation Beth Elohim Early Childhood Center

8th Avenue and Garfield Place
718-768-3814

Congregation Beth Elohim Early Childhood Center provides a learning environment, which permits children to grow physically, socially, cognitively and emotionally at a pace and in a manner, which is uniquely suited to the individual child. Recognizing that development is sequential, yet highly individual, each classroom provides a wide variety of materials, experiences and learning opportunities. The school's developmental, interactive approach provides children with a sense of security and community. The Center also offers a series of innovative programs specifically designed for children from 21-30 months. Families with children birth to 20 months can come to their Drop-in Center.

The Dillon Center

Located in Clinton Hill, Brooklyn
718-940-5678 or dilloninfo@sjcny.edu

Opened in 1934 as one of the

CBE KIDS

Early Childhood Center

8th Avenue and Garfield Place
Brooklyn, NY 11215

- **Nursery School** - Full or part time programs available
Call in October to arrange a tour for the 2012/2013 school year
- **Drop-in Center and Tots on the Move** - Registration begins in September for classes beginning in October
Programs for toddlers accompanied by their adult

For More Information Please Call (718) 499-6208
congregationbethelohim.org

Children of all faiths & ethnic backgrounds are welcome.

Congregation **Beth Elohim**

Garfield Temple בית אלהים

SEND YOUR PRESCHOOLER TO COLLEGE!

dillon
child study center at St. Joseph's College

239 Vanderbilt Avenue • Brooklyn, NY 11205



OPEN HOUSE TOURS FOR 2011-2012

September 28, 30 • October 5, 7, 12, 14, 21, 26, 28 • November 2, 4
December 9 • January 6 • February 3, 6 • April 13 • May 11

Reservations required.

PROGRAMS

parents with toddlers; half-day session for 3-year-olds; extended-day session for 3-year-olds; half-day or full-day session for 4- and 5-year-olds; inclusive classroom for 3- and 4-year-olds; after-school program; four- or six-week summer program

All teachers are NYS certified in early childhood.

718.940.5678 • dilloninfo@sjcny.edu
www.sjcny.edu/dillon



where children and grown-ups learn and play together

For 8 months - 3 1/2 years

REGISTER NOW For Fall Programs

Brooklyn Heights Location
250 Cadman Plaza West

Park Slope Location
8th Ave. & 14th Street

Ask About Our 2 Days A Week Pre-Nursery Program
WEE STEP UP

Join Us For Fun

- Arts & Crafts
- Music • Stories
- Creative Movement
- Playtime
- Narrow Age Spans
- Maximum 10 Children Per Class
- 1 1/2 Hour Classes
- Professional Staff

"Just For Me"

2 1/2 - 3 1/2
Separation Program

Partial Separation Classes
Also Available

Infant Classes and ABC Enrichment Classes Also Available

For Information Call 1-800-404-2204 or 516-433-0003

Or Log Onto Our Website: www.justweetwo.com

Other Locations: Bayside, Plainview, Manhasset, Greenwich, & North Stamford, CT



WINDMILL MONTESSORI SCHOOL

Accredited Preschool, Elementary,
JHS & Academic Summer Camp

A PEACEFUL PLACE TO LEARN SINCE 1941

OPEN HOUSE
Tuesday, July 12
Thursday, July 28
9:00-10:30am

Windmill's environment encourages children to

- learn naturally at their own pace
- find and develop their own interests, and
- get the individual attention needed to thrive

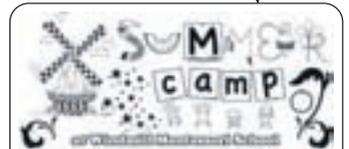
CURRICULUM ADVANTAGES

Montessori Method, French, Computer Skills,
Physical Education, Yoga, Music, Art

PLUS MORE

Small Class Size, Outdoor Recreation,
A/C Classrooms, Curriculum-based Trips,
Dedicated Staff, Door-to-Door Bus Service,
After School Program (3:40-5:45pm)

Happy Learners and Happy Campers



Academic Montessori Summer Camp
for 3-6 year olds

Academic Montessori Creative Writing Camp
for 6-9 and 9-12 year olds

Group Games • Weekly Themes •
Age-appropriate Trips • Arts & Crafts • Carnival •
Enclosed Wading Pool • and more....

CAMP 2011
Wednesday, June 29th to Wednesday, August 10th

718-375-7973 ★ 718-375-4277

e-mail: windmont@windmillmontessorischool.org

Windmill is non-sectarian. Licensed by The New York City Department of Health
Affiliated with The American Montessori Society

1317 Avenue T @ East 14th Street Brooklyn, NY 11229

Midwood Montessori



Pre-School & Kindergarten

Summer Program
Transportation Available

2825 Bedford Avenue • 253-3242
at Glenwood Road

Preschool

DIRECTORY

Continued from page 12

People, they made the decision from inception that attention and responsiveness to the heritages and cultures of all people would be a very important part of how they would frame the preschool curriculum.

They have made it their special mission to highlight the long, wondrous history, as well as illustrious and diverse ways of life of all people of color on the planet, with a particular emphasis on people of African ancestry.

Midwood Montessori

2825 Bedford Avenue at
Glenwood Road
718-253-3242

We are situated in a charming Tudor "Children's House." The school provides a rich curriculum tailored to each child's pace. Children served are ages 2.9 to 6 in pre-school and kindergarten. Special attention is given to encouraging socialization, while the academics are taught on a one-on-one basis by a dedicated and nurturing staff using the Montessori hands-on methods. The school offers full time art and music teachers, three outdoor play areas, an indoor gym, manipulatives, cultural studies, practical life and sensorial materials, language arts, math, science, and geography. AM, PM and full day sessions, summer camp, early drop off, and transportation service are available.

Montessori School of New York International

347 E. 55th St.- Sutton Place,
Manhattan

105 8th Ave.- Park Slope,
Brooklyn

55-30 Junction Blvd.- Rego Park,
Queens

212-223-4630 / 718-857-
3341/ 3474 or www.montessorischoolny.com

We are celebrating our 40th year of serving the Park Slope, Brooklyn; Rego Park, Queens; and the Sutton Place, Manhattan communities! From the tender age of 2, children work joyfully toward being in harmony with their environment in time and place. To calculate is a

natural tendency of man. With this theory as a basis, math concepts are introduced from preschool so that children do excellently well in this area. Reading is also emphasized from the tender years, so Montessori children read fluently with good interpretation, and develop a taste for literature as well as learn to do research in all areas of academia. Students benefit from a well-rounded program that includes swimming, gymnastics, drama, dance and foreign languages geared to develop multi-talented children. Children graduating from the school usually attend one of the competitive specialized high schools. To help prepare them for entrance tests, they experience a rigorous academic program. Please call the above numbers for admissions information.

Paerdegat Day School & Early Childhood Center

1500 Paerdegat Avenue North
718-531-1111 or www.paerdegat.com

We offer a new Infant and Toddler Program (for ages 6 weeks-2 years), new rooms, and all new equipment in a nurturing environment. Paerdegat Day School (for ages 2-3 years) offers academic classes, stressing letters, numbers, colors, shapes and more, plus gymnastics. A free Universal Pre-K Program (must be age four by Dec 31, 2010) offers new equipment and computers in a fun loving, learning environment. The Paerdegat after School Program (for grades K-6) offers transportation, homework assistance, healthy snacks and recreational activities. Programs accept ACD, Begin and Union vouchers.

Parkway School Pre-School

888 East 56 Street
718-241-5716 or www.parkwayschool.org

Parkway School offers pre-school programs for children ages 2 to 4. Our programs are designed to expose these young minds to the basics skills that they will need to give them a head start when they enter Kindergarten. All programs include instruction in Language



BROOKLYN FRIENDS SCHOOL

joyfully announces the expansion of our
Family Center program for two-year olds
and the opening of a new, ground-floor facility
in **September 2011** at **189 Schermerhorn Street**
in vibrant, family-filled Downtown Brooklyn

Learn more: www.brooklynfriends.org/familycenter

Preschool

DIRECTORY

Arts, Math, and Science.

Students leave our pre-school programs having mastered the alphabet and numbers. They apply these in developing their reading, writing, and math skills. Through active participation in various in and out of class activities students also develop their motor skills as well as their social and interpersonal skills.

Poly Prep Lower School

**50 Prospect Park West
718-663-6003 or www.polyprep.org**

Poly Prep Lower School celebrates the classroom as a place for exploration and discovery and fosters the love of learning. We seek to balance cognitive development with social and emotional growth. The Lower School is a place where children are nurtured and taught to think and to speak their minds. We build a strong foundation of skills that enables children to be independent learners.

The children in Nursery and Pre-K meet with specialists in dance, library and music. Art, early literacy skills (pre-reading and pre-writing), mathematics, science and social studies are incorporated into the curriculum taught by the Head Teacher and Associate Teacher.

Poly Prep Lower School provides a unique learning environment in a LEED certified building comprised of an historic mansion and addition overlooking Prospect Park. Our children play daily in our private, outdoor playground. Please request a tour online at www.polyprep.org or call 718-663-6003.

Rivendell School

**277 Third Avenue
718-499-5667, ext. 14**

A Montessori pre-primary inclusion school, was founded in 1977 as The Children's House of Park Slope and incorporated into Rivendell School in 1998. Rivendell provides a respectful, inclusive community that helps children feel powerful and confident as learners and as social and emotional beings. Toddler, half day and extended day programs are available (two through six years). Rivendell School offers beautiful Montessori class-

rooms, an excellent student/teacher ratio, and a warm, cooperative atmosphere where children learn to work and play. Shelly Wolf Scott is the Admissions Coordinator.

St Saviour Elementary Pre-K and K

**701 8th Avenue
718-768-8000 or www.stsaviourschool.org**

Our Pre-K and Kindergarten classes are scheduled for full days. Both classes are headed by full-time teachers and paid assistants who provide the individualized attention needed in the first challenging years of schooling. Class work centers on hands-on activities and children are invited to explore the world through painting, story-making, cooking and creative play. Reading and math readiness skills are emphasized and children have easy access to an array of books and puzzles in story corners as well as counting tools and numerous math games.

Our mission is to educate the whole child – spiritually, intellectually, socially and physically. Saint Saviour provides a loving, supportive and Christian environment where each child is given the opportunity to experience success and gain a positive self-image.

Windmill Montessori School

**1317 Avenue T
718-375-7973 or 718-375-4277**

For over 65 years, has been a peaceful place to learn, with an environment that encourages your child to progress at his/her own pace. The family-oriented Montessori method nurtures students in grades Pre-k to 8th, emotionally and academically, promoting a sense of purpose, a love of learning and civility. Small classes meet the students' individual needs. Curriculum-based trips, from puppet shows to museums, culminate in JHS overnights "Learning About History By Living It," with trips to Boston, Gettysburg and Williamsburg, VA; and "Meeting Our Lawmakers" in Albany and Washington, D.C. French, yoga, phys. ed., music, art, and computer skills enliven the school day.



www.polyprep.org

**Join us for a tour of Poly Prep Lower School.
Meet our faculty. Visit our classes.**

Located in a LEED certified, landmarked building in Park Slope, Poly Prep Lower School offers an intellectually stimulating, supportive and nurturing education for children in Nursery (age 3) through Grade 4. Drawing on both traditional and progressive approaches to academics, blended with opportunities in the arts and physical education, Poly is committed to educating the whole child.

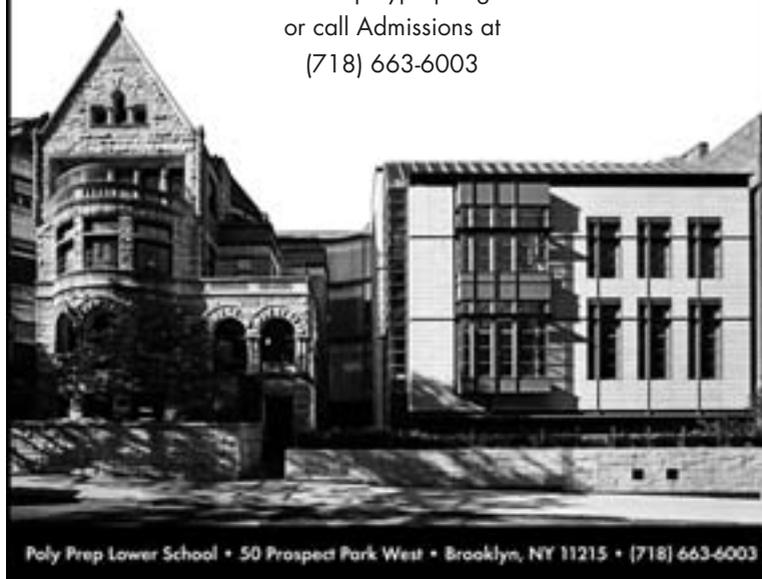
NURSERY AND PRE-K TOURS

Tuesday, October 4
Thursday, October 6
Friday, October 7
Wednesday, October 12
Friday, October 14

K-4 TOURS

Thursday, October 13
Monday, October 17
Tuesday, October 25
Tuesday, November 8
Thursday, November 17

For a complete list of tour dates
and to learn more about our school,
please visit
www.polyprep.org
or call Admissions at
(718) 663-6003



Poly Prep Lower School • 50 Prospect Park West • Brooklyn, NY 11215 • (718) 663-6003

Cultivate positivity

Some tips on how to raise happier children

BY JENNIE S. BEV

Raising children is about shaping traits and instilling values, not merely about fixing behaviors. Teaching children how to flourish should start with focusing on their strengths, not their weaknesses. By focusing on their strengths, parents and children are more motivated to work together as a team. But teaching positivity isn't synonymous with using positive reinforcements all the time. It's a tricky balance of reframing.

Every child is born with his own level of so-called "natural" happiness. Some were born with over-the-top cheerfulness, while others are born with less. This explains why some children are fussier, while others keep grinning from ear to ear, regardless of the mood of the surrounding environment. Happy kids tend to respond differently to failure than not-too-happy kids. Their strengths, however, should be distinguished from their natural level of happiness.

Whether your child has a high level of natural happiness or a low level, he must learn to fail.

"Children need to fail. They need to feel sad, anxious, and angry. When we impulsively protect our children from failure, we deprive them from learning skills," said Martin Seligman, PhD, the founding father of positive psychology and author of "Authentic Happiness."

By teaching him to fail, you actually teach him about positivity: the positive manner in which he should respond and experience the so-called "flow" state-of-mind. Mihaly Csikszentmihalyi, PhD examined this concept of "flow," and defined it as a state in which an individual is totally involved in a process or an activity in life that is more about pleasure or pain. Once a



child has passed the "pleasure" or the "pain" of failure, he can learn to find this feeling-free, or "flow," state.

Some children are more kinesthetic than fluent in linguistic, musical, or mathematical skills — or vice versa. Either way, it is a child's strength and parents need to acknowledge it. In "Battle Hymn of the Tiger Mom," author Amy Chua said she prefers that her children focus on math or music, instead of sports — without even considering the children's strengths and interests. She would say "no" to sports, but "yes" to math or music.

In positive psychology, which is the scientific study of the strengths and virtues that enable individuals and communities to thrive, the child's strengths are respected by the parents. Parents don't weigh language, math and music skills as higher than sports, because they are all considered to teach necessary life skills. A "yes-or-no" approach is used limitedly.

In beginning to teach your children about positivity, make sure you limit the usage of the word "no" in your everyday vocabulary. Only use it when the child's actions present

danger, destruction or pain, such as when the child tries to touch a hot stove, tries to pinch another child, tries to pull a dog's tail, or tries to break a piece of furniture. You should be mindful of not overusing "no," especially when you're comparing activities, as a negative judgement has a strong long-term impact.

What you should convey, instead, is a judgement over the consequences of a choice. You should allow your children to learn from their mistakes, while always showing unconditional love.

Praises and punishments can shape and reframe a child's mind set over an action. Condemn the action, not the child. Always say, "If you keep doing it, I will take it away from you." Don't say, "You're bad. I will take it away from you."

In teaching your children right from wrong, always remember that love is unconditional, but rewards are earned. Love is priceless, but rewards are pricey.

Jennie S. Bev, MS, is an educator, author and syndicated columnist based in northern California. Her website is www.JennieSBev.com.



Paerdegat Day School

FREE 2-1/2 HOUR PROGRAM
Now Accepting Registration For
Universal Pre-Kindergarten Program 2011/2012
 A.C.D., Begin, Union Vouchers Accepted

School Program	After School Program
<ul style="list-style-type: none"> • Ages 2-5 • Licensed Teachers & Staff • Extended Hours 7AM-7PM • Transportation Available • Hot Breakfast & Lunch • Snacks • Daily Sports Activities 	<ul style="list-style-type: none"> • Ages 5-12 Years Old • 2, 3, 5 Days 3- 6PM • Transportation • Homework Assistance • Snacks • Sports • Swimming

All day school programs are licensed by the Board of Health, teachers are certified and all programs feature the famous Kidsports Gymnasium and Adventure Challenge.

Free Adult Health Club Membership. Call For Details

Infant & Toddler Center-Ages 6 Wks.-24 Mos. Limited Space Available

1500 Paerdegat Ave. North • 718-531-1111

NURTURING THE JOY OF LEARNING
 in children 2½ years to 14 years

41 YEARS OF EXCELLENCE

MONTESSORI INTERNATIONAL SCHOOL OF NEW YORK



Where Learning Comes To Life!
 Nursery through Junior High • Summer Day Camp

- Accelerated Track for Gifted Children
- Excellent placement record for Specialized High Schools and Gifted Programs
- Half-Day or Extended Hours for Working Parents (8am - 6pm)
- Non-profit educational, non-denominational & non-discriminatory

Apply Now For Fall 2011

Call now for a brochure/appointment
(718) 857-3341 • (212) 223-4630
 105 8th Ave., Park Slope, Brooklyn • www.montessorischoolny.com
 347 E. 55th St., NYC • 55-30 Junction Blvd., Queens

Prepare Your Children For The Future With Quality Education And Care



Pre K - 8th Grade
Small Class Sizes
Individualized Attention
Foreign Language
After School Program
Computer Lab

Now Accepting ACS/HRA Vouchers

Parkway School
 One Of Brooklyn's Premier Private Schools.
 5566 Kings Highway, Brooklyn, New York 11203
 Tel: 718. 346. 0369 Fax: 718. 346. 0371
www.parkwayschool.org






How to prepare your child for preschool

A little prep can avoid tears on day one

BY DENISE YEARIAN

When my son started preschool several years ago, he was in for a big adjustment. Up to that point, he had stayed home with his baby sister and me. Suddenly, he was plopped into a new environment, with a new person in charge, and lots of children all vying for the teacher's attention. The tears that followed that day told me one thing: I had not properly prepared my son for preschool.

By the time my second and third children came along, I knew how to prepare them for the experience, and it was smooth sailing.

Preschool is a wonderful time for growth in a young child's life. If the child is properly prepared, it can be an enjoyable experience. Here are a few tips to help your child ease into the routine.

•**Talk it up.** Weeks before preschool begins, start preparing your child by using positive and encouraging words. If you drive by the building where your child's school will be say, "Oh, look! There's your new school. You are going to have so much fun there!" Tell your child that he is growing up and this means he gets to spend more time learning and playing with other children his age. If you, as a parent, are ambivalent about your

child going, choose your words carefully. Even from a young age, children can pick up on what their parents are and are not saying!

•**Visit the school.** Several weeks before school begins, take your child to the preschool facility so he can familiarize himself with his new surroundings. Go as many times as your child needs to in order to feel comfortable. If you know which classroom your child will be in, visit it. If possible, let him meet the teacher and play with some of the toys in the room. Before leaving, take him to the playground, and let him spend a few minutes swinging, going down the slide and sitting



Long before formal education begins, your child should become familiar with books, puzzles, games, crayons, scissors and clay.

they meet new friends, have lots of fun and learn that their fears and worries were in vain.

• **Establish a routine.** If you haven't already, be sure your child has a daily routine. While it need not be as rigid as a day of preschool, structured play

sand in the sandbox.

• **Invite others to play.** If, up until this point, your child has had little interaction with those his own age, invite several children over to your house to play. It doesn't have to be a day-long event; one or two hours is a sufficient amount of time for children to begin learning skills such as toy sharing and peer politeness. A general rule of thumb is this: schedule a time when the children will be well-rested — early morning or after nap time. Also, plan a few activities, but allow the children some free play time. You might also include a snack for those hungry tummies.

• **Introduce school materials.** Long before formal education begins, your child should become familiar with books, puzzles, games, crayons, scissors, glue and clay. To ease into a structured environment, set aside time each day for you and your child to work on puzzles together, play games, color, cut and glue various items and mold things out of clay. Start with just a few minutes each day and gradually increase the amount of time you spend doing it. While you are participating in an activity together, tell your child that this is just one of many fun things he will be doing in preschool. Be alert for signs that your child is getting bored with a given activity, and stop before he gets too restless.

• **Read all about it.** One of the best ways to prepare your child for preschool is to read juvenile materials about first-day jitters. Library shelves and bookstores are stacked high with stories of children and/or animals that were afraid to go to school. Through books like these, your child will learn that he isn't the only one with fears and worries about attending school. Most importantly, he will be able to see the characters to the end of the story where

time in the morning, story time after lunch, and outdoor play at the same time every day will help your child establish a routine. The key here is consistency.

• **Go shopping.** Nothing builds excitement quicker than taking your child out to buy a new lunchbox, backpack, school clothes or other needed school items. Make a day of it by first stopping by the school, shopping a little, and then enjoying a fun lunch together.

• **Take a dry run.** The day before school begins, get your child up and out the door at the time he will need to be ready for school. If he is attending a morning program, take him for a doughnut after you have made the dry run to school. If he is attending an afternoon program, stop by for a special ice cream cone to celebrate his upcoming day.

• **Watch and wait...if necessary.** On the first day, if your child eagerly welcomes his new environment, give him a hug and tell him you will be back in a little while. If, however, your child seems uncertain about the experience, tell him you will stay, but only for a few minutes. During this time, introduce him to other children, show him some of the toys and pictures around the room, and help him get settled. When the time limit is up, give him a hug, reassure him of your love, and leave quickly. Although there may be tears, your child will more than likely stop crying and start enjoying himself soon.

Above all, remember that preschool is a time of growth — a time for your child to broaden his horizons, develop social skills and begin a love of learning. Keep the experience positive, and your child will have fun and eventually adjust to his new environment.

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



RIVENDELL SCHOOL

Rivendell School provides a warm, creative environment where children develop independence, respect for each other, and a lifelong love of learning.



A Montessori inclusion school serving children two to six years old for more than thirty years.

277 3rd Avenue
(bet. Carroll & President Streets)
718-499-5667



SAINT SAVIOUR ELEMENTARY SCHOOL

701 Eighth Avenue Brooklyn NY 11215

“Educating and nurturing the minds, hearts and souls of students for over 100 years.”

NURSERY - 8TH GRADE

For more information or to schedule a tour
Call **718-768-8000** or
visit our website at
www.stsaviourschool.org

Maura Lorenzen, Principal
Gail Harvey, Assistant Principal
Marcia McKenzie, Director of Admissions

Smarter summer

Tips to keep kids' reading and writing skills sharp

BY DENISE YEARIAN

Summer may be a recess from academic rigors, but it's no time for your children to take a break from written words. Here are 10 creative ways to keep kids' minds active all summer long.

•**Ignite his interest.** One key to sparking children's interests in reading is to find out what subjects and genres they enjoy. If your child likes video games, get a book on programming. If it's sports or mysteries, find authors who specialize in those areas. Carry this over to writing by encouraging your child to create a new sport. What would the rules be? Or, a new dinosaur breed — what

would its name be and what would it eat? If your child likes mysteries, suggest he write an alternative ending to a story he just read.

•**A family affair.** Don't assume your kids are self-motivated to read. Rally their interest in reading by reading to them. Children like to hear about heroes who are older than they are, but those books may be above their reading level. If your child is old enough, read a few paragraphs, pages, or a chapter, and then have him read to you.

•**Box up boredom.** Turn those books into box projects. After your child reads a book, encourage him to create a diorama of his favorite character's room, home, or a scene

that takes place in the story. He could also make an identity box filled with a character's belongings. What things would Encyclopedia Brown, for example, have in his box? A larger box makes a good puppet stage. Have your child make simple puppets from various materials and create a box stage on which to reenact the story.

•**Awesome authors.** Pick an author your child enjoys and have him read several of his books to compare and contrast themes and characters. Take this one step further by discovering the author's life, too. This will give your child insight into where the story and character ideas originated — how a character may have taken on the attributes of someone whom the author knew. Many authors have websites through which kids can e-mail questions to the authors and get responses. Some of the websites even have extension activities for the books.

•**Newspaper novelties.** Reading the newspaper seems like such an adult thing to do, but with a little creativity, it can be a non-threatening experience. Give your preschooler a crayon and have him circle certain letters in headlines — all the "A"s, for example. If he knows the entire alphabet, he can circle all 26 letters in order. Your older child may enjoy cutting out five unrelated pictures and creating a story that somehow connects them all. Don't forget to read articles that take in your child's interests — sports, animals, etc.

•**Audio adventures.** If you don't have a lot of time to sit down and read to your child, there are a number of audio books in all different genres that you can listen to together in the car. As you do, stop at a cliffhanger and speculate about what is going to happen next. This keeps the family dialogue going, and makes it a shared endeavor.

Reading and writing all summer long

Here are some additional tips to help keep kids reading and writing this summer:

•Enroll your child in a summer reading program at the library.

•Be a role model — let your child see how much you enjoy reading.

•Look for words everywhere, and encourage your child to practice reading in cookbooks, food labels, instruction pamphlets, comic books, joke books, magazines, etc.

•Provide daily reading time. Make sure your child's summer isn't so structured that he doesn't have time to read.

•Tally and record what he reads. Have him keep a list of the book titles he reads throughout the summer. This encourages him to set and attain reading goals. To

help your child synthesize what he reads, have him write a few sentences stating what character he liked best and why.

•Look for a connection between artwork and text. When your child is drawing and writing, make sure details match. If, for example, the picture has a beach umbrella, have him include it in his writing.

•Purchase special paper and writing tools to inspire embellishment.

•When reading to your child, have him act out certain scenes. When you read "Then the thunder rolled," have him make a thunder noise. When you read "And she fell asleep," have him act like he is sleeping. This engages your child's imagination and makes the story come alive.





•**Discover diary.** The writing process doesn't have to be long to be fruitful, but it does need to be fun. At the start of summer, let your child purchase a journal where he can log his summer discoveries. As you take trips to various places, such as museums or science centers, have him write a bit about what he learned. A discovery made while at the store, or about a new food he tried at a restaurant can be a journal entry, too. By summer's end, he will have logged a storehouse of new adventures.

•**Wanna piggyback?** One really popular type of poetry is called "Pig-

gyback Poetry." This is when the author takes a well-known song or poem, such as "Take Me Out to the Ball Game," and translates it into something new, such as, "Take Me Out to the Bathtub," using the same rhythm and cadence. Have your child pick a song or poem he enjoys, and write his own piggyback. Novelty paper, pens and pencils may inspire him to embellish his work and create a keepsake.

•**Acting adventures.** Have your child write an adventure using the same characters from a book he's just read. Or, have him make up his own

character, or maybe project himself into his story. How will he conduct himself in the adventure? Then, create a backyard theatre with friends or siblings and put on the production. Another idea is to do a spoof of a movie or TV show with which he is familiar — something silly and fun. Bring out the video camera so he can see the finished project.

•**Tap into trips.** If you're going on vacation, have your child help plan the trip. Pick up a few travel books and let him research sites he would like to see. Also, look for materials that talk about the destination's his-

tory. Some places, such as Colonial Williamsburg, VA, may even have fiction stories associated with them, and would be a timely read. Staying local? Challenge your child to use a trip to a nearby theme park to research and compare those roller coasters with others around the country. Or, check out what is happening at local museums, science centers, or live theatres. Many of these topics can be used as springboards for reading and learning more.

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



PARENTS HELPING PARENTS

SHARON C. PETERS, MA

Drama queen tween opposes her chores



Dear Sharon,

Our 12-year-old daughter is being asked to do a few household chores to help out. Nothing major, but small chores that we want her to do on a regular basis to help her learn and to give her a sense of responsibility — such as helping with the dishes, putting the laundry into the dryer from the washer, etc. She is pitching a fit about this and tells us that none of her friends have to do these things. I don't really care if that's true or not, because I feel it's important for her to contribute. What are your thoughts, and how can we successfully handle this?

Dear Parents,

Your question is on the mind of many moms and dads. There is no simple answer — as every child and family is different — but here are some ideas that might be helpful.

Twelve-year-olds often feel pressure from peers, hormonal changes and academic demands. As stressors increase, it is not unusual for tweens and teens to become emotional and “pitch fits” about many things. The refrain of “None of my friends have to do what you are telling me to do” is common and sometimes — but rarely — true.

Some parents make shared chores an important part of family life, while others choose not to for a variety of legitimate reasons. But, as you mentioned in your question, chores can be one of many ways to help children learn important life skills and de-

velop a sense of responsibility that can be useful.

Since children this age can be drawn to declare their maturity and independence through waging “power battles” with adults, it can be challenging to have discussions about chores go well. General proclamations from Mom or Dad such as: “You need to help out more around here,” “I am tired of doing everything,” or “I am not here to serve or clean up after you,” are common phrases that can easily fall on a young one's deaf ears. Such statements, although often true and/or coming from justified parental exasperation, are rarely effective.

Talks can go more smoothly if Mom or Dad begins by assigning one or two tasks at a time, rather than starting with a list of many things that need to be accomplished. It can also lower the chance of a “fit” and increase cooperation if parents explain several possible options and have the child choose which one or two she would like to try. Ongoing stress-free discussions over time can

provide the opportunity to alter one or more responsibilities, increasing the chances of having things go well for parent and child. Sometimes, it helps to set up a brief family meeting, so everyone gets a turn to discuss how chores are going.

Although chores seem like simple accomplishments — and they often are — it can still be important to offer positive feedback and appreciation for tasks that are completed well. Since one reason to assign chores is to build self-esteem, such adult response can be useful. A simple thank you with an explanation of how a child's contribution was helpful can mean a lot.

People who have read this column before know that I believe a calm and caring relationship between parent and child is the foundation for a healthy and happy adulthood. If tension increases at home because of undone chores and over time interferes with the closeness of relationships at home, I suggest postponing the distribution of chores until there is time and space to reconnect and talk anew.

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, www.PHPonline.org.

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at SWeiss@cnglocal.com.



AMICABLE WORLD LLC

Home Based Intervention
For Children With Special Needs.
Ages 3-5

- Special Education • Reflex
- Speech • Occupational and Physical Therapies
 - Play Therapy • Therapeutic Listening
 - Service Coordination • Floor Time
 - Autism Behavioral Analysis Treatment

English • Spanish • Russian • Hebrew • French Creole

82-17 153rd Avenue, Suite 205 • Howard Beach, NY
718-347-3917 • www.aworldllc.com
Services in: Brooklyn, Queens & Staten Island



A Special Educator

For All Age Groups



A Tutoring Service To Support & Assist Learning Disabilities

- Teaching Social & Communication Skills To Enhance Life And Academic Success
- Patient & Creative Teaching In A Customized And Non-Threatening Learning Environment

Tutoring Is Conducted One-To-One Or In Groups
A Customized Learning Program Is Developed With Parents

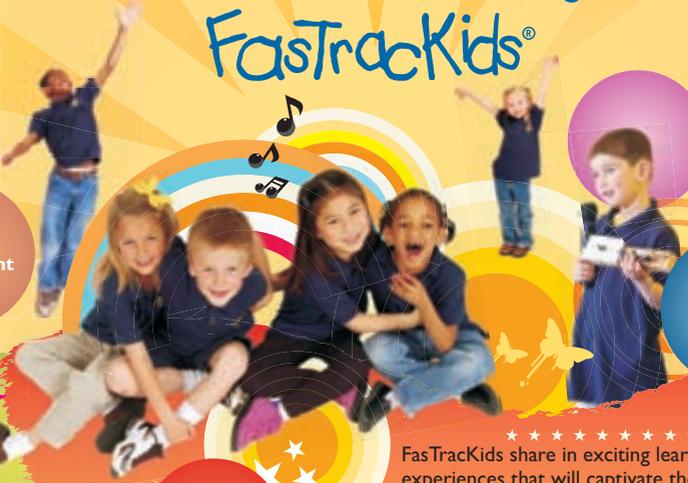
- Social & Communication Skills
- Academics

Families & Students Receive Continuous Progress Reports
Each Session Lasts One Hour
Mark Golubow - 718-622-3655
mdgolubow@gmail.com
Please visit - **www.aspecialeducator.net**

FUN-LEARNING ALL SUMMER LONG!

Educational Summer Adventure / Ages 3~10

FasTrackKids®



Flexible Weekly Enrollment Options

Full and Half Day Programs Available

Early Bird Discounts Before April 15th

FasTrackKids share in exciting learning experiences that will captivate their imagination and make their summer full of wonder and surprise.

www.brooklynenrichment.com | www.fastrackkids.com

SUMMER CAMP SCHEDULE

- camp 1 **Earth Science:**
7/5~7/8 Exploring the Earth: Oceans & Volcanoes
- camp 2 **Ready, Set, Travel 1:**
7/11~7/15 Visiting China, India, Australia & Mexico
- camp 3 **Spencer Learns Sports:**
7/18~7/22 Exploring Different Sports
- camp 4 **Dinosaurs:**
7/25~7/29 Young Scientists: Old Bones
- camp 5 **Speech Drama & Art:**
8/1~8/5 Performing Magic
- camp 6 **Ready, Set, Travel 2:**
8/8~8/12 Visiting Egypt, Italy, USA, & Brazil
- camp 7 **Anatomy of Me:**
8/15~8/19 Exploring the Human Body
- camp 8 **Destination Constellation:**
8/22~8/26 Exploring Outer Space, Stars, Moon, Planets
- camp 9 **Technology:**
8/29~9/2 How Things Work

Time off from school doesn't have to be time off from learning!

Williamsburg (60 Broadway) 347.987.4450	Bay Ridge/Dyker Heights (7612 13th Ave) 718.748.3000
Sheepshead Bay (1605 Voorhies) 718.891.5437	Park Slope (150 4th Ave) 718.351.7333

Embody health and wealth

Save money by investing in yourself

BY CANDI SPARKS

The aphorism “the greatest wealth is health” has never been more true than now, because healthcare costs a fortune! We could all be richer if getting sick wasn’t so expensive. Each aspect of treating an illness — the doctor visits, lab work, tests, medication, hospital stays, and missing days of work — all have an effect on the patient’s recovery — especially his financial recovery.

Drug companies, insurers, doctors, hospitals, politicians, and the economy have all contributed to the higher cost of health care. Since 2007, more than half of filers for bankruptcy claimed high medical expenses as a major contributor to their financial disasters, and there are more uninsured and under-insured people than ever before. Fortunately, families are gaining some ground in the war against the high cost of healthcare. They are taking a proactive stand against illness by adopting healthier lifestyles. They are finding ways to embody health and wealth.

People everywhere are trimming the fat from their healthcare

expenses and saving money by taking better care of themselves and minimizing their risks of becoming sick, including 80-year-old Sophie, who changed her health regimen after being put on insulin injections when she was diagnosed with diabetes in 2009.

“Who needs a life of needles and popping pills, waiting for the next thing to get you? That stuff is for the birds,” says the New Yorker.

Sick of being sick, Sophie decided to take the injections and other medications while changing her condition through diet and exercise. She restricted her diet to meat, fruits and vegetables, and began working out at the gym a few times a week with a personal trainer. It took some time, but she is now off the medication. She chose to take control of her health. Needless to say, Sophie has a young attitude and does not look her age.

Elementary schools are now teaching students to sneeze and cough into their elbows instead of their palms in order to prevent the spread of germs. In addition, more hand sanitizers and tissues are being distributed by both schools and offices, since the common cold can cost an average family with insurance about \$100 — just tally the doctor co-pay, price of medicine, and lost wages for missing a day of work or paying a sitter. Without that insurance, the common cold would cost even more.

It’s well known that maintaining a healthy weight is one of the most important things you can do to keep yourself well. But a study released by “The Early Show” in 2010 shows that a person’s weight can also affect



People everywhere are trimming the fat from their healthcare expenses and saving money by taking better care of themselves.



how much money he or she makes. The study showed that women who weighed 25 pounds less than the group average earned about \$16,000 more per year. A woman 25 pounds above the average earned about \$14,000 less. On the other hand, thinner men made almost \$9,000 less than their average male co-worker.

“You can never be too thin or too rich,” says Erica, a lawyer in Queens who said she was promoted to partner after she dropped more than 10 pounds and dyed her hair blonde.

Take the first step

Walking the extra mile can help you keep your shape and stave off illness. Since there are 2,000 steps in a mile, theoretically, a person would have to walk five miles a day to burn off a pound. But of course, this doesn't seem fair to those of us who are hungrier after exercise. So try squeezing small walking sessions into your daily routine. Avoid using the phone to call a co-worker, and instead, walk to her desk. Or, take the long way to the water cooler and use the stairs instead of the elevator. It will be an adjustment at first, but you'll get used to it.

“At first, I felt a little weird, but I was motivated, so I got used to it — especially since I canceled my gym membership and needed to keep moving” says Helen, a secretary in Brooklyn who has been known to sprint around her office to burn calories. “I have been losing weight by watching what I eat and walking around more at work.”

She's also added hand weights to her office walks and is enjoying the compliments she gets while she is “circulating” at work and improving her health.

If your work day doesn't lend itself to walking five miles around the office, squeeze in as many steps as possible, and bend and stretch before and after work. It really does help!

If possible, walk or cycle at least part of the way to work, or do so during your weekend errands. Park the car a little farther away — it could be cheaper, or free. Window shopping at lunchtime can stimulate the eyes and heart rate — while saving money.

The importance of water

All this talk about new, healthy habits can drive one to drink — water, that is. Staying hydrated is an excellent way to stave off hunger and improve health. Water flushes toxins and fat out of the body. Whenever possible, keep Bisphe-nol A-free bottles filled with water on hand.

“The water comes in handy in this sweltering heat,” says Patricia, who makes it a habit to drink water throughout the day. “But, you have to map out a few restrooms along the way, just in case.”

She fills up her water bottle for the rush hour commute to her home in the Bronx. Her strategy prevents thirst and helps her to not spend money on expensive coffee drinks.

It takes 21 days to build a habit, good or bad. The way to live a healthier — and wealthier — lifestyle is by making small, healthy changes today. There are lots of free websites that can help you get started. Make healthy changes and keep the change in your wallet, where it belongs.

Candi Sparks is the author of “Can I Have Some Money?” a children's book series sold on Amazon and Barnes & Noble. She lives in Brooklyn and is a mother of two. She is on Facebook (Candi Sparks, author) and Twitter (Candi Sparks, author). Visit her website, www.candisparks.com.

FREE CONSULT

INSURANCE ACCEPTED

CALL US

\$500 OFF

HOUSE OF ORTHODONTIA
THE MOST AFFORDABLE BRACES IN TOWN!
718 • 852 • 4414
122 ATLANTIC AVE BROOKLYN NY 11201
WWW.HOUSEOFORTHODONTIA.COM

READ OUR REVIEWS ON

Mention Brooklyn Family and receive
\$50 off birthday parties, camp, or classes.

- Indoor playground
- Drop off play
- Classes
- Birthday parties
- Play dates
- Camp

www.klub4kidz.com

4 Tier Playground

Rock Climbing Wall

klub kidz
Imagination at play

159 North 4th Street T. 718.599.5900
Brooklyn, NY 11211 info@klub4kidz.com

Keep your wits when your child is in the ER

What to do —
and what to
ask — at a very
scary time

BY DR. VINCENT D'AMORE

At some point, all children are going to get sick or injured. It's an inevitable part of life. Often, it's going to occur at inconvenient times for you and your pediatrician. Murphy's Law requires that it happens at exactly 3 am, when you should be sleeping. As you can imagine, that's a time when you're not going to be the most alert; however, the cries of your child will compel you out of bed.

As a practicing board-certified emergency medicine physician, I am often the one you will see when you bring your child into the ER. I'd like to give you some advice to help navigate the experience and turn

it from a dragged-out, frightening event into a reassuring, harmless, and hopefully, painless one. Here are some tips to help you advocate for your child's care; avoid sleepless nights and large bills; and most importantly, avoid possible life-threatening harm to your child.

Often, the best advice is the one you already know, and that is, when your child has fallen or is grabbing his ear in pain, the first thing you do is call your trusted physician. Although, as parents, we'd rather not awaken anyone at 3 am, your physician would rather have you wake him and hopefully take care of the situation over the phone, if possible, than have your whole family in a crowded ER all night. So, make the

five-minute call, and hopefully, care can be initiated over the phone, and the trip to the ER avoided in the first place. We all know ERs are scary for adults, let alone children. So, if we can avoid that visit, that may be the best option. It's one of the reasons we opened Premier Care — we'd like parents to be seen by ER specialists in a friendly environment, without the long wait.

However, at some point, your physician will say: "Take him to the ER." That opens up a Pandora's box of fears — especially at 3 am — as to what's wrong with your child, and what will happen to him. Images of TV shows flash in your head as you drive to the hospital, register, and inevitably, wait to be seen. Hopefully, this advice will lessen those fears.

First, stop, take a breath, and calm your nerves. Although human nature imagines the worst, the fact is, thankfully, that 95 percent of the children who go to an ER will be discharged. That tells us that the vast majority of children will have self-limiting illnesses — such as the common cold — that will go away with the passage of time, and will not leave any lasting effects. The main job of the ER physicians is to find those really sick children who need to be admitted. Thankfully, the others (who owe a great amount of that former statistic to vaccines) can be safely discharged, possibly with medicine that will make them feel better until they actually get better. So, drive slowly and safely to the ER to avoid any accidents that can harm you and your family.

When you go to the ER and register, it would be great if the staff there had the time to focus solely on your child. It's what we parents all want; but the staff is often attending to critically ill patients, and while they would love to spend 10 minutes explaining what's going on



The first question parents should ask the doctor would be: "Is the test/treatment really necessary?"

with your child, they simply cannot. Medical and nursing school hasn't taught how to be in two places at once. Thus, parents often feel — correctly — that they have become lost in the shuffle.

Physicians tend to feel compelled to order tests and treatments that turn out to not be needed for the care of the child. I won't go into specifics for each test, but if parents can ask a few questions — as is their right — I think that the treating physician, who has their child's best interests at heart and wants to work with the parents, will often agree to do what's really needed, and avoid the pull for needless, painful, and even harmful tests and treatments. I would rather not have my child who has diarrhea stuck multiple times with a needle to "see" if he's a little dehydrated, if the treatment will be drinking Pedialyte, regardless of the blood test's results. If he's really dehydrated and cannot tolerate fluids, that's a different story. But to cause him pain from a needle — especially when multiple scientific studies show the testing doesn't clinically make a difference — would be useless and even cruel.

Thus, the first question parents should ask the doctor would be: "Is the test/treatment really necessary?" Physicians should explain the reason they are doing every test — and more importantly — what the result of that test will do to change their management. If an experienced physician truly feels that your child needs a CT scan of his abdomen because of the chance that he has appendicitis, then the result of the test really changes the plan of action. If it's positive, the child goes to the operating room; if it's negative, the child can go home. In certain instances, it's a great test. Often, some tests are falsely positive and require other tests to prove the first test was incorrectly positive!

After the physician has ex-

plained why he feels that the test is important, the next question is: "Does this test cause any harm in it's own right?" The cost of the test, aside from considerable expense, is often pain (from attempts at drawing blood) or even the likelihood of a life-threatening illness at a much later date in the child's life. We have recently been learning the effects of radiation from diagnostic tests, such as a CT scan, on children. There is a chance that the child is at an increased risk of getting cancer from the CT scan. Another study implied that the radiation to the growing child's brain might drop that child's IQ a few points. Certainly, we wouldn't want to risk those side effects on our children unless the test was truly needed.

The last question parents should ask is: "Can we try a more conservative way?" Once a physician has decided that nothing emergent is going on, then there are many courses of treatment. Often there are some that will make the child feel better until he gets better, such as anti-nausea medicine when he has a virus causing him to vomit. If an illness will go away on its own, does a child need an expensive antibiotic or a drug that will give him medicine-induced diarrhea? Sadly, physicians often feel that one way to make parents happy is to prescribe something — when really, nothing was needed in the first place. Asking this question removes the idea that the only way for the physician to make you happy is to write a prescription.

I think that if parents have a few basic questions in mind, then the physician will gladly work with them to avoid useless pain, large bills, sleepless nights, and — most importantly — possible life-threatening harm to your child when you need to bring him to the ER.

Vincent D'Amore, MD, is an emergency medical physician and author of "Common Sense: A Parent's Guide to a Harmless ER Visit." D'Amore grew up in Maspeth, Queens. He is a graduate of Albert Einstein College of Medicine, and completed his post-graduate training at St. Barnabus Medical Center and Mount Sinai Medical Center. He had an emergency medicine residency at St. Lukes/Roosevelt Hospital in Manhattan. D'Amore now works at Premier Care, a walk-in urgent care center in Maspeth. He currently resides in Long Island with his family.

Simply the Best.

World-Class Facilities • Expert Instruction • Dynamic Curriculum



NYC's Best & Most Flexible Day Camps!

Transportation from Brooklyn.
Enroll for 1, 2 or more weeks

Camps run June 20 – September 2

Ages 3 to 18 Years • 15 Camps to Choose from

Instant Online Enrollment • Lunch Provided

After Care Available

Summer Sports Camps at
CHELSEA PIERS

23rd Street & Hudson River Park
212.336.6846 | www.chelseapiers.com/camps

Visit chelseapiers.com for a complete listing of sports classes available for both kids and adults.



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Nutritious fuel for a family vacation

Life has certainly changed since you sang “Vacation, all I ever wanted, Vacation, had to get away” along with The Go-Go’s way back when. Vacation has taken on a whole new meaning. Whether you travel by plane, train or automobile, summer is the time that many of you take a break from your routine. Yet it is possible to continue to keep the family reasonably nourished while enjoying your holiday. Here’s how:

By car with the very young

Pack a variety of nutritious finger foods for children who are able to feed themselves. Containers filled with sandwich triangles, cheese cubes and cut-up fruits and vegetables can be easily pulled out of a cooler. Make sure they’re cut up into small enough pieces to prevent choking. Soft foods, such as berries, bananas and cooked vegetables are safest for children age 5 and under.

By car with school-age children

Involve your kids. “Grade school-age children can participate in the packing of healthy meals and snacks for the car ride,” says Kelly Sierra, a registered di-

etitian from suburban Chicago and mother of three. “Give each child his own set of containers to fill with food such as cheese, yogurt, vegetables, and dips — such as hummus or guacamole. Label each container with the child’s name.” Sierra recommends giving each child his own little cooler if space permits.

Give each child his own food bag. Help your child pack whole grain crackers and cereals, trail mix, and whole or cut-up fruit that can be packed into his own bag. Each child can graze as he wishes during the car ride. For example, just one quarter cup of California raisins counts as a serving of fruit, and is a tasty way to help meet recommended daily fruit servings.

Pack sandwiches.

“They hold up well, can be made in advance, and store flat in a cooler,” says Sierra, who has a private practice offering in-home nutrition counseling to families and individuals (KellySierraRD.com).

By plane with the very young

Comply with the Transportation Security Administration’s regulations. Packing snacks and meals for air travel can be tricky because of restrictions on food and liquids. Snack

foods and sandwiches must be wrapped properly and then scanned in the X-ray machine. Liquids greater than three ounces are not permitted — except for baby formula, breast milk and juice. Jarred baby food is also permitted.

By plane with school-age children

Fill up the backpacks. School-age children can use their backpacks to hold individual healthy snacks and meals. String cheese, whole or cut-up fruits and vegetables, sandwiches, and little containers of canned fruit can be packed easily.

Purchase a meal before you fly. It may be easier to buy a meal in the airport shortly before you board. There are a variety of healthy options available to you and your children. Look for restaurants that offer subs, sandwiches, and bagels — instead of fried fast foods.

Keeping food safe

However you travel, keep food safety in mind. A rule of thumb is to limit food kept at between 40 and 140 degrees to less than two hours. If the temperature is 90 degrees or hotter, this time limit changes to less than one hour. When traveling by car, the coolest place is where people sit — not in the trunk or back of an SUV.



In spite of food and nutrition challenges, you can provide your family with some semblance of healthy eats, while still enjoying good, summertime food. Bon voyage!

For more information on air travel regulations, visit www.tsa.gov/travelers/airtravel/children/formula.shtm.

For more information on food safety, visit www.foodsafety.gov/keep/events/summervacations/index.html.

Christine M. Palumbo, RD, is the 2011 Illinois Dietetic Association Outstanding Dietetics Educator of the Year. She is also consultant to the California Raisin Marketing Board. Follow her on Facebook at Christine Palumbo Nutrition.

Raisin Peanut Butter Spread

Just two tablespoons make a quick, healthy snack if there’s a jar of this in the fridge.

(Prep Time: 10 minutes. Cook Time: 10 minutes. Ready in 20 minutes. Yields about 1-1/2 cups. Makes 12 servings.)

INGREDIENTS:

3/4 cup raisins
1/2 cup apple juice
2 tbsp. honey
2 tsp. ground cinnamon
1 cup creamy peanut butter

DIRECTIONS: Measure raisins and apple juice into small saucepan and bring to boil; reduce heat and simmer for eight to 10 minutes or until raisins have absorbed all the juice. Stir in honey and cinnamon; cool slightly. Stir in peanut butter. Spread onto graham crackers, bread, mini-



bagels, apple slices or celery sticks.

NUTRITION INFORMATION: (per 2 tablespoon serving)
Calories 170, carbohydrates 16g, protein 6g, total fat 11g, cholesterol 0mg, fiber 2g, iron 2mg, sodium 100mg, calcium 21mg.

Dynamic Learning Center (DLC)



for
**TOMORROW'S
LEADERS**

ENRICHMENT PROGRAM

Registering Now for September!

**MONDAY THRU FRIDAY
3:00 PM TO 6:00 PM**

www.DynamicLearningCenter.org

718-998-6481

121 Gravesend Neck Road

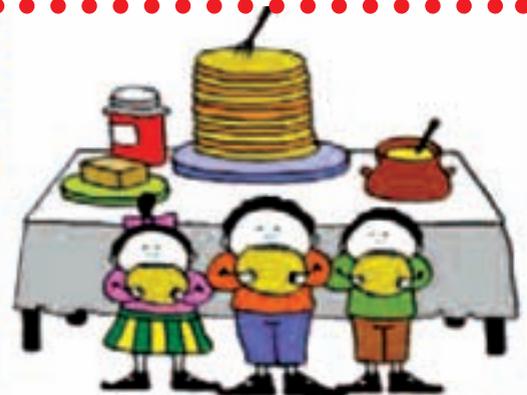


• COMPUTER • CHESS • ENGLISH • MUSIC • ETIQUETTE

**SUMMER CAMP
JUL. 25-AUG. 19**

9 AM - 5 PM

- Weekly Trips
- Academic Integrated Sports
- Research and Fun Projects
- Arts and Crafts
- Etiquette Lessons
- Drama



DIRECTORY

Barking Cat Studio

65 Bond Street
718-855-8050 or www.barkingcatstudio.net

Barking Cat Studio Make It! & Take It! Art Parties Art Parties for kids ages 2 and up.

Birthdays at Barking Cat Studio are not only FUN, they're MESSY too!

We like it that way. Your child & their guests will too.

Our studio will be exclusively yours for 2 hours and can accommodate 10 - 12 children. You can choose from a variety of popular projects or have one tailor-made for the party.

All Barking Cat Art Parties include a special birthday hat for the birthday child, make your own party hats for party attendees, a pre-chosen craft project from our list of popular projects, a juice box or water for each child and paper goods. Balloons, favors, goodie bags & food are also available at an additional cost.

If you prefer, we can bring the arts & crafts to you! Barking Cat Studio Art Parties are a fun way to entertain kids at your in home party. We will bring

all the materials necessary to create a fun arts & craft project that each child can take home with them that day. All materials, project set up, craft instruction & project clean up is included. Call today for a free estimate!

Birthday Parties at The Brooklyn Sports Club

1540 Van Sicken Avenue, off the Belt Parkway;

718-642-2720 or www.bsc1.com

The Brooklyn Sports Club has refined and improved the "homey" type party without it being showy and expensive. They offer good, clean fun in one of the two beautiful swimming pools or in the large gymnasium... or both... topped off with the requisite pizza, cake and juice. The best part for busy moms and dads is that the club staff does all the work. Each party has two energetic young people as party coordinators who are with the children organizing games and fun while you sit back and chat or act as cheerleaders for the gym games or pool fun. Parties are affordable and you don't have to be a club member to book! Please call for more information.

Carmelo the Science Fellow

300 Atlantic Avenue, Brooklyn
718-344-4631 or www.carmelothesciencefellow.com

Carmelo the Science Fellow invites you to discover his science parties, created at his unique and memorable Cosmic Cove. Here, children are transformed into scientists: they touch, hold, and most importantly take part in all of the experiments. They participate in hands-on activities that are fun, exciting, and, most importantly, educational.

Experiments with Carmelo may include making silly putty, glow in the dark slime, conducting a diaper powder study, making fake snow, etc. They can even work with animals like the weird moving mega mealworms... yuck! You can even take home your experiments...even the live ones.

Chelsea Piers Sports & Entertainment Complex

23rd Street & the Hudson River, Manhattan
212-336-6666 or www.chelseapiers.com/birthday

Chelsea Piers Sports & Entertainment Complex is home to Manhattan's best sports-themed birthday party. Their state-of-the-art facilities and world-class instruction combine with convenient party planning and packages for a fun and memorable birthday celebration! Preschoolers to teens can choose from a wide variety of activities at their 25,000 square-foot gymnastics center with in-ground trampolines and deep foam pits, rock climbing wall designed for kids and teens, indoor playing fields, Toddler Adventure Center, basketball courts, batting cages, two indoor ice skating rinks, a 40-lane bowling center, or hi-tech golf driving range. Private instructors are available for ice-skating and golf parties. Refreshments are served in private party rooms. For gymnastics, rock climbing, sports parties and the "Ultimate Birthday Challenge" party, call (212) 336-6518; for ice skating parties, call (212) 336-6100; for golf parties call (212) 336-6400; for bowling, call (212) 835-BOWL. On-site parking is available for a fee. We are easily accessible by the M23 or M14 bus. Please call or visit their website and see why Chelsea Piers is the stress-free choice for a great birthday party!

The Little Gym of Bay Ridge-Bensonhurst

8681 18th Avenue
718-259-6878 E mail:
tlgbayridgebensohurstny@thelittlegym.com or www.thelittlegym.com

The Little Gym of Bay Ridge-Bensonhurst is a great place to celebrate your child's birthday! Every party has the entire gym to them, and includes plenty of games, music, and fun, created especially for your child. Our Awesome Birthday Bash includes a trained instructor and an assistant, who guides the children through fun gymnastic activities. We provide all set-ups and clean-up, paper goods and TLG invitations (addressed, stamped and mailed for you!). The birthday child receives a birthday goody bag too! Please call to plan for your child's special day and inquire about our Standard & Deluxe Packages.

The Moxie Spot

81-83 Atlantic Ave.
718-923-9710 or www.themoxiespot.com

The Moxie Spot is a full-service restaurant with kid's activities on Atlantic and Hicks. It hosts a wide range of birthday parties: from small groups of older children who go out to dinner after an activity, to large groups of younger children and their parents who want more of an extravaganza. Its festive second floor can accommodate large parties. The foosball, games, art supplies are available throughout. The Moxie Spot helps conduct art projects and small games relating to almost any theme. Live entertainment (magicians, jugglers, etc.) is up to the customer. Being a restaurant, The Moxie Spot provides great kid food for parties, as well as snacks, wine or beer for parents. For more information call or visit their website.

Paerdegat Kidsports Fun & Fitness Club

1500 Paerdegat Ave North, Canarsie
718-531-1111 or www.paerdegat.com

Paerdegat Kidsports Fun & Fitness Club offers 90-minute parties of running, jumping, smiling and laughing: memorable experiences of 100 percent pure fun. Conducted by your own party instructor, your child and guests will have tons of while you relax: no hassles, no mess; all you're left with are wonderful memories. Included are sports & games, adventure challenge, private party room, tee-shirt for the birthday child, invitations, paper goods, coffee for adults, pizza, Carvel cake, soda, party instructor and host/hostess. Gymnastics, swimming, soccer, in-line skating, basketball, hockey, multi-sport, dance, workout and Kosher parties are also available.

KID'S EAT FREE EVERY NIGHT!

ENJOY AN DINNER ENTRÉE OR SPECIAL
GET A FREE KID COMBO, PIZZA, PASTA OR MAC & CHEESE
EVERY DAY AFTER 5:30PM

Restaurant & Play Space
THE MOXIE SPOT

81 ATLANTIC AVE (@ HICKS) 718-923-9710
SERVING BREAKFAST, LUNCH, & DINNER ON TWO FLOORS
MON-WED 10AM-6:30PM, THURS-SUN 10AM-8:30PM

2 BLOCKS FROM BKLYN BRIDGE PARK PIER 6 PLAYGROUND

FUN EVENTS

DAYTIME

Singalong w Lloyd
Tuesdays, 11a

Storytime w Emily
Mon/Wed/Fri, 12p

Dance w Nat
Thursdays, 11a

Sunday Singalong
12 Noon, 1st & 3rd Suns

EVENING

Beatles RockBand Night
1st Saturdays, 6p

Family Disco Party
2nd Saturdays, 6p

Nintendo Wii Night
3rd Saturdays, 6p

Plus Friday Free Movie Night, & Sunday Bingo

EVENING ACTIVITIES ARE ALL FREE, CHILD FEE IS \$2.50/CHILD M-F 10AM-5:30 PM
FUN ALL DAY LONG: TOYS, ART, GAMES, PUPPETS, FOOSBALL, COMPUTERS!
VISIT WWW.THEMOXIESPOT.COM FOR MORE INFO

Barking Cat Studio

Make It! & Take It! Arts & Crafts for Kids

18 - 42 mos. ★ 3 1/2+ - 6 yrs. ★ 7 - 12 yrs.

Birthday Parties

Birthdays at Barking Cat Studio are not only FUN, they're MESSY too!

We like it that way. Your kids will too.

To create the perfect party package that's just right for you, give us a call at **718•855•8050**. We'll be glad to help you plan it all out!

Summer Classes

July 5th - August 26th

Liberal class make-up policy Drop-Ins Welcome!

www.barkingcatstudio.net

**EXCITING THINGS
ARE HAPPENING
THIS FALL!
Don't be left out!
Join our email list.**



Barking Cat Studio—Make It! & Take It! Arts & Crafts is conveniently located at 65 Bond Street, between State & Schermerhorn Streets in Boreum Hill Brooklyn.

By Public Transportation: **F** Bergen Street **A C G** Hoyt/Schermerhorn Streets **2 3 4 5** Nevins Street. **B63** to Atlantic/Bond or **B67** Livingston/Bond.



A birthday at The Little Gym.
Grow happy.



Birthdays at The Little Gym are a big wish come true.

When you book with us, you get the entire gym—and our staff—to yourself, plus lots of music, games, and guaranteed fun. And because we handle everything from invitations to cleanup, you get to enjoy the party too.

**Book an Awesome Birthday Bash
by July 15th
and SAVE \$10 with this coupon.**

Offer not valid on previously booked parties.

Call or schedule a free introductory class online.
Learn more at TheLittleGym.com.



Bay Ridge-Bensonhurst
www.TLGBayRidgeBensonhurstNY.com

8681 18th Avenue, Bklyn., NY 11214
(718) 259-6878



LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Summer safety rules for teenagers

Do you remember that feeling you experienced on the afternoon of the last day of school? I fondly recall one particular “last day” in more detail than others. The junior high bus was filled with ecstatic kids shouting the lyrics to Alice Cooper’s song, “School’s Out.” We didn’t mind that the music coming from the portable, eight-track tape player was garbled. The sun was shining and the school year was over — a glorious moment for an adolescent!

The last day of school provides

“Many teens aren’t mature enough to organize their time wisely,” says Ilene Val-Essen, PhD, author of “Bring Out the Best in Your Child and Your Self: Creating a Family Based on Mutual Respect.” “As their brains go through a great transformation of growth and refinement, they often respond by acting impulsively and seeking thrills through risk-taking.”

Teens should be granted some freedoms in order to become independent adults; however, parents should still keep tabs on them. If your teen offers, “I’m going to Sue’s house,” without specifying what she and Sue will be doing, or the time at which she will return home, be sure to ask.

Is your teen hanging out regularly with nothing to do? Brainstorm with her to find constructive alternatives.

“Parents and teens should work together to develop a plan for the summer, and teens should take the lead in developing it,” Val-Essen suggests. “This will help teens think about their goals.”

She says family time should be an essential part of the plan.

“Teens have a powerful need for attachment,” says Val-Essen. “When parents are less available, they attach powerfully to friends, and this dependence may lead them into harm’s way.”

Safety hazards

During the summer, teens spend more time behind the wheel, stay out later at night, and attempt risky outdoor adventures, such as swimming in unsupervised locations or hiking where warning signs are posted.

Therefore, it’s necessary that parents communicate their expectations, particularly regarding their teen’s driving. Studies conducted by the National Highway Traffic Safety Administration show that the period between Memorial Day and Labor Day is the deadliest for drivers ages 15 to 20. Many experts say summer’s higher fatality rate is due to teens having more free time, less supervision, and relaxed curfews.

Driving is not the only potential hazard. Summer activities, such as skateboarding and riding ATVs, also have inherent risks. Working at a retail mall until closing can be dangerous, too. Predators look for teens leaving stores alone at night. Parents should always discuss potential risks because teens don’t always think ahead.

Solutions

A relationship with your teen built on respect and shared decision-making is ideal.

“When teens respect their parents and care about what they think of them, they’re in a far better position to stay true to their own core values — even when facing peer pressure,” reminds Val-Essen.

Some wise advice:

- Develop a summer schedule with your teen.
- Ask your teen to sign a “safe driver contract.”
- Check in frequently if your teen is alone for long periods.
- Schedule teen-friendly family outings.
- Get to know your teen’s friends.

Tips and tales

“Number 1 Rule: No texting and driving!”

Carole Aumand-Stopczynski, Kingston, NY

“If you’re worried, just say, ‘No. You can’t go.’”

Arlene M. Boulware, Poughkeepsie, NY

Share your ideas

Upcoming topic: Teens lie...some more than others. How should parents handle this?

Please send your full name, address, and brief comments to myrnahaskell@gmail.com, or visit www.myrnahaskell.com.

Myrna Beth Haskell is a feature writer and columnist specializing in parenting issues and child and adolescent development. She is the mother of two teenagers.



teens with a sense of freedom that’s intoxicating. They look forward to hanging out with friends and flexible curfews. However, parents should think about their expectations for the summer months, particularly because many teens will be spending more hours unsupervised, which is often a catalyst for mischief.

Too much free time

Free time is wonderful when it breeds creativity and gives teens time to do things that they don’t have time for during the hectic school year, such as reading for pleasure or exploring a new hobby. However, free time can also mean finding trouble.

PARTY PLANNERS

Rico The Clown
Magician Comical Nerd
 As seen on TV
 Rico is a University Professor of Speech and Communication
 • Magic • Balloon Sculpting
 • Comedy • Roasting
 • Educational Shows
 • Adults/Kids
 718-434-9697 • 917-318-9092

The Twisted Balloon Company
 Award-winning Balloon Art & Entertainment

Todd Neufeld
 featured entertainer
1-212-748-9798
 1-800-505-TWIST (800-505-8947)
 www.twistedballoon.com
 todd@twistedballoon.com

HAPPY HENRY
 "The Wizard/Magician Clown"

Close Up Magic AT ITS VERY FINEST
 • HANDS-ON MAGIC
 • BALLOON ANIMALS
 • FACE PAINTING
 • ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS
 Birthdays, Bar Mitzvahs, Christenings, Children's and Adult Parties
CORPORATE ACCOUNTS WELCOME
917-617-3698
 www.HappyHenrytheWizard.com

Finally in New York!
 Jane Stratten presents
Penny and the Puppets

 Memorable, Interactive Musical Puppet Shows (camps, schools, birthday parties, festivals, libraries)
 Also, Special Shows for One and Two Year Olds!
 We bring the show to you!
 917-474-9364 www.pennyandthepuppets.com

UNIQUE KIDS BAKING PARTY
 Kids will love it and no mess!
 • Baking & Decorating Cookies
 • Making Chocolate Candies
 • Making Their Own Goody Bags
 CATERING FOR THE KIDS & THE ADULTS TOO
 CALL TODAY: **917-640-3373**
 EMAIL: **mei@uniquekidsparty.com**

Have A Kid's Party That's Very Different!
 • We bring the zoo to you!
 • All ages & all occasions
 • Bug & Reptile Shows
 • Samyard Petting Zoo
 • Pony Rides
 • Exotic Pet Program
 • Nature Programs
 • Pet Therapy
 • U.S.D.A. Licensed & Insured
 Visit our website: www.party pets.com
Hands-on learning about exotic animals from around the world
 WE ADOPT UNWANTED EXOTIC PETS!
 All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions - BOOK EARLY!
 Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY
 Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs

Best Clowns
 Clowns • Costume Characters
 Princess Parties • Magicians
 Face Painters • Balloon Art
 Caricaturists • Toddler Games
 Cotton Candy & More
1-800-75-CLOWN or 212-614-0988
 Bi-Lingual Performers Available * Private & Corporate Events
 All Boros, L.I. & Westchester

ALL IN ONE ENTERTAINMENT INC.
ALL AT A REASONABLE PRICE
(718) 441-5764
(718) 441-7796
 www.allinoneentertainment.com
 Clowns • Magicians • Cartoon Characters
 DJ Service • Arts & Crafts
 All Types of Bounce • Face Painting Sand/
 Spin Art • Balloon Artists
 Private Events • and much more!!!
WEEKDAY SPECIAL STARTS AT \$90⁰⁰
PARTY ROOM AVAILABLE
 95-25 Jamaica Ave, Woodhaven, NY 11421

What do you do before the cake has been served & the presents opened?
HAVIN' A PARTY
9520 Ave. L, Brooklyn
 • Magicians • Clowns • Face Painters
 • 100s of Costume Characters To Choose From
 • Balloon Animals & Sculptures
Mention this ad & get \$10 OFF any show
 Serving families in our communities since 1984
718-251-0500 • www.havingaparty.com

Puppy Parties
PUPPIES BROUGHT TO YOUR NEXT BIRTHDAY...
Really, Really Fun
Totally Interactive
 Great for ages 1½ to adults
 call **718-258-2342**
 to book your next puppy party
 See the puppies at
www.PuppyParadise.com

To place an ad in this section, please call 718.260.2587

Break the silence

Helping children who suffer from selective mutism

BY LAURA VAROSCAK-DEINNOCENTIIS

Ellie began preschool when she was 4 years old. Each morning, she picked out her own clothes and packed a small purse filled with her favorite toys to bring with her. When she got to school, her friends and teachers greeted her, but Ellie never responded. Instead, she entered the classroom and stood motionless until someone directed her to an activity. She followed instructions, but was never engaged. Her teachers gave her time to warm up to the new environment, but after two months of school, Ellie still did not speak one word.

Her teachers were baffled. They recalled observing Ellie during a visit to her Manhattan home before school started. Although a bit shy in their presence, Ellie was quite animated — singing and dancing, telling stories to her mother, and playing peek-a-boo with her younger brother. In the classroom, her teachers couldn't get her to utter one

word. Most of the time, they said she appeared “like a frozen statue.” They contacted her parents to express their concerns.

Ellie's behavior did not make sense to her parents, and they blamed the teachers for her silence.

“What they described just wasn't our Ellie. At first, we thought she was just very shy, and it would pass as she felt more secure, but then we realized it was more serious than that,” remembers her mother. “We thought something traumatic must have happened at school to make her stop speaking. We mistakenly blamed her teachers for a lack of patience and understanding.”

At first, Ellie's parents and teachers did not realize she was suffering from a childhood anxiety disorder called “selective mutism.”

While relatively rare (affecting approximately seven out of 1,000), children diagnosed with selective mutism are unable to speak and communicate effectively in uncomfortable social situations, yet they speak in familiar settings in which they are re-

laxed. The child speaks proficiently in at least one setting, usually at home with parents or siblings. Most children who are selectively mute also experience social anxiety or have social phobia.

Mutism is highly functional for the child because it protects her from the perceived challenge of social interaction, thereby reducing anxiety. The extreme fear associated with communicating in public can paralyze a child and negatively affect her social, emotional, and physical health.

“In the beginning, Ellie said it felt like the words were stuck in her throat, choking her to the point that she got sick,” her mother recalls. “It was emotionally and socially devastating.”

While Ellie's parents first attributed their daughter's strange behavior to her teachers, another Manhattan family, Linda and Ron, misinterpreted their 3-year-old son's silence as manipulation and defiance.

“We didn't understand why Philip wouldn't answer us when we were out in public,” recalls Linda. “At home, we couldn't get him to stop talking. On the playground or at other events with extended family, he refused to speak. We tried everything, but nothing worked. We thought he was being disrespectful and stubborn because at home, we couldn't get him to be quiet.”

This is one of the many myths associated with selective mutism. Most selectively-mute children want to talk, but their anxiety is debilitating. In school, they are usually excessively shy and, generally, do not speak to teachers or peers. They may also have a fear of social embarrassment, or exhibit withdrawal, clinginess, compulsive traits, and depression.

In an attempt to control anxiety, selectively-mute children may avoid eye contact, fidget, demonstrate awkward body language, or remain immobile or expressionless when they feel uneasy.

The term “selective mutism” — which implies that the behavior is

Diagnosing it

Most children are diagnosed with selective mutism between the ages of 3 and 8 — early in the school career when children are expected to participate and interact with others. Therefore, as in Ellie's case, teachers are usually the first to recognize a problem.

While selectively mute children may exhibit signs of anxiety and inhibition as infants and toddlers, parents commonly misunderstand their behavior and think they are shy. As the expectation of speech becomes more evident, selective mutism can have a negative effect on academic performance, social relationships, and successful communication of one's needs.

In some cases, children may be misdiagnosed with developmental delays, speech and language delays, behavioral issues, or even autism, because of their silence

in the classroom. This false assessment can be detrimental to a selectively-mute child.

The Diagnostic and Statistical Manual of Mental Disorders outlines the following criteria:

- Consistent failure to speak in specific social situations despite speaking in other situations.
- The disturbance interferes with educational or occupational achievement or with social communication.
- The duration of the disturbance is at least one month.
- The failure to speak is not due to a lack of knowledge of the spoken language.
- The disturbance is not better accounted for by a communication disorder (e.g., stuttering) and does not occur exclusively during the course of a Pervasive Developmental Disorder, schizophrenia or other psychotic disorder.

Reports indicate that selective mutism occurs in approximately one percent of children; however, its prevalence may be higher because many cases remain undiagnosed.

According to a recent study, selective mutism is almost twice as common as autism, and is slightly more common in females.

The exact cause of the disorder is unknown, although it does have a strong genetic component. Many times, family members have a history of extreme shyness, anxiety, or social anxiety disorders, including selective mutism.

In general, children with this disorder have normal language skills and perform well, academically. They are curious, intelligent, and acutely aware of their surrounding environments — even though they have difficulty expressing themselves verbally.

not willful or defiant, but rather unable to be controlled by the child in select situations — was coined in 1994 and included in the Diagnostic and Statistical Manual of Mental Disorders.

In treatment

Ellie's mother is thrilled with her daughter's progress during the past six months.

"With the help of Ellie's doctor, therapist, and teacher, she is making small and steady strides. There is one close friend at school who she whispers to now. Overall, the other kids in the class are very supportive. They accept her and don't even seem to notice that she doesn't speak."

Philip's parents have him in therapy, but do not want him on medication.

"Putting him on drugs is the last resort. We have a much better understanding of his needs and will continue to work with him. He's in play therapy twice a week, which seems to be helping," his mother reports hopefully. "We want him to feel secure before he starts school in a couple of years."

Ellie and Philip are fortunate to have parents who did not continue to excuse their young children's behavior as shyness or defiance. The longer the mutism persists, the more a child relies on it as it develops into a conditioned response to social anxiety. If left untreated, selective mutism can have negative consequences throughout a child's life, including increased anxiety, depression, poor performance and/or underachievement in school and work.

By helping children lower anxiety levels, boost self-esteem, and provide comfortable social interactions on a regular basis, selectively mute children will gradually build the confidence and skills necessary to succeed in real world settings. Their silence will eventually be broken, and they will be on their way toward developing healthy social, emotional, behavioral and academic functioning.

Laura Varoscak-DeInnocentiis is an educator and freelance writer. Her articles appear regularly in Family Publications and have won editorial awards from Parent Publications of America. She holds master's degrees in writing, education and psychology. Laura lives in Bay Ridge, Brooklyn, and is the proud mom of two sons, Henry and Charlie.



Treating it

There are several treatment options, but it is imperative that the child is surrounded by a support team of parents, caregivers, teachers and therapists. As with all social anxiety disorders, it is important for the child to learn to replace negative thoughts with positive messages, especially in fearful situations.

Self-esteem-building techniques will help children concentrate on their attributes, instead of worrying about their fears of speaking. Behavioral therapy is an effective approach to treating selective mutism, because it focuses on acknowledging and understanding the child's anxiety — instead of pressuring her to speak. Becoming comfortable enough to speak in different social settings is a slow and gradual process, and is achieved through graduated exposure.

In the beginning of treatment, it is most important to de-emphasize

talking. Taking the pressure off of a child is the first step in establishing trust and building a solid foundation on which to build a treatment plan.

Let the child know that you understand her fear and want to help. If a selectively-mute child feels supported and understood before using words, she is more likely to succeed.

As selectively-mute children become more secure and familiar in a particular social setting, they may learn to communicate by non-verbal means, such as gesturing, nodding, or writing notes.

Those selectively-mute children who do speak may only use short, monosyllabic or monotone utterances, whisper, or speak in an altered voice.

Later, an individually designed hierarchy is constructed, ranging from least fearful social situation (making eye contact with a teacher during a home visit) to most fear-

ful (speaking to the teacher in the classroom). Once a selectively mute child succeeds in communicating in one situation, she can move on to the next at her own pace.

Socialization is important, and should be encouraged — as long as the interaction is not forced on the child. Frequent one-on-one or small group play dates with close friends in her own home will hopefully allow the child to practice relaxation, and ultimately, verbalization techniques in a safe environment.

In some cases, parents may decide to add medication to their child's treatment plan. Prozac is the most commonly used drug, and found effective when used in combination with treatment and a team approach from family and school. It's one of several drugs which work to increase the influence of serotonin in the brain. Serotonin has been shown to be at low levels in children who are susceptible to anxiety.



OUR RELATIONSHIPS

JOAN EMERSON, PhD

Does monogamy equal monotony?

A few things have gotten me thinking about how the idea of monogamy affects couples. For the past few weeks, I've been leafing through a book about the evolution of human sexuality, showing the expectation of monogamy is not natural for our species; while yet another public figure has risked all for sexual acting out; and a steady number of couples have been coming for counseling as a result of the husband's infidelities during the early years of marriage. It all proves that vulnerability to sexual variety is not exclusively associated with men of power, but instead is a life challenge that affects us all.

So, I delved more seriously into this book, "Sex At Dawn," which was recommended to me by a coworker, to try and better understand our ongoing battle to keep sex alive and well, and contained within our relationships. According to some heavily researched data, in early cultures, the norm for both men and women was a polygamous sexuality, and it's only in the last 10,000 years (the blink of an eye in the roughly 2,000,000 years since the emergence of our evolution-

ary lineage), that cultural pressures have forced us into an "unnatural" monogamous lifestyle.

Apparently, this adjustment takes its toll. In one study cited, 15 to 20 percent of American couples have sex fewer than 10 times per year, and the absence of desire is the most common sexual problem in the country.

The book, written by Christopher Ryan and Cacilda Jethá, says that dipping back into the old polygamous lifestyle still has the power to revive this lagging desire. For example, studies show that married men have lower testosterone levels than single men of the same age, and fathers of young children have even less. Men who are particularly responsive to their infants — irony of ironies for the moms — show even heavier testosterone declines.

For a man not feeling as strong a sex drive as in his past, even a brief chat with an attractive woman has been known to raise testosterone levels by an average of 14 percent — in spite of his love for, commitment to, and appeal of his wife. The book goes on to say that, while some cultures, like France's, recognize how unrealistic it is to think of a lifetime of sexual fidelity, and more comfortably accept affairs as just that (a strict novelty sexual experience, designed to provide excitement and passion, with no threat to the marriage) — our American culture will not take this view. Yet, affairs happen here just the same.

The theory presented in "Sex At Dawn" makes it much easier to understand — though not condone — the affairs that we read about in the news and see in many regular, loving couples. Even though the sexual escapades of public officials who have so much more to lose — most recently Rep. Anthony Weiner — seems really crazy, this same kind of sexual acting out, often via the Internet or a cellphone, is

certainly not unknown in the general, "normal" population. Reconciling these behaviors with our evolutionary history, looking outside of a marriage for novelty, makes them apparently biologically predictable.

The reckless disregard for what will happen upon discovery can be explained by understanding that our bodies' hormones respond to these temptations without our brains being fully aware of what's happening. And, in our culture, in spite of the "naturalness" of this acting out, pain and destructiveness always follow affairs and threaten the family that we are devoted to and want to preserve. A contented family with two parents is still the ideal place to raise children, and a close relationship with a trusted, loving partner is still the ideal solution to our existential and emotional needs. So, what are we supposed to do?

This is a real conundrum: If our biology really needs novelty to keep our sexual desire alive, and the realities of the child-rearing period of marriage are joyful in some spheres, but particularly challenging in the sexual arena, what is to be done when the mom is totally involved in birthing, nursing and caring for the offspring, and not even ready to resume sex, while the totally committed husband finds himself biologically responding to another? Although this is apparently normal, and even expected, it's also as painful as hell.

There's no easy answer to this problem, but the first step is probably an acknowledgment between the couple of the realities of living a monogamous life, the struggles it entails, a commitment to working it out, and an honest attempt for each to share what they need — sexually and emotionally — to get through these years. Talking brings us closer. Silence increases the chances of the unexpected taking us by surprise.

Dr. Joan Emerson is a New York psychologist who specializes in couples therapy. Visit her website at www.JoanEmerson.com.



The Preparatory Center for the Performing Arts

The Preparatory Center for the Performing Arts at Brooklyn College is an exciting, nurturing environment where children can develop their skills and a life-long love for music, theater and dance.



REGISTER NOW FOR SUMMER 2011

Summer Session: July 5 - August 13

- ✧ Theater Classes
- ✧ Creative Arts Program for ages 3-5
- ✧ Dance Classes for ages 3 & up
- ✧ Beginner to advanced instrument and voice lessons for children and adults
- ✧ Jazz Improv and Chamber Music programs for children and adults

Suzuki Programs for Violin, Cello, Recorder, and Flute – please call for an interview for the 2011-2012 school year

Please call 718-951-4111 for information on classes and registration or visit our website www.bcprepcenter.org

The Brooklyn College Preparatory Center for the Performing Arts

234 Roosevelt Hall, 2900 Bedford Avenue, Brooklyn, New York 11210

Paerdegat Day Camp

AGES 2-15

Where Success = Happy Campers

Paerdegat Day Camp, The Premier Value In Day Camping In The Brooklyn Area, Is Committed To Creating Wonderful Summer Memories For Your Child.

Our Summer Program Includes:

(ALL PROGRAMS ON-SITE)

- **Lunch & Snacks Included**
- Adventure Challenge
- **Trips Included**
- 7 Racquetball Courts
- **Camp pictures, bag & shirt included**
- Softball
- Full Red Cross Swim Program
- **New! Indoor Softstep**
- Professionally Trained Staff
- Turf Field
- Full Gymnastics Center
- Soccer
- Outdoor Pools with Double Tube Slide
- Computer Lab
- Arts/Crafts
- Dance
- Basketball
- Poolside Parties
- Olympic Games
- Talent Show
- Drum Line
- Fashion Show

CALL NOW...Enrollment is Limited!

Paerdegat Athletic Club

1500 Paerdegat Ave. N. • Canarsie, Brooklyn

718.531.1111

Video Security System

DOOR TO DOOR TRANSPORTATION

We gladly accept:
ACD, HRA, 1199, TWU & UNION VOUCHERS

CAMP OFFICE HOURS
7 DAYS A WEEK
9AM TO 9PM
For Directions go to www.paerdegat.com

STILL TIME FOR A GREAT SUMMER!!

REGISTER NOW
For 2011/2012
FREE Universal Pre-K Program
For Children Age 4
By Dec. 31, 2011



Easy riders

12 travel activities to entertain and educate children

BY DENISE MORRISON
YEARIAN

If your family is traveling in the car this summer, keep boredom at bay and hone your kids' academic skills with these innovative suggestions.



1 Fortunately, unfortunately. Create a story that goes back and forth from good to bad. The first person may say, "There once was a girl who lived in a castle..." The next person continues with, "Unfortunately..." and comes up with bad news such as, "The castle was attacked by a dragon..." Then the next person says, "Fortunately..." and adds something good to the story, and so on until it reaches a happy ending.

2 Animal amusements. Name an animal, then have the next person think of a different animal whose name begins with the last sound or letter of the preceding animal. For example, if the first person says, "Tiger," the second person could say, "Rhinoceros," and the third person could say, "Snake." This activity could be done with sports teams, music groups, movies — whatever your child's interest is.



3 Practice makes perfect. Buy a small white board with an attached marker so your kids can practice writing letters and numbers, drawing pictures or playing simple games. These boards are magnetic, so bring along magnetic letters and numbers for little ones to practice counting and spell-

ing words. Also, put one letter on a page that corresponds to the place you are traveling to, then add short words and pictures that begin with that letter. If you are going to Tennessee, make a "T" page so your children can trace the letter and color the page. Give them pipe cleaners to try to shape letters, too.



4 Count me in! Put a new spin on the "Twenty Questions" game by including numbers. Pick a number, then have your kids ask: "Is it odd or even?" or, "Greater than five?" For younger children, choose a number between one and 10; for older ones, up the ante with larger figures and more difficult questions: "Is it a factor of two?" or, "Divisible by five?"

5 Tally it up. Watch for numbers on road signs and write them down. After you've found five different figures, add them up. Or, have two people put both hands behind their backs, then quickly bring them forward to show any number of fingers they want. The first person to add all the fingers correctly and shout out the answer wins. For older children, step up the challenge by incorporating subtraction, multiplication or division into these games.



6 Writing reflections. Encourage your children to write a journal entry for each day of the trip and include superlatives: the best part of the day, worst part, something unexpected, etc. List them as bullets, or write them in sentences and paragraphs. Punctuate certain items through illustrations. If you have preschoolers, record their words and let them draw corresponding pictures. Make it into a scrapbook by including small items they collected or purchased along the way.



7 Book discussions. Listen to a book on tape or CD and discuss the plot, characters and setting. Turn off the CD at critical points and discuss what will happen next: "Are you feeling uneasy about this?" "What do you think of that character?" "How do you think the story will end?" If you are visiting a historic site, find books with the setting in that location.



8 Simply stated. Print out a blank copy of a map of the United States with the states outlined. As you travel, look for license plates from each state and color that state in. Or, attach points to each state. Ones local to this region could be worth one point. Further away, five points. Hawaii or Alaska, 15 points. Who-

ever has the most points at the end of the trip wins. Also, find a map of the region you are visiting and draw the route for your kids to follow along. Maps can be printed off at www.nationalgeographic.com/xpeditions/atlas.



9 Scavenger hunt. Divide the game into three parts: city, suburbs and rural. Under each section, write or draw pictures of things for your children to look for. Then, they can check it off as you travel. For the city, it might be a bus or a red light. For the country, it could be a cow, barn, pond or forest. For the suburbs, a Walmart, post office or delivery van.



10 Rhyming ramble. Play rhyming rounds by starting with a word such as "ball." Everyone comes up with words that rhyme until the list is exhausted. Then, move on to a new word.



11 Word scramble. On a piece of paper, write the city and state of your destination and see how many words your children can make using those letters. Offer incentives for words that use more than three letters.



12 Science savvy. If your children are interested in a particular facet of nature — such as rocks or birds — pick up a small field guide before you leave home. When you stop at a rest area, look for those types of nature items and compare it with what's in the book: "Is this an igneous, sedimentary or metamorphic rock?" "What kind of bird did this feather come from?"

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

Find **Family** online at
www.webfamilyny.com

We offer the latest advances in orthodontics
and we do it at reasonable prices.
COMPLIMENTARY EXAM
with mention of this ad

suressmile **invisalign**

Hanson Place
 ORTHODONTICS

One Hanson Place, Suite 707
 Brooklyn, NY 11243
 718-622-2695
HansonPlaceOrtho.com

AROUND THE BLOCK, IN THE CLOCK-TOWER BUILDING. EASILY ACCESSIBLE FROM BROOKLYN, MANHATTAN, QUEENS AND LONG ISLAND.

Register NOW!

SUMMER CAMPS

Join us for a week of fun & learning
 Acting, Singing and Dancing
 Boys & Girls 4 - 16 years.

July 25th & August 8th-Brooklyn Heights
 Call: 718 - 852 - 3208

www.StageCoachSchools.com/brooklynheights
brooklynheights@StageCoachSchools.com

Enroll NOW! - For Weekend Classes
 Enrollment is now open for the Fall Term
 beginning on September 10th

World's Largest Part Time Theatre Arts Schools

SING! DANCE! ACT NOW!

STAGE COACH Theatre Arts Schools



FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
New York Methodist Hospital

Buzz on bee stings

My family and I have regular outings in the park, and lately, I've been seeing a lot of bees. So far, my son has never been stung. How can I keep the bees away? If he is stung, how do I know if it's serious?

For most children, bee stings are merely a painful reminder that summer has its downsides. Most of the time, signs and symptoms of a bee sting are minor and include instant, sharp burning pain at the sting site; a red welt at the sting area; a small, white spot where the stinger punctured the skin; and a slight swelling. For minor reactions, simple home treatment is all that's necessary.

If your child has been stung by a bee, wasp, hornet, or yellow jacket, first, determine the severity of the swelling. The two greatest risks from most insect stings are allergic reaction (which can be fatal), and infection (more common and less serious).

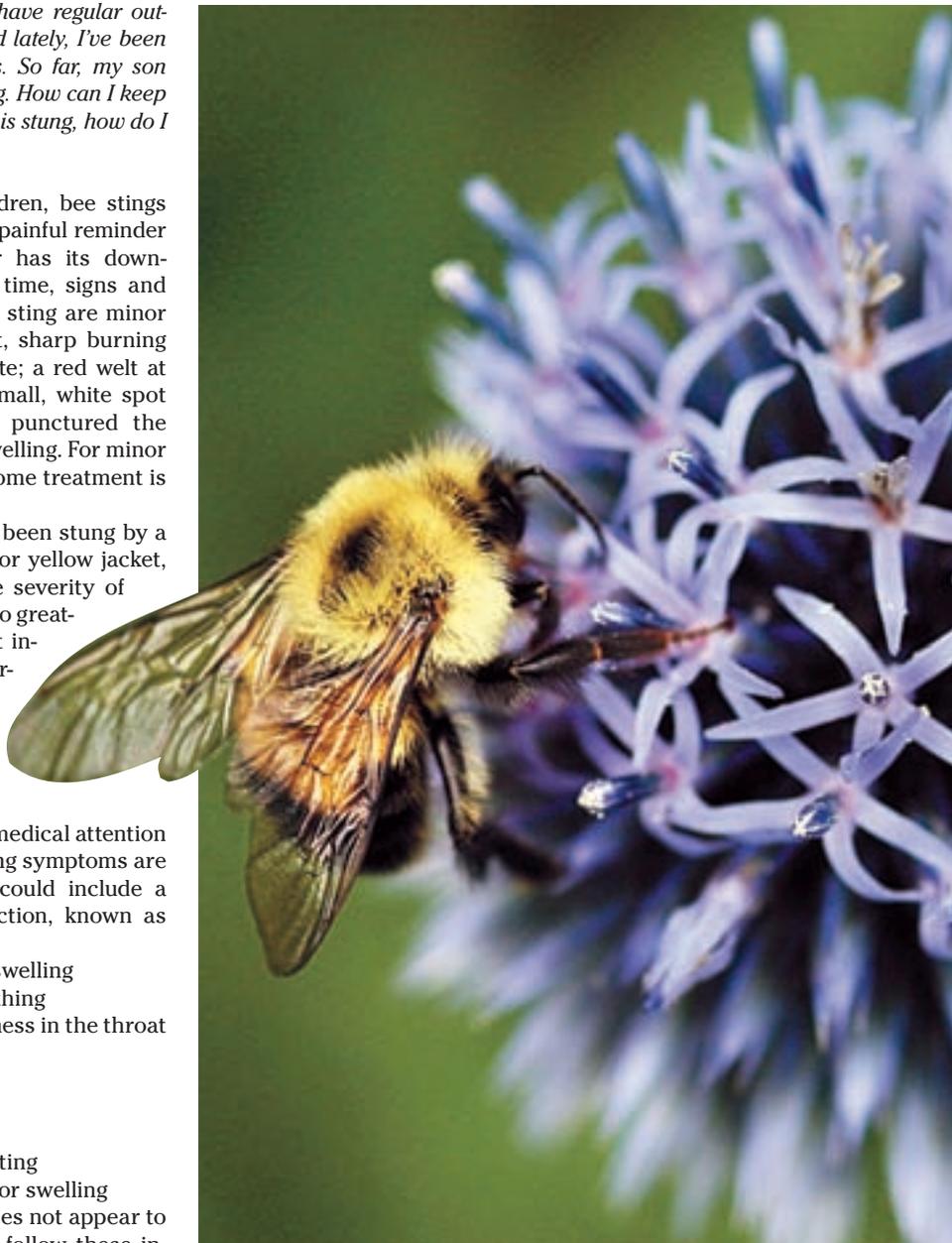
Seek immediate medical attention if any of the following symptoms are present, as these could include a severe allergic reaction, known as anaphylaxis:

- Large areas of swelling
- Abnormal breathing
- Feeling of tightness in the throat or chest
- Dizziness
- Hives
- Fainting
- Nausea or vomiting
- Persistent pain or swelling

If the reaction does not appear to be an allergic one, follow these instructions for home treatment:

- Bees leave behind a stinger attached to a venom sac. Do not try to pull it out, as this may release more venom. Instead, gently scrape it out with a blunt-edged object, such as a credit card or dull knife.
- Wash the area carefully with soap and water.
- Apply a cold ice pack, wrapped in a cloth, for a few minutes.

Consider giving your child acetaminophen (Tylenol) or ibuprofen (Motrin) for pain relief, as needed.



Contact your child's pediatrician if a large localized reaction (greater than three to four inches in diameter) occurs, if there is increasing pain, swelling, redness, drainage of pus, or fever, or if any symptoms last for more than a day or two. These could be evidence of an infection.

Some, but not all, stings can be prevented. Sugary drinks, brightly-colored clothing, and strong fragrances or perfumes may attract some insects, so try to keep your

child away from them during outdoor activities. Also, be sure to advise him not to touch hives or nests.

It's good to remember that virtually all species of bees are non-aggressive, and that the old axiom holds true most of the time: if you leave them alone, they will leave you alone. It's good to be prepared, but you will most likely be able to share the park without getting a bee in your bonnet.



Water clogged ears are no fun.

That's why we suggest swim plugs, specially designed to keep the water out of your ears. Ideal for bathing and almost any kind of water sport, including surfing, water skiing, rafting, kayaking and much more!



Great protection for children with recurrent ear infections and pe tubes.

Personalized with initials so he won't lose them.

Custom fit so they stay in.

Variety of colors so he's proud of them.

Floatable so they won't sink.

Hypoallergenic so he stays safe!



swim. surf. snorkle. splash.
Get wet. Stay dry. No pain.

Call Today!

for a FREE fitting at 718.531.1800 ext. 4740



MATHNASIUM
The Math Learning Center

Math
Tutoring
Experts.

Enrolling
Now

- ✦ Boosts Confidence
- ✦ Proven Method
- ✦ Math Skills and Concepts
- ✦ Pre-K through Pre-Calculus
- ✦ Fun Environment
- ✦ Affordable
- ✦ Personal Attention
- ✦ Skilled Instructors

ASK ABOUT OUR SUMMER PROGRAM

Bensonhurst:

(347) 762-8411

6806 20th Ave.

Brooklyn, NY 11204

Brooklyn Heights:

(718) 858-6284

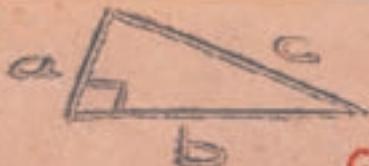
392 Atlantic Ave.

Brooklyn, NY 11217

WARNING:
YOUR CHILD
COULD BECOME
CRAZY
ABOUT
MATH

\$75 off
Registration
and Testing
Limited Time Offer!

www.mathnasium.com



$$a^2 + b^2 = c^2$$

CATCH UP, KEEP UP, GET AHEAD.

Advice for rookies

Check out
camps now
and target
summer 2012

BY SHAVANA ABRUZZO

School's out, and just two simple, magical words can turn frazzled parents into free spirits — "Summer Camp."

You and your child might not be ready to register for one this year, but don't let that stop you from exploring camps for Summer 2012, which will roll around soon enough.

Besides, it's never too early to begin preparing for the gloomy prospect of your merry moppet becoming an irritable hedgehog when long, hot summer days yawn into grueling weeks and months, sapping your sanity as you try to keep him or her from the brink of boredom.

Luckily, clever folk at the American Camp Association of New York and New Jersey know a thing or two about kids and summer staycations. They have lots of ways to match families with the perfect camp so that children can enjoy an enriching break while stockpiling happy memories along the way.

Hesitant to register without checking the place out first? Many resident camps now offer Rookie Days, so that the kids can participate in swimming, soccer, boating and other cool activities while parents tour the site.

Inquire about Rookie Days by contacting the director at a camp that interests you.

Your child will be spending a large part of his or her summer at camp, so take advantage of a tour now — while the programs are underway. A camp tour this season can eliminate lots of headaches next year as parents get a feel of the activities, familiarize themselves with staff, and learn about camp philosophy and programs to make sure that it's the right fit for their child.

There's an added bonus: Tours allow children to be part of the decision-making, so that their camp experience will be satisfying, rewarding and fun.

Schedule a tour this summer



by contacting the camp office. If that's not an option right now, many camps conduct off-peak tours. And most camp directors will accommodate busy parents by making home visits.

There's good news, too, if finances are a worry. Many day and resident camps offer payment plans or early-bird specials if you enroll your child ahead of time.

Remember, a registration to a summer camp can also make an awesome holiday or birthday gift — one with dual benefits: parents can adjust their budgets accord-

ingly throughout the year, and kids can look forward to a summer full of new opportunities and friendships.

For more information, contact the American Camp Association of New York and New Jersey at (800) 777-CAMP, and receive one-on-one advice and tips on how to locate the perfect camp. Register on the American Camp Association of New York and New Jersey website at www.campwizard.org and receive a free customized camp listing based on your family's needs.

For more information about the American Camp Association of New York and New Jersey, visit www.aca-nynj.org.



A Gentle Pediatrician For All Your Children

- Experienced In All Areas Of Pediatrics
- Routine Physicals & Childhood Vaccinations
 - School, Work & Camp Medical Forms
 - Immigration Medical Requirements

Ages 0-20

Office Hours By Appointment
(Late Hours And Weekends Available)

R. K. Dua, M.D.

Scott Medical Center

2035 Ralph Avenue, Suite B-8

(Corner of East 72nd Street & Ralph Avenue)

718-968-2534

Affiliated with N.Y. Methodist and Brookdale Hospitals
Most Insurance & Union Plans Accepted

New York Fencing Academy

- Discover the thrilling sport of sword fighting
- Fence in NY, the epicenter of US fencing
- Get athletic scholarship at the best colleges
- Have fun staying fit

2896 West 12th Street

Brooklyn, NY 11224

718 996 0426

www.nyfencingacademy.com



Couples Counseling

Joan Emerson, Ph.D.

Licensed Psychologist

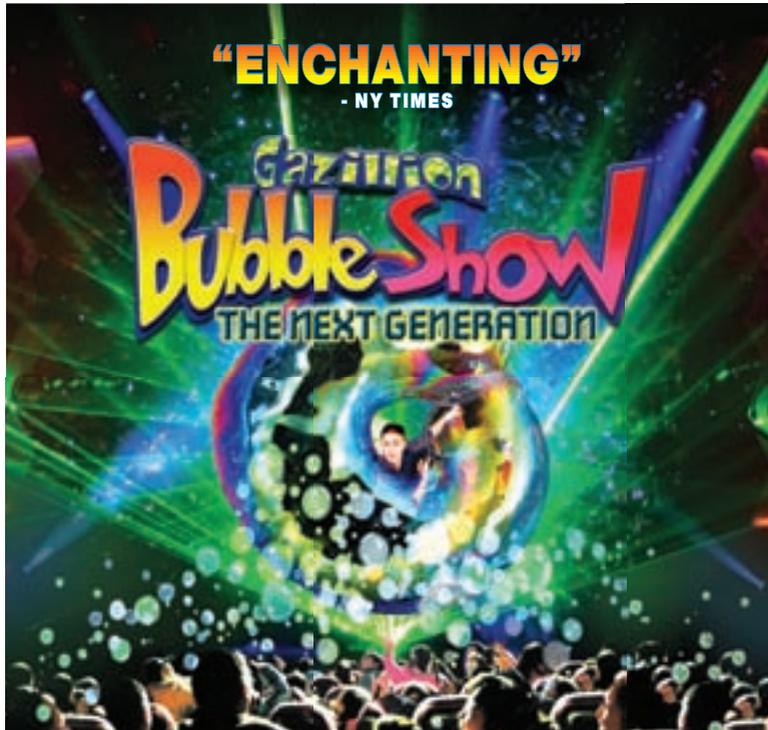
Consultation, coaching and ongoing therapy is available.

Couples issues tend to be rather universal, so you're not alone. It helps to learn what will work better.

Park Slope Location

718-499-0373

Drjoanemerson@aol.com • www.joanemerson.com



Wed at 11 & 2, Fri at 7, Sat at 11, 2 & 4:30, Sun at 12 & 3.

For groups & birthday parties visit our website or call 1-866-6-GAZTIX

GazillionBubbleShow.com

TELECHARGE.COM or 212.239.6200

NEW WORLD STAGES N 340 WEST 50th ST.

Ft. Greene Pediatric Dental



State-of-the-Art, Fun, Attractive Office with a Nurturing, Warm Atmosphere

- LEAD FREE, MERCURY FREE FILLINGS
- DIGITAL X-RAYS

Convenient to the C Train to Lafayette Ave. & All Trains to Atlantic Ave.

Untray T. Brown, DDS

NYU College of Dentistry - Clinical Assoc. Professor-Pediatric Dentistry
55 Greene Ave. (Carlton) Suite C (lower level)

www.brooklynchildrensdentist.com

New Orthodontic Program

718-230-7676

Email: yartnu@gmail.com

Righties' bias is wrong

BY REUEL S. AMDUR

It was a routine visit to the pediatrician with our 7-year-old son Karl. The doctor looked at the chart and frowned.

"I don't think he's a real lefty," he said, placing a sheet of paper on his desk in front of Karl. He then took a pencil and aimed the eraser end at Karl's midsection.

"Write your name," he instructed. Karl took the pencil in his left hand and wrote his name. The doctor frowned again.

"Now write with your other hand," he said. Karl took the pencil in his right hand and wrote his name again. It was a mirror image of "Karl."

The pediatrician never raised the matter again.

Karl's pediatrician gave in rather readily, in the face of the evidence. However, other lefties have been less

fortunate. There is a long history of discrimination against left-handed people, even in language itself. The Latin word for "left" is "sinister," and we all know what that means in English. And when we say that someone is "gauche," the French word for "left," we are indicating that his behavior is awkward or not quite acceptable. There are many examples in other languages as well.

Efforts at suppressing left-handedness are found around the world. In Christian lands, there has been an association of left-handedness with evil: "The righteous will sit at the right hand of God." You can guess who

sits at the left. Thus, in many North American schools — at least as recently as the 1930s — teachers tried to suppress left-handed writing with the rap of a ruler. This was also the practice in Catholic schools. Southpaws Babe Ruth and Lou Gehrig were both forced to write with the right hand.

Among Muslims, there has been a similar prejudice.

Part of the reason may be related to the custom among Arabs to use the left hand for toileting, in the absence of toilet paper.

One boy wrote to a Muslim website because he was told that he would go to hell because he is left-handed. While the Muslim religious expert responding assured him that such is not the case, his

question in itself is an indication that these views persist in his culture.

Many of our implements are designed for right-handed people. As a result, there is a market for specialty items made for lefties — computer mice, scissors, golf clubs, cork screws, and even knives, with the serration on the right side.

While teachers in this country no longer force children to write with the right hand — at least I hope not — there is one aspect of left-handed writing that demands intervention: Many lefties have a tendency to hook their hand around, to see what they are writing. They need to be encouraged to write in a more comfortable position, holding the writing instrument the way right-handed people do.

As for me, I would give my right arm to be ambidextrous.

Reuel Amdur is a social worker and freelance writer living in Quebec.



8 weeks only!
June 16-Aug 7

Show Times
Thursday: 11AM
Saturday: 10AM, 12PM & 3PM
Sunday: 12PM & 3PM

Buy tickets
ticketcentral.com
212.279.4200

The Ohmies
Dancing, Stretching, Giggling.

Come join the ultimate play date and dance, stretch and giggle with your new BFFs - The Ohmies. It's much more than theater; it's a one-of-a-kind interactive musical experience for kids ages 3 to 8. We'll have so much fun together!

Peter Jay Sharp Theater 416 West 42nd Street
TheOhmies.com

John Tartaglia's
IMAGINOCEAN
The LIVE glow-in-the-dark family musical!

NEW WORLD STAGES TELECHARGE.COM or 212.239.6200
 140 West 50th Street, NYC ImaginoceanTheMusical.com

Tutoring Club®

A Class Above. Guaranteed.™



OUR CORE PROGRAMS ARE: READING • MATH • WRITING • STUDY SKILLS

Our reading program's format is the one selected by the NYC Board of Ed.

Our beginning reading program is open to 5-year-olds and up.

We offer test prep for SAT, TACHS, SSSHAT, ISEE, SSAT, and GED.

718-74-TUTOR

Bay Ridge Center • 7811 3rd Ave. • Brooklyn
BRINGING 24 YEARS OF SUCCESS TO BROOKLYN

Every Shabbat is Open House at UNION TEMPLE

The Union Temple family is happy to welcome you anytime, on Shabbat or at any of our exciting programs and events - adult ed, family programs, films, tot shabbats, and more.

Just call or email to receive our monthly email.

We look forward to welcoming you!

Friday Kabbalat Shabbat Services.....6:30 p.m.

Pot Luck Dinner every First Friday

Every Fourth Friday Shabbat Service.....8:00 p.m.

Saturday Morning Services.....10:30 a.m.

Shabbat Morning Adult Breakfast Study.....9:00 a.m.

Union Temple of Brooklyn

17 Eastern Parkway

Across from
the Brooklyn Public Library
at Grand Army Plaza

718-638-7600

www.uniontemple.org
uniontemple@uniontemple.org



MUSIC LESSONS FOR ALL AGES!

Kindermusik • Guitar • Vocal Ensembles • Adult Classes • Piano • Voice • Guitar • Violin • Viola
Cello • Bass • Flute • Clarinet • Saxophone • Oboe • French Horn • Trumpet • Trombone • Baritone
Tuba • Percussion • Drums • Dance • Adult Aerobic Dance Classes • Birthday Parties & More
(30% of our Students are Adults / 10% OFF for Senior Citizens)
WWW.JOESMUSICCENTER.ORG

JOE'S MUSIC ACADEMY LOCATIONS

114-04 Farmers Blvd. St. Albans, NY 11412 718-454-3036	5712 Church Ave Brooklyn, NY 11203 718-774-0700	Joe's Music Store 114-02 Farmers Blvd. St. Albans, NY 11412 718-454-3030
--	---	---

Brooklyn Fencing Center

Fencing Classes for All Ages

COMPETITIVE OR JUST FOR FUN!
NEW CLASSES STARTING EACH MONTH

VISIT OUR WEBSITE FOR CLASS SCHEDULE:
WWW.BROOKLYNFENCING.COM
718-522-5822 62 FOURTH ST. (x HOYT ST.)

Dentistry for Adults and Children

Tracey H. Joseph, D.D.S., PLLC

Gentle, Friendly and Nurturing Care for Your Family

- School Forms
- Extractions
- Flexible Partial
- Dentures



- White Fillings
- Sealants
- Nightguards
- Implants

- Teeth Whitening (Zoom)

- Special Attention To Nervous And Apprehensive People
- 1 Hour Root Canal Treatment

New Ultramodern Facility Conveniently Located At
1655 Flatbush Avenue • Suite A 104

Flat
Screen TV
& Patient
Headset

(Philip Howard Apartments)

718-377-1319

www.brooklynfamilydds.com

WE SPEAK SPANISH

Most Major Insurances and Medicaid Accepted





TWICE THE ADVICE

JACQUELINE AND KERRY DONELLI

Helping kids cope after losing a parent

Dear Twins,

I am a single father to two teenage daughters — ages 13 and 14. Sadly, we lost their mother to cancer. I guess we all are having a difficult time recovering, but I think I hide it better than they do. They are both in counseling, but it doesn't seem to be doing much good. Do you have any ideas how I can cheer two beautiful ladies up? Please help! — *Signed, Distraught*

Jacqueline says: Your children have to go through the natural healing process of grief. The surviving parent is often the person the children turn to in coming to terms with the death of the other parent. Often, the surviving parent is incapacitated by his own grief, so support from relatives and friends is essential.

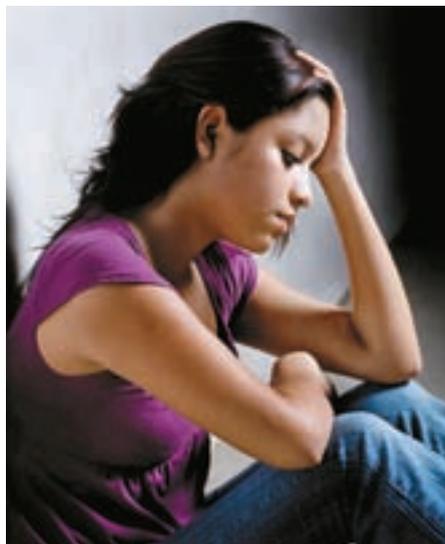
It is important that the children are able to discuss how it was and how it is. Children need to have the facts and feelings surrounding their loss confirmed, so it is important to listen to what they have to say.

Try not to get frustrated. Help them accept their feelings, but above all, accept their time scale.

Kerry says: It's imperative that they seek a grief counselor as they face a very arduous and painful healing process specific to losing a loved one. If their therapist is such a counselor and they have been seeing her for some time, perhaps you should seek out a new one. Either way, this is going to be a long and slow healing process, so be patient and give them all of your love and support.

Dear Twins,

My son, an 11th grader, swears



his math teacher is drinking alcohol on the job. He says he can smell it on him, and that his eyes are always red and often his speech is slurred. This is the second time he's mentioned it to me. Should I report it to the principal based on his observations?

— *Signed, Appalled*

Kerry says: Yes, report him to the principal. You might mention that while you aren't absolutely positive, you suspect the teacher may be drinking on the job, as your son has mentioned his suspicions to you on a couple of occasions. Ask that the principal look into it and make her own assessment. Should your assumption be right, ask that your son get switched to another math teacher.

Jacqueline says: I disagree with Kerry. Before you throw someone's reputation under the bus, make sure he is right about this, as the accusation can be very damaging. The smarter move would be to meet with the teacher first, and make your own judgment. Act from there.

Dear Twins,

My husband and I have full-time jobs and don't get home until after 6 pm. Therefore, our 16-year-old daughter and her boyfriend have

all afternoon (after school) to hang out alone in our house, even though we've told our daughter not to have her boyfriend over unless we're there. Our worry is that they will become too intimate because the opportunity is there. We want to be able to trust her, but...how can you be sure? — *Signed, Suspicious*

Jacqueline says: You can't. You will just have to trust your daughter unless she gives you a reason to lose faith.

Kerry says: You don't say whether your daughter has been dishonest before to justify your apprehension. Nonetheless, I disagree with Jackie; I would make it clear that if she doesn't abide by your rules then she will be grounded. I would also discuss the use of protection now for when she is sexually active as, in the end, that's the real issue.

• • •

Dear Twins,

My 17-year-old son is late for everything! I can even get him up two hours early, and he will still be late for school. It doesn't matter what the occasion is, he's always the cow's tail. Consequently, he's always getting into trouble at school for his tardiness. His grades are good, and he can move fast enough if he sees a cute girl. So how can I get this slow-poke to speed up a little, and impress upon him the importance of being prompt? — *Signed, Had it*

Jacqueline says: Reward and punishment often do the trick. Therefore, when he is late, punish him (no TV, computer, video games, etc.) and when he's early, reward him (an extra hour out, etc). You get the drift — and so will he.

Kerry says: I agree with Jackie. When he starts associating rewards with being on time and punishments with being late, he'll get his act together. Make the punishments unpleasant enough and the rewards worthwhile enough to make a difference. Be consistent and don't renege. I'll bet you see a difference.

Jacqueline and Kerry Donelli, twin sisters, are multiple award winning filmmakers. They are currently getting their *Masters in Mental Health* and have a radio show on WBCR-AM also called, "Twice the Advice" — where one twin gives advice and, often, the other completely disagrees! Please e-mail them at TwiceTheAdvice2@gmail.com.

Looking for fun
with the kids?

WIN TICKETS



For you &
your family (4)
to local
family friendly
shows

Visit our website
www.webfamilyny.com
and register to win

Attention All Writers! We're looking for personal essays

about you, your family and life
in your community.

Partner with us and share your
stories and your memories.

Email family@cnglocal.com to
have your piece included in our
magazine and on our website.



Practical Solutions that Strengthen
Relationships at Home
www.phponline.org

“Short Stories” about Parenting
“Common Sense” Tips
Topical and Ongoing Workshops
Individual Appointments

www.facebook.com/parentsbrooklyn
<https://twitter.com/ParentsHelpingP>

Parents Helping Parents, 669 President St., Brooklyn, NY 11215
718-638-9444
Brooklynphp@gmail.com • www.phponline.org

The Berenstain Bears
LIVE!
in
This Summer
in NYC!

The Newest
Off-Broadway
Musical for
Mamas, Papis,
& Young Cubs
in NYC!

FAMILY MATTERS
the Musical

BerenstainBearsLive.com

This Summer ONLY!
Sat & Sun at 2PM
June 25 - Sept 4

Manhattan Movement and Arts Center
248 West 60th Street | 866-811-4111
Groups and Parties 877-943-BWAY (2929)



cinematters



LAURA GRAY

Bickering brothers bond over band

Diary of a Wimpy Kid: Rodrick Rules

Rated PG

Your daughter is thrilled when the girl next door in your new neighborhood invites her to a baseball game. Turns out your daughter's new friend is a huge fan and never misses a home game. But one game soon turns into three games a week and your daughter — who is not a baseball fan — must make a decision: keep faking her interest in the games, or level with her new friend.

She chooses honesty. The friend is surprised that your daughter does not share her love of baseball after all. They find they have nothing in common, and soon, the friendship fizzles.

Your daughter learns that relationships built on dishonesty never last. Just like the young hero of “Diary of a Wimpy Kid: Rodrick Rules,” your daughter discovers that real friendship comes from mutual love and respect. Now available on DVD, “Diary of a Wimpy Kid: Rodrick Rules” is the perfect choice for a family movie night this summer. Enjoy it together and then discuss the family dynamics the film portrays with our Talk Together conversation starters. Later, you can play Friendship Tower with our Play Together activity.

In “Diary of a Wimpy Kid: Rodrick Rules,” middle-schooler Greg and his older brother, Rodrick, are given an



Rodrick and Greg spend some quality time together.

ultimatum by their mother: get along or else! She's tired of their constant bickering and prank-pulling. Instead, she offers them money if they will just hang out and be friends.

Rodrick and Greg “play nice” in front of their parents but, in reality, they are still at odds with each other. Their parents are impressed with the apparent change in their relationship — until they discover the boys threw a party while their parents were away for the weekend. They are punished, and Rodrick is not allowed to perform with his band, Loded Diper, in the local talent show. He is devastated.

Greg, seeing his brother's disappointment, makes a deal with their mom that allows the band to perform. Rodrick is touched, and the two brothers turn their manufactured friendship into one based on genuine love and respect.

Talk together

Rodrick spends a lot of time and effort making Greg's life miserable. Why do you think he is so mean to his brother? How does his behavior

affect their relationship? How do you feel when your own sibling treats you badly? If your brother or sister is with you right now, tell him or her what that feels like.

Greg and Rodrick's mom thinks rewarding her sons with money for their good behavior is the way to turn around their relationship. Why doesn't her plan work? What are some more positive ways she could encourage her sons to get along?

Can someone force you to be friends with someone you don't like? Why or why not? Think about your own friends. What do they do that lets you know they really like you? How do you communicate your love to them?

Greg thinks he is sacrificing his own dignity by serving as Rowley's assistant during his magic act. What happens instead? Why did Greg agree to help Rowley? What did his move communicate to Rodrick about how he views their relationship?

Missed a Cinematters column? Visit us at Facebook.com/Cinematters and read recent articles for your family's next film adventure!

© 2011, Cinematters

Play together: Friendship Tower

You will need:

- Toy blocks

Each player should take several blocks of varying shapes and sizes. Working in pairs around a flat surface, such as a table, take turns naming something you like or appreciate about the other player. Each time you name a characteristic, add a block to the stack. See how high you can go before the tower comes tumbling down. Look for ways to make the tower sturdier, such as widening the base. You might just discover that towers — like relationships — that are built on a firm foundation will grow and stand strong!



The new issue of
New York Special Child
Is Now Available!

Please call 718-260-8336
or email us to get more info,
find out where you can pick up a copy,
have a copy mailed to you, or get distribution.

To advertise call 718-260-4554
family@cnglocal.com



GROWING UP ONLINE

CAROLYN JABS

Friend management

“True happiness consists not in the multitude of friends, but in their worth and choice.”

Samuel Johnson wrote that line long before Facebook was created, but the point is still worth making. In many ways, Facebook has hijacked the word “friend.” Turning friendship into something that can be created with a click makes it harder for young people to think about the subtle distinction between contacts, acquaintances, classmates, companions, buddies, mentors and authority figures. In the past, these people knew some things — but not others — about you. True

Facebook account are friends with their parents. Sixteen percent of the teens accepted a parent’s friend request because it was the pre-condition for having a Facebook account.

Having a parent as a friend may be a good idea for younger teens who are just getting the hang of social networking. At some point, however, too much parental scrutiny inhibits healthy development on Facebook, just as it does in other parts of a young person’s life. The quickest way to get a grip on this idea is to imagine your own parents lurking at the margins of your adolescent life and posting comments about whatever seemed inappropriate to them.

Making friends involves risk. In real life, you may trust someone who isn’t trustworthy, but micromanaging isn’t the best way for parents to protect kids. Instead, help kids develop the self-protective skills they need by starting conversations about the following topics.

- **Quantity.** A British anthropologist named Jill Dunbar has theorized that, because of the size of the human brain, people can sustain active social relationships with a limited number of people. Dunbar’s number is often quoted as 150, which, interestingly, corresponds with the 130 friends the average user has on Facebook. Most teens, however, accept hundreds of friends (although

few approach the 5,000 that Facebook sets as an upper limit). Often, young people have intuitive understandings that, once they reach a certain tipping point, what happens on Facebook is actually a performance in front of an audience filled with acquaintances. Your child is creating what marketing people call a “brand.”

- **Selectivity.** It might seem that the best way to keep Facebook meaningful would be to limit the number of friends a child has. That’s trickier than it seems. Research indicates that declining a friend request can lead to hurt feelings. Talk to your child about how he decides who makes the cut as a Facebook friend.

- **Boundaries.** For users between

the ages of 13 and 17, Facebook automatically sets conservative privacy settings so that much of what the users post won’t appear on their public profiles. That doesn’t mean it won’t leak into the wider world. Whatever your child posts shows up on the walls of friends — where people your child doesn’t even know can see it.

Fortunately, Facebook is developing a robust set of privacy tools. Many of the most interesting tools are in the “Customize Settings” section. Here, you and your child can fine-tune decisions not only about what information people can see on your child’s page, but also on what personal information you’ll allow on pages of friends. Suggest that your child disable the “Checking into Places” feature, which allows other people to post information about where they and your child are at any given moment.

Another feature allows users to make sub-groups of friends by going to “Create Lists” in the “Edit Friends” section. Then, you can decide whether a specific list should or shouldn’t see profile information, posts, or photos. To do this, find the “Customize” option in the categories under “Privacy Settings.” Clicking on this button will open a menu that includes “Make this Open To.” In that section, you can select “Specific People.” Just drop the “Friend List” into that slot.

• • •

Many parents want to monitor everything that happens on Facebook, but for older teens, that’s as counterproductive as insisting that you need to personally chaperone every party or outing with friends. Finding the kinds of friends that Johnson wrote about is something every child must do for himself. You can coach from the sidelines, offering plenty of advice and encouragement, but ultimately, you have to trust that your child will sort through the multitudes to find a few friends worthy of the name.

Carolyn Jabs, MA, has been writing about families and the Internet for more than 15 years. She is the mother of three computer-savvy kids. Other Growing Up Online columns appear on her website, www.growing-up-online.com.

© Copyright, 2011, Carolyn Jabs. All rights reserved.



friendship depends on trust, which is something that develops over time, through shared experiences.

Parents know that friends who like their child as he is play an essential role in his healthy development. That’s why so much effort goes into coordinating play dates when kids are little, and supervising social occasions when they get older. These experiences give parents opportunities to talk to kids about how to recognize and nurture friendships.

Once kids go online, those conversations often end. That makes parents nervous when so many people ask to be a child’s friend on Facebook. According to a recent Kaplan survey, two thirds of teens with a

It figures

BY CYNTHIA WASHAM



STARS & STATS

14 Age at which boys in colonial America were apprenticed to master craftsmen to learn a trade.

6 Age girls were taught embroidery at home.



76 Percent of grill owners who barbecue on the Fourth of July.

225,000 Metric tons of carbon dioxide they produce barbecuing on the Fourth.

\$4.7 million Approximate value of all the U.S. flags this country imports, mostly from China.

VACATION VIBES



42 Average number of paid vacation days per year that workers in Italy get.

13 Average number in the U.S.

71 Percent of summer travelers who use the Internet to plan their trips.

7 Percent who use a travel agent.

9,289,215 Number of visitors per year to Great Smoky Mountains National Park, the country's most popular national park.

60 Number of visitors to Aniakchak National Monument and Preserve in Alaska, the least popular.



50 Percent of parents who say EPCOT is their favorite Walt Disney World theme park for a family vacation.

33 Percent who say the Magic Kingdom.

90 Percent growth in day camps in the U.S. over the past 20 years.



Sources: Suite101.com, Census.gov, ScienceDaily.com, Infoplease.com, DCAcamps.org, Blizzardinternet.com, Nationalparkstraveler.com, Familyvacationcriticism.com

www.webfamilyny.com



Are you ...

- Looking for family friendly activities?
- Wanting to connect with other parents?
- Interested in parent focused articles to inform and intrigue?

Our growing Web Community is waiting for you!
Places to post, vote and have your voices heard
too. Check It Out Today!

Education, Activities, Party, Camp, Special Needs,
Baby; these are just a few of the reasons why MOMS
are coming to www.webfamilyny.com



Going Places

LONG-RUNNING

Camp Friendship: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; info@campfriendship.net; www.brooklynmuseum.org; Daily, 8 am; Now – Fri, Aug. 26; \$1,000 for nine-week sessions.

Fast-paced, fun-filled and fully interactive.

Play-streets: 61st Street, 61st St. between Fourth and Fifth avenues; palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 19; Free.

PAL Program closes off streets for children to play traditional sidewalk games.

Play-streets: Canarsie Playground/Seaview Park, Seaview Ave. at 92nd Street; palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 19; Free.

PAL Program closes off streets for children to play traditional sidewalk games.

Play-streets: Parade Ground park, Parade Pl. at Caton Avenue; palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 19; Free.

PAL Program closes off streets for children to play traditional sidewalk games.

Dinosaur display: American Museum of Natural History, Central Park W. at 79th Street; (212) 769-5000; www.amnh.org; Daily, 10 am – 5:30 pm, \$24 (\$18 students, \$14 children).

Children learn about the largest dinos — the long-tailed sauropods — by examining the innovative model.

Little Scientist: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Wednesdays, 11:30 am – 12:30 pm and 2:30 – 3:30 pm, Now – Wed, July 27; Free with museum admission (plus \$5 egg hunt fee).

Children 5 and older investigate the world of natural science with hands-on activities.

Storytime: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Mondays, Wednesdays and Fridays, Noon, \$2.50.

Come hear a few stories with a simple craft to go with it.

Babies and books: Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; www.brooklynpubliclibrary.org; Wednesdays, 1 pm, Now – Wed, Aug. 31; Free.

Children from birth to 5 years.

Story time: Brownsville Public Library, 61 Glenmore Ave. at Stone Avenue; (718) 498-9721; www.brooklynpubliclibrary.org;



Come meet Robbi K

Robbi K is coming to Red Hook.

On July 25, the singer brings her lively, interactive musical and storytelling concert to Coffey Park.

The multiple Parents' Choice Award-winning musician draws from jazz, pop, and world music for kids on her new album, "Music Makes Me Happy." She sings in

many languages, and her danceable concerts are suited for people of all ages, from parents to grandparents, toddlers to teens. So bring the whole family if you can!

Robbi K at Coffey Park (between Dwight, Richards and Verona streets in Red Hook), July 25 at 10:30 am. For info, visit www.cityparks-foundation.org.

org; Wednesdays, 3 pm, Fridays, 10:30 am, Now – Fri, July 1; Free.

From birth to 5 years, finger play and songs.

Reading is Fun: Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; www.brooklynpubliclibrary.org; Wednesdays, 4 pm, Saturdays, 10 am, Now – Sat, July 9; Free.

Teens and children earn free books by reading.

Dance-around: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Thursdays, 11 am, \$2.50.

For children.

The Yak Packers: Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 ext. 344. www.rmanyc.org; Thursdays, 10:30 – 11:30 am, Now – Thurs, Aug. 25; \$10

child and parent (\$5 members).

Children 2 to 4 when accompanied by an adult touch, explore and create projects inspired by Himalayan art.

"The Ohmies: Morning Wish Garden": Peter Jay Sharp Theater, 416 W. 42nd St. at Ninth Avenue; (212) 864-5400; theohmies.com; Thursdays, 11 am, Saturdays, 10 am, noon and 3 pm, Sundays, noon and 3 pm, Now – Sun, Aug. 7; \$35.

Dance along to this new musical.

Tween time: Sunset Park Library, 5108 Fourth Ave. between 50th and 51st streets; (718) 567-2806; www.brooklynpubliclibrary.org; Thursdays, 3:30 pm, Now – Fri, July 1; Free.

Read, play games and listen to music.

Teen time: Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; www.brooklynpubliclibrary.org; Thursdays, 4 pm, Now – Thurs, Aug.

Submit a listing

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

All you have to do is send your listing request to calendar@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!

25; Free.

Books, games and music with friends.

Stargazing: Brooklyn Bridge Park, Old Fulton St. at Furman Street; (718) 802-0603; www.nycgovparks.org; Thursdays, 8:30 – 10:30 pm, Now – Thurs, Sept. 29; Free.

Join fellow astronomers to gaze at the heavens. Limited telescopes available.

Movie night: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Fridays, 6:15 pm, Free.

Shorts and a full-length family-appropriate movie.

Preschool story time: Pacific Library, 25 Fourth Ave. at Pacific Street; (718) 638-1531; www.brooklynpubliclibrary.org; Fridays, 10:30 am, Now – Fri, July 1; Free.

Classic books and songs.

Story time: Brownsville Public Library, 61 Glenmore Ave. at Stone Avenue; (718) 498-9721; www.brooklynpubliclibrary.org; Fridays, 10:30 am, Fri, July 1 – Fri, Aug. 26; Free.

From birth to 5 years, finger play and songs.

Story time: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; Fridays, 10:30 am, Fri, July 1 – Fri, Aug. 26; Free.

Children birth to 5 years can play with toys.

First RIF: Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; www.brooklynpubliclibrary.org; Fridays, 11 am, Now – Fri, Aug. 26; Free.

Children birth to 5 years.

Toddler time: Flatlands Public Library, 2065 Flatbush Ave. at Avenue P; (718)

Continued on page 54

Going Places

Continued from page 53

253-4409; www.brooklynpubliclibrary.org; Fridays, 11 am, Fri, July 1 – Fri, Aug. 26; Free.

For children 18 to 36 months.

Toddler time: Clinton Hill Public Library, 380 Washington Ave. between Lafayette and Greene avenues; (718) 398-8713; www.brooklynpubliclibrary.org; Fridays, 11:15 am, Now – Fri, Aug. 12; Free.

For children 18 to 36 months.

Art works: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Fridays, 2 – 2:30 pm, Saturdays and Sundays, Noon – 12:30 pm, Fri, July 1 – Fri, July 29; \$7.50 (members and children under 1 free).

For children 5 and under.

Creatures of the sea: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Friday, July 1, 2:30 pm; Saturday, July 2, 12 pm; Sunday, July 3, 12 pm; Tuesday, July 5, 2 pm; Thursday, July 7, 2 pm; Saturday, July 9, 12 pm; Sunday, July 10, 12 pm; Tuesday, July 12, 2 pm; Thursday, July 14, 2 pm; Saturday, July 16, 12 pm; Sunday, July 17, 12 pm; Thursday, July 21, 2 pm; Saturday, July 23, 12 pm; Sunday, July 24, 12 pm; Tuesday, July 26, 2 pm; Thursday, July 28, 2 pm; Saturday, July 30, 12 pm; \$7.50 (members and children under 1 free).

Explore under the waves for children of all ages.

Electronic games: Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; Fridays, 3:30 pm, Fri, July 1 – Fri, Aug. 26; Free.

For teens.

Teen time: Clinton Hill Public Library, 380 Washington Ave. between Lafayette and Greene avenues; (718) 398-8713; www.brooklynpubliclibrary.org; Fridays, 4 pm, Now – Fri, Aug. 12; Free.

Books, games and music.

Fun Fridays: Eastern Parkway Public Library, 1044 Eastern Pkwy. at Kingston Avenue; (718) 778-9330; www.brooklynpubliclibrary.org; Fridays, 4 pm, Fri, July 1 – Fri, Aug. 26; Free.

Children enjoy games, anime and drawing.

Meaningful maps: Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 ext. 344. www.rmanyc.org; Saturdays, 10:30 am – noon, Sundays, Sat, July 2 – Sat, Aug. 27; \$10 per child/adult pair (\$5 for members; \$5 for each additional child).

For children 6 and up, accompanied by an adult. Search the museum for hidden secrets using maps.

Kayaking and rowing: Brooklyn Bridge Park, Old Fulton St. at Furman Street; (718) 222-9939; www.nycgov-parks.org; Saturday, July 2, 11 am; Monday, July 4, 11 am; Saturday, July 9, 11



Native culture club

For a taste of American Indian culture, look no further than Red Hook this month.

On July 11, the Thunderbird American Indian Dancers come to Coffey Park.

For more than 25 years, the group has enchanted audiences with its performances, which feature songs and dances of the tribes of the Northwest Coast, Woodlands, Plains and the Southwest.

am; Thursday, July 14, 5 pm; Saturday, July 16, 11 am; Saturday, July 23, 11 am; Monday, July 25, 1 pm; Saturday, July 30, 11 am; Free.

First come, first served basis, no experience necessary, wear appropriate clothing; children under 18 must be accompanied by an adult.

Blooming Babies: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 11:30 am, Now – Sun, July 3; Free with museum admission.

Children 18 months to 2-and-a-half years participate in interactive activities with their caregivers.

Movie time: McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; www.brooklynpubliclibrary.org; Saturdays, Noon, Sat, July 2 – Sat, Aug. 27; Free.

For the whole family.

"Wizard of Oz": Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; www.puppetworks.org; Saturdays and Sundays, 12:30 and 2 pm; pm, Now – Sun, Aug. 21; \$8 (\$7 child).

Adapted for marionettes by Nicholas Coppola.

Science power hour: Prospect Park

The dancers' repertoire includes the traditional "Fancy Dance" and "Hoop Dance," as well as a variety of other distinct regional tribal pieces that are sure to delight and amaze.

Thunderbird American Indian Dancers at Coffey Park (between Dwight, Richards and Verona streets in Red Hook), July 11 at 10:30 am. Free. For info, visit www.cityparks-foundation.org.

Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, 1 – 2 pm, Now – Sun, Aug. 28; Free.

Children join a naturalist for cool activities and experiments.

Ezra Jack Keats hour: Imagination Playground, Ocean Avenue and Lincoln Road; www.prospectpark.org; Saturdays, 2 – 3 pm, Sat, July 2 – Sat, Aug. 27; Free.

Gather around the Peter and Willy statue for storytelling adventures.

Nature crafts: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, 2 – 3 pm, Sat, July 2 – Sun, Aug. 28; Free.

Children engage in fun activities.

Bingo night: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Sundays, 6; Free.

Prizes and fun for the whole family.

Sunday singalong: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Sunday, July 3, 12:15 pm; Sunday, July 17, 12:15 pm; Free.

Come sing, clap, dance or just watch.

Discover tour: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Sundays, 3 pm, Sun, July 3 – Thurs, Aug. 25; Free.

Children take a walk with a naturalist and learn little-known facts about the park and its animals.

Singalong: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Tuesdays, 11 am, \$2.50.

Come clap, dance, sing or just watch!

Story play with First RIF: Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; Tuesdays, 11 am, Tues, July 5 – Tues, Aug. 30; Free.

Children birth to 5 years play with toys.

Story time: Jamaica Bay Public Library, 9727 Seaview Ave. at Rockaway Parkway; (718) 241-3571; www.brooklynpubliclibrary.org; Tuesdays, 11 am, Tues, July 5 – Mon, Aug. 29; Free.

For children birth to 5 years.

Toddler time: Kings Highway Public Library, 2115 Ocean Ave. at Avenue R; (718) 339-2783; www.brooklynpubliclibrary.org; Mondays and Tuesdays, 11 am, Tues, July 5 – Tues, Aug. 30; Free.

Children 18 to 36 months play games and hear stories.

Read and play: Flatlands Public Library, 2065 Flatbush Ave. at Avenue P; (718) 253-4409; www.brooklynpubliclibrary.org; Tuesdays and Wednesdays, 1 pm, Tues, July 5 – Wed, Aug. 24; Free.

For children birth to 5 years old, with and without disabilities. Accommodates 12 children.

Read and play: Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; www.brooklynpubliclibrary.org; Tuesdays, 1 pm, Tues, July 5 – Tues, Aug. 30; Free.

For children birth to 5 years with and without disabilities.

Arts and crafts: Cortelyou Public Library, 1305 Cortelyou Rd. at Argyle Road; (718) 693-7763; www.brooklynpubliclibrary.org; Tuesdays, 2:30 pm, Tues, July 5 – Tues, Aug. 16; Free.

For children.

Toddler story time: Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; www.brooklynpubliclibrary.org; Tuesdays, 2:30 pm, Tues, July 5 – Tues, Aug. 30; Free.

Children enjoy music and dancing.

Arts and crafts: McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; www.brooklynpubliclibrary.org; Tuesdays, 3:30 pm, Tues, July 5 – Tues, Aug. 30; Free.

Children create projects.

Arts and crafts: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org.

Going Places

org; Wednesdays, 2 pm, Wed, July 6 – Wed, Aug. 31; Free.

Children make projects.

Arts and crafts: Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; Wednesdays, 2:30 pm, Wed, July 6 – Wed, Aug. 31; Free.

Children make projects.

Chess: Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; Wednesdays, 3 pm, Wed, July 6 – Wed, Aug. 31; Free.

For all ages.

Playstation: Cortelyou Public Library, 1305 Cortelyou Rd. at Argyle Road; (718) 693-7763; www.brooklynpubliclibrary.org; Wednesdays, 3:30 pm, Thursdays, 4 pm, Wed, July 6 – Thurs, Aug. 18; Free.

Teens play with their friends.

Creative writing: McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; www.brooklynpubliclibrary.org; Wednesdays, 3:30 pm, Wed, July 6 – Wed, Aug. 31; Free.

For teens.

Park play: Brooklyn Bridge Park, Old Fulton St. at Furman Street; (718) 802-0603; www.nycgovparks.org; Thursdays and Fridays, 11 am – 7 pm, Thurs, July 7 – Fri, Aug. 26; Free.

Fun for the whole family.

Family day: Empire Fulton Ferry State Park, Plymouth St. at Main Street; (718) 802-0603; Thursdays and Fridays, 11 am – 7 pm, Thurs, July 7 – Fri, Aug. 26; Free.

Fun, creative and engaging activities. All children must be accompanied by an adult.

Family day: Brooklyn Bridge Park Pier 6, Old Fulton St. at Furman Street; (718) 802-0603; Thursdays and Fridays, 11 am – 7 pm, Thurs, July 7 – Fri, Aug. 26; Free.

Fun, creative and engaging activities. All children must be accompanied by an adult.

Game day: Flatlands Public Library, 2065 Flatbush Ave. at Avenue P; (718) 253-4409; www.brooklynpubliclibrary.org; Thursdays, 2 pm, Thurs, July 7 – Thurs, Aug. 25; Free.

Children play with friends.

Arts and crafts: Gravesend Public Library, 303 Avenue X between W. First and W. Second streets; (718) 382-5792; www.brooklynpubliclibrary.org; Thursdays, 2 pm, Thurs, July 7 – Thurs, Aug. 25; Free.

Children make projects.

Story and crafts: Pacific Public Library, 25 Fourth Ave. at Pacific Street; (718) 596-4114; www.brooklynpubliclibrary.org; Thursdays, 2 pm, Thurs, July 7 – Thurs, Aug. 25; Free.

For children.



More than clowns

Talk about one “zany” show. The Zany Umbrella Circus brings its stunning show to Maria Hernandez Park in Bushwick on July 12.

The group incorporates puppetry, circus elements, music, storytelling, street theatre and visual arts into its act, which aims

to build and strengthen communities through education and folk artistry. And it also entertains with some amazing feats.

Zany Umbrella Circus at Maria Hernandez Park (Knickerbocker and Willoughby streets in Bushwick), July 12 at 10:30 am. For info, visit www.cityparksfoundation.org.

Board games: Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; www.brooklynpubliclibrary.org; Thursdays, 3 pm, Thurs, July 7 – Fri, Aug. 26; Free.

Children and teens enjoy old-fashioned games.

Movie time: Leonard Public Library, 81 Devoe St. between Manhattan Avenue and Leonard Street; (718) 486-3365; www.brooklynpubliclibrary.org; Thursdays, 3:30 pm, Thurs, July 7 – Thurs, Aug. 25; Free.

Children enjoy an age-appropriate selection each week.

Playstation: McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; www.brooklynpubliclibrary.org; Thursdays, 3:30 pm, Thurs, July 7 – Thurs, Aug. 25; Free.

For children 8 and up.

Playstation gaming: Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; www.brooklynpubliclibrary.org; Thursdays, 4 pm, Thurs, July 7 – Fri, Aug. 26; Free.

Teens meet and compete with friends.

Toddler time: Ryder Public Library, 5902 23rd Ave. at 59th Street; (718) 331-2962; www.brooklynpubliclibrary.org; Fridays, 11 am, Fri, July 8 – Fri, Aug. 26; Free.

For children 18 to 36 months.

Family disco night: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Saturday, July 9, 5:45 pm; Free.

Eat, drink and shake your groove thangs!

Family Weekend: Empire Fulton Ferry State Park, Plymouth St. at Main Street; (718) 802-0603; www.nycgovparks.org;

Saturdays and Sundays, Noon – 2 pm and 4 – 6 pm, beginning Sat, July 9; Free.

Different themes every weekend, from recycling to art.

Family Weekend: Brooklyn Bridge Park Pier 6, Old Fulton St. at Furman Street; (718) 802-0603; www.nycgovparks.org; Saturdays and Sundays, Noon – 2 pm and 4 – 6 pm, beginning Sat, July 9; Free.

Different themes every weekend, from recycling to art.

Songs and stories: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Sundays, 2 and 3 pm, Sun, July 10 – Sun, Aug. 28; Free.

Join Tammy Hall and listen to tales from around the world.

Story time: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; Mondays, 11 am, Mon, July 11 – Mon, Aug. 29; Free.

Children birth to 5 years hear stories and sing songs.

Read and play: Greenpoint Public Library, 107 Norman Ave. at Leonard Street; (718) 349-8504; www.brooklynpubliclibrary.org; Mondays, 10:30 am, Mon, July 11 – Mon, Aug. 29; Free.

Children birth to 5 years make friends.

Toddler time: Gravesend Public Library, 303 Ave. X between W. First and W. Second streets; (718) 382-5792; www.brooklynpubliclibrary.org; Mondays, 11 am, Mon, July 11 – Mon, Aug. 29; Free.

For children birth to 5 years.

Board games: Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; Mondays and Fridays, 2:30 pm, Mon, July 11 – Fri, Aug. 26; Free.

Teens enjoy old-fashioned games.

Drawing workshop: Ulmer Park Public Library, 2602 Bath Ave. at 26th Avenue; (718) 265-3443; www.brooklynpubliclibrary.org; Mondays, 3 pm, Mon, July 11 – Mon, Aug. 29; Free.

Children practice techniques.

Game day: Kings Highway Public Library, 2115 Ocean Ave. at Avenue R; (718) 339-2783; www.brooklynpubliclibrary.org; Mondays, 3:30 pm, Mon, July 11 – Mon, Aug. 29; Free.

For teens. No session July 25.

Story play: New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org; Tuesdays, 1:15 pm, Mon, July 11 – Tues, Aug. 30; Free.

Children birth to 5 years hear stories, join RIF and earn books.

Anime club: New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org;

Continued on page 56

Going Places

Continued from page 55

brooklynpubliclibrary.org; Tuesdays, 3 pm, Mon, July 11 – Tues, Aug. 30; Free.

Children play games, read manga and watch movies. No session July 19.

“Macbeth”: Carroll Park, Smith and President streets; www.smithstreetstage.org/Smith_Street_Stage/Welcome.html; Wednesday, July 13, 7 pm; Thursday, July 14, 7 pm; Friday, July 15, 7 pm; Saturday, July 16, 7 pm; Sunday, July 17, 7 pm; Tuesday, July 19, 7 pm; Wednesday, July 20, 7 pm; Thursday, July 21, 7 pm; Friday, July 22, 7 pm; Saturday, July 23, 7 pm; Sunday, July 24, 7 pm; Free.

Smith Street Stage does Shakespeare’s tragedy.

Wii and Nintendo: Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Saturday, July 16, 6 pm; Free.

Prizes, games and food.

Movie time: Ulmer Park Public Library, 2602 Bath Ave. at 26th Avenue; (718) 265-3443; www.brooklynpubliclibrary.org; Wednesdays, 4 pm, Sat, July 16 – Wed, Aug. 31; Free.

Children enjoy age appropriate selections.

FRI, JULY 1

Teen time: McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; www.brooklynpubliclibrary.org; 3 pm; Free.

Books, games and music.

Teen time: Clinton Hill Public Library, 380 Washington Ave. between Lafayette and Greene avenues; (718) 398-8713; www.brooklynpubliclibrary.org; 4 pm; Free.

Read, play games and listen to music.

Fun Fridays: Eastern Parkway Public Library, 1044 Eastern Pkwy. at Kingston Avenue; (718) 778-9330; www.brooklynpubliclibrary.org; 4 pm; Free.

Children of all ages enjoy PlayStation, anime and Wii.

“Harry Potter” party: Barnes and Noble Park Slope, 267 Seventh Ave. at Sixth Street; (718) 832-9066; 5 pm; Free.

Children of all ages enjoy all things magical; costume contest, treats, face painting, and a pajamarama.

Camping: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 7 pm; Free.

Food and tents provided — family limited to four participants. Register in advance.

SAT, JULY 2

Nature and arts: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 1 – 3 pm; Free with admission to zoo.

View a bald eagle exhibit and do a fun nature craft.



Bacon and ballet

This event is en pointe! David Ira Rottenberg reads from his new book, “Gwendolyn, the Graceful Pig,” at, fittingly, the Covenant Ballet Theatre of Brooklyn on July 30.

Students from the academy will dance out the story, which follows two friends with big dreams — Gwendolyn, who longs to dance ballet, and Omar, who wants to join the football team. There’s just

one problem — they’re both pigs!

As an added treat, a mini-movement lesson will be offered to the children in the audience after the performance, and Rottenberg will sign copies of his book.

David Ira Rottenberg at Covenant Ballet Theatre of Brooklyn [2085 Coney Island Ave. between Kings Highway and Avenue R in Midwood, (718) 891-6199], July 30 at 3 pm. Free, RSVP required.

Double D pool opening: Double D Pool, Douglass and Degraw streets; (917) 868-5332; www.friendsofdouglassgreenepark.org; 2:30 – 5 pm; Free.

Celebrate with music, games and, of course, swimming!

Vishnu: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; 5 – 11 pm; Free.

Target First Saturdays explores the exhibit of Vishnu: Hinduism’s Blue Skinned Saviour and Independence Day.

SUN, JULY 3

Freedom celebration: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 1 – 4 pm; Free.

Celebrate the anniversary of Emancipation Day with stories and a craft.

Nature and arts: 1 – 3 pm. Prospect Park Audubon Center. See Saturday, July 2.

Bronx family day: St. Mary’s Park, St. Anns Ave. at E. 149th Street; info@cityparksfoundation.org; www.nycgovparks.org; 3 pm; Free.

Fun games and entertainment by Bill Harley, Moona Luna, Illstyle and Peace Productions, and Secret Agent 23 Skidoo.

MON, JULY 4

Fourth of July picnic: Park Field, 82nd St. at Shore Road; (718) 238-6044; 11 am–9 pm; Free.

Sponsored by Sen. Marty Golden (R-Bay Rige) this annual event features live performances by the Frankie Marra band, Out of the Blue, The Ridge, The High Tides and many others.

Independence Day: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 1 – 4 pm; Free.

Pick up a quill pen and sign your own name to a reproduction of the Declaration of Independence and make a craft.

Nature and arts: 1–3 pm. Prospect Park Audubon Center. See Saturday, July 2.

TUES, JULY 5

“Ill Style and Peace Productions”: Maria Hernandez Park, Irving Ave. at Hart Street; info@cityparksfoundation.org; www.nycgovparks.org; 10:30 am; Free.

A mix of music and acrobatics.

Toddler time: Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; www.brooklynpubliclibrary.org; 10:30 am; Free.

For children 18 to 36 months.

Arts and crafts: Flatlands Public Library, 2065 Flatbush Ave. at Avenue P; (718) 253-4409; www.brooklynpubliclibrary.org; 2:30 pm; Free.

Children create projects.

Arts and crafts: Highlawn Public Library, 1664 W. 13th St. at Kings Highway; (718) 234-7208; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Teens make a project.

Book review club: Brooklyn Public Library’s Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (718) 230-2100; www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265; 4 pm; Free.

Teens 12 to 18 discuss novels.

Babies and books: Clinton Hill Public Library, 380 Washington Ave. between Lafayette and Greene avenues; (718) 398-8713; www.brooklynpubliclibrary.org; 4:15 pm; Free.

Songs and rhymes for children birth to 18 months.

Stories in the Garden: Hoyt Street Garden, Hoyt St. and Atlantic Avenue; (718) 237-0145; cusackart@aol.com; 7 pm; Free.

Stories in the Garden: Hoyt Street Garden, Hoyt St. at Atlantic Avenue; (718) 237-0145; 7 pm; Free.

Enjoy a tale, some lemonade and cookies.

WED, JULY 6

Arts and crafts: Clarendon Public Library, 2035 Nostrand Ave. at Farragut Road; (718) 421-1159; www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265; 2:30 pm; Free.

Children enjoy projects.

Arts and crafts: New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Children create projects.

Kid’s Korner: Clinton Hill Public Library, 380 Washington Ave. between Lafayette and Greene avenues; (718) 398-8713; www.brooklynpubliclibrary.org; 4:15 pm; Free.

Continued on page 58

THE RHYTHM OF NEW YORK

STOMP

\$40 Sundays 67PM
Tue-Fri @ 8 Sat @ 3&4 Sun @ 3&7

ORPHEUM THEATRE
Second Avenue at 8th Street ticketmaster (800) 982-2787
www.stomponline.com

Family Discounts Available!

VOCAPeOPLE

The musical sensation that's out of this world

See the global phenomenon in action! Over 20 million YouTube hits!

Telecharge.com • 212-239-6200

Family fun for ages 5-105.
"Intergalactic Superstars!" - CBS TV

Westside Theatre, 407 West 43rd Street - VocaPeopleNYC.com

ADVERTISE WITH US!

BROOKLYN
Family

QUEENS
Family

BRONX
Family

QUEENS
Family



TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554

Going Places

Continued from page 56

Children play games, watch movies and make crafts.

THURS, JULY 7

Movie time: Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; 2:30 pm; Free.

For children.

FRI, JULY 8

"Moona Luna": Brower Park, Kingston Ave. at Park Place; www.nycgovparks.org; 10:30 am; Free.

Pinata party for all ages.

Board games: Clarendon Public Library, 2035 Nostrand Ave. at Farragut Road; (718) 421-1159; www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265; 2:30 pm; Free.

For children.

"Feraba: African Rhythm Tap": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 6:30 – 7:15 pm; Free.

Performed by dancer Irene Koloseus.

SUN, JULY 10

Stephen Savage: PowerHouse Arena, 37 Main St. at Water Street; (718) 666-3049; www.powerhousearena.com; 4 – 5 pm; Free.

Author of "Where's Walrus?".

Frank Viva: PowerHouse Arena, 37 Main St. at Water Street; (718) 666-3049; www.powerhousearena.com; 4 – 5 pm; Free.

Author of "Along A Long Road."

MON, JULY 11

"Thunderbird American Indian Dancers": Coffey Park, King St. at Richards Street; info@cityparksfoundation.org; www.nycgovparks.org; 10:30 am; Free.

Traditional songs of the tribes of the Northwest Coast, Woodlands, Plains and Southwest.

"Mad Mel and the Marradians": Main Stage Theatre, 312 W. 36th St. (866) 811-4111; www.ovationtix.com/trs/pr; 6 pm; \$15-\$18.

Gary Morgenstein's new comedy premieres at the Midtown International Theater Festival.

Crochet group: Ulmer Park Public Library, 2602 Bath Ave. at 26th Avenue; (718) 265-3443; www.brooklynpubliclibrary.org; 6 pm; Free.

Teens practice their stitchery.

TUES, JULY 12

Babies and books: Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; www.brooklynpubliclibrary.org; 10:30 am; Free.



Discover the 'High' life

The High Line is bursting with fun for the whole family this month.

The elevated park, which runs along Manhattan's 10th Avenue, gets things started on July 6 with its Wild Wednesdays workshops. Now through August, gardeners and educators lead hands-on, nature-based family fun on the High Line, where you can touch a wriggly worm, paint a butterfly wing, catch the wind, or grab a magnifying glass and go on a bug hunt.

On July 9, Saturday Play kicks into gear. Every Saturday through August, families are invited to get creative with hands-on art activities on the High Line. Create art projects inspired by the beautiful park views and the site-specific public art on view.

Then on July 19, join the New York Public Library and Friends

of the High Line for lively, interactive, and funny tales shared by librarians from your local branch.

Rounding out July's activities is the High Line's Wild Wednesday Creature Feature on July 27, where you can watch butterflies take their first flight and explore how these insects help plants grow.

It's enough to keep you busy as a bee!

Wild Wednesdays at Chelsea Market Passage (High Line near West 16th Street) on July 6, 13, 20 and 27 at 4 pm, free; Saturday Play at the Lawn (on the High Line near West 23rd Street) on July 9, 16, 23 and 30 at 10 am; Silly Stories and City Stories (10th Avenue Square) on July 19 at 10 am; Wild Wednesday Creature Feature at Chelsea Market Passage (the High Line near West 16th Street), July 27 at 4 pm. For info, call (212) 206-9922 or visit www.thehighline.org.

For children birth to 18 months.

Crafts: Gravesend Public Library, 303 Ave. X between W. First and W. Second streets; (718) 382-5792; www.brooklynpubliclibrary.org; 2 pm; Free.

Children do arts projects.

Arts and crafts: Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; www.brooklynpubliclibrary.org; 2:30 pm; Free.

Children of all ages enjoy gaming, projects and reading.

Babies and books: 4:15 pm. Clinton Hill Public Library. See Tuesday, July 5.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 5.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 5.

WED, JULY 13

Board games: New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Children play old-fashioned games.

Kid's Korner: 4:15 pm. Clinton Hill Public Library. See Wednesday, July 6.

THURS, JULY 14

Tween time: Jamaica Bay Public Library, 9727 Seaview Ave. at Rockaway Parkway; (718) 241-3571; www.brooklynpubliclibrary.org; 3 pm; Free.

Games, crafts and hang with friends.

"Megamind": East River State Park, N. Eighth St. at Kent Avenue; (347) 276-4979; www.nycgovparks.org; 6 – 11 pm;

Free.

Arts/crafts, games, live music and a classic flick.

FRI, JULY 15

Story telling: Brower Park, Kingston Ave. at Prospect Place; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Presented by the Pickney Players.

Board games: 2:30 pm. Clarendon Public Library. See Friday, July 8.

Movie time: New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Children enjoy an age-appropriate selection.

Jazz concert: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 6:30 – 7:15 pm; Free.

Performed by Soul Understated.

SAT, JULY 16

SAT prep: Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (800) 527-8378; kaptest.com; 10 am; Free.

Kaplan experts share test-taking tips. Registration required (code XKBY1008).

Bike fair: Park Recreation Area, Bay St. at Henry Street; www.nycgovparks.org; Noon – 4 pm; Free.

Adult and child helmets fitted with NYC DOT, upgrade your kids' bike with a bike swap for ages 10 and under; take a bike driver's ed with Bike New York and register your child with the New York City Police Department.

"Mad Mel and the Marradians": 2:30 pm. Main Stage Theatre. See Monday, July 11.

MON, JULY 18

"Bessie's Big Shot": Coffey Park, King St. at Richards Street; www.nycgovparks.org; 10:30 am; Free.

Root for Bessie in this variety show.

Mobile museum: Rugby Public Library, 1000 Utica Ave. at E. 49th Street; (718) 566-0054; www.brooklynpubliclibrary.org; 11 am; Free.

Sponsored by the American Museum of Natural History, children learn about three nomadic peoples.

Movie time: Jamaica Bay Public Library, 9727 Seaview Ave. at Rockaway Parkway; (718) 241-3571; www.brooklynpubliclibrary.org; 3 pm; Free.

Children enjoy an age appropriate film.

TUES, JULY 19

"Bessie's Big Shot": Maria Hernandez Park, Suydam St. at Knickerbocker Avenue; www.nycgovparks.org; 10:30 am; Free.

Continued on page 60

Purchase These Vouchers
Exclusively AT:



www.BoroDeal.com

\$99.00

HALF OFF A ONE-HOUR
CHILDREN'S MAGICIAN
PARTY PACKAGE

REGULAR PRICE	\$200
YOU PAY	\$99
SAVINGS	50%

DON'T DELAY!
You must purchase the voucher
by 7/12 at BoroDeal.com

The Fine Print

Limit per person: 1 (+1 as a gift)
Valid for one-hour magic show.
Call to book in advance.

Havin' A Party

Planning a child's birthday party is no easy feat. Between sending out invitations, setting up decorations, ordering the cake, and buying favors, it's easy to forget about the entertainment. Save your party with today's deal: **\$99 buys a one-hour children's magician party package, a \$200 value from Havin' A Party!**

The professional magicians from Havin' A Party will entertain and dazzle kids. Our talented magicians will interact with the audience and the birthday child. Along with an hour-long magic show with plenty of audience participation, birthday guests will also be treated to balloon animals and plenty of laughs.

Don't let your kid's party be a flop. Grab today's deal and add some amazing magic to the day!



Havin' A Party

9520 Avenue L
Brooklyn NY, 11236
718-251-0500

\$12.00

JUST \$12 FOR SKATING
AND RENTALS FOR TWO!

REGULAR PRICE	\$26
YOU PAY	\$12
SAVINGS	53%

DON'T DELAY!
You must purchase the voucher
by 7/12 at BoroDeal.com

The Fine Print

Limit per person: 2 (+5 as a gift)
Promotion Expires on September 05, 2011
Valid for two public skating admissions and two skate rentals.

Aviator Sports & Events Center

Whether you're a wobbly wall holder or a graceful skater who can do figure eights, it's never too late to have fun at the rink. Grab a friend and snag today's deal from Aviator Sports & Events Center: **\$12 buys public skating admission and skate rentals for two, a \$26 value!**

Ice skating at Aviator Sports & Events Center is a fresh way to mix it up any day of the week, an awesome activity for a big group of friends, or the perfect means to inject a little fun into your fitness life. Aviator boasts New York City's only twin NHL-size hockey rinks, smooth ice, and tons of fun activities to take part in after your time on the rink.

You may not have perfected your triple axel yet, but with today's cool deal you can have a blast on the ice!



3159 Flatbush Ave
Brooklyn NY, 11234

Going Places

Continued from page 58

Root for Bessie in this variety show.

Toddler time: 10:30 am. Sunset Park Public Library. See Tuesday, July 5.

Teen time: Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; www.brooklynpubliclibrary.org; 2:30 pm; Free.

Books, games and music with friends.

Arts and crafts: 2:30 pm. Flatlands Public Library. See Tuesday, July 5.

Lanyard mania: New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org; 3 pm; Free.

Teens make key chains, Chinese staircase, the butterfly, the cobra and other designs.

Arts and crafts: 3:30 pm. Highlawn Public Library. See Tuesday, July 5.

Babies and books: 4:15 pm. Clinton Hill Public Library. See Tuesday, July 5.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 5.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 5.

"Mad Mel and the Marradians": 8:30 pm. Main Stage Theatre. See Monday, July 11.

WED, JULY 20

Arts and crafts: 2:30 pm. Clarendon Public Library. See Wednesday, July 6.

Arts and crafts: 3:30 pm. New Utrecht Public Library. See Wednesday, July 6.

Kid's Korner: 4:15 pm. Clinton Hill Public Library. See Wednesday, July 6.

THURS, JULY 21

Movie time: 2:30 pm. Homecrest Public Library. See Thursday, July 7.

"Free Willy": East River State Park, N. Eighth St. at Kent Avenue; (347) 276-4979; www.nycgovparks.org; 6–11 pm; Free.

Arts/crafts, games, live music and a classic flick.

FRI, JULY 22

Kids concert: Brower Park, Kingston Ave. at Prospect Place; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Shine and the Moonbeams get the children up and clapping and stomping their feet.

Board games: 2:30 pm. Clarendon Public Library. See Friday, July 8.

Family camping: Prospect Park Picnic House, West Dr. at Third Street; www.prospectpark.org; 7 pm; Free.

Enjoy a sleep-over and camp fire. Family size limited to four persons. Bring your own sleeping bags. Food and tent provided. Pre-registration required.



Movie under the stars

Grab a blanket and bring the kids to the Narrows Botanical Gardens this month, as the Bay Ridge park along Shore Road brings back its outdoor family film series.

First up on July 8 is "Mamma Mia!" — the musical based on the popular Broadway show filled with ABBA songs. Rated PG-13, this one's for the teenagers, parents and grandparents.

Then, on July 22, Pixar's "WALL-E" — about a special friendship

between two robots and the Earth of the future they are trying to save — gets the outdoor film treatment in a screening that's fit for the whole family.

Before each show, children's activities are also planned.

Don't forget the popcorn!

Narrows Botanical Gardens [Shore Road between Bay Ridge Avenue and 72nd Street in Bay Ridge, (718) 748-4810]. Films begin at sundown. Free. For info, visit www.narrowsbg.org.

King Jr. Park, Miller Ave. at Blake Avenue; www.nycgovparks.org; 10:30 am; Free.

Root for Bessie in this variety show.

Babies and books: 10:30 am. Sunset Park Public Library. See Tuesday, July 12.

Arts and crafts: 2:30 pm. Bedford Public Library. See Tuesday, July 12.

Babies and books: 4:15 pm. Clinton Hill Public Library. See Tuesday, July 5.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 5.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 5.

WED, JULY 27

Matt Brown: Sunset Park, Fifth Ave. at 41st Street; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Fiddler, banjo and guitar player performs children's favorites.

Board games: 3:30 pm. New Utrecht Public Library. See Wednesday, July 13.

Kid's Korner: 4:15 pm. Clinton Hill Public Library. See Wednesday, July 6.

THURS, JULY 28

Movie time: Homecrest Public Library, 2525 Coney Island Ave. between Gra-

vesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; 2:30 pm; Free.

For teens.

Tween time: 3 pm. Jamaica Bay Public Library. See Thursday, July 14.

"Marry Poppins": East River State Park, N. Eighth St. at Kent Avenue; (347) 276-4979; www.nycgovparks.org; 6–11 pm; Free.

Arts/crafts, games, live music and a classic flick.

"Mad Mel and the Marradians": 8 pm. Main Stage Theatre. See Monday, July 11.

FRI, JULY 29

Movie time: Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; www.brooklynpubliclibrary.org; 2:30 pm; Free.

Kid-friendly selections.

Board games: 2:30 pm. Clarendon Public Library. See Friday, July 8.

TUES, AUG. 2

"Bessie's Big Shot": Underwood Park, Lafayette Ave. at Washington Avenue; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Root for Bessie in this variety show.

"Mr. Chris' Magical Experience": Dr. Martin Luther King Jr. Park, Miller Ave. at Blake Avenue; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Interactive learning event for children.

Babies and books: 4:15 pm. Clinton Hill Public Library. See Tuesday, July 5.

WED, AUG. 3

Kid's Korner: 4:15 pm. Clinton Hill Public Library. See Wednesday, July 6.

THURS, AUG. 4

"How to Train Your Dragon": East River State Park, N. Eighth St. at Kent Avenue; (347) 276-4979; www.nycgovparks.org; 6–11 pm; Free.

Arts/crafts, games, live music and a classic flick.

FRI, AUG. 5

Board games: 2:30 pm. Clarendon Public Library. See Friday, July 8.

Cirque-Tacular: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 6:30–7:15 pm; Free.

Daring acts and death-defying performances.

Camping: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 7 pm; Free.

Food and tents provided — family limited to four participants. Register in advance.

Community Marketplace

BALLET LESSONS

718.769.9161
www.brightonballet.org

Brighton Ballet Theater
SCHOOL OF RUSSIAN BALLET

no nop
rhythmic
pre-ballet
latin dance
gymnastics
classical ballet
ballroom dance
modern and popular dance
performance opportunities



2007 Oriental Blvd, Bld. T7, 2nd fl. Room 7211, Brooklyn, NY 11235

BUSINESS OPPORTUNITY

**Wanted Distributors
& Sales Agent**

Earn Big Money! Set Your Own Hours!
Be Your Own Boss!
USE YOUR HOME OR PLACE OF BUSINESS
TO EARN EXTRA INCOME
Selling Ladies Lingerie & Accessories
Customer Service 24 hours
Tel. 1-800-396-5947
E-mail: bjmlingerie@hotmail.com • www.bjmlingerie.com

FAMILY LAW

Divorce & Family Law
Robert A. Ugelow, Esq.
25 Years of Experience • Free Consultation
Specializing In Divorce

Separation Support Custody / Adoption Protection Orders / Annulment Visitation

Robert A. Ugelow, P.C.
A Specialist in Family and Matrimonial Law.
Sometimes There's A Need.
26 Court Street, Brooklyn, NY 11242 718-852-8641

HELP WANTED – EDUCATION

ABA Special Educators

NYS Cert, DOH EI Approval, ABA Exp
Home-Based ABA Program
for ASD toddlers in Bklyn, Queens & Stat Is

CHALLENGE
Early Intervention Center

Email Resume:
Ibel.Challenge@thejnet.com
Fax: 718-972-0696

HELP WANTED – THERAPY

**Physical & Occupational
Therapists**

Home-Based Birth-3 Cases
Bklyn, Queens & Stat Is.
NYS Lic & DOH Approval

Fax Res: 718-972-0696
E-Mail: Ibel.Challenge@TheJnet.com
CHALLENGE EI CENTER

HOME BASED OPPORTUNITY

**ARE YOU HIGHLY MOTIVATED?
Earn Extra \$\$\$!!!**

Learn how you can operate a
mini-office outlet from home.

- Free on-line training
- Flexible Hours
- Great for At-Home moms

Visit us at
www.goldenventure.net



GRAPHIC DESIGN

Coming Soon

KIN THANKS FRIEND HOME

WOR AWESOME CHERISH CARE LOVE

ESIGN JOY PEACE HOPE GOOD

LLC

Personalized Graphic Design
custom invitations & announcements
www.kindworddesign.com

MUSIC LESSONS

SOUNDS OF MUSIC

Seasoned Performing Musicians with
Extensive Teaching Experience

**Private Lessons for Children
& Adults at All Levels**

- Piano • Keyboard
- Violin • Oboe
- Recorder • Saxophone
- Flute • Clarinet • Vocal

718-232-2703 • Cell 646-752-7973
Daniel & Diana Barkan • daniel_barkan@hotmail.com
www.soundsofmusicarts.com



MUSIC LESSONS

HERBALIFE
Live Healthy - It's In

Lose weight, gain weight or maintain your weight!

- Vitamins
- Shakes
- Relaxation
- Joint Support
- Circulation
- Snack Control

Call Maryellen Seger 1-888-471-1635
mseger55@gmail.com www.greatshapetoday.com



To place an ad in this section,
please call 718.260.2587

New & Noteworthy



All tied up!

These adorable neckties require no tying whatsoever.

With tie-shaped fabric appliquéd onto a long- or short-sleeved tee or onesie by ChicCoutureBoutique, your kid can dress up without discomfort.

This cute design can be customized with a variety of fabric patterns to choose from, including polka dots (pictured), colorful stripes and swirls. There are also versions available for special occasions,

including the Fourth of July, Father's Day and St. Patrick's Day.

The ties can be further personalized with your little boy's name or monogram for an extra cute touch that's perfect for a birthday gift or baby shower.

Ties on onesies or tees (\$15.50) by ChicCoutureBoutique. Additional (\$8) for personalization. Available in sizes newborn to 24-month old. For info, visit <http://www.etsy.com/shop/ChicCoutureBoutique>.

Rock 'n' roll

Let your kid's inner rock star shine through.

With Playground Rockstar's edgy tees and onesies in fun, new prints and bold colors, your cool kid will be sure to grab the spotlight.

The shirts' decals include thunderclouds, stars, scarves, cupcakes, and the text "Playground Rockstar" — just in case anyone didn't get the message.

Playground Rockstar onesies (\$18) and shirts (\$23). For info, visit www.playgroundrockstar.com.



Onesie saver

Don't let a good onesie go to waste.

With these extenders, you can get another one, two or — even three! — months of wear out of these tops. With this small investment, you'll save money in the long run and be able to hold on to your favorite onesies a little longer.

They are made to fit any onesie thanks to high-quality snaps, and they come in a variety of patterns, including frogs, pink dots, turtles, birds, and white, too. A set comes in three sizes, ranging from small to large, and in slightly different pat-



terns, so you know which one to grab.

Onesie extenders, set of three for \$9.95. For info, visit www.etsy.com/people/kimeyates.

'Monster' manual

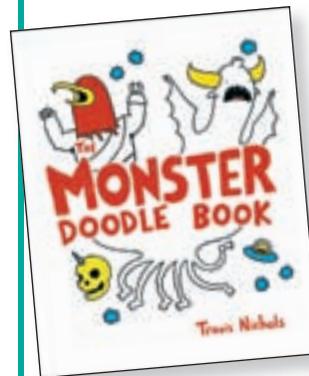
This Brooklyn illustrator takes doodling seriously.

Cartoonist Travis Nichols has put together a workbook for kids, "The Monster Doodle Book," which encourages the reader's own creativity with half-finished sketches of aliens, robots, and hybrid creatures — so your budding artist can let their imagination run wild while honing their fine motor skills.

Some of the book's exercises ask the artist-in-training to draw as many tiny monsters on a page as possible, or help them to make a moving monster "flip book," or invite them to draw the cast of a monster TV show.

Once done, your little artist will have a truly monstrous keepsake.

"The Monster Doodle Book," \$13.95. For info, visit ilikeapplejuice.com.



A perfect mess

This is the perfect bib for the messy eater. And what baby isn't a messy eater?

The cotton-flannel bib goes over your child's shoulders and ties in the back, with the front going well past her torso and keeping her clothes protected.

And she'll still look adorable in akokleyjessup's prints, which include playful mush-



rooms and a summery red-and-white pattern.

The bibs fit kids from 3 months through toddler sizes — so she'll look divine through all of the years she's learning to neatly dine.

Body bibs by akokleyjessup, \$14. For info, visit www.etsy.com/people/ayokleyjessup.



SCIENCE IS COOL!

at the
cosmic
COVE!



Carmelo Piazza
AKA: 'Carmelo the Marshmallow'

Join Carmelo The Science Fellow for an exciting hands-on learning experience. After school classes are offered for 5-11 year olds and to our mini-scientists ages 3-4.

Our Science Parties happen at the Cosmic Cove. We can make silly putty and slime and even work with weird moving Mega Mealworms!

We Offer:

Science Parties
Science Camps
Daily After School

for more info:
300 Atlantic Avenue
Brooklyn, NY 11201
718.722.0000
718.344.4631



photos by heatherweston.com design by luistentindo.com

www.carmelothesciencefellow.com



Park Slope Day Camp June 29 - September 2

- Free morning transportation from most Brownstone Brooklyn neighborhoods.
- Door to door transportation available from most other Brooklyn locations.
- Very flexible registration; extra long season and accomodating hours.
- Outdoor, fun, stimulating programs for campers ages 3.5 to 14.



Program & Activities

- Pee Wee, Junior, Middle and Senior Camp for campers entering Pre-K through 6th grade.
- Cirque d'Ete for grades Pre-K - 5 featuring acrobatics, circus skills, clowning and more.
- On Wheels: travel camp for campers entering grades 6 - 8 features daily and overnight trips.
- Leadership Experience for teens entering grades 9 & 10

New Soccer Camp

Want your child to bend it like Beckham while still having fun? For children entering grades 1 - 5. Co-ed.

End of Summer Mini Camp

August 29 - September 2
5 days of trips & activities
based in Park Slope.



Now Hiring

Experienced Staff Welcome.
Apply Online.