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Family July 2012

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Letter from the publisher

Health is the buzz

Talk of health is everywhere. Our national focus on the President's Health Care Initiative has been tying up the conversation and hopefully with the recent Supreme Court decision we can move on and do what's necessary to implement universal coverage. The truth is that we need it because people are not in good health.

My contention is that over 60 years of processed foods, along with other pollutants in our air and water, has affected the general health in disastrous ways, and when more people realize that we truly "are what we eat and drink," there will be a surge in general health and a lowering of the weight fac-



tor for all Americans. There is little doubt that maintaining good health is more in our hands than in our doctors'. Our behavior and choices, for ourselves and our children, either create the foundation for a healthy life or succumb to the risks of unnatural elements.

This issue focuses on health and particularly on food, diet and vitamins and their role in keeping us healthy and vital. As parents, we set the tone and the patterns for our families. We determine what's on the menu from the very beginning. Are there going to be fresh fruits and vegetables in the fridge and on the plates, or are we ordering out or stopping at a fast food

place? Are we making our own baby food in a blender with fresh ingredients or buying jars of food with sugar and other additives? Do we read the labels or are we careless?

It's a big responsibility to be a parent. It's being the CEO and CFO of our families' corporation, and running the company is a big deal and takes planning, education and determination. So we should see "red" when we think there are food dyes in our kids' food. We should understand that not all fats are to be avoided and that good fats are necessary for good health.

This issue continues what will definitely be ongoing for us in our editorial effort; to recognize and focus on the complex factors that comprise good health. We need to be educated because much of this

just doesn't come naturally, and what other important responsible thing do we do in our lives without education and certification?

As we live longer we must find the secrets of staying in good health for a lifetime that increases with every generation. Good health; a path from day one that parents can do their utmost to provide for the new life that's been entrusted to their care and supervision. Let's take it seriously.

Thanks for reading and enjoy the summer!

Susan Weiss-Voskidis,
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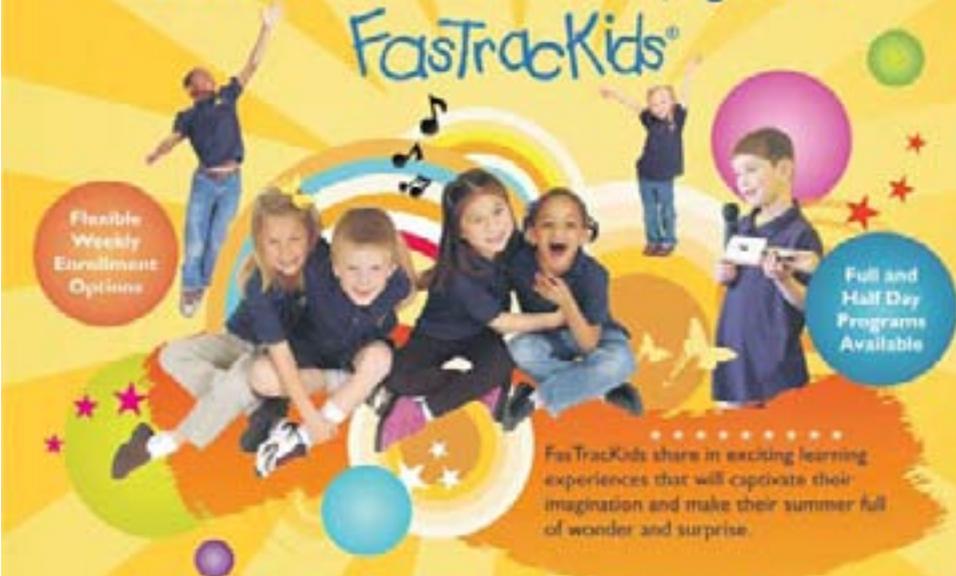
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Information OVERLOAD

How to sift through that flood of parenting advice

BY TIM PERRINS

Four months is a great age — our baby girl gives my wife and me a big, happy smile every morning. She's also discovered her upper vocal register, which explains her new hobby:

squealing and chirping like a baby pterodactyl.

Four months isn't such a long time, but it's been more than a year since the baby's arrival was heralded by a tiny plus-sign on a plastic dipstick, and it's incredible how much more I know about babies than I

did just a year ago. One of the most important things I've learned is that raising a baby includes learning to navigate the flood of information that washes over you as you begin the adventure of parenting — and what to do when there is no information to answer your questions.

As a new parent, you'll find some fantastic tips coming your way. Who knew that holding your baby with her tummy on your forearm — the way a super villain holds his cat — is a great way to calm her when she's upset?

You'll also receive advice that's a bit more subjective. There are all kinds of rules and imperatives: "You should do an hour of tummy-time every day, it's crucial for her development," and, "If you don't start sleep training in the first six weeks, YOU ARE DOOMED!"

Some suburb-dwelling friends insisted that we absolutely **MUST** get that magical device called a baby monitor, so we can always hear what she is doing.

"You can't live without it," they said. I don't doubt the wisdom of this for anyone who lives in big house, but is this really necessary for a couple living in the shoebox that passes for a typical New York one-bedroom apartment? Here in Brooklyn, we use electronic devices — TV, radio, air conditioner — to not hear what's going on in the other room.

Still, other recommendations are helpful — but incomplete. If you give birth in a hospital, you'll be shown a video about shaken baby syndrome. Its directive is simple:



There's plenty of useful information to help you, but most of it just doesn't reflect the stark reality you sometimes face as a parent.

don't shake the baby. (It sounds obvious, but until I saw the video, I wasn't fully aware of the awful gravity of that message. I hope that people who deliver in other locales have someone to impress this important decree upon them as well — a savvy midwife at a homebirth, or a recording of Mayor Bloomberg saying, "Always wear your seatbelt, and remember, never shake the baby!" for parents who give birth in the back seat of a taxi.)

I understand why you don't shake the baby, but the video came up short on the issue of "HOW do you not shake the baby?" When it's 3 am, the baby is screaming relentlessly, and you're barely conscious and exasperated to the point of feeling primitive Cro-Magnon reflexes starting to take over, how do you NOT shake the baby?

There's plenty of useful information to help you, but most of it just doesn't reflect the stark reality you sometimes face as a parent. There's a tendency to soften the rough edges, to downplay the ugly truth. You hear people say, "It's hard."

As far as I'm concerned, sudoku is hard. But this is on a different level — people should warn you up front that raising a baby can be so distressing that it can turn you into a bona fide caveman.

So, how do you deal with acute frustration and flashes of temper? How do you keep from becoming a caveman? How do you not shake the baby? Now that I have some first-hand parenting experience, I may as well contribute some advice of my own. Just keep in mind that I'm not a professional, so before attempting these techniques, you may want to consult a pediatrician or local law enforcement.

If — while dealing with a raging, inconsolable infant — you feel primeval urges rising like a

tide in your eyeballs, here's what you can do: quickly and gently put the baby down in a safe place and take several steps away. Can't shake the baby if you're not holding it! Next, swear out loud. That's right — get it out of your system. And don't feel stupid or ashamed — your baby doesn't speak English, and it's screaming too loud to hear you anyway. It's a scientific fact that when slipping through a time warp between our era and the Stone Age, a curse is the incantation that brings you back and closes the wormhole. After all, the power of speech is what separates us from our earliest ancestors.

Next, pop in some ear plugs. People have a hard time with this, because it makes them feel guilty, but as a parent, you're better off if you learn the difference between well-founded guilt and misguided guilt. You see, in prehistoric times, the baby had to get your attention from all the way in the back of the cave while you were outside banging rocks together or grilling a saber-toothed squirrel. Screaming with such shocking volume was a necessity for her. Today, however, those extra decibels serve no constructive purpose, so you can protect your hearing and sanity and still keep a clear conscience.

Finally, take several deep breaths, renew your sense of nurturing kindness, and get back to helping that helpless little baby.

I hope that's useful advice, but if not, that's fine, too. Every parent has to decide what applies to her own situation, and most things aren't set in stone. During a recent checkup, our pediatrician weighed in on the benefits of tummy-time for our baby: "It won't help her sit up any earlier or get into Harvard — it's just a fun activity for her to do."

Certain important things need to be done by the book, but just as often, you can stop obsessing and let your instincts be your guide. Even a caveman will know the right thing to do when faced with an adorable, squealing baby pterodactyl.

Tim Perrins is a part-time, stay-at-home dad who lives with his wife and their brand-new tiny human in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at www.RevoltOfTheImbeciles.blogspot.com.



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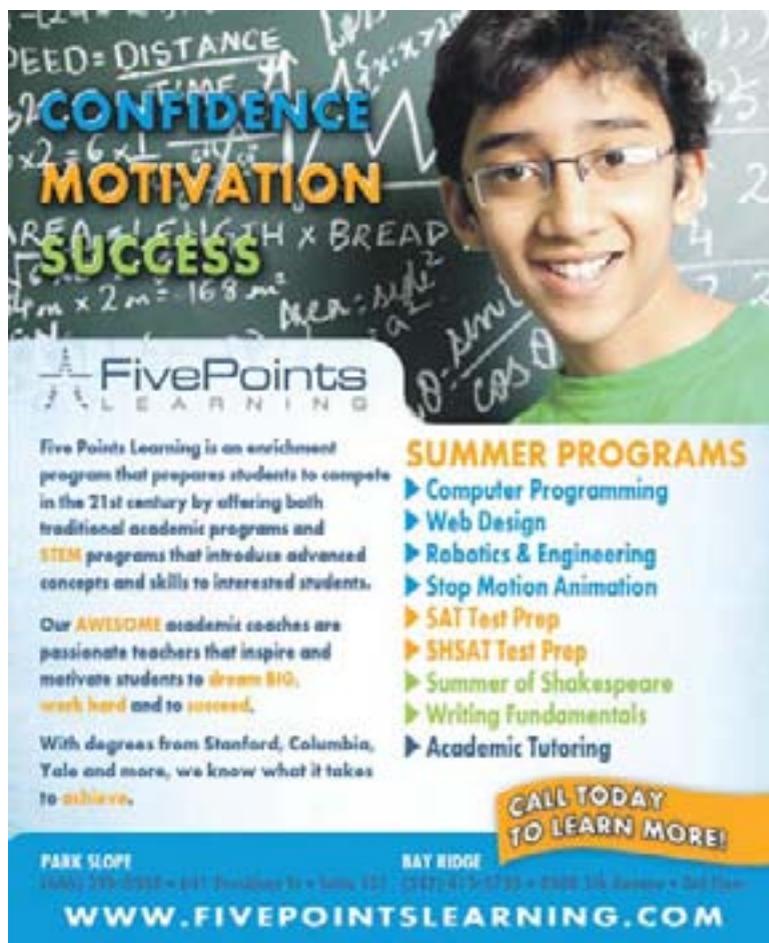
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MOMMY 101

ANGELICA SERADOVA

When is the right time to have kids?

Reflecting on my second-annual 30th birthday

Twenty-eight was my number. No, not that number! The perfect number, the age at which I wanted to have children. The age at which I felt I would be ready to finally become a mother. Well, this month I'll be celebrating my 31st birthday, and I'll be a mom to a 10 month old. Not too far off. I've been playfully dubbing it my "Second-Annual 30th." I get to celebrate the big 3-0 again, since I was 8-months pregnant the first time around, and needless to say, I was in no mood to move out of my air-conditioned room, let alone celebrate my birthday.

Did I feel more ready at 30 than I did at 28 to have a child? Absolutely. Do I ever still feel like I'm missing out? Yes. The truth is, no matter what age you choose to be a mother, it comes with sacri-

fyce. Younger mothers sacrifice their youth and freedom. Older mothers sacrifice their bodies and independence. Young or old, something that you once held dear — whether hanging out with your friends every week or taking that yearly trip to a new destination — might have to take a back seat for a while.

Back when I used to watch TV, I remember catching an episode of "Teen Mom." A teen was arguing with her mother over whether or not her mother could watch her baby while she went out and partied with her friends. This was a frequent event, and the teen's mother was at her wit's end. She gave her a lecture on how her partying days were over and how she needed to accept the responsibility of being a new parent.

Of course I agreed with the mother. The teen clearly needed to get her act together, but I can only imagine how difficult it is to be so young, watching your friends enjoying the things that define your youth, while caring for an infant. That can't be fun. Things like prom, dating, going to the beach, and just doing what young people do are no longer a part of your lifestyle. You're really forced to grow up once you become a parent, whether you're ready for it or not.

I really enjoyed my youth. I was always active in school, socialized with friends, and got to travel. I had the best college experience ever and even lived on my own for a while after I graduated. I did all the things you're "supposed to do" before having children.

By all accounts, having a baby at 30 should have been an easy transition. But sometimes I feel like a teen mom who just wants to run off with her friends. I would've had this feeling at 40 or 50, too, I believe. The word "mother" is synonymous with the word "sacrifice."

Maybe it's the realization that I have a child, maybe it's the fact that this will be my first summer as a mom. Either way, it still seems crazy. Instead of thinking that I'm missing out on happy hours by the seaport and fun weekend get-aways, I get to sign up for mommy-and-me swimming, have family picnics, and show my daughter how fun it is to blow bubbles on a warm, sunny day. I get to be the mom I've always wanted to be. And I'm pretty sure that spending my second-annual 30th with my daughter will be a really great gift.





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Do you know about vitamin D?

It may do more than you think, especially for young girls who participate in high-impact sports

BY KIKI BOCHI

Getting enough vitamin D is important for all children and adults, but if you have a daughter who is an athlete, gymnast, or dancer, you may want to pay special attention to nutrition's new Most Valuable Player.

Among other health benefits, vitamin D may be associated with a lower risk of developing stress fractures in preadolescent and adolescent girls, especially among those very active in high-impact activities, according to a report published by the Archives of Pediatrics

and Adolescent Medicine.

Stress fractures, a relatively common sports-related injury, occur when repeated pressure on a bone exceeds its capacity and ability to heal from those forces. But while consumption of calcium and calcium-rich dairy products is routinely encouraged for optimal bone health, researchers at Boston Children's Hospital found that vitamin D may be even more key.

The study started with 6,712 pre-adolescent and adolescent girls, ages 9 to 15.

During seven years of follow-up, 3.9 percent of the girls developed

a stress fracture. The researchers found dairy and calcium intakes appeared to be unrelated to the risk of developing a stress fracture.

However, vitamin D intake was associated with a lower risk, particularly among those girls who participated in at least one hour a day of high-impact activity.

Vitamin D is known for helping the body absorb calcium and phosphorus. The Institute of Medicine, an independent, nonprofit organization connected to the National Academy of Science, recommends 400 International Units of Vitamin D per day for infants, and 600 units for children and adults.

Most people meet at least some of their vitamin D needs through exposure to sunlight, according to the U.S. Centers for Disease Control and Prevention. As very few foods in nature contain vitamin D, fortified foods provide most of the vitamin D in the American diet.

Currently, The American Academy of Pediatrics recommends that breast-fed infants receive supplements of 400 units per day of vitamin D shortly after birth and continue to receive these supplements until they are weaned and consume vitamin D-fortified formula or fortified milk. The Academy also recommends that older children and adolescents who do not consume 400 units per day through vitamin D-fortified milk and foods should take a 400-unit vitamin D supplement daily.



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'I can't eat that'

Helping your child overcome the stigma associated with having a food allergy

BY JOAN SCHMIDT

In the United States, one out of every 25 Americans suffers from a food allergy, and one in 20 has gluten intolerance. And out of those 15 million affected with food allergies, a vast majority are children, according to the Food Allergy and Anaphylaxis Network, an advocacy group.

The special dietary attention these young people require is not always welcomed by the afflicted, as they often feel stigmatized for being "different" from their peers. However, providing a safe environment for children who must follow a medically necessary diet can be a matter

of life and death for those who have a severe food allergy.

It is imperative that parents, school officials, teachers, and fellow students be marshaled to provide a safe and welcoming venue for these children. A unified front will insure that these kids become active and valued participants in the school community. In order to achieve this goal, knowledge is power and education is the key.

Daily challenges vary in type and intensity for kids with food allergies, sensitivity or intolerance. While constantly struggling with making safe food choices, some are bullied and ostracized because of their legitimate dietary constraints. Several

studies support the growing sense that these children experience significant social challenges.

The data demonstrates that even parents are often met with hostility and skepticism in school and other social situations when trying to explain their child's specific dietary circumstances. Additionally, some of these families are made to feel that the food allergy or intolerance is a frivolous, self-indulgent fad invented and maintained by attention-seeking people. Unfortunately, there are occasions when non-food allergy parents picket schools that are taking proper allergy-safe precautions, believing that their children's eating

The Golden Apple Rule lets parents and caregivers lead by example to boost their child's confidence.



"rights" are being subordinated in favor of the allergy sufferers.

Since our society uses food as a focal point in most celebrations, meetings, and social situations, awareness of allergy, food sensitivity, and intolerance is essential in creating settings that are truly all-inclusive.

"Generally speaking, the public awareness of food allergy in the U.S. has increased, and this has resulted in some real benefits to families," says Brian P. Vickery, MD, an assistant professor at Duke University School of Medicine in Durham, North Carolina. "For example, manufacturers are now required to put clearer labels on food items, many restaurants can provide better experiences, and schools are often more prepared to handle children with allergies. However, the situation is far from perfect. Many families continue to struggle over and over again with obstacles, limitations, skepticism, and judgment."

One effective and easy way for a family to overcome these struggles and boost the child's confidence, so she can feel that she fits in, is to follow the five steps of The Golden Apple Rule. Like that other golden rule, the Golden Apple Rule lets parents and caregivers lead by example. These steps, which can immediately be incorporated in the child's daily life, include:

- Advocate: Tell your child that it is important to speak up and inform friends, teachers, and teammates that she has a food allergy or intolerance that could potentially be fatal or make her very sick. Being an advocate for your child will teach her to effectively advocate for herself — an important life lesson she will take into adulthood.

- Positive attitude: Stay upbeat and confront your child's dietary limitations head on. As you remain positive and in control, the child's anxiety decreases as these limitations become a normal part of everyday life. This does not mean complacency, but rather vigilance with a smile.

- Provide a favorite snack: Give your child a favorite snack to be eaten at school or on the field. Then, several times a year, share

this treat with your child's fellow students and teammates to demonstrate that she eats delicious food everyone can enjoy. Sharing this preferred snack with classmates and friends can help your child feel better about her dietary needs. Also, give your child safe snacks to keep at school for those times when unexpected parties arise, so she is not left out of the celebration.

- Look, listen, and locate: Keep your eyes and ears open for any new information that will assist you in educating and raising awareness about food allergies, sensitivities, or intolerance.

- Empower: Speak frankly with your child about her dietary restrictions. Teach her to read and understand food packaging labels and, most importantly, tell her it is OK to say, "No, thank you," when she is offered a possibly unsafe food choice. This bolsters your child's confidence to participate in school and social environments and helps her to gracefully handle awkward peer-related situations that may arise.

• • •

Eating out, going to camp, and having fun in a myriad of places and settings is all possible for a child with a food allergy, sensitivity, or intolerance. But to engage in these activities SAFELY requires diligent planning, preparation, and education. In the end, though, it is all worth it when you see your child enjoying herself — just like everyone else!

Joan Schmidt is a registered nurse with a master's degree in business administration who has more than 20 years of healthcare experience. She owns and operates JCB Consulting Services Inc. — a company that offers gluten-free consulting services to food service venues, as well as individual client care — with her sister, Barbara Callanan. Schmidt lives on Long Island with her husband and two children. Her daughter was recently diagnosed with a tree nut allergy and her sister has celiac disease. Schmidt's passion is to educate and raise awareness about food allergies and celiac disease, ensuring safe consumption of food for all those affected. Contact her at joan@consultjcb.com and visit her on Facebook or www.consultjcb.com.

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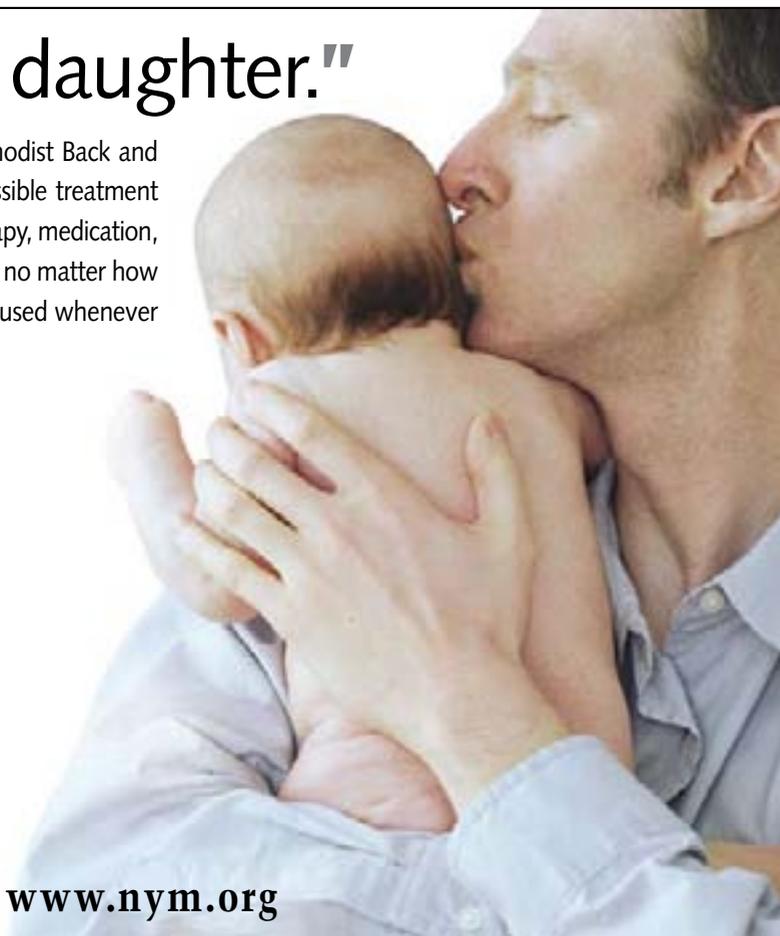
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Eat **fat** to be healthy?

BY SANDRA GORDON

Switch to skinny lattes. Learn to love nonfat cheese. No more butter! Sound familiar? If you're trying to lose weight by cutting out all the fat in your diet, here's food for thought: fat doesn't make you fat. Excess calories do.

"It's not total fat that matters. People need to be concerned about total calories," explains Artemis P. Simopoulos, MD, president of The Center for Genetics, Nutrition, and Health in Washington, DC and co-author of "The Omega Plan."

Another fat misconception? A no-fat or low-fat diet is the health gold standard. It isn't. In fact, studies, such as the Women's Health Initia-



Healthy fats for kids

Fishing for serving ideas? Here are kid-friendly ways to work more healthy, unsaturated fats into your menus.

- Canola oil: Use it for sauteing vegetables and lean meat. For salad dressings, use half canola oil, half olive oil (for flavor).

- Ground flaxseed: Use a couple of tablespoons as a topper for salads; blend into a morning fruit smoothie or sprinkle atop cereal at breakfast.

- Albacore tuna: Stir into lunch-time pasta salads; serve on toast with sliced avocados, a squirt of lime juice, and a dash of salt, or fold into your favorite dinner time casseroles.

- Walnuts: Add chopped walnuts to baked goods like banana bread, sprinkle on pancakes, or serve with an afternoon snack of cheese and crackers.

- Sardines: Sneak them into pasta sauce.

**Top
Tips**

tive, which involved 49,000 women, showed that a low-fat diet didn't significantly reduce the women's risk of heart disease, breast cancer, or colon cancer.

And consider: some types of fat, such as unsaturated fat, which comes from plant sources and fish, are actually good for you. Studies show that by watching your total calorie intake and eating more foods rich in unsaturated fat, you may lose weight and reduce your risk of disease. Read on to learn about this diet concept that may change your mind about fat forever.

Fat is your friend

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.

Fat also regulates your hormones, keeps your nervous system humming, and forms the membrane that surrounds each cell. It's also the staff of life for your brain and is necessary for brain development. In fact, young children shouldn't be offered low-fat foods.

"Until age 2, full-fat dairy products like whole milk, full-fat yogurt, and cheese rule," says Sarah Krieger, RD, a spokesperson for the American Dietetic Association in St. Petersburg, Fla.

That's because kids' rapidly developing brains thrive on the saturated fat these foods contain. But go ahead and make the switch to low-fat foods such as skim milk after your child's second birthday, when brain growth begins to subside. The rest of the family should

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.



stick to foods low in saturated fat, too.

Saturated fat — the fat found principally in meat, dairy products, and some tropical oils — has been shown to increase your risk of heart disease, because it raises the low-density lipoprotein (LDL), or “the bad” cholesterol, and triglyceride levels in your blood. The same holds true for another “bad fat” — trans fats — the man-made fat found in margarines and some manufactured foods, which also lower high-density lipoprotein (HDL), “the good,” protective cholesterol.

Help your heart

Unsaturated fat, on the other hand, the type of fat that comes mainly from vegetable, nut, and fish products, can help lower LDLs and blood pressure, raise HDLs, and prevent heart disease, stroke, and potentially deadly heart rhythm disorders. A little butter, ice cream, or a steak every once in a while is OK; everything in moderation.

But to keep your ticker in top shape, you can't beat a diet rich in unsaturated “healthy” fats. One landmark study in particular, the Lyon Diet Heart Study, dramatically proved this point. In the study, 302 heart attack survivors were assigned to a low-fat “prudent” diet, consisting of 30 percent fat.

Another similar group was assigned to a slightly higher fat diet that was based on a modified version of the traditional diet of the Greek island of Crete; it featured unsaturated fats like olive and canola oil.

Although you'd think those on the lower-fat diet would have won this round, the opposite proved true. Subjects on the Crete diet had an unprecedented 76 percent lower risk of dying from cardiovascular disease or suffering heart failure, heart attack, or stroke.

Healthy fat

For overall good health and to

lose weight, it's important to eat less saturated fat and trans fats and to try to make sure the fat you do consume is unsaturated. Keep in mind that you have to consume fat to be healthy.

Up to 35 percent of your total daily calories can come from fat (that's 700 fat calories on a typical 2,000-calorie daily diet), according to the National Academy of Sciences. Unsaturated fats such as omega-3 fatty acids, which are found in fish and fish oil, are essential fats. They're required for normal body functions, and you must get them from food because your body can't manufacture them.

“Omega-3 fatty acids have to be part of your diet continuously,” Simopoulos says. Moreover, if you don't eat enough fat, your body will make its own. “Eating a very low-fat diet can turn your body into a fat-making machine, and the type of fat your body manufactures is saturated fat.”

Super food sources of omega-3s and other types of unsaturated fat include canola and olive oil, flaxseed, walnuts, and fish, particularly fatty fish, such as salmon, mackerel, herring, lake trout, sardines, and albacore tuna, because it's packed with two types of omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which your body readily uses. Plant sources of omega-3s like walnuts and flaxseed contain Alpha-linolenic acid (ALA), which your body doesn't use quite as efficiently. Nonetheless, as they say, it's all good — for you and your family.

To reduce the risk of environmental contaminants, mix up the menu and serve different kinds of fish from varied sources, such as wild and farm-raised salmon, tilapia, and lake trout, at least twice a week. (Kids and women of child-bearing age should avoid eating shark, swordfish, king Mackerel, or tile fish because these fish contain high levels of mercury.)

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DEATH BY CHILDREN

CHRIS GARLINGTON

Camp insectasaurus

To truly comprehend the splendor that is summer in the uncharted wilds of a Michigan Scout camp, you need to go back in time to a period when life was simpler, an era when man lived off the land, the age when dinosaurs were killed off by prehistoric mosquitoes the size of a Buick Regal.

As a fully gentrified urbanite, I only camp for two reasons:

- They're playing "Moves Like Jagger," because, who can resist that?
- There's a new iPhone.

Years of the easy life have left me unprepared for the real camping, which is what Scouts do, which is why we were in Michigan, fighting off

mosquitoes with baseball bats and small artillery.

When you or I or a small army of sugar-filled tweens show up in the woods, nature does not know we're only camping. Nature witnesses the arrival of 35 plump city boys and their sweaty fathers as appetizers and a well-basted main course. When we stepped out of our minivan, 77 bajillion mosquitoes, mites, flies, spiders, ants, beetles — and whatever those things are that look like walking lint — heaved a collective sigh, licked their proboscis, and swooped in for the kill, because **WE'RE NOT CAMPERS — WE'RE FOOD!**

Fortunately, it'll never happen again.

Scouting is about developing character. Scouts don't go into the woods to merely camp: they go into the woods to survive. I have no doubt there's some kind of "acceptable losses" percentage built into

their roster.

As an example of Scouting's idea of character building, I present you with their art installation we called "camp:" a wooden shipping pallet under a poorly repaired Vietnam War-era green canvas tarp.

It's 342 degrees outside, and the insect buzz is so loud my son covers his ears and yells at me to turn down the forest. I think he said that; I don't read lips.

All day we survived a canoe trip, an axe class, the port-a-potty poop saunas, an endless trudge through countless epic spider webs, and survived my son's impressive Saint Vitus scream-dance every time he walked through one.

At dinner there was a moment of perfect peace. We were standing in a 50-foot clearing, no spider webs, no swamp-water mosquitoes, no rattlesnakes — perfectly safe. My son opens his mouth to say — I'm absolutely convinced here — "Gosh, Dad, I can just feel the character building inside of me."

But as soon as he opened his mouth, something prehistoric flew into it.

He screamed, then ran face-first into an oak.

Later that night, as we lay in the dark wondering when we'd get mauled by a bear, Junior had to pee.

We opened the tent flap and shined our flashlights onto the ground.

It was writhing.

For a minute, I thought it had flooded, and we were floating down stream. That would have been better than the carpet of insects swarming under and around our tent. As far as the beam could shine there was a pulsing, roiling, ravenous ocean of bugs.

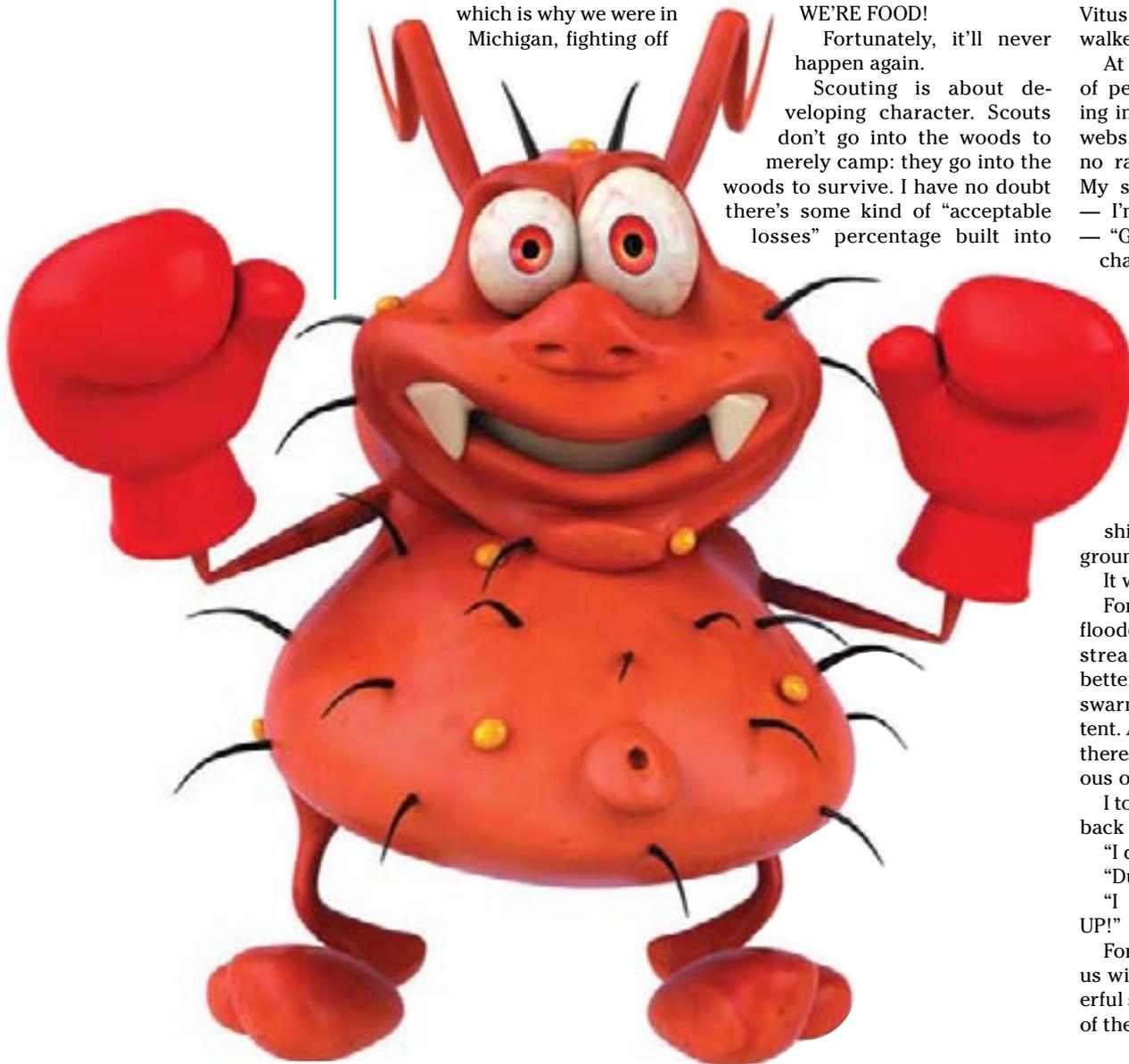
I told Junior he could pee out the back of the tent.

"I don't have to go anymore."

"Dude, it's OK..."

"I DON'T HAVE TO GO, SHUT UP!"

Fortunately, Scouts had imbued us with a pioneer spirit and a powerful sense of ingenuity. For the rest of the week, we slept in the van.





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A conversation with Rain Pryor

The famous daughter talks about her childhood, her child, and her new Off-Broadway show

BY TAMMY SCILEPPI

Rain Pryor is a loving, hands-on mom, a dynamic jazz singer, an author, and the star of a one-woman show. Oh, yeah, and she inherited her father, comedian Richard Pryor's, funny-gene.

The 43-year-old, award-winning actress and author of "Jokes My Father Never Taught Me: Life, Love, and Loss with Richard Pryor," had a rocky road to fame. And her fortune, she hopes, will come in time.

Living in Baltimore, Md., for the past seven years, Pryor has been focusing on her 4-year-old daughter, Lotus Marie, and the mommy experience has been so rewarding, she wants to share it with other parents while speaking candidly from the heart.

New Yorkers who haven't seen her in action will have an opportunity to enjoy her re-energized, irreverent, and heartfelt one-woman show, "Fried Chicken and Latkes," when it heads back to Off-Broadway on July 12. Her humorous storytelling performance — filled with original scores and songs — is told from the unique perspective of an African-American woman with a Jewish background, and makes for an extra-special theater experience.

We sat down with Pryor to talk about her family, life lessons, and her re-vamped show.

Tammy Scileppi: What was it like living with your mom?

Rain Pryor: Growing up, my mom and I lived in Beverly Hills



(At left) Rain and her father, comedian Richard Pryor. (At right) The star performing in "Fried Chicken and Latkes."



but below the tracks, where the poor-rich people lived. My mom is the most dynamic and complicated woman I know. She raised me at a time when the world wasn't ready for a mixed-race child and she had many obstacles to overcome. She felt like a black woman trapped in a Jewish woman's body. School was difficult. I was the only child of my type — golden skin, huge hair, and a tiny head. I don't think I tried to fit in, so theater was my saving grace. With acting, I could be whatever I wanted to be.

TS: Your maternal grandparents taught you about Jewish culture while your black grandmother made sure you knew all about your African-American roots. Was it confusing during the holidays?

RP: Holidays have always been a time for awesome family gatherings. We decorated a tree, lit menorahs, and ate all kinds of foods. I'm

not religious, but spiritual — more of a mystic — there's no doctrine or dogma here. My maternal grandfather passed away last year and it was a devastating blow for me. Herb Bobis was more than my grandpa, he was like a father. My bubbe is almost 91 and is like a mother to me. Mama Ritchie Marie Carter was my father's grandmother and ran a brothel where my father's mother was a hooker. "It's a family business," she would say. She was an awesome cook and a healer. I learned about truth and soul food from mama.

TS: What was your dad like?

RP: He took me fishing, we took long naps, went to the movies, and went on vacations where we sat in first class. My home life was up and down — a lot of happy and a lot of sad dysfunction. But it was still home. My father's addiction wasn't private. I used to tell him



off and not speak to him when he was loaded. I would make big, huge charts and do lectures in his bedroom — yep, I was one of “those” kids. But I was never addicted. I’ve smoked pot and tried drugs but I’m not a good drug-taker, so, I don’t do them. Dad was a genius — a true artist. He told the truth on stage and we listened. I did part of my show for my father because I needed his approval. He loved it and said, “Keep on going, baby!”

TS: Can you share you and your partner, Yale’s, miracle baby story with our parents?

RP: We had three miscarriages before Lotus. The hardest loss was when I was on tour in London. We were eight-weeks in when I started

to bleed due to a blighted ovum — an egg with no baby growing inside. I had a dilation and curettage procedure. We were pregnant three months later and then came Lotus! LoLo attends preschool and daycare. She’s a daddy’s girl and I’m chopped liver. In her eyes, he’s all that’s safe and alpha and mommy is silly. She loves “High School Musical” and teen movies. It’s like she skipped over the real kiddie stuff.

TS: Why did you name her Lotus?

RP: Yale and I were practicing Buddhism. He had traveled to India and wanted to feel connected to his practice. Also, a Lotus is a beautiful flower that grows in muck. But, like all mothers who celebrate their

little miracles, reality starts to set in as joy gradually turns into sleepless nights, dirty diapers, and no alone time.

TS: What is your show’s message?

RP: It’s about accepting both sides of who I am. The message is that there’s no race, just the human race. We are divided by cultures. I talk about Dad’s passing, racism, being a mom, and how I suck at relationships. But none of that defines me. I define me.

“Fried Chicken and Latkes,” at Broadway Temple Actors Theatre [339 W. 47th St. between Eighth and Ninth avenues in Manhattan, (212) 947-3499, actorstempletheatre.com, www.rainpryor.com] Opens July 20.

Rain Pryor with her partner Yale, and their daughter Lotus.



HEALTHY LIVING

DANIELLE SULLIVAN

Tips to prevent food poisoning

Keep your child healthy this summer

Oh, summer. There is nothing quite like enjoying the lazy, hazy days of relaxing by the pool and beach. But summer also comes with its own special set of safety issues. And one such area of concern is food poisoning. The Centers for Disease Control and Prevention offers these sobering statistics: 48 million Americans (one out of six) get sick from food-borne illness each year, requiring 128,000 hospitalizations and causing about 3,000 deaths.

Most of us know the basic rules of food preparation — such as washing hands before and after touching food and not leaving meat out for longer than two hours — but there are also some less well-known rules.

Here are 10 tips advised by the American Academy of Pediatrics:

- Carefully examine any canned food (especially home-canned goods) for signs of bacterial contamination. Look for milky liquid surrounding vegetables (it should be clear), cracked jars, loose lids, and swollen cans or lids. Don't use canned or jarred goods showing any of these signs. Do not even taste them. Throw them away so that nobody else will eat them. (Wrap them first in plastic and then in a heavy paper bag.)

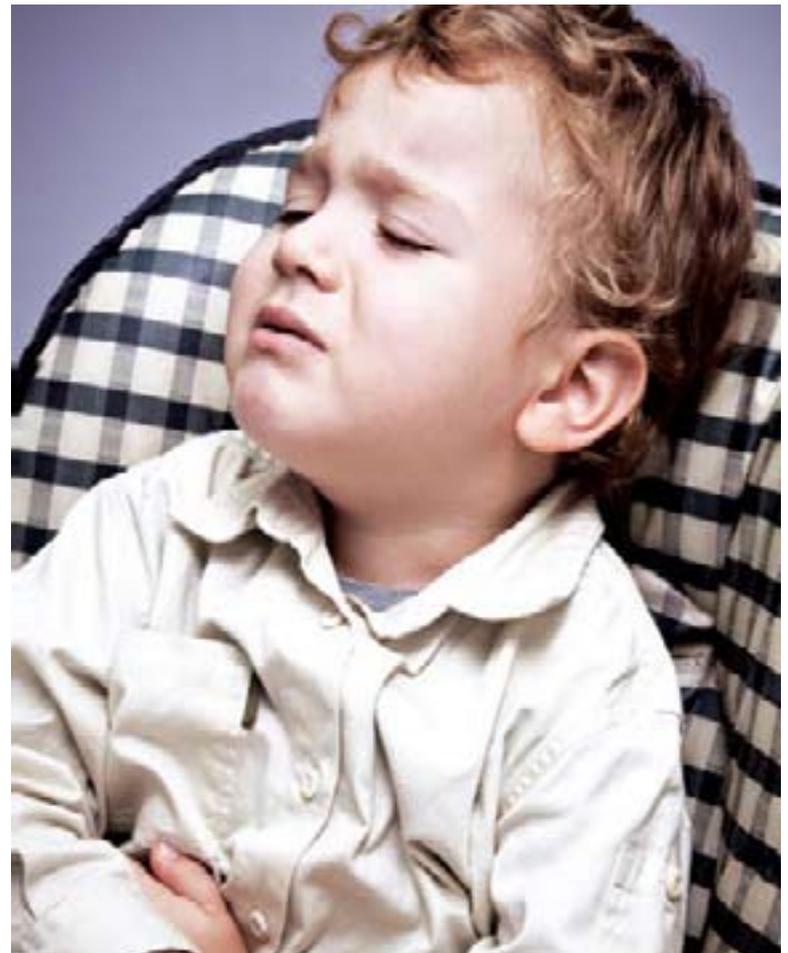
- Buy all meats and seafood from reputable suppliers.

- Do not use raw (unpasteurized) milk, or cheese made from raw milk.

- When making canned food at home, be sure to follow proper canning techniques to prevent botulism.

- Do not give honey to a baby under 1 year of age.

- Do not let prepared foods (particularly starchy ones), cooked and cured meats, cheese, or anything with mayonnaise stay at room temperature for more than two hours.



- Do not interrupt the cooking of meat or poultry to finish the cooking later.

- Do not prepare food one day for the next unless it will be frozen or refrigerated right away. (Always put hot food right into the refrigerator. Do not wait for it to cool first.)

- Do not eat wild mushrooms.

- When reheating meals, cover them and reheat them thoroughly.

If you suspect your child has been affected by a food borne illness, take your child to a doctor to rule out any serious condition, as food poisoning

can be life threatening. Once you are home, and treating your child with fluids and rest, look out for these signs of distress:

- Signs of dehydration
- Bloody diarrhea
- Continuous diarrhea with a large volume of water in the stool, or diarrhea alternating with constipation
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If your child experiences any of these symptoms, call your pediatrician immediately.

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Carroll Park is a lovely two-acre oasis that families flock to for relaxation and fun. Kathleen Henderson (right) has been working at the park since 1995.

A treasure in Carroll Park

How Kathleen Henderson has worked to make a Brooklyn park welcoming for children

BY LAURA VAROSCAK-DEINNOCENTIIS

Most adults associate the name Carroll Park with the lovely, two-acre slice of paradise nestled in the heart of Carroll Gardens. Yet, the kids who frolic through the park's sprinklers, swing in its playgrounds, and whirl around its Soldiers and Sailors World War I Monument on their bikes and scooters, associate the name "Carroll Park" with the woman they think is literally named Carroll Park — playground associate Kathleen Henderson, who also goes by the nicknames the "Park Lady" and the "Den Mother

of Carroll Park."

Henderson has worked at the block-long area — bordered by President, Carroll, Smith, and Court streets — since 1995, and her passion for keeping children entertained is apparent as soon as you enter the park house that boasts a main room chock-full of arts-and-crafts materials, toys, books, games, tricycles, and playground equipment generously funded by Friends of Carroll Park and private donations.

Some of these private donations include support from people like 6-year-old Mattie Doran. Mattie, along with Grace O'Keefe and Emma Admonis, who all attend the elementary school

across the street, PS 58, spearheaded a committee called Kids for Carroll Park. The three girls organized a bake sale and raised \$168 that they donated to Henderson and the park.

"[I] wanted to help Kathleen a little because she is my favorite person in the park and I grew up in the park," Mattie explained. "I also wanted to run something of my own that was my idea."

"I started coming here when I was 1 and now I'm 6 and three-quarters," added Grace. "Kathleen's been working here the whole time and helping the park even longer than that."

The rest of the children who rush over from across the street as soon as PS 58 dismisses its students for the day are just as excited about Henderson and the park. They greet her with smiles, hugs, and excitement in their eyes, which is proof of Henderson's positive effect on the community. But gaining that love and appreciation was not easy.

When Henderson started working at the park, older boys who used to hang out there did not like her sudden presence. They called her names and pelted her with water balloons. But Henderson was strong, patient,



and kind. Over time, they watched how the park changed for the better under her care. The boys' rude behavior eventually stopped and they started endearingly referring to her as the "Old Lady of Carroll Park." Some of these once unruly adolescents, now young adults, come back and visit with Henderson in order to show their appreciation of her positive influence, which is still affecting the youth today.

Eight-year-old Anastasia always hurries over to the park after school.

"I kind of like the monkey bars and swings, but what I really like best about coming here are Kathleen's projects," says Anastasia, as she and Henderson glue a wooden flower card-holder together.

When Henderson is around, manners are encouraged in Carroll Park. She incorporates valuable lessons about kindness, respect, and responsibility into everything she does. For instance, children know that if they want a full water balloon, they are expected to bring Henderson a handful of the broken balloons that have been scattered all over the ground, first. This teaches kids a lesson about respecting people and the environment around them.

Peter, who makes balloons for the children in the park — and is known to them as the "Balloon Man" — has observed Henderson for the past year. He refers to her as the "Anchor of Carroll Park" and speaks about her connection to the kids with a sense of awe.

"Kathleen has an amazing sense of fairness. She always has something exciting going on, keeping everyone happy and safe," he says.

Parents agree, and when they

enter the park, they greet Henderson like family, showering her with hugs and kisses. Henderson knows all their kids by name and tells anecdotes about each of them. She even has photos of many of the kids when they lost their first teeth.

Allison, who has small, twin daughters named Sydney and Dylan, is delighted with Henderson's presence.

"Swarms of older kids can be intimidating for little ones. It's comforting to know that she is around keeping everyone safe. When she returns every spring, she brings a strong sense of community to the park."

Hanna, another mother, has known Henderson for 17 years. Her oldest son, who is now 20, met Henderson at the park when he was 3 years old. Hanna jokes that 3 was too late for her son to build a relationship with Henderson, and claims that she had her second son only so he could have the opportunity to know her from birth.

"Kathleen is a wonderful person. It has been a pleasure knowing her all these years. She is so helpful watching everyone's kids."

Her hard work, dedication, and genuine love and care for children earned her the 2012 25th Senate District Woman of Distinction Award. Selected for the award by Sen. Daniel Squadron, she was honored at two ceremonies — the first in Albany on May 15 and the other in Carroll Park on June 3. Many friends came out to show their support and thank her for making a difference in their community and in the lives of their children. Congratulations, Kathleen, you deserve it!



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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Keep kids eating healthy year-round

For fourth-grader Amber Niedermeyer, eating healthy year-round comes naturally.

“I always eat my vegetables and a yogurt for a snack,” she says. “You can get energy by eating healthy.”

Yet for other children, the disruption of normal routines often leads to less-than-stellar eating habits during summer break.

Different schedules

During the summer, many kids are highly scheduled with sports camps, music camps, summer school, swim team and the like, so families often experience a more relaxed way of eating. Dietitians are not immune.

“One of the challenges that we face at our house is the change in schedule, or the lack of one,” such as the time between school ending and the beginning of camp, relates Melissa Dobbins, MS, RD, owner of Sound Bites Inc., an Academy of Nutrition and Dietetics spokesperson, and mother of two. “If the kids are home, we tend to get wrapped up in outdoor activities and sometimes

find it difficult to eat at regular meal and snack times.”

Most of us can relate. Yet, summer’s relaxed schedule is a great time to let your children help with meal planning, shopping, and prep. Involve them in grocery shopping and, when age-appropriate, teach them the basics of reading food labels.

Take a trip to a farmers market, where they can sample fresh produce and meet the producers. It’s even not too late to plant a garden to get the kids involved in their own nutrition from seed to table.

Kids Eat Right — a joint effort of the Academy of Nutrition and Dietetics and its Foundation at www.KidSEatRight.org — makes it easier to “shop smart, cook healthy, eat right” through its articles, tips, recipe of the week, and videos, says Dobbins.

“You can watch a video with your child or have them pick out a new kid-friendly and mom-approved recipe to try,” she says. “Some of the tips focus on fun ways to involve your child in shopping or cooking.”

Look to the latest social media craze for other ways to make eating healthy more fun for kids, suggests Dobbins.

“I’ve been getting lots of new ideas lately on Pinterest!” she says.

Snack monster

All too often, kids are allowed to snack throughout the day, often on the wrong things. As parents, we need to teach our children to distinguish true biological hunger from eating out of habit or boredom.

- Keep your child on a regular eating and snacking schedule. Three meals and two snacks usually works well. Discourage snacking in front of any type of screen.

- Seek out opportunities to sneak in the key nutrients children often lack, including calcium, vitamin D, fiber, and potassium. This month’s recipe is a good source of three out of the four.

- Keep empty-calorie “junk” foods as “sometimes” foods for special occasions, so they don’t crowd out nutrient-rich foods and pack in too many extra calories.

- Go out for treats and sweets, rather than having that half-gallon tub of ice cream sitting in your freezer. If feasible, consider walking or biking to the frozen yogurt or ice cream shop.

- When packing snacks for camps where there is no refrigeration, foods like peanut butter, homemade trail mix, fresh or dried fruit, and whole-grain crackers satisfy hunger and pack plenty of nutrition, too.

With a little advance planning, your family can still enjoy summer break without taking a break from your healthy eating plan.

Christine Palumbo, RD, is a nutritionist based in Naperville, Ill. with fond childhood memories of stopping by the local Baskin Robbins for a single-scoop ice cream cone after long afternoons of swimming. She can be reached at Chris@ChristinePalumbo.com. Follow her on Twitter @PalumboRD or on Facebook at Christine Palumbo Nutrition.



Berry Breakfast Parfaits

PREP TIME: Five minutes

Makes four servings (3/4 cup per serving)

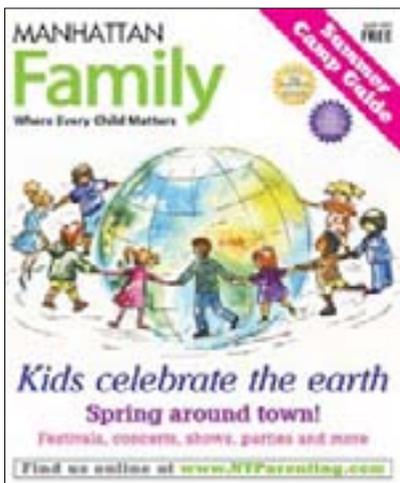
INGREDIENTS:

2 cups Daisy brand cottage cheese
1/2 cup low-fat granola with no fruit or nuts
2 cups mixed berries such as sliced strawberries, blueberries, and raspberries
4 teaspoons chopped almonds

DIRECTIONS: In four serving dishes, layer 1/4 cup of cottage cheese, 1/8 of the granola, and 1/4 cup of the mixed berries. Repeat the layers in each dish. Top each parfait with 1 teaspoon of almonds. Refrigerate the fruit mixture for two hours before assembling, if desired.

NUTRITION FACTS: 250 calories, 36 g carbohydrate, 17 g protein, 6 g fat, 10 mg cholesterol, 4 g dietary fiber, 423 mg sodium.

Recipe used with permission from www.daisybrand.com.



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Game theory

Discover why everyone's a winner at family game night

BY LINDA KASTIEL KOZLOWSKI

Childcare experts will tell you that all children enjoy rituals, routines, and schedules they can count on. As parents, we apply this principle to getting ready for school and getting tucked into bed, but how about penciling in some fun with a new ritual, called family game night?

Games are not mere toys — in fact, they can rank right up there with books on the educational scale. They even have an advantage over books: older kids can't use them in solitude, by their nature they have to be shared. A trip through any toy store will yield a variety of choices.

It seems some of the best are

Top picks

Here are the top picks for family game night from Jim Silver, editor-in-chief and co-publisher of the magazine "Toy Wishes: The Ultimate Guide to Family Entertainment."

- Monopoly
- The Game of Life
- Candyland
- Cranium Cadoo
- Cranium Hullabaloo



- Battleship
- Scrabble and Scrabble Jr.
- Twister

the ones that have been around the longest. These tend to have simpler rules, focus less on the latest fad or TV action hero, and teach some enduring principles. In addition, many of these are simply a game of

chance, allowing even the youngest child to beat his parents. Talk about a confidence booster!

You don't have to spend a lot of money to find some great games. Most are relatively inexpensive, and will last for years. If you visit a few garage sales or resale shops, you'll be able to pick up many of these games for a dollar or two.

Getting started is easy. Just set aside one night a week and have everyone vote for his favorite game. There are numerous lessons that will be taught during these family game nights:

- How to take turns and share.
- How to lose gracefully and survive disappointment.
- How to win gracefully (equally, if not more, important).
- How democracy works, as everyone votes for his game of choice.
- How to unselfishly accept the decision of others, when your game is not chosen.
- How to play fair and the value of obeying the rules.
- Why cheating is inappropriate.
- Older kids will feel important as they help a younger sibling to play.
- Younger kids will feel special as they are helped by an older sibling.
- All kids will see, in a tangible way, that they are important enough for Mom and Dad's uninterrupted attention.
- All kids will learn that even when the family has a bad day, or week, everyone comes together un-



Classic family games

Amazon.com's list of top 10 classic board games:

- Risk
- Stratego Nostalgia
- The Game of Life
- Clue
- Monopoly
- Sorry
- Connect Four
- Battleship
- Checkers
- Yahtzee



FamilyEducation.com's list of top 10 classic board games:

- Scrabble
- Clue
- Sorry
- Chinese Checkers
- Chutes & Ladders
- The Game of Life
- Chess
- Monopoly
- Twister
- Candyland

Ebay.com's list of classic board games:

- Monopoly
- Clue
- Risk
- Scrabble
- Stratego
- Boggle
- The Game of Life
- Twister

divided as a unit.

Of course, these lessons are in addition to the educational insights on counting, the alphabet, arithmetic, and reading that they'll pick up in a fun environment. Whatever you do, though, don't point this out to your kids. Just as you don't mention that the wheat crackers they love are actually good for them, let the lessons flow uninterrupted by commentary. Keep in mind that some of these lessons take time for true learning to take place. Don't be discouraged if little ones get frustrated along the way — just try a different game, but keep at it!

For many parents the question arises: should you help your child to win? Stacy Debroff, author of two books on parenting and founder of momcentral.com, believes that letting children win is only beneficial during their "early developmental stages of learning."

"Before the age of 10, kids are still learning how to play the games and need confidence-boosters, so the occasional 'wrong move' on your part while playing a board game can help them feel better about their abilities," she advises.

After this age, Debroff feels it's more important for them to play on their own.

"They need to learn the value of winning, losing, and playing the

game fairly, so helping them will only hinder their development," says Debroff. Of course, the age of 10 is no magical number, and as one of the few experts on your child, you're the best judge of when he's mastered the game and is ready to face a true opponent.

The family game night tradition can start with kids as young as 2 years old and never has to end. Just as communication is crucial in raising kids, let's not forget that we need a time and place for that communication to reside. This is especially true as kids get older, schedules fill, and the quiet family time gets displaced with sports schedules, school functions, and projects at the office. You'll be amazed at what thoughts are shared, fears expressed, and the sheer volume of what you learn about your kids when you beat the pants off them at Monopoly Junior (or worse yet, find your pants missing!). So, break out that board game you loved as a kid, and make it a ritual your family will look forward to every week!

Linda Kastiel Kozlowski blogs at TheWayForMoms.com, is the mother of two young boys, and plays a mean game of Sorry!

Sources:

Stacy DeBroff, CEO and founder, Mom Central, Inc.
Jim Silver, Editor-in-Chief, Toy Wishes magazine.

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ALISON ARDEN BESUNDER,
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A matter of trusts

When should Junior receive your money?

If something happens to both me and my spouse, and we leave our money in a trust for our minor children, at what age should we allow our children to take control of the principal of the money held in the trust?

It is critical to give serious consideration to the age at which you want your minor (or adult) children to receive money under your will. A line said by George Clooney's character Matt King in "The Descendants" was very resonant on this point: "You want to leave your kids enough money to do something, but not enough money to do nothing."

This concept rings true when designating at what age you want your children to take control of their own money. You want to make sure that your children have been instilled with the appropriate financial and social values before bestowing on them large sums of money that could potentially derail them from pursuing a productive livelihood. You also want to ensure that they don't needlessly squander the money, and that it remains preserved to provide them with security for when they really do need it.

You need to specify at what age your children will receive distributions of remaining principal if both spouses pass away. While the trustee usually has the discretion to distribute both income and principal for the health, education, maintenance, and support for the minors (a fairly broad standard), you need to state at which age the minor children will receive what is left.

One method is to allow for 100 percent of the remainder (or their share) at the age of 21, 25, 30, or 35. Another method is to allow for one third each at age 25, 30, and 35. Or, you can allow for one half at age 25 and the other half at 30 if the child graduates from an accredited college or graduate school, otherwise it will



be at 30 and 35.

You can be creative in framing out your minors' trust provisions in your will. Here are several techniques that can be incorporated for your particular situation and objectives:

- Giving your child a partial distribution at a certain age (i.e. 20 percent at age 25) with the balance to remain in trust until another milestone age, or for the child's life. The child could become the trustee of the trust at a certain age or at achieving another milestone (i.e., graduating from college) or have the power to appoint or remove co-trustees). This technique could protect assets from the child's creditors and spouses (or future spouses), but allow your child access to the money.

- Gradually increase the percentage withdrawals to increase as your child's age increases.

- Implement a "matching" program. For example, if your child earns \$75,000, he receives a \$75,000 distribution, or 50 percent of his gross earnings.

- Implement distributions for achieving educational milestones, such as distribution of 100 percent

of the income and a portion of principal upon graduation from an accredited college; another distribution upon graduation from graduate school, etc.

- Implement distributions for achieving academic milestones such as the Dean's List, maintaining a GPA above 3.0 or 3.5, etc.

- Implement special provisions in the event that the child becomes disabled so that he can maintain government benefits.

- Distributions to match charitable contributions or for medical expenses.

- Starting a business, purchasing a home, or funding a wedding.

- Naming a child as co-trustee at a certain point to ensure he understands the power of money and the importance of the role in managing it.

- Making a specified distribution contingent on community service or charitable work.

- Stipends if a child stays at home to raise his children or, alternatively, additional stipends if he returns to work so that he can subsidize child care.

- Making decreases in distributions upon the occurrence of certain events, such as substance abuse, arrests or criminal convictions, issuance of civil judgments, speeding tickets, expulsion from school, or other disciplinary actions.

As with all estate and other legal planning, you should carefully consider your objectives and review them with an attorney to ensure that the documents you implement will achieve your goals.

Alison Arden Besunder is the founding attorney of the Law Offices of Alison Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in New York City, and Nassau and Suffolk Counties. You can find Besunder on Twitter @estatetrustplan and at www.besunderlaw.com.

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THE BOOK WORM

TERRI SCHLICHENMEYER

Getting the scoop on poop

Whether you like it or not, poop happens, and children want to learn about it. That's where "Poopendous!," a new book by Artie Bennett, comes in. It teaches kids all about doo-doo, from the droppings of animals big and small to how humans in different cultures make use of waste.

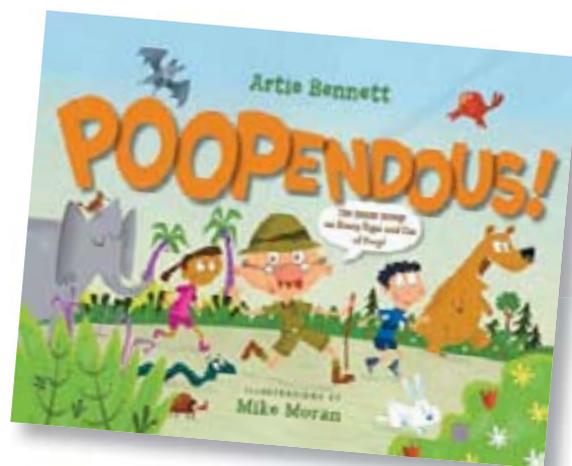
With "Poopendous!," kids will learn that, in the animal kingdom, poop can be round droppings (like that of rabbits) or tubular pellets (from raccoons). It can be white (like from birds) or cubed (such as Australia's wombat). It can be dry (from a camel) or flat and messy (like what cows leave behind).

Termites live in mounds of poop, and dung beetles use it as food. It can carry seeds around the world, and once the seeds are dropped, the poop will help plants take root

and grow. Farmers and gardeners use manure for that very reason. Monkeys sometimes like to throw poop, and people at fairs do it, too, (only they call it a "cowpie" or a "cow chip"). In either case, that poo is really far-flung dung. Yuck!

Poop can mark a trail, or it can mark territory. If you like to hike, droppings can tell you if animals may be nearby. Some people build houses out of poop, and others use it as fuel for cooking or to stay warm. Then there are those who use it as a souvenir or even for making j-ewww-elry!

Yes, indeed, "Poopendous!" is cute. The rhyming story about ca-ca, doo-doo, flop, guano, scat and dung will give your child piles of giggles.



But Bennett also teaches kids a smidge of science and a bit of biology, too — a benefit that doesn't wipe away the silliness one bit. Add illustrations by Mike Moran, which run poopendicular to the narrative, and you've got a book that kids will never want to leave behind.

Meant for children ages 5 to 7, I think this book might de-squirm the right preschooler, too. If your child wants the scoop on poop, "Poopendous!" is the book to scoop up.

"Poopendous!" by Artie Bennett [36 pages, Blue Apple Books, \$16.99] is recommended for kids ages 5 to 7.

Hitting the links

If you've got a kid who wants to be the next Tiger Woods, show him — or her — that practice makes perfect with a new book about a young golfer who grew up to be the first African-American man to build and own a golf course.

The new book "Twice as

Good" by Richard Michelson tells the story of Willie Powell, who — when he was told that he couldn't do something he wanted to do — worked harder to reach his goal.

Willie wanted to learn to play golf on the smooth lawns of The Edgewater Golf Course, but the golfers told him that "his kind" wasn't welcome there. He was used to that, though. He was often the only African-American boy wherever he went, but that didn't stop him. He went to Edgewater anyway, every chance he got.

Eventually, one of the golfers let Willie be his caddy, which meant carrying a heavy bag filled with golf clubs. That didn't stop Willie, either; in fact, he worked twice as hard, because being "good" at his job wasn't good enough to him. Soon, he was earning money being a caddy.

Then, one day, someone asked Willie to play a round of golf, and Willie loved it! From then on, every chance he got, he practiced. By the time he entered high school, he was one of the best golfers around. He even entered competitions.

Still, lots of white golfers didn't want Willie playing on their course.

They wouldn't let him join the club or share their clubhouse. But Willie had dreams — not only for himself, but for his baby daughter, too.

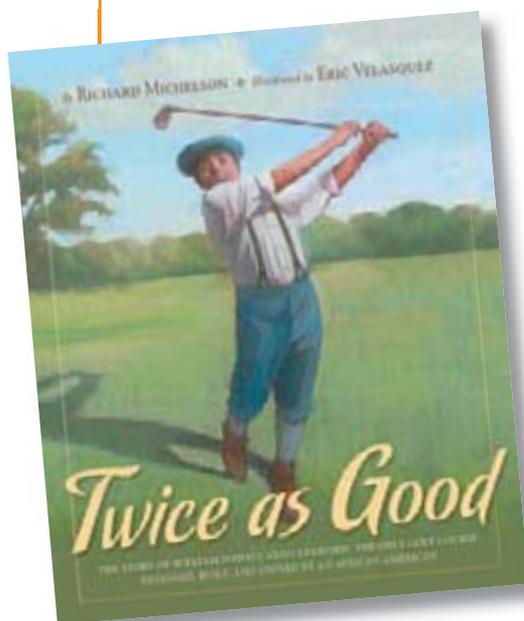
He knew that someday there would be a place where she could learn to play, too, and nobody would turn her away. Willie was sure there would be a course like that, even if he had to build it himself.

Based on the true story of Willie Powell, Michelson creates a kid-friendly story of perseverance in the face of racism with a boy who refuses to say "no" to his dreams. I liked that Michelson gives his young hero a graceful determination with no room for discouragement (which is very inspirational), and artist Eric Velasquez's illustrations fit Michelson's story to a tee.

If your 3-to-6-year-old loves a good read-aloud, this is one to put on the roster. For you, "Twice as Good" is a book that's hard to say "no" to.

"Twice as Good," by Richard Michelson [32 pages, Sleeping Bear Press, \$16.95] is recommended for kids ages 3 to 6.

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.



A better diet can improve behavior

Why food dyes should make a parent see red

BY JANE HERSEY

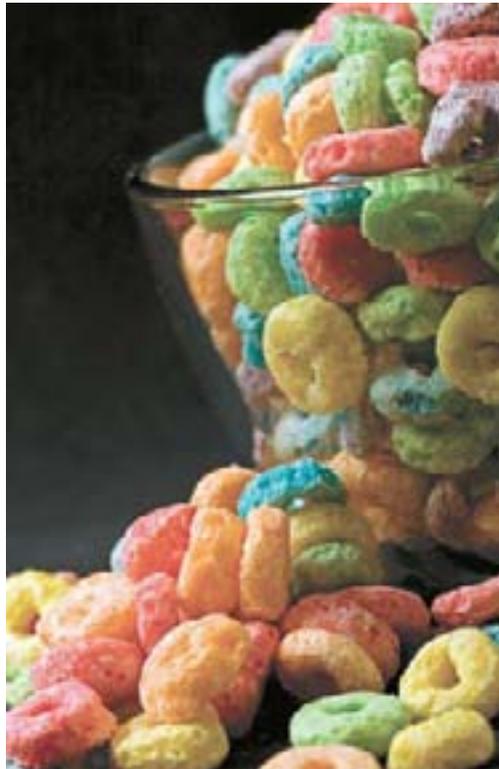
Are you anxious about going to a store with your son because of fear he might throw a temper tantrum? Do you wish your daughter could concentrate long enough to do her homework or simple chores around the house? Are you afraid of being called by your children's school about one of your kids being disruptive in class or aggressive with other students? If you answered "yes" to any of these questions, you might be relieved to know that help may be as close as the kitchen table or your child's lunch bag.

The modern American diet is linked to many childhood health problems. Most people already associate a junk food-laden diet with obesity, but the effect food has on children's minds is just as important.

A growing body of scientific research has found that synthetic food dyes and certain other artificial additives found in processed foods, as well as pesticide residues in fruits and vegetables, can have profound effects on how children behave. A typical child's diet may also lack the essential fatty acids that have been associated with normal healthy behavior in children.

Cut out the food dyes

Synthetic food dyes are used in many foods, ranging from breakfast cereals and yogurt to pickles, marshmallows, and soft drinks, but these petroleum-based additives are even more common in foods marketed to children, because manufacturers



recognize that children are attracted to bright colors.

The connection between synthetic food dyes and children's behavior problems has been known since the early 1970s, when the late Dr. Ben Feingold discovered this link. Numerous studies have since confirmed the harmful effects of synthetic food dyes on the behavior of children with attention deficit hyperactivity disorder. And a more recent study, published in the British medical journal *Lancet*, showed that these additives can trigger hyperactive behavior in all children, not just those already diagnosed with ADHD.

This study prompted the European Union to require labels on foods containing synthetic food dyes to warn

that they "may have an adverse effect on activity and attention in children." In addition, the Chinese government has recently proposed a ban on artificial colors in foods, citing health risks for adults and children from long-term consumption of these chemicals. This is ironic, since most synthetic food dyes consumed around the world are made in Chinese petrochemical factories.

In the United States, a Food and Drug Administration panel recently concluded that synthetic food dyes can have a detrimental effect on some children's behavior, but the panel narrowly rejected requiring warning labels on foods containing these additives.

In the absence of warning labels, what can you do to help your kids avoid these harmful chemicals? Don't be tempted to buy brightly colored processed foods just because your child is attracted

to them. In particular, you should avoid foods containing synthetic food dyes (Red #40, Red #3, Yellow #5, Yellow #6, Blue #1, Blue #2, and Green #3).

Also, steer clear of processed foods with artificial flavors and the preservatives butylated hydroxytoluene (BHT), tertiary butylhydroquinone (TBHQ), and butylated hydroxyanisole (BHA). The Feingold Association's Foodlist and Shopping Guide includes thousands of brand-name foods that are free of these troublesome additives.

Feed them brain food

While most parents would intuitively prefer to limit the amount of fats in their children's diet so as to

prevent obesity, there are certain healthy fats that many children don't get enough of. The most important of these are the essential fatty acids omega-3 and omega-6, which are necessary for the brain to transmit signals between nerve cells in order to process information properly.

When you consider that 60 percent of a person's brain is made up of fats and fatty acids, the importance of having a proper balance of fats in the diet becomes all too clear.

Studies have found that many children with ADHD are deficient in essential fatty acids, such as the omega-3 fatty acid docosahexaenoic acid (DHA). Research published in the Journal of Developmental and Behavioral Pediatrics and the Journal of Attention Disorders has also shown that supplementation with essential fatty acids can result in a reduction of ADHD symptoms in some children.

A healthy diet for a child's developing brain should include several servings of foods that are rich in omega-3 fatty acids every week. One of the best sources for these nutrients is fatty fish, such as salmon or sardines. It is no coincidence that fish have been called "brain food" for generations. Other good sources of these essential fats include flaxseed, walnuts, and canola oil, as well as certain juices and milk products that are supplemented with omega-3s.

Pass on pesticides

The harmful effects of pesticides on the environment have been widely known since the publication of Rachael Carson's groundbreaking book, "Silent Spring," in the 1960s. Less well known are the effects these chemicals have on children's behavior.

In 2001, 73 million pounds of organophosphate pesticides were applied in agricultural and residential settings in the United States. These pesticides have been shown to cause hyperactivity and cognitive deficits in animal studies, and recent research has also linked them to behavioral problems in children. For example, a 2010 study published in the journal Pediatrics found an association between exposure to high

levels of these pesticides and ADHD symptoms in children. These results are not surprising, because organophosphate pesticides are potent neurotoxic chemicals designed to kill insects by interfering with their nervous systems.

You can avoid pesticides by purchasing organically grown fruits and vegetables in your supermarket's organic produce section, as well as by looking for organic frozen vegetables and foods made with organic ingredients.

Making these simple changes in your family's diet not only makes good sense health-wise, but you may also notice a marked improvement in your children's behavior and concentration.

Jane Hersey is National Director of the nonprofit Feingold Association and author of "Why Can't My Child Behave?" A former teacher and Head Start consultant, she has testified before the National Institutes of Health, the U.S. Department of Agriculture, and Congress about ADHD and diet. She frequently lectures at education associations, hospitals, medical groups, universities, and schools.

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Individual dietary needs vary and no one diet will meet everyone's daily requirements. Before starting any new diet, check with your doctor or nutritionist.

The information contained in this article is for educational purposes only, and its author is not engaged in providing medical or psychological services or advice to individuals. This information should not be used to replace competent in-person medical, health, or psychological consultation, examination, diagnosis, or treatment, and no person should delay in seeking medical, health, or psychological treatment in reliance on it. Although care has been taken to ensure the accuracy of this information, the author is not responsible for its validity or the consequence of its use.

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Give your preschooler an edge

Strategies to help him read his world

BY MICHELE RANARD, MED

We all want the inside scoop when it comes to opportunities that could lead to greater academic success for our children. But as well-meaning parents, sometimes we're vulnerable to the latest fad in the marketplace or alternative fast tracks.

That's why it's smarter to pay more attention to what experts on emerging literacy have to say rather than the latest hype. Their advice won't always have a novel ring to it or come with a free gift, but it will suggest steps to help your child get ready to read through daily experiences at home.

Opportunities to seize

In 2000's "Children's Learning Opportunities Report," Carl Dunst explains the opportunities for language development and early literacy in terms of incidental and intentional opportunities.

Incidental opportunities are watching leaves rustle while on a walk, blowing on food when it's too hot, or talking about body parts during bath time. Intentional activities might include story hour at the library or a trip to the zoo.



Dunst says children need activity settings matched to their interests and competencies to practice existing skills and learn new abilities. Suggestions from Dunst include:

Identify a preschooler's INTERESTS

- What makes your child smile or laugh?
- What makes your child happy and feel good?
- What are your child's favorite things?
- What is enjoyable to your child?
- What does your child work hard at doing?

Identify a preschooler's COMPETENCIES

- What gets and keeps your child's attention?
- What is your child good at doing?
- What "brings out the best" in your child?
- What does your child like to do a lot?
- What gets your child to try new things?

Everyday learning gives them an edge

Repetition during meal time, bath time, diaper changes, and bedtime story routines primes young children for later school success. Sound lazy or too simple? It's huge.

"Bridges to Literacy," by Sharon E. Rosenkoetter and Lauren Barton, encourages parents to think of building bridges to literacy by providing experiences that include print, responsiveness, repetition, modeling and motivation, and oral language.

Think PRINT

Reading time may be brief, but must happen every day to help kids explore new worlds, laugh across generations, and learn about amazing and ordinary things. Bonus: sharing stories can be a balm for irritable or fussy children.

Reading together should be relaxing and fun. It is much more than simply exposure to language, it's about creating happy reading memories that set the stage for a love of reading.

Stay RESPONSIVE

For early literacy, you want your child to learn that language is fun, that she can do it well, and that she can get results from using it.

Provide REPETITION

Provide routine schedules that use familiar phrases (such as "let's have some lunch" or "scrub-a-dub-dub") and cues at key times during the day. Nap and bedtime routines should be kept the same, and reading the same book over and over helps strengthen the foundation for later academic success.

Be a consistent MODEL and MOTIVATOR

It's important that your child sees you reading. Routines demonstrate that reading is important. At home, point out that you are reading the newspaper or a recipe. On car rides, be intentional as you point out signs on the road or the names on store fronts. It's also important to write and draw with your child.

"When children draw pictures, their verbal comments should regularly be written on the page and read aloud," writes Rosenkoetter and Barton.

Use ORAL LANGUAGE

Quantity matters, so talk a lot. Expose your child to as many words an hour as possible. Talk to her during work and play. Chitchat has a big payoff and translates into broader vocabularies and higher levels of reading later.

"From this foundation of basic learning and subsequent daily explorations with everyday people and objects, the young child builds many other understandings of self and others...Young children begin to 'read their world' and to have wider and greater impact upon it," writes Rosenkoetter and Joanne Knapp-Philo in "Learning to Read the World."

As parents, we can help them read their world long before they learn to read.

Michele Ranard has a husband, two children, and a master's in counseling.

Resources:

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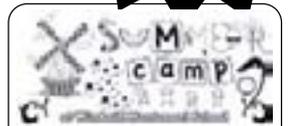
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189 Schermerhorn Street,
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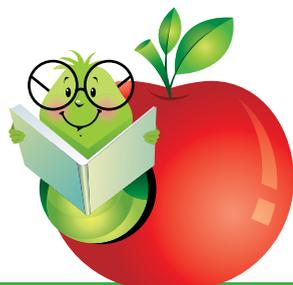
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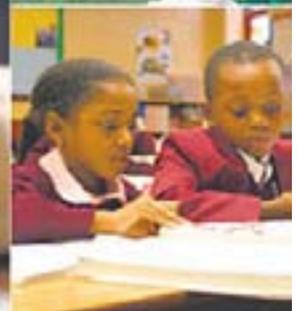
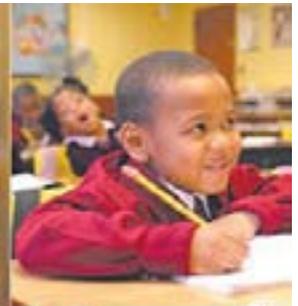
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Sharing the scale with your mother

Is your mom
to thank for
your dieting
woes?

BY SANDRA GORDON

Maybe you have your mother's eyes, her laugh, or her neatness streak. But did you ever wonder if you inherited your mother's wacky weight-loss tendencies, such as her penchant for flitting from one fad diet to another? It's possible.

"When it comes to dieting, mothers are powerful role models," says Leann Birch, PhD, distinguished professor of human development at Pennsylvania State University. In a study in *The Journal of the American Dietetic Association*, Birch studied 197 6-year-old girls and their parents, and asked the girls questions about dieting, weight control, and body shape. The study found that the girls whose mothers were dieting were more than twice as likely to have ideas about dieting, even at the tender age of 6.

"For some girls, dieting meant eating more fruits and vegetables. Others said that it meant cooking for the kids but not eating for yourself, or not eating at all," says Birch.

The fact that mothers are the family's eating trendsetters isn't new. Other studies involving mothers and older daughters have shown similar results.

"Mothers who are highly restrained chronic dieters tend to have teenage daughters who are more likely to do the same," Birch says.

To break the negative bonds of your dieting lineage and avoid passing them onto your kids, here's food for thought.

Break the cycle

If your mother was a fad or other-



wise dysfunctional dieter, be aware that you may have a tough time resisting the urge to follow suit — even now.

"During your formative years, there's a good chance your mother's wayward dieting ideas — such as needing to starve yourself to lose weight — got into your hardwiring," says Philip R. Costanzo, PhD, professor of psychology at Duke University in Durham, North Carolina. Maybe you even began dieting like your mom when you were just a kid, which makes it even tougher to change your ways.

"It's difficult to alter early habits," says Costanzo. But just being aware that you may be patterning your eating habits after Mom can help you break the cycle, Costanzo says.

To lose weight sensibly, consider also consulting a registered dietitian (to find one in your area, visit [www.](http://www.eatright.org)

www.eatright.org) or joining a reputable organization such as Weight Watchers.

Be a role model

Meanwhile, if you have a daughter yourself, keep in mind that your weight-loss efforts have an impact on her.

"It's important to be aware of the modeling concept. If you're a parent, you're being watched," says Birch. But if you lose weight sensibly by watching portion sizes, eating plenty of fruits and vegetables, and not being too restrictive about your diet, there's a good chance your daughter will be less likely to fall into the same diet traps you once did.

Still, the pressure to be thin is exploding these days because of messages from the media.

"Kids are well aware, even as kindergartners and first graders, who

is fat, who is thin, and that thin is considered better," says Joan Chrisler, PhD, professor of psychology at Connecticut College in New London.

That concept hit home one summer when my then 6-year-old daughter, Rebecca, refused to wear shorts. Pants were her mainstay throughout the first grade. But enough was enough. It was July by then and sweltering in our 40-year-old, non-air-conditioned home. Still, no matter how much I cajoled, pleaded, and demanded, Rebecca, who is as medium as they come, wouldn't change into shorts. Was this just a power struggle or a kooky clothing fetish? I wish.

"My legs are too chubby," Rebecca tearfully confessed. They weren't, but Rebecca couldn't be convinced, and the pants stayed on. Thinking back, I realized then that Rebecca had been covering her legs since preschool. When she was 4, for example, she wore the same, mid-calf "favorite" dress every day that I'd wash at night, shrugging her behavior off as a harmless clothing phase. She later told me that compared to her skinny friend, Grace, she felt big.

It didn't help that Rebecca was being scrutinized by her eagle-eyed, fellow preschoolers. One day, for example, when Rebecca wore a cute, gathered shirt, Grace, whose mother had just given birth, told Rebecca that the shirt made her look "pregnant."

Body image issues start early, and they aren't just a girl thing.

"We're starting to see them in boys as well as girls," Chrisler says. Besides trying to be the best diet role model that you can be for your kids, there's more you can do to help them feel good about their self-image no matter what their size.

- Emphasize that everybody is different. "If kids can learn not to be critical of others, then maybe they will be less critical of themselves," Chrisler says. So if you overhear your kids or your kid's friends call other kids or family members "fat," stress matter-of-factly that we come in all shapes and sizes.

- Pick sports that focus on power. The message we often send to boys is that bodies can help you do things, like kick, run, and jump. For girls, the message is typically that bodies are ornamental, says Chrisler. Although bodies really serve both purposes, she suggests

selecting at least one after-school activity that stresses the instrumental, such as soccer, softball, basketball, tennis, and swimming. Ballet and gymnastics are OK to have in the mix, but keep in mind that there's a certain focus on how you look in a leotard, Chrisler says.

- Don't tease about appearance. Resist the urge to say things like: "Oh, your chubby legs are so cute," or pat your child's tummy. And caution others, such as your husband and your child's grandparents, to avoid those seemingly harmless comments and gestures as well. Children can read into them and turn them into negative self-talk.

- Don't criticize your own body. Try not to talk about your own weight in front of your daughter or compare yourself to other women.

"Even saying to your husband, 'Do I look fat in this dress?' can make an impression on your child," says Chrisler. Also, don't brush off well wishes. "Saying 'thank you' and accepting them sends the message to your daughter that you think you're worthy of compliments and that you feel good about your body and so should she about hers."

- Testing, testing. Recognize that if your child insists that she's flawed — that her legs really are the chubbiest legs of anybody's in the whole school — she's probably testing you.

"React with a positive, consistent message, such as 'You look great in those shorts, and your legs are so strong,'" Chrisler says.

In fact, I've been intuitively incorporating a lot of these tips into my own routine over the past four years and Rebecca, now 10, has come a long way. She still wears somewhat of a uniform to school, only now it's jeans and big T-shirts. But she's on the swim team and seems to appreciate her strong, "medium" status. Still, every now and then, I realize that bolstering her body image is an ongoing effort and that we're far from out of the woods. When we ordered Rebecca's backpack for the new school year last fall, for example, she made me send the first one back that she selected from the Internet. Why? Sigh.

Rebecca explained, "It makes me look fat when I carry it."

Sandra Gordon is a mom of two who writes about parenting, health, nutrition, and baby products for books, national magazines, and websites. Visit www.sandrajordan.com.



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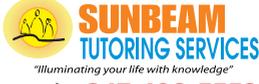
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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Budget cuts bleed the judicial system

The clients I work with want to stay out of court. They are often angry, but they believe that by working together and understanding their conflict, they can reach better agreements than they could by litigating. And so they choose mediation or collaborative divorce.

And those who are aware of the \$170 million in cuts to the New York State Unified Court System budget are even happier to avoid litigation at this time.

Before the 2011 fiscal year, court-houses could already be difficult to navigate. But now, with fewer personnel, fuller court dockets, and shorter operating hours, the court experience has become even more grueling.

Prior to the cuts, courts were ill-equipped to handle divorce and certain family-related disputes. Disagree? Then consider all those who get divorced through the courts and are still enmeshed in conflict years later — a result of the conflict not really being settled.

Maybe I should be glad. After all, the results of the cuts might be good for my out-of-court business.

But, I'm not happy about it, maybe because my own divorce was litigated, and I know that while I may get more cases, plenty of people are still choosing the courts, and many will have experiences worse than mine.

Under the best of circumstances, litigating means battling, relinquishing control to a judge, and giving up privacy.

Now, diminished manpower means that paperwork takes longer, as does the scheduling of cases. In my own divorce, at a time when the courts had more money, we were in litigation for more than two years before ultimately settling; that was without a trial, and a single court appointed expert having minimal involvement.

Added delays to an already cumbersome court process mean more stress to litigants and their fami-



lies, more distractions at work, more missed days, and of course, greater financial burden.

During the Jan. 25 Presidential Summit of the New York State Bar Association, former Chief Judge Judith S. Kaye said, "Let's face it. We're in a crisis, and we have to do something about it."

Former New York City Criminal Court Judge Margaret Finery, chair of the State Bar report on the effects of reduced funding, said that, among other consequences, we are witnessing a greater burden on litigants, especially in family matters.

Part of the solution lies in reforming the court system itself: Abraham Lackman, a public policy consultant, said that the system is notoriously inefficient, and that the New York State Judiciary could realize more than \$100 million in savings annually through court consolidation.

A divorce case can serve as an example. In New York, if there is a question of domestic violence, someone can be in supreme court, family court, AND criminal court — all at the same time — for a divorce. That can mean appearing before three judges in different locations on different days for related matters. That can mean inconsistent rulings by the judges, and plenty of missed days of work.

And again, more money.

But consolidating the system is no easy fix; it's been discussed for decades. For the foreseeable future, we can expect more of the same.

In the meantime, Sandra (name changed) is just trying to endure the divorce process.

"It's a real struggle," she says. "I guess I'm luckier than most. As a school teacher, I have lots of time off. But, it's not as easy to take off from work during the school year as a lot of people think. My principal isn't happy with me. The really frustrating thing is that I keep going to court, and nothing seems to happen. It's been three years, and no end in sight. I try to be strong for my kids, but sometimes I'm just a wreck."

Sandra isn't alone.

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, (718) 229-6149, or go to <http://lc-mediate.com/home>.

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.

Source: State Bar News March/April 2012, Volume 54, No. 2; Presidential Summit: Court funding problem is extensive, solutions elusive; and Optimistic Chief Judge Lippman sees many challenges ahead, Mark Mahoney.

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Planning your fun

Schedules can make transition to vacation mode easier for autistic kids

BY REBECCA MCKEE

Vacations, by definition, are periods of time when “relaxation,” “flexibility,” and “care-free” are the norm. For people with autism spectrum disorder, though, these three words, along with their states of mind, can sometimes become extremely overwhelming. (For purposes of clarity, the word vacation will be used to name summer or other seasonal trips, days off from school or work, extended holidays, and any other time away from the typical school or work day.) Most of us may have the social and behavioral adjustment meter already in check at a moment’s notice, but people with autism need preparation and planning in order to transition from on-the-go to downtime.

Just like everything else in their lives, people with autism act more socially appropriate when they have concrete and tangible evidence of the beginning and ending of events. They crave knowing what is actually going to happen during situational

blocks of time.

During vacations, most people are put off by schedules, time limits, and strict planning. But for people with autism, who live and love routines and schedules, vacation time should continue to be consistent. Activities may change and settings will be special and unique.

An activity schedule is a tool used to enhance the building of hobbies, time on task, routine following, leisure skills, calendar and clock awareness, self-soothing, independence, conversation skills, and flexibility. An activity schedule can have pictures with text and can be unique to one’s own style and comfort level. An activity schedule is to be enjoyed and desired, so keep that in mind when you design it.

An activity schedule can and should grow and change throughout one’s lifespan. Hobbies may change. Items and activities will mature. All people get bored and tired of the same old things, even people with autism. If one is going to use actual photographs of the target individual in the schedule, then attention needs

to be paid to the aging process. A man wants to see himself as a man, not a little boy. A woman wants to see herself as a woman, not a little girl. This detail builds upon identity, self-esteem, and self-reliance. It will trigger a sense of pride.

The purpose of an activity schedule is to organize and structure allotments of time for the person with autism. The support circles for these individuals need to imagine periods of time that are unstructured. These are the times when an activity schedule would be most useful.

Imagine, everyone in your family is lollygagging on the beach. Most can entertain themselves easily without anxiety or failure. You can all lay back and have your minds drift off. You can easily imagine, dream, and

sleep. You prepare yourselves in advance by toting along your highly preferred items, and can reach into your bags and pull out your book or iPod. You can quickly move from one position to another and can abruptly lower your magazine to join in a beach volleyball game. You may even bring things to the beach that you just choose not to use that day, but you still keep them in your arsenal of fun; it is fine to choose either way. You’re spontaneous and flexible.

For someone with autism spectrum disorder, many of those human behaviors are quite rigid and restricted. An activity schedule would act as an accommodation to typical social scenarios. While at a beach, lake, or camping trip, the activity schedule can look just like the norm. Inside his very own beach bag, that he has selected himself, there can be items and a visual schedule. Write on a postcard, so as to appear completely in the normal range of vacation moments. Maybe the postcard lists bulleted choices for engaging in frolic during a moment of the trip.

The materials needed for each event may need to be included in the bag. Some activities are free of tangibles. For example, a walk on the beach can be listed as “Hey, does anyone want to walk down the beach with me?” Make things easy and natural.

The long-term goal is for an autistic individual to be able to vacation with his family, friends, or work associates with comfort and ease. Feeling calm, relaxed, free of worry, and happy are all moments we want to be saturated in during a vacation. People with autism also want to experience excursions and excitement. They work hard and need breaks, too. While they thrive on familiarity and habitual activities, it is nice for them to experience a full range of life. Change is OK if it is taught in a desensitizing manner.

Vacations are to be eagerly anticipated, enjoyed, and remembered fondly. With these suggestions, this can be the case for everyone in the family. Enjoy!





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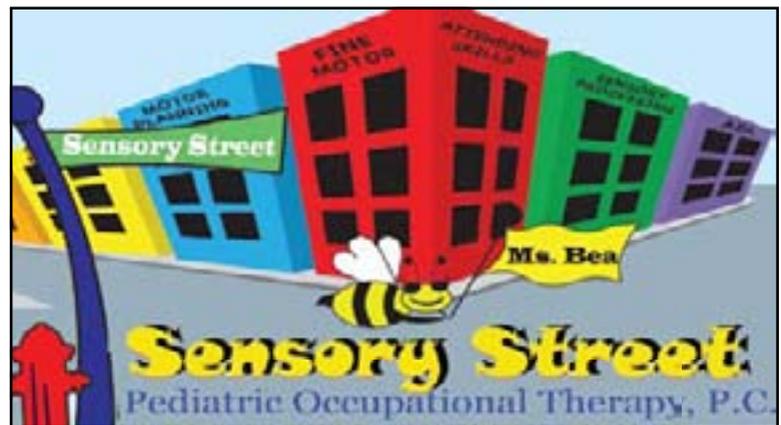
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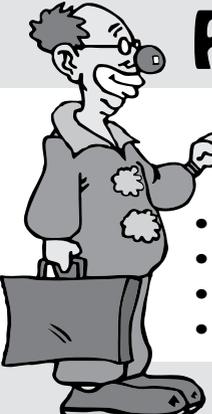
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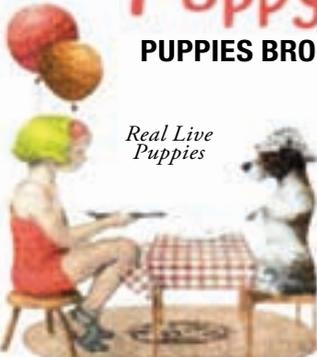
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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A penny earned is a penny ... spent

Help your teen learn the value of money

Does money fly out of your teen's hands faster than a cheetah chases its prey? Perhaps you thought that her new job was going to make her more money conscious; but instead, she has stocked her closet with more shoes.

It's true that some teens are thrifty, but many others have surely purchased items they really didn't need, because "it seemed important at the time." Without mortgage payments and heating bills, many teens find it hard to value a dollar.

Parents can learn from examining their own relationship with money to encourage their teens to become adept at financial matters.

Set an example

Your teen has been watching how you've handled money over the years. She has

listened to your conversations and has watched your spending habits. There is nothing more powerful than a teen realizing that her parents are fiscally responsible.

"You can set a good example by choosing to look for savings, clipping coupons, and comparing prices," says Lisa Reynolds, a savings specialist and Mom Saver-in-Chief at RedPlum (a provider of online and newspaper coupons).

The teen mindset

Parents have long been aware of this typical teen pitfall: wanting instant gratification. Advancements in technology have taught teens that information is sent and received almost instantaneously. Shopping is at one's fingertips, too. Today, you can click on a website and make a purchase in just minutes.

No wonder parents have a hard time teaching teens that some things are worth waiting for when so many tasks have become effortless.

Give guidance

Cathi Brese Doebler, author of "Ditch the Joneses, Discover Your Family: How to Thrive on Less Than Two Incomes," urges parents to set a standard for saving.

"We separate their earnings into three piles: 80 percent for spending, 10 percent for saving, and 10 percent for giving. We offer advice on good-spending decisions, and then let them make choices on how and when to spend their money."

She emphasizes that teens learn from consequences. For instance, when teens realize they can't buy something they really want because of an earlier, impulsive purchase, an important lesson is learned.

"Learning lessons when they are

young, over small amounts of money, is much better than learning lessons when they are older, over larger amounts of money," she says.

Some experts caution parents about enforcing specific rules.

"I don't think it is fair to force teens to save their allowance. Allowances are a learning experience, and it may be that some teens will learn the importance of saving after experiencing the consequences of not planning adequately," counsels Marietta Jelks, manager of the Consumer Action Handbook, a publication of the Federal Citizen Information Center.

Tips and tales

"My daughter has a checking account with a debit card for spending on things she wants and gas for her car. The other is a savings account that she cannot touch. When she gets her paycheck, at least half of the money goes into her savings. This method helps her live within her means."

Moncia Bowles-Relyea, Hyde Park, NY

"Teach teens to go to the clearance rack. Compare the costs at consignment shops versus sales at department stores."

Fran Sarigianis, Staatsburg, NY

Share your ideas

Upcoming topic: Latest on "sexting" — how parents can ensure their teen is using his cell appropriately and legally.

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

Myrna Beth Haskell is a feature writer, columnist and author of the newly released book, "Lions and Tigers and Teens: Expert advice and support for the conscientious parent just like you" (Unlimited Publishing LLC). Visit www.myrnahaskell.com.





GROWING UP ONLINE

CAROLYN JABS

Protect kids from the impact of pornography

If your child spent any unsupervised time online this summer, chances are he encountered content that would formerly have been considered “adult.” Despite the best efforts on the part of parents, provocative sexual material is readily available, not only from web sites that specialize in pornography, but also in music, videos, TV sitcoms, advertising, and even cellphone apps. A recent New York Times article told the story of a father startled to discover that his 12-year-old son had downloaded “pocket porn,” a cellphone app that consisted of nothing

mind. Marty Klein, a family therapist and author of “Sexual Intelligence,” argues convincingly that what most people want from sexual relationships is closeness and pleasure. Both are more likely in trusting relationships, so the question is really how to help children develop the capacity for that kind of commitment. The goal is to share your insights and your values (but not your anxieties) with your child. Here are some suggestions:

- Take a deep breath. Your child is going to encounter sexual content. You don’t know when, and you don’t know where. You are more likely to have a calm conversation if you prepare yourself by talking to other parents and doing a little reading (a helpful list of websites is available at answer.rutgers.edu/page/websites/). The more you can normalize conversations about sex, the more likely you are to have a positive influence on your child.

- Point out the good stuff. Often, kids take an interest in sexually explicit materials because they want information about what bodies look like and how they fit together. You’ll want to encourage your child to come to you with questions and concerns, but you can also point out websites that provide frank, accurate, and reliable content. Kidshealth.org gives authoritative answers to common pre-teen questions. Information suitable for older teens is available at iwannaknow.org and sexetc.org.

- Differentiate between sex and pornography. Sex is an utterly natural part of adult life. Pornography is...well, there’s no single message about pornography, because the word is used to describe everything from simple pictures of naked people to violent depictions of criminal acts. For young children, the best strategy is to say that pornography is for adults, so you’re going to install filters that will block it. (Free filters are available at www.k9webprotection.com.) Tell your child that if something sexy pops up on a screen, he can talk to you or just click “close.”

Once children get to puberty, they deserve more nuanced conversations about explicit sexual images. Instead of labeling them “bad,” you can talk about how pornography varies a great deal and adults have different opinions about it. Share your point of view and listen to what your child has to say.

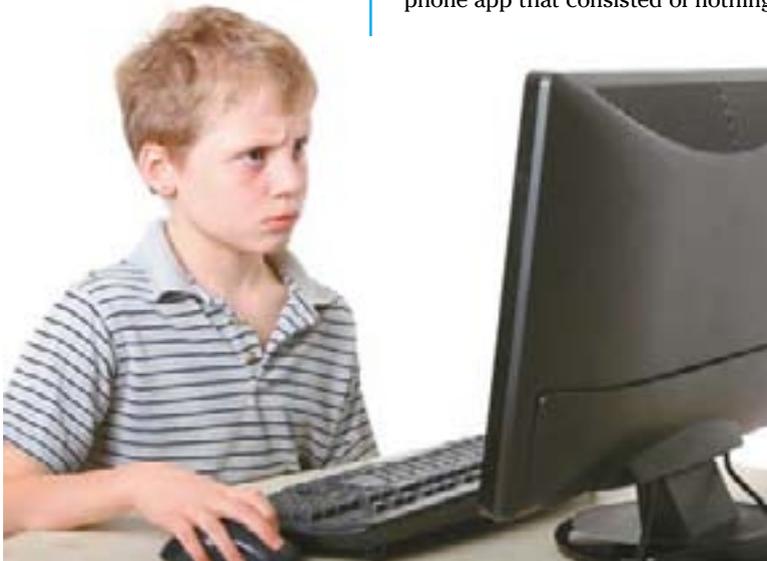
- Take a hard line on violence. Exposure to violent sexual images is harmful to both boys and girls. One study found that girls who watched violent pornography were more likely to become victims of assault, while boys were more likely to engage in sexual harassment and aggression. Make it clear to both boys and girls that coercion should never be part of a sexual relationship.

- Talk about feelings. Sexual images give the impression that sex is about bodies. That’s only part of the story. People who have satisfying sexual relationships are also attuned to feelings — both their own and those of their partner.

Parents can help kids become aware of their own emotions by regularly asking “How does that make you feel?” Klein recommends using this question to help children explore emotional responses to everything from a provocative photo on Facebook to a sexualized version of a favorite cartoon. Do the images seem confusing, exciting, upsetting, funny, intimidating?

Perhaps the best way to inoculate your child from crass sexuality online is to nurture loving, positive, emotionally open relationships in your own home. Recent research from the Netherlands found that kids who have strong connections with parents and friends are more likely to develop committed romantic relationships.

Carolyn Jabs, MA, raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years and is currently at work on a book about ethics for families and other cooperative systems. Visit www.growing-up-online.com to read other columns.



but photos of women’s breasts.

A parent’s first impulse may be the equivalent of putting a hand over a child’s eyes, but that is, at best, a temporary measure. Instead, parents have to figure out how to help children develop healthy attitudes about sexuality, despite the prevalence of unhealthy images. In some ways, this is like teaching kids to eat a nutritious diet. You have to coach your child about how to make wise choices in a world full of things that look tempting but aren’t, in the end, very healthy.

Conversations about sex are, admittedly, more challenging than conversations about food choices, so it will help to have your goal firmly in



PARENTS
HELPING
PARENTS

SHARON C. PETERS, MA

Can our 8-year-old handle a cellphone?



Dear Sharon,

Our 8-year-old daughter wants her own cellphone. What do we do? She says other kids have them. Help!

Dear Parents,

As the particulars of families vary widely, I believe that there is no “right age” for a child to get a phone.

Some single and full-time working parents buy their children cellphones at relatively early ages to contact them when needed, but I generally believe 8 is young for this form of communication.

I often suggest that parents talk to other moms and dads about challenging issues such as this. Discussions with others can break isolation, produce new ideas, and identify like-minded families. Finding

parents who think similarly about cellphones and other topics can be particularly helpful as children get older and peer pressures increase. The “other kids have them” argument is easier to have when parents know that their child is not the only one with restrictions.

It can be wise to consider multiple factors about cells, such as those listed below, before quickly giving in to a child’s urgings.

- Is a cellphone important because it will help us stay in better contact with our child?

- Will it detract from schoolwork or other meaningful activities?

- Will parental rules about the phone’s use be easily followed? (Times of day it can be used, when and if to use Internet access, and agreements about the maximum amount of texts, talk time, and

replacement or repair details if needed.)

- Will a phone improve or derail positive social relationships?

There are lots of ways for a parent to talk to a child if she decides to postpone getting a phone. Moms and dads can say a simple “no,” agree to discuss the topic in the future, or select an appropriate year or age to make the purchase. If possible, it can also help to set aside time to talk the issue through. Many parents end up doing a combination of all the above.

It is good to remember that it is OK if children get upset when told “no.” An emotional reaction can be expected when parents ask children to wait for something they really want.

Best of luck as you sort this through!

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

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

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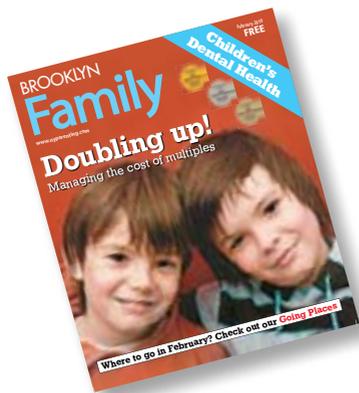
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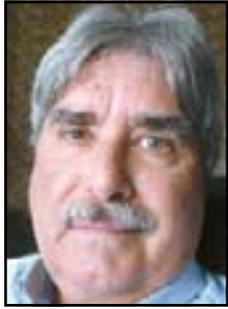
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FAMILY JOURNAL

ROBERT MORTON

America's kids are over-medicated

Dear Mr. Morton,

As a teacher, I've noticed an increasing number of children and adolescents being prescribed medications for mood disorders. Are America's kids being over medicated?

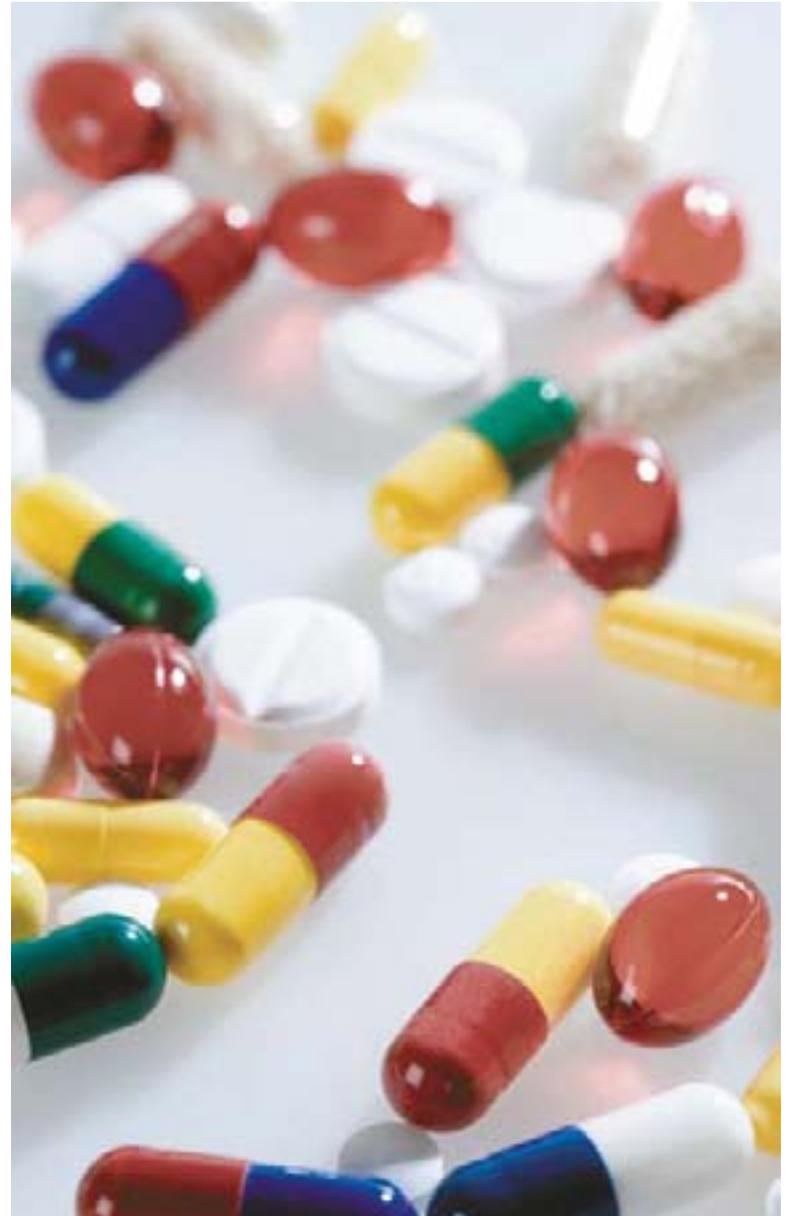
— *Anonymous*

Dear Anonymous,

I think so. The Journal of the American Medical Association revealed a dramatic increase in the use of psychotropic medications for children between the ages of 2 and 4 years. Is this justified? Maybe, since the office of the Surgeon General estimates that of the 70 million children and adolescents in the U.S., six to nine million have a serious emotional disturbance. But is this really the best treatment?

I certainly wish intensive family and individual therapy are tried first to treat children with emotional disturbances before psychotropic drugs are considered. I don't believe the scores of TV commercials sponsored by the pharmaceutical giants have a "quick fix" pill to cure America's children who, during their critical developmental years, grow up in hurried families commandeered by dual breadwinners who place constant pressure on them to succeed. One night, I witnessed a dozen TV ads peddling anti-depressants. I went to sleep thinking all of America went mentally crackers. Interestingly, all the actors in these TV commercials were adults.

So, why are we medicating children with Prozac and tricyclic antidepressants? I say, let's put young children into these TV ads as well, with moms popping pills into their mouths. I don't think even the slickest ad agency in America could pull that one off. But, our children are actually ingesting these drugs as "treatment," even though thorough research has not yet been fully completed as to their long-term effects. I also think half the misdiagnosed ADD children should quit



ingesting Ritalin, and their parents be put on tranquilizers.

There's little wonder why Ohio's former state Sen. Mike DeWine was disturbed by the fact that only 25 percent of all drugs were tested and properly labeled for safe use by children. He introduced legislation that would enable the Food and Drug Administration to require pharmaceuti-

cal companies to test all medicines for children.

Robert Morton, MEd, EdS, has retired from his positions as school psychologist and adjunct professor in the School of Leadership and Policy Studies at BGSU. Contact him at robertmorton359@gmail.com. Visit www.familyjournal1.blogspot.com for more about medication for children.



OUR RELATIONSHIPS

JOAN EMERSON, PhD

Looking back and moving forward

For two years, I've been writing my column about couples' issues that affect us all — but with a particular slant toward you, dear readers, whom, I've been assuming, are mostly married women with young families, working toward finding happiness in the relationship with your partner. In my columns, I've tried to combine knowledge from my studies, my practice, my marriage, and those of my friends and colleagues. The main thing I've learned over the years is that we're all in this relationship thing together. We struggle, we learn, we practice new techniques, we compromise, we do what's required in order to give ourselves what our human species needs: a family, a partner who is there for us, a safe haven in which to repair our wounds and regenerate energy, and the experience of trust and comfort that enable us to go back out in the world feeling peaceful and good.

The lucky ones among us have

a “normal” enough growing up experience, so that we can mostly get these needs filled without acting out in ways that make things worse. The more challenged of us grew up in less-than-ideal circumstances and have to fight every instinct not to fall back into crazy old ways. Whether more challenged or not, there are no guarantees of which of our marriages will endure and prosper, and which will fail and end.

Looking back over my columns, it seems that the main tool to keep a couple on the hopeful track is thoughtful, gentle, and calm communication. Without talking things over and problem solving, it's hard to imagine what else can help a couple get through the ups and downs of life. Doing the right thing is the hard part, but the path we must take is no mystery. The mystery that seems to be pulling my attention now is that of achieving success in other kinds of situations.

I've recently been witnessing people going through the aftermath of a relationship breakup. The shock, disorientation, loneliness, and the figuring out how to rebuild life are powerful challenges. But, in talking about the relationship and why it failed, clients and friends usually see signs of something to learn about themselves that can point toward personal growth as they move on.

Most single-again people will wish to learn from the past and find a new, happier relationship in the future. In these new, committed relationships, experience and age have supposedly taught us what it takes to make things work, and we want to attend to following those guidelines; it is of interest to see what kind of satisfaction and rewards we can realistically reap. The possibility of

new complications like stepchildren, money issues, health concerns, and even retirement transitions make these later-years relationships an increasingly interesting phenomenon.

Another mystery is our relationship with our children: how we can help our kids grow up well-adjusted with a realistic idea of what to expect from life and from themselves? The parenting, obviously, starts at birth, but presents different complications at different phases. For example, many parents are faced with young adult kids who are having difficulty launching themselves, and the parents must figure out an appropriate role that's not too distant, but not too enabling of an over-dependence that can stunt personal growth.

And then, of course, as we parents get older, we have to find a comfortable role in attending to adult children who have their own spouses and kids, just like the kids have to find a comfortable role with us.

A final relationship question that intrigues me is our relationship with our self. There are few of us who continually feel the inner peace that we crave. Inner depression and anxiety are world-wide issues and seem to plague all of us human beings in one way or another. How to best handle these feelings by learning techniques that help and keep us connected to those we love seems to be the short answer for now, but this is a search that we are all in for the long haul.

All of this is to say, dear reader, that for the time being, I will stop writing these columns devoted to young family relationships and look at what's next for me to explore. My pleasure in writing will, no doubt, remain, so I will be writing again in the future. Until then, best wishes to all.

Dr. Joan Emerson is a psychologist specializing in couples therapy. For more information and writings, visit her website at www.JoanEmerson.com or e-mail her at DrJoanEmerson@aol.com.





FAMILY HEALTH

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

Avoid Lyme disease

My 11-year-old son is about to go to sleep-away camp for the first time. It's only a few hours away, but I've heard some frightening things about the prevalence of Lyme disease outside of the city. What are the dangers of Lyme disease, and how can I reduce his risk of catching it?

If your child is planning to spend the summer months in the "great outdoors," chances are that deer ticks will be near. The closer he is to deer ticks, the greater his risk for contracting Lyme disease.

Deer ticks (also known as black-legged ticks) are small arachnids that tend to live in wooded areas and along trails in forests. Ticks often carry *Borrelia burgdorferi*, the bacteria that cause Lyme disease. Most ticks do not carry the bacteria, but if you are bitten by an infected tick, your chances of contracting Lyme disease are high.

Lyme symptoms occur in three stages. Stage one is called "early-localized Lyme disease." At this stage, the infection is not yet widespread throughout the body. Symptoms include fatigue, chills, fever, headache, muscle and joint aches, swollen lymph nodes, and "bull's eye" rashes.

Stage two is "early disseminated Lyme disease," at which time the bacteria have begun to spread, and symptoms may include severe headaches, neck stiffness, shooting pains, heart palpitations, dizziness, and loss of muscle tone on one or both sides of the face.

Stage three is "late disseminated Lyme disease," and can lead to arthritis, numbness, and problems with short-term memory.

Antibiotics are the usual treatment for Lyme, but a later stage of the disease may require additional therapy. Early treatment decreases the risk of any permanent effects, and is crucial to a quick recovery.

Almost all sleep-away camps have infirmaries that are staffed by medical professionals. However, you should confirm that other adult supervisors, such as counselors and camp administration, have a working knowledge of Lyme symptoms as well, so they can bring any



concerns to medical staff.

There are also steps your son can take to ensure that he has a summer of fun while keeping the ticks at bay. He should wear long pants, a long-sleeved shirt, as well as insect repellent containing at least 20 percent DEET any time he plans to go into a grassy or wooded area.

He needs to bathe or shower as soon as possible after coming indoors. Above all, he needs to check his entire body for ticks each day,

and a friend or counselor should check the top of his head for ticks as well. If a tick turns up, there's no need to panic. However, your son should notify an adult, and get to the camp infirmary right away. He should not try to remove the tick himself.

There's no reason the threat of Lyme disease should prevent your son from having a wonderful experience at camp. With simple precautions, Lyme disease won't be bugging him any time soon.

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DEAR
DR. KARYN
DR. KARYN GORDON

5 tips to get your kids to open up

Dear Dr. Karyn,

Do you have any tips on how to get kids to open up to their parents? It seems that no matter what I ask my kids, I get the typical one-word answers such as “fine,” “good,” or “not bad.” My best friend seems to be extremely successful in this department with her kids, who are the same ages as mine. I would love to learn some techniques to get my kids to open up. Any suggestions?

Dear Parent,

Yes! I think that learning how to get our kids to talk to us is one of the most important skills we as parents

can learn. When our kids share with us, we get a glimpse into their worlds. We earn the privilege to learn about their dreams, fears, hopes, and goals. So what can we do to encourage such a fruitful conversation? Here are five tips to get you started:

Pay attention to timing

The most important thing to consider before approaching your kids is timing. Timing is everything — especially for teenagers! I’ve learned that for most kids, the best time to talk is after school or in the evening. Mornings are usually a disaster for meaningful conversations, because kids are still waking up and most families are rushing out the door.

Also, pay attention to your mood and theirs. You’ll likely find that the more relaxed you are, the more likely they will be to talk. Kids are very perceptive of their parents’ emotions and moods.

Ask direct questions

Try focusing on asking fewer, but more direct, questions. Asking too many questions leads to kids feeling interrogated, which most find annoying. So, ask fewer, but more meaningful, open-ended questions (that can’t be answered with a yes or no). Some of my favorite open-ended questions are:

“What was the best part of your day?”

“What was the worst part of your day?”

“What was the funniest thing that happened?”

“What surprised you the most today?”

Talk sideways

Try talking sideways with your kids. What’s this? It’s one of my favorite strategies for getting kids to talk. (This works particularly well for boys.) I learned early on in my coaching practice that most of my teen guy clients opened up significantly more if I didn’t force eye contact with them. Since then, hundreds of parents have told me that the best conversations they’ve had with their kids are in the car. Why?

Because this environment naturally encourages sideways communication! Other sideways environments include: walking, running, cooking, shopping, etc.

Get comfortable with silence

When silence happens in conversations, many people feel uneasy, stressed, and responsible to fill in the gaps. However, to cultivate great conversation, it’s important to get comfortable with silence. Hundreds of times, I’ve asked teens questions, and they simply did not know the answer right away. It wasn’t until after I gave them time (and silence) to think it through that they would come up with the most thought-provoking answers. So remember to ask your question, pull back, and give them space to ponder their response.

Affirm

If we want our kids to feel safe to talk with us, we need to look for opportunities to affirm them whenever possible. Our kids need to hear what they are doing well. While some experts think we shouldn’t affirm kids (or that they will become dependent on it) I couldn’t disagree more. Kids desperately need to know from their parents what they are doing well (in addition to what needs work).

The key when you are affirming them, though, is to focus on character and not achievement. If you see them being more disciplined, motivated, courageous, adventurous, and loyal — tell them! When kids hear these authentic character affirmations being told to them daily, they feel more valued and therefore feel safer to talk with us.

Dr. Karyn Gordon is one of North America’s leading relationship and parenting experts (specializing in teens). A media contributor, family consultant, and motivational speaker, she has spoken to more than a quarter of a million people in North America, including a recent appearance for The New York Times. She is the author of four books, including “Dr. Karyn’s Guide to the Teen Years” (Harper Collins). Visit www.drkaryn.com.





A TEEN'S TAKE

AGLAIA HO

Fly away with me

It is captivating to see a butterfly fluttering lightly upon the summer breeze. Children often gaze in awe at these magnificent wonders. They want to grasp hold of the moving palette of colors to discover all the secrets beneath its wings.

Raising butterflies is an amazing experience for all ages, offering excitement and satisfying curiosity. And this project can be even more rewarding and educational for teenagers.

When I was little, I would run frantically after any butterfly that entered my garden. While this gave me plenty of exercise, I never succeeded at capturing anything. Fortunately, I got the chance to raise butterflies from caterpillars in my preschool. I received my little cup with a tiny caterpillar inside. I remember stroking the tiny black, yellow, and green caterpillar as if it were a pet. However, my excitement was quickly quelled when my poor caterpillar died the next day. In my class, I don't recall any caterpillar surviving the trials and torments of lively 4 year olds.

My early experiences left an unsatisfied child

inside of me. It was just a pure stroke of luck that a butterfly laid its eggs right on my mother's parsley plant. All I knew was that the parsley plant slowly began to lose its volume, and the leaves began to get sparser each day. In the midst of confusion over why there was never enough parsley for our spaghetti, my mother noticed that our plant had been invaded by caterpillars.

Different sizes and shapes, some of the caterpillars were big, sea green monsters the size of my pinky and were happily chomping away at the parsley. Others were miniscule, scrunched-up black creatures crawling along the stems. Knowing little about butterflies and caterpillars, I did some research about them online and quickly identified them as Black Swallowtails. They emerge into elegant black butterflies with blue, red, and yellow patterns and often make their homes on plants of the Umbellifer family, such as parsley, dill, and carrots.

Armed with my new-found knowledge, I decided to keep a few caterpillars in a small cage. (The rest of the caterpillars disappeared mysteriously after consuming the entire parsley plant.) I nurtured them and hoped they would all emerge into butterflies. I knew it would be a big responsibility, requiring patience and maturity, but I vowed that this time all my caterpillars would survive to become butterflies.

I soon realized that raising caterpillars was much harder than I expected. They began to develop their own personalities: Feisty, Friendly, and Hulkie (yes, like the Hulk). Some were docile, like Friendly, and allowed me to hold them. Yet, others, like Feisty, stuck out their osmetrium, releasing a foul-smelling odor. All of them were very picky with their food. When our parsley was finally depleted, they refused to eat any lettuce or celery.

As the caterpillars approached their metamorphosis, they began to clean out their systems. As disgusting and smelly as this was, I was extremely excited. My caterpillars were

to become butterflies! The next day, my first caterpillar went into its chrysalis — or its self-made home for metamorphosis. It was semi-translucent and still very much alive. If I accidentally prodded it, the life inside would shudder wildly to scare me away.

I watched it day after day, waiting for the big change. Then, one day, I looked over at the cage, and there stood the most amazing creature. Tottering around, like a newborn animal, the butterfly stretched its crumpled, wet wings, which were black and dotted with bits of color. I breathlessly reached in to hold it. At first, it was unstable, tumbling about on my fingers and could not fly with its new wings. I felt like a proud parent carrying my baby for the first time. I carried my butterfly around on my shirt, and it even perched on my hair. It was amazing to be so close to something so beautiful.

As my butterfly learned to fly, it was time to say goodbye. I wanted to hold onto this creation forever, but knew a butterfly did not belong in my hands. It longs to be free. So, I went outside and spread my fingers. The wings of the butterfly looked like black velvet against the bright sunlight. Quickly, it fluttered away, high up into the trees.

Releasing the first butterfly was the hardest, yet the most thrilling. My other butterflies soon emerged, and I was amazed at how different they were. Friendly had a deformed wing. I pitied it, but despite its disability, it eventually took flight along with the others. It was a life-changing experience. I realized the fragility of life and admired Friendly for its strength to overcome adversity.

Raising butterflies is the perfect activity and a great entomology lesson for teenagers. It is an inspiring and memorable experience to hold such a delicate creature. Butterflies don't live very long (many only for a week or two), but in their short lives, they are able to accomplish so much. They make us happy.

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.



Going Places

LONG-RUNNING

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Sun, Sept. 2; \$11 (\$8 children 2-17, college students and seniors.)

A 6,000 square exhibit features characters from the Cartoon Network.

Art Trek: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Tuesday, July 3, 3:30 pm; Thursday, July 5, 3:30 pm; Saturday, July 7, 2:30 pm; Tuesday, July 10, 3:30 pm; Thursday, July 12, 3:30 pm; Tuesday, July 17, 3:30 pm; Thursday, July 19, 3:30 pm; Saturday, July 21, 2:30 pm; Tuesday, July 24, 3:30 pm; Thursday, July 26, 3:30 pm; Saturday, July 28, 2:30 pm; Tuesday, July 31, 3:30 pm; Free with museum admission.

Children 5 to 12 take a new voyage around the globe.

Le Carrousel: Bryant Park, W. 40th St. between Fifth and Sixth avenues; www.nycgovparks.org; Daily, 11 am–8 pm; \$2 per ride.

This classic ride features brightly colored animals and French cabaret music.

Ping Pong: Bryant Park, Sixth Avenue and W. 42nd Street; www.nycgovparks.org; Daily, 11 am–7 pm; Now – Sun, Sept. 30; Free.

Paddles and balls provided and all skill levels welcome.

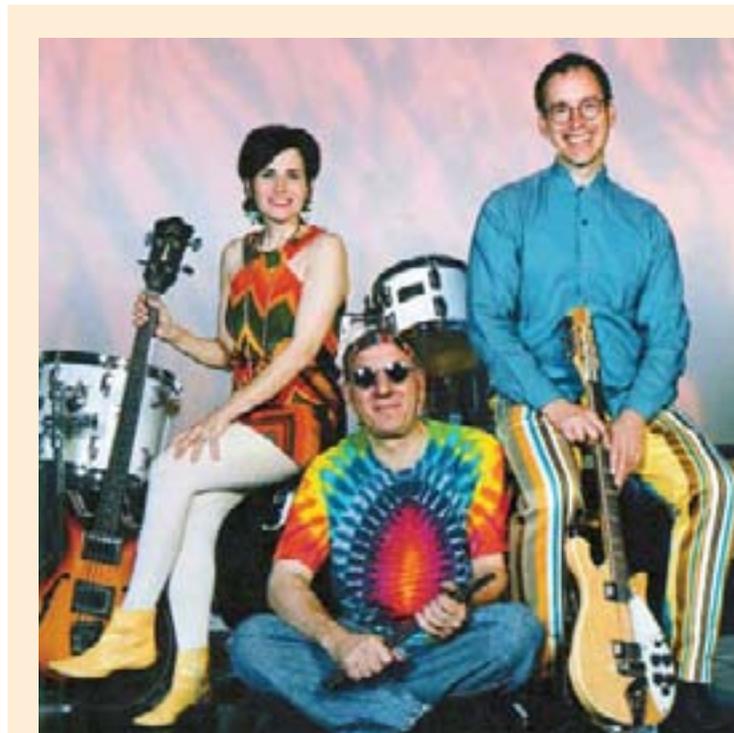
The Kid's Corner: Habana Outpost, 757 Fulton St. at S. Portland Avenue; (718) 858-9500; www.habanaoutpost.com; Saturdays and Sundays, Noon to 4 pm, Now – Sun, Sept. Free.

Creative crafts, wellness workshops and environmental projects. Outdoors, weather permitting.

"The Jungle Book": Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; www.puppetworks.org; Saturdays and Sundays, 12:30 and 2:30 pm, Now – Sun, Aug. 19; \$8 (\$7 for children; \$6 group rates).

Rudyard Kipling's charming story, with Mowgli and Shere Khan, comes to life. Recommended for kids 4 and older.

Arts and recreation: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, 1–3 pm, Now – Fri, Aug. 31; Free.



A Brooklyn beach bash

You can rock it, you can roll it, and you can have some summer fun at the Brooklyn Children's Museum's beach party on July 27 from 6:30 to 7:15 pm.

Pat Cannon and her Foot & Fiddle Dance company sing the hits of the Beach Boys, Beatles, and more — perfect for a summer night.

Craft activities and fun nature games.

Race around the yard: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, 2–3 pm, Now – Sun, July 22; Free.

Participate in potato sack races, spoon races, stilts, and other old-fashioned games.

"The Amazing Max and the Box of Interesting Things": The MMAC Theater, 248 W. 60th St. between Am-

sterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

Thanks to co-sponsor Astoria Federal Savings, this — and every Friday concert — at the museum is free. So give your weekend a twist and try something different — stroll on over to the beach bash! You know you want to.

Brooklyn Children's Museum [145 Brooklyn Ave. at St. Marks Avenue in Prospect Lefferts Gardens, (718) 735-4400, www.brooklynkids.org].

sterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

Magician Max Darwin makes objects appear out of thin air.

Family disco night: The Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Saturdays, 6 pm, Now – Sat, July 14; Free!

Eat, drink, and shake your groove things!

Sports program: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; Mondays and Wednesdays, 9 am–noon, Mon, July 2 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Sports program: Kelly Playground, Avenue S and 14th Street; www.cityparksfoundation.org; Mondays and Wednesdays, 9 am–noon, Mon, July 2 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dive at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, Now – Sun, Aug. 26; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet," this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3 to 9.

Sports program: McCarren Park, Bedford Avenue between Lorimer and N. 12th streets; www.cityparksfoundation.org; Mondays and Wednesdays, 1–4 pm, Mon, July 2 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Sports program: Kaiser Park, Neptune Avenue at W. 27th Street; www.cityparksfoundation.org; Mondays and Wednesdays, 1–4 pm, Mon, July 2 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Sports program: Marine Park, Avenue S and E. 32nd Street; www.cityparksfoundation.org; Mondays and Wednesdays, 1–4 pm, Mon, July 2 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Sports program: McKinley Park, Ft. Hamilton Parkway and Bay Ridge Parkway; www.cityparksfoundation.org; Mondays and Wednesdays, 1–4 pm, Mon, July 2 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play

Going Places

tennis. All equipment provided.

Fitness: Thomas Jefferson Recreation Center, First Avenue at E. 112th Street; (212) 860-1383; www.nycgovparks.org; Tuesdays, 2012, Tues, July 3 – Tues, Aug. 28; Free for center members.

Teens get helpful hints on how to stay flexible and use gym equipment.

Sports program: Leif Ericson Park, 67th Street and Eighth Avenue; www.cityparksfoundation.org; Tuesdays and Thursdays, 9 am–noon, Tues, July 3 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Toddler wonderland: Habana Outpost, 757 Fulton St. at S. Portland Avenue; (718) 858-9500; www.habanaoutpost.com; Tuesdays, 10 am–noon, Nov – Tues, Sept. 18; Free.

Little ones play with toys and a water table. For children 4 and younger.

River tots: Pier 46, Charles Street and West Street; (212) 627-2121; www.nycgovparks.org; Tuesdays, 10 am, Tues, July 3 – Tues, Aug. 28; Free.

Children 2 to 5 years old learn about nature in an urban setting.

Sports program: Prospect Park, Coney Island Avenue at Parkside Avenue; www.cityparksfoundation.org; Tuesdays and Thursdays, 1–4 pm, Tues, July 3 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Sports program: McKinley Park, Ft. Hamilton Parkway and Bay Ridge Parkway; www.cityparksfoundation.org; Tuesdays and Thursdays, 1–4 pm, Tues, July 3 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided. Intermediate level.

Sports program: Lucille Ferrier Playground, Bay Eighth Street and Cropsey Avenue; www.cityparksfoundation.org; Tuesdays and Thursdays, 1–4 pm, Tues, July 3 – Fri, Aug. 10; Free.

Children 5 to 16 learn how to play tennis. All equipment provided.

Sports program: Kaiser Park, Neptune Avenue and W. 29th Street; www.cityparksfoundation.org; Tuesdays and Thursdays, 1–4 pm, Mon, July 2 – Thurs, Aug. 9; Free.

Track and field for children 5 to 16 years old. They learn the basics and then compete on Randall's Island on Aug. 9.

Sports program: Marine Park, Avenue S and E. 32nd Street; www.cityparksfoundation.org; Tuesdays and Thursdays, 1–4 pm, Mon, July 2 – Mon, July 30; Free.

Children 6 to 16 learn how to play golf. All equipment provided.

Stars of tomorrow: Hudson River Park Pier 45, Christopher Street and the



Music to kids' ears

Mil's Trills makes a stop at Littlefield in Gowanus on July 22 at 3 pm.

Amelia Robinson, AKA Mil's Trills, visits the eatery with her favorite Uke and a slew of handmade instruments from around the world.

Robinson strums and sings her original tunes inviting the little ones to crawl around and explore

her various drums, maracas, and tambourines while adding their own sweet voices to her musical mix.

Admission is \$15, kids under 4 are free, and this event is suitable for all young children.

Littlefield [622 Degraw St. between Fourth and Fifth avenues in Gowanus, (718) 855-3388, www.littlefieldnyc.com].

Hudson River; (212) 627-2121; www.hudsonriverpark.org; Tuesdays, 6:30–8:30 pm, Now – Tues, Aug. 21; Free.

Students from the New School Jazz and Contemporary Music and Mannes College The New School for Music perform Bach to Bebop. (Except July 3.)

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

For children.

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

Shorts and a full-length family-appropriate movie.

Shababa Fridays: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; Fridays, 9:30–10:15 am, Fri, July 6 – Fri, Aug. 24; \$10.

Karina and Coco lead shabbat in playful interactive activities. For newborns to 3 years old.

Art on the High Line: The High Line, W. 23rd St. at 10th Avenue; (212) 206-9922; www.nycgovparks.org; Saturdays, 10 am–noon, Sun, July 1 – Sat, Aug. 25; Free.

Families are invited to drop in and create their works of art to take home.

Basketball clinics: North Meadow Recreation Center, 97th St. Transverse Rd. (212) 348-4867; www.nycgovparks.org; Saturdays, Noon–2 pm, beginning Sat, July 7; Free.

Children 9 to 17 years old get help with the B-ball game.

Ezra Jack Keats Story Hour: Imagination Playground, Ocean Avenue at E. Lake Drive; (718) 287-3400; www.nycgovparks.org; Saturdays, 2–3 pm, Sat, July 7 – Fri, Aug. 31; Free.

Gather at the Peter and Willy statue in the park and listen to fun stories.

Fishing Clinics: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays, 3 pm, Sun, July 1 – Fri, Aug. 31; Free.

Presented by Macy's, the program offers children instruction on how to catch the big one. For children 15 and younger.

Storytime: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Tuesdays – Fridays, 3–3:30 pm, Tues, July 10 – Thurs, Aug. 30; Free with museum admission.

Children 3 to 7 years old listen to a story, then go and find the art on a treasure hunt in the galleries.

Wild Wednesdays: The High Line, W.

14th St. and 10th Avenue; (212) 206-9922; www.nycgovparks.org; Free.

Children watch a butterfly grow, touch a worm, or watch seeds fly.

Pop up art: Pier 25, West Street at N. Moore Street; Wednesdays, 3 pm, Thurs, July 5 – Thurs, Aug. 30; Free.

Together with the Children's Museum of the Arts, Pier 25 offers art-appreciation activities for children 1 to 15 years old.

Wii and Nintendo: The Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; themoxiespot.com; Saturday, July 21, 6 pm; Free.

Prizes, games, and food.

Sports program: Marine Park, Avenue S and E. 32nd Street; www.cityparksfoundation.org; Tuesdays, 9:30–10:30 am and 10:30 am–noon am and Thursdays, 9:30–10:30 am and 10:30 am–noon, Mon, July 30 – Thurs, Aug. 23; Free.

Children 6 to 16 learn how to play golf. All equipment provided.

TUES, JULY 3

Storytime with Cali Co Cat: Bryant Park, Sixth Ave. and W. 42nd Street; www.nycgovparks.org; 10:30–11:30 am; Free.

Children hear a meow of a tale.

The Itty Biddies: Madison Square Park, Madison Avenue at W. 23rd Street; www.nycgovparks.org; 10:30–11:30 am; Free.

Soaring vocals, sweet ukulele, and fat drums leave you singing and dancing.

Lady Liberty: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am and 2:30 pm; Free with museum admission.

Children 5 and younger celebrate Independence Day by making a craft.

Open auditions: Christ Church, 7301 Ridge Boulevard at 73rd Street; (718) 745-1551; www.christchurchafterschool.com; 3–5 pm; Free.

Theater Arts and the Summer Program are looking for actors 6 to 18 years old for a production of Willy Wonka.

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

Children and parents listening to favorite tales. Plus, lemonade for all.

WED, JULY 4

Community Picnic: Park Field house, 82nd Street and Shore Road; (718) 238-6044; 11 am–9 pm; Free.

Celebrate Independence Day with a picnic sponsored by state Sen. Marty Golden, featuring live bands, face paintings, games, prizes, rides and raffles.

Going Places

THURS, JULY 5

Moona Luna: Madison Square Park, Madison Avenue and E. 23rd Street; www.nycgovparks.org; 10:30–11:30 am; Free.

Mexican-American songwriter Sandra Velasquez and her Latin band Pistolera perform children's favorites.

Rolie Poli Guacamole: Gumbo, 493 Atlantic Ave. between Nevins Street and Third Avenue; (718) 855-7808; 11:30 am–12:16 pm; \$135 (6 week program).

Brooklyn's creative band entertains your tots with favorite songs and books.

Plant workshop: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 2:30 pm; Free with museum admission.

Children 4 and older learn how to cut a leaf, stem, or root off of a plant and replant it.

Watercolor Wednesday: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 2:30 pm; Free with museum admission.

For children 4 and older.

"Hoodwinked Too!": McCarren Park, Driggs and Lorimer streets; www.nycgovparks.org; 8–10 pm; Free.

Pack a basket, bring a blanket, and watch a family favorite.

FRI, JULY 6

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

For children 18 months to 2-and-a-half years.

The Sock Hop: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 6:30–7:15 pm; Free.

Pat Cannon and her Foot & Fiddle Dance company brings a slice of Americana with poodle skirts and a sock hop.

Night of Independence: Recreation Center 54, 348 E. 54th St. and First Avenue; (212) 754-5411; www.nycgovparks.org; 7–9 pm; Free.

Song and dance performances by the Children's Ballet and adult dancers.

"Kung Fu Panda 2": Betsy Head Memorial Playground, Livonia Avenue at Strauss Street; www.nycgovparks.org; 8–10 pm; Free.

Jack Black is back in this animated sequel. Pack a basket and grab a blanket.

SAT, JULY 7

Ready, Set, Kindergarten: Bay Ridge Public Library, 7223 Ridge Blvd. at 72nd Street; (718) 748-5709; www.brooklynpubliclibrary.org; 11 am–noon; Free.



Green family fun

Habana Outpost is the coolest place for toddlers, preschoolers, and kindergarten tots to spend their summer days with hands-on activities, face painting, and creative workshops.

Habana Outpost is a community meeting place and green restaurant that's run entirely on solar power. They also use rain water to water their plants.

While parents enjoy delicious food, their children play in a safe environment.

Kids Corner provides an eco-friendly space where children make new friends and hang out with old friends as they make crafts that teach them about the

environment and ecology.

Kids Corner is open every Saturday and Sunday through Sept. 30 from noon to 4 pm and is offered outdoors for children 4 and older.

Little ones 4 and younger can enjoy Toddler Wonderland open every Tuesday through September from 10 am to noon. Here they can play with toys, a water table, and create fun projects with the help of a trained staff.

The best part of Kids Corner and Toddler Wonderland is that both programs are free.

Habana Outpost [757 Fulton St. at S. Portland Avenue in Fort Greene, (718) 858-9500, www.habanaoutpost.com].

brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265; 11 am–noon; Free.

Story time for children 3 to 5 years old with parents or caregivers to get tots ready for kindergarten.

Ready, Set, Kindergarten: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; 11 am–noon; Free.

Story time for children 3 to 5 years old with parents or caregivers to get tots ready for kindergarten.

Ready, Set, Kindergarten: Flatbush Public Library, 22 Linden Blvd. at Flatbush Avenue; (718) 856-0813; www.brooklynpubliclibrary.org; 11 am–noon; Free.

Story time for children 3 to 5 years old with parents or caregivers to get tots ready for kindergarten.

Blooming Babies: 11:30 am. Brooklyn Children's Museum. See Friday, July 6.

Word Kids: Bryant Park, Sixth Ave. and W. 42nd Street; www.nycgovparks.org; Noon–1 pm; Free.

Celebrate the Stars and Stripes.

Ready, Set, Kindergarten: 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; 2:30–3:30 pm; Free.

Story time for children 3 to 5 years old with parents or caregivers to get tots ready for kindergarten.

"Jungle Party" and "Moody Monsters": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free with museum admission.

New activity books are full of stickers,

finger puppets, puzzles, and party hats. Recommended for children 3 to 6.

SUN, JULY 8

Blooming Babies: 11:30 am. Brooklyn Children's Museum. See Friday, July 6.

History stories: Wyckoff Farmhouse Museum, 5816 Clarendon Rd. between Ralph Avenue and Kings Highway; (718) 629-5400; www.nycgovparks.org; Noon–2 pm; \$8 materials fee (Parents and guardians free).

Children ages 4 to 10 learn about life on Wyckoff Farm through ARTiculate, a program featuring hands-on, fun projects. Advanced registration is recommended.

Tres Leches, Rene Collins Band: Littlefield, 622 Degraw St. between Fourth and Fifth avenues; (718) 809-8850; www.hiptotmusicfest@gmail.com; 2 pm; \$12 (\$8 for children; Free for non-walkers).

Hip Tot Music fest presents concert for children birth to 7 years old.

Ready, Set, Kindergarten: Kings Highway Branch of the Brooklyn Public Library, 2115 Ocean Ave. between Kings Highway and Quentin Road; (718) 339-2783; www.brooklynpubliclibrary.org; 2–4 pm; Free.

Story time for children 3 to 5 years old with parents or caregivers to get tots ready for kindergarten.

Family Day: Rumsey Playfield, East and Terrace drives; www.nycgovparks.org; 3 pm; Free.

Presented by the SummerStage Kids, featuring Justin Roberts and the Not Ready for Naptime Players, Ill Style and Peace Productions, NY Chinese Cultural Center, and the Performers from Bindlestiff Family Circus.

TUES, JULY 10

Robbi K: Maria Hernandez Park, Suydam St. at Knickerbocker Avenue; www.cityparksfoundation.org; 10:30 am; Free.

Great music for little ones.

"Bessie's Big Shot": Columbus Park, Mulberry and Bayard streets; www.nycgovparks.org; 10:30–11:30 am; Free.

Children 2 to 8 years old share in Bessie's big day as she gets a chance to be in the circus.

Summer reading program: Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; www.queenslibrary.org; 2 pm; Free.

Teens 13 to 17 are invited to join in for arts and crafts, entertainment events, special projects, and, of course, books.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 3.

Going Places

WED, JULY 11

The Deedle Deedle Dees: The Grove in Fort Greene Park, Myrtle Avenue at Willoughby Street; (347) 559-5142; www.nycgovparks.org; 10-11 am; Free.

Children's concert.

Gardening at the farm: Wyckoff Farmhouse Museum, 5816 Clendon Rd. between Ralph Avenue and Kings Highway; (718) 629-5400; www.nycgovparks.org; 10 am-1 pm; Free.

Children 7 to 11 years old learn how to plant seeds, harvest vegetables, and learn all about life on a farm.

New parents: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10.

Director Sally Tannen leads discussion of new parents and their experiences, babies welcome.

THURS, JULY 12

Rolie Poli Guacamole: 11:30 am-12:16 pm. Gumbo. See Thursday, July 5.

FRI, JULY 13

Fab Fridays: Putnam Triangle Plaza, Fulton Street and Grand Avenue; www.faballiance.org; 10-11 am; 3-6 pm and 5-8 pm; Free.

Presented by the Fulton Area Business Alliance; Acoplados will perform Music for Cool Kids En Espanol.

Marika Hughes & Bottom Heavy: Brower Park, Kingston Avenue at Park Place; www.nycgovparks.org; 10:30-11:30 am; Free.

Vocalist entertains children with a mix of jazz, funk, and rock.

The Grand Falloons: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 6:30-7:15 pm; Free.

Vaudeville comes to the museum with comic juggling, classic slapstick, and live music.

SAT, JULY 14

Bubbles weekend: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11 am-4 pm; Free with museum admission.

Children of all ages learn about bubbles.

Ready, Set, Kindergarten: 11 am-noon. Bay Ridge Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 11 am-noon. Gerritsen Beach Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 11 am-



Ride back in time

Take a ride back to the future on a nostalgia ride aboard one of New York Transit Museum's vintage fleet of trains on July 1, 29, and Aug. 12.

On July 1, Lo-V cars stop at the Brooklyn Botanic Garden, then continue to the Brooklyn Museum of Art. The Lo-V (low voltage) trains were built in 1916 and sported kerosene lamps on the ends of the trains as running lights. The journey starts at the Grand Central Shuttle Train (S) Track 1 at Grand Central Station at 10 am. Tickets must be purchased in advance at www.nycharities.org/events/EventLevels.aspx?ETID=4996

July 29 finds riders on the R1/9 cars that make a trip to Coney Island. R1/9 trains were built between 1932 and 1939 and offered greater speed and capacity for its riders. Coney Island-bound trekkers begin their trip at the New York Transit Museum, located at the corner of Boerum Place and Shermerhorn Street in Down-

town. Flatbush Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 2:30-3:30 pm. Brooklyn Public Library's Central branch. See Saturday, July 7.

Dance: Lincoln Center, 70 Lincoln Center Plaza; (212) 875-5000; www.lincolncenter.org; 3-4:30 pm; Free.

Children get an afternoon of lessons in ballroom, salsa, swing, merengue and tango, from teacher Rodney Lopez. Suitable for the whole family.

Dragons and dinosaurs: The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-

6166; www.scholastic.com; 3 pm; Free with museum admission.

town at 10 am. Tickets must be purchased in advance at www.nycharities.org/events/EventLevels.aspx?ETID=4994

On Aug. 12 participants enjoy a ride on the R1/9 car and vintage buses that will travel through Jamaica Bay to Rockaway Park where guests can then hop aboard a vintage bus to Gateway National Park. Riders meet at the New York Transit Museum, located at the corner of Boerum Place and Shermerhorn Street in Downtown at 10 am. Tickets must be purchased in advance at www.nycharities.org/events/EventLevels.aspx?ETID=4995

All tours return to the original meeting spot and last for approximately seven hours. Tickets for each event are \$50 for adults (\$35 members), \$25 for children 5 to 17 years old (\$20 for members).

New York Transit Museum [130 Livingston St. between Boerum Place and Schermerhorn Street in Downtown, (718) 694-1600, www.mta.info/mta/museum].

6166; www.scholastic.com; 3 pm; Free with museum admission.

Children 4 and older pretend dig for dinos, and then create a Chinese Paper Dragon. For children 3 to 6 years old.

Camping: Prospect Park, West Drive and Field 6; (718) 421-2021; www.nycgovparks.org; 6 pm; Free.

The Urban Park Rangers celebrate the camping. Families are chosen by lottery.

SUN, JULY 15

Bubbles weekend: 11 am-4 pm. Brooklyn Children's Museum. See Saturday, July 14.

Ready, Set, Kindergarten: 2-4 pm. Kings Highway Branch of the Brooklyn Public Library. See Sunday, July 8.

MON, JULY 16

"Bessie's Big Shot": Coffey Park, 85 Richards St. between Verona and King streets; www.cityparksfoundation.org; 10:30 am; Free.

The cow jumps over the moon in this great puppet production.

TUES, JULY 17

"Bessie's Big Shot": Maria Hernandez Park, Suydam St. at Knickerbocker Avenue; www.cityparksfoundation.org; 10:30 am; Free.

The cow jumps over the moon in this great puppet production.

Summer reading program: 2 pm. Hillcrest Public Library. See Tuesday, July 10.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 3.

WED, JULY 18

Gardening at the farm: 10 am-1 pm. Wyckoff Farmhouse Museum. See Wednesday, July 11.

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

Astrograss: Carroll Park, Smith and Carroll streets; carrollparkbrooklyn.org/concerts; 4 pm; Free (donations welcomed).

Children's concert in collaboration with PS 32.

"Puss In Boots": Jackie Robinson Park, Marion Street and Malcolm X Boulevard. www.nycgovparks.org; 8-10 pm; Free.

Be prepared to fall in love with this animated Don Juan cat, voiced by Antonio Banderas.

THURS, JULY 19

Rolie Poli Guacamole: 11:30 am-12:16 pm. Gumbo. See Thursday, July 5.

FRI, JULY 20

"Bessie's Big Shot": Brower Park, Brooklyn Avenue at Prospect Place; www.cityparksfoundation.org; 10:30 am; Free.

The cow jumps over the moon in this great puppet production.

Rumba Tap: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 6:30-7:15 pm; Free.

The ensemble mixes and remixes traditional tap with a Afro-Cuban jazz and folkloric music.

Going Places

SAT, JULY 21

Ready, Set, Kindergarten: 11 am–noon. Bay Ridge Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 11 am–noon. Gerritsen Beach Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 11 am–noon. Flatbush Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 2:30–3:30 pm. Brooklyn Public Library's Central branch. See Saturday, July 7.

"Jungle Run": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343–6166; www.scholastic.com; 3 pm; Free with museum admission.

Children 3 to 7 compete in a jungle race and have some animal crackers while making jungle puppets.

SUN, JULY 22

History stories: Noon–2 pm. Wyckoff Farmhouse Museum. See Sunday, July 8.

Ready, Set, Kindergarten: 2–4 pm. Kings Highway Branch of the Brooklyn Public Library. See Sunday, July 8.

Mill's Trills: Littlefield, 622 Degraw St. between Fourth and Fifth avenues; (718) 855–3388; www.littlefieldnyc.com; 3 pm; \$15 (children under 4 free).

Families meet, touch, and hear a collection of hand-made instruments from around the world.

MON, JULY 23

Zany Umbrella Circus: Coffey Park, 85 Richards St. between Verona and King streets; www.cityparksfoundation.org; 10:30 am; Free.

A high-flying, low-browsing event full of puppets, music, storytelling, and street theater.

TUES, JULY 24

Summer reading program: 2 pm. Hillcrest Public Library. See Tuesday, July 10.

Stories in the Garden: 7 pm. Hoyt Street Garden. See Tuesday, July 3.

"Wall-E": Jane Bailey Memorial Garden, 327–329 Greene Ave. at Franklin Avenue; (212) 333–2552; www.nycgovparks.org; 8–10 pm; Free.

Grab a blanket, pack a basket, and enjoy a viewing of this animated classic.

WED, JULY 25

Gardening at the farm: 10 am–1 pm. Wyckoff Farmhouse Museum. See



The place for kids

What better way to spend a Saturday in the Big Apple than reading, learning, and crafting? Now you can at The Scholastic Store, the coolest place to enjoy a good book, meet new friends, and make unique craft projects.

Unleash your wild side on July 7 when the store releases "Jungle Party" and "Moody Monsters," two new activity books just right for children 3 to 6 years old who like to play with stickers, finger puppets, and puzzles.

July 14 introduces "Wings of Fire the Dragonet Prophecy," by Tui T Sutherland. Children 4 and older make a paper dragon and learn how to "dig" paleontology by learning about dinosaurs.

Little ones 3 to 7 should stam-

pede over to the store on July 21 for "Jungle Run," by Tony Mitton. Tots will compete in a jungle race, play a round of wilderness charades, and then wolf down animals crackers while creating their very own puppet.

Get your spandex on and vault into the Olympic season on July 28 when "Gold Medal Summer," by Donna Freitas hurdles into the store with a limbo tournament and a pass-the-torch relay. Children 6 and older can creating their own versions of gold medals.

All events begin at 3 pm and are free. No reservations required.

The Scholastic Store [557 Broadway between Prince and Spring streets in SoHo, (212) 343–6166, www.scholastic.com].

Wednesday, July 11.

New parents: 10:30 am–noon. 92nd Street Y. See Wednesday, July 11.

THURS, JULY 26

Nuts for Nutrition: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735–4400; www.brooklynkids.org; 10 am–4 pm; Free with museum admission.

Children of all ages learn about good food and healthy living.

Rolie Poli Guacamole: 11:30 am–12:16 pm. Gumbo. See Thursday, July 5.

FRI, JULY 27

Beach party: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735–4400; www.brooklynkids.org; 6:30–7:15 pm; Free.

Rock and roll and have summer fun with songs of the Beach Boys, Beatles and more.

"Hugo": Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627–2121; www.hudsonriverpark.org; 8:30 pm; Free.

Based on the Brian Selznick's novel, "The Invention," about a boy who lives alone in the Paris railway station.

SAT, JULY 28

Ready, Set, Kindergarten: 11 am–noon. Bay Ridge Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 11 am–noon. Gerritsen Beach Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 11 am–noon. Flatbush Public Library. See Saturday, July 7.

Ready, Set, Kindergarten: 2:30–3:30 pm. Brooklyn Public Library's Central branch. See Saturday, July 7.

"Gold Medal Summer": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343–6166; www.scholastic.com; 3 pm; Free with museum admission.

Children 6 and older celebrate the 2012 olympics with this new novel by Donna Freitas.

SUN, JULY 29

Nostalgia Ride: New York Transit Museum, 130 Livingston St. between Boerum Place and Schermerhorn Street; (718) 694–1600; www.nyccharities.org/events/EventLevels.aspx?ETID=4994; 10 am–5 pm; \$50 (\$25 children; \$35 members; \$20 children members).

Take a ride to Coney Island and visit the Big Apple's playground.

It figures

BY CYNTHIA WASHAM



TRAVEL TRIVIA

80 Percent of family travel influenced by mom.

41 Percent of family travelers who seek out restaurants with children's menus.

6 Percent who seek out hotels with babysitting services.



18 Percent of travelers in the U.S. who bring a pet on vacation.

8 Number of water parks, half indoors and half out, in Wisconsin Dells, the water park capital of the world.



100 mph Speed at which the "Superman" ride at Six Flags Magic Mountain in Valencia, Calif. blasts passengers up 41 stories.

130 Feet riders on the new "Cheetah Hunt" at Busch Gardens in Tampa plunge into a subterranean trench.

60 Percent of people who attend a family reunion at least once every other year.

30 Percent whose reunions include 100 or more people.



ICY ITEMS

10.13 tons Weight of the world's biggest ice-cream cake, created on May 10, 2011, in Toronto, Canada.

100 Number of people who worked 14 hours to make it.

11 Age of Frank Epperson, in 1905, when he forgot a powdered soft drink with a stirrer outside on a cold night, leading to the creation of his first Popsicle.

2 billion Number of Popsicle-brand ice pops sold annually.



Sources: Road & Travel Magazine, Bits-int.org, AOL Travel, U.S. Travel Association, Family-reunion-success.com, The Independent, Popsicle.com

New & Noteworthy

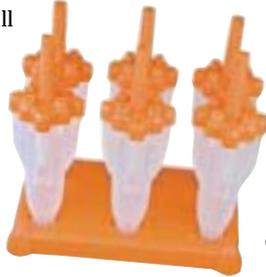
BY LISA J. CURTIS

Best in the galaxy

You and your kids will have a blast making frozen treats with the Rocket Pop Molds by Tovolo.

Kids love their cool shape — atomic age-style rocket ships — and parents love that they can control what goes into them, whether it's pureed fruit, juice, yogurt, or ice cream. Choose well, and your kid will be enjoying a dessert that doesn't have any artificial colors, flavorings, sugar, or preservatives.

The set includes six sleeves and handles and one base to anchor the



pops while they are firming up in your freezer. The molds are sturdy and smooth, making it easy to slide the pop out. They can be cleaned on the top shelf of the dishwasher, and they are free of the chemical Bisphenol A (BPA). These molds are a delicious idea that you'll enjoy again and again, all summer long.

Rocket Pop Molds by Tovolo, in blue or orange, \$12.25. Visit www.amazon.com.

Up to the tusk

Before Disney's "The Lion King," Jean de Brunhoff immortalized his wife's story of an elephant king in his book "Histoire de Babar," published in 1931. Last month, Entertainment

One released the adventures of the pachyderm, son of an elephant who sacrifices herself to a poacher to save the herd, to a new generation of children through the



two-DVD set, "Babar: The Classic Series."

This set preserves the original animated series that debuted on HBO in 1989.

While the loss of Babar's mother and his grief could be unsettling for some young viewers, the rest of his youthful adventures are largely charming and brimming with moral lessons.

"Babar: The Classic Series: The Complete First Season" set of 2 DVDs, \$19.98. Unrated. Visit www.amazon.com.

Wayward seafarer

There are some books you love to read to your child, and some he prefers, but we think you'll both agree that Carrie Clickard's "Victricia Malicia: Book-Loving Buccaneer" will be considered a treasure. In this tale, illustrated by Mark Meyers (of "Ballpark Mysteries" fame), young Victricia just can't embrace the family business of swashbuckling. Instead, she yearns for books and dry land.

Clickard's rhyming tale is a joy to read aloud, and she introduces her readers (ages 4–8) to a boatload of

pirate terms.

She vanquishes a sea serpent and is hailed a hero, but she stays true to her dream and opens a bookstore on an island. Her independent spirit is an inspiration to all.

"Victricia Malicia: Book-Loving Buccaneer" by Carrie Clickard (FlashLight Press, \$16.95). Visit www.victriciamalicia.com.



Howdy, pardner!

The best toys are the ones that encourage your little one's imagination to run wild, and with the Old West Khaki TeePee, he'll be dreaming of the Wild West in no time. At 4-and-a-half feet tall and wide, this teepee offers plenty of room for your little buckaroo to share his adventure with a pardner. Made of cotton, drapery-weight fabric that's suitable for indoor use, the teepee features a vintage, Western-style pattern. (It's also available in Denim Stripe, Fancy Flowers, and other patterns.) Flexible PVC pipe "poles" provide sturdy but lightweight construction.

The teepee is easy for a child to carry, as it's only 9 pounds, no assembly is required, and storage is as easy as collapsing an umbrella and sticking it under your bed. Accessories such as pillows are available. Recommended for toddlers to tweens.

Old West Khaki TeePee by TeePee for Me, \$288. Visit www.teepee-forme.com.



Creole celebration

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" is a hardcover book illustrating the 30 folk songs on its accompanying CD that are a welcome departure from our usual diet of kindie rock. The tunes are recorded with acoustic instruments and sung in French Creole by adults and kids.

Author Chantal Grosleziat explains that up until the 1980s, Creole — derived from French, African languages, and Amerindian terms — was "banned in church, on the radio, in government, and especially in school." The CD preserves the Creole songs that celebrate life's passages and rituals from the tropical isles of Guadeloupe, Haiti, Marti-

nique, and Reunion.

The publisher, Secret Mountain, claims that "Songs in the Shade" is appropriate for 2- to 7-year-olds, but we advise parents to page through

the illustrations by Laurent Corvaisier before showing it to their children, because some could be frightening to sensitive kids in the same way that some English nursery rhymes have alarming narratives.

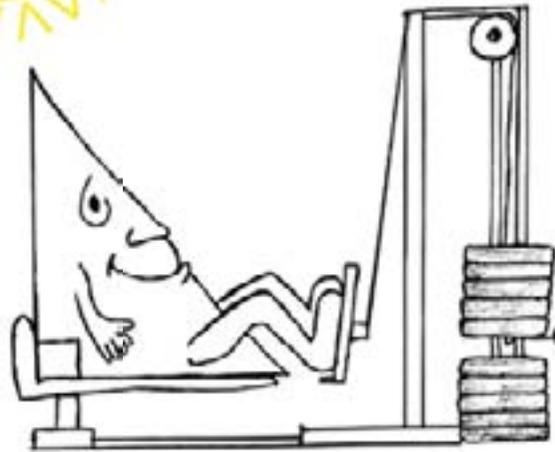
The translations and notes in the book help parents to explain the meaning of the songs, and the music can certainly be enjoyed without the provocative illustrations.

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" book with CD, \$16.95. Visit www.amazon.com.



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Photo by Heather Weston

Children are born scientists; they investigate every facet of life. The Cosmic Cove takes a child's curiosity and investigative nature and inspires their minds to explore all aspects of the world around them.

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