

BROOKLYN

# Family

The Best Guide for Parents

August 2011

**FREE**

**School Fall Guide**



## *New school?*

4 readiness tips

## **Keeping our children safe**

Shock over recent tragedy

## **Creative play and education**

Learning goes beyond testing

Find us online at [www.NYParenting.com](http://www.NYParenting.com)

THE **NEW** YOUNG DANCER PROGRAM



NOW WITH  
100% MORE  
HIP HOP FLAVOR

REGISTER NOW ONLINE  
[WWW.JOFFREYBALLETSSCHOOL.COM](http://WWW.JOFFREYBALLETSSCHOOL.COM)



OUR FALL  
CLASSES BEGIN  
SEPTEMBER 13TH  
[registrars@joffreyballeretschool.com](mailto:registrars@joffreyballeretschool.com)

CHECK OUT OUR  
NEW WEBSITE  
[joffreyballeretschool.com](http://joffreyballeretschool.com)

DANCE PROGRAMS  
AGES 2 - 18

HIP-HOP · JAZZ · CHARACTER · BALLET  
AND SO MUCH MORE !

434 Avenue of the Americas 5th floor, NYC 10011  
212-254-8520 [joffreyballeretschool.com](http://joffreyballeretschool.com)

JOFFREY BALLET SCHOOL

FOUNDED BY ROBERT JOFFREY IN 1953

# Family August 2011

## FEATURES

- 8 Changing schools**  
New ways to help your child with a tough transition  
BY MONICA BROWN
- 20 Onward from pre-k**  
Celebrating the past to prepare for the future  
BY ROBERT TROTTA
- 22 What is being left behind**  
Our emphasis on testing is forcing vital playtime out of the classroom  
BY ALLISON PLITT
- 24 Eliminating bullying from schools**  
Encouraging compassion through education, yoga and music  
BY ELENA SHLYCHKOV
- 26 Strategic school clothes shopping**  
BY DENISE YEARIAN
- 28 'Zoofari' adventure**  
Bronx Zoo pairs LEGO sculptures with real-life counterparts  
BY SHAVANA ABRUZZO
- 44 Strolling right to obesity?**  
The trend of pushing older kids could lead to health problems  
BY SANDRA GORDON
- 46 Career changes**  
More men are toiling in fields traditionally tended by women  
BY CANDI SPARKS
- 48 Stranger danger**  
Recent news reminds us to keep our children safe  
BY LAURA VAROSCAK-DEINNOCENTIIS
- 50 Building a parent/child connection**  
Tips on how to cultivate 'we' thinking  
BY MICHELE RANARD, MED

## CALENDAR OF EVENTS

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

## SPECIAL SECTIONS

- 10 Education Directory**



## COLUMNS

- 6 Dear Teacher**  
BY PEGGY GISLER AND MARGE EBERTS
- 30 Healthy Living**  
BY DANIELLE SULLIVAN
- 32 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 34 Growing Up Online**  
BY CAROLYN JABS
- 36 Newbie Dad**  
BY BRIAN KANTZ
- 38 Our Relationships**  
BY JOAN EMERSON, PHD
- 40 Twice the Advice**  
BY JACQUELINE AND KERRY DONELLI
- 42 Family Health**  
BY DR. PRAMOD NARULA, MD
- 52 Cinematters**  
BY LAURA GRAY
- 54 Parents Helping Parents**  
BY SHARON C. PETERS
- 56 Lions and Tigers and Teens**  
BY MYRNA BETH HASKELL
- 68 It Figures**  
BY CYNTHIA WASHAM
- 70 New & Noteworthy**  
The hottest new products



# Letter from the publisher

## Keeping our kids safe

It's August and summer is more than halfway over. Many parents need to think about schools and school choices for the fall and preparation for the coming school year. Soon, it will also be time to start shopping for the kids and



getting ready to take advantage of sales and no-tax weeks. In this issue we present some tips for wise spending. We also feature our **Annual Fall School Directory** and hope you will also visit these listings on our website, [www.NYParenting.com](http://www.NYParenting.com). We have a new domain name, so please make note of it.

Sadly, the recent tragedy in Brooklyn that took the life of a young boy has us all thinking about

child safety issues and how we can keep our children out of harm's way. This terrible event shook every parent to the core and our hearts go out to the family of Leiby Kletzky of Borough Park. The entire community of New York reeled from

the shock and the horror, and our contributing writer Laura Varoscak-DelInnocentiis, herself a mother of two young boys, has written a moving commentary on the subject of child safety and how we can teach our children to protect themselves from strangers.

I remember when my 10-year-old daughter was going to have to walk a few blocks by herself from a school bus to dance class. I thought

I had prepped her well for this experience, but I still needed to satisfy myself that she had the kind of "intelligent strong street behavior" that I thought would be necessary for this walk. Without her knowing, I followed her and watched her body language and checked out her attitude and route. After all my conversations and instructions, I was satisfied that she was able to handle the walk — and that I could handle her doing it.

It's not easy to let go of your kids and let them out there into the big world without you. We all have our hearts in our mouths until we see them safe and sound, which is why my mother never really slept until I was home from dates and socializing, even when I was in my early 20s. Now I am the same kind of mother and it's hard to explain

to my daughter why I can't really sleep until she comes home. The maternal instinct is very powerful and distance, time, and separation don't really ever change it.

I love being a mother. It's an amazing thing, and publishing these magazines and our website is a glorious opportunity to connect with other moms, like me, who know that the miracle of our children is the "light of our lives." Let's all do our very best to keep our kids safe and sound.

Please "like" us on FACEBOOK at **NYParenting** and follow us on TWITTER. 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.NYParenting.com](http://www.NYParenting.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, 10<sup>th</sup> Floor, Brooklyn, N.Y. 11201.

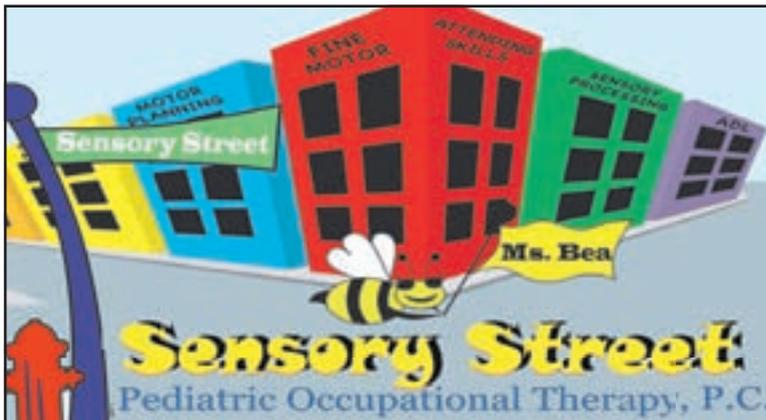
**Family Publications New York** can also be reached by calling (718) 250-4554, emailing [family@cnglocal.com](mailto:family@cnglocal.com) or by visiting our website, [NYParenting.com](http://NYParenting.com).

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.



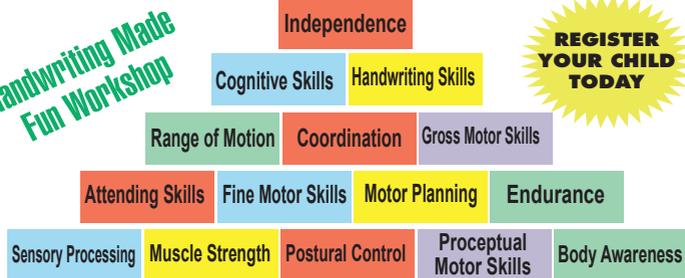


Sensory Street is a specialized Occupational Therapy practice servicing young clients. It is the route where your child will be appropriately challenged to developing the skills that are essential for greater independence in life.

Our Mission is to enhance the lives of young clients so they can be successful in meeting their daily childhood occupations (self-care, play, socialization, school).

**THERAPEUTIC ACTIVITIES AND EXERCISES GEARED TO IMPROVE:**

*Handwriting Made Fun Workshop*



Beatrice C. Hector OTR/L • 178 Flatbush Avenue • Brooklyn, NY 11217  
 General Info (718) 398-8000 • To contact the OT and Appointment (516) 589-2721

**Marine Park Soccer**

Boys & Girls

Ages

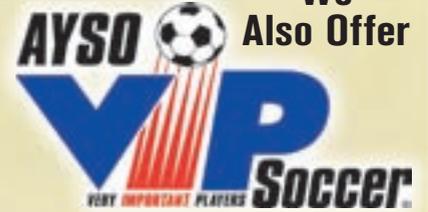
**4-18**

Region 266



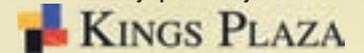
**Registration**  
 Wed., August 24<sup>th</sup> - 7pm-9:30pm  
 Knights of Columbus  
 Quentin Road & Nostrand Avenue  
**Season Starts September 11<sup>th</sup>**  
 Save \$10 by preregistering at [www.easyo.org](http://www.easyo.org)

**We Also Offer**



For those with physical and/or mental challenges - ages 4 & up

Proudly Sponsored by:



**American Youth Soccer Organization**

A nationally recognized premier youth development organization providing quality youth soccer programs in a fun, safe, family environment

For more info [www.aysoregion266.org](http://www.aysoregion266.org)  
 or **718-692-0008**

**OPEN HOUSE 2011**

at the MARK MORRIS DANCE CENTER

**SATURDAY, SEPTEMBER 10**

**10am - 5pm**

Enjoy a day of free dance classes, refreshments, performances, and more for children and adults of all ages!

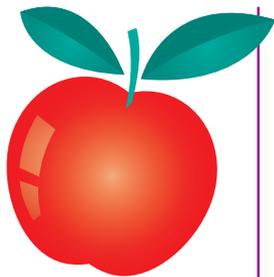


**FALL REGISTRATION** opens **AUGUST 15** for Children & Teens ages 4 - 17

"Like" us on Facebook at [facebook.com/schoolatmarkmorris](http://facebook.com/schoolatmarkmorris)

3 Lafayette Ave Brooklyn 11217 | 718.624.8400 | [mmdg.org](http://mmdg.org)





## DEAR TEACHER

BY PEGGY GISLER AND  
MARGE EBERTS

# Back-to-school cases

## Back-to-school anxiety

**Question:** Every year my children and I have a fantastic summer. Then the first week of school comes, and their anxiety level suddenly rises to very high levels. How can we avoid this?

**Answer:** Parents can make back-to-school time less traumatic by clearing their schedules, so they can focus on being there for their children. The less parents have to do at home and on the job, the more relaxed they will be.

Children tend to be especially anxious if they are attending a new school or have had bad experiences the previous year. This is the time for parents to be calm, positive and reassuring. They also need to be careful not to overreact to problems that pop up in the first days and help their children develop coping strategies. If their children have been bullied or teased the previous year, their new teachers need to know about this during the first days of school to stop it from happening again.

Parents can also make the start of school more comfortable for their younger children by arranging play dates for them during the first weeks of school. This helps them rebuild social relationships with their classmates.

## Too much TV for kids

**Question:** The TV is on in our house most of the day, but our young toddlers don't watch it much of the

time. Is this truly bad for them? All we ever hear about are the negatives of young children watching TV. Aren't there any positives?

**Answer:** Shut your TV off. Hearing TV in the background results in toddlers doing less talking and less listening to others talk. You'll clearly see this if you observe them playing while the TV is on.

You really should follow the TV viewing guidelines set by the American Academy of Pediatrics. The Academy strongly recommends that children do not view TV until they are age 2. After that, the Academy suggests no more than two hours a day. These are sensible guidelines for parents to follow and really allow for a lot of TV viewing. You must understand that most of the day in early childhood needs to be devoted to active play to maximize intellectual development. Just think of all the other opportunities to experience the world that your toddlers are missing while watching TV.

There are other downsides to watching too much TV at a young age. Some current research shows that, later on, you can expect many children to have poorer achievement in math in school and to be less physically active. They are also likely to consume more junk food than those who have watched less TV.

Early TV watching has been completely demonized by most child-development experts. However, there actually are some positive benefits for preschoolers who watch programs with a strong educational content. Later on, these children might read more and get better grades. Unfortunately, most children are not watching primarily educational programs.

## Teacher job-sharing

**Question:** My son will have two teachers sharing the job as his second-grade teacher. One will teach Monday and Tuesday, and the other on Wednesday, Thursday, Friday, and the next Monday, Tuesday. Then their schedules will reverse. Is this a common practice? What are the chances of my child having a good year?

**Answer:** Sharing a teaching job is becoming more common in elemen-

tary school. Some school districts are encouraging this arrangement to save money. Others are primarily using it to let teaching mothers have more time at home with their children. Schools find that job-sharing results in a reduction of sick days taken and absenteeism — a benefit to the school and the children.

Most teachers are very enthusiastic about job-sharing. They say that the children get the benefit of two fresh teachers. And they feel that fewer children slip between the cracks because two teachers are observing the students. They also see benefits in the children being exposed to different instructional styles.

Job-sharing may occur in the pattern that you mention, or the teachers may each teach a half-day. In either case, the key to success lies in the communication between the teachers. Most communicate by e-mail, notes, journals and phone calls. They also hold joint parent/teacher conferences. Half-day teachers often have the benefit of an overlap time at lunch.

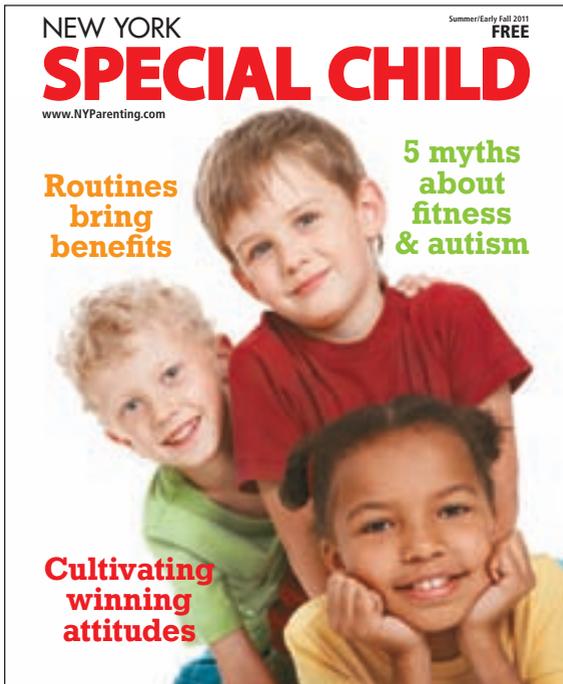
How successful the year will be for your son depends on the compatibility, cooperation and partnership of the two teachers. There will be problems, unfortunately, if the communication between the teachers is not good.

## A lunchbox secret

**Parents:** One aspect of packing lunches that is very important is keeping the food safe for your children to eat. Before beginning to pack a lunch, be sure your hands are clean and that you are packing the food in a clean container. Use thermoses for hot foods and cold packs to keep food cold. One trick is to freeze some foods so they can thaw before lunch time. Finally, include moist towelettes as a reminder to your children to clean their hands. One caution: be sure to pack lunches that meet any restrictions the school has laid down.

*Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists' Web site at [www.dearteacher.com](http://www.dearteacher.com).*

Copyright © 2011, Compass Syndicate Corporation.  
Distributed by King Features Syndicate.



# NEW YORK **SPECIAL CHILD** LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

## Informing & Enriching "Special Needs" Families throughout NYC & Long Island!

**THE NEXT PRINTING  
WILL BE IN OCTOBER.**

For more information about distribution or how to get your free copy, please e-mail us at [family@cnglocal.com](mailto:family@cnglocal.com).

Visit us online at

[www.NYParenting.com](http://www.NYParenting.com)

Like us on our Facebook page, NYParenting or follow us on Twitter



To advertise your business and or services contact us at 718-260-4554 or e-mail us at [family@cnglocal.com](mailto:family@cnglocal.com)

Family Publications New York/CNG  
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201  
718-260-4554 • [family@cnglocal.com](mailto:family@cnglocal.com)

# Changing schools

New ways to help your child with a tough transition

BY MONICA BROWN

**I**f your children are attending a new school this fall and you're worried about their ability to cope with the change, take heart: there's a lot you can do — before that first bell rings — to help your child get acclimated.

That's an important job, because we parents don't have to worry about navigating a new lunchroom, or fear leaving lots of friends behind. Without a familiar face at the new school, some children may become apprehensive when September rolls around.

Kristan Kirsh — the senior marketing manager of Great Schools, a national organization whose website provides detailed information about more than 200,000 public and private schools, from preschool through high school — says that while some tips are common sense, parents often don't think to employ them. And that would be a big mistake, because they could make a huge difference.

**Tip one: Plan a tour**

"With your child, take a tour of the school," says Kirsh, who repeats the phrase with emphasis, because, she says, it's critical for your child's sense of familiarity. "It gives you a level of comfort, so that you know what to anticipate. And, if possible, while you're on that tour, meet the teacher."

OK, but it's August, and the schools are closed! True, but some schools do maintain office hours (albeit limited ones) and will gladly allow you to visit. If not, you can also ask for a tour the day or two before classes begin in September, when office staff members have returned from their summer break. If worse comes to worst, you can still request a tour during the first week of school,

as your child is still getting adjusted to his new surroundings.

**Tip two: Check to see if the school has a Facebook page**

"This will give you a sense of the culture of that school," says Kirsh. And what's more, a Facebook page — which she says many schools have these days — will often provide you with ways to contact other parents — a critical tool for your child's self-confidence, because you can use it to connect your children with his school-mates, before he even sets foot in the classroom.



## Learn more

For more information about Great Schools, visit [greatschools.org](http://greatschools.org).

“See if there’s a [Parent Teacher Association/Organization], and see if they’re able to give out any of the names of the parents, so you can connect with another parent or two,” says Kirsh. “And if they have kids the same ages as your children, see if they can meet up for a little pizza night. Or, have them over, so that the child could have an initial buddy. The fact that the child can have someone that they know in the school already is a tremendous anchor for them in those first couple months.”

If that doesn’t work, says Kirsh, Great Schools itself might be able to help.

“At Great Schools, we actually have a lot of the information, and you can connect with parents who might have already been on that school page, and you can reach out to any of them. We have our own community within each school. You can actually go on to [greatschools.org](http://greatschools.org) and look up a particular school to find some of the [parent] communities that have already been active.”

That may be the best bet for parents of New York City public school students, since individual city schools may not have their own Facebook pages. But for parents new to the country’s largest school system, here’s another Internet resource: the Department of Education’s Office of Family Information and Action. And don’t underestimate the power of dialing 311. Education officials say 311 operators can often answer questions about city schools — including curriculum information!

### Tip three: Check out extra-curricular activities

Some (like sports groups) may even start over the summer, so look into it now, and your child may make a friend or two before school starts. Even if nothing is happening until September, start investigating the various after-school activities that your child might be interested in, says Kirsh, because those activities will open even more social doors for the child, while enriching them at the same time.

### Tip four: Make sure your child is placed in the appropriate academic program

To reach the Office of Family Information and Action website, follow the Offices and Programs link on [schools.nyc.org](http://schools.nyc.org).

With a move, sometimes paperwork can stray. Kirsh says it’s important to take time out (now!) to locate all academic records from the child’s previous school (report cards, progress reports, etc.) so that you can advocate for him academically.

“Your child might be placed at a level that he might not really be at,” explains Kirsh. “He might be performing higher in math or reading. Make sure the school has these records, so you can help place him properly, in a class where he would be challenged the most.”

Of course, some simple tips still apply for a successful back-to-school transition, whether it’s at a new school or not.

For example, re-establishing a routine is important. It can help kids feel less stressed out.

Kirsh says about two to three weeks before Labor Day, it’s important to start shifting that bedtime routine back to a more suitable one for school hours.

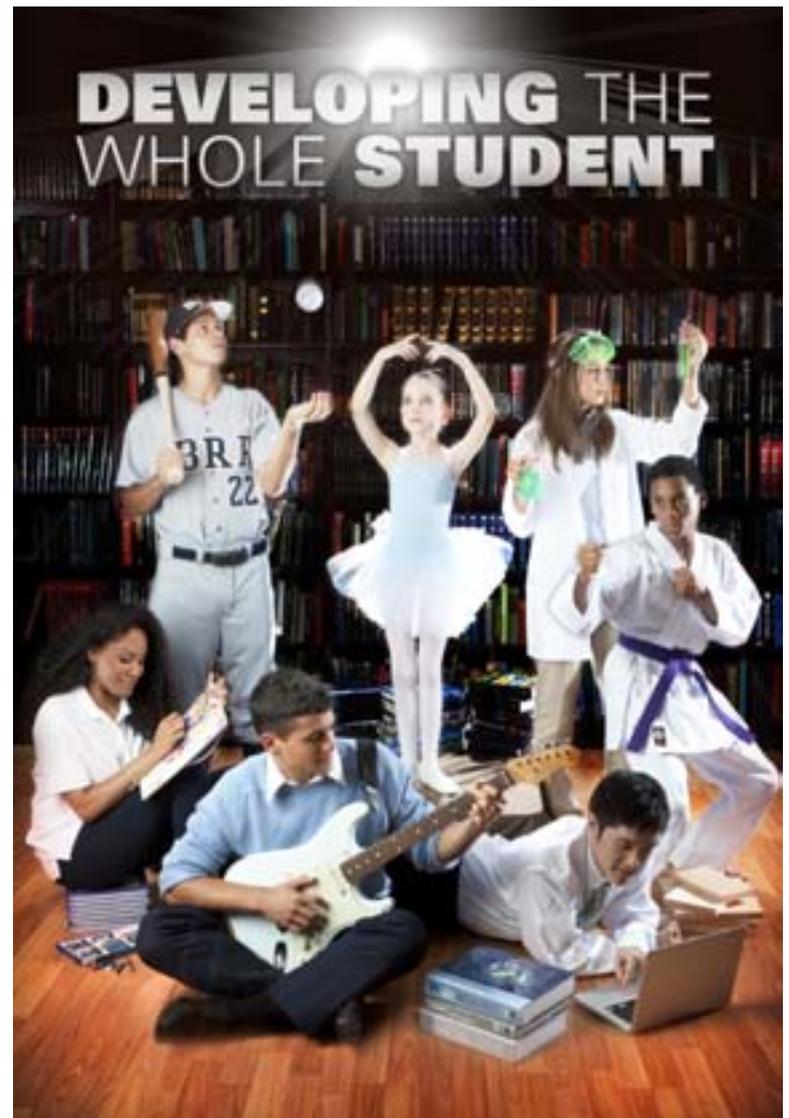
Set up a study space for kids, and make that space special.

“Put some pictures up, or do it with him,” Kirsh says. “Or have him create his OWN study space. It’s the anticipation. It goes a long way.”

Try to make the annual back-to-school ritual fun. Consider getting together with neighbors and friends for a “back to school night,” says Kirsh, where you relax and enjoy some time with your child’s schoolmates and their families. Some parents, she says, have started making this an annual gathering — because it gives kids a chance to anticipate a more positive association with school, allowing them to look forward to that first day back.

The bottom line, says Kirsh, is that while some of these tips might not be easy to implement, they are worth it. After all, a child who is well-equipped to handle new experiences may find it much easier to succeed — at any age, in any school.

*Monica Brown is a news anchor who lives on Staten Island with her husband and two children. She can be reached at [monicaldbrown@gmail.com](mailto:monicaldbrown@gmail.com).*



# DEVELOPING THE WHOLE STUDENT

JOIN US FOR AN OPEN HOUSE

**Lower and Middle Schools**  
Thursday, October 6 @ 9AM  
Thursday, October 27 @ 9AM  
Saturday, October 29 @ 10AM

**High School**  
Thursday, October 13 @ 9AM  
Sunday, October 16 @ 2PM  
Monday, November 14 @ 4PM

RSVP: 718.833.9090  
[bayridgeprep.org](http://bayridgeprep.org)



## BAY RIDGE PREP

AN INDEPENDENT K-12 COLLEGE PREPARATORY SCHOOL

Bay Ridge Preparatory School admits students of any race, color, national or ethnic origin, or sexual orientation to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national or ethnic origin, or sexual orientation in administration of its educational policies, admissions policies, scholarship, and athletic and other school-administered programs.



**Hi there!** Come check out our school!  
Learn more, see photos, and watch our school video  
at the all-new [www.statenislandacademy.org](http://www.statenislandacademy.org)!



**Staten Island Academy**  
INDEPENDENT COLLEGE PREP for Pre-K through Grade 12

[www.statenislandacademy.org](http://www.statenislandacademy.org) • (718) 303-7848 • [hello-sia@statenislandacademy.org](mailto:hello-sia@statenislandacademy.org)

## BROOKLYN FRIENDS SCHOOL

**Intellect Energy Heart Values**  
**Tradition Innovation Service**  
**Scholarship Community Action**

*At Brooklyn Friends, we have all the makings of a great education.*



**Join us for a Fall Tour to learn about the opportunities your child has to excel academically and to become part of our dynamic learning community.**

**375 Pearl Street, Brooklyn, NY 11201**  
**718.852.1029 [brooklynfriends.org/tours](http://brooklynfriends.org/tours)**

## Education

### DIRECTORY

#### Bay Ridge Preparatory School

**Lower & Middle Schools: 8101 Ridge Boulevard,  
High School: 7420 Fourth Avenue  
718-833-9090 or [www.bayridgeprep.org](http://www.bayridgeprep.org)**

Bay Ridge Preparatory School is an independent K-12 college preparatory school offering a strong academic program and a socially mature and positive learning environment. The school seeks to develop the whole student with a wide range of academic, fine art and athletic programs that enhance students' academic potential as well as their emotional and social intelligence.

For additional information, or to begin the application process, please call the Office of Admissions.

#### Beachbrook Nursery School

**2953 Avenue X  
718-648-7162 or [www.beachbrooknurseryschool.org](http://www.beachbrooknurseryschool.org)**

Beachbrook is an innovative Therapeutic Program founded by Dr. Joan Prideaux, psychotherapist and educator, in 1988. Our teaching teams, (Head Teacher and two Assistant Teachers) are experienced and trained by Dr. Prideaux to integrate healing intervention into the developmental learning process of each child's classroom experience. We provide play therapy, speech therapy, occupational and physical therapy to children who need them. Each Head Teacher and Assistant is given a group of three children to primarily care and provide for. Their work is supervised by the Head Teacher and Dr. Prideaux in intensive weekly half hour individual teaching teams and school staff meetings. For further important information on Beachbrook, please see website.

#### Brooklyn Friends School

**375 Pearl Street,  
718-852-1029 or [www.brooklynfriends.org](http://www.brooklynfriends.org)**

Is a vibrant, thriving community of

learners who are actively engaged in intellectual growth and participation in the arts and athletics. Founded in 1867, Brooklyn Friends provides a college preparatory program serving students from Preschool - Grade 12. It is committed to educating each student intellectually, aesthetically, physically, and spiritually in a culturally diverse community.

Guided by the Quaker principles of truth, simplicity and peaceful resolution of conflict, Brooklyn Friends School offers each student a challenging education that develops intellectual abilities and ethical and social values to support a productive life of leadership and service. BFS offers the International Baccalaureate (IB) Diploma Program for high school juniors and seniors.

#### Cycle Educational Daycare and Primary School

**2412 Church Avenue  
718 462-2222 or [www.cycleducational.org](http://www.cycleducational.org)**

A community based private educational program serving Primary children from first grade to fifth grade; pre-primary (Day Care) children from one year to six years, and After-school children from five years to twelve years.

Fully licensed, with a certified professional staff in a wholesome learning environment. Healthy meals are provided. HRA and ACD vouchers are accepted. Hours of operation are from 7 am to 6 pm and a summer program is available.

#### The Dillon Center

**Located in Clinton Hill, Brooklyn  
718-940-5678 or E-mail:  
[dilloninfo@sjcny.edu](mailto:dilloninfo@sjcny.edu)**

Opened in 1934 as one of the 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

*Continued on page 12*

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

**Don't Let Your Child Fall Behind**  
You Have A **Pal** To Give Your Child A **Headstart**  
**FREE**  
**PRESCHOOL PROGRAM & UNIVERSAL PRE-K**  
Ages 3-5

- Full & Half Day
- Social Service Staff
- Certified Teachers
- Safe Indoor/Outdoor Facilities
- Healthy Meals & Snacks
- Parent Committees/Workshops
- Services For Special Needs
- Educational Trips

<b>PAL A&amp;M SCHWARTZ</b> 452 Pennsylvania Ave. Brooklyn, NY 11207 <b>718-642-4141</b>	<b>PAL MICCIO</b> 120 West 9th St. Brooklyn, NY 11231 <b>718-624-6222</b>	<b>PAL WESTERN QUEENS</b> 10-26 41st Ave. Long Island City, NY 11101 <b>718-634-2460</b>
<b>PAL WORLD OF LITTLE PEOPLE</b> 565 Baltic Street Brooklyn, NY 11217 <b>718-596-0666</b>	<b>PAL WORLD OF CREATIVE EXP.</b> 280 Livonia Ave. Brooklyn, NY 11212 <b>718-345-5219</b>	<b>PAL QUINCEY</b> 5 Quincey Brooklyn, NY 11231 <b>718-638-3400</b>
<b>PAL WOODSIDE EARLY LEARNING CENTER</b> 50-37 Broadway Woodside, NY 11377 <b>718-278-3616</b>		

**PLEASE CALL FOR INFO**

**WINDMILL MONTESSORI SCHOOL**  
Accredited Preschool, Elementary,  
JHS & Academic Summer Camp

A PEACEFUL PLACE TO LEARN SINCE 1941

**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

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

**OPEN HOUSES**

Wednesday, Sept. 21  
Wednesday, Oct. 5  
Tuesday, Oct. 18  
Wednesday, Nov. 16  
Tuesday, Dec. 6  
9:00-10:30am

Celebrating  
our  
**70<sup>th</sup>**  
year

**OPENINGS FOR SEPTEMBER IN OUR:**

**Full Time Program**  
8:30AM-2:00PM

**Part Time Program**  
2:30PM-5:00 PM

**Read Parent Testimonials!**  
[www.beachbrooknurseryschool.org](http://www.beachbrooknurseryschool.org)

Please contact  
**Christine Weiland**  
School Social Worker

2953 Ave. X, Brooklyn,  
New York 11235  
718- 648-7162 ext. 2

A Therapeutic Special Education School  
Of Healing Energy

Parents and Children don't want to leave!

Find Family online at

www.NYParenting.com



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](http://www.justweetwo.com)

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

## Education

### DIRECTORY

*Continued from page 10*

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](http://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.

#### Leif Ericson Day School at Bethany Lutheran Church

1037 72nd Street  
718-748-9023 or [www.ledsny.org](http://www.ledsny.org)

We are located on a quiet tree-lined street in beautiful Dyker Heights, a lovely, safe residential neighborhood. Over forty years as a Christian day school for nursery through grade 8, its small class sizes use state-approved curriculum with in-depth courses in music, computer technology, physical and environmental education. The dedicated faculty and staff have guided their students to achieve academic excellence, scoring well above average on state assessment tests, receiving scholarships to area private high schools and admission to specialized public high schools. Door-to-door bus service is avail-

able. The school offers extended a.m. and p.m. hours, counseling, tutoring, extracurricular activities and financial aid.

#### Marks Jewish Community House of Bensonhurst

Early Childhood Center @ The "J"  
7802 Bay Parkway  
718-331-6800 Ext: 133 or [www.jchb.org](http://www.jchb.org)

The GAN provides a learning environment which permits children to grow physically, socially, cognitively and emotionally in a manner uniquely suited to the individual child. Our school's developmental approach provides children with a sense of security and community. The program is open for children 2.5-5 years old. Children come to the GAN from a variety of cultures; the main language of the program is English.

#### 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,

*Continued on page 14*

## Midwood Montessori



### Pre-School & Kindergarten

Summer Program  
Transportation Available

2825 Bedford Avenue • 253-3242  
at Glenwood Road



# Marks Jewish Community House of Bensonhurst



For More Information Call

## Farber Bruch Early Childhood Center@ The "J"

- Qualified Teachers
- Age Appropriate Curriculum
- Swimming Lessons
- Physical Education Lessons
- Jewish Values based curriculum
- State-of-the-Art Roof top Playground
- FREE UPK Program for Children Born in 2007

### AND MORE:

**Mommy & Me:** a program for kids 1.5-3 years old & their parents

**MusicGarten:** music program for kids ages 3-5

**Swimming Lessons** for kids 2-5 years old

718-331-6800 Ext. 133 | 7802 Bay Pkwy | Brooklyn | [www.jchb.org](http://www.jchb.org)

# Cycle Day Care & Primary School

*Challenging Young Children's Learning Experience*



**Day Care**  
7am - 6pm  
12 months to 6 years

**Primary School**  
First Grade to Fifth Grade

*We accept HRA and ACD Vouchers • Healthy meals are provided.*

Telephone : 718-462-2222  
2412 Church Avenue • Brooklyn 11226

Website: [www.cycleducational.org](http://www.cycleducational.org)  
E-Mail: [info@cycleducational.org](mailto:info@cycleducational.org)

- FAITH
- READING
- COMPUTERS
- MATH
- MUSIC
- NATURAL SCIENCE
- GEOGRAPHY
- SCIENCES
- SPELLING & WRITING
- CITIZENSHIP
- STUDY SKILLS
- DANCE
- PHYSICAL EDUCATION

NURTURING THE JOY OF LEARNING  
in children 2 years to 14 years



**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



Call now for a brochure/appointment  
**(718) 857-3341 • (212) 223-4630**

105 8th Ave., Park Slope, Brooklyn • [www.montessorischoolny.com](http://www.montessorischoolny.com)  
347 E. 55th St., NYC • 55-30 Junction Blvd., Queens

**LEIF ERICSON  
DAY SCHOOL**

Over 40 Yrs  
of Quality  
Education

**PRE-SCHOOL - GRADE 8**

*Your Child's Future Begins Today!*

- Small Class Size
- Professional, Caring Staff
- State Approved Curriculum
- Advanced Music & Technology Programs

Academic  
Excellence

Spiritual  
Formation

**Dyker Heights Location**  
**1037 72<sup>nd</sup> Street**  
**718-748-9023**  
<http://ledsny.org>

REGISTER  
NOW

## Education

### DIRECTORY

Continued from page 12

#### Queens

212-223-4630 / 718-857-3341/ 3474 or [www.montessorischoolny.com](http://www.montessorischoolny.com)

We are celebrating our 41th 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](http://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, 2011) 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.

#### Police Athletic League, Inc. Headstart/ Collaboration Programs

Locations include:

**PAL W.O.C.E. 280 Livonia Avenue;**  
**PAL W.O.L.P. 565 Baltic Street;**  
**PAL Miccio, 120 West 9th Street;**  
**PAL Schwartz, 452 Pennsylvania Avenue,**  
**PAL Quincy, 5 Quincy Street**  
**PAL Western Queens, 10-26 41st Avenue;**  
**PAL Woodside, 50-37 Broadway**  
**718-342-4725**

Police Athletic League, Inc. Headstart/Collaboration Programs offer both double sessions and full day. Some sites have Universal Pre-K programs as well as inclusion classes. Hot meals are provided. PAL Headstart is a leader in early literacy; children learn all subject areas in a nurturing environment. PAL not only educates children, but provides a wide array of parent workshops. Special programs in the arts and sciences include field trips. All programs are free. Contact Asneth Council, Director.

#### Parkway School

5566 Kings Highway  
718-346-0369 or [www.parkwayschool.org](http://www.parkwayschool.org)

Parkway School is a private not for profit institution that is dedicated to academic excellence. Educating students from pre-kindergarten through eight grade. Learning is the epicenter of activities at Parkway. Our students engage in stimulating curriculum, which encourages intellectual curiosity and critical thinking. By giving our students the ability to critically and objectivity analyze, we can be confident that they will seek to change what they conclude needs changing and to defend and strengthen that which is worth preserving. Academics and critical thinking skills are not the only lessons learn at Parkway.

Continued on page 16

# An Exceptional Early Childhood Center

Serving diverse families since 2004



**Infant, Toddler, Pre School & Pre-K**  
Ages 6 weeks through 5 years

7:30 a.m. to 6:30 p.m.  
Monday - Friday

• Experienced,  
Nurturing Staff

• Nutricious  
Breakfast, Lunch &  
Snack Every Day

• Affordable Top  
Quality Programs

• Accepting All NYC  
Vouchers / HRA & ACD  
• Private Clients Welcome

## Coney Island

2929 W. 31<sup>st</sup> Street  
(Corner of Surf Ave. & W. 31<sup>st</sup> Street)  
Brooklyn, NY 11224

*Helping children to learn and grow in a loving environment...*

718-996-7200

[www.sunshinenewyork.com](http://www.sunshinenewyork.com)

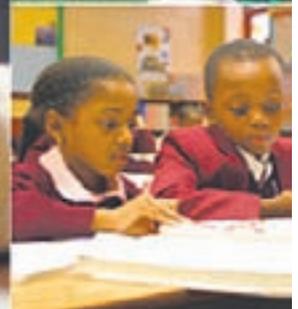
## Prepare Your Children For The Future With Quality Education and Care

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



## 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](http://www.parkwayschool.org)





## 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**

## Education

### DIRECTORY

*Continued from page 14*

Parkway school has an excellent after school program in our Custodial Care which runs from 3-6 p.m., the children are supervised until they are picked up. Generally, they do their homework or play educational games with other children. In our tutorial program which runs from 3:15 – 4:15 p.m. children are tutored in specific subject areas depending on their individual needs.

Children do not have to be enrolled at Parkway School to participate in programs. Children may be enrolled in a combined Custodial and Tutorial Program.

#### **Phebeana Pre-School** 160 Parkside Avenue 718-284-8147

Provides a quality pre-school education. We offer FREE Universal Pre-K for 2 ½ hours, Monday – Friday. As well as Music, Computers, Dance, Arts & Crafts and educational group trips. Lunch is provided. Extended hours available until 6pm. ACS & BEGIN vouchers are accepted. Call today for more information

#### **Poly Prep Lower School**

50 Prospect Park West  
718-768-1103 or [www.polyprep.org](http://www.polyprep.org)

Housed in a LEED certified, landmarked building in Park Slope, the Lower School is the elementary division of Poly Prep Country Day School. Our school celebrates the classroom as a place for exploration and discovery. The curriculum draws on both traditional and progressive teaching methods to best provide for the success of each child. Students work with specialists in art, dance, library, music, physical education, science and technology.

As educators, we are committed to developing the intellect while shaping conscience and character. A lifetime of active learning begins in the safety of our school, where children learn to become independent thinkers, to analyze problems and to apply their knowledge.

#### **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 classrooms, 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. Marks Day School** Preschool at 1435 Union Street Elementary and middle school is at 1346 President Street 718-756-6602

We are nestled in the heart of Crown Heights, and have been there for over 28 years.

The emphasis on the virtues of discipline, hard work and excellence in education, family life and spirituality has allowed them to mold young men and women into achieving adults. Offering some of the best-trained and most experienced teachers from diverse backgrounds, the curriculum stresses the relationship between church, community and school, so students make the connection between academic education and real world experiences.

#### **St. Saviour High School** 588 6th Street 718-768-4406 [www.stsaviour.org](http://www.stsaviour.org)

St. Saviour High School has been named an “Outstanding School” says The U.S. News & World Report and a “Super School” by the Brooklyn Sunday News. In January, 1999 the U.S. News & World Report published their list of the top 96 high schools across the US. The outstanding schools shared common traits: a high

*Continued on page 18*



[www.polyprep.org](http://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](http://www.polyprep.org)  
or call Admissions at  
(718) 663-6003



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

**Register Now For 2011-2012**



**Phebeana Pre-School**

Children Are Our Future  
and Greatest Resource  
For Hope

**UPK PROGRAM FREE**

Monday – Friday

For all children  
who will be 4 years old by  
December 2011

- Quality Pre-School Education
- Music and Computers
- Arts and Crafts, Dance
- Group Trips for Educational and Recreational Purposes
- Lunch Is Provided
- ACD Voucher and Begin Accepted for Extended Day

**Morning, Afternoon And Extended Hours  
To 6pm Available**

**160 Parkside Avenue, Brooklyn NY, 11226**  
Between Ocean Avenue and St. Paul's Place

**We are now registering: call 718-284-8147**

**St Mark's Day School**

**IDEAL FOR YOUR BRIGHT AND CREATIVE CHILD**

**Applications for 2011/2012 School Year now available!**



**Pre-School and Early Childhood**  
(Grades N-K)

1435 UNION ST.  
BROOKLYN, NY 11213  
718.756.4617

**Elementary and Middle School**  
(Grades 1-8)

1346 PRESIDENT ST.  
BROOKLYN, NY 11213  
718.756.6602

- Small Class Size and Before and After-School Programs
- On-Site Library with Librarian and Internet Access
- Toddler Program/Full Day Kindergarten Development and Mastery of Social and Academic Skills

**1346 PRESIDENT ST. AT BROOKLYN AVE. • BROOKLYN, NY 11213**  
**T 718.756.6602 • F 718.467.4655**

# 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. 10010  
(www.dccnyinc.org)

## 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**

## Education

### DIRECTORY

*Continued from page 16*

academic traits; b. a challenging core curriculum; c. highly qualified teachers; d. strong mentoring for students; e. partnerships between parents and schools; f. administrators and teachers who know each child; and g. high attendance rate.

### Staten Island Academy

**715 Todt Hill Road**  
**718 303-7846 or www.statenislandacademy.org**

Successful students -- achieving their goals in school and in life -- are at the center of Staten Island Academy. An independent, co-ed, college prep school for Pre-Kindergarten through Grade 12, the Academy provides an inspiring balance of challenge, exploration and opportunity. In Pre-K through Grade 4, children receive the kind of nurturing that makes them feel at home, comfortable enough to ask questions, explore, and create. In Grades 5-8, students begin to stretch their wings in a safe, supportive environment. In Grades 9-12, we put our students at the center of their high school education with outstanding academics, one of New York City's finest college guidance programs, and a wide variety of extracurricular activities. Learn more about our school at [www.statenislandacademy.org](http://www.statenislandacademy.org).

### Stepping Stones Nursery School

**245 86th Street**  
**718-630-1000 or www.steppingstones86.com**

We believe in engaging every child in small and large muscle activities, sensory and discovery exploration, social interaction and creative expression with an educational curriculum. Classes for two, three and four year olds are offered with a choice of full- or half-day programs. They are open 7 a.m. to 6:30 p.m. An After-school Program is available for Pre-K-5th grade with free pick-up service from PS 185 and DGK Holy Cross.

### Sunny Skies Preschool

**2585 Coney Island Avenue**

**4228 10TH Avenue**  
**4301 10th Avenue**  
**718-438-7040 or 718-891-8080 or**  
**www.sunnyskiespreschool.com**

A licensed, nurturing, clean environment where your child will make life long memories. We offer early drop-off at 7.a.m. and extended hours till 10 p.m. HRA & ACD Vouchers are accepted and meals are included. Please visit our 3 locations in Brooklyn with our newest location at 2585 Coney Island Avenue at Avenue W.

### Sunshine Day Care Center

**2929 W. 31st Street**  
**718-996-7200 or www.sunshinedaycareny.com**

Sunshine Day Care offers a child centered curriculum, open daily from 7:30 a.m.- 6:30 p.m. Infant/Toddler and Preschool/Prekindergarten programs are offered. A nutritious breakfast, lunch, and dinner snack is served daily. All children are welcomed! We accept HRA/ACD Vouchers. Private clients are also welcomed. Sunshine Day Care teachers are dedicated to helping children learn and grow in a loving environment.

### Windmill Montessori School

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

For over 70 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.

We're Learning Step-By-Step At...

# Stepping Stones Nursery School

**September through June Enrollment**  
Space still available  
Call or email [steppingstones86@aol.com](mailto:steppingstones86@aol.com) for an appointment



## School Programs

- 2-Year Old Toddler Tykes Class
- 3-Year Old Little Learners Class
- 4-Year Old Preschool Pals Class

## After School Programs

Kindergarten through 5<sup>th</sup> grade

245 86th Street Brooklyn, NY | 718-630-1000

## Full And Half Day Programs Available

School Session:

September - June

## Summer Session

8 week program

Choose your own weeks

LIMITED SPACE



# Sunny Skies Preschool

A multicultural center for children of the world

### We Offer

- ✓ Creative Curriculum
- ✓ Nurturing Environment
- ✓ Child-Oriented Lessons
- ✓ Conveniently Located
- ✓ Experienced Staff
- ✓ Flexible Schedule
- ✓ High Emphasis in Academics
- ✓ Socialization Activities

### And Much More

- ✓ Music
- ✓ Art
- ✓ Movement
- ✓ Spanish
- ✓ Dancing
- ✓ Exercising



All in a licensed, nurturing, clean environment where your child will make life long memories.

Early Drop-Off at 7am

Extended Hours (till 10pm)

Year-Round Registration

Meals Included

HRA & ACD

Vouchers Accepted

718-438-7040 • 718-891-8080

[www.sunnyskiespreschool.com](http://www.sunnyskiespreschool.com)



## Sunny Skies Preschool

4301 10th Avenue 2585 Coney Island Ave,  
4228 10th Avenue 112 Ridge Street NYC,

# 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

**Free Adult Health Club Membership. Call For Details**

Come In For Open House Discounts

## OPEN HOUSE

Saturday, August 20th — 10-2pm

### School Program

- Ages 2-5
- Licensed Teachers & Staff
- Extended Hours 7AM-7PM
- Transportation Available
- Hot Breakfast & Lunch
- Snacks
- Daily Sports Activities

### After School Program

- 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.

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

1500 Paerdegat Avenue North • 718-531-1111

# Onward from pre-k

One family celebrates the past to prepare for the future

BY ROBERT TROTTA

**T**he most joyful moment in my life was when my wife, Giovanna, gave birth to our son, Matthew Thomas. When we came home from Flushing Hospital with him back in 2006, I remember thinking how fortunate I was. As time went on, I had my days when I thought: “I can’t believe he’s really ours. I’m not babysitting someone else’s beautiful child. I don’t have to give him back to the hospital.” Like so many other parents, I have been so proud watching my child grow into the intelligent, caring, sensitive, funny, inquisitive and enthusiastic individual that he is today.

On June 25, Matthew and his fellow classmates from Kid Krazy Preschool in Astoria graduated. The ceremony was beautiful and touching. All the students were dressed in blue caps (with tassels, of course) and gowns, and they sang songs such as, “We’re Moving Up to Kindergarten.”

Giovanna had her pack of tissues to wipe the joyful tears, while I stood with heavy emotions, recording the graduation with our camcorder. (Since that day, we must have watched the graduation about 40 times, and we have sung the tunes that our “American Idol” belted out that day.) At one point in the graduation, the school secretary/teacher’s aide, Ms. Rodriguez, presented a heartfelt video that captured candid moments from the entire school year — scenes of laughter, affection, creativity, collaboration, goofiness, seriousness and, of course, learning. Ms. Rodriguez blessed us all with our own copy of the CD. Following the ceremony, Giovanna, Matthew and I, along with all four of

Matthew’s grandparents, went to an Italian restaurant to celebrate.

The day after the graduation, we, the parents, had a celebration together. About 23 students from the class, along with their parents, came together and had a wonderful time. Hot dogs and hamburgers, pasta, rice, fruit, face-painting and a guest visit from children’s book author Rick Arruzza were all on the menu. Arruzza read one of his published stories, “Sparky Goes to School,” and autographed a copy of the book

for each graduate. He even brought Sparky, his pit bull/pointer mix, to the party to meet and greet the children.

We’ve since gotten together with some of Matthew’s classmates and their parents for play dates. Giovanna keeps in touch with many of them through Facebook and e-mail. At a recent firework show at Astoria Park, a group of us watched the spectacular event together. As amazing as the fireworks were in the night sky, the fact that the parents and children were all together was even more special.

As we walked home from the park, one of Matthew’s favorite classmates, Haany, turned to me and said: “Matthew’s Daddy, can we have a play date every Thursday?” Those words made me melt.

Completing preschool is momentous for everyone involved. Some, or many, of the kids have been together for a couple of years, and parents have formed bonds with other parents as well. Keeping in touch, holding a play date here or there, sending a quick e-mail or a message on Facebook, sharing photographs or video footage with your child, and singing songs that were sung during the year are all effective ways — and important ways — of tackling the necessary adjustment period between the end of preschool and the arrival of kindergarten, come September.

And just because the children may no longer be classmates, or may no longer be students in the same school, doesn’t mean they, and their parents, can’t remain friends and spend time together. Parents can help their kids make sure that these special first friendships continue to grow.



over-drying can waste a lot of energy and damage clothing. the best way to avoid over-drying is to...



a. check the dryer every 10 minutes



b. take the clothes out while still damp



c. use the moisture sensor on your dryer

answer: c

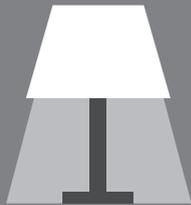
plugging appliances into a power strip...

- a. makes them more powerful
- b. makes it easy to turn them all off to save energy
- c. uses less energy because it all comes from one outlet



answer: b

what's the largest energy user for homes in our area?



a. lighting



b. heating



c. electronics



d. toasters

answer: b

showers use less energy than baths because...

- a. they require the water to be less hot than a bath does
- b. the acoustics are better for singing
- c. they use about half as much hot water



answer: c

# What is being left behind

Our emphasis on testing is forcing vital playtime out of the classroom

BY ALLISON PLITT

**A**s a mother of a 5-year-old daughter living in Queens, I often ask myself things that, in hindsight, seem pretty ridiculous. Some of these reflections include: “Is my daughter enrolled in the best public school in her school district?”; “Is she signed up for the right activities that are best-suited for her needs and abilities that will help her get into college?”; “Will she be able to handle the amount of homework she is assigned to in kindergarten when she starts this fall?”; and (this one really makes me laugh) “When she enters third grade, will she be prepared to take this New York State test I hear all the school administrators and teachers fretting about?”

I try to keep in perspective that my daughter is only 5-years-old and has done so much already in her short lifespan, in comparison to myself at the same age, that worrying about these things is almost irrelevant. When I was 5 years old, I didn't have homework. I was zoned for only one public school and was automatically given a seat there. I took a dance class (though, to this day, I still have two left feet), and my parents had no clue about any of my school's state tests.

In contrast to the rather innocent years of my own early childhood in the 1970s, the world where my daughter is growing up in now is a technology-driven, fast-paced lifestyle, where everyone is trying to anticipate what will happen next. Considering what I'm exposing my daughter to on a daily basis, I started to ask myself some honest questions, such as:

- “Am I allowing her to watch too much TV, or to spend too much time



The author's daughter at play (above and opposite). Some believe creative play in our children's upbringing and education is a vital component to our country's future.

in front of a computer screen?”

- “Am I letting her eat too much junk food?”

- “Am I not giving her a chance to be a kid by inundating her with too many activities and too much information in my attempts to make her a well-rounded, intelligent child?”

Speaking to others in my Queens community about my concerns, I got some thoughtful responses from a lot of caring and reflective parents. I needed to remind myself that the New York City area is full of affluent, educated adults who all want what is best for their children, and sometimes in the whirlwind of our society, we often forget that our kids are just that — kids.

At the end of my research, I ended

up being directed to the website of Alliance for Childhood, an organization which adheres to the idea of raising children through creative play in an environment that rebuffs the constant presence of technology, media, commercialization and school testing.

All of the materials posted to the website (which includes reports, publications, and the Alliance's own position on certain issues) stress the importance of play being fundamentally important to a child's growth. Through play, children learn about whole body movement, manipulating objects, using their imaginations, and engaging themselves in activities with other kids their ages. Play even helps children reduce stress.

Creative play is derived from educators' definition of creativity as the ability to think up new ideas. They define play as an activity where children can create, imagine, and explore their environments — as opposed to a scheduled sports game or a dance class. By the first grade, children should be able to have mastered three different stages of play: solitary, parallel and cooperative.

This very first stage of play, called “solitary play,” is where children play independently. This is followed by “parallel play,” where two or more children are playing with toys alongside each other. When children reach ages 4 or 5, they should be emotionally- and socially-developed enough to engage in “cooperative play,” where they play with each other by communicating ideas or rules.

In the summer of 2010, William Crain, a psychology professor at the City College of New York, published a report stating that play is an inherent part of children's growth — much like the need for animals to

play when they are babies. Baby animals like to spontaneously scamper and jump around in the wild, which gives them an acrobatic balance with which to escape predators and handle footing in difficult terrain. Likewise, when children engage in creative play, they learn to problem-solve and feel empathy toward others, which will help them later in life, when they interact in the adult world.

The Alliance has posted to its website many articles about the importance that childhood play plays in fostering creativity in children, which will help them navigate through life's problems as they grow into adults. One of my favorite articles is a Newsweek piece published in July 2010. Written by Po Bronson and Ashley Merryman, the article discusses a creativity test designed by Professor E. Paul Torrance, which was first conducted on a group of 400 Minneapolis children in 1958.

"What's shocking is how incredibly well Torrance's creativity index predicted those kids' creative accomplishments as adults," stated Bronson and Merryman in the article.

One of the highest scorers on the test was 8-year-old Ted Schwarzrock, who amazed scholars with his answers. Given a fire truck and asked how the toy could be improved, Schwarzrock gave 25 responses, such as "adding a removable ladder and springs to the wheels." Fast forward 50 years, Schwarzrock is now independently wealthy, having founded and sold three medical-products companies.

"His innovations in health care have been wide-ranging, from a portable respiratory oxygen device to skin-absorbing anti-inflammatories to insights into how bacteria become antibiotic-resistant," wrote Bronson and Merryman.

If Schwarzrock's test results and life accomplishments are any indication, creative play in our children's upbringing and education is a vital component to our country's future. Since 1958, the Torrance test has been conducted in the United States on an annual basis. The creativity scores had been steadily rising until 1990, when these scores slowly began to decline.

Other countries have taken notice of these scores and have made concerted efforts to reverse this down-



ward trend. In 2009, the European Union planned a European Year of Creativity and Innovation when conferences and experiential learning programs were conducted for both children and adults. Even the Chinese, long known for their drill-style teaching techniques, are also adopting a problem-based learning approach.

In comparison to the creativity programs of other countries, the

U.S. government has been slow to respond. None of the publications on the website say anything positive about the No Child Left Behind Act, which the U.S. Congress overwhelmingly passed in 2001 in a well-intentioned attempt to fairly appropriate federal funding to public schools.

Personally, I have never heard any teacher, school administrator or child psychologist make a positive remark about this legislation, which

they say essentially pressures teachers to have their students achieve high test scores so schools receive government aid.

As a result, public schools are spending inordinate amounts of time preparing children to take tests. Elementary school curriculums are now focused on teacher-led instruction, rote memorization, and test-taking, which leaves little time for recess or play. For their students to achieve higher test scores, teachers are now instructing children in kindergarten classrooms how to read and write, which many educators believe shouldn't be taught until first grade.

Although the Alliance disapproves of the increasing lack of play in these curriculums, it doesn't believe in chaotic classrooms. In its publication "Crises in Kindergarten," Alliance advocates Edward Miller and Joan Almon write that ideal classrooms are either where students "explore the world through play with the active presence of teachers," or involve "teacher guided learning with rich, experiential activities."

After having read the material on the Alliance's website, I have found that most of my worries about raising a 5-year-old can be assuaged just by adding some play time to her daily routine. When kids play creatively, they watch less television and spend less time in front of computer screens, which is known to decrease obesity rates. When children play outdoors they come in contact with nature and develop healthier attitudes toward food and their bodies.

While there are many advantages to exposing children to sports and the arts, the constant influx of classes and scheduled activities leaves children with little time to relax and enjoy the simple pleasures of being a child, such as playing in a sandbox with toys, filling up buckets of water from a sprinkler, or competing in a building block contest with a sibling or friend.

Thanks to the Alliance, I've learned that I'm lucky enough to give my daughter some free play time this summer (no camp, no family trips, no summer school) for her to indulge in her imagination and let her mind grow.

For more information about the Alliance for Childhood, you can visit its website at <http://www.allianceforchildhood.org/home>.

# Eliminating bullying & violence from schools

Encouraging compassion through education, yoga and music

BY ELENA SHLYCHKOV

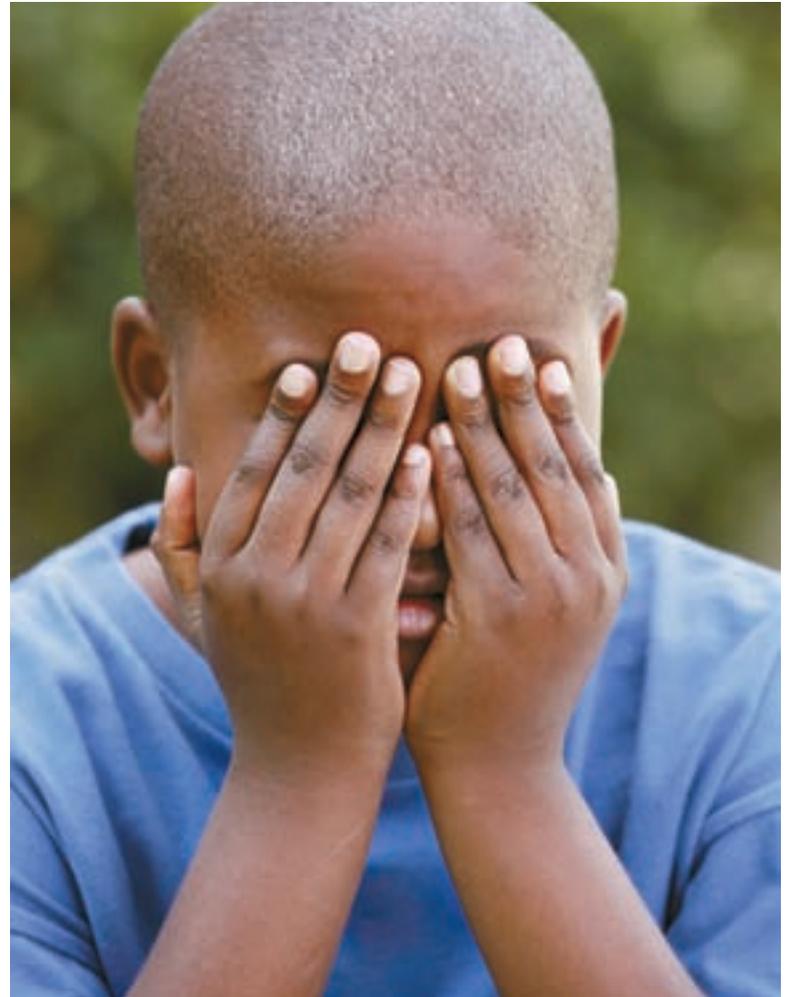
**N**ationwide incidents of youth violence, stress and bullying are growing alarmingly common. Studies estimate that about 30 percent of children are either being bullied, are bullies, or both. Thirty-two states across the United States have already instituted laws to reduce or eliminate bullying in schools. Tragic events resulting from acts of bullying are becoming frequent fixtures in our news.

The discussion of bullies has brought attention to other topics, such as the nature of high school cliques, mean girls, increased use of anti-depressants by teens, violence, and the importance of juvenile mental health. Bullying not only affects mental health, but it also has adverse effects on emotional and physical health of its victims. It provokes feelings of intense fear, which gives rise to frustration, intense anger and violence.

How can we defeat these problems and shift the paradigm toward compassion, viable health education, ethics and tolerance? First, we identify who are the most probable targets for bullying. While there is no definitive reason why a bully chooses a target, the most common tendencies are overachievers, overweight children, kids who are part of a minority, newcomers, gay and lesbian youth, and immigrants.

Can we explore the practice of yoga, focus more on fitness in schools and promote non-violent music as powerful tools for conflict resolution and better communication? It is a fact that an increase in sports and fitness activities improves a student's self-image and self-esteem. Yoga contributes to the growth of compassion and tolerance. It also helps in controlling stress and anger. Medical practitioners are finding that listening to instrumental music has a positive and calming effect on the mind and spirit.

Initiatives should be implemented



on all levels, large and small, to bring awareness to bullying and educate the public on how to identify and remedy this problem. Parents, educators, politicians, fitness professionals, and entertainers should unite and take part in programs to bring attention to bullying. Everyone has a role to play in reducing this crisis.

As violence and bullying continue to escalate, adults should take responsibility and make changes. We should transform the adversities that vulnerable students face into favorable conditions, to ensure that they have a place in the community to grow and learn.

*Elena Shlychkov has a master's degree in education, and she advocates for juvenile health and wellness. Her mission is to promote, teach and encourage the practice of good and complete health. Her complete educational model consists of good physical health, mental health and emotional health in children. Through research, Shlychkov has discovered three main reoccurring issues that have a negative impact on juvenile wellness; they are childhood obesity, bullying and the increase in sexually transmitted disease rates in teens. It is Shlychkov's belief that these issues can be resolved through education, nutrition and exercise.*

New baby?  
 You need Allstate life insurance.



I can help you protect your growing family at an affordable price.

Life insurance isn't something people like to discuss. But having it can help keep your little one fed, clothed, and cared for if something happens to you. Call me today for affordable options.

**Matthew Mullen**  
**(718) 389-5533**

661 Manhattan Ave.  
 Brooklyn



**Allstate**  
 You're in good hands.

Auto Home Life Retirement

Life insurance offered by Allstate Life Insurance Company: Northbrook, IL, and Lincoln Benefit Life Company: Lincoln, NE. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. © 2009 Allstate Insurance Company.

**REACHING BEYOND DANCE AND CHANGING LIVES**

**2011-2012 STUDENT PROGRAM REGISTRATION**

September 6 - September 9, 4:00 - 9:00pm

September 10, 9:00am - 5:00pm



Ballet - Pointe - Modern - Jazz - Boys Programs  
 Creative Movement (3-4 yrs) - Pre Ballet (5-6 yrs)  
 Dance Fundamentals (6-7 yrs) - Tap - Adult Classes



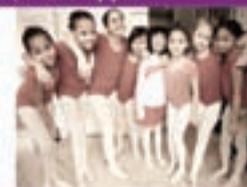
photos by: Stanley Now & Brenda Neville

"Covenant's care reaches beyond dance... They go above and beyond what would be typically expected. Words cannot express the gratitude and affection I feel for Marla and her staff..." CR, academy parent

**ROBERTA SOLOMON BALLET SCHOLARSHIP & BOYS SCHOLARSHIP AUDITIONS**

September 24, 3:00 - 7:00pm

For girls and boys, 8-10 years, with little or no prior training. Call 718-891-6199 for an appointment.



**2085 Coney Island Avenue**

Kings Highway & Avenue R

**718-891-6199**

[www.covenantballet.org](http://www.covenantballet.org)

**CBTB DANCE ACADEMY**  
 Dancing for a Difference

**Brooklyn Conservatory of Music**

View our complete course catalog and register online at [www.bqcm.org](http://www.bqcm.org)



**Check out our exciting new classes for early childhood, youth, teens & adults!**

**NOW ENROLLING STUDENTS FOR OUR FALL SEMESTER**

**SOME OF OUR NEW CLASSES:**

- Musictales! ■ Music Makes Me Move ■
- Music Play ■ Group Piano ■ Group Guitar ■
- Ain't Nuttin' But the Blues Band ■
- Songwriting ■ The Art of Improvisation ■
- Rock Band ■ Music History ■

For more information, call us at 718.622.3300



**58 Seventh Avenue**  
**Brooklyn, NY 11217**  
[www.bqcm.org](http://www.bqcm.org)

# Strategic school clothes

# SHOPPING

BY DENISE YEARIAN

**Y**outh apparel is a billion-dollar industry that peaks each fall with back-to-school clothes shopping. To get the biggest bang for your buck, begin with planning.

“The most common mistake shoppers make is buying too much on impulse when faced with a large selection, or buying

too much of the wrong thing,” says family budgeting expert and consumer economist Dr. Pam Norum. “Although the plan-and-budget mantra may have an ominous ring, it’s really as simple as taking an inventory of what your child has and deciding what he or she needs.”

Scott Krugman, spokesman for the National Retail Federation, agrees.

“Before leaving home, have a game plan. Know what your child needs and what you want to purchase. Otherwise, you’ll be overwhelmed when

you get to the stores.”

To do this, take inventory of your child’s closet with him. Determine what still fits, what needs to be replaced, and what items will be willingly worn again. This, says Norum, is critical for building on an existing wardrobe when you have a limited budget.

“Take special note of workable basic pieces — jeans, skirts, tops, other pants — and major color influences,” she says.

Next, make a shopping list of the basic items needed, based on the closet inventory. Although this list should be your guide, leave some room for flexibility. Your child may see an extra-special sweater that matches two or more basics in her wardrobe.

After taking inventory, establish a clothing budget for each child. While not every family can spend the estimated \$220 per child, it is important that you decide — before you go shopping — what you can afford to spend.

“Equally important is to know your price point,” says Krugman. “Are you going to spend \$15 for that pair of jeans, or \$50?”

When budgeting, keep in mind that as a child’s age increases, so does the price. As children move into adolescence, parents can expect a gradual 25 percent hike in clothing prices, Norum warns.

“The combination of increased peer awareness and pure size — more fabric, construction, and fashion features — adds to the bottom line,” she says.

Older children also tend to have a wider variety of social activities that require a more diverse wardrobe. Since adolescents are in the throes of growth spurts, it is best to spread purchases over a longer period of time. And don’t forget about



alterations. Those too-little pants or jeans can be easily made into shorts or capris.

While a budget is partly about establishing spending limits, it is also about getting the most value for your money.

"Since elementary-age kids, 6 to 11, tend to be more rough and tumble, value often comes from buying quality, durable clothing with easy-to-care-for features," says Norman, who believes wearability is value. When assessing additions to your child's wardrobe, consider these points.

**•Durability.**

Look for good enough quality to withstand repeated washings while remaining colorfast and not shrinking. Check for reinforced stitching and well-sewn buttons and buttonholes. When purchasing knits, go with fabric that is more dense than loose, with limited stretching. Keep in mind growth features such as elastic waistbands, adjustable straps, and longer shirt tails.

**•Versatility.** Staples, such as jumpers for girls and khakis for boys, are great dress-it-up or dress-it-down pieces, as are various colored T-shirts. Mixing and matching with the basics — jeans, tops, and other pants or skirts — make a wardrobe work harder.

**•Quality.** Getting the most value for your money means budgeting for quality. Backpacks and jackets, for example, are likely candidates for heavy wear and tear. "For items like these, it's a good idea to buy brands you trust," says Krugman. "Some items, such as backpacks, even come with warranties."

**•Comfort.** Children need to be comfortable when they are in a learning environment. When trying clothes on in the dressing room, have your child sit, kneel, twirl around and bend over. Are the clothes tight anywhere? Do they ride up or fall down? Are they itchy? If so, it may distract your child while he or she is trying to learn.

For most children, today's clothing makes a lifestyle statement — one that can stoke an emotional standoff when needs versus wants enter the financial equation. There

may be times when your child wants something more than your budget allows, or an item you simply find inappropriate.

"Conflicts are inevitable with children who don't understand that clothes are subject to spending caps," Norum says.

Krugman agrees.

"This is another reason why you should have a game plan before leaving home. You and your child will know what the expectations are, and you may be able to avoid conflicts altogether."

When conflicts over clothing do occur, seize the opportunity to discuss

the reason for spending limits with your child. This is usually tied to parents' personal convictions about what is and isn't extravagant.

"This is an important way to impart values and introduce ideas that will make the child a competent money manager as he or she grows up," says Norum.

If the situation warrants, consider a compromise.

"This keeps fun and camaraderie in the picture as parents and kids plan for back-to-school," she says. Norum recommends setting aside at least 10 percent of the overall budget. "That way, when you encounter an item that isn't essential, but extra special, your child has some freedom of choice."

"This is a good way to approach it," says Krugman, who offers yet another option: let children use their own money to buy that "must-have item," he says. "Kids these days are spending more and more of their own money on back-to-school clothes. If they find something they want, and it isn't in your budget, let them purchase it themselves."

Overall, preparing a back-to-school wardrobe can be a fun and rewarding experience. The key is to plan ahead, establish a budget, and keep an open line of communication with your child. Then, you can shop for style with savings in mind.

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

**Did you know?**

Statistics show that parents tend to spend more on girls' clothing than on boys. This is due, in part, to girls' higher interest in apparel. Girls' clothing also tends to be slightly higher-priced than boys' because of special details, such as lace, buttons, and fancy collars.



**THE Brooklyn DANCE Centers**

**REGISTER NOW**

We are now serving the community for over 27 years

- Ballet • Pointe • Tap • Jazz • Lyrical • Contemporary
- Modern • Acrobatics • Hip Hop • Break Dancing
- Belly Dancing • Flamenco • Yoga • Pilates

**Registration Dates**  
August 18<sup>th</sup> through 20<sup>th</sup> and  
September 7<sup>th</sup> through 10<sup>th</sup>  
from 2 to 7 p.m.

Learn from only the highest quality dance teachers, specializing in all ages beginner thru advanced.

**Three locations:**  
BDC1 - 2106 West 6<sup>th</sup> Street, 2<sup>nd</sup> Fl. • 718-996-0319  
BDC2 - 6720 20<sup>th</sup> Avenue • 718-256-5320  
BDC3 - 9110 5<sup>th</sup> Avenue • 718-256-5320

Contact Us At  
[www.TheBrooklynDanceCenter.com](http://www.TheBrooklynDanceCenter.com)

2010 1<sup>st</sup> place...to 2011 1<sup>st</sup> place Platinum Champions – Top Choreography Award  
Join Our Award Winning Competition Team & Dance Company



**BEANS & SPROUTS**

A Park Slope Tradition Since 1980

**After School Program**  
High quality after school program, serving  
Pre-K through 3rd Grade

- ☺ Instructional Swimming
- ☺ Arts & Crafts
- ☺ Pottery
- ☺ Great Outdoor Space
- ☺ Nature Activities/Park Trips
- ☺ Yoga
- ☺ Gymnastics/Gym Time
- ☺ Nutritious Snacks
- ☺ Homework Help
- ☺ Club Day..Cooking, Science, etc.
- ☺ Well Stocked Classrooms
- ☺ Sports/Creative Movement

**Half-Day & Holiday Coverage**  
**Mini Camp Coverage**  
(Winter, Mid-Winter & Spring Recess)  
**2, 3, 4 or 5 day/week option**  
Licensed and experienced staff  
**Pick-up from most Park Slope schools & local bus stops**

**718-965-8573**  
[www.beansproutsnurseryschool.com](http://www.beansproutsnurseryschool.com)



## HEALTHY LIVING

DANIELLE SULLIVAN

# Strep throat 101

## For some, back to school is a pain in the neck

**F**or many kids, back-to-school time unfortunately means it's back-to-the-doctor's-office. Some children are more susceptible to catching germs that are spread from student to student, and, often, there is little a parent can do to prevent it. Strep throat is one of those dreaded school-time infections.

"My daughter, Emily, 6, has had strep throat about six times throughout the school year, for two years in a row. The [Ear, Nose and Throat doctor] says it is not her tonsils, she just keeps getting it from other kids at school," says Lisa O'Connor of Bay Terrace, Staten Island. "He told me, 'Watch, she will not get it once from June to October,' and he was absolutely right!"

Strep is not to be taken lightly. Nancy Lawson's 5-year-old son, Jacob, also had strep last year, which caused him to suddenly be-

come very ill with a high fever and severe sore throat. At first, Lawson thought it was just a typical cold, but then his behavior changed.

"For an ordinarily very talkative little guy, he didn't say a word for 24 hours, and his fever hovered around 103 for two and a half days," says the Park Slope, Brooklyn mom. "I took him to our pediatrician and was told he had strep throat in about five minutes."

The infection is usually diagnosed through a rapid strep test culture done in a pediatrician's office. If found positive, the doctor will prescribe a 10-day course of antibiotics. But if it's left untreated, strep can worsen. Prompt treatment is vital.

"If a child's strep throat is not treated with antibiotics, or if she doesn't complete the treatment, the infection may worsen or spread to other parts of her body, leading to conditions such as abscesses of the tonsils or kidney problems. Untreated strep infections also can lead to rheumatic fever, a disease that affects the heart," states the American Academy of Pediatrics.

Often, kids who suffer recurrent strep throat may face several courses of antibiotics. O'Connor says her daughter has been on antibiotics several times over the last two years.

"Emily gets strep all the time, but my son Bryan, 8, never really gets sick," says O'Connor. "We brought Emily to the ENT to get her tonsils checked, because she had strep seven times from September to April. He did blood tests, and her strep levels did not show that her body was harboring the virus. She would take antibiotics, and it would go away. Yet, like clockwork, a few weeks later, she had it again."

So what can parents do to help stave off the strep infections? The American Academy of Pediatrics says the best way to avoid infection is to keep kids away from those already infected with strep, but points out that "most people are contagious before their first symptoms appear, so often there's really no practical way to prevent your child from con-

tracting the disease."

Of course, kids should be taught to wash their hands carefully, and not share beverages or food at lunch or snack time. But let's face it, sometimes that's not feasible with young children. Many moms require their children to wash their hands and even change clothes when they come home from school, but some are not convinced that those preventive measures help much after a full day of being in the classroom.

It is also recommended that children get a new toothbrush after antibiotics treatment is over, and it's imperative to not share cups or eating utensils.

Good, old-fashioned mommy vigilance can make a difference, too. After all, once you've been through a few illnesses with your child, it's easier to recognize when something serious is afoot. Lawson wished she had acted sooner in her son's case.

"I thought Jacob merely had a cold, and he ended up pretty sick and miserable," says Lawson. "If he had started treatment earlier, it would have saved him a day or two of a lot of pain. But I'm thankful it was diagnosed and treated, so there was no long-term damage."

O'Connor advises taking quick action once you notice your child coming down with something to prevent him from feeling worse and missing more school days.

"As soon as she says her throat hurts, I take her to the doctor, even without a fever, because I just know she has strep," says O'Connor. "I have even gone, and the doctor has said, 'Her throat looks OK,' but the test comes back positive. Luckily, I don't wait, so she never really gets sick, other than a sore throat. And after 48 hours on antibiotics (when she is not contagious anymore), she goes back to school."

*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 Media Association. Sullivan also writes for Babble.*



# Baby Bliss!



  
bend &  
bloom  
YOGA

Adult Vinyasa ~ Kids Yoga ~ Prenatal ~ Postnatal ~ Family Yoga

708 Sackett St. (btwn 4th & 5th Ave.) in Park Slope  
347-987-3162  
www.bendandbloom.com

# Creative Arts STUDIO

Give The Gift Of  
Self  
Expression!



Photo by Heather Weston

310 Atlantic Avenue • Brooklyn, New York 11201

119 Union Street • Brooklyn, New York 11231

**718.797.5600**

[www.creativeartsstudio.com](http://www.creativeartsstudio.com)

We offer the latest  
advances in orthodontics  
*and we do it at reasonable prices.*

**COMPLIMENTARY EXAM**  
with mention of this ad

 suresmile

 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.

# 'Zoofari' adventure

Bronx Zoo pairs LEGO sculptures with real-life counterparts

BY SHAVANA ABRUZZO

It's anybody's guess how a flamingo might react to a LEGO look-alike of its feather-tastic self or how a gorilla might view its life-size imitation made from those classic toy building blocks.

One thing is certain, it's sure to be a wild and exciting time when the jungle teams up with the wooden badlands at the Wildlife Conservation Society's Bronx Zoo for "The Great Summer Zoofari—A LEGO® Wildlife Expedition" — a summer spectacle which pairs astonishing LEGO wildlife sculptures with their real-life counterparts.

Your front row seat is guaranteed, and it comes complete with hands-on activities and educational displays — but you'll need credentials!

Each visitor will receive a free Zoofari "passport" to plan their adventure and lead them to the eye-popping creations of LEGO master builders, which include a life-like tiger, penguins, a giraffe, Khansi spray toads and other cool critters.

Kids will love the part where they actually get to stamp their "travel permits" at each of the six stations located throughout the park. Those include Disney's Animal Kingdom Villas where visitors can immerse themselves in the wonders of the wild; a Build Zone where families can create their own LEGO masterpieces and participate in a LEGO mystery mural; and a Bank of America Explorer Zone where budding eco-buffs can discover how field scientists track wild animals and how conservationists determine which habitats to protect.

There's lots of food for thought to accompany the fun.

Visitors can tell their future grandchildren that they actually helped to prepare "lunch" for gorillas, tigers, and bears — an opportunity available to daredevil types at the Explorer Zone.

A stop-off in equatorial Africa is a must, too — at least the Bronx Zoo's version of it!

Learn about the continent of cheetahs and hippopotamuses — and preserve the memory by creat-

ing a magnificent tribal mask — at one of the workshops presented by the Museum for African Art and Tabilulu Productions.

There's more drama to ooh and aah over at the outdoor Wildlife Theater Shows, which incorporate conservation and nature lessons with puppets and music for audiences of all ages. This summer's shows include "Journey to the Pond," "Passport to Conservation," and "Butterfly Trek."

Summer is far from over, and if your budget screams "staycation" this year, fantastic family fun is as near as a trip to the Bronx Zoo where "The Great Summer Zoofari" brings the wild animals of the world to your neck of the woods.

*The Wildlife Conservation Society's Bronx Zoo [Bronx River Pkwy at Exit 6, (718) 367-1010] presents "The Great Summer Zoofari—A LEGO® Wildlife Expedition" now through Sept. 30, 10 am to 4:30 pm. Admission is \$16 for adults, \$12 for children 3-12 years old (free for kids 3 and under), and \$14 for seniors. Wednesday is suggested donation day. For info, visit [www.bronxzoo.com](http://www.bronxzoo.com).*



Photos by Julie Larsen Maher



Get your "passport" to the Bronx Zoo's Zoofari to see the amazing Lego creations — like this tiger (right) or gorillas (above).





**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 and Zumba Classes • Birthday Parties & More

(Back to school special of \$25.00 off the first month tuition and free bag)

[WWW.JOESMUSICCENTER.ORG](http://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	<b>Joe's Music Store</b> 114-02 Farmers Blvd. St. Albans, NY 11412   718-454-3030
--	---	---

**START YOUR SCHOOL YEAR WITH SUCCESS!**

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



- All Subjects • PreK-Adult
- Study Skills • Math
- English Language Arts • Sciences
- Foreign Languages • ESL
- SAT/ACT/SHSAT/ISEE/GED/Regents Exam Prep
- Your Child's Curriculum
- Individualized Learning Plans
- Homework Help • Affordable Rates
- Certified Teachers

**\$50 OFF**  
\*With Monthly Enrollment.



**718-483-8506**  
[www.clubz.com/brooklyn](http://www.clubz.com/brooklyn)

Call Now To Reserve Your Tutor!

\*Conditions Apply

**ADVERTISE WITH US!**

BROOKLYN Family | QUEENS Family | BRONX Family | STATEN ISLAND Family



TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554

**CBE KIDS AFTER SCHOOL CENTER**

KINDERGARTEN THROUGH SIXTH GRADE

Instructional Classes in wide variety of areas:

• Swim	• Sports	• Theater
• Science	• Art	• Chess
• Cooking	• Dance	• Sewing
• Video	• Computers	• Photography

**PLUS:** Homework help and tutoring available.  
Mini Camps during school vacation weeks.

FALL SEMESTER BEGINS MONDAY, SEPT 12<sup>TH</sup>

For more information please call:  
718-768-3814 X210  
or visit us online at  
[www.congregationbethelohim.org](http://www.congregationbethelohim.org)



274 GARFIELD PLACE, PARK SLOPE, BROOKLYN



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# 5 nutrition myths

**B**etween the Internet and misinformed friends and day-care providers (maybe even Grandma), there's plenty of nonsense floating around about rules when feeding children. Let's explore some of the biggest ones.

**Myth one:** Children need special, kid-friendly foods.

**Reality check:** Kids can learn to eat almost everything parents do.

Some experts blame the food industry for its brilliant marketing, convincing us that little ones will only eat kiddie foods — highly-processed, sugary, salty and bland foods, or so-called fast foods.

It's also a myth that they prefer bland food. Children brought up in Mexico or India eat spicy food starting when they are toddlers.

Allow your little one to experiment with food. You may think of this as “wasting” it, or bad manners, but playing with and even spitting out food is part of the overall sensory experience. Remember, many of the foods he's tasting are brand new to him. Even the same food prepared in a different way — such as cooked carrots versus raw — can be totally foreign to a little one.

**Myth two:** Parents decide how much a child should eat.

**Reality check:** It's the job of the parent to provide healthful food. And it's the job of the child to decide how much to eat, according to renowned feeding specialist, Ellyn Satter ([www.EllynSatter.com](http://www.EllynSatter.com)).

Part of the problem? Many adults don't know what a proper portion looks like for themselves. So they may need even more help identifying



the right amount for their children.

**Myth three:** Children need constant snacks.

**Reality check:** While some snacking is beneficial, kids today typically engage in all-day-long eating. According to a recent study on 31,000 children ages 2 to 18, they're eating an average of three snacks every day, with desserts and sweetened beverages being the major source of calories.

What should your child's snack consist of?

“Snacks shouldn't be so-called ‘snack foods.’ They should be foods you would serve at any other meal, not a pile of orange fish-shaped

crackers and a sugary juice drink,” says registered dietician Elizabeth Ward, a mom of three and author of “The Complete Idiot's Guide to Feeding Your Baby and Toddler.” She says a quarter of a sandwich and half a glass of milk or 100 percent orange juice would be a better choice.

**Myth four:** Sugar-sweetened foods cause “hyper” kids.

**Reality check:** Contrary to the opinion of some parents and teachers, sugar does not cause hyperactivity.

Children who indulge in sugary treats during parties may appear to get wilder than usual. But there are no scientific studies to prove that sugar equals hyperactivity. In fact, sugars — like all carbohydrates — actually have a slight calming effect. It's actually the holiday, birthday party or special activity that tends to get kids overly excited. *[Editor's note: For more information about the reported links between candy and hyperactivity, see “How to Create Healthy Easter Baskets” in our April 2011 issue. [http://www.webfamilyny.com/stories/2011/4/fp\\_easterbaskets\\_2011\\_04.html](http://www.webfamilyny.com/stories/2011/4/fp_easterbaskets_2011_04.html)]*

**Myth five:** Veggie haters have nutrient deficiencies.

**Reality check:** “Veggies are not the end all, be all,” says Jill Castle, RD, a child nutrition expert who blogs at Just the Right Byte, and a mother herself. Many fruits supply the vitamins, minerals and phytonutrients that kids need to grow well.

“While we want kids to eat a variety of both fruits and vegetables, this is a work in progress. In the meantime, make sure fruit options make an appearance at meals and snacks — you'll please your child and ease your worries,” Castle says.

Still, it doesn't hurt to serve vegetables in a child-friendly manner. Serve them raw, cut into attractive shapes, call them fun names, or serve alongside a dip.

*Resource: KidsEatRight.org.*

*Christine M. Palumbo, RD, practices nutrition in Naperville, IL. She invites your questions and column ideas. Contact her at [Chris@ChristinePalumbo.com](mailto:Chris@ChristinePalumbo.com), or follow her on Facebook at Christine Palumbo Nutrition.*

## Breakfast Banana Split

(Serves one)

### INGREDIENTS:

1 medium banana, sliced lengthwise  
1/3 cup non-fat strawberry yogurt  
1/3 cup non-fat vanilla yogurt  
2 tablespoons chopped walnuts

**DIRECTIONS:** Place the banana, sliced lengthwise, in a bowl. Top with the non-fat strawberry yogurt and

non-fat vanilla yogurt. Sprinkle with chopped walnuts.

**NUTRITION:** 332 calories, 10 grams protein, 55 grams carbohydrate, 4 grams fiber, 11 grams fat, 1 gram saturated fat, 100 milligrams sodium.

From “When to Eat What,” by Heidi Reichenberger McIndoo, MS, RD, LDN. Copyright © 2011, F+W Media, Inc. Used by permission of Adams Media, a division of F+W Media, Inc. All rights reserved.



NOW ACCEPTING STUDENTS AGES 2.5-18  
FOR OUR 2011-12 SCHOOL YEAR

Visit and Register  
Beginning August 17th  
Wednesdays-Saturdays, by appointment

- Drop-in classes in a variety of styles available for adults

[cynthiakingdance.com](http://cynthiakingdance.com)

1256 Prospect Avenue • Brooklyn NY 11218  
718.437.0101 \* [info@cynthiakingdance.com](mailto:info@cynthiakingdance.com)

**CYNTHIA KING**  
DANCE  
STUDIO



## Marks JCH Specialty Camps 2011

### One Great Place – Three Great Camps!

CHOOSE ONE OF THESE CAMP OPTIONS:

SPORTS ACADEMY CAMP – agility, teamwork, flexibility  
SWIM CAMP – fitness, competition, advancement  
"SCHOOL OF THE ARTS" CAMP – talent, creativity, performance

- Fun and Enriching Programs
- Expert Instructors
- New talents discovered and skills developed

Register Today! Call 718.943.6345

Dates: August 19-26, 2011

Time: 9 am–5 pm

How much: \$300

Unique Experiences gained:  
PRICELESS!





## GROWING UP ONLINE

CAROLYN JABS

# Apps for parents

**P**eople often think that happiness is elusive, the result of good fortune that can't be predicted or controlled. Researchers in the field of positive psychology dispute that. Not only have they devised interesting ways to measure happiness, but they've also become convinced that people can increase their sense of well-being by deliberately cultivating a "positive emotional style." For most people, this means changing habits, letting go of negative patterns, and adopting behaviors that boost happiness.

Of course, changing habits isn't easy. Most people need constant reminders to stay on course. And that's where smartphones enter the picture. A growing number of applications provide gentle reminders that may help you become a calmer, happier, more optimistic parent. That's good for you, and it's good for your kids, because research shows that children whose parents have a positive emotional style are more resilient and happier.

Here are just a few of the apps that promise to lift your mood:

**Happiness Tracker** is a good first step because it helps you become aware of your emotional state. Developed by a Harvard researcher who investigates what makes people happy, the app contacts you at random times and asks how you're feeling and what you're doing. The information goes into a database and you get periodic reports about how your happiness varies depending upon your circumstances. To sign up for the free app, visit [trackyourhappiness.org](http://trackyourhappiness.org) and fill out a the questionnaire.

**Live Happy** is an app developed by Dr. Sonja Lyubomirsky, a psychologist at the University of California, who has spent her career studying what makes people happy. The app encourages you to think about goals for yourself and your family, and then take baby steps to achieve them. It also encourages you to savor what is good about family life by arranging photos in an easily-accessible album that will trigger happy feelings. It reinforces meaningful social connections by prompting you to express gratitude to people who have made



a difference in your life. (For the iPhone.)

**Gratitude Stream** focuses specifically on the thankful feelings that are correlated with happiness. Many psychologists recommend keeping an individual gratitude journal, but this app puts you in touch with what makes people around the world feel grateful. Seeing what triggers gratitude in other people can make you more attuned to good things in your life. One mom posted that she was grateful that her daughter missed the bus because it allowed them to spend an extra 30 minutes together that morning. (An iPhone app, Gratitude Stream is also available on Twitter and Facebook.)

**Relaxation apps.** For busy parents, of the best ways to get happy is to take a time out. The quick break offered by a relaxation app may revive your spirits and induce a sense of relaxation. The app Koi Pond turns your phone into an aquarium where you can watch fish, rearrange the lily pads, create ripples, and even induce the fish to nibble at your finger. White Noise immerses you in environments created by 40 soothing sounds, ranging from ocean waves to a Tibetan bowl. Zen Garden lets you create a tiny tranquil space where you can rake sand, arrange rocks, and read enigmatic quotations. (For iPhone.)

**The Grouchies.** When kids are happy, parents are happy. The Grouchies, a free app based on the book by the same name, has silly pictures and wacky rhymes that may just charm kids out of a grumpy mood. Released by the American Psychological Association, the app promises to boost emotional intelligence for children, and includes a helpful note to parents that offers advice about breaking the spell of a bad day. (Available for iPad.)

**iCounselor Anxiety** packs some of the benefits of cognitive therapy into an app so you can carry a counselor in your pocket. Developed by a psychologist and a social worker, the app asks you to rate your anxiety level, and then suggests a calming activity, as well as ways of revising the thoughts that provoke anxiety. Comparable programs are available for anger, depression, obsessive compulsive disorder, and eating disorders. Although these programs aren't a substitute for face-to-face counseling, at 99 cents, they provide an inexpensive way to reinforce the mental and emotional habits that make happiness more likely. (Available at [icounselor.biz](http://icounselor.biz).)

By now, it may have occurred to you that many of the applications you already have on your phone contribute to your sense of well-being because they help you stay organized and connected — qualities that are definitely associated with happiness.

Any app that makes you laugh is also a good bet, especially if you can share it with your kids. So make funny faces with FaceGoo, play a round of Cool Mad Libs, or talk in goofy voices with Talking Carl. Come to think of it, those are all things you can do without the benefit of a Smartphone. With or without technology, the best happiness app seems to be staying alert, so you notice life's joy whenever and wherever they appear.

*Carolyn Jabs, MA, has been writing about families and the Internet for almost 20 years. Other Growing Up Online columns appear on her website [www.growing-up-online.com](http://www.growing-up-online.com).*

Copyright © 2011, Carolyn Jabs. All rights reserved.



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](http://www.carmelothesciencefellow.com)



## NEWBIE DAD

BRIAN KANTZ

# An apple for the teachers

Last year, when my oldest son was in kindergarten, he told me that he knew where his teacher lived. I said, “Oh yeah, did she say something about her house?” And he replied, “No, but I know that the school is her house. She lives there with the rest of the teachers.”

Yep, that’s a common misconception.

I, too, used to think that my teachers lived at school. Of course, I wasn’t that far off. I went to a Catholic elementary school and the nuns really did live together just a few doors down from the school building. Eventually, though, I realized that the non-nun teachers actually had their own children and their own homes and their own lives away from the classroom. But it’s hard to blame a kid for believing that his

teacher — who is there every single day before the bell rings in the morning and who is still there every single day when you step on the bus to go home — lives, breathes, sleeps and eats at school.

Now, as an adult, I’ve been hearing another common misconception. As the nation’s economic downturn lingers, folks have been accusing public school teachers — yes, teachers — of being overpaid, over-pensioned drains on society who have the audacity to take two whole months off during the summer. The nerve of those teachers!

I’ve heard grumpy old-timers say this. I’ve heard self-righteous businessmen say this, and I’ve heard harebrained politicians say this. I’ve read it in countless letters to the editor in the local newspaper. And to all of this, I say a great big: HA!

I’ll say it again: HA!

First of all, let’s take a look at the actual pay scales before we get carried away on the overpaid, over-pensioned bit. In some districts, pay is reasonable, but classroom teachers are no oil magnates. Don’t worry, teachers won’t be the ones bankrupting America by retiring en masse to their mansions on remote islands accessible only by private helicopter.

In fact, no teacher I know entered the profession for the money. English teachers could surely make more cash working in corporate communications. Social studies teachers could pull down more scratch as lawyers. Math teachers could make mad money in banking. And science teachers could easily make more as, well, oil magnates.

There’s a larger point here, too. Shouldn’t we, as a society, want to pay our teachers a decent wage?

Don’t we know that respectable salaries will attract more highly qualified teachers? Every single political candidate names “education” as a top priority — they all spout statistics about America’s declining rank in key educational areas such as math and science — yet many do not prioritize education once they are in office.

As for the summer off...please! There is a reason why grumpy old-timers, self-righteous businessmen, and harebrained politicians are the people who complain about teachers getting the summer off — they never had to teach or raise kids on a daily basis! You will never, ever catch a full-time caregiver bad-mouthing teachers. Moms (and dads) know better.

As a former stay-at-home dad, I can attest: being responsible for kids is a challenge. And I thought keeping two bickering boys in line was a test. Try adding another 20 kids (or more) to the mix. Oh yeah, and one is intensely shy; one is obnoxiously loud; one has ADHD; one is allergic to everything; and the rest are more interested in watching the cardinal that just perched in the tree outside of the classroom window than in learning about subject-verb agreement. Try managing that crew.

Beyond the classroom time, there’s parent-teacher conferences and parent phone calls; advisement of extracurricular activities; monitoring of the lunchroom; and nightly grading of papers and lesson planning. The summer off for a teacher is what professionals in other industries call “comp time.”

Considering all of that, why do teachers teach? Because they want to help kids succeed. They want to help your kids succeed. They want to help my kids succeed. That’s a pretty huge thing.

So, I say, enjoy your eight weeks off, teachers. You have earned it. Play with your own children. Bask in the sun. Travel. Take some time to read a great novel. And know that there are many moms and dads out there who are grateful that you did decide to become a teacher.

*Full disclosure: Brian Kantz’s wife is a teacher. But, no, she did not make him write this column. And, no, she does not make his lunch for him during the summer even though she’s off. Can you believe that? Visit Kantz online at [www.briankantz.com](http://www.briankantz.com) or drop him a note at [theneubiedad@yahoo.com](mailto:theneubiedad@yahoo.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

**718-374-3917 • www.aworldllc.com**

Services in: Brooklyn, Queens & Staten Island



**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!*

For more info visit: [www.dancewave.org](http://www.dancewave.org)

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

## 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 \* Musical Theatre \* Movement
- \* On-Camera Film & TV \* Productions in our "Black Box" Style Theatre

**Be Confident, Be Prepared, Be a Triple Threat and ALWAYS be a STAR!**

**Need help with that big audition? Private Coaching and Audition Prep**

**Fall 2011 Classes Registering Now- Kids, Teens, Adults-Seniors!**

**7601-3rd Avenue, Brooklyn, NY 11209**  
**www.DimensionsOnStage.com • 718-833-4167**



## OUR RELATIONSHIPS

JOAN EMERSON, PhD

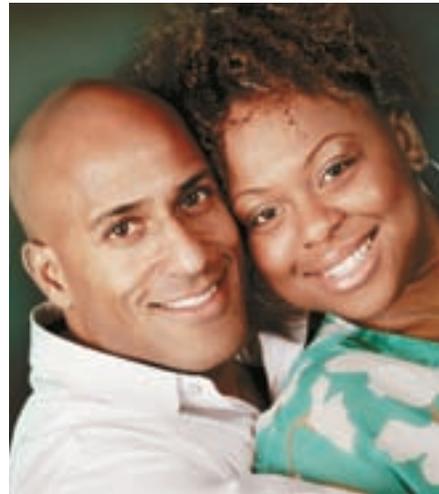
# When is it time for couple's therapy?

**A**s we all know, conflict is part of being in a relationship, and research shows that many differences are never resolved; but rather, couples, at best, find acceptable ways to agree to disagree. But sometimes ongoing issues engender such angry feelings that couples can't settle down and figure out what to do next, and more and more emotional distance develops between partners. So, in order to get the whole picture — and an idea of what both partners have to do to change things — these are times when a couple could use some professional help. Here is how couple's therapy can work for those who really want to get the relationship back on track.

The first goal of the couple's session would be to make the presenting problems really clear by asking both partners to describe what they're having trouble with, what they feel they need, fear, can't deal with, and/or wish for. The counselor's job is to make sure that each can listen to the other in a non-reactive way. The rule of therapy is that feelings are feelings, and there's not right or wrong answer, since we feel what we feel.

The first objective is for each partner to listen to and take in where the other is at, and what he needs. Sometimes, listeners worry that acknowledging their partners' wishes will compel them to obey, however, agreeing to changes is a topic for a later conversation; this first phase is just about good communication.

If, in a session, the speaker sounds attacking or is getting stuck in the past, or the listener is getting defensive and pointing out how those feelings don't make sense, the session has gotten off track. The counselor can help with adjustments needed so that the communication clears up and continues well. The counselor also makes sure that the desired changes are described in positive terms, so the listeners know what they'd have to actually do to make things work better. As a rule, when this sharing of feelings is going right



— that is, the speaker is feeling heard and understood in an empathic way, and the listener is finally hearing, in concrete terms, what these new behaviors would look like — the result is, often, feelings of hope and, therefore, more willingness to take a chance on working together again.

The next step is to see if there can be an agreement on trying some of the requested changes. Usually, both people feel like they'd like to make these attempts if they can trust that they will get their own needs met in return. Often, the requested behaviors are concrete, chore-oriented tasks that one partner feels they both need to do to make things more fair and equitable. But, this almost always goes along with a longing for the deeper emotional and physical connectivity that's been interrupted by the ongoing conflicts the couple has been facing. So, often, a deal needs to be struck. The listener agrees to give his partner what she is asking for, if that will make it possible for him to get — but perhaps not immediately — some of the behaviors that he has also been needing.

An example would be him asking for a resumption of the sexual intimacy that's been missing and, therefore, has been making him angrily withdraw affection. She may respond that she wants that, too,

but she hasn't been making herself available since he's been acting so angry and withdrawn. So, as is often the case, both partners want the same thing, but each person is holding back because of not feeling loved and desired by the other. From hearing what both partners think they need in this case, a plan may be formulated in the session. The counselor may ask the couple to set aside time at home to just sit together with affectionate — but perhaps not sexual — touching, and gently talk about what each person has been thinking and feeling,

with the other person just listening.

This would be an experiment to see if these kinds of behaviors do indeed begin to remove the distance and allow for more closeness. At the next session, the couple would report back to the counselor. If these behaviors were not helpful, the counselor will ask them to talk with each other about how to try again with agreed upon changes or modifications. If these new behaviors did bring about the hoped for good feelings, a plan to move another step closer — based upon each person's feelings about what that next step would be — is made for the following week at home, with the results to be discussed in the next session.

This kind of therapy is not about rehashing old hurts or blame. Instead, it is about coming to an agreement about what the problems are, and which new behaviors would work better. If the couple does try these new behaviors and the partners each seem happier and more willing and able to give each other some of the behaviors that they each had been craving, then they are reaping the benefits of a successful couple's counseling experience.

*Dr. Joan Emerson is a New York psychologist who specializes in couple's therapy. Visit her website at [www.Joan-Emerson.com](http://www.Joan-Emerson.com).*

# Dynamic Learning Center (DLC)



for  
**TOMORROW'S  
LEADERS**

## AFTER-SCHOOL PROGRAM

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

[www.DynamicLearningCenter.org](http://www.DynamicLearningCenter.org)

718-998-6481

121 Gravesend Neck Road



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

9 AM - 5 PM

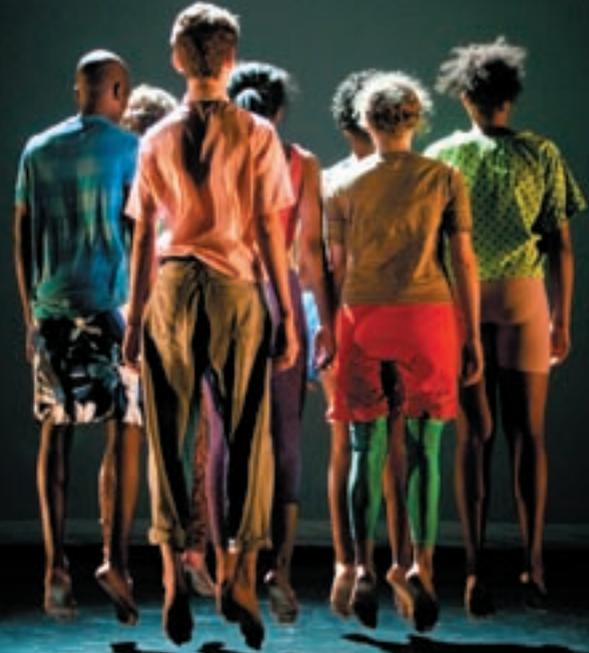
- Weekly Trips
- Academic Integrated Sports
- Research and Fun Projects
- Arts and Crafts
- Etiquette Lessons
- Drama



COMPUTER • CHESS • ENGLISH • MUSIC • FITNESS

# DANCEWAVE

## Dance with us this Fall!



Classes for Babies, Toddlers, Kids,  
Teens and Adults

Ballet, Modern, Hip Hop, Musical Theater,  
Choreolab and more!

Fall Semester Classes Start September 15

**\$5 Class Week! SEPTEMBER 8-14**  
Try any Dancewave class for only \$5 each  
[rsvp@dancewave.org](mailto:rsvp@dancewave.org)

### DANCEWAVE COMPANY AUDITIONS

Work with renowned choreographers and perform at professional venues across New York City!

**Dancewave Company I & II** Sat, Sept 10, 1pm & Wed, Sept 14, 5pm  
13 yrs & up, 2+ yrs dance experience required

**Young Movers Ensemble** Tues, Sept 13, 5pm  
10-13 yrs, 1+ yrs dance experience required

**Young Performers Ballet Ensemble** Thur, Sept 15, 5pm  
10-13 yrs, no experience required

**Street Jazz Ensemble** Sat, Sept 10, 1:30pm  
12+ yrs, some experience required

**Amazing Creatures Company** Sat, Sept 10, 11am  
7-9 yrs, some experience required

### AUDITION FOR A SCHOLARSHIP!

Sat, Sept 17, 12pm [rsvp@dancewave.org](mailto:rsvp@dancewave.org) to secure your audition spot

**DANCEWAVE** 45 Fourth Avenue (at Dean Street) Brooklyn, NY 11217  
(718) 522-4696 • [info@dancewave.org](mailto:info@dancewave.org)

For more info visit: [www.dancewave.org](http://www.dancewave.org)

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](http://WWW.HOUSEOFORTHODONTIA.COM)

READ OUR REVIEWS ON



## TWICE THE ADVICE

JACQUELINE AND  
KERRY DONELLI

# Tween wets the bed — and won't admit it

**Dear Twins,**

Our 11-year-old son has recently become a bed-wetter, but won't admit it. He keeps blaming it on our dogs (which we know isn't true). We find this very disturbing, and have asked him if he's having any problems at school with anyone, etc. We'd like to take him to a psychiatrist, but since he won't admit that he's the bed-wetter, we're kind of at a loss as to what to do. He gets very upset when we bring it up. What would you suggest?

**Jacqueline says:** In the U.S., about five to seven million children ages 6 years or older suffer from primary nocturnal enuresis — also called nighttime bed-wetting, or the involuntary loss of urine at night. There can be a variety of causes, including a small bladder, an immature bladder that does not always empty appropriately, a family history that makes bed-wetting more likely, deep sleeping, stress, and increased urine production at night that may be related to abnormal secretion of hormones that affect urine volume. I would recommend he see a pediatric urologist. And do your research. Bed-wetting certainly becomes embarrassing as children grow older.

**Kerry says:** Although bed-wetting is often considered to be a psychological problem, it is more commonly a physiological problem, especially in young boys. First, consult a doctor, as he most likely will recommend necessary medication. Next, have your son wake to an alarm clock in the middle of the night to use the bathroom. Lastly, do some practical things, such as using a rubber sheet on his bed as one does for babies or sick people. Remember to encourage him to take charge and reward him when he has been dry.

...

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](mailto:TwiceTheAdvice2@gmail.com).



**Dear Twins,**

One of our neighbors recently had a birthday party for her 17-year-old son, and our 16-year-old daughter was invited. I later found out that there was beer (no hard liquor) at the party, provided by the parents. Needless to say, we were shocked. Since it's been several weeks since the party was held, what should I do about this? Should I contact the parents and express my concern, contact the police, or just keep quiet? I have already spoken to my daughter about this.

**Jacqueline says:** Calling the police may do undue harm to both the parents and all the kids who attended the party. I would most certainly contact the parents. Offering teens beer is a big no-no in my book. What if a teen was driving herself or others home? Talk to the parents immediately.

**Kerry says:** I agree with Jackie in that you can call and complain to the parents, but my guess is that it will fall on deaf ears, and that they will simply not invite your daughter next time. So, I would do one of two things: either do not allow your daughter to attend your neighbor's parties anymore, or next time your neighbor has a party, call the cops and have them check for underage drinking.

...

**Dear Twins,**

My husband and I recently at-

tended a PTA meeting at school and found out that our daughter had missed more days than I was aware of. The principal is having her make up the time missed by sitting in his office after school every day until the time is made up. We feel we should punish her as well. What is an appropriate penalty?

**Kerry says:** Missing school or not doing well in school is unacceptable. She is imposing on and inconveniencing her principal. I would ground her for at least a month, taking away weekends and after school activities. Warn her that if she skips school again, she will be punished double time. As long as you don't renege on your sentence, I bet she won't miss another day of school again.

**Jacqueline says:** I think Kerry is being a bit hard. There are loads of appropriate punishments you can use. However, in my opinion, what is often most effective is having kids decide what they think is most befitting as penance. This way, it enables your child to be accountable to the punishment. And because she will choose the disciplinary action, chances are she will have less anger and resentment towards you.

...

**Dear Twins,**

Our daughter's best friend was recently picked up for shoplifting cosmetics from a pharmacy. She is one of the sweetest girls I know, and I can't imagine why she would do such a thing. I am concerned whether or not I should allow my daughter to hang out with her anymore.

**Kerry says:** You should have a conversation with your daughter expressing your concern about her friend. While I don't think it will be effective to ban her from seeing her friend, I would suggest that she make other friends as well.

**Jacqueline says:** Not allowing you daughter to hang out with her friend may cause more damage than good. Her friend made a poor decision and doesn't have a history of bad behavior, so taking such a measure may be extreme.



## 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



Meghan Burke, MD

Geeta Bhattacharya, MD

### Brooklyn Heights Center Pediatrics Department

Board Certified Pediatricians

Well Visits, Sick Visits, Immunizations

Comprehensive exams and more

Hospital Affiliations: LICH, Brooklyn Hospital

Most Major Insurances Accepted

To schedule an appointment with one of our Pediatricians,  
call 1-866-791-0993

Preferred **HEALTH** Partners  
QUALITY HEALTHCARE YOU CAN TRUST

**Brooklyn Heights Center**

195 Montague Street

Brooklyn, New York 11201

Become a fan on & follow us on

## Develop Your Child's Gifts & Talents and Prepare for OLSAT&ERB Tests in Two Simple Steps.



### ✓ Step 1 **FasTrackKids Core Program** Ages 3-7

- Creative & Fun Learning Through Play
- Develop Social & Leadership Skills
- Expand Vocabulary & Knowledge
- Develop Communication Skills
- Develop Critical Thinking Skills
- Ensure success in school and life

### ✓ Step 2 **NYC Gifted & Talented** (OLSAT&ERB) Tests Prep Ages 4-5

- Unique and Proven G&T Test Prep Curriculum
- Helping children Master G&T Since 2003
- 12 Week Intensive Course Starts on 10-01-2011
- High Success Rate Based on Past Results\*
- Registration Deadline: 09-15-2011
- 1:1 Classes Available Upon Request

Staten Island  
718.891.7333

Bay Ridge  
718.748.3000

Sheepshead Bay  
718.351.7333

Park Slope  
347.247.8510

Williamsburg  
347.987.4450

Kew Gardens  
718.441.3762

Flushing  
718.288.5152

Tribeca  
212.346.7737

**Space is Limited. Call NOW to register  
or schedule a FREE trial class.**

\*For best results, combine with FasTrackKids Core Program



## FAMILY HEALTH

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



# Preventing & treating Swimmer's Ear

*My child just started swimming lessons at her summer camp, and I'm worried about something called swimmer's ear. What is swimmer's ear, and how do I know if she has it? Is it preventable?*

**E**very child who will be swimming this summer can get swimmer's ear, but luckily, the treatment is usually very simple, and the prevention even simpler.

Swimmer's ear is an infection in the outer ear canal, which runs from the eardrum to the outside of the head.

The ear has natural defenses, like cerumen, a waxy, secreted substance that is waterproof and slightly acidic to prevent bacterial growth. Cerumen also collects dirt and dead skin cells and ushers them out of the ear (the result of which is earwax). However, when swimming, the natural defenses are overwhelmed with the continuous influx of water, and any moisture that re-

mains in the ear after swimming can provide a favorable environment for bacteria to grow.

Signs and symptoms of swimmer's ear can be itching of the ear canal, slight redness in the child's ear, and pain when the ear is pulled or the tragus (the "bump" in the center of the ear) is pushed. The longer the infection is left untreated, the more painful the ear will be to the touch, and the more likely the child is to have severe blockage of the ear canal and fever. It is best to contact your pediatrician at the first signs of swimmer's ear.

If your child is suffering from an infection, your doctor will prescribe ear drops with antibiotics and/or a topical non-inflammatory steroid to keep down swelling.

In severe cases, where the ear canal is completely blocked and the prescription ear drops are not being absorbed, the doctor may insert a wick made of cotton or gauze to promote drainage and help draw

medication into the ear canal.

The swelling and pain will usually subside 24 to 48 hours after beginning to medicate with the drops. If this isn't the case, then oral medications can be prescribed. Make sure your child doesn't swim underwater until the infection has completely cleared.

The good news: yes, swimmer's ear is completely preventable with easy-to-use and inexpensive homemade ear drops. Mix one part rubbing alcohol with one part white vinegar, and put a couple of drops in your child's ears after he goes swimming. This mixture will dry out the ear, help kill germs, and, most importantly, let your child keep having fun in the pool!

An alternative prevention method is to have your child wear earplugs, although they can sometimes irritate the ear canal. It's best to do what your child is most comfortable with.

Happy swimming!

# Dentistry for Adults and Children

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

Gentle, Friendly and Nuturing 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**

(Philip Howard Apartments)

**718-377-1319**

[www.brooklynfamilydds.com](http://www.brooklynfamilydds.com)

WE SPEAK SPANISH

Most Major Insurances and Medicaid Accepted

Flat Screen TV & Patient Headset



Kart speeds up to 45mph!

Real side-by-side racing

Adults & kids karts  
(Must be 48" tall)

Group events & private parties

Video games, pool tables, food & more

**\$5 off**  
YOUR FIRST RACE

Coupon must be present and cannot be combined with any other offer.

[PolePositionRaceway.com](http://PolePositionRaceway.com)

99 Caven Point Rd Jersey City, NJ 07305 201-333-RACE (7223)

This location is an independently operated franchise owned by Liberty Park Raceway, LLC.

# It's Our Mission.

## Quality Health Coverage

### Child Health Plus with Fidelis Care

- Free or low-cost health insurance coverage for children up to age 19 in New York State. Almost every child is eligible!
- Checkups with your child's doctor
- Immunizations (shots)
- Hospital and emergency care
- Prescription drug coverage
- Dental and vision care
- Speech and hearing services
- More than 43,000 quality providers

Proof of age, income, and address necessary to enroll.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.



FIDELIS CARE®

Child Health Plus is a New York State-sponsored health insurance program offered by Fidelis Care.



To find out if you are eligible for one of our government-sponsored health insurance programs, call Fidelis Care at:  
**1-888-FIDELIS (1-888-343-3547)**  
 (TTY: 1-800-421-1220) • [fideliscare.org](http://fideliscare.org)

To renew your coverage each year, call 1-866-435-9521

# Strolling right to OBESITY?

The trend of pushing older kids could lead to health problems

BY SANDRA GORDON

On weekends, Lisa, a mother of a 2- and 5-year-old, wouldn't dream of leaving home without a stroller.

"If we don't contain the kids, my husband and I can't do any shopping," says the public relations representative. "When they start running between the clothing racks, we say, 'OK, we're strapping you in and you're staying put.'"

Of course, it's not unusual to stroll a 2-year-old. In fact, strollers are normally used for children from infancy to 36 months of age, according to ASTM International, a nonprofit organization in West Conshohocken, PA, which sets stroller manufacturing standards.

But, take a look around at any mall — or even in your neighbor-

hood — and you're likely to see parents pushing kindergarten, or even grade school-age kids. It's a burgeoning trend that hasn't escaped stroller manufacturers.

Maclaren, the upscale British import, for example, upped the weight limit on its strollers to 55 pounds because consumers are using strollers for older and/or larger children. (Forty pounds was the industry standard.) Its Techno XLR model is even designed to hold a child up to 65 pounds and 44 inches tall.

Making larger strollers helps parents with busy lifestyles accomplish their goals. And let's face it, if you have several hours' worth of errands to run, or even a fitness level to maintain, being able to "containerize" a dawdling preschooler or older child in a "mega"

stroller can make it all doable.

"Keeping Max, my 5-year-old, riding in our double stroller has been all about helping me get my exercise everyday as a busy mom," says Christine D'Amico, author of "The Pregnant Woman's Companion," and the mother of three, who walks 40 minutes daily while her kids come along for the ride (the youngest up front in an infant carrier).

## The right way to 'strollercize'

Still, while strolling is excellent aerobic exercise for parents (D'Amico, for example, pushes and carries a total of 95 pounds of kid weight, which makes her daily stroll a "definite workout"), it does nothing for kids, which is a concern in light of the childhood obesity

## How to avoid 'potatodum'

Besides using your stroller less for your older kids, here are other easy ways to help keep your kids active:

- Walk the walk. Instead of simply encouraging your kids to, say, go outside and play, be active yourself.

"Children model everything they see their parents do," says Christine W. Rivard, RD, program director and head of pediatric nutrition at Kidshape ([www.kidshape.com](http://www.kidshape.com)), a family-centered, Los Angeles-based program that helps children develop healthier eating and lifestyle habits. "You want to set the tone as early as possible."

- Curtail couch-and-mouse "po-



tatodum." Set a limit on TV and computer-game time, and abide by that yourself. What's reasonable?

"One hour a day," Rivard says.

- Make weekends family friendly. Every weekend, make a commitment to do something active with your kids, such as going hiking, to the park or the zoo, playing ball in the yard, or even just turning on music and dancing in the living room. Every little bit counts.

"Parents need to just realize that five to 10 minutes of activity here

and there really makes a difference to prevent weight gain in kids in the first place," says Hill. (That includes walking in the mall for short stints, too.)

The best family-friendly activities include those that kids can also enjoy by themselves, such as walking, hiking, cycling, and roller blading.

"Non-team-related activities teach kids how to exercise on their own," says Frances M. Berg, author of "Underage and Overweight." In other words, your kids may not always play soccer. But, if you play your cards right, they'll walk, hike, cycle, or roller blade for the rest of their lives.

Top  
Tips

## Go for a stroll

Looking for a fun way to get fit when you have younger, stroller-bound kids? Strolling with your baby is a good workout, according to a study by the American Council on Exercise, and exercise scientists at the University of Wisconsin.

Subjects who pushed a 35-pound, simulated baby in a stroller at a brisk rate of 3.5 miles

per hour revved their heart rates up by an average of 12 beats per minute, and burned 444 calories per hour, which is on par with mowing the lawn.

According to the study, new moms shouldn't underestimate the value of taking their children out for a stroll — or the necessity of taking care of their own health and fitness.

courage your older children to walk as much as possible. Expect them to go in and out of the stroller; kids have a threshold of tolerance for both walking and sitting, says Anderson. Take their cues, rather than coaxing them to remain seated with an endless litany of snacks and other distractions, and factor in extra time. With older children on foot part of the time, you might not be able to cover the entire zoo, for example, in one shot.

problem that's raging.

According to recent government figures, nearly 12 percent of 2- to 19-year-olds are at or above the 97 percentile of body mass index for age-growth charts. Overweight kids have as much as an 80 percent chance of staying that way as an adult and suffering from weight-related health problems earlier on, like type 2 diabetes and heart disease.

Experts predict that the epidemic will get worse before it gets better unless we — and our kids — take action. Walking short distances is one thing, but it's not realistic to expect a 4-, 5-, or 6-year-old to go the distance at the zoo, fair, or amusement park.

"A child of that age isn't going to be able to walk for five or six hours," says Cheryl B. Anderson, PhD, associate professor of pediatrics at the Children's Nutrition Research Center at the Baylor College of Medicine in Houston, Texas. Anderson thinks that strollers — like ice cream — are wonderful for older kids, but in moderation.

To keep your kids moving in the right direction, try these smart strolling strategies:

- Downsize your to-do list. Instead of routinely cramming all

of your errands into a day at the mall with your kids along for the ride, do as much as you can on your lunch hour so that weekend shopping trips are shorter and less sedentary for the kids.

"Give up a little bit of efficiency to get your kids more active," urges James O. Hill, PhD, director of the Center for Human Nutrition at the University of Colorado Sciences Center in Denver, Colo.

- Shop solo. If it's possible, get a sitter or have your partner play tag with your kids at home, so you can trek through the stores unencumbered. It's a win-win.

- Don't be pushy. On day trips, take a stroller along, but en-



# Career changes

More men  
are toiling  
in fields  
traditionally  
tended by  
women

BY CANDI SPARKS

**T**oday more than ever, men are making the choice to start non-traditional careers. As the economy struggles to bounce back, men are now working in fields that were typically dominated by women.

Non-traditional careers are defined as ones in which more than 75 percent of the workforce is of the opposite gender. These career changes not only allow employees to follow their dreams and find career satisfaction, but they also benefit society as well. They unlock gender bias, and employees who are the first of their gender to succeed open doors for others. For men, this economy is opening new doors to finding careers they can be passionate about.

## Nursing

In the 2000 popular romantic comedy, "Meet The Parents," actor Ben Stiller plays the role of a male nurse hoping to marry into a family dominated by Robert De Niro's character, a patriarch with a CIA past. The male nurse juxtaposed with an intimidating future father-in-law is a source of comedy in the movie and its sequels. Since the release of that movie, male nurses are still rare, but their numbers are growing.

The most recent national nursing survey by the U.S. Department of Health and Human Services' Health Resources and Services Administration reports that men accounted for 6.6 percent of all RNs in 2008, up from 5.8 percent in the 2004 survey.

"My reasons for entering this profession were the same as everybody else's: great pay, career satisfaction and the chance to make a difference in the lives of my patients," says Trevor, a male nurse at St. Luke's Roosevelt hospital in Manhattan. He recommends nursing as a viable profession for men. Options in the field can include becoming a clinical nurse, nurse specialist, nurse midwife, nurse anesthetist, or working in non-patient care positions.

Lincoln was a male nurse delivery



specialist in the 1990s. He was the last resort for women delivering by natural childbirth who "needed a little help." When the 6-foot, 250-pound nurse was called in, he would help deliver the baby by using his elbows and upper torso to help maneuver the newborn into position for a natural delivery. Lincoln says that he is "a mother's best friend" when it comes to labor and delivery. His title is not a "midwife," but rather a non-gender specific "labor and delivery specialist." Regardless of Lincoln's title, when it comes to babies, he delivers!

## Child care

Men are not only working to help deliver babies, they are also work-

ing in the child care industry. Male nannies, or "mannies," were dubbed the new Mary Poppins in 2006. The idea of men as professional caregivers for babies and toddlers was popularized by the hype around Holly Peterson's 2007 novel, "The Manny," and celebrities like Brittany Spears, Kurt Cobain, Courtney Love and Michael DeWitt, when they hired guys to do the job. (Celebrity nannies may also have to double as body guards for the kids.) Now, many agencies that help college students find employment offer "manny" placement positions.

Benefits of hiring a manny include providing gender balance or a high level of physical activity and energy

for the children. Men can be just as engaging as women, and a qualified man with the same interests as your kids may prove to be a tremendous asset to them and the home.

## Teaching

Do you remember your child having a male teacher in elementary school? Most people can't. However, Brooklyn elementary school student Maximillion has had two male teachers in the past four years — in the second and fifth grades. In the second grade, Max, and many of his classmates, assumed that his male and female homeroom teachers were married to each other, because they got along very well, and it was his first time seeing a man and woman working together outside of the home.

When the class began sharing information about their families and personal lives, the teachers explained that they both had significant others. The class also discussed how people can work together and get along with others without being married, which helped the students to understand the relationship between their teachers.

Although men account for about 30 percent of those employed in educational services as a whole, they tend to gravitate towards teaching positions within colleges, universities and technical or trade schools.

According to the National Education Association, only 17 percent of elementary level teachers are male. However, men represent about a third of middle school teachers and about half of high school teachers. There has been a global push in education to hire more men in the classroom in general at every grade level.

## Secretaries

Male secretaries are few and far between, but they do exist! Two men, both named Bob, are working as legal secretaries at prestigious New York law firms. Both are also pursuing careers in the creative arts, and are working in their current jobs because their bosses understand and support their artistic endeavors.

"I invite the whole firm to my performances, and actually have a solid following at work," says one Bob, an actor. "It helps working with someone that is a patron

of the arts."

"It beats waiting tables, and my boss is reasonable," says the other.

According to Dr. Randall Hansen, author, educator and founder of Quintessential Careers ([www.quintcareers.com](http://www.quintcareers.com)), there are more non-traditional careers for women than for men. Perhaps that is because there have been more employment initiatives for women in the government, public and private sectors to assist them. However, it is not clear whether men were ever precluded from non-traditional career paths. They simply may have snubbed these traditionally female jobs for higher pay, better benefits, or more glamorous titles:

- Bank tellers
- Bookkeepers
- Cashiers
- Child care workers
- Clerical/administrative support workers
- Cosmetologists
- Court reporters
- Dental assistants and hygienists
- Elementary and middle school teachers
- Flight attendants
- Hair stylists
- Home health aides
- Hotel clerks
- Librarians
- Maids and housekeepers
- Nurses
- Occupational and physical therapists
- Receptionists
- Secretaries
- Sewing machine operators
- Social workers
- Speech pathologists
- Teacher assistants

At a time when it is hard to find and keep employment, any job seems like a good job. Hopefully, this gender-bending economy will allow more people to express themselves and find satisfaction in non-traditional careers. Personally, I would enjoy seeing more "gendrification" in my all-too-female world. Especially if the men are doing work that they love. You know the saying, "if you combine something you love with something you're good at, you'll never have to work a day in your life."

*Candi Sparks is the author of the "Can I Have Some Money?" children's money book series, sold on Amazon.com and other retail sites. She is the Brooklyn mother of two and is on FaceBook (Candi Sparks Author).*



# 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](mailto:Drjoanemerson@aol.com) • [www.joanemerson.com](http://www.joanemerson.com)**

**Ft. Greene Pediatric Dental**

Over 10 Years Experience | Most Insurances Accepted

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

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

**New Orthodontic Program**

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](http://www.brooklynchildrensdentist.com) | 718-230-7676  
 Email: [yartnu@gmail.com](mailto:yartnu@gmail.com)

**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](http://www.nyfencingacademy.com)

# Stranger danger

Recent news reminds us to keep our children safe

BY LAURA VAROSCAK-DEINNOCENTIIS

**T**he news of Leiby Kletzky's murder horrified and shocked New Yorkers, especially the close-knit Hasidic community where the 8-year-old boy lived. The tragedy hit local parents particularly hard. Many thought, "What if this was my child?"

On Monday, July 11, Kletzky disappeared while walking alone to meet his mother after camp. Two days later, after a frantic search, police found his dismembered body and the man who allegedly killed him, Levi Aron.

Amid the breaking news, it was only natural for parents to want to hold their children close and never let them go.

While abductions of this kind are extremely rare, this tragic event reminds parents that they do occur. They can happen to any family, at any time, anywhere. As much as parents want to shield their children from this harsh reality, Kletzky's death proves that too much is never enough when it comes to talking to children about safety with strangers.

Parents can lower their children's risk of harm by teaching them a few simple lessons:

## Define 'stranger'

Children meet "strangers" every day. They encounter them on the street, in the playground, at the library — and, for the most part, they seem friendly. Parents have the responsibility to teach their children that a stranger is ANYONE who the family does not know well.

Strangers can be young or old, male or female, and any ethnicity or race. They may appear gentle and kind. Regardless, EVERYONE should be considered a stranger until a parent or responsible caregiver says otherwise.

It is also important for parents to help children identify safe strangers in the community — like police officers, firefighters, and teachers. This will help children feel more at ease.



## Establish clear rules

Parents know their children better than anyone else. Only they can gauge when their child is ready to take steps toward independence. Regardless of when that is, children need to be aware of family rules and follow them without exception. Children must let their parents know where they are and whom they are with at all times. A child should have his home address and telephone number memorized, along with his parents' cellphone and work numbers. Teaching children how to dial 911 is one of the most important lessons parents can share. If kids are allowed to walk home from school without parental supervision, they must follow strict guidelines:

- Stay in a group — there is safety in numbers.
- Walk the same, familiar route each day.
- Head straight home without any stops or detours.
- If plans change, call home immediately before leaving school.

Be aware of warning signs

While parents can assure children that most strangers are harmless, they must remind them to never let down their guard. Adults with bad intentions will try anything to trick kids into getting what they want. They may tug on their heartstrings (I lost my puppy), challenge their fears (your mom is hurt; you need to

come with me), persuade them with tempting promises (I know where there are awesome video games), or outright lie (your mom is stuck in traffic and asked me to pick you up today). Children who know what to expect will be prepared to deal with any suspicious behavior that comes their way.

## Empower children

Children must first recognize inappropriate behavior to feel strong and confident in dealing with it. This comes with repetition. Parents who rehearse different scenarios provide valuable opportunities for their children to practice feeling comfortable with the language and actions necessary to defend themselves.

"No!" is the most powerful word a child can use. If a stranger ignores a child's refusal, that child must know that it is OK to run, scream, and fight. It is critical that parents give children permission to trust their instincts and act accordingly if they are in a situation that is dangerous or makes them feel uneasy. Parents can also help children by designating safe public places. If children are prepared for danger, they will feel more safe and self-protected.

Kletzky left an important lesson behind. His tragic death is a wake-up call to all parents to be more rigorous about keeping their children safe from strangers. This starts with awareness and education. As children grow older and practice more autonomy, parents need to establish clear, simple rules for them to follow in their journey toward independence. It may save their lives.

*Laura Varoscak-DeInnocentiis, MA, is a teacher and freelance writer. She is a regular contributor to Family Publications and has won editorial awards from Parent Publications of America. She lives in Bay Ridge, Brooklyn, and is the proud mom of two sons, Henry and Charlie. Visit her webpage (<http://www.examiner.com/parenting-in-new-york/laura-varoscak>) for more articles on parenting.*

# The Noel Pointer School Of Music

## Saturday Program

9 a.m. - 4 p.m.

Enroll Your Children Now!

Music and Theory Instruction

Guitar • Violin • Viola • Cello • Piano



**First 10 Students To Enroll  
Will Receive  
A \$100<sup>00</sup> Scholarship**

247 Herkimer Street  
(Bedford Stuyvesant Restoration)  
[www.npsom.org](http://www.npsom.org)  
email at: [npf.nyc@gmail.com](mailto:npf.nyc@gmail.com)  
718-230-4825

### FALL REGISTRATION

Tuesday, Wednesday, Thursday, Friday  
September 6, 7, 8 & 9th, 6-8 p.m.

Classes Begin on Tuesday, September 13

Discounts  
For Siblings  
&  
2<sup>nd</sup> Program

Weekend  
& Sunday  
Classes  
Available

# GIVE YOUR CHILD THE BEST NOVA

PURSUIT OF EXCELLENCE THROUGH SPORT

ARTISTIC GYMNASTICS • DANCE • RHYTHMIC GYMNASTICS • MARTIAL ARTS  
CHILDREN'S BIRTHDAY PARTIES • SUMMER CAMP • SUNDAY CLASSES

### NOVA GYMNASTICS CENTER

- Recreational Classes For Boys & Girls
- Team Programs
- Artistic & Rhythmic Gymnastics
- Tumbling & Cheerleading Classes

### NOVA MARTIAL ARTS ACADEMY

Karate, Kung-Fu, Grappling & Ju-Jitsu  
For Children & Adults  
Teaches Self-Defense And Discipline

### NOVA DANCE ACADEMY

Basic Through Advanced  
Techniques  
Ballet, Jazz & Ballroom

### OUTSTANDING CHILDREN'S BIRTHDAY PARTIES

AT A GREAT PRICE!

## 3701 Surf Avenue

SEAGATE PRIVATE SEASIDE COMMUNITY • 1 BLOCK FROM THE BEACH

FOR INFORMATION CALL **718.996.2229**  
[www.freewebs.com/novagym](http://www.freewebs.com/novagym)

AWARD  
WINNING  
PROGRAMS  
Beginner  
Through  
Advanced

ЗАНИМАНИЯ ПРОВОДЯТСЯ ОПЫТНЕЙШИМИ ТРЕНЕРАМИ  
РОССИИ И США

On Going  
Registration  
After Sept.  
14th

RUSSIAN SPEAKING COACHES AVAILABLE

**WARNING:**  
YOUR CHILD  
COULD BECOME  
**CRAZY**  
ABOUT  
**MATH**

**\$75 off**  
Registration  
and Testing  
*Limited Time Offer!*

[www.mathnasium.com](http://www.mathnasium.com)

## MATHNASIUM<sup>+</sup>

The Math Learning Center

### Math Tutoring Experts.

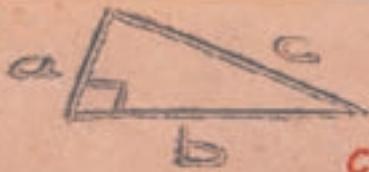
**Enrolling Now**

- ✦ 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



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

CATCH UP, KEEP UP, GET AHEAD.



# Building a parent/child connection

Tips on how to cultivate 'we' thinking

BY MICHELE RANARD, MED

I had to laugh at my sister as she lamented the fact that her husband was Facebooking their teen son from the other room of the house. What cracked me up was when she ranted, "I mean, what happened to the phone and texting?!"

## Flesh-and-blood connections

Connectivity has exploded in recent years. Our children's generation is more connected than any other,

yet, the fact remains that they "still crave old-fashioned flesh-and-blood connections with their parents," writes clinician and author of "The We Generation: Raising Socially Responsible Kids," Michael Ungar.

Ungar is concerned that parents need reminding that children deeply desire to be noticed and be held responsible.

"Beneath the whirling cacophony of the information revolution are children pleading for someone to notice them. They are looking for genuine connections with concerned

adults," writes Ungar.

In order to help kids embrace "we" and transcend "me," Ungar says the key is to offer opportunities for compassion — and not through expensive toys, permissiveness, or over-protecting.

"Give a child a chance to connect, and she will," says Ungar.

## Build better connections

The following tips to strengthen family bonds, cultivate compassion, and encourage "we thinking" come

“Beneath the whirling cacophony of the information revolution are children pleading for someone to notice them. They are looking for genuine connections with concerned adults.”

from ideas weaved through “The We Generation” and personal and professional experience.

•**Prioritize three.** Set a rule about family meals: everybody at the dinner table at least three times a week. It may not be realistic to squeeze in three week-night dinners, so expand your thinking to Saturday breakfasts, Sunday brunches, or Wednesday late-night cookies and milk. Seen the science about the emotionally healthy benefits of eating together? It’s true.

•**Really notice.** Ungar writes: “Our children want to be known to others. They want their parents to notice them. They want to be loved and caressed. And they want to be held responsible, for themselves and for others.” Frequently ask your child what she thinks she does well, and then have her demonstrate. For our son, it thrilled him to show us how far he could walk on his hands. Writing a word in cursive? Pouring juice into a glass? Kids love showing you what they’ve learned and how strong they’ve grown.

•**Take vacation.** Take as much family vacation as work allows. The opportunities for connection resulting from time away from the daily grind are GOLD and add up to memories for a lifetime. No one at the end of his life wishes he had just spent less time with his kids on vacation.

•**Don’t imagine they don’t need you.** Don’t assume friends and interests are enough. Give them your time. So often we underestimate how much our kids — especially tweens and teens — want to be with us. It’s important to carve out family time as often as possible, even if it feels like their peers have passed up on the

influence scale.

•**Help them craft their values and identity.** Just because they belong to the information age doesn’t mean it’s easier for your children to form an identity. Ungar reminds: “Their connectivity through the Internet, a five-hundred-channel-universe, means they can pick up and choose bits of their identity from around the world...They have, superficially, endless possibilities, in a world that floods them with one identity choice after another.” They need your help sifting through the garbage to get to the good stuff.

•**Try this high/low activity.** This works especially well during meal-time conversation. It’s easy. Ask your child to identify her best and worst daily moments. Don’t use this time to lecture if her “low” happens to be failing an exam. Instead, open your heart and connect with the emotion she is expressing. Share her joy and sorrow. You may be surprised at how much you learn about your kids’ inner lives.

•**Model compassion.** Rally your children to help with a project. Whether helping an elderly neighbor with yard work, painting at church, volunteering at a nursing home, or bringing groceries to someone less fortunate, join forces. See how the fruits of your labors extend way beyond an afternoon of hard work. Ungar writes: “I’m convinced their generation has the potential to become far more connected with others and more compassionate than the generation raising them was raised to be (that’s us).”

•**Write notes.** Words are powerful and are sometimes easier expressed on paper. Fill the pages with what you appreciate about your child, your wishes and hopes for her, and how she is full of potential and goodness. Leave the note on her pillow, and know that it will touch her — whether she mentions it or not.

Connecting with your children not only strengthens family bonds, but also allows them to develop compassion, empathy, and a healthier “we” outlook.

*Michele Ranard has a husband, two children, and a master’s degree in counseling. She has blogs at cheekychicmama.blogspot.com and hellolove-lyinc.blogspot.com.*

*Resources: Ungar, Michael. “The We Generation: Raising Socially Responsible Kids”*

# 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

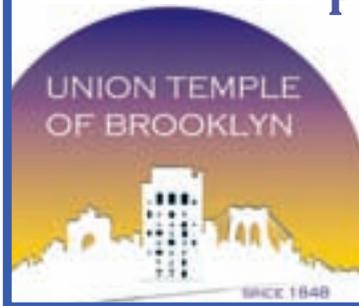
17 Eastern Parkway

Across from  
the Brooklyn Public Library  
at Grand Army Plaza

**718-638-7600**

[www.uniontemple.org](http://www.uniontemple.org)

[uniontemple@uniontemple.org](mailto:uniontemple@uniontemple.org)



**Practical Solutions that Strengthen Relationships at Home**

**[www.phponline.org](http://www.phponline.org)**

**“Short Stories” about Parenting**

**“Common Sense” Tips**

**Topical and Ongoing Workshops**

**Individual Appointments**

[www.facebook.com/parentsbrooklyn](http://www.facebook.com/parentsbrooklyn)

<https://twitter.com/ParentsHelpingP>

Parents Helping Parents, 669 President St., Brooklyn, NY 11215

**718-638-9444**

[Brooklynphp@gmail.com](mailto:Brooklynphp@gmail.com) • [www.phponline.org](http://www.phponline.org)



cinematters



LAURA GRAY

# Son seeks missing mother on **MARS**

## Mars Needs Moms

Rated PG

**Y**our sons are engaged in a rowdy game of intergalactic warfare, complete with laser guns, slimy aliens and bloody battles. The “trash talk” flies as fast as the proton bullets: “I’ll show you who’s commander of this ship, swine!” and “You don’t deserve to live, you green monster!” are met with even louder “gunfire.”

But the game takes an ugly turn when their playful war cries get personal. You step in to restore peace and to point out that words, too, can be weapons.

It’s a lesson Milo learns the hard way in Disney’s “Mars Needs Moms,” available this month on DVD. Why not make “Mars Needs Moms” a movie night feature for your family? Then, you can discuss Milo’s adventures — and heartbreak — using our Talk Together conversation starters. Afterward, enjoy a rousing game of “Build Up/Tear Down” in our Play Together activity.

Milo learns that Mars needs moms to help program the robots who raise their young ones. The Supervisor, a sinister woman who has built an all-female army, has dispatched all the men and now kidnaps Earth women to provide the right “mom wisdom” the nanny-bots need. Milo’s mom has just what the Supreme Leader is looking for: she’s firm, but fair, and Milo is, for the most part, a



The Supervisor and her assistant find the perfect Earth mother to kidnap for their evil plans.

good kid.

After Milo yells some hurtful comments at his mom, he discovers a Martian spaceship whisking her away. He stows away on the ship and, when he lands on Mars, he finds an ally in Gribble, a human man. The two try to rescue Milo’s mom but are captured. With help from Ki, a Martian woman who is intrigued by the human concepts of love and families, they get to Milo’s mom just before she is incinerated by the Supervisor.

Milo, overcome with guilt, enjoys the sweet reunion. But when he falls and breaks his oxygen helmet, his mom places her own helmet on her son. As she collapses with the Mar-

tian army in pursuit, Gribble arrives with another helmet. He and Ki return Milo and his mom to Earth. In the end, Milo learns the powerful impact of words — both unkind ones and loving ones.

### Talk together

Why does Milo get mad at his mom? How does she react to his cruel remarks? How does that make Milo feel?

Do you think this old nursery rhyme is true: “Sticks and stones may break my bones, but words will never hurt me”? Why or why not? How can words hurt?

Gribble was a little boy when his mother was kidnapped by the Martians. What happened to her? How did it affect him? What does Gribble regret the most?

Words are just words, but they can build up or tear down. What words make you feel loved? What words hurt your feelings? Tell your mom or dad something that will let them know they are appreciated.

*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: Build Up/Tear Down

Discover the power of words in this “constructive” game!

You will need:

- Marshmallows
- Slips of paper
- Bowl or basket

Distribute slips of paper to each player. Have players write encouraging phrases, such as “You did a

great job!” or “Way to go!” on half of them. On the other half, they should write words that can be cruel, such as “Dummy!” or “Loser!”

Give each player several marshmallows. One by one, players draw a slip of paper from the bowl. If they draw an encouraging comment, they add a marshmallow to

build their own tower. If they draw a discouraging comment, they must remove a marshmallow from their tower. If the structure falls, that player is out.

When the slips of paper are gone, the player with the tallest standing tower is the winner. Your kids will see, firsthand, how destructive disparaging remarks can be, while inspiring words “build up”!

## 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.



- ✧ Suzuki Programs for Violin, Cello, Recorder, and Flute
- ✧ Beginner to advanced instrument and voice lessons for children and adults; audition prep
- ✧ Musicianship Classes and Ensembles

- ✧ Theater Classes
- ✧ Creative Arts Program for ages 3-4
- ✧ Dance Classes for ages 3 & up
- ✧ Adults are welcome too!

Private lessons and group classes

Suzuki Programs – please call for an interview for the 2011-2012 school year

Please call 718-951-4111 for information on fall classes and registration or visit our website [www.bcprecenter.org](http://www.bcprecenter.org)

### The Brooklyn College Preparatory Center for the Performing Arts

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

**Fall Programs Now Forming**

# Paerdegat Sports Programs For Kids

• Soccer • Gymnastics • Basketball • Swim

**NEW! Teen And Pre-Teen Fitness Program**

All of Our Lessons in recreation Education or Sports Will Help Your Child Excel in Their Development. This Will Give Your Child More Confidence, Boosting School Performance - Physical & Mental Health.

**NEW INDOOR SOFTSTEP TURFED SOCCER FIELD & KIDSPORT GYMNASTICS CENTER**

## "Brooklyn's Best Birthday Party" Includes

Party Packages Available: Kids Multisports, Gymnastics, Soccer, Swim And Basketball

- 30 Minutes Of Activities • 30 Minutes In Your Private Party Room
- 30 Minutes In The Adventures Challenge
- Costume Characters, Magicians; Clowns & Artists Available

CALL NOW...Enrollment Is Limited! Call For More Details.

**Paerdegat Athletic Club**  
 1500 Paerdegat Ave. N., Canarsie, Brooklyn  
**718.531.1111**

For Directions go to:  
[www.paerdegat.com](http://www.paerdegat.com)



## PARENTS HELPING PARENTS

SHARON C. PETERS, MA

# Returning to work and **heartbroken**

**Dear Sharon,**

Three months ago we had a second child and just now I have returned to my job. It hasn't been easy leaving the baby and going back to the office, but we need the money. Do you have any advice for a mom like me, who is battling depression at having to leave her baby and return to work? I feel so sad in the mornings and saying "goodbye" is breaking my heart.



**Dear parents,**

I am sorry that you have to go through the emotional pain of saying goodbye to your baby before you are ready; there is nothing easy about this time for you or your family. Nevertheless, it is important to remember that I know countless parents, including myself, who have remarkable relationships with wonderful children, even though they had similar choices to make.

Unfortunately, in these challenging economic times, many moms and dads have to return to work sooner — and for more hours — than they would like. Here are some ideas that I have suggested to people making a similar transition:

It is often useful to talk to other parents who have had to make similar decisions. Parents of older children can share strategies that made things more manageable for them. They can also be reassuring about your child's long-term health, well-being and development under these circumstances. Finding an understanding person to commiserate with can help you feel less alone and can make a big difference.

I also suggest that parents make sure that they spend good quality time with their child before and after work hours. This often means organizing meals and other tasks so that the "endless" chores at home don't rob you of your precious moments with your baby. Weekends can also be a particularly important part of parental efforts to "make up for lost time."

It is also good to remember that play can be an excellent way to connect with a little one. It can be hard to have fun after a long workday or in the course of a busy weekend, but finding time to laugh and/or smile with a loved one is often an important building block in strong relationships.

My next suggestion might not be possible in your specific circumstances, but some parents I know have successfully talked to employers about changing their work schedules. Many I know have spent a lot of time and effort sorting through more flexible work lives. Even a slight change, such as arriving home an hour earlier one day a week, can help you and your child feel less overwhelmed by the lack of choice involved in adult work lives. Moms and dads I know have also arranged to work at home for periods of time. They are not available to their baby during the time they're working, but

don't have to waste time in a commute and can sometimes spend a few minutes with their little one during breaks. I also often recommend that parents use all the sick, personal and vacation days they have, if available and at all possible.

When first going back to work, it can also be helpful for parents to call home for reassurance about how things are going. Some contact with child care workers can ease worries about your child's well-being in your absence.

Although challenging, it is also important that all parents, even in your situation, take good care of their physical and emotional well-being so that they can be at their best when spending time with their children. It is important for working mothers and fathers to eat well and/or to get some exercise (using the stairs instead of the elevator, visiting a gym near work, or even making sure they take a minute every now and then to breathe). Parents can also think of some little things to do for themselves while away from home. This can improve adult moods and can help them find ways to lighten the hardships in their families.

Again, I am sorry that you have to go through the emotional pain of leaving your baby before you are ready. Best wishes as you sort things through.

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, [www.PHPonline.org](http://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](mailto:SWeiss@cnglocal.com).

**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

**THE MOXIE SPOT** Restaurant & Play Space

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**

<b>Singalong w Lloyd</b> Tuesdays, 11a	<b>Storytime w Emily</b> Mon/Wed/Fri, 12p	<b>Dance w Nat</b> Thursdays, 11a	<b>Sunday Singalong</b> 12 Noon, 1st & 3rd Suns
---	--	--------------------------------------	--

**EVENING**

<b>Beatles RockBand Night</b> 1st Saturdays, 6p	<b>Family Disco Party</b> 2nd Saturdays, 6p	<b>Nintendo Wii Night</b> 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](http://WWW.THEMOXIESPOT.COM) FOR MORE INFO

**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 3<sup>rd</sup> Ave. • Brooklyn  
**BRINGING 24 YEARS OF SUCCESS TO BROOKLYN**



**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 wont lose them

Custom fit  
So they stay in

Variety of colors  
So he's proud of them

Floatable  
So they wont 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





## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Stressed to the max

## Helping your teen cope as school approaches

I'm one who considers it "culture shock" when my family returns from vacation. First of all, it takes about three days to wind down once I get where I'm going. It takes those three days to eventually realize that I'm not on work-mother-maid duty anymore, and I finally relax. Returning poses more of a challenge for my family: Oh, the shock of it all! There's no one to make the bed, for goodness sake! Frantic schedules once again become the norm, and I'm forced to regroup. Sometimes, my stress level starts to rise before I even step through the doorway.

Teens experience similar emotions as the school year approaches after a long summer vacation. Even if their summer was filled with volunteer or work opportunities, a more lax schedule with time to surf, hike, or hang out was likely in the mix. Therefore, as the demanding school year draws near, many teens begin to experience high

stress levels. Parents can help their teens get a handle on stress before it wreaks havoc on the teen's psyche.

### Why back-to-school stress?

Maybe she's worried about academic success or acceptance to a club she is interested in joining. Sometimes, it's a combination of social and academic stressors.

"Often, teens feel stress about the start of the school year because their schedule is quite different during the summer," reports Richard N. Shadick, PhD, director of Pace University Counseling Center and adjunct professor of psychology. "They are used to fewer demands and expectations. Also, during the summer, some teens tend to lose their social network. This makes for an awkward transition and the need to get reacquainted with peers after much time has passed."

Teens might be concerned about considerable changes as well, such as more intense academic loads or new school environments.

"Depending on the year, teens may be facing major challenges, such as starting high school, applying to colleges, or looking for work," points out Shadick.

### Don't underestimate stress

Stress levels can escalate, resulting in teens making bad choices as they search for ways to cope. According to studies conducted in 2007 by the Partnership for a Drug-Free America, 73 percent of teens surveyed reported that school stress was the primary reason for their drug use. A supplemental study showed that only seven percent of parents believe that teens will use drugs to cope with stress. Parents may be underestimating the effect that stress has on their teens.

"Signs that your teen's stress is getting out of hand include drastic changes in their grades, personality, or habits. For example, if a neat and orderly teen

starts to become disheveled and disorganized, parents may need to be concerned," warns Shadick. Parents should seek professional help if their teen is extremely anxious, seems unusually depressed, or exhibits signs of substance abuse.

### Parents can help

Parents can help minimize their teen's stress level, but the first step is to acknowledge the stress and to take it seriously.

"Encourage your teen to stay in contact with their friends from school so that they will have the social support they need when they return to classes," suggests Shadick.

Additional ideas for a stress-free start:

- New school? Your teen should "walk" her schedule before the first day
- Great confidence boosters: a fresh haircut or new outfit
- Schedule downtime
- Teens should abide by "school night" curfews a week prior to school starting.

### Tips and tales

"As school starts, I get fearless about taking things off our list if I see the stress levels getting too high. We also plan hikes or other nature-related activities because this is calming and refreshing to one's spirits."

*Wendy Urban-Mead, Staatsburg, NY*

"If my daughter starts getting anxious about the beginning of the school year, I talk with her about it — we take a "picture" walk in her mind." *Terri Hein, Poughkeepsie, NY*

### Share your ideas

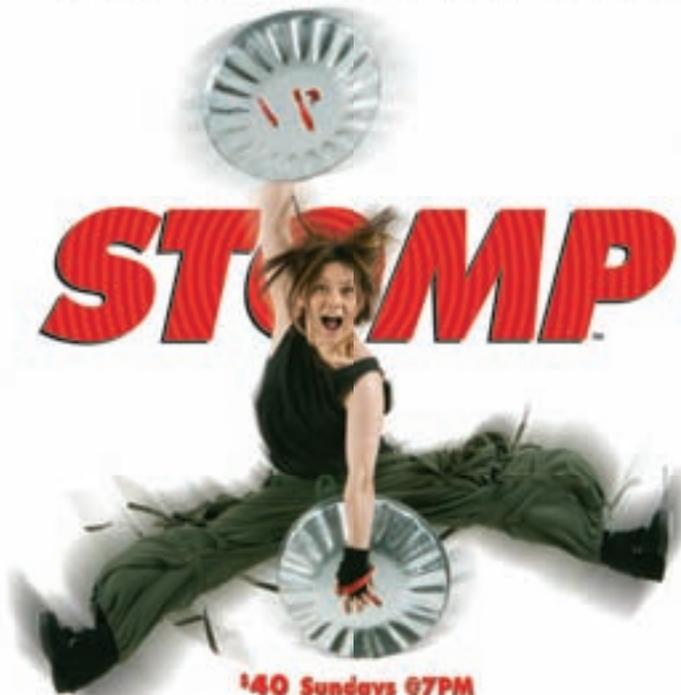
Upcoming topic: What to do when your teen gets mixed up with the "wrong" crowd.

Please send your full name, address, and brief comments to [myrnahaskell@gmail.com](mailto:myrnahaskell@gmail.com), or visit [www.myrnahaskell.com](http://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.*



# THE RHYTHM OF NEW YORK



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

**ORPHEUM THEATRE**

Second Avenue at 8th Street [ticketmaster](http://ticketmaster.com) (800) 982-2787  
[www.stomponline.com](http://www.stomponline.com)

Like Us on  
facebook

to **WIN**  
tickets, prizes  
or a birthday  
package at



**Jersey City**

Visit us at our  
NYParenting page  
and register to win



John Tartaglia's  
**IMAGIN OCEAN**

The **LIVE glow-in-the-dark** family musical!



See us before we swim away  
on September 4!

**NEW WORLD STAGES**

340 West 50th Street, NYC

TELECHARGE.COM OR 212.239.6200

[www.ImgainOceantheMusical.com](http://www.ImgainOceantheMusical.com)

## 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](mailto:family@cnglocal.com) to  
have your piece included in our  
magazine and on our website.



# www.NYParenting.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](http://www.webfamilyny.com)



Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting



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 NW 340 WEST 50th ST.

BROOKLYN FENCING CENTER

Fencing Classes for All Ages

COMPETITIVE OR JUST FOR FUN!

NEW CLASSES STARTING EACH MONTH

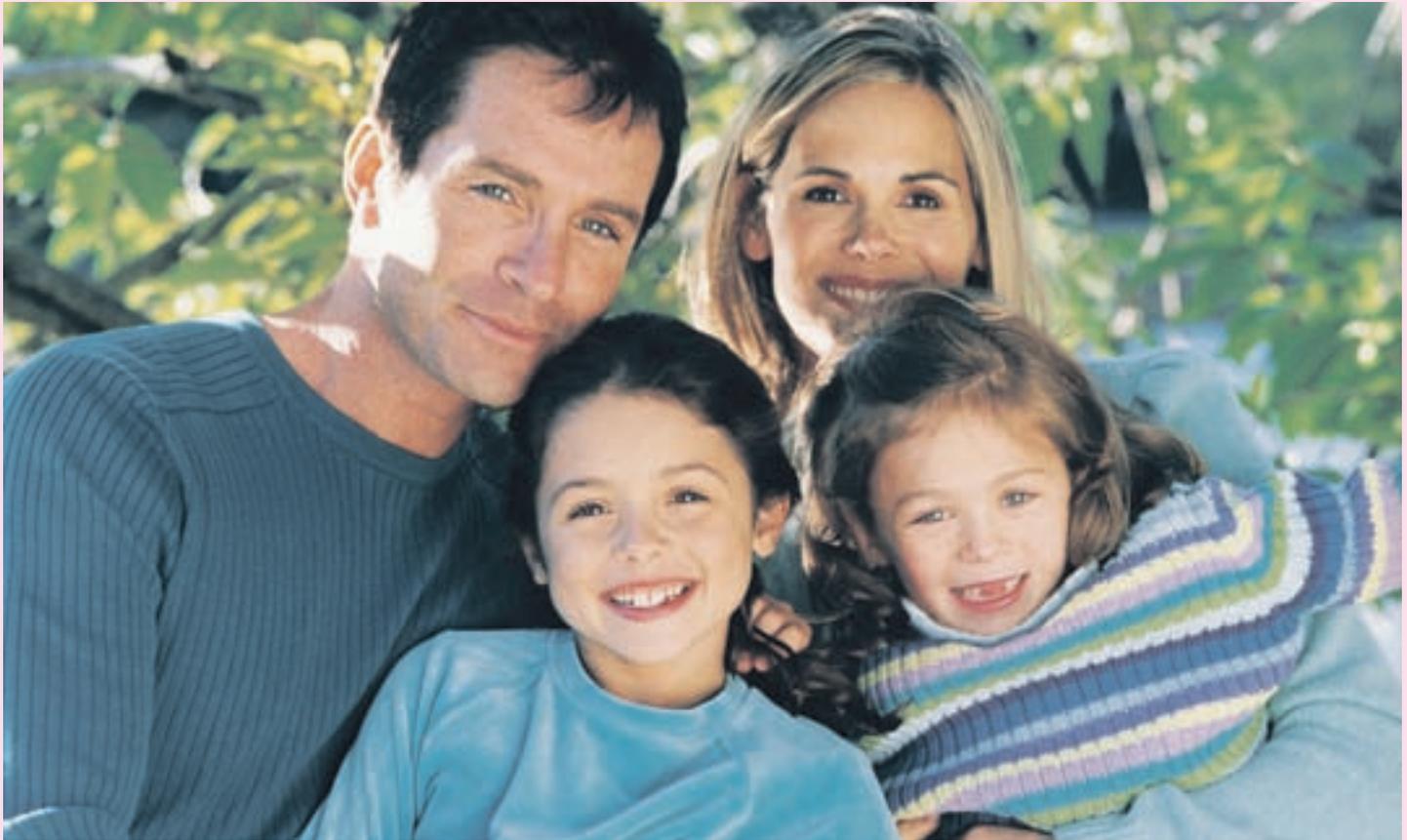
VISIT OUR WEBSITE FOR CLASS SCHEDULE:

WWW.BROOKLYNFENCING.COM

718-522-5822 62 FOURTH ST (X HOYT ST)



BROOKLYN  
**Family**  
PRESENTS



# Great Family Deals!

**Deals, discounts and savings of up to 90%**  
at your favorite family-friendly restaurants,  
classes, stores, attractions, and much more!



*Sign up today!*

**BoroDeal.com**

# Going Places

## LONG-RUNNING

**Movie night:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; themoxiespot.com; Fridays, 6:15, Free!

Shorts and a full-length family-appropriate movie.

**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 9-Week Sessions.

Fast-paced, fun-filled and fully interactive.

**Play-streets:** 61st Street 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.

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

Children ages birth to 5; 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, Now – Fri, Aug. 26; Free.

For children ages birth to 5; play with toys.

**Park play:** Brooklyn Bridge Park, Old



## Movies al fresco

**G**et ready to laugh your socks off, because Narrows Botanical Gardens is screening two comedies this month — a Mel Brooks classic and a recent animated movie about a scheming raccoon.

Amidst its renowned weeping willows and rose bushes, the Bay Ridge garden invites the whole family to come and see

“Young Frankenstein” on Aug. 8 and “Over the Hedge,” on Aug. 20.

“Young Frankenstein” and “Over the Hedge” at Narrows Botanical Gardens [Shore Road between Bay Ridge Avenue and 72nd Street in Bay Ridge, (718) 748-4810] Aug. 8 and Aug. 20 starting at sundown. Free. For more information, visit [www.narrowsbg.org](http://www.narrowsbg.org).

Fulton St. at Furman Street; (718) 802-0603; [www.nycgovparks.org](http://www.nycgovparks.org); Thursdays and Fridays, 11 am–7 pm, Now – Fri, Aug. 26; Free.

Fun for the whole family.

**First RIF:** Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 11 am, Now – Fri, Aug. 26; Free. For children ages birth to 5.

**Toddler time:** Flatlands Public Library, 2065 Flatbush Ave. at Avenue P; (718) 253-4409; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 11 am, Now – Fri, Aug. 26; Free.

For children 18 to 36 months.

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

For children 18 to 36 months.

**Family day:** Empire Fulton Ferry State

Park, Plymouth St. at Main Street; (718) 802-0603; Thursdays and Fridays, 11 am–7 pm, Now – 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, Now – Fri, Aug. 26; Free.

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

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

For children 18 to 36 months.

**Storytime:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; themoxiespot.com; Mondays, Wednesdays and Fridays, Noon,

## 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](mailto: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!

\$2.50.

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

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

For children 5 and under.

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

Teens enjoy old-fashioned games.

**Electronic games:** Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 3:30 pm, Now – 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](http://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](http://www.brooklynpubliclibrary.org); Fridays, 4 pm, Now – Fri, Aug. 26; Free.

Children enjoy games, anime and drawing.

**Vidbel Circus:** Stillwell Avenue and the Boardwalk; [www.circusvidbel.com](http://www.circusvidbel.com); Tuesdays and Wednesdays, 5 and 7:30

*Continued on page 62*

# Going Places

Continued from page 61

pm, Thursdays, 3 and 5:30 pm, Fridays, 4 and 6:30 pm, Saturdays, 4, 6 and 8 pm, Sundays, 3 and 6 pm, Now – Mon, Sept. 5; \$10, children under 2 are free.

Trapeze artists, jugglers and equestrians galore.

**"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, Sept. 25; \$35.

Dance along to this new musical.

**Meaningful maps:** Ruben Museum of Art, 150 W. 17 St., between Sixth and Seventh avenues; (212) 620-5000 ext. 344. www.rmanyc.org; Saturdays, 10:30 am–noon, Sundays, Now – 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 30, 11 am; Free.

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

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

For the whole family.

**Family Weekend:** Empire Fulton Ferry State Park, Plymouth St. at Main Street; (718) 802-0603; www.nycgov-parks.org; Saturdays and Sundays, Noon–2 pm and 4–6 pm, Now – Sun, Oct. 30; 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.nycgov-parks.org; Saturdays and Sundays, Noon–2 pm and 4–6 pm, Now – Sun, Oct. 30; Free.

Different themes every weekend from recycling to art.

**Creatures of the sea:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Thursday, July 28, 2 pm; Saturday, July 30, 12 pm; Tuesday, Aug. 2, 2 pm; Thursday, Aug. 4, 2 pm; Saturday, Aug. 6, 12 pm; Sunday, Aug. 7, 12 pm; Tuesday, Aug. 9, 2 pm; Thursday, Aug. 11, 2 pm; \$7.50 (members and children under 1 free).

Explore under the waves for children of all ages.



## Sand spectaculars

**B**reak out your shovels and pails!

A sand castle contest is coming to Coney Island on Aug. 6.

Kids and adults are welcome to compete and create their own works of sand art or to just walk along and cheer other artists on.

Don't miss out on this super fun, summertime event, which

will also feature live entertainment, face painting for the kids, arts and crafts and even cool prize giveaways.

*Sand Sculpting Contest and Unity Day Celebration [Coney Island Beach and Boardwalk, between West 10th and West 12th streets], Aug. 6 at noon. Free. To participate, apply online at [www.astelldevelopment.org](http://www.astelldevelopment.org) or register on site.*

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

Adapted for marionettes by Nicholas Coppola.

**Science power hour:** Prospect Park 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 with 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, Now – 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, Now – Sun, Aug. 28; Free.

Children engage in fun activities.

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

Prizes and fun for the whole family.

**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, Now – Sun, Aug. 28; Free.

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

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

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

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

Children ages birth to 5 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, Now – Mon, Aug. 29; Free.

Children ages birth to 5 years make friends.

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

For children ages birth to 5 years.

**Toddler time:** Kings Highway Public Library, 2115 Ocean Ave. at Avenue R; (718) 339-2783; [Http://www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Mondays and Tuesdays, 11 am, Now – Tues, Aug. 30; Free.

Children 18 to 36 months play games and hear stories.

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

For teens. No session July 25.

**Singalong:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; themoxiespot.com; Tuesdays, 11:00, \$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, Now – Tues, Aug. 30; Free.

Children ages 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, Now – Mon, Aug. 29; Free.

For children ages birth to 5 years.

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

For children ages 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, Now – Tues, Aug. 30; Free.

For children ages birth to 5 years with and without disabilities.

# Going Places

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

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

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

For children.

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

Children enjoy music and dancing.

**Anime club:** New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Tuesdays, 3 pm, Now – Tues, Aug. 30; Free.

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

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

Children create projects.

**Dancing under the stars:** Park, Fourth St. at Fifth Avenue; [www.park-slopefifthavenuebid.com](http://www.park-slopefifthavenuebid.com); Tuesdays, 7–9 pm, Now – Tues, Aug. 30; Free.

Adults dance to live music presented by the Park Slope Fifth Avenue Business Improvement District.

**Farmers market:** The New York Botanical Garden, 2900 Southern Blvd. at the Mosholu Gate; (718) 817-8700; [pubrel@nybg.org](mailto:pubrel@nybg.org); [www.nybg.org/green-market](http://www.nybg.org/green-market); Wednesdays, 9 am–3 pm, Now – Wed, Nov. 23; Free.

Affordable, locally grown produce and fresh, nutritious baked goods.

**Little Scientist:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Wed, Aug. 31; Free with museum admission (plus \$5 egg hunt fee).

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

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

Children ages birth to 5 years.

**Arts and crafts:** Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham



## Easy being green

**P**olish your dancing shoes, because the live music will get your toes tapping as part of the Dancing Under the Stars series in Park Slope this month.

Each Wednesday in August for one hour, children are invited to come and bust a move as Rolie

Polie Guacamole plays its hit songs.

Kids are encouraged to sing, use their imagination, and even play percussion instruments.

*Dancing Under the Stars [Fifth Avenue and Fourth Street in Park Slope, (718) 637-1955] Wednesdays through Aug. 31, 6-7 pm. Free.*

Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Wednesdays, 2 pm, Now – 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](http://www.brooklynpubliclibrary.org); Wednesdays, 2:30 pm, Now – 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](http://www.brooklynpubliclibrary.org); Wednesdays, 3 pm, Now – Wed, Aug. 31; Free.

For all ages.

**Playstation:** Cortelyou Public Library, 1305 Cortelyou Rd. at Argyle Road; (718) 693-7763; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Wednesdays, 3:30 pm, Thursdays, 4 pm, Now – 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](http://www.brooklynpubliclibrary.org); Wednesdays, 3:30 pm, Now – Wed, Aug. 31; Free.

For teens.

**Movie time:** Ulmer Park Public Library, 2602 Bath Ave. at 26th Avenue; (718) 265-3443; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Wednesdays, 4 pm, Now – Wed, Aug. 31; Free.

Children enjoy age-appropriate selections.

**Rolie Polie Guacamole:** Park, Fourth St. at Fifth Avenue; [www.park-slopefifthavenuebid.com](http://www.park-slopefifthavenuebid.com); Wednesdays, 6–7 pm, Now – Wed, Aug. 31; Free.

Children's concert, presented by the Park Slope Fifth Avenue Business Improvement District.

**Dance-around:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; [themoxiespot.com](http://themoxiespot.com); Thursdays, 11, \$2.50.

For children.

**The Yak Packers:** Ruben Museum of Art, 150 W. 17 St., between Sixth

and Seventh avenues; (212) 620-5000 ext. 344. [www.rmanyc.org](http://www.rmanyc.org); Thursdays, 10:30–11:30 am, Now – Thurs, Aug. 25; \$10 child and parent (\$5 members).

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

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

Children play with friends.

**Arts and crafts:** Gravesend Public Library, 303 Ave. X between W. First and W. Second streets; (718) 382-5792; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 2 pm, Now – 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](http://www.brooklynpubliclibrary.org); Thursdays, 2 pm, Now – Thurs, Aug. 25; Free.

For children.

**Board games:** Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 3 pm, Now – 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](http://www.brooklynpubliclibrary.org); Thursdays, 3:30 pm, Now – 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](http://www.brooklynpubliclibrary.org); Thursdays, 3:30 pm, Now – Thurs, Aug. 25; Free.

For children 8 and up.

**Teen time:** Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 4 pm, Now – Thurs, Aug. 25; Free.

Books, games and music with friends.

**Playstation gaming:** Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 4 pm, Now – Fri, Aug. 26; Free.

Teens meet and compete with friends.

**Stargazing:** Brooklyn Bridge Park, Old Fulton St. at Furman Street; (718) 802-0603; [www.nycgovparks.org](http://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.

*Continued on page 64*

# Going Places

Continued from page 63

**Sunday singalong:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; themoxiespot.com; Sunday, Aug. 7, 12 am; Sunday, Aug. 21, 12 pm; Free.

Come sing, clap, dance or just watch.

**Family disco night:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; themoxiespot.com; Saturday, Aug. 13, 6 pm; Free!

Eat, drink and shake your groove thangs!

**Creatures of the sea:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays, Saturdays and Sundays, Noon-12:30 pm, Thursdays, 2-2:30 pm, Sat, Aug. 13 - Tues, Aug. 30; \$7.50 (members and children under 1 free).

Explore under the waves for children of all ages.

**Wii and Nintendo:** The Moxie Spot, 81 Atlantic Ave., between Hicks Street; (718) 923-9710; themoxiespot.com; Saturday, Aug. 20, 6 pm; Free.

Prizes, games and food.

## 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:** 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.

## SAT, JULY 30

**"Imagination Comics:** From Page to Puppets!": DUMBO Arts Center, 30 Washington St. between Plymouth and Water streets; (718) 694-0831; www.dumboartscenter.org; 10:30 am - noon; \$75 per person, \$60 for members.

Kids can make their own comic characters, turn them into comic strips, and then into puppets. For ages 8 to 11.

**Pirates' festival:** Ikea/Erie Basin Park, One Beard St. at Columbia Street; (347) 224-5828; www.emmredhookpirates.blogspot.com; 11 am-5 pm; Free.

Children learn about life at sea on the 48-foot long mobile nature and maritime museum on wheels, the Enviromedia Mobile. Pirate contest, pirate show and family entertainment.

**Treasure Cove Pirates Festival:** Ikea/Erie Basin Park, Beard Street between Otsego and Dwight streets; (347) 224-5828; emmredhookpirates.blogspot.com; 11 am-5 pm; Free.

Featuring pirate theater, pirate music,

## Music to your ears

**B**ring your family and dance the night away in Cobble Hill Park this month.

The neighborhood's "Music in the Park" series brings free concerts to the park, with a focus on family-friendly entertainment.

This summer, they'll be performances by singer and songwriter Nate Schweber on Aug. 4 and the a cappella group The Crustaceans on Aug. 11.

Best of all, the concerts are free!

"Music in the Park" in Cobble Hill



Park [Clinton Street, Congress Street and Verandah Place, (212) 639-9675] Aug. 4 and Aug. 11 at 7 pm. Rain dates Aug. 5 and 12 when possible. Free. For info, visit [www.cobblehillassociation.blogspot.com](http://www.cobblehillassociation.blogspot.com).

pirate "edutainment," and yes, even a pirate ship.

### "Gwendolyn the Graceful Pig":

The Covenant Ballet Theatre of Brooklyn, 2085 Coney Island Ave. between Kings Highway and Avenue R; (718) 891-6199; covedance2@aol.com; 3 pm; Free.

Ballet and reading of the classic story.

## 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.

**Wacky Tuesday:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am-12:30 pm; \$7.50 (Free for museum members and children under 1).

Children 5 and younger explore science, art and culture.

**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.

**"Wall-E":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street; www.nycgovparks.org; 8-10:30 pm; Free.

Fun flick for all ages. Don't forget the popcorn.

## WED, AUG. 3

**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.

Children play games, watch movies and make crafts.

**"Clueless":** McCarren Park, Bedford Ave. at North 12th Street; www.nycgovparks.org; 7-10 pm; Free.

Rated PG-13. Whatever! Campy flick starring Alicia Silverstone and Brittany Murphy.

## THURS, AUG. 4

**"How to Train Your Dragon":** East River State Park, N. 8th St. at Kent Avenue; (347) 276-4979; www.nycgovparks.org; 6-11 pm; Free.

Arts/crafts, games, live music and a classic flick.

**Waterlily concert series:** New York Botanical Garden, 200th St. and Kazimiroff Blvd. (718) 817-8700; www.nybg.org; 7 pm; \$20.

Featuring an extended viewing of "Spanish Paradise: Gardens of Alhambra" followed by a performance of music of Spain.

## FRI, AUG. 5

**Board games:** 2:30 pm. Clarendon Public Library. See Friday, July 29.

**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.

**"Young Frankenstein":** Narrows Botanical Gardens, Shore Rd. at 71st Street; (718) 748-9848; 8 pm; Free.

Enjoy one of Mel Brooks's finest creations.

## SAT, AUG. 6

**Unity day:** Coney Island Beach, Surf Ave. between W. 10 and W. 12th streets; www.astelladevelopment.org; Noon-5 pm; Free.

Get your pails and shovels, the annual sand sculpting competition is here including live entertainment, arts and crafts for children and fantastic giveaways. Register online or on day of event.

**Fishing clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400 ext. 303; www.prospectpark.org/audubon; 1 pm; Free.

Children 15 and under learn the recreational sport of fishing with fish-friendly techniques. Sponsored by Macy's.

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

Target First Saturdays features a reggae performance by Meta and the Cornerstones, arts and crafts and a dance party hosted by DJ Spice.

## SUN, AUG. 7

**Summer Sunday:** Prospect Park Band Shell, Prospect Park West and Ninth Street; (718) 965-8900; www.bricartsmedia.org/cb; 8 am-5 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus. Morning bird walk, songs and stories and carousel rides.

**Summer Sunday:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; 11:30 am, 2 and 4 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus.

**Summer Sunday:** Grand Army Plaza, Union Street between Flatbush Avenue and Prospect Park West; Noon-5 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus. Features Brooklyn Icons Mini Golf.

**Summer Sunday:** Brooklyn Chil-

# Going Places

dren's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Noon–5 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus. Enjoy "Kitchen Chemistry: Cool-inary Creations."

**Summer Sunday:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklyn-museum.org; Noon–5 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus.

**Summer Sunday:** Brooklyn Public Library's Central branch, Flatbush Ave. at Eastern Parkway in Grand Army Plaza; (718) 230-2100; www.brooklyn-publiclibrary.org/branch\_library\_detail.jsp?branchpageid=265; Noon–5 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus. View Brooklyn's Bridges: Engineering as Art & Inspiration.

**Summer Sunday:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 1 pm; Free.

Heart of Brooklyn celebrates 10 years with special exhibitions, games and contests throughout its cultural campus. Features Native New Yorkers exhibition and tour.

## MON, AUG. 8

**Queen Latifah:** Wingate Field, Brooklyn Ave. at Rutland Road; www.nycgovparks.org; 7:30 pm; Free.

The Martin Luther King Jr. concert series presents the diva of all divas.

**"Annie Hall":** Coney Island Beach, W. 10th St. at the Boardwalk; www.nycgovparks.org; 7:30–10:30 pm; Free.

A very young Diane Keaton in this Woody Allen classic.

## TUES, AUG. 9

**Heritage Op:** Underwood Park, Lafayette Ave. at Washington Avenue; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

The group performs positive and upbeat songs.

**Wacky Tuesday:** 11:30 am–12:30 pm. Brooklyn Children's Museum. See Tuesday, Aug. 2.

**This & That:** Bedford Public Library, 496 Franklin Ave. at Hancock Street; (212) 829-0150 ext. 2; 2:30 pm; Free.

Enjoy arts, crafts, gaming, books, and other fun stuff.

**"Karate Kid":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street;



## Get on your Soapbox

Speed-demons are on their marks for the Open Source Gallery's third annual Soapbox Derby.

Last year, the judging criteria came down entirely to speed; this time around, not only is the style of each car going to be a factor, but also its structural integrity — a tall order, since all entrants are required to build their cars out of found materials such as cardboard, discarded lumber, or (as in one case last year) a bathtub.

Still, the race, which runs down 17th Street from Seventh to Sixth avenues on Aug. 13, should have some of the fastest, flashiest cars around, as at least 40 kids — and adults, too! — are expected to compete for soapbox derby glory.

*Soapbox Derby outside Open Source Gallery [17th Street between Fifth and Sixth avenues in the South Slope, (646) 279-3969], Aug. 13, with the kids race at 11:30 am, adults at 1 pm. For info, visit www.open-source-gallery.org.*

www.nycgovparks.org; 8–10:30 pm; Free.

Wax on and wax off with a young Ralph Macchio.

## WED, AUG. 10

**Gizmo Guys:** Sunset Park, Fifth Ave. at 41st Street; (212) 360-8290; www.nycgovparks.org; 10:30 am; Free.

Juggling and humor for any age.

**Kid's Korner:** 4:15 pm. Clinton Hill Public Library. See Wednesday, Aug. 3.

**"Jurassic Park":** McCarren Park, Bedford Ave. at North 12th Street; www.nycgovparks.org; 7–10 pm; Free.

Rated PG-13. Don't play with gene tampering — you get big unruly dinos.

**"The Jungle Book":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street; www.nycgovparks.org; 8:15 pm; Free.

A Disney classic.

## THURS, AUG. 11

**"Diary of a Wimpy Kid":** 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.

**Waterlily concert series:** 7 pm. New York Botanical Garden. See Thursday, Aug. 4.

## SAT, AUG. 13

**Fishing clinics:** 1 pm. Prospect Park Audubon Center. See Saturday, Aug. 6.

## MON, AUG. 15

**"Moonstruck":** Coney Island Beach, W. 10th St. at the Boardwalk; www.nycgovparks.org; 7:30–10:30 pm; Free.

Cher and Nicholas Cage spark up the night.

## TUES, AUG. 16

**Wacky Tuesday:** 11:30 am–12:30 pm. Brooklyn Children's Museum. See Tuesday, Aug. 2.

**Teen Time:** Bedford Public Library, 496 Franklin Ave. at Hancock Street; (212) 829-0150 ext. 2; 2:30 pm; Free. Enjoy books, games and music.

**"The Fast and the Furious":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street; www.nycgovparks.org; 8–10:30 pm; Free.

Rated PG-13. Vin Diesel socks the bad guys once again.

## THURS, AUG. 18

**"Toy Story 3":** East River State Park, N. 8th St. at Kent Avenue; (347) 276-4979; www.nycgovparks.org; 6–11 pm; Free.

Arts/crafts, games, live music and a classic flick.

**Waterlily concert series:** 7 pm. New York Botanical Garden. See Thursday, Aug. 4.

## FRI, AUG. 19

**"Bessie's Big Shot":** Brooklyn Bridge Park Pier 6, Old Fulton St. at Furman Street; (718) 222-9939; 10:30 – noon; Free.

Root for Bessie in this variety show.

**Ballet Los Pampas:** PS 31 Playground, Lorimer St. between Calyer Street and Meserole Avenue at Nassau Avenue; (347) 559-1410; info@town-squareinc.com; 10:30 am; Free.

Children's concert combining folklore, music and tango.

**"Over the Hedge":** Narrows Botanical Gardens, Shore Rd. at 71st Street; (718) 748-9848; 8 pm; Free.

Animated adventure of a mischievous raccoon and his best buddy.

## SAT, AUG. 20

**Youth fair:** Matrix Auto Collision, 1796 E. 49th St. at Avenue O; (718) 724-2373; Noon–6 pm; Free.

Entertainment, games, rides and food.

**Fishing clinics:** 1 pm. Prospect Park Audubon Center. See Saturday, Aug. 6.

**"When Fried Eggs Fly":** Ikea/Erie Basin Park, Beard St. at Columbia Street; www.emmredhookpirates.glogspot.com; 3–10 pm; Free.

Documentary about 162 kids, one teacher and a song, musical performance by Melvin Van Peebles and Laxative Orchestra.

## MON, AUG. 22

**"Justin Bieber: Never Say Never":** Coney Island Beach, W. 10th St. at the

*Continued on page 66*

# Going Places

Continued from page 65

Boardwalk; [www.nycgovparks.org](http://www.nycgovparks.org); 7:30–10:30 pm; Free.

It's a tween's dream come true.

## TUES, AUG. 23

**Wacky Tuesday:** 11:30 am–12:30 pm. Brooklyn Children's Museum. See Tuesday, Aug. 2.

**"The Iron Giant":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street; [www.nycgovparks.org](http://www.nycgovparks.org); 8–10:30 pm; Free. Alien robot to the rescue.

## WED, AUG. 24

**Family day:** McKinley Park, 75th St. at Ft. Hamilton Parkway; (718) 236-7547; 5–7:30 pm; Free.

Karaoke, rides, and kids games.

## FRI, AUG. 26

**Movie night:** Bedford Public Library, 496 Franklin Ave. at Hancock Street; (212) 829-0150 ex. 2; 2:30 pm; Free.

**Writing workshop:** Barnes and Noble Park Slope, 267 Seventh Ave. at Sixth Street; (718) 832-9066; 5 pm; Free.

Teens get help on writing from Author Sarah MacLean.

## Imaginations soar

**G**o fly a kite — literally! Riverside Park hosts a kite-making workshop on Aug. 20, where children can let their imaginations soar as they make, then fly, their own airborne contraptions.

Live entertainment and other activities will capture their attention when the wind dies down.

*FlyNY 2011 at Riverside Park, Pier 1 [West 70th Street and the Hudson River in Manhattan, (212) 870-3070], Aug. 20, from 11 am - 4 pm. Free. For info, visit [www.riversideparkfund.org](http://www.riversideparkfund.org).*



## SAT, AUG. 27

**"The Butt Book":** Greenlight Bookstore, 686 Fulton St. between S. Elliott Place and S. Portland Avenue; (718) 246-0200; [greenlightbookstore.com](http://greenlightbookstore.com); 11

am; Free.

Author Artie Bennett will be on hand to read and sign copies of his popular children's book.

**Fishing clinics:** 1 pm. Prospect Park

Audubon Center. See Saturday, Aug. 6.

## MON, AUG. 29

**"How She Move":** Coney Island Beach, W. 10th St. at the Boardwalk; [www.nycgovparks.org](http://www.nycgovparks.org); 7:30–10:30 pm; Free.

2007 drama dealing with drug addiction, high school and an unlikely passion.

## TUES, AUG. 30

**Wacky Tuesday:** 11:30 am–12:30 pm. Brooklyn Children's Museum. See Tuesday, Aug. 2.

**"Pump Up the Volume":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street; [www.nycgovparks.org](http://www.nycgovparks.org); 8–10:30 pm; Free.

Rated R. Christian Slater stars as Mark, a DJ who speaks his mind and raises the bar for teens.

## TUES, SEPT. 6

**"The Highlander":** Louis Valentino Jr. Park and Pier, Coffey St. at Ferris Street; [www.nycgovparks.org](http://www.nycgovparks.org); 8–10:30 pm; Free.

Immortal Scottish warrior, dashing sword play, Sean Connery and popcorn. Can it get any better?

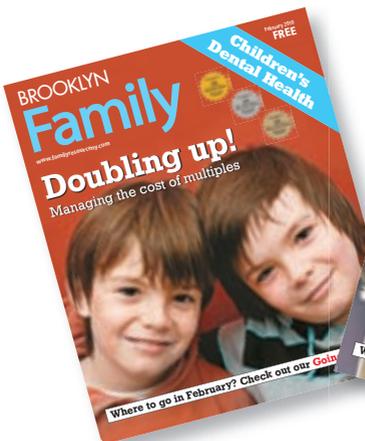
# ADVERTISE WITH US!

BROOKLYN  
**Family**

QUEENS  
**Family**

BRONX  
**Family**

STATEN ISLAND  
**Family**



TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554

# 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

**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](http://www.PuppyParadise.com)

*Real Live  
Puppies*

**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](http://www.HappyHenrytheWizard.com)

*Seen  
on  
HBO*

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](http://www.havingaparty.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](mailto: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
- Barnyard Petting Zoo
- Pony Rides
- Exotic Pet Program
- Nature Programs
- Pet Therapy
- U.S.D.A. Licensed & Insured

**\$20 Off**  
with ad  
only family

**PARTY PETS.com**  
Visit our website: [www.partypets.com](http://www.partypets.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 & Dogs

**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](http://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 \$900<sup>00</sup>**  
**PARTY ROOM AVAILABLE**  
95-25 Jamaica Ave, Woodhaven, NY 11421

**Brand New  
PARTY ROOM  
w/Soft Play Area**

**To place an ad  
in this section,  
please call 718.260.2587**

# It figures

BY CYNTHIA WASHAM

## BACK-TO-SCHOOL BITS



**\$4.3 billion**

Amount the Obama Administration has promised to states and schools that make significant reforms.

**\$1 million**

Amount school-uniform supplier Land's End pledged to donate to schools across the country in 2010.



**43** Percent of students who do their homework at the kitchen table.

**10** Percent who do it on the bus on the way to school.



**380,000**

Number of laptop computers — one for every elementary-school student — the Massachusetts-based charity One Laptop Per Child donated to Uruguay.



**1946** Year the Department of Agriculture adopted school-lunch nutrition standards, which have changed little since.

**68** Percent of food served in Italy's schools that's organic.

**26** Percent that's produced locally.



**40** Percent of students whose extracurricular activity of choice would be a sport.

**6** Percent who would choose marching band.



**1 or 2** Times per every two hours that the fast-food industry tests ground beef for contaminants.

**1** Times per day that the U.S. Department of Agriculture tests the ground beef it buys for schools.

**28** Percent of students who say their parents showing up in class would be more embarrassing than passing gas out loud or ripping the seat of their pants.

Sources: U.S. News & World Report, PRWeb Newswire, Scholastic.com, Reason, New Internationalist, Education Week, The Economist.

# Community Marketplace

## BALLET LESSONS

718.769.9161  
www.brightonballet.org

Brighton Ballet Theater  
SCHOOL OF RUSSIAN BALLET

mp nop  
rhythmic  
pre-ballet  
late disco  
gymnastics  
classical ballet  
ballroom dance  
modern and popular dance  
performance opportunities



2001 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](mailto:bjmlingerie@hotmail.com) • [www.bjmlingerie.com](http://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, D.C.

*A Specialist in Family and Matrimonial Law.*  
*Sometimes There's A Need.*

26 Court Street, Brooklyn, NY 11242 718-852-8641

## 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](http://www.goldenventure.net)



## GRAPHIC DESIGN

Coming Soon

KIN WOR

THANKS FRIEND CARE LOVE  
AWESOME CHERISH HOPE JOY PEACE  
GOODNESS GRACE

ESIGN LLC

Personalized Graphic Design  
custom invitations & announcements

[www.kindworddesign.com](http://www.kindworddesign.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](mailto:mseger55@gmail.com) [www.greatshapetoday.com](http://www.greatshapetoday.com)

## MUSIC LESSONS

**Music Your Child Will Want to Practice**  
**Guitar / Piano Lessons**  
**for Young People**

- Supportive & Fun Teacher And Musician
- Students Choose Songs They Love & Learn By Ear
- Experienced, NYC Dept. Of Ed Certified
- My Place Or Yours
- Reasonable Rates

Call Ken at Zeep Music 718-399-3944



## 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](mailto:daniel_barkan@hotmail.com)  
[www.soundsofmusicarts.com](http://www.soundsofmusicarts.com)



## PIANO LESSONS

**Piano Lessons For Everyone**

(Turner Towers) Eastern Parkway  
across from the Brooklyn Museum

Experienced, friendly teacher with MA in Music  
Student recitals twice a year • Six foot concert grand piano  
Near 2, 3, 4 & 5 Subways

*Call me and let's talk about  
what you or your child would like to learn*

Call Beth Anderson-Harold: 718-636-6010  
or Email: [beth@beand.com](mailto:beth@beand.com)



To place an ad in this section,  
please call 718.260.2587

# New & Noteworthy

## Buckle up!

Buckle down with Buckley-Boo!

This adorable stuffed toy encourages cognitive development and sequential learning through matching its stripes and polka dots, and buckling and unbuckling its buckles.

The toy is ideal for children ages 18 months to 4 years old, with the matching, buckling and unbuckling elements there for each step in your child's developmental journey.

Plus, it comes in several fun designs, including a lion, cat, monkey, bunny, and dog. The hardest part is choosing just one!

*BuckleBoo*, \$19.99 for 12-inch long, \$29.99 for 17-inch-long version. For info, visit [www.buckleboo.com](http://www.buckleboo.com).



## Great beach read

Families can enjoy a day at the beach without needing to slather on the sunscreen with the new, hard-cover book "When a Dragon Moves In."

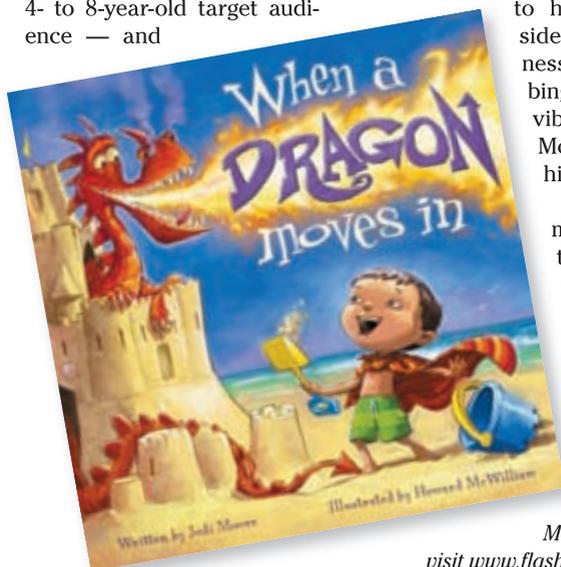
This humorous and endearing tale of friendship quickly engages its 4- to 8-year-old target audience — and

their parents — from the moment author Jodi Moore writes, "If you build a perfect sand castle, a dragon will move in."

The comedy ensues when the imaginative little boy tries to introduce his distracted parents to his new fire-breathing sidekick. The outlandishness of his attention-grabbing stunts — drawn in vibrant color by Howard McWilliam — increases as his frustration mounts.

Moore's story has a moral for the parents, too, serving as a reminder to busy moms and dads to take a moment to enjoy their own kids before their childhood — and magical sidekicks — go out with the tide.

"When a Dragon Moves In" by Jodi Moore, \$16.95. For info, visit [www.flashlightpress.com](http://www.flashlightpress.com).



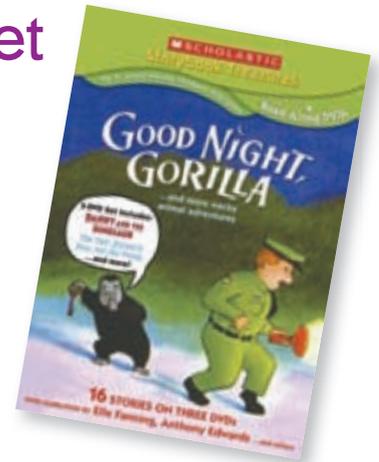
## Storytime set

Talk about a triple threat!

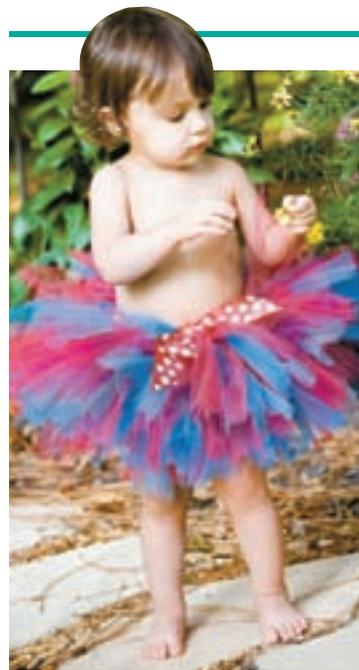
A new box set of three DVDs features animated versions of 16 hilarious creature capers.

Leading the pack on each read-along DVD are the wacky animal adventure "Good Night, Gorilla," joined by other great sleepy time stories; the classic "Danny and the Dinosaur," with other friendly monster stories; and the silly "The Day Jimmy's Boa Ate the Wash," with other outrageous tales.

The DVDs feature narration by Elle Fanning, Anthony Edwards, and Mary Beth Hurt, and others, for a delightful, new story time treat.



"Good Night, Gorilla" box set, \$24.95. For info, visit [www.scholastic.com](http://www.scholastic.com).



## Tutus much

These tutus just beg you to twirl.

For a bold, cheery photo op, sweet party outfit, or dance recital, these colorful tutus by Tutu Twirls are the perfect fit.

The tutus, in sizes newborn through 2 years old, come in a variety of color combinations, from this red-and-turquoise pattern (perfect for a Dr. Seuss-themed party!) to solid pink, purple and more, all with a ribbon-wrapped waistband for extra comfort.

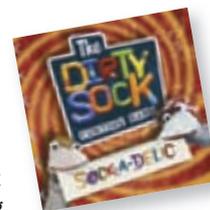
There's even an option to design your own tutu!

Tutu by Tutu Twirls, \$20-\$25. For info, visit [www.etsy.com/people/tututwirls](http://www.etsy.com/people/tututwirls).

## These 'socks' don't stink

Don't let the name fool you — this band is good, clean fun.

The Dirty Sock Fun-time Band has won fans for its high-energy music videos on the Nick Jr. channel's "Jack's Big Music Show," and now, you can enjoy the music without turning on the TV with the band's new album, "Sock-a-Delic."



With influences ranging from Led Zeppelin to the Muppets, the band brings 16 rocking songs that will get you jumping around and singing along to its humorous lyrics at home or in the car.

It's truly sock-a-delicious.

"Sock-a-Delic" CD by The Dirty Sock Fun-time Band, \$9.99. For info, visit [www.dirtysockfuntimeband.com](http://www.dirtysockfuntimeband.com).



Real

Solutions

# The health insurance plan you trust has a brand new look.

Amerigroup Community Care has a new look. You'll be seeing it on our website, on our signs, in ads and brochures—even on your member ID card. But Amerigroup hasn't changed. You'll still get the same health benefits, coverage and service as ever.

Meeting health insurance needs for the people we serve is what we do at Amerigroup every day. How can we help you?

**For more information**, call us toll free at 1-888-707-5570. Or call 1-888-592-5570 (TTY 1-800-855-2880) to speak with an Amerigroup representative.

**For more information on Medicare**, call us toll free at 1-866-805-4589 (TTY 1-800-855-2880) from 8:00 a.m. to 8:00 p.m. EST, 7 days a week.



Medicaid Advantage  
Medicaid Advantage Plus



Y0005\_11 BR MKTA Print NY

[www.myamerigroup.com](http://www.myamerigroup.com)

# THE GREAT SUMMMER ZOOFARI

## A LEGO® WILDLIFE EXPEDITION!

**WEEKENDS JULY–SEPTEMBER**  
**VISIT [BRONX.ZOO](http://BRONX.ZOO) FOR DETAILS.**

**PICK UP YOUR COMPLIMENTARY  
ZOOFARI PASSPORT AND EMBARK  
ON AN EXCITING CONSERVATION  
ADVENTURE WITH PASSPORT  
STAMPING STATIONS, AMAZING  
LEGO WILDLIFE SCULPTURES AND  
A CHANCE TO BUILD YOUR OWN  
WILDLIFE MASTERPIECE!**



**BRONX  
ZOO**

**COME BACK TO WILDLIFE:**

**PRESENTED BY:**

**Bank of America**

