

BROOKLYN

# Family

The Best Guide for Parents

November 2011  
**FREE**

Party Fall  
Guide

A baby wearing a brown turkey costume with a large, colorful tail fan made of felt feathers in shades of orange, yellow, and brown. The baby is sitting and smiling.

*Here come  
the holidays!*

**Shape up now**

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

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

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

We fixed that.

**Institute for Advanced and Minimally Invasive Surgery**



Member  
NewYork-Presbyterian Healthcare System  
Affiliate: Weill Cornell Medical College

506 Sixth Street, Brooklyn • 866-362-7148 • [www.nym.org](http://www.nym.org)



# Family November 2011



20

## COLUMNS

- 8 Healthy Living**  
BY DANIELLE SULLIVAN
- 38 Newbie Dad**  
BY BRIAN KANTZ
- 40 Twice the Advice**  
BY JACQUELINE & KERRY DONELLI
- 42 Family Health**  
BY DR. PRAMOD NARULA, MD
- 44 Divorce & Separation**  
BY LEE CHABIN, ESQ.
- 46 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 48 Growing Up Online**  
BY CAROLYN JABS
- 49 A Teen's Take**  
BY AGLAIA HO
- 50 Parents Helping Parents**  
BY SHARON C. PETERS
- 52 Lions and Tigers and Teens**  
BY MYRNA BETH HASKELL
- 53 Our Relationships**  
BY JOAN EMERSON, PHD
- 61 It Figures**  
BY CYNTHIA WASHAM
- 70 New & Noteworthy**  
The hottest new products



54

## CALENDAR OF EVENTS

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

## SPECIAL SECTIONS

- 12 Special Needs Directory**
- 56 Party Directory**

## FEATURES

- 6 Shape up now!**  
Be prepared with our countdown-to-the-holidays diet  
BY SANDRA GORDON
- 10 Dyslexia myths**  
Experts discover that brains can be trained to overcome this disability  
BY RICHARD MANCUSO
- 16 Being positive about dyslexia**  
Learn how to identify the signs of this disability  
BY STEVE PEREGOY
- 18 Holiday challenge**  
Preparing children with special needs for the season  
BY REBECCA MCKEE
- 20 Learning disabilities and stress**  
Diagnosing a problem can make school a much easier undertaking  
BY JANET TUBBS
- 22 Good behavior**  
Effective discipline for children with special needs  
BY LAURA VAROSCAK-DEINNOCENTIIS
- 24 Strings attached**  
The lasting value of learning the violin  
BY JENNY CHEN
- 26 Creating a sense of 'self'**  
Positive parental influence on childhood individuality  
BY MEAGAN J. MEEHAN
- 28 Paper chase**  
Tips for managing the tidal wave of school paperwork  
BY DENISE YEARIAN
- 30 Earthly delights**  
Kids enjoy a harvest with the Brooklyn Botanic Garden  
BY MARY TOMASULO
- 32 Coughing to death**  
Whooping cough is back — and a real danger to pregnant women and infants  
BY JENNIFER LACY
- 34 I did love the '80s**  
A dad fondly remembers his teen years, but worries about his son's  
BY ROBERT TROTTA
- 36 Screaming about sex**  
My father and son talk didn't go as planned  
BY CHRIS GARLINGTON
- 54 Pull off the perfect party plan**  
Even when you're short on time, you can give your little one a great day  
BY LISA J. CURTIS

# Letter from the publisher

## Parenting a special child

**H**aving a child under Ideal circumstances (is there anyone who does?) paints a rosy, easy and carefree picture; where everyone loves each other all the time, no one ever quarrels or bickers, no one is ever cranky, bossy, or in a bad mood; there is all the money, time and patience one needs, and perfection is a daily given.

These are the kinds of tales and scenarios that were prevalent on 50s and 60s TV family sitcoms, but they are not the stuff of "real life," as we all know so well.

We get pregnant and we are overwhelmed with joy at the anticipation and the expectation of a fully healthy and perfect new baby arriving for us



to raise and take joy in. We wait for perfections that seldom manifest and it's a rare couple who are prepared for the fantasy to crumble and the arrival or development of a challenged child.

Being a parent of a Special Needs Child is daunting at the least and heroic at the best. It is scary, disappointing, and demanding. It is not, however, necessarily isolating and does not need to be without support, guidance, or community. There is much help, assistance and directional expertise throughout the New York area.

This month we are presenting two good articles on Dyslexia, perhaps the most diagnosed special issue for

today's children. Years ago parents were told their child "was not paying attention in class" or "didn't seem interested in the work" or was unmotivated, etc. Fortunately, accurate early testing and tried techniques are now available to give children with this issue the help they need.

We publish content like this on a regular basis because there is a need and a demand for information. The staff of our media group is loaded with parents, and, of course, we are all also children ourselves, however grown we are. We are woven into the fabric of the family experience and our core motivation in publishing is to help and inform.

We have much to give thanks for and in this month and season of international harvest Thanksgiving celebrations, ceremonies and feasts; we also give thanks to you, our read-

ers, for your continued loyalty and feedback and to the many professionals throughout our communities who contribute in numerous ways to our effort. So many writers share their expertise with us, so many readers their stories and their responses to our editorial, and that helps to make this FREE magazine continue to continue.

As we all celebrate on November 24th our American Thanksgiving Day, may we all be grateful for the plenty we have and for the opportunities of expression and sharing we hold so dear. Thanks for reading and Happy Holiday!

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

**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:** Courtney Donahue, Juliet Linderman

**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

New York Parenting Media/CNG  
1 Metrotech Center North  
10th Floor  
Brooklyn, NY 11201

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

**New York Parenting**  
M E D I A  
Where Every Family Matters  
[www.NYParenting.com](http://www.NYParenting.com)



The acceptance of advertising by **New York Parenting Media** 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 **New York Parenting Media**, One Metrotech Center North, 10<sup>th</sup> Floor, Brooklyn, N.Y. 11201.

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

Join the conversation on Facebook.

**New York Parenting Media** has been recognized for editorial and design excellence by PPA.

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



ON STAGE AT  
KINGSBOROUGH

PRESENTS:



### The Handsome Little Devils' *Squirm Burpee Circus*

Saturday, November 19 at 10:30 a.m. | \$12

Meet Mike the Handsome, Dashing Dave, and the Lovely Little Lolo as they try to outwit the dastardly Baron Vegan Von Hamburger! *Meet the cast in the lobby after the show!*



### Hudson Vagabond Puppets' *The Snow Queen*

Saturday, December 17 at 10:30 a.m. | \$12

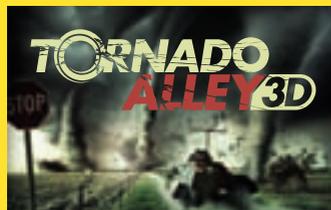
Hans Christian Andersen's classic wintry tale danced in a narrated ballet by larger-than-life puppets. *Join the puppeteers for holiday cookies in the lobby after the show!*

*Squirm Burpee Circus: poster design, Mike Huling, photo by Al Treibitz*

Easy Drive & Ample, Free Parking! Or take the B, Q, or F to the B1 bus straight to our gates!  
Kingsborough Community College, The Leon M. Goldstein  
Performing Arts Center, 2001 Oriental Boulevard, Brooklyn, NY

Call: (718) 368-5596 or [www.OnStageAtKingsborough.org](http://www.OnStageAtKingsborough.org)

# EXPLORE MORE New York Hall of Science



NYSCI's **NEW 3D Theater**  
Now open

**3D BIRTHDAY PARTY  
PACKAGES AVAILABLE!\***

Call 718-699-0005 ext. 353  
[birthdays@nysci.org](mailto:birthdays@nysci.org)



Now through January 2012  
You'll be surprised by  
the cognitive skills of tigers,  
chimps and more.

Image courtesy of Oregon Zoo

[nysci.org](http://nysci.org)

47-01 111th Street • Queens, NY 7 → 111th Street, easy on-site parking.  
Call 718-699-0005 for general information and groups.

\*SPECIAL OFFER! Mention code BFAMILY to save \$50. Restrictions apply. Expires 3/31/12

BFAMILY

## AMERICAN BALLET THEATRE • BAM Howard Gilman Opera House, Brooklyn

# The NUTCRACKER

December 14 – 31



Photo by Gene Schiavone

**"There's a new *Nutcracker* in town, and it's CRACKING GOOD."** – *NY Post*

**ORDER NOW! 718.636.4100 | [ABT.org](http://ABT.org) or [BAM.org](http://BAM.org) | Groups (15+) 212.419.1066**

Recommended for age 4 and older. No refunds or exchanges. Casts and prices are subject to change.

**David H. Koch is the Lead Underwriter of *The Nutcracker*.** LINDA ALLARD GALLEN IS THE ORIGINAL UNDERWRITING SPONSOR OF *THE NUTCRACKER* COSTUMES.

# Shape up now!

Be prepared  
with our  
countdown-  
to-the-  
holidays diet

BY SANDRA GORDON

**W**hat's the holiday season without at least one big party where you can show off your shape? Roll out the red carpet. It's your equivalent of Oscar night — and you want to look your sexiest.

Not ready? Don't panic! To help

fine-tune your look and rev your confidence, we've teamed up with Linda Gassenheimer, author of "Low-Carb Meals in Minutes" to present a fabulous-tasting, seven-day, 1,500-calorie diet that's designed to help you shed five (or more) pounds — fast.

"This low-carbohydrate, lean-protein plan features delicious, quick meals that work with your body's

production of insulin to minimize fat storage and increase fat burning," says Gassenheimer. For an added calorie burn, our countdown diet also includes an exercise component. But don't let that deter you.

Want to look fabulous for the holidays? With this plan to help you prep, it's no sweat!

## SEVEN-DAY HOLIDAY PARTY DIET

### Day 1

**Exercise:** To jump-start fat burning, "do 45 to 60 minutes of cardiovascular exercise before breakfast," suggests fitness instructor Bonne Marano, owner of Fit to Be Tied Online ([www.fittobetiedonline.com](http://www.fittobetiedonline.com)). Jog, walk fast, or do 30 minutes on the elliptical machine and 30 minutes on the lifecycle.

**Breakfast:** Smoked salmon pinwheels: Mix 2 tablespoons of low-fat cream cheese with one-and-a-half teaspoons of skim milk. Spread on slices of smoked salmon (one-third pound). Roll up and cut crosswise

into one-half-inch pinwheels. Top with slices of cucumber and tomato. Season with salt and pepper.

**Snack:** 1 ounce of low-fat string cheese

**Lunch:** Mozzarella tomato salad: Drizzle 2 tablespoons of olive oil on two slices of tomato. Top with one-quarter pound shredded, reduced-fat mozzarella cheese. Place on a bed of leafy greens and sprinkle 1 tablespoon of pine nuts. Season with salt and pepper.

**Dinner:** Shrimp scampi with roasted asparagus (See recipe)

**What about beverages?** To max-

imize your calorie burn, Gassenheimer advises sticking with non-caloric beverages, such as seltzer, water, diet soda and herbal tea.

### Day 2

**Breakfast:** Salsa and sliced eggs: Fan two sliced, boiled eggs on a plate with slices of cucumber; top with one-quarter cup of no-sugar-added tomato salsa.

**Snack:** 2 tablespoons of sunflower seeds

**Lunch:** Turkey Bundles: Using one-third pound deli turkey breast and nine lettuce leaves, distribute the turkey among each leaf. Add a spoonful of coleslaw and a tomato slice and roll up.

**Exercise:** Hit the weight room. Before switching to a new machine, jump rope for three minutes.

"Combining a circuit of cardio with weights is an efficient way to strengthen and tone as well as burn calories and fat," Marano says.

**Dinner:** Salmon and vegetables: Serve one-third pound salmon fillet with 1 cup steamed broccoli and 1 cup steamed, yellow wax beans.

### Day 3

**Breakfast:** Pesto scramble: Mix one-half cup egg substitute with two tablespoons of prepared pesto. Scramble in a heated, nonstick skillet. Sprinkle with Parmesan cheese.

**Exercise:** To sweat big and create a sizable calorie deficit, take a spin or cardio-kickboxing class.

**Snack:** ¼ cup dry-roasted almonds

## RECIPES

### SHRIMP SCAMPI WITH ROASTED ASPARAGUS

1 teaspoon olive oil  
3 medium garlic cloves, crushed  
¼ cup red vermouth  
½ diced tomatoes  
1/3 pound large shrimp, shelled and deveined  
¼ cup chopped fresh parsley  
Hot pepper sauce  
Salt and pepper

Saute garlic in oil in a nonstick skillet on medium high for several seconds. Add red vermouth and tomatoes. Cook five minutes. Add the shrimp and parsley, and cook two to three minutes more, until the shrimp are pink. Season with hot pepper sauce, salt and pepper to taste. Serves one. Nutrition info: 297 calories, 37 g protein, 10 g carbohydrate, 8 g fat.

### ROASTED ASPARAGUS

¼ pound fresh asparagus, ends trimmed  
1 teaspoon olive oil  
Salt and pepper

Preheat oven to 400 degrees. Slice asparagus into 2-inch pieces. Coat the asparagus with oil. Season with salt and pepper. Transfer to a baking tray lined with foil. Roast in the oven for 10 to 15 minutes, turning occasionally, until spears are tender. Serves one. Nutrition info: 55 calories, 2 g protein, 3 g carbohydrate, 5 g fat.

### PAN-GLAZED BALSAMIC CHICKEN WITH ROASTED SQUASH AND SNOW PEAS

Olive oil spray  
1/3 pound boneless, skinless chicken breast  
Salt and pepper

¼ cup balsamic vinegar  
2 tbsp pine nuts  
2 tsp Dijon mustard

In heated, nonstick skillet sprayed with olive oil, brown the chicken for three minutes on each side. Remove from heat and cover with a lid; let sit for three minutes. Transfer chicken to a plate, sprinkle with salt and pepper to taste, and cover with foil to keep warm. In the same skillet, add the vinegar and pine nuts. Let cook on medium high until half the liquid remains. Add mustard and mix well. Return the chicken to the skillet, turning to coat with the glaze. Cook one minute to heat through. Serves one. Serve with one cup of roasted squash and one cup of steamed snow peas. Nutrition information: 584 calories, 59 g protein, 20 g carbohydrate, 23 g fat.



**Lunch:** Tuna salad wraps: Divide 1 cup of tuna salad among six large lettuce leaves; sprinkle with alfalfa sprouts and roll up cigar-style.

**Dinner:** Pan-glazed, balsamic chicken with roasted squash and snow peas (See recipe)

#### Day 4

**Breakfast:** Sunny-side-up Swiss melt: In a nonstick skillet, cook one egg sunny side up. When yolk is set, top with two slices of reduced-fat Swiss cheese. Cover, and cook for one minute more. Salt and pepper to taste.

**Snack:** ¼ cup low-fat cottage cheese

**Exercise:** For a last-minute tone up, focus on isolation weight-training moves like bicep curls, tricep press-downs, front and lateral raises and cable leg raises to the side and back.

**Lunch:** Greek salad: Toss 3 cups of lettuce, one-half cup of sliced cucumber, three sliced radishes, one-half cup scallions and 2 tablespoons of capers with 1 tablespoon of no-sugar-added oil-and-vinegar dressing. Top with one-quarter pound sliced deli turkey breast; one-third cup crumbled, reduced-fat feta; and kalamata

olives. Salt and pepper to taste.

**Dinner:** Tex-mex meat loaf with sliced avocados: Serve one-half-inch slice of meat loaf with no-sugar-added salsa and a sliced avocado drizzled with no-sugar-added oil-and-vinegar dressing.

#### Day 5

**Exercise:** Time for an early-morning session on the treadmill. To ignite calories, interval train. Alternate a brisk, 2-minute walk with a 30-second jog for a total of 30 minutes.

**Breakfast:** Sizzling ham and tomatoes: Saute one-quarter pound of

ham until heated through. Top with three tomato slices and drizzle with 1 tablespoon of olive oil. Salt and pepper to taste.

**Snack:** Jicama, celery and carrot sticks with 2 tablespoons of low-fat ranch dip

**Lunch:** Roast Beef and Watercress Wraps: Divide one-third pound thinly sliced, lean roast beef among six large lettuce leaves; top with 1 tablespoon of horseradish mayo and 1 cup of arugula; roll into lettuce "cigars."

**Dinner:** Chicken with fresh herbs: Stuff a 6-ounce chicken breast with a mix of 1 tablespoon of nonfat yogurt, 1 tablespoon fresh tarragon, one sliced scallion and one chopped mushroom; cook in a nonstick skillet until chicken is opaque and juices run clear. Serve with spinach salad.

#### Day 6

**Breakfast:** 2 deviled eggs

**Snack:** 1 ounce almonds

**Lunch:** Chicken chopped salad: Toss together one-half cup chopped celery, one-half cup chopped bell pepper, three chopped broccoli florets and 2 tablespoons of sliced scallions. Top with one-quarter pound deli chicken breast with 2 tablespoons of no-sugar-added oil-and-vinegar dressing.

**Dinner:** Sirloin burger: Top one-quarter pound cooked, ground sirloin patty with one slice of reduced-fat cheddar.

Serve with 2 cups coleslaw.

**Exercise:** Take a break. You deserve it.

#### Day 7

**Breakfast:** Swiss scramble with spring onions: Beat one whole egg with three egg whites; add 1 cup sliced scallions and two slices Swiss cheese, which has been torn into pieces. Season with salt and pepper and scramble in a small, nonstick skillet over medium-high heat.

**Snack:** 1 ounce of turkey deli meat

**Lunch:** Chesapeake shrimp salad: Combine 2 tablespoons of mayonnaise and 2 teaspoons of Old Bay seasoning. Add one-third pound cooked shrimp, cut into one-half-inch pieces. Season with salt and pepper to taste. Serve on a bed of lettuce.

**Exercise:** To calm pre-party jitters, finish the week with a stretch class, such as Pilates or yoga.

**Dinner:** Steak and greens: Serve 5 ounces of filet mignon with 1 cup steamed green beans, and 1 cup of tossed salad with mustard vinaigrette.



## HEALTHY LIVING

DANIELLE SULLIVAN

# The mistreatment of hypothyroidism

**D**o you suffer from hypothyroidism and still feel terrible despite treatment? You're not alone.

In the book "Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism," Dr. Datis Kharrazian explores the many reasons behind the mismanagement of the disease under today's old-fashioned medical standards. He says that out of the 27 million Americans who suffer from thyroid dysfunction, more than half are due to an autoimmune disorder called Hashimoto's disease, in which the immune system attacks and destroys thyroid gland tissue.

"Thyroid replacement hormones are a first line of defense for many doctors, prescribed with the promise of wiping out a number of symptoms in one fell swoop. But taking that approach is turning a blind eye to what caused the thyroid to become depressed in the first place," he writes. The underlying causes can range from irregular immune function and poor blood sugar metabolism to gut infections, adrenal problems, and hormonal imbalances.

"I thought I was going crazy," says Raquel Sanderson, a mom of two from Chelsea. After taking Synthroid — a thyroid hormone — she still had headaches, exhaustion and stomach disturbances, yet her endocrinologist kept telling her she was fine because her thyroid-stimulating hormone was normal.

"For two years, my doctor told me I was fine even though, deep down, I knew I wasn't. I finally saw a new endo who realized that my T3 [thyroid hormone] was off, and I had a gluten intolerance. Once I changed medications and stopped eating gluten, I felt worlds better."

Hypothyroidism is a horribly mistreated and misunderstood disease. Not only does it remain undiagnosed in scores of people (including children), but once diagnosed, the old-



school treatment of a single daily synthetic hormone replacement pill is not always effective. For some, while it may very well improve the overall thyroid-stimulating hormone (the hallmark test for diagnosing hypothyroidism), it often does not improve the symptoms in Hashimoto's disease.

So if a woman goes to the doctor complaining of headaches, weight gain, extreme fatigue, depression, exhaustion, brain fog and a host of other symptoms, some doctors just chalk it up to the aging process and stress. If the doctor actually orders a thyroid test that comes back positive, the patient will be given Synthroid and the doses will be adjusted for a few follow-up visits until the correct dosage is identified. A correct dosage will leave the thyroid gland neither too sluggish nor too hyperactive (which commonly happens at the beginning of treatment). Eventually, the thyroid-stimulating hormone will reach a value deemed normal by the labs and the woman will be told all is well.

Except, in many cases, it's not.

Numerous women still feel terrible and exhibit the same symptoms they had before treatment. Even in this day and age of medical advancements, for whatever reason, the majority of doc-

tors still treat this disease the same way they did 50 years ago, despite the new research showing how nutritional and natural methods (such as avoiding gluten and bad carbs) are known to help improve symptoms. Yes, Synthroid is effective, but it is not the end of treatment, and just because your thyroid-stimulating hormone has leveled off, it does not mean you will be symptom free.

Most distressing however, is the fact that doctors still offer the same standard treatment despite women returning and presenting with the same symptoms. Now they not only feel physically exhausted, but also begin to doubt themselves after being told they should feel better now. What's worse is when endocrinologists suggest that the symptoms may be mental, as in the patient may be anxious, stressed out, or have another issue because her "numbers are fine."

There is also a supreme lack of information and extreme compliance to outdated standards that keep it that way, and in turn keep thyroid sufferers... well, suffering. The bottom line is that if you still feel terrible despite treatment, it might be time to consider another doctor. Keep searching for an endocrinologist who takes your symptoms seriously and is willing to work with you until you feel better.

"I only wish I listened to myself earlier and found a new doctor," says Sanderson. "There are fabulous endocrinologists out there, you just have to seek them out, and if you don't feel well, and your doctor dismisses your symptoms, find a new doctor fast. Don't ever let a doctor tell you that your symptoms are only in your head. Get a second and third, or even fourth opinion. Just don't give up."

*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. She also writes for Babble. You can find her on her blog, Just Write Mom.*

**BIG APPLE CIRCUS**  
**DREAM BIG**

**ALL NEW SHOW!**

**Grandma's Farewell Tour!**

**Tickets Start at \$15!\***  
**NOW THRU JAN 8**  
**LINCOLN CENTER**  
 (62nd St. Btw Amsterdam & Columbus Aves.)

**BUY TICKETS NOW!**

**BigAppleCircus.org**  
**or call 888.541.3750**

\* Offer good on select seat locations and performances. Other conditions apply. Children under 3 are free on the lap of a paid adult, one child per lap.

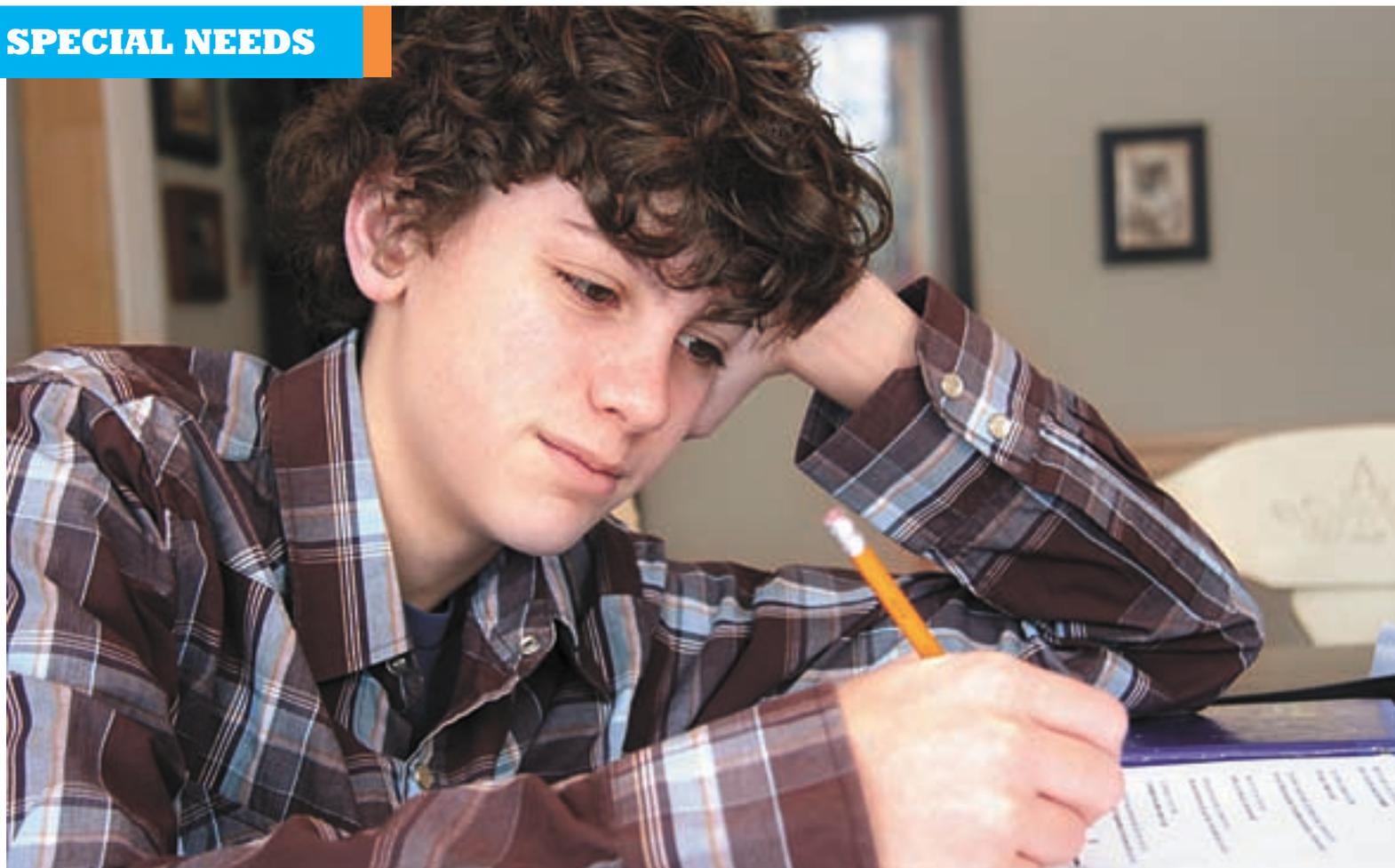
*George Balanchine's*  
**The Nutcracker™**

**NEWYORKCITYBALLET**  
 NOVEMBER 25 through DECEMBER 31

**Box Office Now Open**  
 Tickets Start at Just \$29. Ask about our VIP Sweet Seats.

**AMERICAN EXPRESS PREFERRED SEATING**  
 NYCBALLET.COM/AXPNUT  
 TERMS, CONDITIONS AND RESTRICTIONS APPLY

nycballet.com or 212-496-0600  
 David H. Koch Theater at Lincoln Center  
 63rd Street & Columbus Avenue



# Dyslexia myths

Experts discover that brains can be trained to overcome this disability

BY RICHARD MANCUSO

**D**yslexia is the most common learning disability of children in this country. If you're surprised at that, it's likely because the old stereotype of a dyslexic is still pervasive — a struggling child, usually a boy, who can't read because he mixes up similar letters like "ds" and "bs."

While that is one symptom of dyslexia, the word dyslexia simply means "poor with words" or "trouble with reading." Up to 20 percent of our population struggles with it. The exact causes of dyslexia remain unknown, but studies show differences in the way the brain of a dyslexic person develops and functions. Just a few years ago, statistics suggested that boys are much more likely to have dyslexia than girls are. Today, we know that dyslexia affects males and females equally, but boys still tend to be diagnosed with it more often — most

likely because boys who struggle in school tend to act out in frustration, while girls often withdraw and slip through the cracks.

One of the biggest problems with the old dyslexia stereotype is that many dyslexic students go unidentified and untreated. Reading problems can turn into learning struggles, behavior concerns, and confidence issues. According to the International Dyslexia Association, "Students with dyslexia often end up feeling 'dumb' and less capable than they actually are."

In actuality, people with dyslexia usually have an average or above-average IQ and are often gifted in fields that don't rely as heavily on language arts such as engineering, science, architecture, art, music, and creative design. People with dyslexia are more likely to have a family member with reading problems and a cognitive skill weakness. Cognitive skills are the underlying mental tools

we all use to reason, think, read, remember, learn, and pay attention.

"One or more weak cognitive skills can make reading and learning extremely difficult and sometimes even impossible," says Dr. Ken Gibson, author of "Unlock the Einstein Inside: Applying New Brain Science to Wake Up the Smart in Your Child." "If you can strengthen weak cognitive skills, quite often the struggles and learning differences disappear. Reading and learning become easy and the diagnosis and label no longer fit. Dyslexia does not have to be a lifelong condition."

The link between dyslexia and cognitive weakness was confirmed in a 10-year study by the National Institutes of Health, which determined that 88 percent of all learning-to-read problems were caused by a weakness in one specific cognitive skill: phonemic awareness, which is the ability hear, blend, unglue, and manipulate sounds in a word.

One of the biggest problems with the old dyslexia stereotype is that many dyslexic students go unidentified and untreated.

Cognitive skills testing generally confirms that most people with dyslexia also have weaknesses in working memory, executive function, and attention. So, it's not surprising that common symptoms of dyslexia are also signs of weak cognitive skills, including but not limited to:

- Inability to sound out new or unfamiliar words
- Difficulty understanding isolated words when not in context
- Poor at distinguishing similarities and difference in words (no, on)
- Weak at letter sound discrimination (pin, pen)
- Poor comprehension
- Little enjoyment of leisure reading
- Poor spelling
- Early problems with rhyming
- Trouble following multi-step instructions
- Floundering while trying to retrieve words and relying instead on "stuff" or "things"
- Trouble learning a foreign language
- Guessing while reading or substituting similar words like "puppy" for "dog" or "food" for "fork"
- Avoiding reading aloud
- Difficulty summarizing or retelling a story
- Troubles discerning left and right
- Poor grasp of if/then analogies

As with most learning disabilities, the earlier the problem is detected, the better the prognosis. A National Institutes of Health study states that 90 to 95 percent of poor readers can be brought up to grade level if they receive effective help early.

A Florida State University study showed an 87 percent reduction of reading problems with special one-on-one training. For one semester, kindergartners received one-on-one training in sound-blending and sound-manipulating skills. Four years later, of those who had NOT been given the one-on-one training, 32 percent were reading at least two

years below grade level. Of those who were trained, only four percent had reading levels that low.

But even without early intervention, dyslexia doesn't have to be a permanent diagnosis. Studies continue to show the brain can change and improve at any age. A Carnegie Mellon University brain imaging study found that the brains of dyslexic students and other poor readers were permanently rewired to overcome reading deficits after 100 hours of intensive remedial instruction.

"This finding shows that poor readers can be helped to develop buff brains. A similar approach should apply to other skills," said neuroscientist Marcel Just, director of Carnegie Mellon's Center for Cognitive Brain Imaging and senior author of the study. "Any kind of education is a matter of training the brain."

The common key to getting those gains is intense, one-to-one training. Veteran elementary school teacher Shelly Duer turned to brain training for her own son who was diagnosed with dyslexia and ADHD at an early age.

"We tried everything to help him: specialized tutoring, school interventions, medication, and just about everything else I could find," says Duer. "Nothing really worked until we found a personalized, one-on-one brain-training program. It changed his life. Now he does better work, gets better grades, completes homework quickly and easily, and his self-esteem has skyrocketed."

Now Duer's son doesn't fit the dyslexia criteria; he's no longer "poor with words," or has "trouble with reading." That shatters the past stereotype of dyslexia, and is an important characteristic of dyslexia today — often, with the right intervention, dyslexia doesn't have to be a permanent diagnosis and lifelong label.

*Rich Mancuso owns and directs LearningRx NYC, a brain-training company in Manhattan that specializes in identifying weak cognitive skills and strengthening them through intense, one-on-one, game-like training. Across the country, more than 25,000 students have gone through LearningRx brain training and graduates now see an average IQ increase of 14.9 points.*

*LearningRX NYC [115 E. 82nd St. between Park and Lexington avenues in Manhattan, (212) 738-9264]. For info, visit [www.learningrx.com/nyc-upper-east-side](http://www.learningrx.com/nyc-upper-east-side).*

## ***A Private Grade School (2nd-6th) for Children with Dyslexia or Language Based Learning Disabilities in Brownstone Brooklyn***

- Orton-Gillingham Approach
- Multi-Sensory Teaching
- Research Based Curriculum
- Individual Remediation
- Small Classes (8-1 or smaller)
- Rigorous Content Area Instruction
- Arts Curriculum

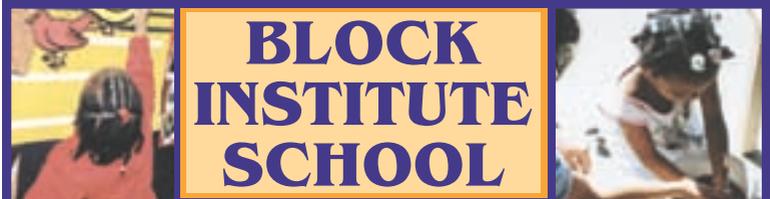
## **THE STERLING SCHOOL**

**299 PACIFIC STREET**

**Brownstone Brooklyn**

Please call 718-625-3502 for information

or see us on the web at  
[www.sterlingschool.com](http://www.sterlingschool.com)



### **Programs for Preschool and School Age Children with Disabilities 3-8 Years Old Full Day Classes**

- |   |                       |
|---|-----------------------|
| • Breakfast/Lunch                         | • Transportation      |
| • Applied Behavior Analysis (ABA) Program | • Enriched Curriculum |
| • Parent Workshops                        | • Sensory Integration |
| • Indoor Gym & Heated Swimming Pool       | • Feeding Therapy     |
| • All Therapies                           | • Computers           |
| • Fully Funded Services                   | • RN/LPN              |
|   | • Martial Arts        |
|   | • Drama               |

**Modern, Air Conditioned, Caring Learning Environment**

State of the Art  
Educational and Therapeutic Program  
for Children with Special Needs

**Please Call for more information  
718-906-5400**

**376 Bay 44th Street**  
(Belt Parkway-Exit 5 at Bay Parkway—on water's side)



## 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**

## A Special Educator

*For All Age Groups*



**A Tutoring Service  
To Support & Assist  
Learning Disabilities**

Drawing by Martha Perske  
© 2007 www.PerskePrints.com

- 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**

## Special Needs

### DIRECTORY

#### Block Institute

**376 Bay 44th Street**  
**718-906-5400 or www.  
blockinstitute.org**

Providing special education and evaluation service to children with special need, ages 3-8. The staff consists of NYS- certified Special Education/ Early Childhood teachers, a variety of therapist, and RN and LPN, and consulting developmental pediatrician. Free half day Universal Pre-K program. Block offers interim alternate bilingual placements, before and after school care for children ages 3-8, and nationally recognized nutrition programs. Approved to accept A.C.D funding for the day care. Approved by the NYS and NYC Department of Health.

#### Centipedes O & P LLC

**4210 13th Avenue**  
**718-484-1700 or www.  
centipedenyc.com**

Brooklyn, NY Expert Professional Orthotic Services

We Serve the Boroughs, Long Island and New York City Metro Area

Centipede's O&P LLC specializes in manufacturing and fitting custom molded orthoses for adults, children, and those in between.

Backed by our years of experience in providing care for and improving the lives of people in the New York City area, we will attend to our patients' needs with a compassionate ear, a professional approach, and a personal touch.

Since 1993, Jason Okin, CO, president and director, has provided superior services to thousands of patients as an American Board Certified Orthotist in the New York area. He measures, designs, fabricates, fits, or services orthoses that are prescribed by a licensed physician. He can best recognize which orthoses suits a patient's particular need.

Contact Centipede's O&P LLC today at 718-484-1700 to schedule an appointment, or browse the website for more information about our products and services.

#### The Downtown Brooklyn Speech-Language-Hearing Clinic

**Located at Long Island University,  
corner of Flatbush and DeKalb  
avenues, Metcalf Building, Second  
Floor**  
**718-488-3480 or www.brooklyn.  
liu.edu**

The Downtown Brooklyn Speech-

Language-Hearing Clinic provides state-of-the-art evaluation and treatment services seeing patients of all ages who present a wide range of communication disorders. Specifically, children are referred to the clinic who have problems such as delayed development of speech and language, stuttering problems and language-learning disabilities. Adult clients include individuals who suffer from communication problems related to stroke, head trauma and voice disorders as well as those that stutter. Audiological services include both hearing screenings in the community and complete hearing and auditory processing assessments in our audiological suite.

#### Rivendell School

**277 3RD Avenue; Bet Carroll &  
President Street**  
**718-499-5667, ext. 14 or www.  
rivendellnyc.org**

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.

#### Sensory Street Pediatric Occupational Therapy P.C.

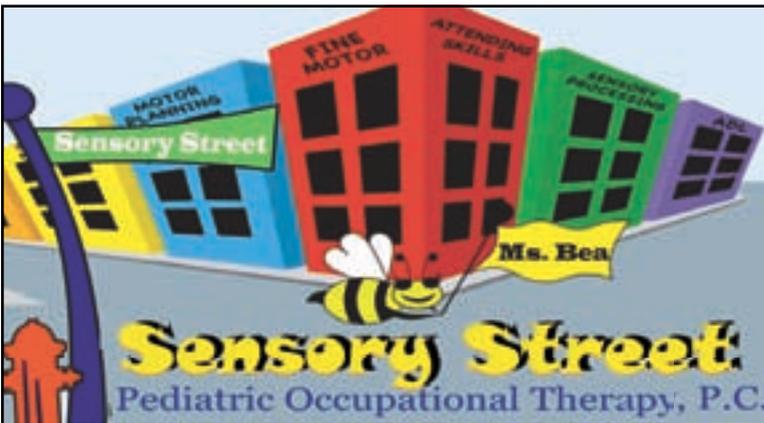
**178 Flatbush Avenue**  
**718-398-8000 or 516-589-2721**

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 a variety of skills. For general information please call 718-398-8000. To contact the OT and Appointment please call 516-589-2721.

*Continued on page 14*



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*



**YOGA/MOVEMENT CLASSES FOR KIDS**

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

**Professional Orthotic Services**

See our video at [www.CentiPedeNYC.com](http://www.CentiPedeNYC.com)



All patients and their caregivers have the right to choose their Orthotist

• Pediatrics • Adolescents • Adults

Does your child or loved one have a neuromuscular disorder or orthopedic condition that will improve by using a well fitted orthoses?



- Limited function?
- Difficulty walking or standing?
- Poor endurance or balance?

Specializing in the evaluation for and the custom fabrication of all types of lower extremity orthoses

Call for a FREE Evaluation



**CentiPede's** O&P LLC

4210 13<sup>th</sup> Avenue  
 Brooklyn, NY 11209  
 (718) 484-1700

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

18 Years Clinical Experience  
 ABC Accredited Facility  
 Medicare & Medicaid  
 HMO's & Private Insurance

**Winston Preparatory School**



**The Learning Center**

*Education for the Individual*

**If your child is struggling in school, we can help**

- One-on-one tutoring sessions targeting skill development
- Small classes in decoding, reading, writing, and math
- Pragmatic skill instruction
- Homework counselor
- Study and test-taking strategies
- Speech-and-language classes
- SAT preparation course
- College essay writing class



Monday-Friday 3:30pm - 6:00pm

126 West 17th Street • New York, NY 10011

646-638-2705 x. 688

[learningcenter@winstonprep.edu](mailto:learningcenter@winstonprep.edu)

**Special Sprouts**

Serving families of children from 2.5 through 5 years old.

Center-based classrooms, SEIT and Related Services available.

We provide:

- Full Developmental Evaluations
- Special Instruction
- Speech/Language Therapy
- Occupational Therapy
- Physical Therapy
- Counseling

**ALL EVALUATIONS AND SERVICES ARE PROVIDED AT NO COST**

For more information, call Briseida or Eleanor at

**718-965-8573**

Located in the heart of Park Slope Since 1988

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

## THE DOWNTOWN BROOKLYN SPEECH-LANGUAGE HEARING CLINIC

A STATE-OF-THE-ART CLINICAL FACILITY  
At

**LONG ISLAND UNIVERSITY**  
MAIN BUILDING - 2ND FLOOR  
CORNER OF DEKALB AND FLATBUSH AVENUES

A FULL RANGE OF DIAGNOSTIC AND  
THERAPEUTIC SERVICES FOR CHILDREN AND ADULTS  
OF ALL AGES:

- Speech-Language and Hearing Evaluations
- Auditory-processing evaluations
- Oral-motor treatment
- Fluency (stuttering) specialist
- Post-stroke rehabilitation
- Bilingual Spanish and Russian
- Sliding fee scale
- Hours from 9:00 am to 8:00 pm
- Contemporary treatments

*For More Information or to Schedule an Appointment  
Please Contact:  
Jeri Weinstein Blum, Clinical Director  
At  
718-488-3480*

## Special Needs

### DIRECTORY

*Continued from page 12*

#### A Special Educator Tutoring Service

**Mark Golubow**  
718-622-3655 or [www.apecialeducator.net](http://www.apecialeducator.net)

A Special Educator is a tutoring service that supports and assists individuals of all ages with learning disabilities, such as autism and ADD/ADHD, who have special social and academic needs.

A Special Educator emphasizes teaching social and communication skills for individuals with learning disabilities in order to enhance their personal, professional and academic lives.

We will work with parents and student in improving the confidence and independence of individuals with learning disabilities by building essential social and communicative skills through a customized, structured and non-threatening learning environment.

Our staff is available seven days a week at a convenient time and day for the clients.

cause of their school failure. An individually designed program carefully assesses strengths and weaknesses, specific language skill deficits and learning styles so your child experiences success.

Small classes and intensive Orton-Gillingham multi-sensory instruction are the core of each student's day.

#### Winston Preparatory School

**126 W. 17th Street**  
646-638-2705 ext 619 or ext 634 or  
[www.winstonprep.edu](http://www.winstonprep.edu)

Winston Prep is a highly individualized and responsive setting for high-potential middle and high school students with learning differences, such as language-based learning difficulties, nonverbal learning difficulties as well as attention deficit and executive functioning difficulties. Winston's program is designed to challenge each student's strengths while developing the essentials of reading, writing, mathematics, organization and study skills. Each individualized educational program is based upon a continuously modified understanding of each student's dynamic learning profile that evolves as the student progresses and matures. Small classes of 8-12 students help to facilitate the individualization of course work. All students participate in a daily one-to-one instructional period called Focus, designed to serve as the diagnostic, instructional, and mentoring centerpiece of their experience. Art, music, gym and a variety of enrichment choices are offered within the school day as well as after school. For information on Open Houses, please visit our website, [www.winstonprep.edu](http://www.winstonprep.edu), or contact the admissions office 646-638-2705 ext. 619 or ext. 634.

#### Winston Preparatory School, The Learning Center

**126 W 17th St.**  
646-638-2705 ext 688 or E-mail  
[learningcenter@winstonprep.edu](mailto:learningcenter@winstonprep.edu)

If your child is struggling in school, we can help.

One-on-one tutoring sessions targeting skill development

Small classes in decoding, reading, writing and math

Pragmatic skill instruction

Homework counselor

Study and test-taking strategies

College essay writing class

Monday-Friday 3:30p.m. – 6:00p.m.

#### Special Sprouts

**453 6th Avenue, in Park Slope**  
718-965-8573 or [www.specialsprouts.com](http://www.specialsprouts.com)

Special Sprouts has been helping children with developmental challenges from the ages of three to five years for more than 15 years. They offer a therapeutic nursery school with a small student-teacher ratio, a full range of therapeutic services, including speech therapy, occupational therapy, and physical therapy, as well as door-to-door transportation, all at no cost to parents. In addition, they provide Special Education Itinerant Teachers (SEIT) and related therapeutic services to children who attend general education settings. They service children from throughout Brooklyn.

#### The Sterling School

**299 Pacific Street**  
718-625-3502 or [www.sterlingschool.com](http://www.sterlingschool.com)

The Sterling School is a private school specializing in the needs of dyslexic children and children with language based learning disabilities in grades two through six.

If your child needs to develop the skills needed to become a life-long learner, their multi-sensory, researched-based curriculum will help them succeed.

Your child may feel that they are the

Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

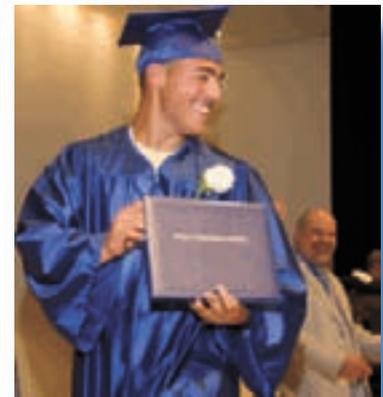
*If your child is struggling with school...*



*"Someone mentioned to me that if I had a creative and bright child, he would thrive at Winston Prep.*

*Winston changed his life."*

Janifer Levin, mother of Mak Levin  
Winston Prep Class of 2008  
Roger Williams University Class of 2012



*...we can help.*

## The Winston Preparatory Schools

*Unique independent day school for students with learning disabilities.*

NEW YORK  
126 W. 17th St.  
New York City, NY 10011  
646.638.2705 x634

CONNECTICUT  
57 West Rocks Road  
Norwalk, CT 06851  
203.229.0465 x535

[www.winstonprep.edu](http://www.winstonprep.edu)



NORTHEAST REGIONAL  
EPILEPSY GROUP

Your Epilepsy Treatment Team  
Epilepsy Educational Program for Patients

**Saturday, November 19, 2011 - 8:30am-12noon**

**Sheraton Brooklyn New York Hotel | 8:30am-9:00am: Registration & Breakfast**  
**228 Duffield Street, Brooklyn, NY 11201 | 9:00 am-Noon: Program**

### Epilepsy Conference: Taking Control

What's New in Epilepsy Treatment • Dr. Marcelo Lancman  
Autism and Epilepsy  
Obtaining Social Security Benefits • Adreinne Arkontaky, Esq  
Depression in Epilepsy: How do you know if you have it & Treat it? • Lorna Myers, PhD  
Resources for people living with epilepsy in NYC • Lorna Myers, PhD

**Register for Program:**  
**Arielle Cireseanu 212-661-7460 ext. 409 or [events@epilepsygroup.com](mailto:events@epilepsygroup.com)**

# Being positive about dyslexia

Learn how to identify the signs of this disability

BY STEVE PEREGOY

**N**ow, more than ever, it is important to raise awareness of dyslexia and identify warning signs that parents can be on the lookout for. It is important to understand that dyslexia is not simply “reading backwards.”

The International Dyslexia Association defines dyslexia as a specific learning disability that is neurological in origin. It is characterized by difficulties with accurate and fluent word recognition, and by poor spelling and decoding abilities.

Secondary consequences may include problems in reading comprehension and reduced reading experience that can impede the growth of vocabulary and background knowledge. Dyslexia has nothing to do with intelligence, birth defects, mental illness, level of education, or economic status.

Some of the problems experienced by dyslexics include:

- Difficulty learning to speak
- Trouble learning letters and their sounds
- Difficulty organizing written and spoken language
- Trouble memorizing number facts
- Difficulty reading quickly enough to comprehend
- Trouble persisting with and comprehending longer reading assignments
- Difficulty spelling

- Trouble learning a foreign language

- Difficulty correctly doing math operations

Not all students who have difficulties with these skills are dyslexic. Formal testing of reading, language, and writing skills is the only way to confirm a diagnosis of suspected dyslexia.

Parents who suspect that their child might be exhibiting signs of dyslexia or another language-based learning difference are encouraged to take action as soon as they suspect a problem. The earlier a child receives intervention, the sooner he or she can get on the path to successful learning.

- Contact your child's teacher, head of school, guidance counselor, or pediatrician and express your concerns.

- Request a formal evaluation of your child by a professional or request a referral for testing to confirm a diagnosis of dyslexia or another language-based learning difference.

- Visit the International Dyslexia Association's website for fact sheets and helpful resources for parents. In addition, the Association also has a new program designed to support parents and connect them with other parents of dyslexic children.

- Be an advocate for your child. If your child is diagnosed as being dyslexic, fight for proper accommodations in his or her current school or look into specialized schools or tutors.

- Keep a positive attitude. A diagnosis of dyslexia or another learning difference is not the end of the world. Children with dyslexia are bright, capable, and able to go on to college and successful careers. If your child has dyslexia, it simply means that she learns differently. Many top CEOs, scientists, artists and entrepreneurs are dyslexic.

Watching a child struggle with reading, writing, and other academic areas can be heartbreaking for parents and other family members. The Association strives to help parents of dyslexic children, as well as those with dyslexia and other language-based learning differences overcome these challenges. The organization estimates that one in 10 people have dyslexia, and a recent study revealed that as many as 35 percent of entrepreneurs may be dyslexic.

The latest dyslexia research is focusing on the brain in order to determine whether there is a physiological difference in the brains of dyslexic individuals. In fact, the Association's president and world-renowned dyslexia expert, Dr. Guinevere F. Eden, uses brain imaging technology to visualize how reading pathways of the brain are impacted by instruction, mode of communication, and writing systems.

MRI scans conducted by Eden and her team show that learning areas activated in the brain of a dyslexic are different from those of “typical readers.”

Recently, Eden released the results of a groundbreaking study which showed that improvements in reading ability were accompanied by changes in brain structure after a reading intervention in 11 children with dyslexia. The study's findings were featured in the scientific journal *NeuroImage*.

Children in the study showed marked improvement in reading and reading-related skills as the result of eight weeks of intensive instruction. MRI scans of the brain of students participating in the study, conducted by Eden and her team, show four areas with increased volume at the end of the instruction, as compared with the start. Both the improvements in reading skills and changes in brain structure continued to be observed on follow-up. The study concluded that intense instruction can have positive and lasting outcomes in improving reading skills in children having difficulty learning to read.

*To find an International Dyslexia Association member professional in your area, become a member of the Association or the Parent Program, or to find out more information about dyslexia and the organization, please visit [www.interdys.org](http://www.interdys.org).*

*Steve Peregoy is the executive director of The International Dyslexia Association, which is based in Baltimore, MD.*



*"An abridged version of the famous ballet is perfect for kids (and adults)... The show moves along quicker and has more rhythm to suit a contemporary audience."*  
-NEW YORK POST



**Brighton Ballet Theater**  
SCHOOL OF RUSSIAN AMERICAN BALLET PRESENTS:

# THE NUTCRACKER

Saturday, December 10, 2011 at 5:00pm

Choreography and Libretto by Edouard Kouchnarev

Performance will be held at the  
Leon M. Goldstein Performing Arts Center, KCC,  
2001 Oriental Blvd, Brooklyn, NY 11235

Brighton Ballet Theater revives a holiday classic featuring  
lavish costumes, splendid scenery, and a Junior company  
of 80+ young dancers. Recommended for ages 4 and up.

For tickets & more information, please contact us:  
[www.brightonballet.org](http://www.brightonballet.org)  
718.769.9161



This program is supported, in part, by public funds from the New York City Department of Cultural Affairs.

# 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**<sup>®</sup>

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

# Holiday challenge

Preparing family members with special needs for the holiday season

BY REBECCA MCKEE

**C**an you believe it? The stores will be taking down their Thanksgiving decorations and zooming toward Christmas before we know it! For those of us who share our lives with someone who has Autism Spectrum Disorder or another special need, we know the feeling of living Halloween way before autumn arrives, and of having to listen to Christmas carols in October. Ah, the anticipation of it all!

For many, this idea of happy holiday happenings can quickly turn into too much too soon, and lead to a

downward spiral that can affect the whole family. Here are some simple strategies that may ease the overwhelming excitement, and allow the whole family to celebrate holidays in a timely, successive order.

- Always keep a calendar — not only for listing appointments and birthdays, but also to keep track of what people generally speak about and what activities they enjoy during special times of the year.

For example, in October, I would write at the top of the page: “People decorate their homes with pumpkins. Maybe we can go to a farm and go apple picking. People talk about bak-

ing and eating apple pie and pumpkin bread. We can watch fun, family movies like ‘The Wizard of Oz,’ or scary movies like [insert your child’s favorite scary movie here]. Everyone looks at Halloween costumes and buys bags of candy.”

When each major holiday ends, prepare your child for the next holiday. For example, write on the calendar on the day following Thanksgiving: “Start taking down Thanksgiving decorations. Start talking about Christmas. Start writing a list about what decorations to get for Christmas.”

- Include your child in functional tasks during the busy holiday season as much as possible. Invite him to help create a food shopping list for Thanksgiving dinner or Christmas cookies, or push the cart and find the items in the supermarket, or load the dishwasher after the meal. In other words, try to use his excitable, nervous energy as much as possible, in a positive, proactive way.

- As each holiday ends, have your child recycle all the holiday-centric catalogs and magazines to drive home the fact that this particular time of year is past.

- Limit his choices of music and movies to a seasonal selection, or those that are relevant all year. Lay out your newspaper’s television listings to demonstrate when most people watch Christmas movies. A good rule to follow is that he has the freedom to watch what he likes on the television in his bedroom, but in the living room, the family will be watching seasonally appropriate shows. Make it clear that on Christmas Eve, the family will not want to watch a movie about Easter.

- Always provide items and activities to keep special needs family members occupied during these holiday meals. We can amuse ourselves with conversation, but sometimes others cannot. Keep that in mind.

Follow these tips so that YOU and the rest of your family can enjoy yourselves!

*Rebecca McKee, MSED has an Applied Certification in Behavior Analysis.*



**DANCEWAVE**

**PRESENTS**

# HOLIDAY FIESTA

**Saturday, December 10, 2011 // Brooklyn Lyceum // 10 AM - 6 PM**



**DANCE // MUSIC //  
DELICIOUS FOOD**

**HOLIDAY SHOPPING //  
LOCAL VENDORS**

## FEATURING

Performances every hour at  
15 minutes after the hour!

- \* Dancewave pre-professional dance companies
- \* Brooklyn Conservatory of Music youth ensembles
- \* Live music while you shop
- \* FREE salsa lesson 5:30-6 pm!

## SPONSORS



## TICKETS

\$7 in advance, \$10 at the door

**FREE** for ages 6 and under!

Visit [www.dancewave.org](http://www.dancewave.org) or call  
718-522-4696 to purchase

100% of proceeds support  
Dancewave's scholarship and NYC  
public school arts programs

## VENUE

Brooklyn Lyceum  
227 Fourth Avenue (and President St.)  
Brooklyn, NY 11215

## CONTACT INFO

Dancewave  
45 Fourth Avenue (and Dean St.)  
Brooklyn, NY 11217  
718-522-4696  
[info@dancewave.org](mailto:info@dancewave.org)  
[www.dancewave.org](http://www.dancewave.org)



Visit [www.dancewave.org](http://www.dancewave.org)  
for full performance schedule

## SPONSORS





# Learning disabilities and stress

Diagnosing a problem can make school a much easier undertaking

BY JANET TUBBS

**I**f you think your child has a learning disability, it may help to know that it's more common than most people think — it affects more than 3 million children between the ages of 6 and 21. It may be so slight as to be unrecognized, yet so disruptive in a child's life that he can't function as a typical child should. In addition, it's usually unrecognized by his parents and other family members who smile at his little "quirks." It's only when he's in school that his difficulties surface, and his teacher sees his abilities to spell, write or understand instructions are developmentally delayed.

You can look at your right-handed child who has broken his right arm and know immediately that he has limited ability to function fully and normally.

But a child with a learning disability is different. There's no obvious physical or mental problem that signals something is wrong, however, there are certain signposts that give a clue that there might be something going on that needs attention. For example, he has trouble with:

- Reading. He has difficulty reading and doesn't understand what he has read.

- Organization. He doesn't understand instructions or know how to organize his room, clothes, thoughts or spoken words.

- Basic principles. He doesn't understand simple math.

Learning disabilities create their own kind of stress in children that most of us can't relate to. The inability to comprehend or write what is expected is frustrating for a child who knows he has a problem but doesn't know what it is. His condition may not be diagnosed and his apparent lack of interest or effort is

attributed to being lazy, stubborn, stupid or uncooperative.

A child who can't read or write is ridiculed by his peers. He lives in a state of fear that he will be called on to perform in class. To divert the teacher, he may begin to act up — first by simply resting his head on the desk; then spinning his pencil; flipping through a book; drawing pictures; whispering; slouching at his desk; creating a disturbance by dropping books and pens on the floor; and in general, creating havoc. The attention and amusement of his classmates may be mistaken for approval, which encourages him to continue his performance.

This is similar to a child with

ADD. The big difference is that an ADD kid is bored and wants much more than the teacher can give him, so he plays the class clown, while a kid with a learning disability really wants to learn, participate and keep up with the other kids but isn't able to.

If we put ourselves in the place of a bright, energetic, perfectly normal young child who is ashamed because he can't keep up with his peers, we would better understand why he is having so much trouble in school.

Teachers, who are able to identify a learning disability, may suggest a professional who specializes in the testing and treatment of this increasingly common condition. Support groups provide parents with current information about learning disabilities, as well as comfort and reassurance.

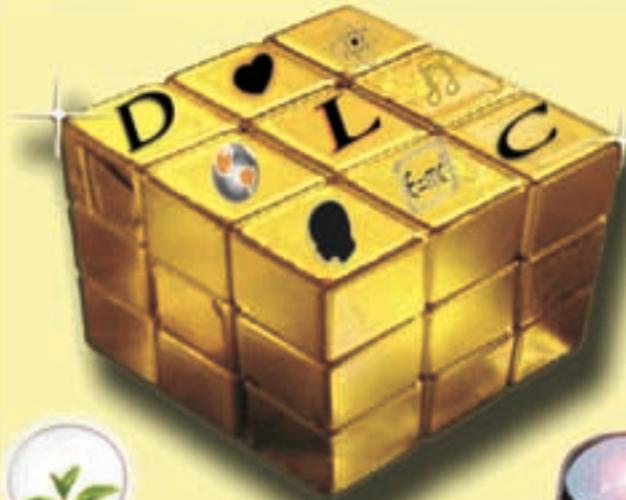
Many children with learning disabilities have vision problems and may not realize that the printed words seem to rapidly move up and down on the page. It's no wonder this child has trouble reading. A trip to a developmental optometrist will determine if your child has this problem, and she will determine the best way of correcting it.

These doctors are specialists in learning disabilities and are able to correct this problem with colored lenses. Inquiries to optometrists, the Optometric Association in your state, or a search on the Internet will probably provide names and phone numbers of vision specialists who are familiar with this condition.

There's no cure for a learning disability. However, if therapy is started as soon as the problem is discovered, and teachers are aware of his limitations, a child's sense of worth is strengthened, and he is more willing to face the challenges of the classroom. And when he overcomes some of his fears, he gains the respect of other students, and it becomes a cycle of effort-respect-success-respect-effort-success.

*Janet Tubbs is an educational consultant who has worked with children both with and without disabilities for more than 30 years. She is the author of seven books, including "Creative Therapies for Children with Autism, Asperger's and ADD." She is the mother of four children and grandmother of eight.*

**DYNAMIC LEARNING CENTER**  
FOR TOMORROW'S LEADERS



**ENRICHMENT PROGRAM**



**MATH - SCIENCE**  
**READING - CHESS**  
**WRITING - FRENCH**  
**MUSIC - ETIQUETTE**  
**FUN COMPUTERS**  
**INTEGRATED**  
**SPORTS**

— MON-FRI: 3PM-6PM —

 **(718)998-6481**

**121 GRAVESEND NECK ROAD**  
**WWW.DYNAMICLEARNINGCENTER.ORG**

**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)



**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](mailto: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



# Good behavior

Positively  
effective  
discipline for  
children with  
special needs

BY LAURA VAROSCAK-  
DEINNOCENTIIS

One of the most essential and daunting tasks for parents is practicing discipline. Parents of children with special needs have the additional challenge of implementing an appropriate discipline plan that helps their children exercise self-control without overwhelming or shaming them. Clear and consistent rules lead to feelings of safety and security. Successful discipline also promotes positive behavior and contributes to increased self-esteem, independence, respect, and confidence.

Misbehavior is a normal part of every child's growth and development. Babies act out with temper tantrums when they become more self-sufficient and understand that their actions affect others.

As they grow, children continue to test their limits for many different reasons. They may be hungry, tired, or physically uncomfortable. They may want attention. Their behavior could also reflect the need for control or clearly defined boundaries. It is the parent's job to figure out what the child needs and respond accordingly.

Disciplining special needs children requires a great deal of patience and practice. Every child is unique, and parents need to experiment with various methods before finding the best fit. Parents know their children better than anyone else and should trust their instincts. Children change over time, so what may have worked well one week may not be effective the next, so it's important to be flexible.

Parents must learn to read their children's behavior in order to develop an appropriate behavioral plan. Special needs children require attention in different areas. A majority of the time, acting out in a negative manner is their attempt at communicating a particular need. In a social setting, children may not have the ability to relate appropriately with their peers. Instead of using words to express



themselves, children may bite or hit. Parents can model the proper language and behavior to use when approaching a friend. A simple wave or "hello" can be practiced regularly until the child begins to put it into practice on his own. A parent should not apologize for her child's misbehavior but explain that he is still learning how to ask friends to play.

Empathy plays a key role in discipline, because it helps children feel

understood and encourages them to acknowledge their feelings. Figuring out the message behind children's actions may take time, but once the need is identified, it becomes much easier to deal with the behavior. For example, a child who ignores parental instruction may not be intentionally disobedient. Most special needs children have trouble focusing, especially if visual or auditory distractions are present.

---

Parents must learn to read their children's behavior in order to develop an appropriate behavioral plan.

---

A child's disability should never be blamed for misbehavior. Special needs children must be held accountable for their actions. They are capable individuals, despite their limitations. While adjustments need to be made to accommodate them in certain areas, it is beneficial for parents to assign developmentally appropriate responsibilities to their children.

Parents who feel their children are too sensitive for discipline are doing them a disservice. A child who does not receive consequences for his actions will likely have diminished feelings of confidence and self-control. A sense of accomplishment will help to boost self-worth and teach children to value themselves and their abilities.

Positive discipline strategies are the most effective behavior management strategies for parents. This approach involves parental modeling, as well as consistency, so that the child learns to integrate and modify his behavior on his own. When a child misbehaves, parents can offer choices instead of common negative commands such as "Don't" or "Stop." This not only redirects the child, but gives him more of a sense of control and importance. A child who is throwing toys across the room may be told, "Throwing toys is not OK, but we can throw other things that are safe and will not break. Would you like to stay inside and throw pillows or go outside and throw a ball?" Parents should also remember to acknowledge children when they engage in appropriate behavior. A smile or pat on the back is enough to show approval and encourage more positive actions.

Parents who discipline with love and attention also need to establish more serious consequences if negative behavior escalates or interferes with the safety of the child or others. Clarify rules and set boundaries before a child has the opportunity to challenge expectations. When a child misbehaves, act immediately, but remain calm. The duration and severity of a punish-

ment should relate to the degree of misbehavior.

A time out is one effective way to modify behavior. When acting out, a child should be taken to a quiet, safe place with little or no stimuli. A change of environment will help to refocus and soothe him. Before leaving the child alone, parents must clearly communicate why the child needs a time out. If he is old enough, the child may use the time to reflect on his behavior. The length of the time out should correspond with the child's developmental age (one minute per year maximum). After the time out period, parents may continue praising positive behavior.

Parents can help to reduce their children's misbehavior by anticipating difficult moments in the day. Transitions are often difficult for children. The unpredictability of change can make a child feel uneasy, even fearful. Knowing what to expect can help eliminate unnecessary stress. All children crave structure, and knowing what comes next provides comfort. Simply being aware of a daily schedule can help a child adjust between two activities (parents can make a pictorial schedule for young children).

If the day's routine is atypical, plan to surround the child with as many familiar items (favorite songs, books, toys, etc.) to help him feel as comfortable as possible in unusual circumstances.

Consistency in discipline is critical to a child's sense of well being. Sticking to rules and doling out consequences for inappropriate behavior teach all children important lessons. They not only learn right and wrong, but practice respect for themselves and others. At the same time, they become more confident, self-aware and responsible when they are held accountable for their actions. Disciplining children is often hard, especially in the heat of the moment, but successful approaches, which focus on positive behavior, reap valuable rewards.

*Teacher and freelance writer Laura Varoscak-DelInnocenti is a regular contributor to New York Parenting Media who has won editorial awards from the Parenting Media Association. Varoscak-DelInnocenti holds master's degrees in fiction writing, education and psychology. She lives in Bay Ridge, Brooklyn and is the proud mom of two sons, Henry and Charlie. Visit her webpage ([www.examiner.com/parenting-in-new-york/laura-varoscak](http://www.examiner.com/parenting-in-new-york/laura-varoscak)) for more articles on Brooklyn parenting.*

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**<sup>®</sup>  
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.

# Strings attached

## The lasting value of learning the violin

BY JENNY CHEN

I started playing the violin when I was 7 years old. I think I've spent more than 1,900 hours of my life playing the violin, and I have the calluses on my fingers to prove it. Recently, my dad asked me whether or not I thought playing the violin was worth it — instead of the time I could have spent being with my friends; the money I could have used to buy new clothes that was instead poured into buying an old, high-maintenance violin with a matching handcrafted bow; and the hours of lessons that often seemed fruitless until the rare moment of breakthrough.

Was it worth it? Was it worth the hours of practicing that left my

fingers bloodied, scarred and sore? Was it worth the feeling of utter frustration that often grips artists when they are unable to convey what they want to convey? Was it worth the endless days of sawing away, when I could have been doing an infinite number of other things...only to find out that I was no musical prodigy?

I have to admit, the violin has held me to the highest standard of perfection — “almost” is never enough. If a note is out of tune, it's out of tune. If you're off on a beat or come in late, you throw off the entire orchestra. It's not enough to get the technicalities with robotic precision either — there also has to be gut-wrenching emotion. You have to hone in on the individual notes and watch the bigger picture — the phrasing of the song. I stopped taking private lessons almost a year ago, but 10 years of playing the violin still haunt me.

### Total music immersion

Now I'm in college, and when I have a big project, I lock myself up in my room until it's finished, and I remember the nights when I struggled to tune out family conversations, the phone and dinner as I focused solely on the music. There is no other way to practice. In an ADD America, you have to learn to focus all your energies on the music and the instrument, because otherwise it's impossible to worry about the intonation, the rhythm, the speed, and the tonality all at once.

My violin teacher always told me, “It's good to be a little nervous when you audition, but if you're so nervous that it affects your playing, then you're not concentrating hard enough on the music.”

### Self-discipline

Perhaps the hardest — and yet most rewarding — part of playing the violin is the self-accountability. Yes, the instrument holds you to the highest level of perfection, but in the end, it's you who held yourself to that in the first place.

No matter how much I moaned

about practicing every night, and no matter how frustrated I got, there was something that kept me pushing: a desire to see myself succeed. The strength of that is what pushed me to endure the highs and lows of playing the violin and to take ultimate responsibility for everything that happened. I quickly learned that only I could make sure that I went where I wanted to go. A teacher can tell me what is wrong, but it's up to me to fix it.

I had to try different things and lay awake at night figuring out what went wrong and what combination of pressure, angle or finger arrangement would make it right. But then, of course, the breakthroughs never happen immediately. It takes years of patience and diligence until you can pick up the violin one day and everything seems to fall into place — to make sense.

Over the past 10 years, I have gradually become extremely sensitive to the nuances of sound. I remember the violin when I sit by myself in a group of strangers or take a walk in the arboretum. I learn to listen and store the information I gather into my brain to busily pick apart and process.

### Never say goodbye

In playing the violin, I have had to answer to the highest standard of perfection. I have immersed myself in a way that I've never done before, and I've had to work harder than I ever have before and listen harder than I've ever done before. But after 10 years, it has just become a part of life. I don't practice nearly as much as I used to, and in some ways, I'm happy that I finally have enough time to pursue other hobbies. But I still carry my violin around wherever I go, hoping that one day I will be able to lift it out of its case and play, a momentary stay against an onslaught of deadlines, facts and problems — a practice in focus, art and perfection.

So, in answer to my dad's question — yes, I do think that it was worth it.

*Jenny Chen is a freelance writer.*



# 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 718.351.7333	Bay Ridge 718.748.3000	Sheepshead Bay 718.891.5437	Park Slope 718.260.8100
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



# April's Dance-N-Feet

*Celebrating Our 18<sup>th</sup> Year*

- Ages 2 thru Adult • Boys' Classes
- Tap • Ballet • Jazz • Hip Hop
- Pointe • Gymnastics • Lyrical
- Karate • Caribbean • Adult Classes  
in Hip Hop, Tap & Caribbean

Take a  
**FREE** trial class  
before Nov. 30, 2011  
Ask for your  
**FREE** gift

**Register  
Now!**

**WE NOW HAVE 3 GREAT LOCATIONS**

**4626 FLATLANDS AVE.**  
(BET. SCHENECTADY AVE. & E. 46TH ST.)  
**718-692-4809**

**1866 FLATBUSH AVE.**  
(BET. AVE. K & E. 38TH ST.)  
**718-258-2340**

**9411 AVE. L**  
(BET. E. 94TH & 95TH STS.)  
**718-272-1813**

# Creating a sense of 'self'

Positive  
parental  
influence on  
childhood  
individuality

BY MEAGAN J. MEEHAN

**I**ndividuality is something which can be seen in people from the very start of their lives. There are several theories within the worlds of psychological, societal, and communicative studies which help explain this phenomenon and decipher how parents and guardians can better serve the needs of each child.

One of the strongest standing theories about child development lies with the theory of Influence, notably parental influence. A parent's influence over her child's life directly impacts that child's existence and, as the child grows, it will determine how he communicates with his parents.

Influence can be positive or negative, thus it is crucial that parents create and maintain the best surroundings possible for their children to thrive in. Overwhelmingly, children who have a positive relationship with their parents are less likely to engage in risky or destructive behaviors. Notably, children from solid family foundations have a strong sense of morals. This results in good self-control and, subsequently, avoidance of dangerous situations.

So, what is the key to maintaining a good relationship with your children? The simple answer seems to be a strong, loving relationship.

Influence theory largely concerns impressions woven into a person slowly over an extended period of time. However, it can occasionally be actively observed — notably



when children are young. If a mother allows her small child to pet a dog while explaining how nice dogs are, she is influencing that child to like animals. If a father sings to his child, he is influencing the child to recognize the tune.

Influence is very much like teaching, except without any kind of curriculum-based instruction. Rather, influence helps to shape a person's personality that, in turn, leads to a mutual understanding and close bonds with those around them. In short, influence leads to closeness, which leads to good feelings and

bonds, which leads to an increase in positive reinforcement, sense of stability, and happiness.

Although influence is important, it can only be truly applied if parents appreciate a child's own personality. Thus, if a child shows a special interest in sports, parents can influence this behavior further by watching professional games with him, reading books about the subject, encouraging practice, etc. In today's technological age, there are numerous ways to motivate and develop those interests to their full potential. As long as the child genu-

Although influence is important, it can only be truly applied if parents appreciate a child's own personality.

inely enjoys the hobby — and is not being pushed to like it — parental involvement can create a strong stock of memories and feelings of acceptance.

Although some hobbies are directly influenced by parents (such as exposure to sports), other activities may be more influenced by peers or society outside the home. For example, although a parent might not have experience with designing video games, she can certainly encourage a child interested in such a field to continue his pursuit. Sometimes, simply listening to a child's interest — and reassuring him that it's acceptable to create goals set around personal, not parental, preferences — influences that child to simply be himself. And that's one of the most important messages that is too often ignored.

There are many pressures in today's world — from rigorous test-obsessed school systems to harshly judging social media — that can stifle a young person's quest for "self," conflicting with the desire to be accepted. Without a strong sense of belonging somewhere (like a family unit), a youngster is more likely to miss the opportunity to expand his mind, find new interests, and ultimately reach his full potential. Such a sense of insecurity can have extremely adverse reactions on a child's psyche. Disproportionate sense of identity (one's "self") can even cause bullying as an attempt to seek a sense of a role in society that is otherwise lacking.

Too often, basic communication issues pop up between parents and children while the children are still very young. Bonding and developing a sense of who they are versus what you, as a parent, want them to be, starts from the minute they are conceived. Mothers want their children to be healthy, so they treat their body right during pregnancy. Parents want their children to be polite, so they teach them to say "please" and "thank

you." Parents want their kids to be smart, so they help them learn basic reading and math skills before they officially start school. We know what society expects our children to be (i.e., smart, polite) but it is too easy to get caught up in systematically training them to retain information while overlooking the chance to expand their minds in a fun and interesting way.

Although we teach children how to function, we have a tendency to ignore basic developmental concepts such as compassion and individuality. This "gap" in information can leave children struggling to define their own feelings alongside those of others. In short, children sometimes have a lesser sense of compassion simply because they have not been taught crucial social graces as effectively as specialized mathematical lessons they will most likely never use.

By simply teaching children to recite information, we are not helping them to explore the world, or teaching them to question the things in their surroundings, which is the key to actually gaining knowledge. To really master something, we have to take an interest in it. The only way to know what we truly enjoy is to be exposed to numerous elements and be influenced to embrace our interests from an early age.

Examples of expansive learning resources that parents can utilize are books, television shows, and family-oriented events that focus on various topics. Libraries are packed with books for children about everything from fictional stories to arts-and-crafts instructions. Any parent who has ever sat down to watch an episode of "Sesame Street" will note how every episode focuses on various subjects. Websites and iPhone apps even include age-appropriate, multi-content, educational games which children enjoy.

We are fortunate to live in New York where there are literally hundreds of places to go and things to do. A look through local newspapers (or online sources, such as NYparenting.com) will supply ample leads to dance classes, music lessons, theater, and a myriad of other nearby attractions to influence a child's natural curiosity (and bond with him at the same time). By exposing him to all the good things life has to offer, we help him see how big and diverse and wonderful the world is.



Where children *develop* confidence, compassion & inspiration by learning from their *Community* & the world.

*greeneHill*  *School*

Fort Greene, Brooklyn 718.230.3608 or [greenehillsschool.org](http://greenehillsschool.org)

**Ft. Greene Pediatric Dental**



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

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

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

**Untray T. Brown, DDS**

NYU College of Dentistry - Clinical Assoc. Professor-Pediatric Dentistry

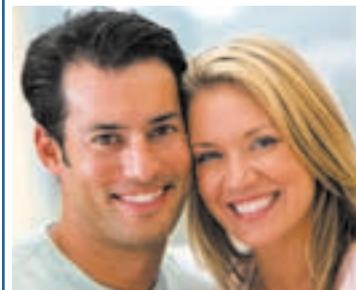
**55 Greene Ave.** (Carlton) Suite C (lower level) **718-230-7676**

[www.brooklynchildrensdentist.com](http://www.brooklynchildrensdentist.com) Email: [yartrnu@gmail.com](mailto:yartrnu@gmail.com)

**New Orthodontic Program**

## PERIODONTICS - IMPLANT DENTISTRY

Louis C. Franzetti, D.D.S.



**Kids Back To School?...**  
Time To Take Care Of Yourself!

- Periodontal Therapy
- Dental Implant Placement
- Highly Individualized and Comprehensive Care
- Customized Treatment Plans

**BROOKLYN**  
**One Hanson Place**  
**Suite 701**  
(Convenient To All Trains)  
**718-638-3332**



**MANHATTAN**  
**30 East 60<sup>th</sup> Street**  
**Suite 405**  
**212-588-9959**  
[www.drfranzetti.com](http://www.drfranzetti.com)

# Paper chase

Tips for managing the tidal wave of school paperwork

BY DENISE YEARIAN

Every year, children begin bringing home a hodgepodge of school papers that, left unmanaged, can grow into a mountainous heap. To keep kids' artwork, past assignments and graded documents in check, parents may want to establish an effective paper management system. And the sooner — the better!

"The biggest problem with kids' papers is parents are sentimental and want to keep most of what their child does. But that's not practical, nor is it essential," says Kathy Schlegel, student academic coach and founder of Organized Enough Coaching and Consulting. "To keep paper clutter under control, I suggest parents toss the majority of what comes home. But retain a few

items for recordkeeping and nostalgic purposes."

Elementary School Principal Charles Sheppard agrees.

"It's a good idea to hold onto graded papers that may be in question through the end of each marking period in case there is a discrepancy on the report card and you need documentation to discuss it with the teacher," he says. "At the end of the marking period, throw away items that aren't necessary or meaningful to you. But hold onto a few really impressive pieces — stories your child has written, select artwork and papers with encouraging comments.

"Put your child's age, grade and date on the backside of these, so later, he'll have a sampling of what he did."

It may also be helpful to retain

certain records for the duration of your child's academic career.

"None of this is required by state, but sometimes things get destroyed or are missing if a catastrophe occurs," says Gail Ralph, public school records analyst. "Because of the unforeseen, parents should retain their child's report cards, battery tests and immunization records. If their child is eligible for special education, they should also maintain the past three years of individual education plans (IEPs), as well as any fact sheets that document medical evidence or his initial diagnosis."

Robin Elton says she holds on to report cards and select items for a keepsake binder she's planning to create for each of her children. Other pages are displayed and then eventually recycled.

"When papers come home from

## Manage the mounds

•Make immediate decisions. When your children get home from school, go through and discard all insignificant papers, then decide which ones to display and which, if any, to keep.

The following questions may help in the decision-making process: Is this an inventive story or unique drawing? Will it inspire my child to continue in his creativity in the future?

Is it reflective of a particular hobby or interest during this period of his life? (If so, keep only one sample.) Is this a special report with an exceptional grade or encouraging teacher comment?

Overtime, retain a few really impressive pieces, and put your child's age, grade and date on the backside, so he'll later have a sampling of what he did.

•Maintain for the marking period. Keep graded papers that may

be in question through the end of each marking period in case there is a discrepancy on the report card and you need documentation to discuss it with the teacher. Likewise, maintain your child's

attendance record to be sure it accurately reflects the numbers listed on the report card. At the end of the marking period, discard all items that are no longer needed.

•Preserve for patterns.

If your child is struggling and may need a tutor, consider keeping samples of his work to show troubling academic trends.

•Act on the unforeseen. Retain report cards, battery tests and immunization records for the duration of your child's academic career in the event of a catastrophe. If he is in a special education program, maintain at least three years of individual education plans (IEPs), as

well as any fact sheets that document medical evidence of his initial diagnosis. Upon graduation, make a copy of your student's transcript and diploma and file it away.

•Decked out for display. There are a number of ways to display items: magnetic white boards, bulletin boards, picture frames and clothes lines strung across your child's room. Let children decide which items to display. Include papers from different genres. Create a system whereby displayed pages are removed and new ones put up. As items are replaced, save only works you need or want to file away. Take photographs of treasured artwork and download them on your computer to use as a slideshow screensaver.

•Create a keepsake. Slip special papers into clear, three-hole punched sheet protectors and place them in a binder. Take photographs of artwork and either include it in the binder or make a separate photo album. Create a chronological binder to track your student through each grade. Have

him fill out a page with characteristics about each year: who his teacher is, his favorite subject, accomplishments or awards, best friends and what he wants to be when he grows up. Include a pocket folder for each year where you can store report cards and other special mementos.

•Reflect on recycling. Use blank-sided papers for making lists or other sketches. Turn large artwork into wrapping paper for boxes or use as tissue paper in bags. Place colorful designs behind framed photographs to serve as matting. Colorful artwork can be turned into greeting cards and post cards. Create notepads from random drawings that have been cut and bound with ribbon.

•Discipline of downsizing. Teach your child how to continually downsize paper piles by helping him learn which items are of true lasting value and which ones can be quickly discarded. In doing so, he will begin a life-long habit of clutter-free living that will benefit him for years to come.





school, we immediately decide what to display, what to toss and what to reuse," says the mother of three. "Each child has a bulletin board in the hallway, so art work they are particularly proud of goes there and is rotated at their discretion. Well-done schoolwork, tests and projects get posted on the refrigerator and are cleared every Sunday as part of our weekly cleaning.

"Things I really like, I'll frame and put up on the dining room wall. As artwork ultimately finds its way to the recycling bin, the artist is photographed with it and these pictures serve as a random slideshow on the computer screen."

Schlegel thinks this is a good idea.

"My whole philosophy is to keep it simple," she says. "Once items have run their display time, save only those papers you plan to create a keepsake with. Slip them into clear sheet protectors — the ones with three-hole punches — and place them in a binder. If you have a prolific artist, take photographs of treasured works and either include them in your keepsake binder or make a separate photo album. This is particularly good for large pieces that would otherwise get crumpled."

Binders can even be used to cre-

ate a chronological keepsake of your child's academic career.

"Each year, have your child fill a page with characteristics about that year: who his teacher is, his favorite subject, accomplishments or awards, best friends, and what he wants to be when he grows up. Include a pocket folder for each year

where you can store report cards and a few other special mementos," says Sheppard.

Then recycle what you can. Use blank-sided papers for making lists or other sketches. Turn large artwork into wrapping paper for boxes or use as tissue paper in bags. Place colorful designs behind framed pho-

tographs to serve as matting. Elton does this and more.

"Colorful artwork goes into a file drawer and is eventually used to create greeting cards and post cards. And scribble drawings we cut, stamp initials on the blank side, and then bind with ribbon and give as note pads to family and friends," she says.

Elton has even taught her son Jacob to put otherwise discarded artwork to literary use.

"When he was younger, he drew a lot of pictures of different birds, so I bound those pages and created a bird book, and he really liked that," she continues. "This past year at school, he started drawing a series of original Indiana Jones characters, and it carried over into the summer. Now that he's done a lot of pages, he plans to make them into a comic book."

Most important: teach your child how to continually downsize paper piles by helping him learn which items are of true lasting value and which ones can be quickly discarded. In doing so, he will begin a life-long habit of clutter-free living that will benefit him for years to come.

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

## Tips for preserving your child's work

Looking for a way to efficiently store and preserve school records? Experts offer this advice.

"At the beginning of the school year, set up a file box with hanging folders labeled for each school subject and extracurricular activity — color code it for each child," says Kathy Schlegel, student academic coach and founder of Organized Enough Coaching and Consulting. "In this box, place items that are no longer active but may need to be retained until the end of the marking period. Once grades have been verified through the report card, discard any filed papers you don't need."

At the end of the school year, Schlegel suggests moving papers you want to store permanently to

a different file box.

"This one will house school records in subsequent years," she continues. "Create a file for each of the following: report cards, battery tests and Individual Education Plans (IEP's), etc. Label each file accordingly, then put them in order with older records in the back and newer ones in the front."

Avoid storing records in attics or basements, as high humidity and heat can affect preservation.

"Items you want to preserve should be stored in a climate-controlled living area," says Randy



Goss, records preservation officer.

"Place them in something that won't speed deterioration. Acid-free file boxes and folders made out of paperboard are a good option because they have an alkaline buffer to counteract acid in the paper. Another option is to purchase fireproof and water-

proof file boxes that hold 8 1/2-by-11-inch folders. If you use sheet protectors, opt for clear polyester or polyethylene. To create a keepsake, use acid-free scrapbooking materials and put them in binders."



Photo by Pattie Hulse



Photo by Katie Heyn



Photo by Lianna Gomori



Photo by Pattie Hulse

# Earthly delights

## Kids enjoy a harvest with the Brooklyn Botanic Garden

BY MARY TOMASULO

The chill of autumn did not stop the young gardeners at the Brooklyn Botanic Garden. They weeded, watered, and harvested produce in a flourishing botanical wonderland filled with lettuce, kale, radishes, and pumpkins. The kids learned from instructors and garden apprentices in a program that's been a favorite for kids — and their parents.

My children enjoyed their days at the Garden, bringing home a bag of organic delights to feast on at lunchtime.

They would make salad dressing, and grow bean sprouts into plants. Every time they went, there was a new adventure. Cooking, crafts, nature study, stories and enjoying the beautiful surroundings enriched their spring, summer, fall, and winter. Tending to their garden plots in a small group was their favorite part of the day.

In its humble beginnings

in 1914, Brooklyn Botanic Garden Director Stuart Gager thought it was an important mission of the garden to educate children in horticultural techniques and botany. So, he recruited a young woman who graduated from Cornell — Ellen Eddy Shaw — to create a program for city kids, ages 9 to 18, so they could tend their own plot of land and learn about nature and life cycles.

Today, kids as young as 2 years old, when accompanied by an adult caregiver, work in the children's garden. Teen apprentices assist the instructors, creating lasting friendships.

"It's a very powerful concept to study nature and realize that your food starts out from a tiny seed and, with care, it grows into a fruit or vegetable," said Patricia Hulse, manager of the Children's Garden and Family Programs. Her students had just finished making pesto out of freshly picked basil plants. Hulse has been working at the Garden for more than six years, and says she feels thrilled to work in an environment that values gardening and children, and to share this

passion in the urban oasis.

You don't need big spaces to start a garden at home, and you don't have to wait until spring, says Hulse.

"You can grow basil on a sunny window sill and in the shade grow radishes, kale, and lettuce," she said. "Watch what happens, and then let your children cook what they grow. They'll be more excited to try new foods."

"Gardeners love to eat the produce, especially cherry tomatoes. They also love to experiment with recipes."

Children from all over the borough enroll at the Brooklyn Botanic Garden.

This year's program hosted more than 1,000 ambitious, young gardeners who will use their knowledge well into their adult years. The programs at the Garden tend to fill up very quickly, so contact it to find out when the next one will come along, and enroll early.

*The Children's Garden at the Brooklyn Botanic Garden [1000 Washington Ave. at Montgomery Street in Crown Heights, (718) 623-7220]. For info, visit [www.bbg.org](http://www.bbg.org).*

### Kale chips

A popular vegetable that's harvested throughout the fall and winter is kale. Here's a recipe Patricia Hulse of the Brooklyn Botanic Garden shared with us:

#### INGREDIENTS

- Kale
- Olive oil
- Vinegar
- Salt and pepper

**DIRECTIONS:** Tear kale into small pieces. Coat with olive oil, a little vinegar, and a dash of salt and pepper. Toss together. Place pieces on a cookie sheet. Bake for 15 minutes at 350 degrees. Enjoy!

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

**COMPLIMENTARY EXAM**  
with mention of this ad



**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.

# 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

**MILL BASIN**  
**DAY CAMP**

**Bus Pickup  
Many Areas  
In Queens  
& Long Island!**

**Open House  
Saturday,  
November 19 &  
Saturday,  
December 17  
11 am - 1 pm**

5945 STRICKLAND AVE, BROOKLYN, NY 11234  
718-251-6200 WWW.MILLBASINDAYCAMP.COM

**SUMMERS OF FUN & ADVENTURE!** All Programs and Facilities On Site!

**Register Early For 2012 & Save Money!**

Mill Basin Day Camp Summer Memories

**OUTDOOR POOL**  
**DANCE STUDIOS**  
**BASKETBALL COURTS**  
**MOVIE THEATRE**  
**COMPUTER LAB**  
**JUNGLE GYM**  
**WII ROOM**  
**VOLLEYBALL**  
**VIDEO GAME ROOM**  
**BAKING CENTER**  
**ARTS & CRAFTS**  
**KARAOKE STUDIO**  
**GYMNASTICS**  
**DAY & OVERNIGHT TRIPS**  
**OLYMPIC GAMES**  
**CARNIVAL**  
**HANDBALL COURTS**  
**SOCCER**  
**JEWELRY DESIGN**  
**DRAMA THEATRE**  
**KARATE**  
**BINGO**  
**FASHION DESIGN**

NEW

**3D GIANT SCREEN  
MOVIE THEATRE  
COMPUTER VIDEO  
GAME DESIGN  
CLAYMATION STUDIO**

**PK—9th Grade 4 to 9 Week Program 3, 4 & 5 Day Weeks**  
Doorfront Bus Service Early Drop Off Late Stay Fully Air Conditioned Video Security System Daily Snacks  
**Includes: All Trips, T-Shirt, Camp Bag, Water Bottle, Lunch Box**

# Coughing to death

Whooping cough is back — and a real danger to pregnant women and infants

BY JENNIFER LACY

**I**t's difficult to diagnose. It's potentially lethal, and it's spreading. An infectious disease that, until the introduction of the vaccine, was once the leading cause of childhood illness and death during the first half of the 20th century, is back — and spreading across the nation with a vengeance.

Whooping cough is caused by the bacterium *Bordetella pertussis* (or *B. pertussis*). When an infected person coughs or sneezes, tiny germ-laden droplets are sprayed into the air and breathed into the lungs by anyone who happens to be nearby. Once inside a person's airways, the bacteria multiply and produce toxins that interfere with the respiratory tract. The bacteria causes inflammation that narrows the breathing tubes in the lungs, causing uncontrollable coughing.

When a person becomes infected with whooping cough, it takes an estimated three to 12 days for signs and symptoms of the disease to appear. The symptoms are usually mild at first, and may resemble the symptoms of a common cold. They can include:

- Runny nose
- Nasal congestion
- Sneezing
- Red, watery eyes
- Mild fever
- Dry cough

After a week or two, the signs and symptoms will become worse. Severe and prolonged coughing attacks may cause extreme fatigue; a reddish or blue face from constant coughing; vomiting; a persistent hacking cough; or a high-pitched “whoop” sound during each breath of air (although many people — including infants, teenagers, and adults — do not always develop the characteristic whooping sound).

If diagnosed early, whooping cough can be treated with antibiotics. If left undiagnosed — especially in infants less than 6 months of age — complications from whooping cough are more severe, and can



include “pneumonia, apnea, dehydration and failure to thrive,” according to Joan Bregstein, MD, attending physician in the Division of Pediatric Emergency Medicine at New York Presbyterian-Morgan Stanley Childrens Hospital.

## Risks for pregnant women

Confirmed cases of whooping cough are most commonly diagnosed in adolescents and adults.

They may not realize that what they think are cold-like symptoms is an infectious disease, and may pass it on to family members. But, if the person who is exposed to the bacteria is an unvaccinated pregnant woman or infant, whooping cough may initiate a multitude of medical complications to not only pose a threat to an expectant woman's health, but to the health of her baby.

Due to the dangers of the illness towards both an expectant woman

Whooping cough may initiate a multitude of medical complications that not only pose a threat to an expectant woman's health, but to the health of her baby.

and her unborn baby, an advisory panel of members from the Centers for Disease Control and Prevention has recommended that all pregnant women be vaccinated against whooping cough during their second or third trimesters. A study published in the Sept. 26, 2011 edition of the medical journal *Clinical Infectious Diseases* reiterated the panel's findings, since researchers also found that vaccination during pregnancy, rather than after giving birth, is more effective. Lead researcher Scott Halperin, MD, of Dalhousie University in Halifax, Nova Scotia, discovered that if the vaccine is received during a mother's postpartum period, her body will not be protected against the bacteria for about two weeks. Her body could harbor the bacteria and unknowingly infect her infant during the most vulnerable time prior to the beginning of their first series of vaccinations.

"It is clear that protection during this two week postpartum period is critical, because of the one-to three-week incubation period of pertussis, and the frequency of deaths in infants up to six weeks of age," says Halperin.

### **Potential link between avoiding vaccination and rise in outbreaks**

Before a vaccine was available, whooping cough claimed the lives of between 5,000 and 10,000 people in the United States each year. The first vaccine was developed in the 1930s, and became widely used in the 1940s.

According to the March of Dimes, a new vaccine called Tdap was introduced in the early 1990s, and it currently works as well as the original vaccine, but has fewer side effects.

However, in the last two decades, there has been a steady increase in the number of parents

who are avoiding vaccinating their children for a wide variety of beliefs. There are also parents who are concerned about the amount of vaccinations that young children receive, which they feel may be an indirect cause of autism, or they may want their children to avoid any possible side effects related to vaccinations.

Could the growing trend of vaccine refusals be the driving force behind last year's whooping cough epidemic? In California, more than 5,270 infants were diagnosed with the disease, and nine of them died.

According to the California Department of Public Health, the rate of whooping cough cases in 2010 was the highest amount ever recorded in the state since 1955. Most of the cases that were diagnosed in 2010 occurred in areas where — due to a California state law — schools had the ability to exempt children from routine vaccination based upon families' personal beliefs. As a direct result of the epidemic, California passed legislation requiring proof that all children entering middle and high schools have the Tdap vaccination.

Other states, however, have not followed California's lead, and of those states, Florida, Illinois and Virginia are currently reporting a steady rise in the number of children in this age group diagnosed with whooping cough.

### **Docs cry poverty**

There may be another element in play: the financial challenges of vaccinating patients. The results of a study published in the December 2008 edition of the medical journal *Pediatrics* are startling. Researchers surveyed 597 pediatricians and family physicians and discovered that 49 percent of those doctors practiced in an office that delayed purchasing a new vaccine due to financial concerns. Five percent of pediatricians and 21 percent of family physicians stated that in the last year, they seriously considered discontinuing the immunization of privately-insured patients because of the vaccine cost, as well as administration and payment issues.

In order to prevent another epidemic, it is crucial that accurate information about whooping cough become known to parents and caregivers everywhere.

*Jennifer Lacey is a freelance journalist whose work has been featured in numerous parenting magazines throughout the country.*



## **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](http://www.stsaviourschool.org)

**Maura Lorenzen, Principal**

**Gail Harvey, Assistant Principal**

**Marcia McKenzie, Director of Admissions**

**You're always welcome at  
Staten Island Academy!  
Join us for an Open House!**

**Thursday, November 3 at 9AM**  
Open House for Pre-K through Grade 4

**Wednesday, November 16 at 9AM**  
Open House for Grades 5 through 11

**Thursday, December 1 at 9AM**  
Open House for All Grade Levels — Pre-K through Grade 11



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

- Part-time and full-time Pre-K programs available
- Science, art, music, and physical education classes are part of the school day
- Children receive the kind of nurturing that makes them feel at home, comfortable enough to ask questions, explore and create!

**Get More Info**  
Contact Ruth Teague,  
Director of Admissions  
at (718) 202-7802

**Visit Us Online**  
Learn about the Academy at  
[www.statenislandacademy.org](http://www.statenislandacademy.org)

**Our Location**  
715 Todd Hill Road  
Staten Island, NY  
10304

# I *did* love the '80s

A dad fondly remembers his teens, but worries about his son's

BY ROBERT TROTTA

**W**hen I was a teenager back in the mid 1980s, things were a lot of fun — at least from what I remember. I enjoyed my days spent earning a solid education at John Adams High School, and I had a job working at Bob's Sneaker Corner — both of which are still standing in Ozone Park.

I wasn't into following politics on a daily basis, but I surely recall feeling that President Reagan was a man of integrity, and I listened when he spoke, because he was likeable and had a wonderful aura about him.

Boxing was truly a sport, and a guy named Mike Tyson ruled the ring. A Chicago Bear named Walter Payton was easy to root for, running on the football field with strength, determination and a lot of success.

I admired police officers and firemen. Music was not so dangerous, thanks to artists and groups like Billy Ocean, U2 and Genesis. Shows like "The Cosby Show" and "Family Ties" were

more than just shows that made me laugh. They emphasized the importance of family and the difference between a house and a home. Even four "Golden Girls" were cool.

When I was a teenager, I remember saying to myself, "Rob, don't get old. If you do, you'll sound just like every other old person who complains about how great things used to be and how things are getting worse and worse."

Well, now that I'm 41-years-old, I consider myself old. Not because I think 41 is old, but rather because I see that teenagers are up against a heck of a lot these days. In fact, it is pretty rough being a teenager in today's society. And if it's not society that is doing them wrong, then I question if many teens are helping their own cause.

Of course, this doesn't apply to every teenager, but I've noticed that too many teens today just don't seem motivated to earn that high school diploma on time. Maybe every teen who likes to sing can win on "American Idol," and maybe every teen who likes to play a sport will get drafted out of high school and play on the professional level with a huge contract. Maybe. Maybe not.

Websites such as Facebook have had an easy time luring kids away from their responsibilities, like chores and homework. (The computer also seems to have taught kids that it's hip to write just about everything in abbreviated form.) Let's not forget the fairly new crime that has found its way into our society — cyber bullying — from which some teens have taken their own lives after being terribly abused or humiliated online.

Music lyrics have gotten nastier and movies have become raunchier. Star athletes abusing steroids have tainted sports. There's a

mixed bag of good and bad television shows, but how many of today's soon-to-be-adults are watching quality programs like "Little House on the Prairie" on the Hallmark Channel?

Then, there are the idols that teens have in their lives. Question: Where are they? Who are they?

How many teenagers know who Pat Tillman's mother is? Or even who Pat Tillman is? How many genuinely want to listen to President Obama speak? For some, idols come in the form of a parent or guardian (which is a beautiful thing). But, for many, their idols are silhouettes, empty faces waiting to be occupied.

We live in such a different world today, compared to my teenage days. Too many teens are scared and pessimistic, and they have every right to be. Terrorism, parents losing their jobs, politicians creating more problems than solutions, the latest price of a Metro Card or a movie ticket, house windows being covered with steel bars...the list goes on.

My 5-year-old son, Matthew, is currently in kindergarten. I cannot wait to speak with his teacher at the next parent-teacher conference. It's important to me. It's important to my son. It's important to his teacher. I'm a teacher myself. When I sit in the classroom, waiting to meet the parents or guardians of my students, I usually see about 15 to 20. Problem is, I teach 150 high school students.

I have a lot to learn as a parent. I'm certainly not perfect, and I try to learn from my mistakes and grow. But I do know this: Matthew will never walk around with his pants halfway down to the ground. He'll have all the school supplies he needs before I buy him a new pair of Air Jordans. As for his idol? We already have that covered. It's our family cousin, Captain Thomas Farino, who served in the New York City Fire Department and sacrificed his life on 9-11 while doing his best to save others. And Matthew will continue to be exposed to many genres of music — including romantic ballads sung by Barbra Streisand and Josh Groban.

Like I said — I'm old.



The author at his 1988 graduation and with his son Matthew, 5, today.

# HAPPINESS IS A HEALTHY MOUTH

Help Your Child  
Start The School Year  
With A Healthy Smile.  
Healthy Smile... Healthy Children



## DENTISTRY FOR CHILDREN

YOUR CHILD'S TEETH ARE TOO PRECIOUS TO WASTE

A PROPER DIET, GOOD ORAL HYGIENE AND  
A BI-ANNUAL CHECK-UP FROM AGE 1 CAN  
SAVE TEETH AND MONEY

Call **Reneida E. Reyes, D.D.S., M.P.H.** Today  
at her office for your son or daughter's appointments

One Hanson Place - Suite 706  
Brooklyn, NY 11243

(718) 230-0380 Fax (718) 230-0358

## Calling all kids!

### Have fun at Union Temple!

#### FRIDAYS AT FOUR

Tot Shabbat • 4:00 p.m. - 5:00 p.m.  
Singing, dancing, and a little Hebrew for toddlers, preschoolers,  
and their adult guests — with popular song leader Yoshie. Every week!

#### KINDER KEF

Fun from Aleph-bet to Yoga  
Every Sunday 10:00 a.m. - 11:30 a.m.

Find out why Kinder Kef means "fun for kids."  
Here your 4 or 5-year-old will find innovative, creative Jewish learning  
and play — in a warm and nurturing environment.

Plus — learn about our films, adult ed, music events,  
and much more!

Sign up for weekly email blasts: [uniontemple@uniontemple.org](mailto:uniontemple@uniontemple.org).  
Or visit us on Facebook.



### Union Temple

Reform • Egalitarian • Inclusive

17 Eastern Parkway

Across from the Brooklyn Public Library at Grand Army Plaza

718-638-3649

[www.uniontemple.org](http://www.uniontemple.org) • [uniontemple@uniontemple.org](mailto:uniontemple@uniontemple.org)

# Brooklyn College

The City  
University  
of New York

## The Preparatory Center for The Performing Arts

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

Over 30 years of offering music, theater, and dance classes  
for children age 3 and up.



For further information, please call 718-951-4111 or visit our website at [www.bcprepcenter.org](http://www.bcprepcenter.org)

# Screaming about sex

My father and son talk didn't go as planned

BY CHRIS GARLINGTON

All parents dread this moment. You notice the hairy legs. (I'm talking about the your son.) You hear the voice crack. You race out to buy deodorant by the gallon. All of a sudden, you realize: it's deep in the sticky wicket of

puberty. So you — out of duty, out of a misguided sense of tradition, because you think you care — decide to have a talk. The talk.

Let me offer you a word of advice for parents of the post Google pubescent:

Don't. Talk. About. Sex.

They know more than you do. They're like obsessed ob-gyn scientists. My 13-year-old son has probably seen more pictures of the v-jay-jay than I have in my entire life. If, like me, you are a highly liberal parent and don't squelch the Internet, then the first time you talk to your kid about sex, you are

doomed to feel like a shy Amish farm boy dropped into a pool full of Vaseline and naked Brazilian trannys.

To whit:

**Dad:** Son, I think I need to talk to you about sex.

**Son:** Cool, Dad. What do you want to know?

**Dad:** No, I mean, I'm here to answer any questions you might have.

**Son:** Oh good, because I was curious about a few things. (Pulls a ream of paper from his desk drawer.) Do you and mom ever [I TUNE IT OUT BY SCREAMING IN MY HEAD: AAAAAAAAAA!]

**Dad:** Dear god.

**Son:** So that's a 'no.' Is it because you're afraid your [AAAAAAA!] will [AAAAA!] or that your [AAAAA!] isn't [AAAA!] enough?

**Dad:** Mother of Christ.

**Son:** Also, when girls say they're willing to [AAAAAAAAAAAA!] do they really mean they'll [AAAAA!] or that they just want to cuddle?

**Dad:** Didn't I give you a pocket knife when you were 10?

**Son:** Why?

**Dad:** I need to cut my throat.

**Son:** Don't be such a prude. Now, here's a picture of two people [AAAAAAA! AAAAA!] in a room full of [AAAAAAA!] in Turkey and what I'm wondering is, in other cultures, is it normal for a spectator at such an event to [AAAAAAA!] with his [AAAAAAA!] in a tea pot?

**Dad:** I'm gonna throw up.

**Son:** Also, sometimes when I [AAAAAAAAAAAAAAAAAAAA!] I think about [AAAAAAAAAAAA AAAAAAAAAAAAAA!]. Is that normal?

**Dad:** NO! Oh my GOD! NO! Stop!

**Son:** Finally, have you ever [MOTHER OF ALL THINGS HOLY, THAT IS NOT AN ACCEPTABLE THING TO HEAR, EVER, NOT EVEN IN A MERCHANT MARINE SHIP'S BRIG AFTER A FIGHT. MY GOD!] and did you get a rash?

**Dad:** Please stop talking. Please—

**Son:** Is this normal? (Shows photograph of AAAAAAAAAAAAA AAAAAA!]

**Dad:** I'll do anything. Anything.

**Son:** Can I get a new game dedicated desktop with nine terabytes of RAM and an oil cooled hard drive?

**Dad:** Here's my credit card.

As I leave the room, he calls his friend and I hear:

"Mission accomplished."

*Christopher Garlington lives in a standard two kids, wife, dog, corner-lot, two car, small business owner American dream package. He drives a 2003 Camry, sports a considerable notebook fetish, and smokes Arturo Fuente Partaga Maduros at the Cigar King as often as possible. His stories have appeared in Florida, Orlando, Orlando Weekly, Catholic Digest, Retort, Another Realm, The Dead Mule School of Southern Literature, South Lit, and other magazines. His short story collection, "King of the Road," is available on Amazon. His column "My Funny Life," was nominated for a national humor award (rigged). He is the author of the infamous anti-parenting blog, Death By Children; the anti-writing blog, Creative Writer Pro; and co-author of "The Beat Cop's Guide to Chicago Eats," available on Amazon and in fine bookstores everywhere.*



# Day School, After School & Sports Program

FREE  
2 1/2 Hour  
Program  
Universal  
Pre-K  
2011/12

**New "SOFT STEP" Turf Soccer & Sports Field**  
The most advanced artificial playing surface available • Call for details

**SPECIAL OFFER**

**Summer Camp 2012**  
Save up to  
**\$620 Off**  
Camp Tuition  
Call for details

## PAERDEGAT DAY SCHOOL

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

## SPORTS PROGRAM

- Soccer
- Gymnastics
- Basketball
- Swimming Lessons For Children & Adults
- Karate
- Teen & Pre-Teen Fitness
- Day Camp

## AFTER SCHOOL PROGRAM

- Grades K-6
- Transportation From School To Kidsports
- Homework Assistance
- Certified Teachers
- Recreational Activities
- Healthy Snacks
- Variety Of Sports

Paerdegat Proudly Accepts ACD, BEGIN, 1199, TWU & ALL UNION Vouchers.  
All Programs Licensed By The Board Of Health.

## "BROOKLYN'S BEST BIRTHDAY PARTY" Includes

### Party Packages Available:

- Gymnastics
- Soccer
- Swim
- Basketball
- 30 Minutes in the Adventure Challenge
- 30 Minutes in your Private Party Room
- 30 Minutes of Activities

**BIRTHDAY CHILD FREE**

**Infant & Toddler Center**  
Ages  
6 Wks. - 24 Mos.

Call Paerdegat Kids • 1500 Paerdegat Ave. North, Canarsie  
**718-531-1111**

Register  
Now For  
Fall Sports  
Classes

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

**MATHNASIUM**  
The Math Learning Center

**MATHNASIUM**  
The Math Learning Center

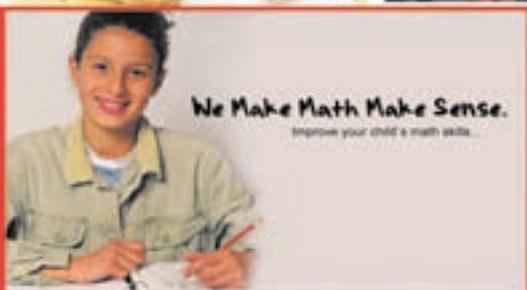
**Math Tutoring Experts.**

Enrolling Now

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

**\$75 off**

Registration and Testing  
*Limited Time Offer!*



We Make Math Make Sense.  
Improve your child's math skills.

**Mathnasium of Bensonhurst**  
(347) 762-8411  
6806 20th Ave.  
Brooklyn, NY 11204  
[www.mathnasium.com/bensonhurst](http://www.mathnasium.com/bensonhurst)

**Mathnasium of Brooklyn heights**  
(718) 858-6284  
392 Atlantic Ave.  
Brooklyn, NY 11217  
[www.mathnasium.com/brooklynheights](http://www.mathnasium.com/brooklynheights)

**CATCH UP, KEEP UP, GET AHEAD.**



## NEWBIE DAD

BRIAN KANTZ

# Parade, football, turkey, & tradition

So, we're hosting Thanksgiving at our house. We didn't intend to, but about a month or so ago, my dad called up and said, very matter-of-factly, "Hey, let's have Thanksgiving at your place this year." And with that simple declaration, my dad invited himself, my mom, and the rest of the immediate family — about 20 people altogether — over. I'm thrilled that he did. It's going to be fun.

Thanksgiving is one of my favorite holidays, and my wife and I have hosted it only once — that's right, only once — in the 14 years that we've been married. That one occa-

sion was marked by what I still refer to as the "fastest Thanksgiving dinner ever." I still remember it clearly:

We took extra special care to dress up the dining room table. We prepared a glorious meal. We said grace. And then, our oldest son, who was 2 at the time, ate one small bite of turkey, a mouthful of mashed potatoes and...that was it. He was done. Which would have been fine if he had been able to sit tight at the table for another 45 minutes while everyone else savored dinner. Instead, he wailed, screamed, and squirmed in his chair. And wailed and screamed some more. Being a relatively new parent — and not wanting our guests' meals to be ruined by the awful racket — I escorted the boy out of the room and played with him until dessert. What a sucker I was. I had to heat up my dinner in the microwave later.

Beyond that isolated incident, though, I recall many great Thanksgivings. Or, to be more precise, I have a complete memory of all great "Thanksgivings past." They all run together. That's because Thanksgiving, more than any other holiday, I think, is so wonderfully formulaic. It has a reliable schedule of events that endures from year to year without variation. That's what I like about it. You know what to expect.

In fact, here's Thanksgiving from every year of my childhood: wake up, watch the Macy's Thanksgiving Day Parade while eating breakfast (and desserts that were "supposed to be for later"), watch "King Kong," watch the first quarter of the Lions game, get dressed, go outside and clean the gutters, then play in our own Turkey Bowl football game, sit down for dinner and dessert, and catch the end of the Cowboys game while falling asleep on the couch. Ah yes, a perfect day for a boy.

You probably noticed a few interesting things in that little synopsis.

First: "King Kong?" Yes, "King

Kong." Don't ask me why, but when I was a kid growing up in Cleveland, Ohio, one of the local television stations always aired "King Kong" on Thanksgiving Day. It became a tradition. And we're talking the original "King Kong" here. No remakes. The real deal from 1933. Boats sailing through the fog toward the mysterious Skull Island. Fay Wray screaming like no one has ever screamed before or since. And a beast that couldn't be contained by mere steel shackles while on display at a New York City concert hall. It scared the stuffing out of us — and we hadn't even eaten the stuffing yet.

Second: clean the gutters? Yes, my dad is German, and what would a day off from work be without a little work around the house? I'd shimmy up the ladder and clean the leaves out of the gutters while he held the ladder. Half-an-hour later, it was Turkey Bowl time.

Third: that much football? Of course! We were boys — and watching grown men tackle each other on TV could only lead to one thing: going outside and tackling each other in the backyard, which usually led to tears, screaming, name calling, pushing, shoving, and hot-dogging.

As a grown-up, some things haven't changed. I still watch the parade on TV, while eating desserts that were "supposed to be for later." I still catch parts of the Lions and Cowboys games. And I still toss around the old pigskin in the yard.

What has changed is this: rather than casually thinking, like I did as a kid, that I was thankful for football and food, I now take the "thanks" part of Thanksgiving much more seriously. I am thankful for the health of my family. I am thankful that we have the means to host a nice dinner. And I'm thankful that we'll be seeing that family all together at our house.

*Brian Kantz highly recommends that you rent the original "King Kong" and make it your new Thanksgiving tradition. Kantz can be reached at [thenewbie-dad@yahoo.com](mailto:thenewbie-dad@yahoo.com).*



## BROOKLYN FRIENDS SCHOOL

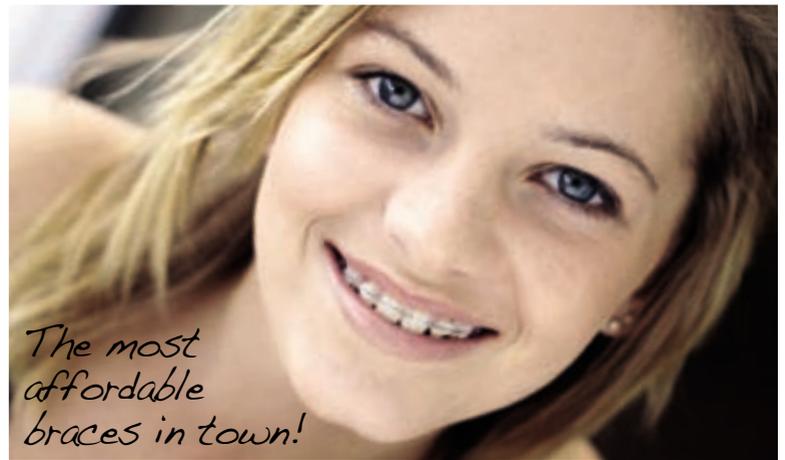
**Intellect Energy Heart Values**  
**Tradition Innovation Service**  
**Scholarship Community Action**

*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)**



*The most affordable braces in town!*

## HOUSE OF ORTHODONTIA

### Fall Special

**FREE Upgrade to Ceramic Braces**  
(valued at \$1,000)

Call 718 852 4414  
122 Atlantic Avenue Brooklyn NY 11201



**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)

## Midwood Montessori



**Pre-School & Kindergarten**

Summer Program  
Transportation Available

2825 Bedford Avenue • 253-3242  
at Glenwood Road



## TWICE THE ADVICE

JACQUELINE AND  
KERRY DONELLI

# His awful nightmares

**Dear Twins,**

My son seems to have at least one horrible nightmare a week. These nightmares sometimes even keep him frightened into the next day. Do you think he experienced some sort of traumatic event that I don't know about? I'm terribly worried. I try to let him sleep in my bed a few nights a week to avoid having these nightmares.

— *Signed, Scaredy pants*

**Kerry says:** Restless sleep from scary dreams is very natural in childhood. Studies show that approximately 40 percent of children between the ages of 5 to 12 experience occasional nightmares. In children who do experience nightmares, they sometimes happen on a weekly basis. Moreover, although traumatic events can certainly trigger nightmares, more often than not, nightmares are not a cause for concern. Some good ways to help your child cope with nightmares would be to first, go to your child when you hear him having a nightmare. Speak to him in a soft, calming voice. Then explain to your child that he is having a bad dream, and encourage him to discuss it. Try snuggling with him for a few minutes until he feels safe and secure. And lastly, leave the bedroom door open and turn on a soft light.

**Jacqueline says:** While I agree with Kerry that nightmares are common, nonetheless, if your child's nightmares become frequent enough to disturb his sleep patterns to a degree that interferes with his daily life, you should check with your child's pediatrician. Furthermore, you should not allow your child to get in the habit of sleeping the remainder of the night in your bed, as it sends the message that his room is unsafe. Moreover, don't minimize his feelings. Instead, take



the time to assure him that he's safe. Never ever get angry with your child for being babyish, and know that most children outgrow nightmares on their own.

• • •

**Dear Twins,**

My 2-year-old has temper tantrums constantly! I can't seem to stop him from behaving this way, no matter what I try. I find I just lose my cool and yell, which I feel guilty about later. Will he ever outgrow it? What can we do about it?

— *Signed, Want to scream myself*

**Jacqueline says:** The first thing you don't want to do is to lose your cool. When your child is in this state, he's totally unable to listen to reason and he will just respond negatively to your yelling.

What actually works effectively is to just sit down and be with him while he's having his tantrum. Moreover, if you find him thrashing around on the floor, pick him up and hold him. He will calm down more quickly and find your embrace comforting.

When the tantrum subsides, hold your child and talk about what happened. Acknowledge his frustration, and help put his feelings into words, saying for example, "You were very angry because you couldn't find your favorite toy," or "I'm sorry I didn't understand you. Now that you're not screaming, I can find out what you want."

Lastly, pay attention to what sets off the tantrums. If he falls apart when he's hungry, for example, then carry snacks with you. And remember, your child is seeking his independence, so offer him choices whenever possible, such as "Would you like corn or beans?" rather than "Eat your beans!"

**Kerry says:** While that's good advice, sis, I say: don't give in to unreasonable demands or negotiate with your screaming child. By conceding, you'll only be teaching your child that pitching a fit is the way to get what he wants, and setting the stage for future behavior problems. Furthermore, if your 2-year-old's outburst escalates to the point where he's hitting people or pets, throwing things, or screaming nonstop, pick him up and carry him to his bedroom. Tell him why he's there and let him know that you'll stay with him until he calms down. If you're in a public place, then I suggest you leave with your child until he gets a grip.

• • •

**Dear Twins,**

My husband and I are expecting another baby in a few months. I'm worried about how my 4-year-old will handle it. He's been the center of attention up until now and pretty soon he will have to share the spotlight. Any suggestions?

— *Signed, No sibling rivalry*

**Kerry says:** There are several things you can do to reduce the feelings of jealousy between your child and your newborn. For one, explain in advance that another baby will be joining the family. Reassure him that you'll always love him just the same. Be honest that babies can't do anything for themselves and you will need to give him a lot of time and attention. Be sure to involve your child and let him know that he can help out as much as he wants. And lastly, try to keep his routine as normal as possible without too many additional changes.

**Jackie says:** I agree with you, Kerry, on this one. I also suggest that you and your child begin reading books together about having a new baby. Try practicing what baby care will be like with a doll. Make it fun, and he'll see it as such.

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).



# 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)

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

# 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



# HELP YOUR CHILD MEET THEIR FULL POTENTIAL



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

- All Subjects • Pre-K to Adult • Student's School Curriculum
- NYS Grade Assessments & Regents Exam Prep • SAT, SHSAT, ISEE, SSAT & TACHS Prep
- College Essay Writing • Proven Study Skills Program • Help for Special Needs
- Highly Qualified Tutors • Affordable Rates • Flexible Scheduling

**\$50 OFF!**

Call for details.

**718-483-8506**

[www.clubz.com/brooklyn](http://www.clubz.com/brooklyn)





## FAMILY HEALTH

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

# Fight strep throat

*Last fall and winter, my daughter suffered from several bouts of strep throat. Is there anything I can do to prevent it this year? What is the best way to diagnose and treat strep throat?*

**P**revention is the first line of defense against streptococcus, the highly contagious bacteria that causes strep throat. Proper hand washing is the best way to prevent the onset of strep throat and other kinds of infections. As a precaution, show your children how to wash their hands thoroughly, using soap and water or an alcohol-based hand sanitizer.

Streptococcus, or “strep,” is normally spread through airborne droplets when someone with the infection coughs or sneezes. Children can also pick up the bacteria from a doorknob or other surface and transfer them to their noses or mouths. Kitchen utensils and bathroom objects are other common sources of infection transmission.

Strep is most common in children between the ages of 5 and 15, but it affects people of all ages. It is important to call the doctor if you or your child has any of the following symptoms: throat pain, difficulty swallowing, red and swollen tonsils (sometimes with white patches or streaks), swollen or tender lymph glands in the neck, fever, stomach ache or vomiting — especially in younger children.

If your child exhibits one or more of these signs, your doctor will administer a rapid strep test or a throat culture to determine whether strep bacteria are the cause of the sore throat.

Fortunately, strep throat is treatable, and responds quickly to antibiotics, which also stop the infection from spreading to other people. It is important to seek treatment sooner rather than later, because, if left untreated, strep throat infections can sometimes cause complications, such as rheumatic fever. If strep is diagnosed, your doctor will probably prescribe an oral antibiotic such as penicillin, amoxicillin (Amoxil, Trimox), azithromycin (Zithromax), or



a brand of cephalosporin (Keflex, Ceclor).

Your doctor will want to be sure that the cause of your child’s sore throat is strep before prescribing medication; like colds, the vast majority of sore throats are caused by viral infections and will NOT respond to antibiotics. Unnecessary use of an antibiotic exposes you to the risks of an allergic reaction and antibiotic side effects, such as nausea, vomiting, diarrhea, rashes, and yeast infections. Antibiotics can also kill beneficial bacteria and encourage the development of antibiotic-resistant bacteria.

During a bout of strep, it is very important that children get plenty of rest. They must also stay home until there’s no sign of fever and they feel better — even if they are

worried about playing catch-up at school. Drinking a lot of water keeps the throat moist, making it easier for children to swallow. Soothing foods that are easy on a sore throat include broths, soups, applesauce, cooked cereal, mashed potatoes, soft fruits, yogurt and soft-cooked eggs. You may also want to puree foods in the blender to make them easier to swallow.

If your child shows symptoms of strep throat after doctor’s offices are closed, New York Methodist Hospital offers extended hours for out-patient pediatric care. The pediatric faculty practice, located at 263 Seventh Ave. in Park Slope, is open Monday through Friday, from 6 pm to 11 pm, and Saturday, from 1 pm to 6 pm. Throat cultures are performed on site.



## 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



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

## 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.



NOV  
**20**



## The Magic of Bill Blagg live!

Grand-scale magic & mind-blowing illusions!

NOV  
**25**



## A Christmas Carol

The timeless classic!



Tickets: (718) 760-0064 or [QUEENSTHEATRE.ORG](http://QUEENSTHEATRE.ORG)

**QUEENS THEATRE**

14 UNITED NATIONS AVENUE SOUTH  
FLUSHING MEADOWS CORONA PARK

FREE PARKING  
FREE SHUTTLE FROM  
7 METS-WILLETTS PT





**DIVORCE & SEPARATION**

LEE CHABIN, ESQ.

# Too close for comfort

## Divorcing, but living together

**T**he marriage is clearly over, but you and your spouse continue to share the marital home. Being together is often stressful and unpleasant; you wish that one of you could leave while the divorce process unfolds, but such a change seems impossible. But is it? While certain couples don't have a choice and must continue to share the home, others — those who remain together because they are afraid of the legal consequences of leaving — may be able to alter their situations, if they know how, and are willing to work together to reach an agreement.

Are you afraid that leaving the home might weaken a claim to ultimately owning it? Or, that moving out would affect how much time you would later be able to spend with your children?

If such concerns are keeping you together, relief may be available.

"I definitely agree that many people postpone separation too long because

of the fear that the party who leaves the house will be forfeiting some rights or setting some 'precedent,'" says Ron Ousky, a pioneer in the area of Collaborative Law (where each spouse has an attorney, as in a more "traditional" divorce, but the spouses and their lawyers agree to stay out of court) and coauthor of the book "The Collaborative Way to Divorce."

What can be done to allow someone to leave while protecting his rights? Consider reaching agreements with your spouse, agreements providing the one who would move with assurances that rights will not be compromised.

For instance, you might agree that having one of you move out is a mutual decision, being undertaken for the good of both spouses and the children, and that the person leaving will not suffer any legal consequences due to the departure. It will not affect any rights to the marital home, and cannot be used to penalize the one

who moves when decisions are made about how much time children will spend at each parent's home.

You might add words to the effect that, "We each acknowledge that the other is a good parent, and that his continued involvement is very important for the development and upbringing of our children."

Consider using a mediator, who can help you reach agreements, and attorneys, who can review and write them, helping to insure that your rights are protected. At the very least, agreements should be in writing and notarized.

Ousky says that such an approach provides "a way in which [couples] can be clear about their intentions so that the only 'precedent' that is being set is one of mutual concern for the wellbeing of the family."

"[T]he decisions that [couples] make early in the divorce (including separation decisions), can set the tone for the entire divorce, as well as their post-divorce life. It is easy for families to back into a messy divorce, because someone acts out of fear. If [they are able] to handle the separation decision in a civil and productive manner, it will go a long way toward building trust and setting the stage for many other agreements," he says.

### Tell the children?

If a parent is about to move out, yes! Children need to be told what is going to happen, especially about events that concern them — who they will be with, and when, for starters. Emphasize that you love your children and will care for them, and that the separation is a decision made by the grown-ups; that the children did nothing to cause it — and cannot change it. Don't speak badly of the other parent; it won't help you, but it will hurt your kids.

*Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice. Discussing your particular case and circumstances with a legal professional before making important decisions is strongly encouraged to safeguard your rights.*

*New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin, Esq, helps clients end their relationships respectfully and without going to court. Contact him at [lee\\_chabin@lc-mediate.com](mailto:lee_chabin@lc-mediate.com) or (718) 229-6149, or go to <http://lc-mediate.com/home>.*



Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

**"A THRILL RIDE!"**  
TIME-OUT NEW YORK

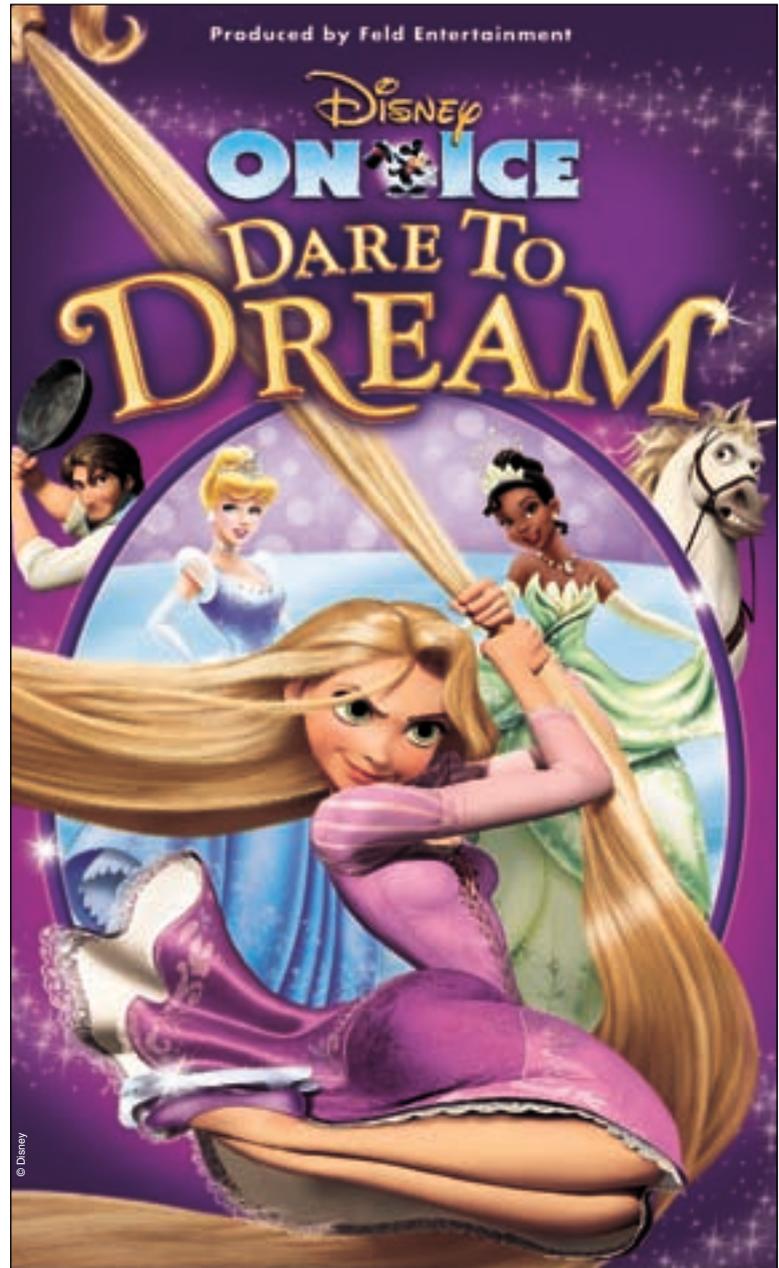
**FUERZA BRUTA** Look Up

BroadwayOffers.com  
or call (800) 432-7250  
Recommended for Ages 10+

**\$39.50**  
(Reg. \$79)

**USE CODE: FBSUB45**

Daryl Roth Theatre  
101 E. 15th St. (@ Union Sq. East)  
LookUpNYC.com



**Opening Night Tickets \$15!**

Excludes VIP Dining, Rinkside and VIP seats. No double discounts.  
Additional fees may apply.

NOV. 8 - 13		Tue. NOV. 8	Wed. NOV. 9	Thu. NOV. 10	Fri. NOV. 11	Sat. NOV. 12	Sun. NOV. 13
		7:00 PM*	7:00 PM	7:00 PM	3:00 PM 7:00 PM	3:00 PM 7:00 PM	1:00 PM 5:00 PM

NOV. 16 - 20		Wed. NOV. 16	Thu. NOV. 17	Fri. NOV. 18	Sat. NOV. 19	Sun. NOV. 20
		7:30 PM*	7:30 PM	7:30 PM	11:00 AM 3:00 PM 7:30 PM	1:00 PM 5:00 PM

NOV. 22 - 27		Tue. NOV. 22	Wed. NOV. 23	Thu. NOV. 24	Fri. NOV. 25	Sat. NOV. 26	Sun. NOV. 27
		7:30 PM*	10:30 AM 3:00 PM 7:30 PM	11:00 AM	10:30 AM 3:00 PM 7:30 PM	10:30 AM 3:00 PM 5:00 PM	7:30 PM

Buy tickets at [www.disneyonice.com](http://www.disneyonice.com),  
ticketmaster® Retail Locations, Arena Box Offices  
or call 1-800-745-3000

Regular Ticket Prices: \$25 • \$35 • \$55 VIP  
\$80 Rinkside • \$150 VIP Dining (Nassau only)

Additional fees may apply.





## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Hiding the veggies?

**W**hen children are less than stellar vegetable eaters, mothers tend to worry. And scheme. Moms may plot elaborate strategies of how to incorporate veggies into their children's diets.

Yet this practice remains controversial. The debate made headlines several years ago when two bestselling books, written by Missy Chase Lapine and Jessica Seinfeld, promoted the concept of stealth nutrition. Both authors advocated adding vegetable purees into such foods as macaroni and cheese, quesadillas, deviled eggs and even chocolate cake.

But this raises questions of trust. If Mom — and let's face it, it's nearly always Mom who does this — is doctoring recipes undercover, what else is she doing on the sly?

Ellie Krieger, a registered dietitian and Food Network host of "Healthy Appetite," weighs in on the topic.

"I think a parent should use every tool in their tool box to expose kids

to vegetables and to 'amp up' the nutritional value of their children's meals in a way that is delicious," she says. Krieger, whose latest book, "Comfort Food Fix," recommends a balanced approach. While she approves of sneaking veggies into kids' meals, she says "it should not be your main philosophy. Use it as part of your repertoire."

A new study in the American Journal of Clinical Nutrition found a positive impact in adding pureed vegetables to children's meals. Researchers from Penn State University served veggie-enhanced entrees to 39 children for breakfast, lunch and dinner.

Pureed broccoli, cauliflower, squash, zucchini and tomatoes were added to zucchini bread, pasta with tomato sauce and chicken noodle casserole. The children consumed twice as many vegetables over the course of a day and didn't seem to notice.

Food companies are starting to

pay attention. Over the summer, Kraft introduced a macaroni and cheese with freeze-dried, pulverized cauliflower.

Krieger recommends exposure and education.

"One of the ways to get your child to really develop over the long term is to expose them to all different kinds of foods in all of its different shapes and textures and glories. You want to ultimately raise people who love vegetables and who will go to the store and buy them." Krieger espouses the concept of "seeing food as a great adventure."

She enjoys bringing her 9-year-old daughter to the farmers market where she lets her pick anything she wants.

"It gives her carte blanche freedom," says Krieger. "The control is in her hands. I feel it's been remarkably successful." Her daughter also spends time in the kitchen where she's involved in food prep. "If she saw me cooking a dish by integrating some vegetable puree, I wouldn't hide it."

As Barbara Rolls, author and chair of nutritional sciences at Pennsylvania State University, stated in an interview, "Regarding children, some people argue that hiding vegetables in foods is deceptive and that doing so suggests that whole vegetables are not acceptable. But I don't agree. Parents modify recipes all the time." She points to the well-accepted practice of replacing oil with applesauce in cake batter.

My take on this? Until your child's taste buds mature enough to accept some of the complex flavors of certain vegetables, it's perfectly acceptable to "improve" recipes on the sly. But keep offering identifiable vegetables with meals and snacks.

As Krieger says, "If you know they love mango, maybe you'll want to serve a mango carrot salad. Integrate it with familiar tastes. It's not just a plate of carrots."

*Christine M. Palumbo, RD, practices nutrition in Naperville, Ill. She is looking for ideas to sneak kale into her husband's diet. Contact her at [Chris@ChristinePalumbo.com](mailto:Chris@ChristinePalumbo.com) or follow her on Facebook at Christine Palumbo Nutrition.*

## Skillet mac and cheese

Serving mac and cheese in the skillet it's baked in amps up the homey, comfort factor. The secret ingredient in this bread crumb-topped beauty is the finely chopped cauliflower that blends in subtly with the pasta. Using three different cheeses guarantees maximum flavor and meltability. (Makes six 1¼ cups servings)

### INGREDIENTS:

- 2 cups 1-inch wide cauliflower florets
- 1 ¼ cups Light-and-Crisp whole wheat bread crumbs
- 3 Tbsp. freshly grated Parmesan cheese
- 2 tsp. olive oil
- 3 cups cold low-fat (1%) milk
- 3 Tbsp. all-purpose flour
- 1 ¼ cups shredded, extra-sharp cheddar cheese (5 ounces)
- ¼ cup shredded Gruyere cheese (1 ounce)
- 2 tsp. mustard powder
- ¾ tsp. paprika
- ½ tsp. salt



- ½ tsp. freshly ground black pepper
- ¼ tsp. cayenne pepper
- 6 ounces (1 ½ cups) whole-grain elbow macaroni cooked for 3 minutes less than the package directions (about 3 cups cooked)
- Nonstick cooking spray

**DIRECTIONS:** Preheat the oven to 375 degrees. Place the cauliflower into a steamer basket fitted over the pot, cover and steam until just tender, about 5 minutes. Finely chop the

steamed cauliflower. In a small bowl, combine the bread crumbs, Parmesan and oil. In a large saucepan, whisk together the milk and flour until the flour is dissolved. Whisking constantly, bring the mixture to a gentle boil over medium heat. Reduce the heat to medium low and simmer until mixture thickens slightly, two to three minutes. Stir in the cheddar, Gruyere, mustard, powder, paprika, salt, black pepper and cayenne pepper. Whisk until the cheeses are melted and the mixture is smooth, one to two minutes. Add the chopped cauliflower and macaroni and stir until well coated.

Spray an ovenproof, 10-inch high-sided skillet with cooking spray. Pour the mixture into the prepared skillet. After sprinkling with the bread crumb mixture, place on a baking sheet and bake until top is browned and the cheese is bubbly, 35 to 40 minutes.

**NUTRITION FACTS:** 360 calories; 14 g total fat (8 g sat. fat, 4.7 g mono. fat, 0.8 g poly. fat); 20 g protein; 40 g carbs; 5 g fiber; 40 mg cholesterol; 540 mg sodium.

Used with permission from "Comfort Food Fix" by Ellie Krieger (Wiley, 2011).

**COME SING ABOUT LOVE!**  
 THE LEGENDARY ROCK MUSICAL FROM THE COMPOSER OF  
 "WICKED" AND "PIPPIN" IS BACK ON BROADWAY.

# GODSPELL



Telecharge.com/212-239-6200

Circle in the Square Theatre, 1633 Broadway at 50<sup>th</sup> Street  
 Godspell.com • Book your group at 855-DAY-BY-DAY

**"SPIRITED! ENERGETIC! HILARIOUS!"**  
 -TIME OUT NEW YORK

**"A PEPPY, POP-FLAVORED SCORE!"**  
 -THE NEW YORK TIMES

**"A BEAR-Y BIG BLAST!"**  
 -BIG APPLE PARENT

## The Berenstain Bears LIVE!



SING & DANCE WITH THE BEARS THIS HOLIDAY SEASON!

**BerenstainBearsLive.com**

Performances Every Sat & Sun Call 866-811-4111 for your tickets!  
 West Side Y, 5 West 63rd St | Fun B-Day Packages for Girls and Boys!

**GREAT FOR A MOM'S NIGHT OUT!**  
**2 FOR \$99\* TICKET OFFER** (reg \$158)  
 use code: **LLLSP77**

Daryl Roth presents

# Love, Loss, and What I Wore



an intimate collection of stories by  
**Nora Ephron and Delia Ephron**  
 based on the book by Ilene Beckerman  
 directed by Karen Carpenter

**Witty and poignant stories about clothing and the memories they trigger.**

**BroadwayOffers.com or (212) 947-8844**  
**WESTSIDE THEATRE 407 West 43rd Street**

\*Offer expires December 31, 2011. Blackout dates may apply. Regular service charges may apply to all phone and on line orders. Cast and schedule subject to change. Subject to availability. Offer is non-transferable and may be revoked at any time. No packages or refunds. All seats fixed. Cannot be combined with any other offer. Not valid for prior purchases. Limit 8 tickets per order.

**NOW SAVE 40%!\*  
 \*Family 4-packs Available**  
 Visit **BroadwayOffers.com** or call 212.947.8844 and use code: **VPF0UR4**

# VOCAL PEOPLE



**"FAMILY-FRIENDLY FUN!"**  
**THE KIDS WILL HAVE A BLAST AS WELL AS THE ADULTS!"**  
 - Broadway World

**TELECHARGE.COM • 212.239.6200**  
**Westside Theatre, 407 W 43rd St • VocaPeopleNYC.com**

\*Offer is valid for performances from 10/17/11 through 1/08/12. Tickets must be purchased by 1/8/12. Tickets are subject to availability. Cast and schedule subject to change. Not all seats are discounted. Regular service charges apply to phone and internet orders. May not be combined with any other offer or discount. Not applicable to previously purchased tickets. No refunds or exchanges. Blackout dates may apply. Offer may be revoked at any time. Must purchase 4 tickets.



## GROWING UP ONLINE

CAROLYN JABS

# Mobile manners

## Guidance for phone-happy kids (and parents)

**T**he holidays are an ideal time for lessons in politeness. Parents often seize the occasion to teach kids how to sit at the table without fidgeting or how to be gracious about a gift that isn't exactly what they wanted. This year, many families will find themselves at odds about mobile manners. Will cellphones be welcome at the holiday feast? When is it OK to accept an interruption from a call or a text message?

Before parents can teach mobile manners to their kids, they have to think them through for themselves. Good manners create strong social connections by putting other people at ease and making it clear that you value your relationship with them. With that in mind, here are some guidelines that may make it easier to raise kids who know when and how to use interactive devices not only at the holidays, but all through the year.

**Face to Face comes first.** Talking or texting someone other than the people you are with suggests that you don't care much about spending time with those people. During family occasions, encourage everyone to set up a festive away message and then stash the cellphone in another room. If necessary, coach your child in the basics of polite conversation: make eye contact, ask questions, listen attentively. Teach her how to excuse herself if there's a mobile message that needs immediate attention.

These skills will serve your child well in other situations. In the classroom, for example, many teachers find their task more difficult, because students are constantly sneaking a peek at cellphones. Learning to give the person in front of you your full attention creates an advantage for your child, if only because it's a form of courtesy that has become rare.

**Choose the right medium for the message.** A recent study from the Pew Research Center found that young people prefer text messages to phone calls. Help your child understand that text is ideal for informal communication but, because it often fails to communicate emotion, it shouldn't be used for messages



that might be upsetting to the other person. Disagreements, in particular, should be handled face to face whenever possible.

**Be responsive.** Even though kids shouldn't be tethered to their cellphones, they should extend courtesy to those who call or text. Establish rules about how quickly you expect your child to respond to messages from you and try not to send messages when you know your child can't or shouldn't reply. Encourage your child to be prompt about responding to messages from other people, including messages that she receives by mistake. It's simple courtesy to send a text saying, "I think you sent me this message by accident."

**Think about the needs of friends.** Young people often assume that because they are using a mobile device, others should respond instantly. Talk to your child about being considerate. It's good manners to inquire about when a friend is available, so you won't call or text during important events such as a worship service or a family meal. Mobile devices should also have a curfew, so messages won't disrupt another person's sleep.

**Remind your child that the manners that work well in real life should also be applied to text**

**messages.** If you would say "please" or "thank you" in conversation, use those words when you text. If cursing or swearing aren't appropriate in speech, they aren't appropriate in text messages. Using a cellphone to spread gossip, trash reputations or bully others is every bit as wrong as doing those things in person. Being considerate of others also means avoiding messages that will get a friend in trouble.

Coach your child to avoid talking on a cellphone in settings such as elevators or restaurants where other people will have to overhear the conversation whether they want to or not. And remind your child not to inconvenience people in stores, restaurants, banks or offices by asking them to wait until a cellphone communication is finished. The person on the phone should do the waiting. Better yet, postpone the call or text until you are truly free.

**Safety first.** Using a mobile communication device should never create a safety hazard for your child or others. Teach your child to give full attention to complicated tasks such as driving, cutting the grass, crossing the street, cooking or skateboarding.

Like most rules, these will be easier to enforce if you model the manners you expect from your child. For example, when you are spending time together — at the dinner table, in the car, at the grocery store — show respect for your child by turning off your own phone. Remember, too, that the rules about how mobile communication devices should be integrated into our lives are still evolving. Rules may vary from family to family, and there's plenty of room for discussion. Just be sure to start from the premise that underlies all good manners — respect for others is the foundation of good relationships regardless of how people communicate.

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

© 2011, Carolyn Jabs. All rights reserved.



## A TEEN'S TAKE

AGLAIA HO

# The gift of giving

**W**ith the holidays approaching, everyone is caught up in the anticipation of Thanksgiving dinners, opening presents, and sipping hot cocoa. While we're busy enjoying the holidays, it's important to take a moment to reflect on the significance of our most favorite time of the year. I know I've a lot to be thankful for; however, I feel most blessed for the simple pleasures in my life: food, shelter, safety, and family. Not everyone is fortunate enough to have these basic necessities as I learned when I recently volunteered at a soup kitchen.

It was an experience that opened my eyes to the plight of the less fortunate members of our society. When I first arrived at the Holy Apostles Church in Manhattan, which serves two to three free meals a day, I didn't know what to expect. I was hoping to give back to the community; however, the scene I witnessed upon my arrival made my stomach turn. It was half an hour before the soup kitchen opened, and a line of melancholy faces, scrunched into frowns of weariness and heartache, had already wrapped around the block!

As I entered the church, I found myself trembling. Perhaps I hadn't realized that unemployment had risen drastically in the last year. Or, maybe, numbers and percentages in a newscast are not as powerful as looking into the faces of the unemployed and hungry. It's a reality that's hard to digest.

My job at the soup kitchen was simple: place a piece of corn on each tray. The kitchen functioned like an assembly line to fill the trays efficiently. I soon noticed that cooperation was the key. Each trivial task meant nothing on its own, but put together, all the tiny little jobs eventually accomplished something beneficial.



were even made for vegetarians.

As the mealtime ended, I was exhausted and I never wanted to see another piece of corn again. I had a whole new appreciation for charities. I learned that serving the community is extremely rewarding. It brings different people together to achieve a greater good. I met so many inspiring volunteers who sacrifice their time to help the less fortunate.

I realize how lucky I am for the essential necessities. I'm so grateful for my parents' hard work that keeps bread on our table. I can't imagine eating at a soup kitchen every day.

The food is a far cry from my mother's homemade meals.

I'm also thankful for the stability in my life.

Having a roof over my head and a supportive family, I don't have to worry about where I'm going to spend the night, or when my next meal is going to be.

The gift of giving is an American value that many of us often neglect. Sometimes we forget that there's always someone who has it worse than us. Let's remember the stories behind our special holidays, like Thanksgiving.

When the Pilgrims came to America, they struggled, much like the people on our streets. However, the Pilgrims were aided by the generous Native Americans who gave those early immigrants food and supplies. Since that day, giving has been a part of America's heritage, and I'm a better person for having given my time and sharing my story so that others may consider donating what they can to ease others' suffering, too.

*Aglaia Ho is a 16-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News Children's Pressline, and The State of the Wild.*

As the people filed in, I took a closer look at our guests. They were from all walks of life. I saw lonely men hobbling over to receive a tray of bread, macaroni, fish, and vegetables. Women with a glassy look in their eyes waited for their share of food. Most carried their belongings with them in their tired arms. Couples and families took the food offered. The children tugged at my heartstrings with their blank, innocent faces. They were so confused, unsure of their situation. I smiled gently, trying to pass on some encouragement.

Hunger and poverty do not discriminate. It could happen to anyone, prepared or not.

I was astonished by the number of people we fed. The line seemed to just keep coming, but the kitchen ran smoothly despite the pressure. As the food began to dwindle, slight adjustments were made, and eventually every person was fed. The volunteers had the utmost respect for the guests; everyone was treated like a unique individual. Accommodations



## PARENTS HELPING PARENTS

SHARON C. PETERS, MA

# Son wants a tattoo

**Dear Sharon,**

Our son is 13, and he's driving us crazy. He's into heavy metal music, and now, he wants to have his body tattooed and pierced.

So far we have managed to keep this from happening.

Are we doing the right thing? What do you suggest?



**Dear Parents,**

It is common and important for 13-year-olds to claim their right to "be themselves," but it is equally important for parents and others to share guidance, information and long-range perspectives that teens often need to grow into healthy and happy adults.

Many parents are "driven crazy" by their teens, and it is often extremely challenging to know how, when and if to communicate ideas about tattoos, piercing and many other issues.

Here are some tips that might help as you sort this through.

I often mention in this column that it is very useful for moms and dads to set aside plenty of time to "hang out," have fun and connect with their adolescents before broaching complicated topics like piercing and tattoos. Some parents I know have found it helpful to spend time with their teens, listening to and learning about heavy metal and other kinds of music, so that they can understand their child's interest from a more knowledgeable and less condescending point of view.

If parents have managed to ac-

complish this or have a communicative relationship with their 13-year-old, then it is useful for them to remember that most teens, like many of us when we were young, can have a hard time focusing on the future consequences of their decisions, are susceptible to peer and social pressures, and can't see that current trends may not be permanent.

Because of these and other factors, ongoing talks between teens and parents can be invaluable. Of course, they can also easily turn into "power battles."

It can lessen tension if moms and dads try and avoid stern messages or lectures, as these common and understandable approaches often end with young people "tuning out," becoming defiant, or arguing about parental tone, rather than thinking through the topic at hand.

Even if a parent/child relationship is on solid footing and conversations are a relatively easy exchange of ideas, teens don't usually say "thanks Mom and Dad" when a parent tells them "no" or to wait a while before trying something they want to do.

It is usually not easy for parents to listen to upset children of any age, but I believe it is important for parents to trust their judgment and share their point of view.

Most 13-year-olds are not ready

to make independent decisions about things that will affect their appearance or lives for a long time. I believe that piercing, tattoos and many other things fit into this category.

The internet has helped many parents I know find information about the long-term consequences of tattoos and piercing. I did a quick search preparing for this column and discovered some fairly worrisome health repercussions for both.

If parents can share specific information that they have gathered in a gradual and thoughtful manner — communicating that they have their young one's best interest at heart, rather than simply "holding forth" about what's right and wrong — it can make a difference.

It is also important to remember that many adults juggle challenges like the ones you describe, and those I know who have spoken to other parents and school or medical personnel that they trust, have received concrete assistance and helpful voices from outside the immediate family that have been useful to young people and parents as they navigated these issues.

Making decisions that might affect a child's long-term future usually takes time and effort to sort through.

I am glad your son has agreed to listen to you — at least for now.

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).

# 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)





## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# The wrong crowd

## When your teen is hanging with a toxic clique

One of my elementary school pals vanished quite suddenly from my life. I have many fond memories, though, such as when we tied for first place in a math contest. We had recited times tables faster than everyone else in the third grade. Unfortunately, during the summer after sixth grade, she started distancing herself and hanging out with people who were not from our neighborhood. It soon became apparent that my friend was involved with a bad crowd. Rumors varied, but most reported that these “new friends” had police records

many reasons. Sometimes it’s obvious, such as when a group is into illegal drugs and shoplifting. However, “wrong” can also mean that your teen is being mistreated or hanging out with friends who have grown up with a different set of values. Any of these situations can be toxic for your teen.

Charles I. Shubin, MD, director of pediatrics at Mercy Family Care, a division of Family Health Centers of Baltimore, believes that some teens might get involved with undesirable crowds because of a need to rebel against family values.

“The attraction of forbidden fruit and the need to rebel probably head teens in this direction,” he says.

Mary Jo Rapini, a psychotherapist and co-author of “Start Talking: A Girl’s Guide for You and Your Mom About Health, Sex or Whatever” explains, “Many times teens look for recognition from others when they aren’t feeling connected with their family at home. Sometimes, parents forget to set time aside to talk and listen to their teens.”

Rapini believes that most dangerous behaviors can be avoided if parents set stronger boundaries. However, teens also need to feel that they are an important part of the family structure.

“Teens need to feel needed by their family, or they will seek this need elsewhere,” she says.

### Warning signs

Look for changes in behavior. If a teen suddenly becomes secretive or starts to ignore rules that he used to abide by, trouble might be brewing. Rapini warns that if your teen becomes totally obsessed with pleasing a group of friends, there is a good chance the power balance has shifted and your teen is being used. If a teen’s friends exhibit the following behaviors, parents should be concerned:

- Treat their own parents and other adults with disdain
- Belittle your teen
- Encourage disobedience at school
- Exhibit rude behavior in public

### What’s a parent to do?

When parents disapprove of their teen’s friends, it’s difficult to handle because teens often view criticism of their friends as a personal attack on their own character. Therefore, parents need to tread carefully as too much criticism will likely encourage the friendships.

“I think the trick here is diversion, not confrontation with criticism,” explains Shubin. “If the parent says anything negative, the teen is likely to move closer to the criticized group.”

Rapini urges, “Set time aside each week to connect with your teen.” Scheduling time for weekly walks or other activities your teen enjoys will work wonders, because you’ll have time to communicate.

However, if illegal behaviors are a concern, parents should intercede. Seeking help from school officials is a good place to start.

### Tips and tales

“To forbid makes it more inviting. We restrict the amount of time and places they can go or hang out with that crowd. At times, we would only allow hanging out at our house. This kind of compromise, for the most part, has worked out well.”

— Felicia Sealey, Hyde Park, NY

### Share your ideas

Upcoming topic: Braces seem to be “in” these days... was your teen’s experience a positive or negative one?

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.



and smoked purple marijuana from Mexico. My friend had moved on, and our friendship was never rekindled.

My friend’s parents must have had a much more difficult time than I did. Adolescent friendships are powerful and influential. Teens crave acceptance from their peers. They also begin to seek guidance from their friends, rather than their parents. So, when a parent disapproves of her teen’s new crowd, things can get pretty tricky.

### Why do teens seek toxic relationships?

A crowd can be “wrong” for



## OUR RELATIONSHIPS

JOAN EMERSON, PhD

# Not again

## Your partner may be repeating his bad ways, but so are you

I recently came across this quote by Albert Einstein: “The definition of insanity is to do the same thing over and over again and expect a different result.” Interesting! This is a reminder of how crazy we are when we repeat certain dysfunctional patterns with our partner and then get angry when we experience the same upsetting outcome. Yes, it’s true that our partner is acting in an infuriating way. But, guess what? Often, so are we! As the old song goes: “It Takes Two to Tango.”

That we are part of the problem is a difficult truth to accept, much less act upon. I did some self-confronting on this issue recently. It was the beginning of a four-day weekend, and I couldn’t wait for my husband to come home from work, so we could begin to spend some time together. But, as is sometimes the case, he came home and just needed some time alone to unwind. I made a resolution to myself that I would leave him alone as he asked, but, somehow, I

couldn’t. At some point, he angrily explained to me that the pressure I was putting on him was making it harder for him to relax, and that he just needed time to relax in order to rejoin me and connect in the way we both needed and wanted.

Somehow, this frustration of mine became a time of self-exploration. Sure, he was being a royal pain, but what was the matter with me that I couldn’t just do as he asked, let go, and give him the time he needed? The rational part of me knew it would turn out OK; we’d been through this pattern before and always came out of it. Why couldn’t I just back off and let some time pass? I wanted to act rationally, yet I watched my emotional needs arise within me and erupt like a volcano (a little overly dramatic image, but that’s how it felt) and before I knew it, I would be approaching again and getting the same negative results.

I knew that my irrational behavior was making things worse, and I sat there realizing that a large part of this problematic pattern was me, and that it was up to me to make some behavioral changes.

So, how do we make this change? Obviously, it’s easier said than done. Some changes, like adding a new behavior that immediately brings good results, are easy. Other changes involve behaviors so entrenched in our personality, that changing them might be something we work on forever more. I talk to people in my practice who see themselves repeating the same behaviors with their partners that went on between their own parents — and made their childhoods living hells. Now, they are becoming aware that they might be doing the same thing to their own kids and are miserable over it.

Other couples are start-

ing a relationship that finally seems like the one they’ve been searching for, but they’re already fighting and acting out, and come to counseling to figure out what’s really happening. There probably are no stronger motivations than these. Apparently, awareness and motivation are not enough: they are just the beginning steps in the laborious process of changing our part of the interaction.

The only promising path toward changing dysfunctional relationship behaviors like these is to share the issue in a collaborative talk with our partner, trying for agreement on what the pattern is and the importance of starting to change it. (This talk, of course, has to be planned for a calm, appropriate time.) When we acknowledge the part we want to change in ourselves, and see the relief in our partners’ eyes that this is their wish as well, then we might be able to enlist their help and support.

Ideally, our partners can offer us small new behaviors in exchange for ours, which would make change easier for both of us. For example (and I’ll suggest this to him) if my partner would come to me first with a long hug and a request for a little time to unwind, maybe I could be more comfortable backing off until he’s ready.

Working together on a pattern that is interactive obviously makes sense, makes it feel a little less lonely, and removes the stigma that one of us alone is the villain.

But we do play a part, and once we know what it is, we have to commit to efforts to do things differently. Exerting this kind of conscious self-control is extremely hard. It’s also important to remember that we may not have the final solution right away; just making small changes in the unsuccessful way we used to do things is enough for beginning steps.

If you, dear reader, have found methods for changing your unwanted behaviors, send them in, and I’ll share them in a future column. Meanwhile, we are all in agreement about how hard personal change is; but we also know that it’s a growth experience, and a necessary ingredient for a couple with a hopeful future.

*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), or email her at [drjoanemerson@aol.com](mailto:drjoanemerson@aol.com).*



# How to pull off the perfect party plan

Even when you're short on time, you can give your little one a great day

BY LISA J. CURTIS

**M**my four-year-old son came home from preschool a few weeks ago and announced that he wanted to have a Halloween party.

I responded with a non-committal “MMM-hmmm.”

But then he dropped the bomb, “And I’ve already invited Michael and Kyle.”

My head snapped up, and my eyes grew round as pumpkins. I realized that this soiree was already well under way. Little kindergarten and pre-K hearts might be broken if my little party animal continued to invite school chums, and we didn’t actually have a party for them to come to.

Another parent may have taken a tough love approach to this pronouncement and told him to un-invite his buddies — with a big apology! — before their heads filled with visions of dancing candy corns, candy apples and ... well... more candy.

But I, spookily enough, have party baggage. I have a sweet memory of being a little girl deciding that I wanted to have a party. Now.

I went door to door in my apartment building inviting pals to the bash that I announced was going to be held in my apartment. (It was a different era, when little girls could run around an apartment building by themselves while their mom watched their two little sisters.)

I put on the tablecloth and set each place with a cupcake wrapper filled with candy in lieu of plates of “real” food.

And then my guests started arriving, some in party dresses. And they were bearing gifts! I was delighted!

Luckily, my mother — although shocked by the stream of neighbors’ children that started to pour into our

home — was charmed that I had this crazy idea and pitched in to make the gathering a success.

Later, she did sternly explain to me that I should have made it clear to my friends and their parents that this was just a PRETEND party — and not my birthday!

Whoops!

So of course, there’s no doubt in my mind that genetics have played a role in my latest assignment as co-host of an impromptu party for the Backyardigans set. And this time around, I’m happy to take a backseat role as stage manager and let my little party planner direct the action. I was surprised — and impressed, of course — that he had already formed concrete ideas of what he absolutely had to have at his own Halloween party:

- His friends and his cousins MUST come

- A piñata filled with candy

- Candy apples

- And no grown ups (Sadly, I did have to deny him this request.)

And if you’re like me, you don’t have much extra time on your plate for the planning and implementation of a party. But life should have as many celebrations as we can shoe-horn in! And this would be my baby’s first party with FRIENDS, which ratcheted up the excitement a notch or two above the usual family birthday parties. So here are the party planning steps I followed to help us get everything done that we wanted to do — and joyfully anticipate the event together.

## Thirty days in advance

- Determine your guest list. How many are you inviting? Most experts agree that with a birthday party, you’ll want to invite the number of children that are equal to your

child’s age — plus a couple more, tops. My son is 4, but we ended up inviting eight children. That number included a few school chums (I made him stop inviting after three!) and four cousins.

- Pick your venue. With eight children, their parents, and our son’s grandparents, we thought we could manage to comfortably entertain everyone in our home and backyard. As long as we had a beautiful fall day, it was a perfect plan.

- Pick your time. Playdates and parties at this age can quickly go into a downward spiral of overstimulation and tears. So experts recommend limiting the event to a couple of hours. You’ll also want to pick the time of day that your child will get the most enjoyment out of the party, so don’t schedule it for his naptime and be surprised when he’s throwing candy apples at his cousin’s head.

- Send your invitations! Personally, perhaps because I’m in the business, I LOVE paper! The invitation conveys a lot about the event to the recipient — it will be casual or fancy or fun. You can buy them, handcraft them or design them online. If you can, send an invitation that matches the theme of your party. We sent owls with wings that opened to reveal the event details. This was another step I could enjoy with my son. After I addressed the envelopes, he put seals on the back and stamped each one.

Make sure to give all of the standard details, like what kind of party it is (example: Pool Party Birthday), where it is (address), date, time, RSVP number or email so guests can not only let you know whether or not they can come but also contact you if they have questions.

I also made sure to write on the invitation that there would be food and games outside, so parents could

dress their munchkins accordingly, and that it would be a costume party.

There are also many great websites like evite.com that enable you to easily send out a lovely invitation and easily keep track of the guest list. It's also a much more cost-effective option than purchasing invitations and stamps.

## Two to three weeks in advance

- Determine your menu. Are you making the food yourself? If so, plan the menu and start writing that grocery list! Because our house would be full of guests, I planned a menu with lots of make-ahead dishes that I could set out buffet style. That way, the parents could help themselves, while I entertained the kids.

Another tip for a house party is to set up a punch bowl for the adults, so you're not running around making a dozen different drinks while a child wanders out of your yard. For the same reason, I planned to fill a self-serve plastic cauldron with ice and juice boxes, chocolate milk boxes and mini water bottles for the kids.

- Prepare a game plan. You want this kids party to stand out from a regular playdate, so plan to include some games. My son had his heart set on a pumpkin piñata. We made our own, and it turned out to be an amazing bonding experience. As we both dipped our newspaper strips into the goopy flour and water paste, my son turned to me with his big brown eyes and said, "Mom, I love you." Sigh.

## One week before

- Make those favors! We knew we would be sending all the kids home with a party favor bag full of piñata candy, but wanted to do a little something extra to thank everyone for coming. So we made clear glycerin soaps with plastic bugs inside them. Aside from an air bubble or two, they came out looking great and could not have been easier.

- Clean and de-clutter your house — and in our case, the yard, too! If you're having the event off-site, give them a ring and let them know the number of guests and go over the party details, and ask if there's anything else you need to do. (Example: If they don't provide the cake, make arrangements to do it yourself or place an order.)



- Put some feelers out to see if you can get some additional help on party day. Can someone else take photos and video, while you play the host? Is there someone who would enjoy running one of the games?

## Day before

- Prepare food! Find table linens! Find serving dishes and utensils and label them. I know it sounds nerdy, but it really serves as a nice system of checks and balances. With labeled serving trays at the ready on party day, you are less apt to forget the

eggs in the fridge, because you'll have a plate on your buffet that reminds you: "deviled eggs."

- Sweep through the house and stash clutter, banish dust, run the vacuum.

- Go to bed! Try not to stay up all night fussing over every last detail. They're kids! They probably won't notice. Of course, they are also kids that have parents that are coming to your house for the first time, but try to get some shut-eye. No one wants to ring the doorbell to see a puffy-eyed grump on the other side.

## Party day

Get up early and get in touch with your inner Martha. You've done all you can to prepare, and now it's important to put on a big, relaxed smile.

If you're having fun, so will your guests — and your child.

*Lisa J. Curtis is the proud mother of the best son in the world. She has been the host of numerous events at the Film Society of Lincoln Center and covered innumerable bashes, balls and soirees as the arts and entertainment editor of the Brooklyn Paper for nine magical years.*

## 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

**Singalong w Lloyd**  
Tuesdays, 11a

**Storytime w Emily**  
Mon/Wed/Fri, 12p

**Dance w Nat**  
Thursdays, 11a

**Sunday Singalong**  
12 Noon, 1st & 3rd Sums

#### EVENING

**Beatles RockBand Night**  
1st Saturdays, 6p

**Family Disco Party**  
2nd Saturdays, 6p

**Nintendo Wii Night**  
3rd Saturdays, 6p

Plus Friday Free Movie Night, & Sunday Bingo

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



1130 Avenue Z • 718-891-8500  
[www.partygym.com](http://www.partygym.com)

**Specializing  
in Private Parties  
For Over 15 Years!  
Book Your Party Now!**

**We offer complete party packages.**

Recently renovated,  
with a new toddler area,  
rock climbing wall and  
outside adult seating area.

**Now  
Offering  
Additional Adult  
Catering  
Options**



**Open Play Time \$7 per child**  
**Mondays and Thursdays 11 am to 3 pm**  
**Tuesdays 4 pm to 7 pm**

**\$25 OFF ANY PARTY**

- Not to be combined w/any other offer - Does not apply to parties already booked  
Expires 11/30/11

## Party

### DIRECTORY

#### Barking Cat Studio Arts & Crafts for Everyone

65 Bond Street  
718-855-8050 or [www.barkingcatstudio.net](http://www.barkingcatstudio.net) or [info@barkingcatstudio.net](mailto:info@barkingcatstudio.net)

Barking Cat Studio Birthday Bash Art Parties for kids ages 2 and up. Our studio will be exclusively yours for 1 ½ to 2 hours and can accommodate up to 22 children and 25 adults. We price our birthdays to fit into your budget starting at \$375, \$475 and \$575 for 10 kids, based on your choice of art project. Each additional child is only \$25. Food and other add-ons available.

We also offer great art workshops for everyone 18 months to 108!

For more information on our party packages or workshops call 718-855-8050.

#### Brooklyn Fencing Center

62 Fourth Street, corner Hoyt  
Street in Carroll Gardens;  
917-541-8902 or 718-522-5822 or  
[www.brooklynfencing.com](http://www.brooklynfencing.com)

In addition to our full range of individual and group fencing classes, armory services and competitions, we offer fencing birthday parties. It's a great way to create a birthday your child will never forget! Your child and his or her guests get their own 50-minute introduction to fencing with one of our coaches.

Generally our space is available for parties on Saturdays after 2:30 and on some Sundays. The cost is \$250 for up to 10 children and \$10 per child after that, up to 20 kids total. That includes a 50-minute fencing lesson for all the children and another hour for cake and presents, etc. We also provide tables, chairs, and trashcans. You're welcome to come early to decorate if you want to bring anything. We also offer the foam sabers the kids use during the lesson for sale as a popular party favor - those are \$9 each, and must be ordered ahead of time (so be sure to let us know you want 'em). For more information, please contact us. If you have dates in mind already, please include that in your e-mail.

#### Carmelo the Science Fellow

300 Atlantic Avenue, Brooklyn  
718-344-4631 or [www.carmelothesciencefellow.com](http://www.carmelothesciencefellow.com)

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

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

#### Joe's Music Center

114-04 Farmers Blvd 718-454-3036

5712 Church Avenue 718-774-0700 or [www.joesmusiccenter.org](http://www.joesmusiccenter.org)

When special occasions are approaching fast, do you get overwhelmed with the event planning process?

If this sounds like you, Come Celebrate with us! Baby showers, children's birthday, graduation dinners, bridal showers to your parent's retirement dinner Joe's Music Center is the perfect place for your family and friends to turn an ordinary event to an extraordinary extravaganza with live band entertainment! We would coordinate your set-up to cleanup; our staff will assist with party preparation, greet your guests, and supervise your activities. Sit back, relax and let us do all the work.

Two hour minimum party packages available Fridays, Saturdays, and Sundays at our Queens or Brooklyn Location.

Reservations: At least two weeks in advance

Call 718-454-3036 (Queens) or 718-774-0700 (Brooklyn) for more details and reservations.

*Continued on page 58*

Mention Brooklyn Family And Receive

**\$50 Off** Birthday Parties

- Indoor Playground • Drop Off Play
- Birthday Parties • Play Dates

[www.klub4kidz.com](http://www.klub4kidz.com)



**klub kidz**  
Imagination at play

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

# Art Party Birthdays are Super Fun!

**\$375\***  
The Puurfect  
Birthday

**\$475\***  
The Me-Wow!  
Birthday

Adult  
Parties too!

**\$575\***  
The Cat's Meow  
Birthday

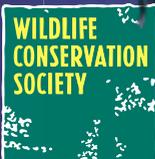
\*price for 10 kids  
based on art project selection

**Barking Cat Studio**  
**Arts & Crafts for Everyone**

**718-855-8050 • [barkingcatstudio.net](http://barkingcatstudio.net)**  
**65 Bond Street • Boerum Hill, Brooklyn**



# Have a BALL!



**PROSPECT  
PARK ZOO**

450 Flatbush Avenue  
Brooklyn, NY 11225  
718.399.7339  
[prospectparkzoo.com](http://prospectparkzoo.com)

Celebrate  
your birthday  
at the

# PROSPECT PARK ZOO

Includes live animals, crafts, private party room, games, and exhibit visits. Pick from a variety of themes including Owl Bird-day Party, Barnyard Birthday, Scales and Trails, and more!

For more information, call 718-399-7339 x327 or email [ppzbirthdayparties@wcs.org](mailto:ppzbirthdayparties@wcs.org).

For kids ages 2-11.

PHOTO © WCS/SUZANNE BOLDUC

## Party

### DIRECTORY

Continued from page 56

#### Kids N' Action

1149 McDonald Avenue  
718-277-1818 or [www.kidsnaction.com](http://www.kidsnaction.com)

Kids N' Action offers fun and thrills and never a dull moment. Open Sunday – Thursday, 10 a.m. to 7 p.m. Fridays 10 a.m. – 2 p.m. and Saturday nights from 6-11 p.m. Parties include a personal hostess, private room, pizza and drinks, paper goods, personalized ice cream cake, unlimited soft play and rides, and coffee for adults.

#### Klub4Kidz

159 North 4th St.  
718-599-5900 or 877- or [www.klub4kidz.com](http://www.klub4kidz.com)

Klub4Kidz is Brooklyn's newest, coolest, hippest hangout for kids. We redefine urban play with our 4-tier, state-of-the-art, indoor playground, consisting of a zip line, crawl tubes, mazes, and slides, ensuring a most fun adventure for kids! Did we mention our 18 ft rock-climbing wall? Here, kids, with the safety of a harness, can sharpen their instincts and logic skills while getting a workout, sure to be a blast!

Take a break from our playground in our café, which serves a wide variety of beverages and snacks, with organic and gluten free options. Enjoy open art or play a game in one of our party rooms. Or, browse our boutique full of gifts for all ages!

Klub4Kidz offers many unique and innovative classes, designed to cultivate your child's creativity, from eco friendly art classes, to such trusted programs as Mad Science and songs for seeds, named "Best Music Class" for kids by New York Magazine 2010.

Celebrate your birthday with Klub4Kidz – the go to place for your special day, with tons of party options to choose from.

Customize your party experience, with our in-house party planner to make it your very own!

We offer great membership options, but feel free to drop by for open play! Klub4Kidz is an enriching Williamsburg hangout for the whole family.

#### The Moxie Spot

81-83 Atlantic Ave.  
718-923-9710 or [www.themoxiespot.com](http://www.themoxiespot.com)

The Moxie Spot is a full-service restaurant with kid's activities on Atlantic and Hicks. It hosts a wide range of birthday parties: from small groups of older children who go out to dinner after an activity, to large groups of younger children and their parents who want more of an extravaganza. Its festive second floor can accommodate large parties.

The foosball, games, art supplies are available throughout.

The Moxie Spot helps conduct art projects and small games relating to almost any theme.

Live entertainment (magicians, jugglers, etc.) is up to the customer.

Being a restaurant, The Moxie Spot provides great kid food for parties, as well as snacks, wine or beer for parents. For more information call or visit their website.

#### New York Hall of Science

47-01 111th Street, Queens  
718-699-0005 x 353; [www.nyscience.org](http://www.nyscience.org)

Make your child's birthday skyrocket! Plan their next birthday at New York Hall of Science. NYSCI offers many customizable packages for all ages. Your future scientist will love Magic and Science, Cool Chemistry and Rocket Park Miniature Golf parties. Packages include food and birthday cake for up to 12 children and 12 adults.

Special Offer: Be one of the first to book a birthday party package that includes NYSCI's all new 3D Theater. Save \$50 when you mention code "Party3D". Additional party package details at [www.nysci.org/birthdays](http://www.nysci.org/birthdays) or call 718-699-0005 x353

#### Paerdegat Kidsports Fun & Fitness Club

1500 Paerdegat Ave North,  
Canarsie  
718-531-1111 or [www.paerdegat.com](http://www.paerdegat.com)

Paerdegat Kidsports Fun & Fitness Club offers 90-minute parties of running, jumping, smiling and



**KIDS N' ACTION**

Fun, Thrills & Never A Dull Moment

Home Of The  
**\$99**  
Birthday Party  
For 10 Kids  
(\$11.95 Each Additional Child)

Mon. & Tues.  
Wed. & Thurs.  
Only Non Holidays

**KIDS N' ACTION** Presents  
**Party Includes:**

- Personal Hostess • Private Party Room • Pizza & Drinks
- All Paper Goods • Personalized Ice Cream Cake
- Unlimited Soft Play • Unlimited Use Of Rides

1149 McDonald Ave. • 718.377.1818  
[www.kidsnaction.com](http://www.kidsnaction.com)



**pole position**  
RACEWAY  
INDOOR KARTING

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.

# Party

## DIRECTORY

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

### The Party Gym

1130 Avenue Z  
718-891-8500 or [www.partygym.com](http://www.partygym.com)

We offers a safe, indoor two-level playground with spiral slide, air bounce, ball pit, tunnels, rock wall, toddler area an outside adult seating area and more.

Experienced counselors play with and supervise children. Included in the party are pizza, paper products, games and ice-cream cake; favors, balloons and much more are also provided.

With many happy returned customers, they offer the best party around.

### Pole Position Raceway Indoor Karting

99 Caven Point Road, Jersey City, N.J., 07305  
201-333-RACE (7223) or [www.PolePositionRaceway.com](http://www.PolePositionRaceway.com)

Pole Position Raceway is three miles from Manhattan in Jersey City. Open to the public everyday.

Our state-of-the-art indoor karting center features two race tracks in an 80,000 sq. foot facility. Each track accommodates ten racers competing in side-by-side action, the safest and most exhilarating electric go-karting experience for adults and children (48 inches & taller).

The karts are electric, made in Europe, and are capable of speeds of 45 mph! Pole Position Raceway displays racing memorabilia from famous racers from NASCAR, Motor Cross and Grand Prix along with video/arcade games and pool tables.

We provide an authentic and exhilarating experience for Personal celebrations, including Birthday Parties for Kids from eight years, Bachelor parties, Bar-Mitzvah's, Corporate events and Fundraisers.

Our party rooms and spaces hold from 10-500 people. Pole Position Raceway works closely with event planners and caterers customizing each party to make it exciting, fun and safe.

### Prospect Park Zoo Party

450 Flatbush Avenue  
718-3997321 or [www.prospecparkzoo.com](http://www.prospecparkzoo.com) or  
email: [ppzbirthdayparties@wcs.org](mailto:ppzbirthdayparties@wcs.org)

Prospect Park Zoo Party wants you to have a wild party for your 3-10 year-old at the Prospect Park Zoo. A zoo educator will combine fun activities and visits to exhibits with your choice of animal themes. Your group will have access to their spacious party room, where you'll meet live animal guests. Party packages also include admissions, invitations, and goody bags for the kids. You supply the cake, juice, paper goods, and utensils. Prospect Park Zoo is located at in Brooklyn, New York.

### Toy Museum of New York

157 Montague St. 2nd Fl  
718-243-0820 or [www.toymuseumny.org](http://www.toymuseumny.org)

Have your next party with the Toy Museum!

The Toy Museum of NY hosts parties of all occasions and all ages. Let us help you create a memorable celebration. Hundreds of antique toys are on display which, help create a magical setting for your party. Each party is customized to fit your needs. Come by and see the space which is perfect for ages 4 years old and up. All children under the age of 3 years old must be supervised at all times.

Our cozy museum space is conveniently located in Brooklyn Heights. Leave all of the set-up and cleaning to us.

Party packages are available for groups of 8 or more.



**MUSIC LESSONS FOR ALL AGES!**

Kindermusik • String & Vocal Ensembles • Adult Classes • Piano • Voice • Violin • Viola • Cello Bass • All Wind & Brass Instruments • Percussion • Drums • Jazz, Rock & Gospel Bands • Dance  
Adult Aerobic and Zumba Classes • Birthday Parties & More

**10% Off first month tuition & 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
--	---

**Joe's Music Store**  
114-02 Farmers Blvd.  
St. Albans, NY 11412 | 718-454-3030

*Brooklyn Fencing Center*

**Fencing Classes for All Ages**

COMPETITIVE OR JUST FOR FUN!  
NEW CLASSES STARTING EACH MONTH

VISIT OUR WEBSITE FOR CLASS SCHEDULE:  
[WWW.BROOKLYNFENCING.COM](http://WWW.BROOKLYNFENCING.COM)  
718-522-5022 62 Fourth St. (x Hoyt St)



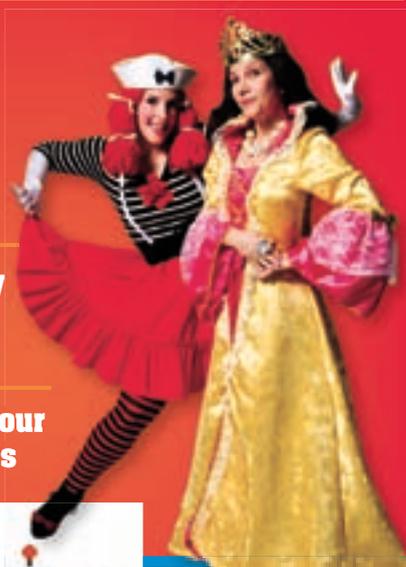
the **TOY MUSEUM OF NY**

**TOY THEATRE**

**10am - Noon for school and camp groups**

**Wed, Thursday and Friday hours: 1pm - 5pm for general admission**

**Selected weekends for our children's theatre shows and other events**



**CHECK THE WEBSITE FOR A COMPLETE SCHEDULE & TO PURCHASE TICKETS**

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

**157 Montague Street • Brooklyn, NY 11201 • Tel: 718-243-0820**

# Party Planners

**Rico The Clown**  
**Magician Comical Nerd**  
 • Magic • Balloon Sculpting  
 • Comedy • Roasting  
 • Educational Shows  
 • Adults/Kids

**As seen on TV**  
 Rico is a University Professor of Speech and Communication

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)

**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)

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**

**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

**IS YOUR CHILD, BROTHER, SISTER, NIECE OR NEPHEW HAVING A BIRTHDAY PARTY?**  
 Make it extra special for him or her  
 All parties Include Magic, Balloons, Games and Lots More

**Dino Entertainment**  
**718-809-7552**  
[www.dinokidsentertainment.com](http://www.dinokidsentertainment.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

**Party Pets.com**  
 \$20 Off with ad code: family  
 Visit our website: [www.partypets.com](http://www.partypets.com)

Hands-on learning about exotic animals from around the world  
 All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • **BOOK EARLY!**  
 Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY  
 Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs

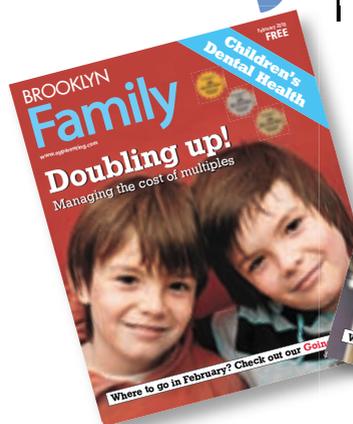
**ALL IN ONE ENTERTAINMENT INC.**  
 ALL AT A REASONABLE PRICE  
**(718) 441-5764**  
**(718) 441-7796**  
[www.allinoneentertainment.com](http://www.allinoneentertainment.com)  
 Clowns • Magicians • Cartoon Characters  
 DJ Service • Arts & Crafts  
 All Types of Bounce • Face Painting Sand/  
 Spin Art • Balloon Artists  
 Private Events • and much more!!!  
**WEEKDAY SPECIAL STARTS AT \$900**  
**PARTY ROOM AVAILABLE**  
 95-25 Jamaica Ave, Woodhaven, NY 11421

BROOKLYN  
**Family**

QUEENS  
**Family**

BRONX  
**Family**

STATEN ISLAND  
**Family**



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

# It figures

BY CYNTHIA WASHAM



## FALL FIGURES

**45** Percent of Americans who spend Thanksgiving at home.

**25** Percent of Thanksgiving hosts who worry about coming up with dishes that appeal to children and adults.

**7,244** Number of hotel rooms along the Seventh Avenue route of New York City's Macy's Thanksgiving Day Parade.



**8,000 B.C.** Date of origin of the oldest relics of sweet potatoes ever found.

**More than 400** Varieties of sweet potatoes.

**1.6 billion** Pounds produced each year in the United States.

### Early 1900s

The era that Louisiana Cajuns started the tradition of deep-frying turkeys outside.

**2003** Year the Florida High School Athletic Association recognized flag football as a varsity sport.

**5,000** Number of high-school girls who play flag football in Florida.

**1** Number of other states that recognize flag football as a varsity sport (Alaska).



**90** Percent turnout at elections in Costa Rica, where children traditionally accompany their parents to the polls.

**54** Percent turnout at elections in the United States.

**51** Percent of non-voting Americans who say they were raised in a home where politics and candidates were rarely discussed.

Sources: Nation's News, MLive.com, Crain's New York Business, Life Extension, Chiff.com, Kidsvotingusa.org, Familyeducation.com, About.com, The Miami Herald, The New York Times, HeraldTribune.com

# Going Places

## LONG-RUNNING

**"White":** The New 42nd Street Studios, 229 W. 42nd St. at Seventh Avenue in Manhattan; (646) 223-3010; Thursdays, Fridays and Sundays, 12:30 pm, Saturdays, 12:30 and 2:30 pm, Nov. – Sun, Nov. 13; \$20 (\$14 members).

Cotton and Wrinkle care for their orderly world and keep it color-free, but then colors make a surprise visit and nothing is the same. Recommended for ages 2 to 5.

**Reading is fun:** Ulmer Park Public Library, 2602 Bath Ave. at 26th Avenue; (718) 265-3443; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 3 pm, Nov. – Thurs, Nov. 17; Free.

All ages earn books by reading.

**Arts and crafts:** 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, Nov. – Thurs, Nov. 17; Free.

Children ages 5 and up draw and create fun projects.

**Teen time:** Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 4 pm, Nov. – Thurs, Nov. 17; Free.

Books, games and music with friends.

**Game day:** Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Thursdays, 4 pm, Nov. – Thurs, Nov. 17; Free.

Teens play Playstation and other video games.

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

Shorts and a full length family appropriate movie.

**Babies and books:** Dyker Public Library, 8202 13th Ave. between 82nd and 83rd streets; (718) 748-6261; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 10:30 am, Nov. – Fri, Nov. 18; Free.

Infants to 18 months listen to music and stories.

**Story play First RIF:** Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); Fridays, 11 am, Nov. – Fri, Nov. 18; Free.



## That's entertainment

**I**t's stupendous, it's hilarious — it's the Handsome Little Devils' "Squirm Burpee Circus"! And it's coming to Kingsborough Community College on Nov. 19.

Meet Baron Vegan Von Hamburger, the evil villain, who is plotting to destroy Mike the Handsome, Dashing Dave and the Lovely Little Lolo. Watch the Human Cannonball and hold your breath while the jugglers juggle. Plus, see all the gadgets, gizmos and dapper dance moves. You'll laugh yourself

silly, while you watch to see if love can triumph over Baron von Hamburger's plan.

After you've had your fill of vaudeville-esque thrills, spills and chills, meet with the cast. Recommended for children ages 4 and up.

*Handsome Little Devils' "Squirm Burpee Circus" at Kingsborough Community College [2001 Oriental Blvd. at Decatur Avenue in Manhattan Beach, (718) 368-5596]. Nov. 19 at 10:30 am, \$12. For more info, visit [www.onstageatkingsborough.org](http://www.onstageatkingsborough.org).*

Children birth to age 5 hear stories and play with toys.

**Storytime:** The Moxie Spot, 81 Atlantic Ave. at Hicks Street; (718) 923-9710; [themoxiespot.com](http://themoxiespot.com); Mondays, Wednesdays and Fridays, Noon, \$2.50.

Come hear a few stories and complete a simple craft.

The nation's largest playground featuring 60,000 square feet of exhibits, with

slides, seesaws, climbing webs, drums, mirrors, sand boxes and more, weather permitting.

Putt your way through a nine-hole course and learn about spaceflight along the way. Weather permitting.

**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, Nov

## 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!

– Fri, Nov. 18; Free.

All ages welcome to play video games, draw anime characters and meet with friends.

**"The Reluctant Dragon":** Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; [www.puppetworks.org](http://www.puppetworks.org); Saturdays and Sundays, 12:30 and 2:30 pm, Nov. – Sun, Dec. 18; \$7 (\$8 adults).

A new adaptation of Kenneth Grahame's 1893 English tale that tells the story of a brave little girl who befriends a dragon.

**Arts and crafts:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Saturdays and Sundays, 1–3 pm, Nov. – Sun, Dec. 18; Free.

Naturalists lead structured fun for children combining outdoor nature games and indoor crafts.

**Handiwork workshop:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); Saturdays and Sundays, 2:30–3:30 pm, Nov. – Sun, Dec. 18; Free.

Children play games and experience common tasks of 200 years ago.

**Family disco night:** The Moxie Spot, 81 Atlantic Ave. at Hicks Street; (718) 923-9710; [themoxiespot.com](http://themoxiespot.com); Saturdays, 6 pm, Free!

Eat, drink and shake your groove things!

**Bingo night:** The Moxie Spot, 81 Atlantic Ave. at Hicks Street; (718) 923-9710; [themoxiespot.com](http://themoxiespot.com); Sundays, 6 pm, Free.

# Going Places

Prizes and fun for the whole family.

**Story time:** Greenlight Bookstore, 686 Fulton St. between South Elliott Place and South Portland Avenue; (718) 246-0200; greenlightbookstore.com; Sundays, 11 am, Now – Sun, Nov. 20; Free.

For babies and toddlers with Miss Nina and John Samson.

**Story time:** Greenlight Bookstore, 686 Fulton St. between South Elliott Place and South Portland Avenue; (718) 246-0200; greenlightbookstore.com; Sundays, 11 am, Now – Sat, Nov. 19; Free.

For children, ages 3-8, and their families. Picture books and crafts.

**Sunday sing-along:** The Moxie Spot, 81 Atlantic Ave. at Hicks Street; (718) 923-9710; themoxiespot.com; Sundays, 12:15 pm, Free.

Come sing, clap, dance or just watch.

**Discover tour:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Sundays, 3 pm, Now – Sat, Nov. 5; Free.

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

**Read and play:** Greenpoint Public Library, 107 Norman Ave. at Leonard Street; (718) 349-8504; www.brooklynpubliclibrary.org; Mondays, 10:30 am, Now – Mon, Nov. 28; Free.

Infants to 5 years old with and without disabilities meet, make friends and play games.

**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, Nov. 21; Free.

For children birth to 5 years.

**Homework help:** Crown Heights Public Library, 560 New York Ave. between Maple Street and Lincoln Road; (718) 773-1180; www.brooklynpubliclibrary.org; Mondays, 3:30 pm, Now – Mon, Nov. 14; Free.

**Singalong:** The Moxie Spot, 81 Atlantic Ave. at Hicks Street; (718) 923-9710; themoxiespot.com; Tuesdays, 11 am, \$2.50.

Come clap, dance, sing or just watch!

**Story play with First RIF:** Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; Tuesdays, 11 am, Now – Tues, Nov. 29; Free.

Children up to 5 years old play with toys.

**Babies and books:** Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; www.brooklyn-



## They're talkin' turkey

**T**obias Turkey is determined to win the prize and be the biggest, bestest bird at Farmer Joe's. The Shadow Box Theatre presents this wonderful Thanksgiving tale about a turkey that learns that — with determination — you can do anything. The gobbling good story is brought to life with puppets so real that they look like they jumped right off the pages of the book and onto the stage. The play is suitable for children ages 3-7 and hosts a rousing warm-up Sing-Along before each

performance.

The Shadow Box Theatre presents "Tobias Turkey" on Nov. 9, 10, 14, 15, 16, 17, and 23 at 10:30 am; on Nov. 18, 21 and 22 at 10 am and 11:30 am; and on Nov. 19 at 11 am. Tickets are \$10 in advance and \$15 at the door, and reservations are required. Group rates are also available.

*PS 3 The Bedford Village School [50 Jefferson Ave. at Hancock Street in Bedford-Stuyvesant, (212) 724-0677]. For more info, or to purchase tickets, visit [www.shadowboxtheatre.org](http://www.shadowboxtheatre.org).*

publiclibrary.org; Tuesdays, 11 am, Now – Tues, Nov. 15.

Infants to 18 month olds hear stories and listen to songs.

**Reading RIF:** Ft. Hamilton Public Library, 9424 Fourth Ave. at 94th Street; (718) 748-6919; www.brooklynpubliclibrary.org; Tuesdays, 2:30 pm, Now – Tues, Nov. 29; Free.

School age children earn free books by reading.

**Toddler time:** Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; www.brooklynpubliclibrary.org; Tuesdays, 2:30 pm, Now – Tues, Nov. 22; Free.

Children up to 5 years old hear stories, play games and earn books by reading.

**Reading is fun:** New Utrecht Public Library, 1743 86th St. between Bay 16th and Bay 17th streets; (718) 236-4076; www.brooklynpubliclibrary.org; Tuesdays, 3:30 pm, Now – Thurs, Nov. 17; Free.

For teens. Earn books by reading.

**Babies and books:** Clinton Hill Public Library, 380 Washington Ave. between Lafayette and Greene avenues; (718) 398-8713; www.brooklynpubliclibrary.org; Tuesdays, 4:15 pm, Now – Tues, Nov. 29; Free.

Infants to 18 month olds hear stories or listen to songs.

**Story time:** Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; www.brooklynpubliclibrary.org; Tuesdays, 4:30 pm, Now – Thurs, Nov. 17; Free.

Children, ages 5 to 12, hear stories and make crafts.

**Mils Trills Music and Stories:** Green Fig Cafe, 462 36th St. at Fourth Avenue; (347) 703-5207; milstrills@gmail.com; www.milstrills.com; Wednesdays, 10:30–11:30 am, Wed, Nov. 2 – Wed, Dec. 21; \$15.

Presented by Amelia Robinson and special guest stars, this interactive performance is for parents with babies and toddlers up to 18 months old.

**Mils Trills Music and Stories:** The Rock Shop, 227 Fourth Ave. between President and Carroll streets; (347) 703-5207; milstrills@gmail.com; www.milstrills.com; Wednesdays, 3:30–4:30 pm, Wed, Nov. 2 – Wed, Dec. 21; \$15.

Presented by Amelia Robinson and special guest stars, this interactive performance is for parents with babies and toddlers up to 18 months old.

**Story and play:** Leonard Public Library, 81 Devoe St. between Manhattan Avenue and Leonard Street; (718) 486-3365; www.brooklynpubliclibrary.org; Wednesdays, 4 pm, Now – Wed, Nov. 16; Free.

Children up to 5 years old hear stories and listen to songs.

**Writing workshop:** Coney Island Public Library, 1901 Mermaid Ave. at W. 19th Street; (718) 265-3220; www.brooklynpubliclibrary.org; Wednesdays, 5 pm, Now – Wed, Nov. 16; Free.

Teens learn to write short stories, essays or poems.

**Chess club:** Carroll Gardens Library, 396 Clinton St. at Union Street; (718) 596-6972; www.brooklynpubliclibrary.org; Wednesdays, 6 pm, Now – Wed, Nov. 23; Free.

For all ages, learn or improve skills.

**Zookeeper chat:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; Saturdays and Sundays, 11 am and 3:30 pm, Sat, Nov. 5 – Sun, Nov. 27; Free with zoo admission.

Children learn about the different animals at the zoo.

**Quilt show:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, Noon–4 pm, Sat, Nov. 5 – Sun, Nov. 27; Free with museum admission.

Celebrating 20 years of quilts at the museum.

**Quilt workshop:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, 1:30–3:30 pm, Sat, Nov. 5 – Sun, Nov. 27; Free for children ages 16 and younger.

Children learn how to design and make their own creation.

**"Tobias Turkey":** PS 3-The Bedford Village School, 50 Jefferson Ave. at Hancock Street; (212) 724-0677; www.shadowboxtheatre.org; Wednesday, Nov. 9, 10:30 am; Thursday, Nov. 10, 10:30 am; Monday, Nov. 14, 10:30 am; Tuesday, Nov. 15, 10:30 am; Wednesday, Nov. 16, 10:30 am; Thursday, Nov. 17, 10:30 am; Friday, Nov. 18, 10 am and 11:30 am; Saturday, Nov. 19, 11 am; Monday, Nov. 21, 10 am and 11:30 am;

*Continued on page 64*

# Going Places

Continued from page 63

Tuesday, Nov. 22, 10 am and 11:30 am;  
Wednesday, Nov. 23, 10:30 am; \$10-  
\$15, reservations required.

The tale of a very determined bird who learns you can do anything that you set your mind to. Presented by the Shadow Box Theater, this puppet show is suitable for children 3-7 years old.

**Christmas Show:** Radio City Music Hall, 1260 Ave. of the Americas between 50th and 51st streets in Manhattan; (212) 247-4777; www.radiocity.com; Daily, check for times, Fri, Nov. 11 – Mon, Jan. 2, 2012; \$45-\$125.

The world famous Rockettes, new music, dazzling new costumes and state-of-the-art technology make this year's show the greatest ever. And of course, a visit from the jolly old elf himself, Saint Nick.

**Wii and Nintendo:** The Moxie Spot, 81 Atlantic Ave. at Hicks Street; (718) 923-9710; themoxiespot.com; Saturday, Nov. 19, 6 pm; ; Free.

Prizes, games and food.

## TUES, NOV. 1

**Toddler time series:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospect-parkzoo.com; 10:30–11:30 am; \$120 (For six hour sessions).

New program on Tuesdays for young children at the city's zoos where they can learn about wildlife, nature and the environment.

**Toddler time:** Kings Highway Public Library, 2115 Ocean Ave. at Avenue R; (718) 339-2783; www.brooklynpubliclibrary.org; 11 am; Free.

Children 18 to 36 months play games and hear stories.

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

Children 5 years old and up draw and create fun projects.

**Teen RIF:** Rugby Public Library, 1000 Utica Ave. at E. 49th Street; (718) 566-0054; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Teens earn books by reading.

## WED, NOV. 2

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

For children up to 5 years old.

**Writing workshop:** Macon Library, 361 Lewis Ave. between Macon and Halsey streets; (718) 573-5605; www.brooklynpubliclibrary.org; 1 pm; Free.



## Breakin' the news

**W**ith a fabulous blend of martial arts, break-dancing, hip-hop and gravity defying ballet, “Breakin’ Backwards” by the Soul Street Dancers comes to the Brooklyn Center for the Performing Arts at Brooklyn College on Nov. 6. The hold-your-breath-and-cheer show presented by the Target Family Fun Series will have you

feeling good and jumping out of your seats no matter how old you are.

“Breakin’ Backwards” by the Soul Street Dancers at Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd. between Amersfort Place and Kenilworth Place in Midwood, (718) 951-4500]. Nov. 6 at 2 pm, \$7-\$10. For more info, visit [www.brooklyncenteronline.org](http://www.brooklyncenteronline.org).

Teens get helpful hints to improve their prose.

**Babies and books:** Mill Basin Public Library, 2385 Ralph Ave. at Veterans Avenue; (718) 241-3973; www.brooklynpubliclibrary.org; 1 pm; Free.

Children up to 18 months and their caregivers enjoy stories, sing songs, and finger play.

**Arts and crafts:** Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Create a new project each week.

**Writing workshop:** McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Teens get helpful hints on their prose styles.

**Arts and crafts:** Crown Heights Public Library, 560 New York Ave. between Maple Street and Lincoln Road; (718) 773-1180; www.brooklynpubliclibrary.org; 4 pm; Free.

Children enjoy making projects.

**Writing workshop:** Coney Island Public Library, 1901 Mermaid Ave. at West 19th Street; (718) 265-3220; www.brooklynpubliclibrary.org; 5 pm; Free.

Teens learn to write short stories, essays and poetry.

## THURS, NOV. 3

**Mils Trills Music and Stories:** Studio 515, 515 Dekalb Ave. at Skillman Street; (347) 703-5207; milstrills@gmail.com; www.milstrills.com; 10:30–11:30 am; \$15.

Presented by Amelia Robinson and special guests Tyler Sussman and Rob Pawlings, this interactive performance is for parents with babies and toddlers up to 18 months old.

**Reading is fun:** Dyker Public Library, 8202 13th Ave. between 82nd and 83rd streets; (718) 748-6261; www.brooklynpubliclibrary.org; 3 pm; Free.

For teens.

**Mils Trills Music and Stories:** SodaBar, 629 Vanderbilt Ave. between Park Place and Prospect Place; (347) 703-5207; milstrills@gmail.com; www.

milstrills.com; 3:30–4:30 pm; \$15.

Presented by Amelia Robinson and special guest Rob Pawlings, this interactive performance is for parents with babies and toddlers birth to 18 months old.

**Privacy workshop:** Macon Library, 361 Lewis Ave. between Macon and Halsey streets; (718) 573-5605; www.brooklynpubliclibrary.org; 4 pm; Free.

Teens learn how to protect their online information.

## FRI, NOV. 4

**Reading is fun:** Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; 2 pm; Free.

Tweens and teens earn free books.

**Privacy workshop:** DeKalb Public Library, 790 Bushwick Ave. at DeKalb Avenue; (718) 455-3898; www.brooklynpubliclibrary.org; 3 pm; Free.

Teens learn how to protect their private information and themselves on the internet.

**Privacy workshops:** Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; www.brooklynpubliclibrary.org; 4 pm; Free.

Teens learn how to protect themselves and their information online.

**Game time:** Crown Heights Public Library, 560 New York Ave. between Maple Street and Lincoln Road; (718) 773-1180; www.brooklynpubliclibrary.org; 4 pm; Free.

Children play checkers, chess, and dominos.

**Teen time:** Greenpoint Public Library, 107 Norman Ave. at Leonard Street; (718) 349-8504; www.brooklynpubliclibrary.org; 4 pm; Free. Get together with friends and read books, play games and listen to music.

## SAT, NOV. 5

**Toddler time series:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospect-parkzoo.com; 10–11 am; \$120 (for six hour sessions).

New program for young children at the city's zoos where they can learn about wildlife, nature and the environment. (Saturday series).

**Game day:** Carroll Gardens Public Library, 396 Clinton St. at Union Street; (718) 596-6972; www.brooklynpubliclibrary.org; 10 am; Free.

Children play Connect 4; Chutes & Ladders; and Scrabble.

**Preschool story time:** Flatlands Public Library, 2065 Flatbush Ave. at Avenue P; (718) 253-4409; www.brooklynpubliclibrary.org; 11 am; Free.

For children up to 5 years old.

# Going Places

**Anna Banana Band:** Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (718) 230-2100; [www.brooklynpubliclibrary.org/branch\\_library\\_detail.jsp?branchpageid=265](http://www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265); 1 pm; Free.

Original songs like rock, reggae, pop and punk for children.

**SAT prep workshop:** Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (800) 273-8439; [www.brooklynpubliclibrary.org/branch\\_library\\_detail.jsp?branchpageid=265](http://www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265); 1:30 pm; Free.

Teens take a free SAT practice test and get personalized score report. Hosted by the Princeton Review. Register by calling and using 000001922 code.

**Saturday matinee:** McKinley Park Public Library, 6802 Ft. Hamilton Pkwy. at Ovington Avenue; (718) 748-8001; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 3:30 pm; Free.

Children of all ages watch movies.

**"Sweet Funk":** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); 5-11 pm; Free.

Sponsored by Target First Saturday, this event features a performance by Navegante and NinjaSonik; art making sculpture class; and a dance party.

**Sample sale:** Holy Name of Jesus School, 241 Prospect Park West at Windsor Place; (718) 768-7629; 6:30-9:30 pm; \$10.

Vendors selling Pampered Chef, Avon, Stamping-Up, Mary Kay and many more will be on hand raffling off baskets and gift cards at this fun holiday fundraiser. Admission includes two beverage tickets.

## SUN, NOV. 6

**Insider's tour:** New York Aquarium, 602 Surf Ave. between West Eighth and West Fifth streets; (718) 265-3448; [www.nyaquarium.com](http://www.nyaquarium.com); 10-11:30 am; \$28 (\$19 member adult; \$23 non-member child; \$14 member child).

Visitors can go behind-the-scenes at the shark tank or inside the Alien Sting-ers exhibit. Children must be at least 6 years old to attend.

**Infant and child CPR:** Gumbo, 493 Atlantic Ave. between Nevins Street and Third Avenue; (718) 855-7808; 11 am-1 pm; \$75 (\$10 for certificate).

Led by registered nurse Debra Scaccia.

**Arty facts:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); 11 am and 1:30 pm; \$10 (\$5 for gallery/studio families and members).

Children, ages 4-7, with an adult explore the galleries and make a craft project.

**"Breakin' Backwards":** Brooklyn



## 'Dream' come true

**I**t's fun, it's big, and it's back! The Big Apple Circus has raised its big top, and it is entertaining audiences now through Jan. 8, 2012.

This year's theme, "Dream Big," features the talented Flying Cortes trapeze artists soaring high above the center ring in death-defying feats; magician Scott Nelson and assistant Muriel Brugman mesmerizing audiences with perplexing prestidigitation; aerialist Anna Volodko defying

gravity; the mistress of horses Jenny Vidbel directing her fiery Arabian and prancing pooches (pictured above); and many other amazing acts.

*Lincoln Center Plaza in Damrosch Park [W. 62nd St. between Amsterdam and Columbus avenues in Manhattan, (888) 541-3750]. Performances run Mondays and Sundays 10 am to 6 pm; Tuesdays through Saturdays 10 am to 8 pm. Tickets range from \$25 to \$175. For more info, visit [www.bigapplecircus.org](http://www.bigapplecircus.org).*

Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; [www.brooklyncenter-online.org](http://www.brooklyncenter-online.org); 2 pm; \$7-\$10.

Soul Street Dancers present a jaw-dropping, upbeat dance. Sponsored by the Target FamilyFun series.

**"From Tent to Temple":** Children's Galleries for Jewish Culture, 515 W. 20th St. between 10th and 11th avenues; (212) 924-4500; [www.cgjc.org](http://www.cgjc.org); 2-5 pm; \$8, \$35 for annual family membership.

Build a model of an ancient mud house.

**Jon Scieszka and Friends:** PowerHouse Arena, 37 Main St. at Water Street; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 4-5 pm; Free.

Book signing for "Spaceheadz Book #3" and "Guys Read: Thriller," for children 8-12 years old.

## MON, NOV. 7

**"Pingu":** Cobble Hill Cinema, 265 Court St. between Butler and Douglass streets; (718) 596-9113; [www.cobblehilltheatre.com](http://www.cobblehilltheatre.com); 4 pm; \$10 (\$7 children/seniors).

A new selection of shorts.

**Reading and crafts:** Carroll Gardens Public Library, 396 Clinton St. at Union Street; (718) 596-6972; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 4 pm; Free.

In English and Spanish, these workshops offer children fun learning activities and stories.

**Lanyards and music:** Coney Island Public Library, 1901 Mermaid Ave. at West 19th Street; (718) 265-3220; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 4 pm; Free.

Children dance and make projects.

**Open mic:** Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (718) 230-2100; [www.brooklynpubliclibrary.org/branch\\_library\\_detail.jsp?branchpageid=265](http://www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265); 5 pm; Free.

Co-hosted by the Urban Word for teen poets, spoken word artists, and scholars.

## TUES, NOV. 8

**Election day crafts:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 10 am-4 pm; Free.

Children make projects.

**Toddler time:** 11 am. Kings Highway Public Library. See Tuesday, Nov. 1.

**RIF:** Sheepshead Bay Public Library, 2636 E. 14th St. at Shore Road; (718) 368-1815; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 2:30 pm; Free.

Children earn books by reading.

**Arts and crafts:** 3:30 pm. McKinley Park Public Library. See Tuesday, Nov. 1.

**Teen RIF:** 3:30 pm. Rugby Public Library. See Tuesday, Nov. 1.

**Crafts and fun stuff:** Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718) 623-0012; [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org); 4 pm; Free.

Children play games and craft.

## WED, NOV. 9

**Toddler time:** 11 am. Gravesend Pub-

*Continued on page 66*



# Going Places

Continued from page 65

lic Library. See Wednesday, Nov. 2.

**Babies and books:** 1 pm. Mill Basin Public Library. See Wednesday, Nov. 2.

**Arts and crafts:** 3:30 pm. Bushwick Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 3:30 pm. McKinley Park Public Library. See Wednesday, Nov. 2.

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

Children earn books by reading.

**Arts and crafts:** 4 pm. Crown Heights Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 5 pm. Coney Island Public Library. See Wednesday, Nov. 2.

## THURS, NOV. 10

**Reading is fun:** 3 pm. Dyker Public Library. See Thursday, Nov. 3.

**Mil's Trills Music and Stories:** Vineapple Cafe, 71 Pineapple St. between Henry and Hicks streets; (347) 703-5207; milstrills@gmail.com; www.milstrills.com; 3:30-4:30 pm; \$15.

Presented by Amelia Robinson and special guests, this interactive performance is for parents with babies and toddlers up to 18 months old.

**Movie time:** Homecrest Public Library, 2525 Coney Island Ave. between Gravesend Neck Road and Avenue V; (718) 382-5924; www.brooklynpubliclibrary.org; 4 pm; Free.

Child appropriate flicks.

**Privacy workshop:** 4 pm. Macon Library. See Thursday, Nov. 3.

## FRI, NOV. 11

**Mil's Trills Music and Stories:** 61 Local, 61 Bergen St. between Court and Smith streets; (347) 703-5207; milstrills@gmail.com; www.milstrills.com; 3:30-4:30 pm; \$15.

Presented by Amelia Robinson and special guests Jeffrey Young and Rob Pawlings, this interactive performance is for parents with babies and toddlers birth to 18 months old.

**Privacy workshops:** 4 pm. Bushwick Public Library. See Friday, Nov. 4.

**Game time:** 4 pm. Crown Heights Public Library. See Friday, Nov. 4.

**Teen time:** 4 pm. Greenpoint Public Library. See Friday, Nov. 4.

## SAT, NOV. 12

**Game day:** 10 am. Carroll Gardens Public Library. See Saturday, Nov. 5.

**Preschool story time:** 11 am. Flatlands Public Library. See Saturday, Nov. 5.

**Puppet show:** Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (718) 230-2100; www.brooklynpubliclibrary.org/branch\_library\_detail.jsp?branchpageid=265; 1 pm; Free.

Alphabet Arts uses bunraku (Japanese puppetry)-influenced found objects to teach children to use their imagination and creativity.

**Books and crafts:** Bushwick Public Library, 340 Bushwick Ave. at Seigel Street; (718) 602-1348; www.brooklynpubliclibrary.org; 1 pm; Free.

Children, ages 6-12, read and meet with local artists.

**DJ Workshop:** DeKalb Public Library, 790 Bushwick Ave. at DeKalb Avenue; (718) 455-3898; www.brooklynpubliclibrary.org; 1 pm; Free.

Teens learn about the basics in the digital age from experts.

**Book club:** Macon Library, 361 Lewis Ave. between Macon and Halsey streets; (718) 573-5605; www.brooklynpubliclibrary.org; 1 pm; Free.

The clubhouse offers space for reading activities.

**Saturday matinee:** 3:30 pm. McKinley Park Public Library. See Saturday, Nov. 5.

**Night sky watch:** Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 5 pm; Free.

Join fellow astronomers and view the heavens. Pending weather conditions.

**Fundraiser:** Maple Lanes, 1570 60th St. at 15th Avenue; (917) 971-6299; 6-8 pm; \$30 (\$25 children under 12).

Bowl for Change fights against gangs, poverty, violence and racism. Admission includes two hours of bowling, pizza, soda and gift bag. RSVP requested.

## SUN, NOV. 13

**Arty facts:** 11 am and 1:30 pm. Brooklyn Museum. See Sunday, Nov. 6.

**"Gypsy Fire":** Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; \$45 (\$36 mezzanine).

Jose Porcel and his company of dancers, singers and musicians present the rhythms and culture of Spain.

## MON, NOV. 14

**Reading and crafts:** 4 pm. Carroll Gardens Public Library. See Monday, Nov. 7.

## TUES, NOV. 15

**Toddler time:** 11 am. Kings Highway Public Library. See Tuesday, Nov. 1.

**RIF:** 2:30 pm. Sheepshead Bay Public Library. See Tuesday, Nov. 8.

**Arts and crafts:** 3:30 pm. McKinley Park Public Library. See Tuesday, Nov. 1.

**Teen RIF:** 3:30 pm. Rugby Public Library. See Tuesday, Nov. 1.

**Garden workshop:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 6-8 pm; Free.

For parents, teachers and administrators who would like to develop an outdoor classroom. Space limited, pre-registration required.

## WED, NOV. 16

**Toddler time:** 11 am. Gravesend Public Library. See Wednesday, Nov. 2.

**Babies and books:** 1 pm. Mill Basin Public Library. See Wednesday, Nov. 2.

**Arts and crafts:** 3:30 pm. Bushwick Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 3:30 pm. McKinley Park Public Library. See Wednesday, Nov. 2.

**Reading is fun:** 3:30 pm. New Utrecht Public Library. See Wednesday, Nov. 9.

**Arts and crafts:** 4 pm. Crown Heights Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 5 pm. Coney Island Public Library. See Wednesday, Nov. 2.

## THURS, NOV. 17

**Reading is fun:** 3 pm. Dyker Public Library. See Thursday, Nov. 3.

**Arts and crafts:** Gravesend Public Library, 303 Ave. X between West First and West Second streets; (718) 382-5792; www.brooklynpubliclibrary.org; 3:15 pm; Free.

For children 5 and older.

**Arts and crafts:** Dyker Public Library, 8202 13th Ave. between 82nd and 83rd streets; (718) 748-6261; www.brooklynpubliclibrary.org; 3:15 pm; Free.

Children make a fun project.

**Privacy workshop:** 4 pm. Macon Library. See Thursday, Nov. 3.

**Ezra Jack Keats story time:** Brook-

lyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (718) 230-2100; www.brooklynpubliclibrary.org/branch\_library\_detail.jsp?branchpageid=265; 7:30 pm; Free.

Children, ages 3-8, enjoy bedtime stories and get a free Keats book.

## FRI, NOV. 18

**Reading is fun:** 2 pm. Gerritsen Beach Public Library. See Friday, Nov. 4.

**Privacy workshop:** 3 pm. DeKalb Public Library. See Friday, Nov. 4.

**Privacy workshops:** 4 pm. Bushwick Public Library. See Friday, Nov. 4.

**Game time:** 4 pm. Crown Heights Public Library. See Friday, Nov. 4.

**Teen time:** 4 pm. Greenpoint Public Library. See Friday, Nov. 4.

## SAT, NOV. 19

**Toddler time series:** 10-11 am. Prospect Park Zoo. See Saturday, Nov. 5.

**Game day:** 10 am. Carroll Gardens Public Library. See Saturday, Nov. 5.

**"The Handsome Little Devils' Squirm Burpee Circus":** Kingsborough Community College, 2001 Oriental Blvd. at Decatur Avenue; (718) 368-5596; www.onstageatkingsborough.org; 10:30 am; \$12.

Children of all ages enjoy high energy juggling and the Human Cannonball in this vaudeville-esque circus.

**Preschool story time:** 11 am. Flatlands Public Library. See Saturday, Nov. 5.

**Book fair:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; Noon-4 pm; Free with museum admission.

Featuring a wide array of inexpensive and exciting activities along with over 30 newly published stories by local authors and illustrators. Light refreshments served.

**Puppet stories:** Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza; (718) 230-2100; www.brooklynpubliclibrary.org/branch\_library\_detail.jsp?branchpageid=265; 1 pm; Free.

Crabgrass Puppet Theatre tells stories for small children.

**Saturday matinee:** 3:30 pm. McKinley Park Public Library. See Saturday, Nov. 5.

**"Peter and the Wolf":** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; 4 pm; Free with museum admission.

# Going Places

Sergei Prokofiev's classic folktale.

## SUN, NOV. 20

**Arty facts:** 11 am and 1:30 pm. Brooklyn Museum. See Sunday, Nov. 6.

**Thanksgiving:** Children's Galleries for Jewish Culture, 515 W. 20th St. between 10th and 11th avenues in Manhattan; (212) 924-4500; www.cgjc.org; 2-5 pm; \$8, \$35 for annual family membership.

Multi-ethnic crafts.

## MON, NOV. 21

**Film festival:** Cobble Hill Cinema, 265 Court St. between Butler and Douglass streets; (718) 596-9113; www.cobblehilltheatre.com; 4 pm; \$10 (\$7 children/seniors).

Screening of titles by Georges Melies.

**Reading and crafts:** 4 pm. Carroll Gardens Public Library. See Monday, Nov. 7.

**Lanyards and music:** 4 pm. Coney Island Public Library. See Monday, Nov. 7.

## TUES, NOV. 22

**Toddler time:** 11 am. Kings Highway Public Library. See Tuesday, Nov. 1.

**RIF:** 2:30 pm. Sheepshead Bay Public Library. See Tuesday, Nov. 8.

**Arts and crafts:** 3:30 pm. McKinley Park Public Library. See Tuesday, Nov. 1.

**Teen RIF:** 3:30 pm. Rugby Public Library. See Tuesday, Nov. 1.

**Arts and crafts:** Greenpoint Public Library, 107 Norman Ave. at Leonard Street; (718) 349-8504; www.brooklynpubliclibrary.org; 4 pm; Free.

Children make creative projects.

## WED, NOV. 23

**Toddler time:** 11 am. Gravesend Public Library. See Wednesday, Nov. 2.

**Story and play:** Mapleton Public Library, 1702 60th St. between 16th and 17th avenues; (718) 256-2117; www.brooklynpubliclibrary.org; 11 am; Free.

Kids up to five years old hear stories, play with toys and earn free books.

**Babies and books:** 1 pm. Mill Basin Public Library. See Wednesday, Nov. 2.

**Arts and crafts:** Clarendon Public Library, 2035 Nostrand Ave. between Farragut and Glenwood roads; (718) 421-1159; www.brooklynpubliclibrary.org; 3:30 pm; Free.

Children make a fun project.

**Arts and crafts:** 3:30 pm. Bushwick Public Library. See Wednesday, Nov. 2.



## Jammin' on the uke

**W**hat a great way to spend time: checking out a concert by Mil's Trills with your child and neighbors. The trills are made by Amelia Robinson, a Suzuki-trained classical pianist who discovered her great joy in making music for tiny tots when she started making up ditties for her niece. Since then, she's been enchanting the little ones and their parents in "pop-up" concerts through the city. Along with guest musicians, Robinson strums her ukulele and sings her original tunes. Little ones crawl around exploring the various drums, maracas and tambourines and then add their own sweet voices to the mix.

Amelia and friends will be in Sunset Park's Green Fig Cafe on

Wednesdays from Nov. 2 through Dec. 21, from 10:30 to 11:30 am; at the Rock Shop in Park Slope on Wednesdays, from Nov. 2 through Dec. 21, from 3:30 to 4:30 pm; Studio 515 in Clinton Hill, on Nov. 3 and Dec. 1, from 10:30 to 11:30 am; Soda Bar in Prospect Heights, on Nov. 3, from 3:30 to 4:30 pm; at Vineapple Cafe in Brooklyn Heights, on Nov. 10 and Dec. 8, from 3:30 to 4:30 pm; and 61 Local in Cobble Hill, on Nov. 11 and Dec. 9, from 3:30 to 4:30 pm. (Check our calendar for the address of each venue.)

Admission is \$15 and is suitable for adults with babies ages birth to 18 months. Parents can bring blankets and shakers.

For more info, call (347) 703-5207 or visit [www.milstrills.com](http://www.milstrills.com) or e-mail [milstrills@gmail.com](mailto:milstrills@gmail.com).

**Writing workshop:** 3:30 pm. McKinley Park Public Library. See Wednesday, Nov. 2.

**Reading is fun:** 3:30 pm. New Utrecht Public Library. See Wednesday, Nov. 9.

**Arts and crafts:** 4 pm. Crown Heights Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 5 pm. Coney Island Public Library. See Wednesday, Nov. 2.

## THURS, NOV. 24

**"Funikijam":** Bedford Public Library, 496 Franklin Ave. at Fulton Street; (718)

623-0012; www.brooklynpubliclibrary.org; 11 am; Free.

Toddlers sing and dance along to Brian Barrentines' tunes and learn about other lands and cultures.

## FRI, NOV. 25

**Privacy workshop:** 3 pm. DeKalb Public Library. See Friday, Nov. 4.

**Privacy workshops:** 4 pm. Bushwick Public Library. See Friday, Nov. 4.

**Game time:** 4 pm. Crown Heights Public Library. See Friday, Nov. 4.

**Teen time:** 4 pm. Greenpoint Public Library. See Friday, Nov. 4.

## SAT, NOV. 26

**Game day:** 10 am. Carroll Gardens Public Library. See Saturday, Nov. 5.

**Preschool story time:** 11 am. Flatlands Public Library. See Saturday, Nov. 5.

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

Children learn what it was like to be on a farm in winter, by learning how to make candles, start a patchwork quilt and preserve for food.

**Saturday matinee:** 3:30 pm. McKinley Park Public Library. See Saturday, Nov. 5.

## SUN, NOV. 27

**Arty facts:** 11 am and 1:30 pm. Brooklyn Museum. See Sunday, Nov. 6.

**History workshop:** 1-4 pm. Lefferts Historic Homestead. See Saturday, Nov. 26.

**History workshop:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 3 pm; Free.

St. Nicholas makes a special visit.

## TUES, NOV. 29

**Toddler time:** 11 am. Kings Highway Public Library. See Tuesday, Nov. 1.

**Arts and crafts:** 3:30 pm. McKinley Park Public Library. See Tuesday, Nov. 1.

**Teen RIF:** 3:30 pm. Rugby Public Library. See Tuesday, Nov. 1.

## WED, NOV. 30

**Parent workshop:** 10:30 am-noon. 92nd Street Y. See Wednesday, Nov. 2.

**Toddler time:** 11 am. Gravesend Public Library. See Wednesday, Nov. 2.

**Story and play:** 11 am. Mapleton Public Library. See Wednesday, Nov. 23.

**Babies and books:** 1 pm. Mill Basin Public Library. See Wednesday, Nov. 2.

**Arts and crafts:** 3:30 pm. Bushwick Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 3:30 pm. McKinley Park Public Library. See Wednesday, Nov. 2.

**Arts and crafts:** 4 pm. Crown Heights Public Library. See Wednesday, Nov. 2.

**Writing workshop:** 5 pm. Coney Island Public Library. See Wednesday, Nov. 2.

# theMarketplace

## BALLET

718.769.9161  
www.brightonballet.org

**Brighton Ballet Theater**  
SCHOOL OF BRIGHTON BALLET

hip-hop  
rhythmic  
pre-ballet  
latin dance  
gymnastics  
classical ballet  
ballroom dance  
modern and popular dance  
performance opportunities

2001 Oriental Blvd, Bld. T7, 2nd fl. Room 7211, Brooklyn, NY 11235



## BABY BASKETS

**Ella Baby Baskets**

www.ellababybaskets.com  
Phone: 718-273-8594  
E-mail: Lisa@ellababybaskets.com



## CHILD CARE

NYS Licensed Master Social Worker

**Quality Family Care**

**Babysitting • Nanny Services**

Adult & Senior Companion Care    Adoption Services  
Care Providers    Counseling, Training,  
With Background Checks    Homestudy Reports

593 Vanderbilt Avenue • 347-365-4350



## COSMETOLOGIST

**Milana**  
LICENSED COSMETOLOGIST

- Permanent Make-Up
- Professional Make-Up
- Microdermabrasion
- Bioelectric Face Lift
- Chemical Peel
- Photo Facial
- European Facial
- Acne Treatment
- Electrolysis
- Ear Piercing

White Lily Hair Salon • (718) 934-3923  
3094 Brighton 3<sup>rd</sup> Street, Brooklyn 11235



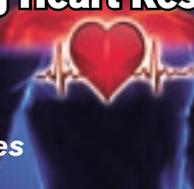
## CPR INSTRUCTION

**Beating Heart Rescue, LLC**

Rescue Infant Choking Techniques

Basic Life Support for Healthcare Providers  
First Aid, CPR, AED for Workplace Training

American Heart Association  
Certified Instructors  
Maria Fasulo, RN 917-297-5526  
Pierre Cabrera, RN 347-528-9762



## FAMILY LAW

*Divorce & Family Law*

Robert A. Ugelow, Esq.  
25 Years of Experience • Free Consultation  
*Specializing In Divorce*

Separation Support Custody    Adoption Protection Orders    Annulment Visitation

Robert A. Ugelow, P.C.  
*A Specialist in Family and Matrimonial Law.*  
*Sometimes There's A Need.*  
26 Court Street, Brooklyn, NY 11242 718-852-8641

## HOME BASED OPPORTUNITY

**Wanted Distributors & Sales Agents**

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. 917-833-7643 Ask for Barrett  
E-mail: bjmlingerie@gmail.com • www.bjmlingerie.com

## HOME BASED OPPORTUNITY

**HERBALIFE**  
Live Healthy - It's In

Lose weight, gain weight or maintain your weight!

- Children's Health
- Skin & Hair Products
- Weight Loss Challenges
- Vitamins
- Shakes
- Relaxation
- Joint Support
- Circulation
- Snack Control

Call Maryellen Seger • 718.836.6115 • mseger55@gmail.com  
www.greatshapetoday.com • Free samples & catalogue



## HOME BASED OPPORTUNITY

**NEED EXTRA INCOME??**

Work From Home and Earn an Extra \$1000-\$5000+ a month

- Free Online Training
- Flexible Hours

Check us out at [www.freewilljourney.com](http://www.freewilljourney.com)



## 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)



## MUSIC LESSONS

www.newyorkmusica.com

Accredited Teaching For Adults & Children All Levels

Music Lessons In Your Home  
Piano • Voice • Violin  
Friendly Professional Music Instruction

Tel: (646) 481-4296  
email: info@newyorkmusica.com



# theMarketplace

## 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



### Park Slope Music

Voice/Piano/Music Skills  
Patient, Experienced Teacher/Performer  
MED Columbia Univ – Music Ed. PHD  
Reasonable Rates Negotiated

Call or email 718-344-8163 / Agb03@fsu.edu

## MUSIC LESSONS

### STRING MUSIC SPECIALISTS

VIOLIN, VIOLA, CELLO LESSONS

Affordable Rates - FREE TRIAL

Over 20 years of teaching

~ALL LEVELS~

CONCERTS & MUSIC for PRIVATE EVENTS

Call Now! 917.202.2992

Questions? kivanovusa@yahoo.com

Info: www.PrivateMusicArtists.com



## MUSIC LESSONS

### Drum Lessons

All Styles, Levels, & Ages  
Carroll Gardens Studio  
Will travel to you!



Call Jordan  
(B.F.A., M.M.)  
347-262-7614

www.JordanYoung.net

## PIANO LESSONS

### Bay Ridge/Dyker Heights Piano Lessons



Suzuki or traditional method for  
all ages. Beginning & intermediate  
level with reasonable prices.

Music educator

with 17 years experience, MA in Music  
and certified to teach Suzuki method.

Call Janet 718-238-4675 • javramova@yahoo.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



## MUSIC LESSONS

### SOUNDS OF MUSIC

Seasoned Performing Musicians with  
Extensive Teaching Experience

Private Lessons for Children  
& Adults at All Levels

- Piano • Keyboard
- Violin • Oboe
- Recorder • Saxophone
- Flute • Clarinet • Vocal

718-232-2703 • Cell 646-752-7973

Daniel & Diana Barkan • daniel\_barkan@hotmail.com  
www.soundsofmusicarts.com



## TUTORING

### Specializing in Wilson Language Program Tutor: Art/Academic

- All academic areas K-6:  
Reading, Math, ELATest Prep,  
Remedial and Special Needs
- Art: Private or Small Group
- High School/College  
Portfolio Prep
- Will travel to your home or  
my South Slope office
- 30+ years experience in  
public schools in Art,  
Special Ed, Resource Room,  
and Test Prep
- General / Special Ed Academic Tutor K-6
- Home & School Organization • Art Education Specialist  
• Portfolio Consultant

www.risajohnson.com

Tel. 718.369.0647 • Cell. 917.692.6184

## Stay Connected

To advertise with us  
please call 718-260-2587



# New & Noteworthy

## School can rock

What better way to educate your child than through music? Tune in to Brooklyn's favorite rock band for kids, the Deedle Deedle Dees' new album, "Strange Dees, Indeed," in which the quartet (made up of four teachers, no less!) explores history and science through song. Teach your child about Sacajawea, the whale ship



Essex, the circulatory system, and New York sites such as Dead Horse Bay and Bryant Park with catchy, singable tunes. Don't worry: even if you're a grown up, you'll find something on this album to love.

*Deedle Deedle Dees' "Strange Dees, Indeed" CD is available at [www.cdbaby.com/Artist/TheDeedleDeedleDees](http://www.cdbaby.com/Artist/TheDeedleDeedleDees), \$10.*

## 'Golden' age

Chip Taylor, the acclaimed songwriter who wrote smash hits "Wild Thing" and "Angel of the Morning," is at it again — this time, with his three young granddaughters. His new album, "Golden Kids Rules," blends Taylor's veteran songwriting chops and husky vocals with the fresh, raw skill and energy of his grandchildren — his three new favorite musicians to jam with on violin, flute, guitar and tamborine.



*"Golden Kids Rules" CD can be purchased by phone (800) 410-9815 or via the website [www.smithsonianglobalsound.org](http://www.smithsonianglobalsound.org) for \$11.98, or it can be downloaded for \$9.99.*

*Chip Taylor and The Grandkids'*

## Stylin' baby steps

There's nothing quite like something homemade, which is exactly what makes Mom's Blankies, a one-woman online boutique offering customized blankets, burp cloths

and beautifully crafted baby shoes, so special.

Started three years ago by brand new mom Shaunna Coit, Mom's Blankies offers a wide array of soft, cozy, comfy baby boots and slippers made from soft and flexible fabrics, minus hard interfacing. The slip resistant soles are faux leather.

Coit's patterns include everything from boots to booties, ballet-type slippers in fabrics ranging from floral to plaid, bright colors to earth tones.

Best of all? They're made to order, and Coit's happy to match a pair of shoes or boots to a specific outfit, so your tot can be cozy and fashionable at the same time!

*Mom's Blankies shoes and booties, \$15. For info, visit [www.momsblankies.etsy.com](http://www.momsblankies.etsy.com).*



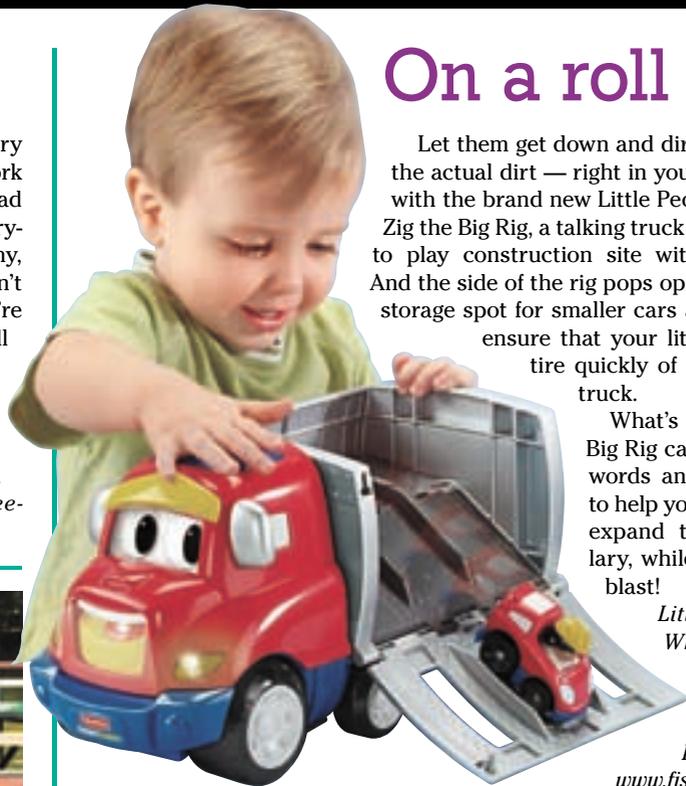
## On a roll

Let them get down and dirty — without the actual dirt — right in your living room with the brand new Little People Wheelies Zig the Big Rig, a talking truck that's excited to play construction site with your tyke. And the side of the rig pops open to reveal a storage spot for smaller cars and trucks to ensure that your little one won't tire quickly of the same old truck.

What's more, Zig the Big Rig can say over 50 words and phrases — to help your child learn expand their vocabulary, while they have a blast!

*Little People Wheelies Zig the Big Rig by Fisher-Price, \$30.*

*For info visit [www.fisher-price.com](http://www.fisher-price.com).*



## Better than brioche

For a delicious story time with your tot, look no further than "The Little Bitty Bakery" (Disney-Hyperion Books) written by Leslie Muir and illustrated by Brooklyn's own Caldecott winner Betsy Lewin.

This scrumptious tale of friendship features a diligent pastry chef — who also happens to be an elephant — who must work through her birthday to accomplish all of her tasks, er, tasks.

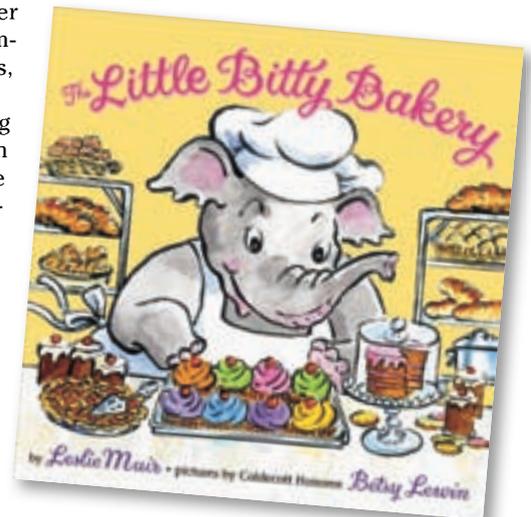
But before a big tear can roll down your cheek, a posse of tiny friends — who also happen to be mice — take it upon themselves to bake a cake for the baker while she slumbers.

If Muir's charming story — infused with French vocabulary and definitions —

leaves you drooling for more, take advantage of her outrageous recipes (a cup of chocolate syrup!) for "Crumble Jumble Cake" and "Moonlight Frosting" (which our test kitchen found to be more of a glaze atop this dense, chocolate confection).

Bon appétit!

*The Little Bitty Bakery by Leslie Muir, \$16.99.*



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

Trusted since 2008

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

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)

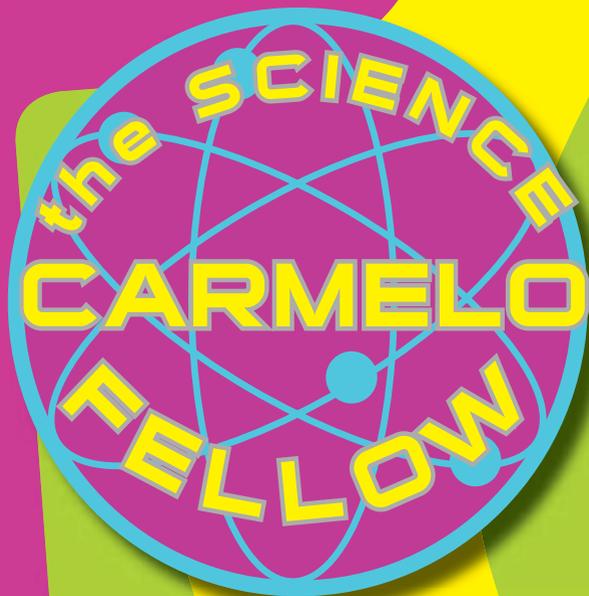
Like us on our Facebook page, NYParenting or follow us on Twitter



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)



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)