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Letter from the publisher

End of summer

August always seems to come so quickly and once that happens we all know there are only a few weeks left of the long days, and that soon vacations will be over and the kids will be back in school.



During these last weeks of summer, as parents, we often need to prepare for the fall and for the change in schedules and routines that September will bring. For many, there will be new school choices for the first time or for some, a new school for a new neighborhood. Whatever the circumstance, there are issues to address and plans to be made, so in this issue we try to cover some of them.

There is an article about packing kids off to college; the tearful days

of leaving your little one for the first time; smart shopping that will hold down costs; and our Annual Fall School Directory.

We haven't totally forgotten that it still is summer and there are also columns and articles that deal with summer eating, vacationing with baby, the woes of flip-flops, and safe BBQ behavior. August is a transition month and our editorial reflects it.

Before we know it, Labor Day will be here and the fall will be unfolding, but it isn't here yet. There still are weeks ahead of beach going, cooking out, vacationing and daylight savings time. Right now, there is the opening of the Summer Olympic Games in London and the thrills of that once

every four years celebration of youth, fitness, discipline and athletics, and the pride we all take in supporting the youngsters from our nation.

I have observed the Olympics through the lens of being outside of the U.S. and it's the same everywhere, with every country beaming with pride at the best of the best in sport representing their nation. Make sure your kids get to see it and although our TV coverage will only largely follow the US athletes, I'm told that online one can follow the entire competition. Our kids are more oriented toward the computers these days than the big screen so it should not be a problem to find. What a thrill!

Next month will launch the newest title in our parent coverage of the whole city, with *Manhattan Family* completing our five-borough reach. This is both daunting and exciting.

Fourteen years ago, we began *Brooklyn Family* and now we are completing our goal of bringing a quality parent guide to every parent in New York City. As the founding publisher, I am both overwhelmed and exhilarated at the same time. With our online presence at www.NYParenting.com and our daily messages and information through varied social media, through our magazines and our digital presence we will proudly continue to bring rich editorial and solid information.

Thanks for reading.

Susan Weiss-Voskidis,
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The cost of

Smart ways to save when shopping for back-to-school clothes

BY DENISE YEARIAN

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

“The most common mistake shoppers make is buying too much on impulse when faced with a large selection, or buying too much of the wrong thing,” says family budgeting expert and consumer economist Dr. Pam Norum. “Although the plan-and-budget mantra may have an ominous ring, it’s really as simple as taking an inventory of what your child has and deciding what he or she needs.”

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

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

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

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

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

After taking inventory, establish a clothing budget for each child. While not every family can spend the estimated \$246 per child, it is important that you decide — before you go shopping — what you can afford to spend.

“Equally important is to know your price point,” says Krugman. “Are you going to spend \$15 for that

Girls vs. Boys

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

pair of jeans, or \$50?”

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

“The combination of increased peer awareness and pure size — more fabric, construction, and fashion features — adds to the bottom line,” she says. Older children also tend to have a wider variety of social activities that require a more diverse wardrobe. Since adolescents are in the throes of growth spurts, it is best to spread purchases over a longer period of time.

And don’t forget about alterations. Those ankle-skimming pants or jeans can be easily made into shorts or capris. While a budget is partly about establishing spending limits, it is also about getting the most value for your money.

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

- Durability.** Look for good enough quality to withstand repeated launderings while remaining colorfast and not shrinking. Check for reinforced stitching and well-sewn buttons and buttonholes. When purchasing knits, go with fabric that is more dense than loose,

with limited stretching. Keep in mind growth features such as elastic waistbands, adjustable straps, and longer shirt tails.

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

- Quality.** Getting the most value for your money means budgeting for quality. Backpacks and jackets, for example, are likely candidates for heavy wear and tear.

“For items like these, it’s a good idea to buy brands you trust,” says Krugman. “Some items, such as backpacks, even come with warranties.”

- Comfort.** Children need to be comfortable when they are in a learning environment. When trying on clothes in the dressing room, have your child sit, kneel, twist around, and bend over. Are the clothes tight anywhere? Do they ride up or fall down? Are they itchy? If so, it may distract your child while he is trying to learn. For most children, today’s clothing makes a lifestyle statement — one that can stoke an emotional standoff when needs versus wants enter the financial equation. There may be times when your child wants something more than your budget allows, or an item you simply find inappropriate.

“Conflicts are inevitable with children who don’t understand that clothes are subject to spending caps,” Norum says.

Krugman agrees.

“This is another reason why you should have a game plan before leaving home. You and your child will





fashion

know what the expectations are, and you may be able to avoid conflicts altogether.”

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

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

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

If the situation warrants, consider a compromise.

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

has some freedom of choice.”

“This is a good way to approach it,” says Krugman, who offers yet another option. Let children use their own money to buy that must-have item, he says.

“Kids these days are spending more and more of their own money on back-to-school clothes. If they find something they want, and it isn’t in your budget, let them purchase it themselves.”

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

Then you can shop for style with savings in mind.

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

It is important that you decide — before you go shopping — what you can afford to spend.

Goodbye rituals

For tearful first days of school or day care

BY MICHELE RANARD, MED

When it's time to say "goodbye," that first day of school can be a doozy for young children. Separation anxiety is a very natural part of development, but how parents respond to it is critical in order for children to make a healthy transition and develop trust with caregivers and teachers.

What not to do

Parenting coach Liz Warrick says there are definite no-no's when it comes to saying "goodbye":

- Don't sneak away. Although it might be tempting, this actually creates more fear in your child, and it does not help your child learn to say "goodbye."

- Don't ask: "Is it OK for mom to

leave now?" There really is only one answer.

- Do not bribe your child with a treat. This creates a bad precedent for both you and your child, as you will have to always up the bribe to get the behavior you want.

- Don't linger.

Healthy goodbye rituals

Robin McClure, parenting expert and author of "151 Ways to Help Your Child Have a Great Day at School," suggests creating a parting ritual.

"Maybe it is a special hug or handshake, a kiss and a twirl, or a set verbal exchange between you (such as 'I love you best because...')," he suggests. Here are some other suggestions:

- A Jedi goodbye. Social worker and blogger Dana Aderhold came up with a clever, customized ritual.

"When my son was 4, he started a new preschool where he didn't know any of the other students. We created the 'Jedi Goodbye': when my husband or I dropped him off at preschool, we would do a secret light saber signal that was our goodbye ritual. It meant that 'the Force was with him' until we picked him up. He found this very reassuring."

- Consistent goodbyes. Mom, day-care owner, and blogger Nicole Dash says it's a good idea to say "goodbye" in the same way each day.

"If you help your child hang up his or her coat, and then give a kiss and hug before turning and leaving with a wave, then do not break that routine by one day sitting and playing." Also, Dash says consistent means it is important that you try not to shortcut the goodbye,

because you are running late.

- Low-stress goodbyes. Parents should keep their emotions in check. Dash says it's not a coincidence when your child chooses to melt down and cling to you on a day you are running late to a meeting.

"Never tell your child you are running late, or show signs of stress. This will place undue stress on your child and will make the morning miserable for everyone."

- Less-guilty goodbyes. There will be days your child will cry due to fatigue, a cold, etc.

"Whatever the reason, these sad goodbyes do not usually last longer than it takes you to get back into your car. It does not mean they hate you for leaving them in day care," says Dash.

- Positive goodbyes. Warrick says on the big day, keep smiling and stay positive.

"Remind your child of all the 'new and exciting things' they will do. If you are confident about your child's new environment, your child will be positive, too."

- Courageous goodbyes. Dr. Laura Markham has this advice when it is you shedding more tears:

"Have faith in your child, and in nature. Nature designed kids to hang onto their parents for protection, but to start exploring once they feel safe. Worrying about leaving your child at school is a way of saying you don't believe he can cope ... have faith in your child's inner strength to rise to the occasion and grow."

Michele Ranard has a husband, two sons, and a master's in counseling. She has a blog at <http://hellolovelyinc.blogspot.com> and <http://hellolovelychild.blogspot.com>.

Resources:

Aderhold, Dana. <http://edgeviews.wordpress.com>

Dash, Nicole. <http://www.dcmetro mom.com/easy-blog/entry/ease-goodbye-drama.html>

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MOMMY 101

ANGELICA SERADOVA

The big one!

How I'll be celebrating my daughter's first birthday

This month, my daughter Olivia turns 1, the Big 1! I can barely handle it. And in case you're wondering, yes, I'm planning a big, fat 1-year-old birthday party. Everyone will be there: family, friends, friends of friends, and if the wonderful ladies from her daycare center weren't going to Disney World, they'd be there, too.

It's not every day that your baby turns 1. It's a huge accomplishment — a milestone. She's learned so much recently; she dances and claps her hands whenever she hears music, she puts the phone to her ear and says, "Hello" (or at least that's what it sounds like she's saying), she shares her snacks and toys with the dog, and she's trying to walk. Her personality is shining through, and it's a fun time just being her mom.

It was just a few months ago that she outgrew her bassinet. That was bittersweet, because although she got to graduate to her crib, it also meant she was in her own room, not lying right beside me, where I could just open my eyes and see her. I didn't want to let her go, but my husband encouraged me into accepting that it was time.

When she started to hold her own bottle, that was a big deal, because I got some relief, and it made her a little more independent. She didn't need me as much. Sometimes I look at her while she's sleeping, and I see a kid, not a baby. Not too long ago, she took up just a tiny space in that crib, so tiny that I thought she would get lost in there. I find myself constantly asking her to slow down. Let me enjoy you as my baby.

Some of the best advice I've received as a new mom has been to enjoy every minute, because it goes by fast. These pearls of wisdom were so comforting to me in those first few months when I was overwhelmed

and anxious. It doesn't feel like it's going by fast to a mom who's learning to breastfeed or who just wants to sleep for at least one uninterrupted hour. I'm pretty sure I wrote that advice on a Post-It and placed it above Olivia's crib, for those middle-of-the-night sessions when frustration trumped every other emotion. It helped me understand that all too soon, my daughter will grow up, and I'll yearn for these simpler moments.

I recently took Olivia to a local diner for a mommy-and-me dinner, something my husband does occasionally when it's just the two of them. (Yes, I stole his little tradition.) Naturally, she got the attention of most of the diners. Halfway through our meal, I noticed she was staring intently at a couple of elderly women

who were sitting behind us. She did this for so long that I just had to acknowledge it and introduce her to them.

The ladies talked about their "babies," and how much they enjoyed being moms. Their babies were in their 50s now, but you would think they were talking about infants. One of them told me, "Whatever you do, enjoy this time in both of your lives."

I know I will, which is why I'm excited to celebrate her first birthday. I'm acknowledging all the "firsts" she's had in the past year, and I'm looking forward to a lot more. Maybe her party is more for me than it is for her. Will she remember her first birthday party? I doubt it. But it's my big day, too. Since her birth day, everything has changed for me.





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Preparing a special needs child for a new school year

How to ease the jitters related to the transition to a new environment

BY REBECCA MCKEE

The countdown is on for September. School will be approaching within a month. For some, that is good news, and for others, it is the pits! Some children and teens look forward to a fresh start with brand-new books and a clean slate and always promising to use the very best handwriting each and every day. But for others, it means the end of summer freedom and fun. This transition can bring about a mixture of emotions.

Starting a new school is a sensitive time for all children. However, for those who have autism spectrum disorder or another special personality, anything new is incredibly daunting. It is the unknown. People who have a limited language base struggle with creating pictures in their minds of what future events may resemble; they have trouble imagining what school may be like in September. The inability to daydream about what the new classroom may look like, what their teacher's voice sounds like, and simply what to expect, affects their ability to self-prepare in a relaxed fashion.

People who have typical social skills receive information from others. Typical children are experts at watching the goings-on of upper grades in their schools. They are able to ask for and retrieve information from their peers. Your typical children and relatives already know the names of their future teachers. They have the ability to "chit-chat" and receive news in a childlike way. Typical people get their questions answered very easily. As a result, their anxiety level decreases.

If you have someone in your family with special needs, preparation for a new school year needs to be



more concrete. Here are some suggestions that may help:

- Visit and experience. Take the child or teen on a tour of the school before September arrives. Have him look inside the new classroom to enjoy a visual journey. If possible, allow a tactile visit, so he can explore some items within the classroom with careful hands. Have him navigate the recess yard while it is empty, quiet, and peaceful. Follow the route from locker to each period of classes.

- Visual support. Ask the new teachers for a personal photo, such as a headshot. Being able to look at a picture is a way to create an image of this new person in your child's mind.

- Schedule and plan. Record the school day schedule in a planner at home; pre-teaching your child when to expect gym, or music class, or recess, or other special in-

struction time will ease anxiety.

- Tracking time. Use a calendar at home to count down the days before school starts. Use a calendar or planner all year to record days off from school, vacations, or special presentations.

Realize that your child or teen is, in his own way, having these same thoughts as other children and adolescents. Due to his communicative level, he is holding onto these questions, as opposed to seeking out the answers. Following these tips will help to ease the jitters related to the transition to a new school year. Always modify suggestions to fit your child's specific needs. And, always, be courteous and respectful of your school's rules. This will lead to your child's team being super receptive and open-minded when you need their support in a unique area such as transition planning.

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- Extensive Educational Program
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- Arts and Crafts
- Music
- Basic Science
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- Small Classes are Available with Licensed Educators
- Summer Camp



714 BANNER AVENUE • BROOKLYN, NY 11235

Education

DIRECTORY

Adelphi Academy

8515 Ridge Boulevard
718-238-3308 or www.adelphiacademy.org

Adelphi Academy, a college preparatory school, provides its diverse student body with a nurturing, comprehensive and challenging program of studies and activities in a safe, caring and secure environment. The focus of the instructional and support program offered is on the individual student. Each student will be encouraged to reach his or her maximum potential and to acquire the skills needed to become contributing members of the community. Classes range from Pre-K to grade 12. Please call or visit our website for further information.

Bam Bam's Playhouse

714 Banner Avenue
718-332-3974 or www.coneyislanddaycare.com

Bam-Bam's Playhouse is a children's daycare center located in the heart of Brighton Beach. We believe that given the right start, children find ways to learn that are right for them. At Bam-Bam's Playhouse, our unique children's curriculum gives children both the guidance and the freedom to construct knowledge in ways meaningful to them. Our highly trained teachers and staff nurtures kids' natural curiosity and wonder, within a safe, homelike environment that allows them to explore and discover. We are a fully certified New York City childcare facility. We accept HRA, ACD and Private Payments. Bam-Bam's Playhouse is now open to children from 12 months to 6 years old. Check out our facility and programs. Children leave Bam-Bam's Playhouse empowered to be creative problem solvers, life-long learners and interested individuals. Contact us for information about our programs and space availability

Bay Ridge Preparatory School

Lower & Middle Schools: 8101 Ridge Boulevard,
High School: 7420 Fourth Avenue
718-833-9090 or www.bayridgeprep.org

Is an independent K-12 college preparatory school offering a strong academic program and a socially mature and positive learning environment. The school seeks to

develop the whole student with a wide range of academic, fine art and athletic programs that enhance students' academic potential as well as their emotional and social intelligence.

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

Bethel SDA Elementary School

457 Grand Avenue
718-783-3630 or www.bethelsdaschool.org

The Bethel Early Childhood Learning Center has been established to capture the creative imagination, and receptive minds of early learners (ages 2.5 through 4.0) in order to provide a solid educational foundation which will serve as a springboard into the future of learning disciplines. Teaching is accomplished through constructive educational role play that does not allow attention span dilemmas. Most teaching strategies are taken from The Creative Curriculum that is used in the school to assist with the daily age-appropriate methodologies. The learning centers activities facilitate enrichment of the educational environment which leads to self-directed learning. The room, materials and social climate are supportive of the learners. Teachers at this learning center provide the opportunity for children to function in a safe and positive climate.

Blue School

241 Water Street
212-228-6341 or www.blueschool.org

Blue School is an innovative progressive school that serves 2 year olds-5th graders. Blue School teachers strive to find a balance between academic enchantment and academic rigor in a supportive environment where exploration, play, risk-taking and creativity are valued and encouraged. The new light-drenched building in lower Manhattan is full of lab spaces including an art studio, a construction lab, a music and drama space, an activity gymnasium, and a wonder room. In these spaces children can collaborate and create large-scale projects. Blue School is a school built upon the ideas and desires of families to see and experience new possibilities in education for children, therefore parents' pres-

Continued on page 16



ADELPHI ACADEMY OF BROOKLYN

FOUNDED 1863

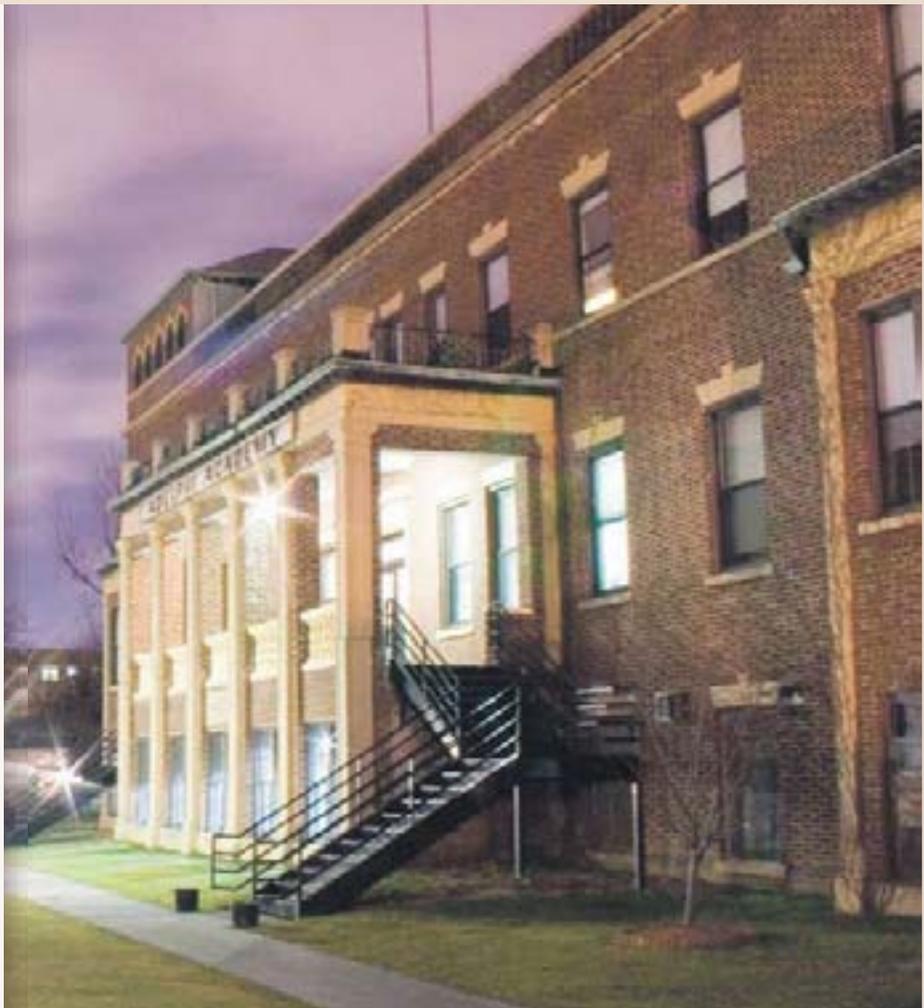
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MISSION STATEMENT

Adelphi Academy of Brooklyn provides its diverse student body with a nurturing, comprehensive and challenging program of studies and activities in a safe, caring, and secure environment. The focus of the instructional and support program offered is on the individual student.

Each student will be encouraged to reach his or her maximum potential and to acquire the skills needed to become contributing members of the community.



Adelphi Academy is Brooklyn's oldest private, independent, continuing, nondenominational, co-educational, college preparatory day school, Pre-Kindergarten through grade 12. The Academy is an institution known for its generation-spanning tradition of academic excellence, provided in a community rich with families from diverse cultures and ethnic backgrounds. Clearly, traditions of excellence are continuing, as thousands of Adelphians are making their mark on the world!



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Lower and Middle Schools

Thursday, October 4 @ 9AM
 Saturday, October 20 @ 10AM
 Thursday, October 25 @ 10AM

High School

Thursday, October 11 @ 9AM
 Sunday, October 14 @ 2PM
 Wednesday, October 24 @ 4PM
 Monday, November 6 @ 9AM

RSVP: 718.833.9090
bayridgeprep.org



15 YEARS AND GROWING BAY RIDGE PREP

AN INDEPENDENT K-12 COLLEGE PREPARATORY SCHOOL

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

Education

DIRECTORY

Continued from page 14

ence and participation at the school is deeply valued.

Brooklyn Free School

**372 Clinton Avenue
 718-499-2707 or www.brooklynfreeschool.org**

Brooklyn Free School (BFS) is a K-12, independent, non-profit school, now in its ninth year, which places a strong emphasis on the personal development as well as the academic development of each student. With an emphasis on play, exploration, constructivist teaching and collaborative learning, BFS, guided by democratic principles, empowers every student with the responsibility to make important decisions about how their school is run and the learning activities they will pursue throughout their time at the school. Students also learn through hands on activities the importance of working to support their school and greater community.

Brooklyn Friends School

**375 Pearl Street,
 718-852-1029 or www.brooklynfriends.org**

Is a vibrant, thriving community of learners who are actively engaged in intellectual growth and participation in the arts and athletics. Founded in 1867, Brooklyn Friends provides a college preparatory program serving students from Preschool - Grade 12. It is committed to educating each student intellectually, aesthetically, physically, and spiritually in a culturally diverse community. Guided by the Quaker principles of truth, simplicity and peaceful resolution of conflict, Brooklyn Friends School offers each student a challenging education that develops intellectual abilities and ethical and social values to support a productive life of leadership and service. BFS offers the International Baccalaureate (IB) Diploma Program for high school juniors and seniors.

CBE KIDS Early Childhood Center

**8th Avenue and Garfield Place,
 718-499-6208 or www.congregationbethelohim.org**

The Congregation Beth Elohim Early Childhood Center is dedicated to providing children aged 2 to 5 with a learning environment that nurtures their growth, curiosity and

self-esteem. Our lively, hands-on curriculum is developed through direct observation of children's interests and individual needs. The traditions and basic values of the Jewish culture are integrated throughout to strengthen our learning community. Established in 1978, Congregation Beth Elohim's Early Childhood Center is one of the most highly regarded preschools in the New York Metropolitan area.

Our curriculum emerges from the children's interests, ideas and experiences. Children have a strong disposition to explore and discover and are encouraged to become active participants in learning. An emergent curriculum builds on natural curiosity, enabling children to interact, question, connect, problem solve, communicate and reflect.

We are an inclusive community and are committed to maximizing the potential and participation of all types of learners in our classrooms. We believe individual differences between students and families are a source of richness and diversity.

The Dillon Center

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

Opened in 1934 as one of the first laboratory preschools on the East Coast. Dillon follows the child development approach to early childhood education, where the physical, emotional, cognitive and social domains of development are fostered through a play-based curriculum. Children at Dillon become confident, self-directed persons who learn to understand their world through activities involving exploration, problem-solving and cooperative action. Dillon serves 2-6 year olds in spacious classes, with 2-4 teachers per class, and St. Joseph's College students as additional helpers. Each classroom has an observation booth for parents, and the school sports a large outdoor play area. All teachers are certified in early childhood education and the school is licensed by the Department of Health and registered with the New York State Education Department.

Elemental Arts Montessori (EAM)

364 Argyle Road in the historical Victorian section of Brooklyn

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BROOKLYN FREE SCHOOL

Where Children Are Free To Be Themselves

A community based, non-profit K-12 independent school where freedom and democracy aren't just textbook concepts but lived on a daily basis



The weekly all-school democratic meeting

- Student choice is honored —young people's voices are heard!
- Student centered learning is facilitated through play and exploration, constructivist teaching, collaborative course work and self-directed student initiatives.
- Social and emotional learning is supported through conflict mediation with active student participation, personal reflection, diversity awareness and community responsibility.
- No mandatory tests or homework.
- The community is racially and socioeconomically diverse.

FALL OPEN HOUSES:
Wednesday, October 24th, 6PM
Wednesday, November 7th, 6PM

For more information visit our website:
www.brooklynfreeschool.org,
or call us at 718-499-2707.



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reimagining education

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 2 YEARS OLD - 5TH GRADE.**

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Windmill's environment encourages children to

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

CURRICULUM ADVANTAGES

Montessori Method, French, Computer Skills,
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PLUS MORE

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Happy Learners and Happy Campers

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Thursday, September 20
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Academic Montessori Summer Camp for
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 Camp for 6-9 and 9-12 year olds

Group Games ★ Weekly Themes ★
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- Playtime
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Open Registration August 13th - 17th

Now Accepting Students
Ages 3-14 / Preschool – Grade 8

Call to Schedule an Appointment for a Tour of the School

**In Addition to State Approved
Curriculum We Offer:**

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Assistance**

We prepare grades
3-8 for New York
State Exams



www.bethelsdaschool.org
457 Grand Avenue
718-783-3630

Education

DIRECTORY

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718-484-0942 or www.elementalartsmontessori.com

EAM is licensed by the New York City Department of Health. We are a Full Member School with the American Montessori Society. EAM is for children from the age of 2.6 through 5.6 years old.

In order for us to maximize our time with the children, EAM offers a small class size of only twelve children per program session. There are two Montessori trained teachers. This is to provide a warm, nurturing, caring and stimulating environment.

EAM offers a unique experience for your child. Our mission is to have fun through exploration and discovery. Allowing each child to fully experience their natural joy for learning.

El Pequeño Artista

249 20th St., Brooklyn, near 5th Ave. T

718-965-1406 or www.elpequenartista.com

El Pequeño Artista is a Montessori-based, Spanish-immersion Preschool with more than 6 years of successful experience in the market. Our program is designed for children aged 2 1/2 to 5 and includes part-time and full-time options. The preschool will have a new house this coming fall - stay tuned! Our modern, vibrant and sun-drenched studio on 20th street will offer after-school programs, parties, play time and is the ideal space for your children to soak up a new language and use hands-on, stimulating techniques as they learn.

Gan Day Care

9502 Seaview Avenue
718-968-7575 or www.ganjewish.com

Accepting children ages 1 to 5 years old. The goal of our preschool is to provide quality, safety, and education in a warm and loving environment. The children will be learning about the Jewish holidays, Hebrew alphabet, the ABC's, numbers, math and science. We will be teaching the simple tasks of sharing, listening, cleaning, coloring, painting and much more. Parents are asked to chaperone trips and participate in Holiday Workshops throughout the year. We encourage good behavior by rewarding the kids. Our staff is experienced and licensed. Our teachers work hard to build up self

esteem, instill confidence, and help each individual child feel special.

Green Hill School

39 Adelphi street
718-230-3608 or www.greenehillsschool.org

Green Hill School is an independent elementary and middle school for children that serves the need of the Fort Greene/Clinton Hill and surrounding Brooklyn communities for affordable and progressive education. We actively involve families in their children's school and children in their own education. We promote learning through an interdisciplinary curriculum, appreciation of critical thinking and open-ended investigation of neighborhood and beyond. Founded with the understanding that community is the backbone of society. Greene Hill School guides children to become dedicated members of a diverse, democratic society.

The Hanson Place S.D.A. Day Care Center

38 Lafayette Ave.
718-625-3030 or www.hpsdaschool.org

Join Our Family!

-A Safe Enjoyable Experience for Children

-Highly Qualified Staff Who Educate With Love and Patience

-A Quality Education which includes Play as well as the Exposure to Technology, Music, Arts, and More

For nearly fifty years our day care center has provided a foundation for success within individuals, one child at a time. The emphasis on spiritual, emotional, academic, social, and mental development has driven our students to experience high levels of achievement. Our facility is equipped with a state-of-the-art surveillance system which assists in our efforts to guarantee the safety and security of every child.

Just Wee Two

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

Offers a very special time for children to enjoy pre-nursery school activities with the security of knowing Mommy (or another caregiver) is there. A great preparation for preschool, the Mother & Child program

Continued on page 20



3rd Grade Science

**We encourage sharp minds -
not sharp elbows.**

where does your child go to school?

We believe that learning resilience, empathy and open-mindedness is just as important as learning calculus, chemistry and history. Our challenging yet collaborative educational approach prepares students to lead and succeed in today's fast-paced world with courage and confidence. Of course our rigorous academics get an A+. Discover the school that delivers excellence without the angst.



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RIVENDELL SCHOOL

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



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

277 3rd Avenue

(bet. Carroll & President Streets)

718-499-5667

There are limited openings for the 2012 - 2013 school year.

Leif Ericson Day School

Traditional Values for the **Modern World**

- ▶ **Small Class Size**
Nursery-Grade 8
- ▶ **Computer Technology Lab**
- ▶ **Professional, Caring Staff**
- ▶ **Environmental Education Program**
- ▶ **Community Chapel & Assemblies**
- ▶ **Dynamic Music Program**
- ▶ **NY State Core Curriculum**
- ▶ **Graduates to finest high schools**
- ▶ **Spiritual Formation**
- ▶ **Academic Excellence**



Call today to learn more about
 Leif Ericson Day School's 47 year history
 of quality education in a safe, caring environment

**(718) 748-9023 | 1037—72nd Street
 Brooklyn NY 11228 • <http://ledsny.org>**

REGISTRATION
2012-2013

ST. JAMES & ST. JOSEPH ELEMENTARY

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**EDUCATING CHILDREN
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Safe Environment
Breakfast & Lunch
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Computers, Music, Art,
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Excellent Placement
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Early Childhood Center • 83 Madison Street

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LAUREN'S PLACE A Montessori Home Day Care

All materials provided follow the Montessori Curriculum

Ages 3 Months to 5 Years

Open Mon.-Fri. 8am - 6pm



- Licensed By DOH
- After School Program
- Breakfast/Lunch & Snacks
- Field Trips
- Art
- Music
- Computers
- Playground
- Open During Summer

658 St. Marks Avenue
2 blocks

from Brooklyn Children's Museum

917-449-7271

Education

DIRECTORY

Continued from page 18

is available for children as young as 14 months. Partial separation and separation classes are also available. The school has a pre-nursery program, arts & crafts, music, play, stories, snack and creative movement.

Lauren's Place

A Montessori Home Day Care
658 St. Marks Avenue
917-449-7271

Lauren's place is a Montessori day care located on a wonderful brownstone block in Crown Heights Brooklyn. Set on the first floor of our home is a state of the art learning area which we recently renovated to accommodate our new students. The Montessori Curriculum is incorporated in the daily schedule, materials and lesson plans which are taught by trained Montessori teachers. We have a spacious and child safe outdoor play area. Our small classes meet the individual needs of students because we keep an 5-1 student - teacher ratio. We practice mixed-age groupings to further promote the Montessori curriculum. This allows children to be mentored by their peers, as they also become leaders to others. Our main initiative is for children to learn at their own pace. Our program's approach is child-centered that helps to foster self-esteem and the development of the whole child.

Leif Ericson Day School at Bethany Lutheran Church

1037 72nd Street
718-748-9023 or www.ledsny.org

Leif Ericson Day School, a private Christian elementary and middle school located in Dyker Heights, celebrates its 47th year of academic excellence for students in pre-school through grade 8. The pre-school class, a combined 3- & 4-year old program, where communication skills, motor skills, cognitive skills, and person/social skills are a part of the curriculum, also includes, English language arts, science, math, social studies, Christian studies, music, and computers. With a small class size, a teacher and an assistant, this unique learning environment offers its students a safe and caring atmosphere. Please call 718-748-9023 or visit <http://ledsny.org> to find out more about this unique school that combines tradition values with a modern world.

Midwood Montessori

2825 Bedford Avenue at
Glenwood Road
718-253-3242

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

PAC KIDS- Early Childhood Center

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

We offer Infant and Toddler Program (for ages 6weeks-2 years), new rooms, and all new equipment in a nurturing environment. Paerdegat Day School (for ages 2-3 years) offers academic classes, stressing letters, numbers, colors, shapes and more, plus gymnastics. A free Universal Pre-K Program (must be age four by Dec 31, 2012) offers new equipment and computers in a fun loving, learning environment. The Paerdegat after School Program (for grades K-6) offers transportation, homework assistance, healthy snacks and recreational activities. Programs accept ACD, Begin and Union vouchers.

Parkway School

5566 Kings Highway
718-346-0369 or
parkwayschool.org

Parkway School is a private not for profit institution that is dedicated to academic excellence. Educating students from pre-kindergarten through eight grade. Learning is the epicenter of activities at Parkway. Our students engage in stimulating curriculum, which encourages intellectual curiosity and critical thinking. By giving our students the ability to critically and objectivity analyze, we can be confident that

Continued on page 22

Pac Kids

EARLY CHILDHOOD CENTER

New Rooms • New Equipment • Nurturing Environment • Academics • Gymnastics

Paerdegat Day School

2 - 3 years

Infant/Toddler Program

6 weeks - 2 years



After School Program

K-6

Transportation
Healthy Snacks
Homework Assistance
Recreational Activities

Accepting
ACD,
BEGIN and
Union
Vouchers

FREE UPK

(Must be age 4 by
December 31, 2012)

- New Equipment
- Computers
- Fun-loving Learning Environment



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www.pacplex.com

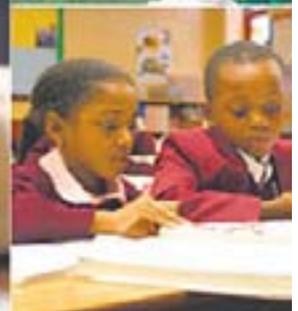
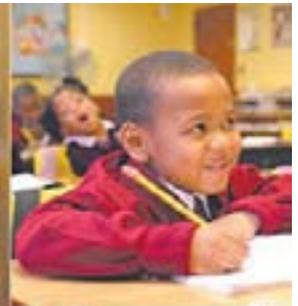
Prepare Your Children For The Future
With Quality Education and Care

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- Small Class Sizes
- Individualized Attention
- Foreign Language
- After School Program
- Computer Lab



PARKWAY SCHOOL

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www.parkwayschool.org



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At **Staten Island Academy**, it's not just the excellent education, it's the amazing experience!



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opportunity



engaged



community



challenged

Visit us and you'll understand why our students and parents LOVE being part of the Academy family.

Info sessions and tours of our beautiful 12 acre campus are always available. Call 718-303-7802 to schedule a visit.



See our school video at:
<http://www.statenislandacademy.org/media/video.asp>

Education

DIRECTORY

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they will seek to change what they conclude needs changing and to defend and strengthen that which is worth preserving. Academics and critical thinking skills are not the only lessons learned at Parkway. Parkway school has an excellent after school program in our Custodial Care which runs from 3-6 p.m., the children are supervised until they are picked up. Generally, they do their homework or play educational games with other children. In our tutorial program which runs from 3:15 - 4:15 p.m. children are tutored in specific subject areas depending on their individual needs. Children do not have to be enrolled at Parkway School to participate in programs. Children may be enrolled in a combined Custodial and Tutorial Program.

Plymouth Church School

75 Hicks Street
 718-624-9285 or www.plymouthchurch.org/PCS

The sole focus of Plymouth Church School is early childhood education. Our young learners, age 2 to 6, benefit from considerable staff experience and school resources. Inviting classrooms and recreational spaces are rich with opportunities for discovery and learning, and a flexible program allows each child to be appropriately challenged. Children of all religious traditions, ethnic origins, and economic backgrounds are welcomed at Plymouth Church School. Open House tours begin in October; applications for the following school year are due Jan. 15. During the summer, we also offer our popular 6-week Plymouth Day Camp, open to the community.

Rivendell School

277 Third Avenue
 718-499-5667, ext. 14 or www.rivendellnyc.org

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

tive atmosphere where children learn to work and play. Shelly Wolf Scott is the Admissions Coordinator.

Smiling Faces Christian Daycare

381 Myrtle Avenue 718-852-7020
 1677 St. Johns Place 718-493-4040

Smiling Faces Christian Daycare provides special learning opportunities for children ages 2 through 5 years. The program is designed to meet the children's needs and interests as they develop physically, emotionally, intellectually and socially while simultaneously meeting the need of the working parent. Our philosophy is as follows: Every individual is unique and develops best when that uniqueness is respected. A necessary precursor to growth is the development of a good self-concept in a child. All aspects of development are interrelated and must be treated as such by the adults responsible for a child's growth. Here we offer a low teacher/child ratio. In addition, as a Christian based Center we gladly live by a spiritual atmosphere that includes bible storytelling, songs and prayer. We practice regular communication with parents and welcome pre-visitation for parents and children.

St. James & St. Joseph Elementary School

1 Monroe Street
 212-233-5152 or www.stjamesstjoseph.com

St. James & St. Joseph provides quality Catholic Education to the children of Lower Manhattan. Our school serves students from Pre-K to 8th grade. The setting at St. James 7 St. Joseph allows students to associate pleasure with learning, and build confidence in their abilities. A safe, loving environment with a family atmosphere between younger and older children makes school a happy place to be. Students are challenged to do their personal best. Teachers provide opportunities for hands-on learning both in the classroom and out in the community. Annually, students test well above state and national averages on standardized tests. Our faculty of dedicated teachers is committed to achieving success with each student.

An after school program is available and information about will be posted in September.

Continued on page 24



WE ARE

EXPANDING

Our preschool program is moving to a new, gorgeous location with a private play garden on 14th Street!



Stay tuned!

249 20th St., near 5th Ave
Brooklyn, NY 11215
718.965.1406
www.elpequenoartista.com



OUR 20TH ST LOCATION IS BEING REMODELED AND WILL OFFER:

- ★ AFTER-SCHOOL PROGRAM (beginner Spanish)
Mon - Fri 3 pm to 5:30 pm
Pre-K to 1st grade
School pick-up
Magic tricks - Science - Dance - Music
Technology - Songs - Theatre - etc.
- ★ SPANISH ENRICHMENT PROGRAM (intermediate)
Ages 4 - 7 and 8 - 10
- ★ PLAY & PARTY SPACE
- ★ INTRO TO PRESCHOOL (English & Spanish)
Ages 1 to 3



Open House Tours

Plymouth Church School invites parents to our Open House tours for the 2013–2014 school year. Our preschool program for children ages two through six offers an age-appropriate and flexible program of discovery and learning.

Join us for a tour of our Brooklyn Heights location from October through December. Applications are due January 15.

Open House reservations can be made beginning September 7 by calling 718-624-9385.



Plymouth
Church School

www.plymouthchurch.org/PCS

75 Hicks Street • Brooklyn, NY 11201

Education

DIRECTORY

Continued from page 22

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A TEEN'S TAKE

AGLAIA HO

High school advice

Suggestions for teens from someone still there

The transition from middle school to high school is a big challenge for us teenagers. It can be intimidating — a big world filled with new experiences. However, the first few steps into your new high school will be the beginning of a four-year-long adventure. It feels like just yesterday when I walked into my high school for the very first time. A grab bag of emotions overwhelmed me as I opened the heavy front doors of the place I would come to call home. I was very apprehensive. I didn't believe I would ever fit in. Yet, I was still eager for a huge chapter of my life to begin.

The commute

The biggest challenge I faced was the distance of my new school from my home. New York City has a wide range of public high schools scattered across the five boroughs. Most kids tend to stay in their own neighborhoods for early education, but many teens venture across the city for high school. Like many other public school students, I made the long commute into Manhattan from Queens. Navigating the subway at 7 am was a terrifying experience. My first few days turned into misery due to the tedious, hour-long journey. I even doubted my decision to choose a dream school so far from home!

However, with time, the trek into the city became special. I took pride in my newfound independence. Also, time on the train became a great place to do homework

(without distraction from computers and my parents). I also took time to socialize with friends who faced the same obstacle of living in another borough, and we bonded during our commute.

Time management

Additionally, with two hours spent on transportation alone, I found that it wasn't easy to juggle school, extracurricular activities, and friendship. With six classes my freshman year, there just seemed to be less time for fun. High school presented a lot more work, and I was constantly tantalized by the school's clubs and activities. I wanted to join everything and get to know people. Yet, older students often joke that in high school, you can only choose two: a social life, sleep, or good grades.

Learning time-management skills early helped me achieve the most. I have to admit that I did give up sleep for an afternoon with my friends. Planning ahead and knowing my own limitations, I learned to give and take. The school's extracurricular activities are like a buffet table. I don't need to eat everything that is offered. I can taste a little bit here and there. No matter what I choose to participate in, I'll be sure to find new friends. Still, I knew that academics were my top priority.

Teachers

Teachers play a huge role in high school, just like they do in middle school. I found that developing a good relationship with my instructors helped me overcome the challenges of freshman year. I often wish I reached out to my teachers earlier, when I was discovering difficulties. Most were willing to explain material and offer words of encouragement.

Still, there will always be less than desirable teachers. I had my share of questionable teachers in the past, but in high school, I handled the situation better. In high school, I had to work with what

was given to me. I often sought out resources to supplement some slacking teachers, such as Internet and online study groups. Rising above the drama of bad teachers and putting learning as my biggest concern, I was able to cope with the worst and still succeed.

Guidance counselor

Unlike a middle school guidance counselor, a high school counselor helps you navigate your four years. Eventually, he will write a recommendation for your college application. Needless to say, it is best to develop a rapport with him.

I regret not forming a stronger relationship with my guidance counselor during freshman year. However, during junior year, I have maintained a great bond with my guidance counselor. He clarified my graduation requirements and offered advice for what classes to take. He provided me with sincere college suggestions. Not only was his door always open for academic guidance, he also provided support for personal problems.

Discover yourself

The most important thing about high school is that it gives you a place where you can discover yourself. I've had the opportunity to take a variety of courses, and I've discovered things I never thought I'd like. In middle school, I detested history class, finding it dry and insipid. However, during my freshman year, I found a passion for history. I've also unlocked a hidden talent for chemistry. I even furthered my interest by taking electives and advanced courses in these subjects.

No matter where high school may take you, enjoy the journey. It can be the most stressful phase of your life so far, but it could also be the most exciting.

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.





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Smart secrets to packing for COLLEGE

What parents and students don't consider when getting ready for their freshman year

BY RISA C. DOHERTY

So soon after stressing over college applications, the ups and downs of acceptances and rejections, and the whirlwind of prom and graduation, the nuts and bolts of moving away to college are upon us.

Whether you're new to the idea of packing for a child spending months away from home, or are a parent of long-time sleep-away campers, packing for college can be very different from what you — and your child — expect. The kids think they are packing for nine months and three seasons, but that may not always be the case. Students who have cars, live close, or who have family returning shortly for Parents' Weekend can transport summer items home, and replace them with heavier bedding and clothing later. Other students may have to wait until Thanksgiving

or Christmas break, depending on how far away they are and how easily they can transport items home.

Some 18 year olds can appreciate the importance of packing in advance, and their ability to attack the task at hand may ease the burden a bit. Many girls are organized and plan their shopping and packing well in advance, taking over living rooms and basements everywhere. But others (generally boys), think packing two days before departure is sufficient. Either way, most students appreciate some parental assistance.

The lists

"What to bring" and "What not to bring" lists are generally found on every college website. Study both, as the colleges spend a lot of time confiscating halogen lamps, electric frying pans, hot plates, and toaster ovens, according to Colleen Bench,

director of the Parents Office at Syracuse University.

Even certain approved types of appliances may not pass muster without an energy star rating, according to Stacey Phelps, assistant director of Residential Life for Wesleyan University. At many schools, the fire safety issue also includes a prohibition against covering more than 35-square-feet of wall space.

Packing lists can also be found on numerous college-related websites and blogs, such as www.collegeconfidential.com, www.collegeprowler.com, as well as stores such as Bed, Bath & Beyond, Target, and The Container Store. Students can register online or go to their local store, zapping the barcodes on selected items with a handheld scanner. Then, they can pick up the items at the store location nearest the campus. (If they change their mind about an item, they are under no obligation to purchase it at the pick up.)

The store's list will likely include unnecessary articles. One list suggested a zip-up bed bug protector, a mattress pad, a mattress topper, and a padded mattress cover. Even for the flimsy college mattress, that was a bit much.

Of course, Bed, Bath & Beyond's "Pack and Hold" and The Container Store's "Click and Pick-up" or "Scan and Deliver" programs have limited utility for parents who prefer to pre-wash linens and towels, unless they plan to do a load of laundry when they arrive on campus.

Biggest mistakes

Overpacking is one of the biggest mistakes incoming freshman make. I had nightmares that we would be renting a U-Haul — it does happen.

Even students aware of the room

What to pack

Students' recommended items to pack:

- Melissa, Franklin & Marshall College: Light-up makeup mirror
- Molly, Franklin & Marshall College: Lap desk
- Jake, UMass Amherst: Credit card
- Jason, Boston University: Collared dress shirt
- Michael, Binghamton University: Phone
- Bobby, University of Pennsylvania: Mattress topper
- Andrew, University of Pittsburgh: Tie
- Alec, Johns Hopkins University: Ethernet cord
- Dana, Franklin & Marshall College: Heels
- Alana, University of Delaware: Power strip (only one outlet in her room)
- Nicole, SUNY Geneseo: Pictures of family and friends
- Emily, Binghamton University: Fan

Kara, St. Anselm College: Daily planner (blotter size or wipe-board)

Becky, Tufts University: 16-oz. double-cup coffee maker

Conor, Bard College: External hard-drive

Tommy, Cornell University: Snowboard

Rachel, Culinary Institute of America: Stepstool (for high closets and high lofted beds)

Top picks of college experts:

Boston University: Bed risers

Syracuse University: Fan

Wesleyan University: Khakis

University of Delaware: Rainboots with liners

Helpful hints from my family:

Don't forget your health insurance card, bed rest pillow (aka "husband pillow"), keychain, water bottle, duct tape, flashdrives, iPod speakers, food storage containers, hangers, and a very loud alarm clock.



dimensions might not get a full understanding of the space available, as the measurements sometimes vary from room to room in a dorm, where a wall juts out or a radiator gets in the way, says Bench.

Bench also recommends unloading the car and putting everything in its place before shopping that evening or the next day. She says that families who overbuy before seeing the layout are often stuck “standing on long return lines and missing out on valuable family time.” Returns need not be immediate, but it is important for even restrained shoppers to keep all receipts, as it is difficult to know in advance what will not be needed.

Residential Life directors stress the need to communicate with new roommates to avoid the purchase of duplicate vacuums, printers, coffee makers, carpets, and micro-fridges when space is at a premium. Bench suggests an actual conversation, not just a Facebook or e-mail exchange, so that roommates can get to know

each other and their personal likes and dislikes better. Some students like to coordinate their decor as well. In addition, Bench directs parents to the special Syracuse Facebook page designated for freshman parents, which is chock full of handy advice from veteran Syracuse parents.

The stores encourage the purchase of laptop locks and small lock boxes or safes, but Bench disagrees.

“If you could carry it into the room, someone else can surely carry it out,” says Bench. Locking mechanisms are only good if they are actually utilized or attached to something. Often students, like mine, do not use these devices, and many leave items out and doors open. Instead of focusing on which security items to buy, Phelps recommends parents have a conversation with their students about responsible behavior in the handling of their possessions.

The lists also advise parents to buy “extra-long bedding,” although twin-size jersey sheets can stretch to accommodate extra-long mattresses.

The length requirement applies to the sheets only; extra-long comforters work, but a regulation-sized twin comforter is adequate.

Forgotten things and extras

Lauren Kolodkin, Student Employee at Boston University’s Office of Housing and Residence Services, recommends students bring the essentials, ship things ahead, and order online those things they may have forgotten.

“Buy as you go,” she tells me, reminding students that the university, and most other schools, have major chain stores in close proximity. Syracuse University hosts shopping trips to major chain stores for new students.

Phelps even suggests that Wesleyan students wait to see their rooms before heading over to the local Home Depot to buy carpets.

Kolodkin advises parents and students to try to make the room “feel like home” by bringing photos

of friends and family, or posters of favorite bands and sports teams. A small plant can also be helpful, as well as festive Christmas lights, an electric menorah, or other holiday decorations. Although small fish tanks are usually permitted, it’s best to leave the boa constrictor at home.

According to students, hands-down the most important item brought to college is the laptop, with the cellphone a close second. Therefore, it is critical to take all reasonable steps to protect it from breaking, so the purchase of a padded laptop case and laptop bag is not excessive.

Many students headed to schools known for colder winters tend to forget to bring fans with them, not realizing how very hot August and September can still be.

Both of my kids have left cellphone chargers at school and at home. Parents should buy an extra one, so that the student need not bring it back and forth.

The emotional side of packing

Of course students — and parents — often end up overpacking because of a fear that they will not be comfortable away from home.

“Parents feel the need to equip [their students],” lest “they fear they are not being a good parent,” says Bench, referring to some parents’ compulsion to outfit their incoming freshman with everything but the kitchen sink.

“They have to have everything freshman year,” adds Phelps, who notes that “there is an emotional component to it. When they buy [too much] stuff, it is because they can’t separate.”

...

When helping your college-bound student pack, remember that, if all else fails, there is always the college bookstore for last minute items. In reality, our children are quite resilient and will survive, even if they do forget something. And, within hours, they will have legions of new friends from whom they can borrow what they need until UPS arrives!

Risa C. Doherty is an award-winning freelance writer, attorney, and two-time veteran of the college move-in process — special thanks to her college sophomore and recent grad. Read more at www.risadoherty.com.

Flipping out

Flip-flops may be comfortable, but they have their limitations

BY KIKI BOCHI

By this point in the summer, you and your children are probably living in flip-flops and loving your foot freedom. But while some relaxation is positive, there's such a thing as too little structure — not only in how you spend your time, but in what you put on your feet.

Prompted by the enormous popularity of flip-flops, the American College of Sports Medicine decided to examine the limitations of this flimsy footwear. It found that, while flip-flops certainly have their place in our wardrobes, they do have their limitations.

"This study began with the observation that most people appear to be wearing them beyond their structural limit," said Justin Shroyer, lead author on the study. Not only that, but wearing flip-flops appears to change the way we walk.

That's right, your child's annoying shuffle while wearing flip-flops is not in your imagination.

The bottom line: flip-flops may hurt the wearer's feet and legs.

Researchers analyzed the gait of flip-flop wearers compared to their gait while wearing sneakers. They assessed the angles at which both types of footwear impact the floor and the force of contact during walking. They found a statistically significant decrease in the vertical (straight-down) force in flip-flop wearers. This decreased force may explain why people who wear flip-flops alter their normal gait — in some cases causing lower leg pain.

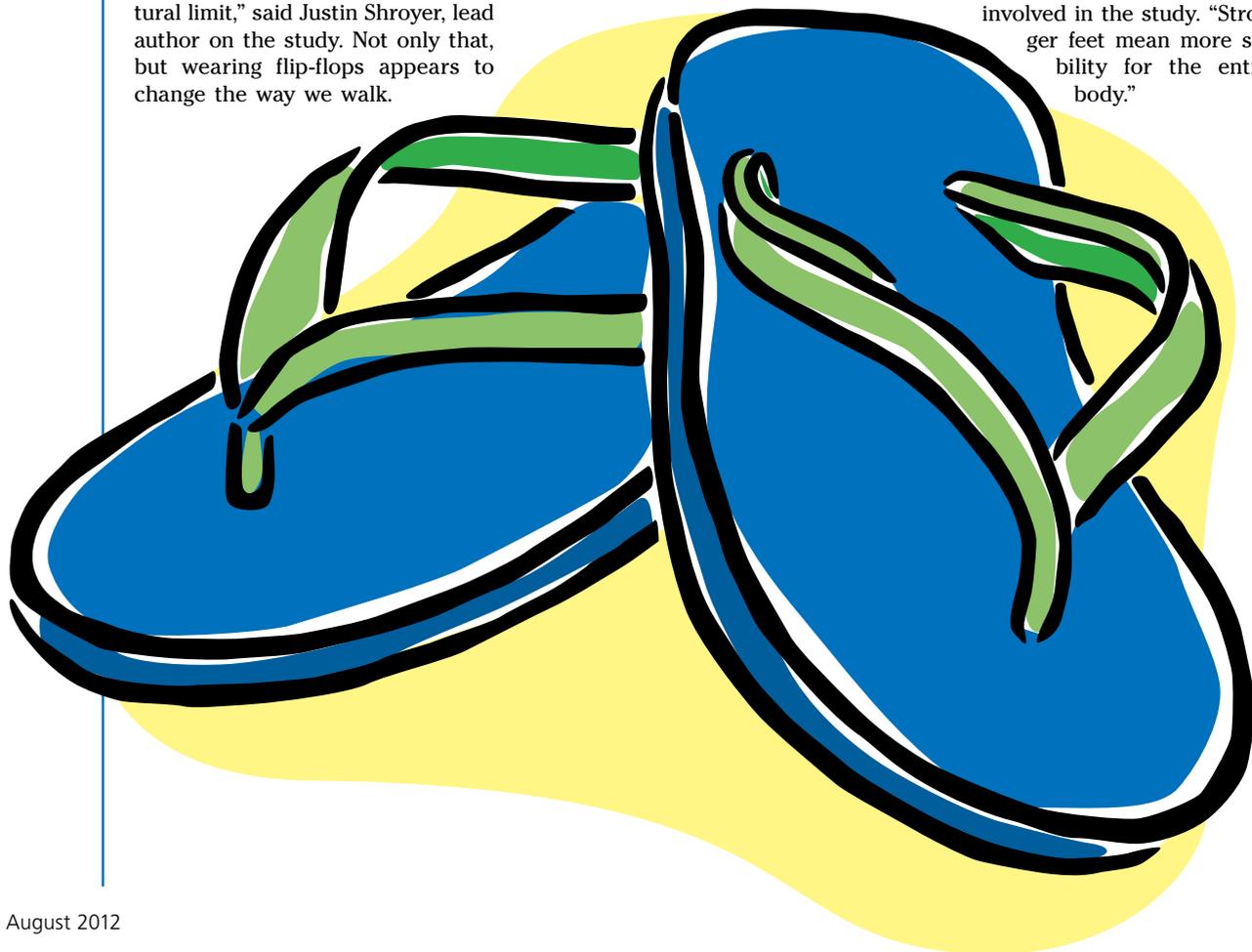
"Flip-flops are not designed for prolonged use or for walking long distances," Shroyer said when the

study was released. "They lack the support that a walking or running shoe provides. Flip-flops should only be worn casually and for shorter periods of time. They should not be a primary footwear choice."

With summer nearing its end, there's little chance of that. Most schools don't allow flip-flops. But it certainly is something to think about on those lazy days at home.

If your kids are the kind who rebel against the constraints of civilization, don't despair. A separate study by the American College of Sports Medicine found that going shoeless may be the best solution.

"Walking barefoot has its advantages, such as giving the intrinsic muscles of the foot more work and therefore making them stronger," said Wendy Miletello, PhD, who was involved in the study. "Stronger feet mean more stability for the entire body."



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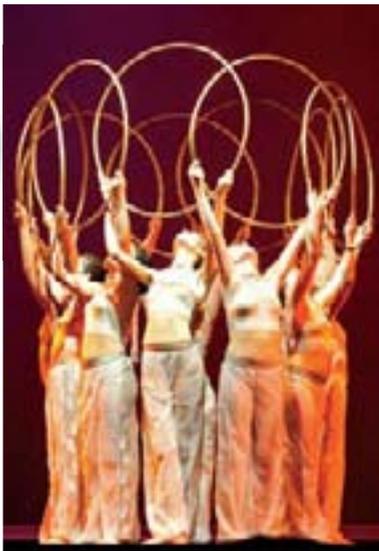
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HEALTHY LIVING

DANIELLE SULLIVAN

Healthy snacks for summer vacation

I love summer vacation as much as the next mom, possibly even more. However, one of the statements that drives me most crazy, after “I’m bored” (which was literally uttered from my youngest on the same day that school ended!) is “I’m hungry.”

In the summer, kids are home more, and they’re also extra active, so it seems at though they’re always looking for a snack. The problem is that the majority of snacks out there are completely unhealthy and filled with unnatural and processed ingredients.

Christine Feliciano of Brooklyn Heights relates to the dilemma. She is the mom of two growing and energetic boys, ages 5 and 8, who seem to be constantly hungry.

“Sometimes, I’m convinced they’re not really famished, just bored, so I try to distract them with an activity. But they certainly tend to get more hungry during the summer, because they are running, swimming, and skating so much.”

Snacks are an integral part of a healthy diet. Often, by the time kids are really hungry, it is too late and they will eat anything — and too

much of it, just like adults.

The key is to provide a variety of healthy snacks before they become ravenous.

Feliciano says she always has ice pops (made with fruit), yogurt, and popcorn ready to eat.

“I just learned recently that if I have ready-to-eat snacks, it makes my life and theirs much more pleasant. Boys especially get really hungry and when they want to eat, they want the food now!”

In addition to the typical healthy snacks such as fruit, yogurt, nuts, and pre-cut veggies, the American Academy of Pediatrics recommends that parents offer alternatives to typical fare and try something interesting. Here are some suggestions:

- Tofu
- Hummus
- Peanut butter with whole-grain crackers
- Pita bread with low fat dressings or dips
- Low-fat lunchmeats

By changing up the week’s snack offerings, you can also give your child some variety. Even adults grow tired of the same food selections when they are given time and time again.

One of the best snacks foods I’ve encountered this summer is GoBites, a blend of nuts, seeds, grains, fruits, and berries that create mini-meals that are easy to pack and eat on the go. My kids love them. Our favorite is the Tropical Gluten-Free Granola, 100 percent organic gluten-free granola made with cashews, coconut, mango, and bananas (GoBites.com). The younger ones don’t realize that what they are eating is completely natural and mostly organic; they just know they like the taste. They’re also good for busy moms and dads.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney’s Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or on her blog, Just Write Mom.



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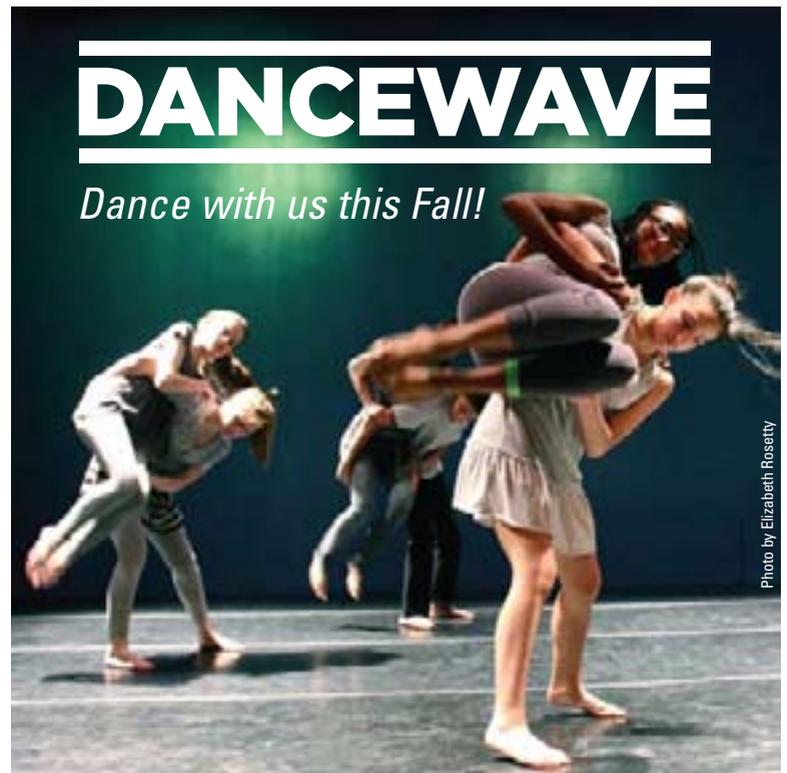


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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Picky eater or feeding disorder?

Picky eating among young children is so commonplace, it is often a topic of conversation at cocktail parties and playgrounds: “My child won’t eat anything green,” or “My child eats only white foods.”

Most children outgrow this stage between ages 5 and 7. Yet, for a large percentage of developmentally delayed children, such as those born prematurely, and for the five percent of the rest of the population of toddlers and children, picky eating is a serious health problem.

What’s wrong?

Some children are so picky or feeding averse that they will consume only a few foods, such as crackers and certain types of juice.

How do you know what type of feeder your child is? A picky eater may reject certain foods, but still has a nourishing diet. Children with a pediatric feeding disorder may consume only three to four types of foods and reject entire food groups, resulting in too few calories and nutrients for healthy growth and development.

“Most kids experience food jags. A child with a feeding disorder will start omitting foods out of their repertoire instead of adding them,” says early intervention nutrition special-

ist Jennine Sidler, RD, of Primary Nutrition Specialists in Frankfort, Ill. “Often, the first sign of an eating disorder is they can’t look at the food.”

She points to numerous physical reasons a child rejects certain foods, including pain, malaise, immature motor skills, behavior or emotional problems, and parental or environmental factors.

“Most of the time, it’s physical — some type of surgery, reflux, GI pain, or negative reinforcement,” says Sidler. “Or they have autism, Asperger’s syndrome, Down syndrome or some type of development delay.”

When new foods frighten

Studies at the University of Pennsylvania’s Monell Chemical Senses Center found that many times children have aversions not to odors or tastes, but to food textures such as slimy or gooeey.

“Generally, it’s the wet plant foods such as the fruit and vegetable group that the sensory kids avoid,” says Sidler, a mother of three, including one who is picky due to allergies.

Feeding problems are increasing due to the rise of disorders such as autism, sensory integration, and even prematurity.

“A feeding problem is often the

first clue a developmental disorder exists,” she says. “Most of the kids crave crunchy and eat a lot of the starch group. They’re completely omitting the fruit and vegetable group. A lot of times it feels like they’re eating a grasshopper. They can’t even touch it.”

Five tips for parents

- Children don’t naturally expand their food choices. The parents’ job is to offer healthful meals every day, and it’s up to the child to learn to eat them.

- Parents and even siblings should be role models. They should spend time teaching their child about the taste, texture, temperature, color, and nutritional value of food to make them feel comfortable with trying new foods.

“Parents need to sit down and eat with their kids. They have to be teachers of foods,” says Sidler.

- She recommends toddlers sit in a high chair to help support their posture, and that parents check to see if the chair has a spot for their feet.

“Don’t let them walk around, eat at a coffee table or even at a bar with their feet dangling,” says Sidler. Also, avoid eating in front of a television.

- Allow the child to explore texture.

“To expose them to a lot of textures, play with rice, sand or whipped cream,” says Sidler. “They need to get their hands dirty, because they don’t like to get their hands dirty.”

- Have fun with food. Sidler recommends providing a fun fork or spoon, or playing a game by hiding a blueberry inside a baked potato.

“Otherwise,” says Sidler, “they would never touch the baked potato.”

Christine M. Palumbo, RD is a nutritionist from Naperville, Ill. One of her three children still can’t stomach the texture of potatoes. Follow her on Facebook at Christine Palumbo Nutrition, on Twitter @PalumboRD or at ChristinePalumbo.com.



Mango Frocho Pop

Serves six
Preparation time: 10 minutes

INGREDIENTS:

1 cup mango, fresh or frozen
1 cup plain 2 percent Chobani Greek Yogurt
1 tsp lemon juice

3-5 Tbsp honey, depending on sweetness preferred

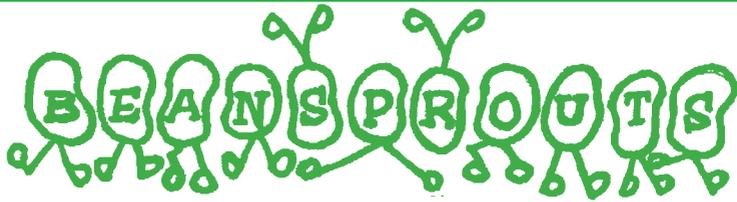
DIRECTIONS: Puree fruit, yogurt and honey to taste in a food processor until smooth, divide

the mixture among freezer-pop molds, stopping about one inch from the top. Insert the sticks and freeze until completely firm, about six hours. Dip the molds briefly in hot water before unmolding.

If you don’t have molds, a small paper cup with plastic wrap over the top and a freezer pop stick in center will work, too.

NUTRITION FACTS: 70 calories, 16 grams carbohydrate, 4 grams protein, 0 grams fat or cholesterol, 18 milligrams sodium, 1 gram fiber, 15 grams sugar

Recipe used with permission by chobani.com/kitchen.



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The thrill of music

Famous violinist sets 'Fiddles on Fire' with PS 58 students

BY LAURA VAROSCAK-DEINNOCENTIIS

A few weeks before summer break, lucky fourth and fifth grade students from PS 58, The Carroll School, had a unique opportunity to share the stage with world-renowned violinist David Garrett when he stopped by the Brooklyn school.

His visit was made possible by the VHI Save The Music Foundation, a non-profit organization committed to restoring instrumental music programs to America's public schools and raising awareness about the importance of music education in the lives of children. The school's Extended Day String Orchestra welcomed Garrett — a Juilliard-trained musician who is widely known for combining classical and rock genres,

and who started playing the violin when he was 4 and had performed professionally by fourth grade — with "Prelude" from The Apollo Suite. They followed with "Fiddles on Fire," chosen specifically for Garrett, who set the world's record for fastest violinist by playing "Flight of the Bumblebee" in 1 minute, 6.56 seconds — that's 13 notes per second!

Garrett played along with the students for "Fiddles on Fire." Eleven-year-old Sofia Misner Baluyut has studied the cello for the past three years, and, despite hours of practicing before and after school, she admitted that she was nervous playing in front of such an accomplished musician. But the virtuoso did something that surprised her.

"When David Garret was playing 'Fiddles on Fire' along with us, he made a mistake by forgetting to re-

peat! He is truly an amazing artist, but I suppose when you haven't practiced a song, it can be difficult, even for an expert," she says. Baluyut also attended Garrett's master class where he taught students to focus on their attitudes and to simply have fun with what they were playing.

The students were excited to see Garrett perform popular songs like "Smells Like Teen Spirit" and "Smooth Criminal."

"I want kids to see how much great classical music is out there," said the thirtysomething violinist. "I think [that] because I'm younger, it makes it more accessible. Once a younger generation sees music they recognize with classical music, I hope that they see classical music has so much to offer. I would never want to push people, though. They need to enjoy it, feel it, and have that drive [in] them to

“Reestablishing music programs in schools gets the schools back to a place where they want to be — providing a comprehensive education that develops the whole individual.”

put the time and dedication in that helps them get better.”

Sylar Louch, a fifth-grade violinist, asked Garrett about his music and career and about the history of the Save The Music Foundation at her school. She expressed her gratitude for the opportunity to learn an instrument, acknowledging that many children never get that chance.

“It was a delight to have David Garrett visit PS 58,” said music teacher Matthew Sanislo. “I think everyone who saw him perform was absolutely blown away, and we could not thank the VHI Save The Music Foundation more for their gracious support of our school’s music program!” All of the fourth and fifth graders who were involved with the string program, as well as their teachers and the parents of those who performed, attended.

PS 58’s music department wasn’t always this fortunate. Fifteen years ago, former president of VHI, John Sykes, volunteered as Principal for a Day at The Carroll School. He observed the students in the music program struggling, because the instruments were in such poor condition — most of them being held together by duct tape. His first thought was to adopt the school and replace the instruments, but the problem was much bigger. The school’s music program was being cut. All over the nation, similar programs were being eliminated because funding was no longer available. So the VHI Save The Music Foundation was established to bring them back. The Carroll School became the first VHI Save The Music Foundation grant recipient in 1997.

Paul Cothran, vice president and executive director of the VHI Save The Music Foundation, explains the idea behind its mission.

“Research data has shown us

that studying a musical instrument, just participating in the exercise of making music, has a significant beneficial impact for students. It helps them to develop critical-thinking and cognitive skills; it also helps to improve their performance in other subjects such as math and reading, and students tend to score higher on standardized tests. It further aids students in developing important life skills such as self-discipline, expression, focus, ability to work in teams, and perseverance.

“Perhaps most importantly of all,” continued Cothran, “we hear from the students and teachers that reintroducing music study in the curriculum helps to keep students engaged in school. Students were more interested in staying in school and less likely to be involved in activities like gangs or drugs. Music education is important in public education because as a standards-based, sequentially taught part of a core curriculum, it ensures equitable access for all students, regardless of their socioeconomic background, to these benefits of music education.

“Reestablishing music programs in schools gets the schools back to a place where they want to be — providing a comprehensive education that develops the whole individual.”

Since the VHI Save The Music Foundation was established, it has provided \$48 million in new musical instruments to 1,800 public schools in more than 100 cities, benefiting the lives of more than 1.8 million children.

During the month of March 2013, which is the nationally proclaimed “Music in Our Schools” month, the VHI Save The Music Foundation will host the second-annual Free Family Fun Day, a chance for children and families to discover and explore music, on March 9 at the Anderson School in Manhattan.

Second-annual Free Family Fun Day at the Anderson School [100 W. 77th St. between Amsterdam and Columbus avenues in Manhattan, <http://vh1savethemusic.com/sites/default/files/Literature/FAMILYDAY2013.pdf>]. March 9, 10 am – 4 pm. Free.

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

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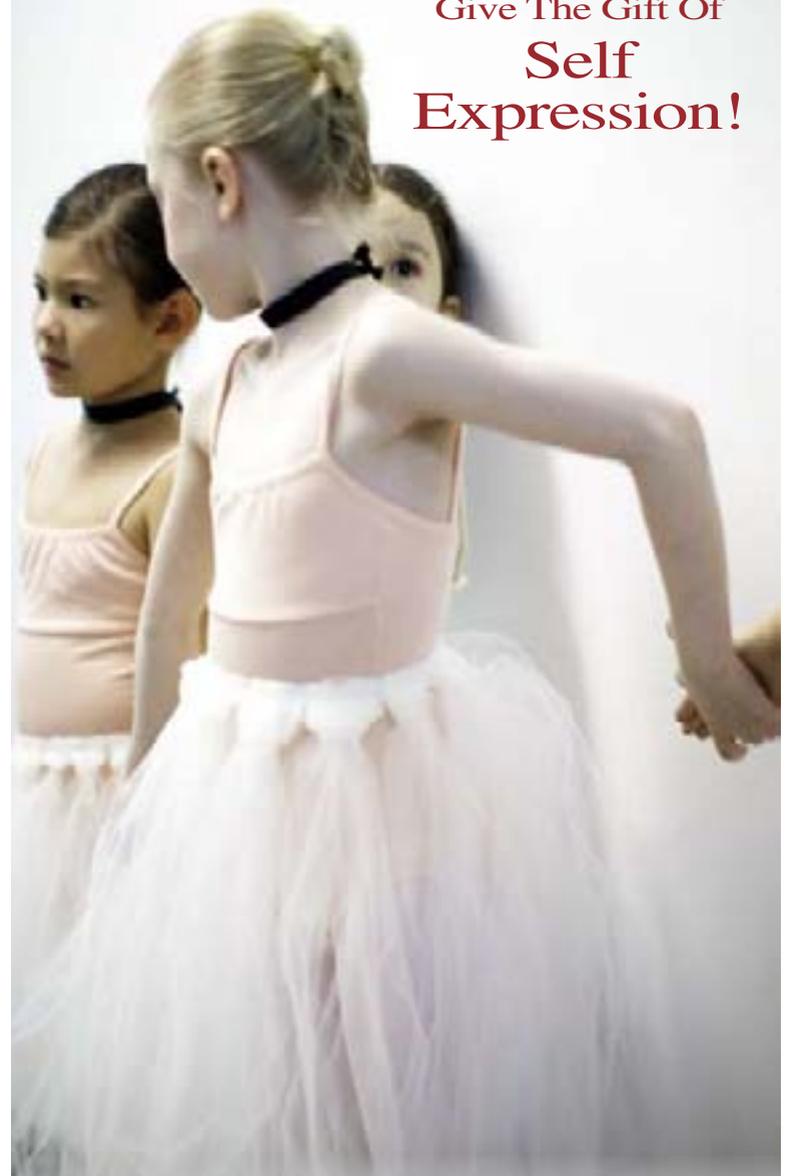


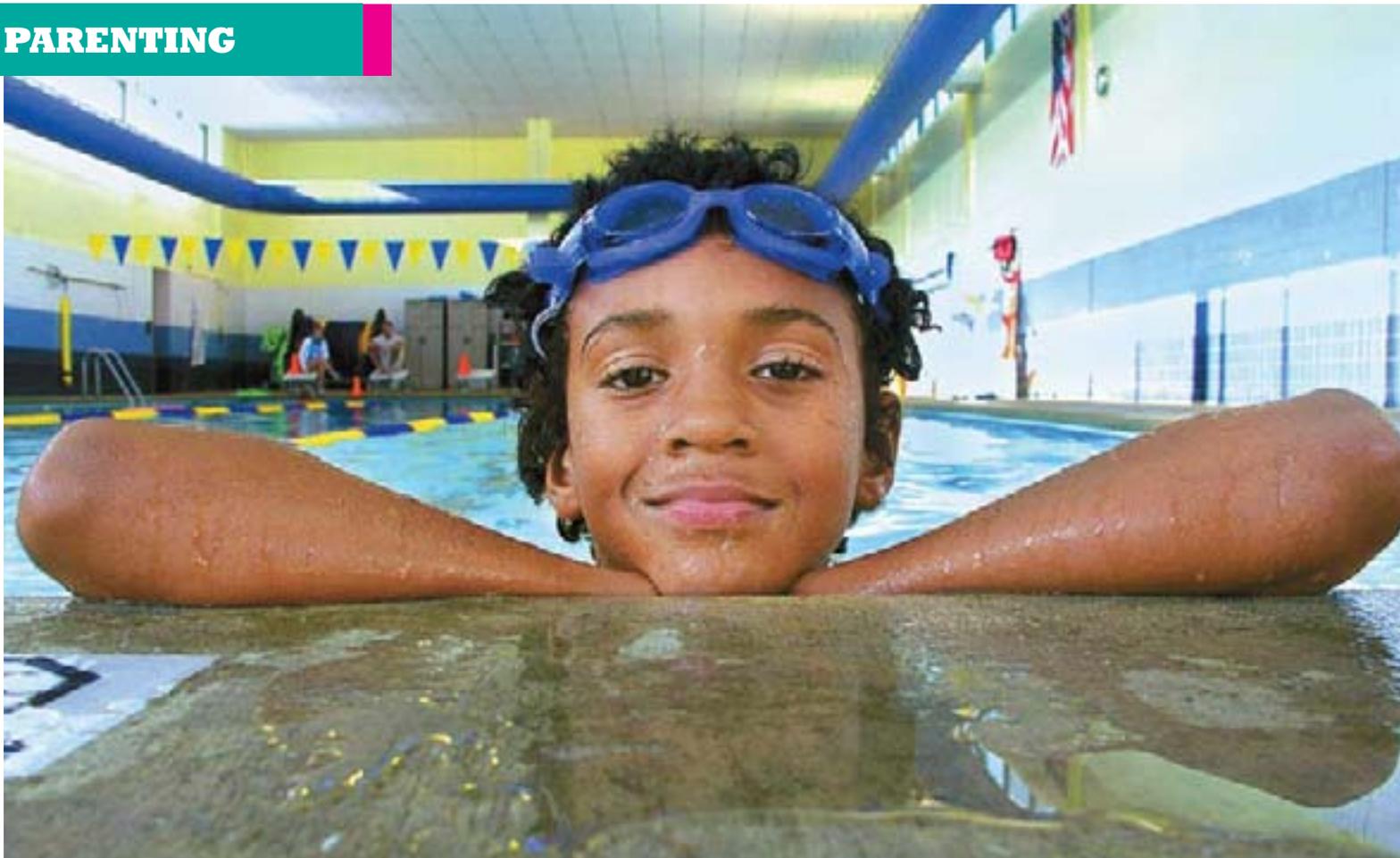
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Authoritative parents, resilient children

Science says
you can help
kids roll with
the punches

BY MICHELE RANARD, MED

Last summer, my teenage son suffered a concussion from a criminal assault in a park near our home. The fact that the trauma occurred in broad daylight in a safe, pleasant area was startling and deeply distressing. Yet, my husband and I watched our son bounce back from the victimization swiftly, adapting to the stress and injury quite well.

While this was a dramatic example of resilience, in today's complicated world, our children face adversity daily. It is important that they develop this strength. In fact, author of "Mindsight," Dr. Daniel Siegel, says resilience should be the fourth "R" of

education, as important as reading, writing, and arithmetic.

Highly resilient kids

Resilience involves rising above difficult circumstances "while moving forward with optimism and confidence even in the midst of adversity," says expert Kenneth Ginsburg. Ginsburg says kids with high resilience possess:

- **Competence:** skills allowing them to test their judgments, make responsible choices, and face difficult situations.
- **Confidence:** gained by demonstrating their competence in real situations.
- **Connection:** with people who believe or love them unconditionally,

producing strong values and feelings of safety.

- **Character:** a fundamental sense of right and wrong to ensure they are prepared to make wise choices, contribute to the world, and become stable adults.

- **Contribution:** personal contribution and a sense of purpose.

- **Coping:** effectively coping with stress prepares them to overcome life's challenges.

- **Control:** a realization that they can control the outcomes of their decisions and actions.

Why parenting style matters

Across cultures, evidence-based research consistently shows authori-

tative parenting (not authoritarian, not permissive) to be an important protective factor for children and adolescents to develop resilience and thrive.

An innovative and successful program in Australia, Embrace the Future, promotes resiliency in part by educating parents and encouraging them to adopt an authoritative parenting style because:

- "Children are more receptive to parental influence with nurturance and parental involvement."

- "Support and structure helps them develop self-regulatory skills, which enable children to function as responsible, competent individuals even when parents are not around."

- "The verbal give-and-take characteristic of parent-child exchanges in authoritative families engages the child in a process that fosters cognitive and social competence, thereby enhancing the child's functioning outside the family."

Authoritative parenting characteristics

There is no agreed upon rule-book for authoritative parenting, but researchers, including Gwen Dewar, classify a parent as authoritative if she agrees with statements like these (Dewar, 2010):

- I take my child's wishes and feelings into consideration before I ask him to do something

- I encourage my child to talk about his feelings.

- I try to help when my child is scared or upset.

- I provide my child with reasons for the expectations I have for him.

- I respect my child's opinion and encourage him to express them, even if they are different from my own.

Parents are LESS likely to be judged authoritative if they agree with statements like:

- I let my child get away with leaving chores unfinished.

- I bribe my child to get him to comply with my wishes.

- I explode in anger toward my child.

- I punish my child by withdrawing affection.

Research findings on resilience

- Other adults can help. "The best documented asset of resilience is a strong bond to a competent, caring adult, which need not be a parent. For children who

do not have such an adult in their lives, it is the first order of business," write Ann Masten and Marie-Gabrielle Reed in their article, "Resilience in Development."

- There are multiple pathways to resilience, according to Masten and J. Obradovic, in their 2006 publication, "Competence and Resilience in Development."

- Resilience is not just internal. "It is easy to make the mistake of blaming the victim when resilience does not occur, if one assumes that resilience arises only from internal capacities," write Masten and Obradovic.

- No child is invulnerable. According to Masten and Obradovic, "There are levels of risk and adversity so overwhelming that resilience does not occur and recovery is extraordinarily rare or impossible."

A few more tips

Authoritative parenting has been shown to have the best outcomes for children, in line with resiliency research. According to Embrace the Future, forming the foundations for developing resiliency, includes:

- Caring relationships. "Warmth, responsiveness and emotional closeness provide children with the sense of security, trust, and self-esteem fundamental to resiliency."

- High expectations. "Clear boundaries provide the structure, discipline, and sense of self-efficacy children need in order to master important academic and life skills."

- Opportunities for involvement. In decision making at home and in the community where they can learn to give back, children need opportunities to participate.

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

Resources:

Dewar, Gwen. "The authoritative parenting style: Warmth, rationality, and high standards. A guide for the science-minded parent." 2010. Parentingscience.com.

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Yoga 101

By using moderation and caution, you'll soon be striking a pose — safely

BY KIKI BOCHI

Yoga is a popular form of exercise, and for good reason. Often billed as the antidote to life in the fast lane, yoga's focus is on finding balance. What parent doesn't need that? Anyone can do yoga — even pregnant women and kids. Practiced correctly, it can provide excellent conditioning, exercise, and stress reduction. But is there a downside to this 5,000-year-old practice that has become one of today's hottest mind and body trends?

According to the American Academy of Orthopedic Surgeons, there is. Some of the more strenuous and complicated poses can cause injury to the neck, shoulders, lower back, or knees; those who are pregnant and individuals with severe osteoporosis, high or low blood pressure, and inner ear problems are at greater risk for injury.

"Yoga is a popular activity with many benefits," says Raj Rao, MD, a spokesperson for the academy. A good yoga program — one that slowly progresses to more difficult poses and more strenuous activity — can lower a person's heart rate, improve muscle and joint conditioning, decrease pain, and contribute to an overall sense of physical and mental wellbeing, he says.

"However, as in any activity," says Rao, "moderation and caution are key."

According to the U.S. Consumer Product Safety Commission, more than 7,369 Americans were treated in hospitals, doctors' offices, and emergency rooms for yoga-related injuries in 2010.

To avoid injury, the organization of orthopedic surgeons advises the following:

- Work with a qualified yoga instructor. Ask about his experience and credentials.
- Select the class level that is ap-



propriate for you. Start by taking a single beginner or introductory class before signing up for a series of classes. Also, consider taking yoga more than once a week. People who take just one class a week are more susceptible to injury.

- Warm up thoroughly before a yoga session, because cold muscles, tendons, and ligaments are vulnerable to injury. Also, make sure you cool down after your session to relax your muscles and restore your resting heart rate and breathing rhythm.

- If you are unsure of a pose or movement, ask questions. Your instructor should be able to suggest modified positions.

- Know your limits. Do not try positions beyond your experience or comfort level. Beginners should start slowly and learn the basics

first, focusing on gentle stretching and breathing rather than trying to accomplish difficult poses.

- Listen to your body. If you experience pain or exhaustion while participating in yoga, stop or take a break. If pain persists, speak to your doctor.

- Discuss any known injury or other condition with your yoga instructor prior to the class so that he can recommend pose modifications. This is especially important if you are pregnant.

- Wear appropriate clothing that allows for proper movement. Stay hydrated by drinking plenty of fluids.

- If you choose to use a yoga DVD at home, look for one that comes highly recommended by your doctor or other reliable sources, and start cautiously.

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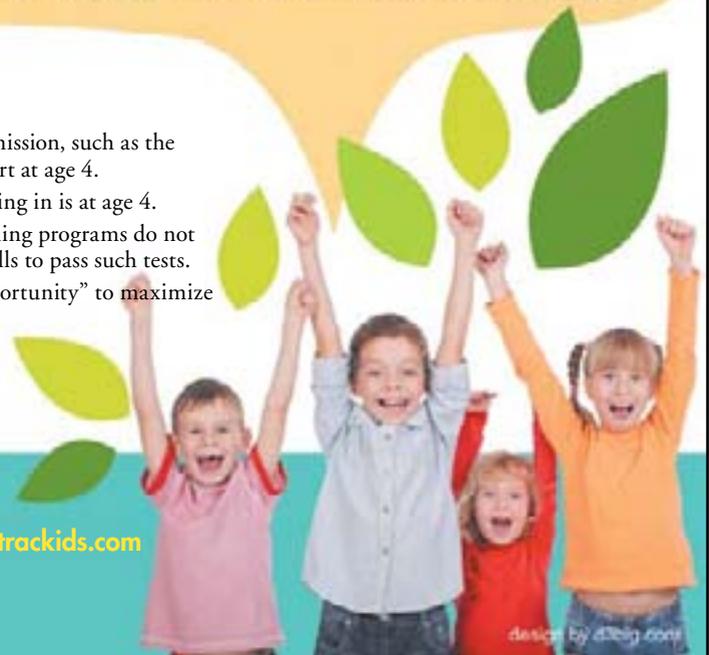
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Breaking it down

How to identify fractures and sprains in kids

My 10-year-old son is involved in more sports now that he is on summer vacation. I know kids will be kids, and accidents may occur, but I'm nervous about bone injuries. For instance, what is the difference between a bone fracture and a sprain, and what should I do if I suspect an injury?

Children should always wear proper protective gear while playing sports, although it is impossible to entirely eliminate the risk of a fracture or sprain if your child is active during the summer. It is estimated that two out of five boys and one out of four girls will sustain a fracture at some point during their youth. The good news is that the vast majority of pediatric fractures can be treated without surgery. Being able to recognize the signs of sprains and fractures will allow you to seek the proper medical care quickly, and ensure that your child has the best chance of making a full recovery, while keeping the break in action to a minimum.

Football, lacrosse, and other contact sports naturally increase the chances of accidents, but almost all athletic activities apply high levels of stress on bones and muscles, making injuries more likely. The most common pediatric bone fracture is a broken wrist, since children tend to instinctively reach towards the ground in an attempt to break a fall. Other bones that are commonly fractured include elbows, collarbones, fingers, and toes.

Sprains can also result from athletic activities. Whereas fractures affect the bones, sprains occur when a ligament (the white, fibrous, slightly elastic tissue that binds the ends of the bones together) tears or splits when it stretches too far, like a rubber band being pulled apart. Those most commonly sustained on the playing field include sprains of the ankle, knee, back, finger, neck, groin, and hamstring.

Sprain symptoms can include pain, tenderness, swelling, and dis-



coloration in the joint. While it is always best to seek medical attention when you are in doubt, your child does not necessarily need to visit a physician for a sprain. A visit to the doctor may only be necessary if the injured child has severe pain, can't move the joint at all, can't put any weight on it, has numbness in any part of it, has redness or red streaks spreading out from the injury, or has pain, swelling, or redness over a bony part of the body.

To treat a sprain at home, have your child rest the sprained joint by keeping weight off it, and use a crutch or other support on the uninjured side to lean away from the injury.

Your child should also cool the joint with an ice pack, compress it with an elastic bandage, and elevate the affected limb above the level of the heart as often as pos-

sible during the first 48 hours after the injury.

A child with a fracture needs professional medical care immediately. While a compound fracture, in which broken bone pierces the skin, is obviously serious, most broken bones do not have such clear visual cues. Symptoms of a fracture sustained internally include a snapping sound as the bone breaks, detectable deformity of the bone, abnormal movement of bone, grating sensation during movement, pain and tenderness, difficulty in moving or using the affected part, swelling, and discoloration. An X-ray is often needed to confirm a fracture, and the broken bone may need to be set (put back into place) and then immobilized with a cast until the break can heal. In more severe cases, surgery may be necessary to fully repair a fracture.

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A brighter future

Groundswell youth work to beautify Gotham with public murals

BY SHAVANA ABRUZZO

New Yorkers are busy bees — but not too busy to stop and admire a work of art.

That's the theory of the folk at Groundswell, a community arts project hoping to halt you in your tracks this summer as more than 100 young people, ages 14–24, team up with professional artists and community organizations to beautify walls in Brooklyn, Queens, and the Bronx in an effort to ensure that our waterfront communities, transportation systems, industries, and neighborhoods remain eye-pleasing and environmentally sound.

“Through these projects, New York youth speaks out and addresses critical social issues significant to all of us,” said Groundswell Executive Director Amy Sananman.

Some of you might already be familiar with the 16-year-old group's

thought-provoking masterpieces: “Natural Inspiration” in the lobby of the B.R.C. Women's Residence in Bedford Stuyvesant depicts a woman surrounded by flowers and birds, her hands open in welcome. A bright magnum opus entitled “Worker Bees” brightens up both sides of a drab concrete traffic barrier at Jay and Tillary streets in Downtown. Yet another named “Justice Mandala” uplifts the State Street side of the Brooklyn Detention Center with three vibrant concentric diagrams rooted in Buddhism and Hinduism that feature floating keys to represent our ability to open doors and unlock new opportunities.

Uranita “Ury” Ramirez, an 11th grader at the El Puente Academy for Peace and Justice in Williamsburg, helped to create a large-scale mural in Crown Heights named “Piece Out-Peace In” to highlight the problem of gun violence, and credits the exciting experience with giving her a new perspective.

“Before I used to just do graffiti, but now I do a lot of pretty drawings,” said the budding artist.

Check out the following public projects as you trek through the Big Apple and see Ury and her fellow artists hard at work.

- The Brooklyn Navy Yard at Navy and Sand streets in Fort Greene: Groundswell's artists will partner with the Brooklyn Navy Yard Development Corporation to paint the second of two murals showcasing the rich history of this industrial park — a frontier of culture, science, and technology where the Lenape Indians sailed their canoes, where anesthesia made its debut, and where chunks of the U.S.S. Arizona, which sank at Pearl Harbor, rest alongside the testimonies of America's first feminists.

- Gowanus Arts Building, 295 Douglass St. between Third and Fourth avenues in Gowanus: The former soap factory is the canvas for “Voices Her'd Visionaries” — a team of all-female artists creating a mural that explores the theme, “Women as International Community.”

- Student Farm Project Garden, Rockaway Parkway and Church Av-

enue in Remsen Village: Groundswell's male artists will be “Making His'tory” with their vision of role models and the male identity in a partnership with the Brownsville Community Justice Center.

- Rocking the Boat, 812 Edgewater Road in Hunts Point, Bronx: A collaborative work with the Department of Transportation at Hunts Point Riverside Park strives to find transportation solutions and related environmental concerns for area residents.

- Van Sinderen Avenue and Fulton Street in East New York: The neglected Broadway Junction subway station is set for an art makeover with a mural inspired by the theme, “I Love New York” — a work created with the Parks Department, and Aspirations Diploma Plus High School.

- C-Town, 760 Fourth Ave. between 25th and 26th streets, in Sunset Park: Groundswell youth join forces with the Department of Transportation and environmental justice leader U.P.R.O.S.E. on a mural celebrating livable streets.

- High School for Arts and Business, 105-25 Horace Harding Expressway North, off 99th Street in Queens: Students from the Corona school hope to make accidents at the dangerous intersection a thing of the past with their creative and consciousness-raising composition.

Pictures are worth 1,000 words, and murals have been on walls around the world for as long as people have lived on earth. They have been scratched, carved, etched, and painted — from the prehistoric cave drawings at Lascaux, France, to the celebratory and ceremonial murals of ancient Egypt, Rome, Mesopotamia, Greece, and India. They have commented on our lives, our communities, and our planet. Now Groundswell is continuing that proud tradition with contemporary works that offer opportunities for reflection.

“Our projects beautify neighborhoods, engage youth in societal and personal transformation, and give expression to ideas and perspectives that are under-represented in the public dialog,” said Sananman.



Courtesy Groundswell

Ronson Cezile and Gabriella Grafakos, both 18, enliven the Sunset Park Family Health Center for Women and Children in Brooklyn with a mural entitled aptly, “The People of Sunset Park.”

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SHARON C. PETERS, MA

Helping a teen with an eating disorder



Dear Sharon,

I think my 15-year-old daughter is throwing up after she eats. What should we do?

Dear Parents,

If a child has been throwing up consistently after meals for more than a brief period of time, it could be a sign of a potentially serious physical problem or a health concern, such as bulimia. I often suggest that parents with questions like yours begin by confidentially consulting trusted medical or school personnel for support and helpful information. It can make a difference to seek guidance as soon as possible.

An Internet search can also provide sources of information and support. The New York Times Health Guide has articles on a broad range of topics that you might find useful. Self-help groups like Overeaters Anonymous and The American Anorexia-Bulimia Association could be valuable resources as well.

As you're seeking guidance, you

can also play a big part in sorting things through.

Quality time with loving family members is important to people of all ages who are confronting challenges. I suggest that all parents of teens make it a priority to spend chunks of relaxed, fun time with their adolescents and when important concerns such as yours surface, I encourage parents to schedule these times each week, writing them into their calendars to ensure that the dates happen and are uninterrupted by work or other responsibilities.

If parents and teens can enjoy each other's company, it becomes more possible to discuss things openly with plenty of care and connection in place.

Moms and dads might begin by asking about details of their child's life that are confusing or stressful. Academics, peers, self-esteem, body image, and crushes or dating are just a few of the many topics teens confront every day. There might also be stress stemming from home life (family transition or discord) as well.

If a teen can open up about things on her mind, it can mean a lot to parents and children, strengthening relationships in many ways.

If talks about "traditional" worries go well, then it will probably be easier to address a child's possible purging episodes. As it is often humiliating to disclose such information, I suggest that parents listen respectfully and stay as calm as possible. It is essential that adults share their perspectives in important matters, but it can help children take in information if moms and dads keep their opinions brief, especially when conversations first begin. When adult emotions and suggestions become the central focus of sensitive conversations, children can become more defensive and secretive than is helpful.

Potential eating disorders are rarely simple to resolve, but establishing knowledgeable and supportive environments inside and outside the home often makes a big difference. Best wishes 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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Photo by Heather Weston

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Summer safety slip-ups

Tips to avoid
accidents at
BBQs and on
vacation

BY SANDRA GORDON

It's no surprise that accidents happen, even when we're trying to be careful. But because we're outside more and the days are longer, summer can be an especially dangerous time. According to SafeKids Worldwide, there's an 89 percent increase in children drowning in the summer months and a 45 percent surge in bike-riding deaths.

Fortunately, turning your child's summer into a safety zone is a matter of making a few precautionary tweaks. Here are some small risks you might be taking that can lead to big problems, and our tips for avoiding them.

...
Safety slip-up: Tossing charcoal after a BBQ. Cleaning out the grill and disposing of coals in a remote section of your yard, at the campground, or at the beach may seem like a good idea, because it's far away from everyone. Trouble is, kids run all over the place in the summer, and they're often bare-foot.

"Charcoal can get up to 1,000 degrees F," says John Drenenberg, the consumer safety director at Underwriters Laboratories, in Northbrook, Ill. Even if the coals don't look hot, they can retain their heat for hours. And it only takes a moment's contact with a scorching coal to seriously burn a child's



delicate foot.

Play it safe: Whether you're at home, at the beach, or camping, cool down hot coals before disposing of them. Douse them with a garden hose or a bucket of water after cleaning out the grill.

...
Safety slip-up: Keeping tiki oil within your child's reach. Toddlers and older kids are drawn to anything that looks like juice. Tiki oil, which is used to light torches,

comes in different colors, such as purple, blue, and red, and can easily be upturned and ingested.

Another common mistake parents of young children make: "They'll pour gasoline for the lawn mower into a smaller container, like a measuring cup, and leave that sitting around," says Rose Ann Soloway, RN, a clinical toxicologist at the National Capital Poison Center in Washington, D.C. In addition to being poisonous, "Kids can

“At pool parties, many parents assume somebody else is watching. Mom assumes Dad’s watching. Dad assumes Mom’s watching, and it’s easy to get distracted.”



swallow it or breathe it into their lungs, causing aspiration pneumonia, which can be fatal,” Soloway says.

Play it safe: Store tiki oil in its original container in a locked cabinet just like you do medicine and vitamins. This will keep it out of your child’s sight and reach. The same goes for gas, charcoal lighter fluid, antifreeze, and windshield wiper fluid. These containers don’t have child-resistant caps, which a determined toddler may be able to override anyway.

If you believe your child has ingested something potentially poisonous, call the Poison Control Center at (800) 222-1222. You’ll be connected with a nurse, physician, or pharmacist at a local center who is specially trained in recognizing and treating poisoning.

Safety slip-up: Assuming someone else is watching the kids.

“At pool parties, many parents assume somebody else is watching. Mom assumes Dad’s watching. Dad assumes Mom’s watching, and it’s easy to get distracted,” says Phyllis F. Agran, MD, MPH, professor emeritus of pediatrics at the UCI School of Medicine, in Irvine, Calif. Even a few unsupervised minutes in the water can be deadly for a young child.

Play it safe: Assign a supervisor. One of you needs to be officially on duty and concentrating on your child. At pool parties with children present, designate a supervisor and make it clear by saying to your spouse, for example, “OK, you’re on duty while I’m chatting with our friends.”

But don’t think it’s enough to make your older kids, who are having fun, too, keep an eye on your younger ones. Make that supervisor your spouse or another adult.

Safety slip-up: Letting your

older child ride his bike without a helmet. Studies show that kids, ages 11 to 15, tend to wear helmets less often than younger ones.

Play it safe: Be on helmet patrol.

A bike helmet can reduce the risk of bicycle-related traumatic brain injury by up to 88 percent. So, of course, you’ll want to make sure everyone — you included — is protected with a properly fitted helmet whenever you ride. Keep on your older child to always wear one.

Safety slip-up: Keeping the wading pool filled.

“Young kids can drown in an inch of water or less,” says Drenenberg, so don’t think the water in your child’s baby pool is harmless.

Play it safe: “Dump the wading pool when you’re done with it,” Drenenberg says. “And turn it upside down, so it doesn’t catch rain water.”

In fact, empty all outdoor containers of water after use, including five-gallon buckets and insulated coolers; they’re a formidable drowning hazard.

Safety slip-up: Leaving your medication on the hotel night stand.

“When we’re traveling, it’s often much easier for youngsters to get into things that might be safely stored at home,” says Soloway. We stow medication and vitamins in suitcases, on night stands — places that are accessible to children, she says.

Play it safe: If you don’t have access to a locked cabinet, store your medication and vitamins out of your child’s reach, just like you would at home. Do the same at Grandpa and Grandma’s house, too, and do a safety check. Make sure any medication or vitamins they take aren’t accessible to your child.

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August 2012 • BROOKLYN FAMILY 49



DEATH BY CHILDREN

CHRIS GARLINGTON

Feeling left behind

Stay-at-home dad longs for the days of hugs

As a stay-at-home dad, I'm accustomed to finding myself in situations dripping with gender role-reversal irony. I wear an apron, I cook casseroles, and I cry at that Sylvan commercial with the skateboard and the music and the grades. I can talk to my daughter's gynecologist without stabbing myself in the eyes.

I chuckle at these Mr. Mom moments. I'm still all man: I smoke cigars, I scratch. But when I see the new, young dads hugged by their Mini-Mes, I cry like a princess, because I want a baby and that has me acting weird.

Weird like I'm not leaving my house weird. My neighborhood is swarming with brand-new, stay-at-home dads and their hyper-adorable baby boys. Every seven seconds, one of those mop-haired little dynamos flings himself into the open arms of his beaming pop, yelling "I love

you, man!" and I start crying.

I have to be careful, because my wife is going through withdrawal and wants another baby and she can afford to get one without me. The only thing keeping her from adopting a Nigerian war baby is my (apparent) insouciant indifference, but if she catches me sobbing in the bay window as some 30-something noob tousles his boy's hair, she'll be on a plane, stat.

I thought it might be hormonal, so I went to my doctor.

DR.: Do you have ovaries?

ME: Not on me.

DR.: So it's not hormonal. Let me try something. (He cues up the opening scene from "The Andy Griffith Show.")

ME: I (weep) want (weep) a (weep) bay-hay-bee! (Uncontrollable weeping.)

DR.: When was the last time your son hugged you?

ME: (Sniff) Voluntarily?

DR.: Oh, good Lord.

And that's it. That's what's wrong with me. I don't have this problem with the girl — she's hug-centric. I have to peel her off of me every 14 seconds. But my son has turned into a pre-man. He used to wear his emotions like a dirty SpongeBob T-shirt. Now he keeps them buried under a professional-grade video game skill set and music snobbery. He used to leap into my arms. Now he high-fives me.

Sometimes.

If my calculations are correct, I've only got a precious handful of embraces left:

- When (if) he graduates.
- When (if) he gets married.
- His son's first f-bomb.
- As I lay dying (maybe).

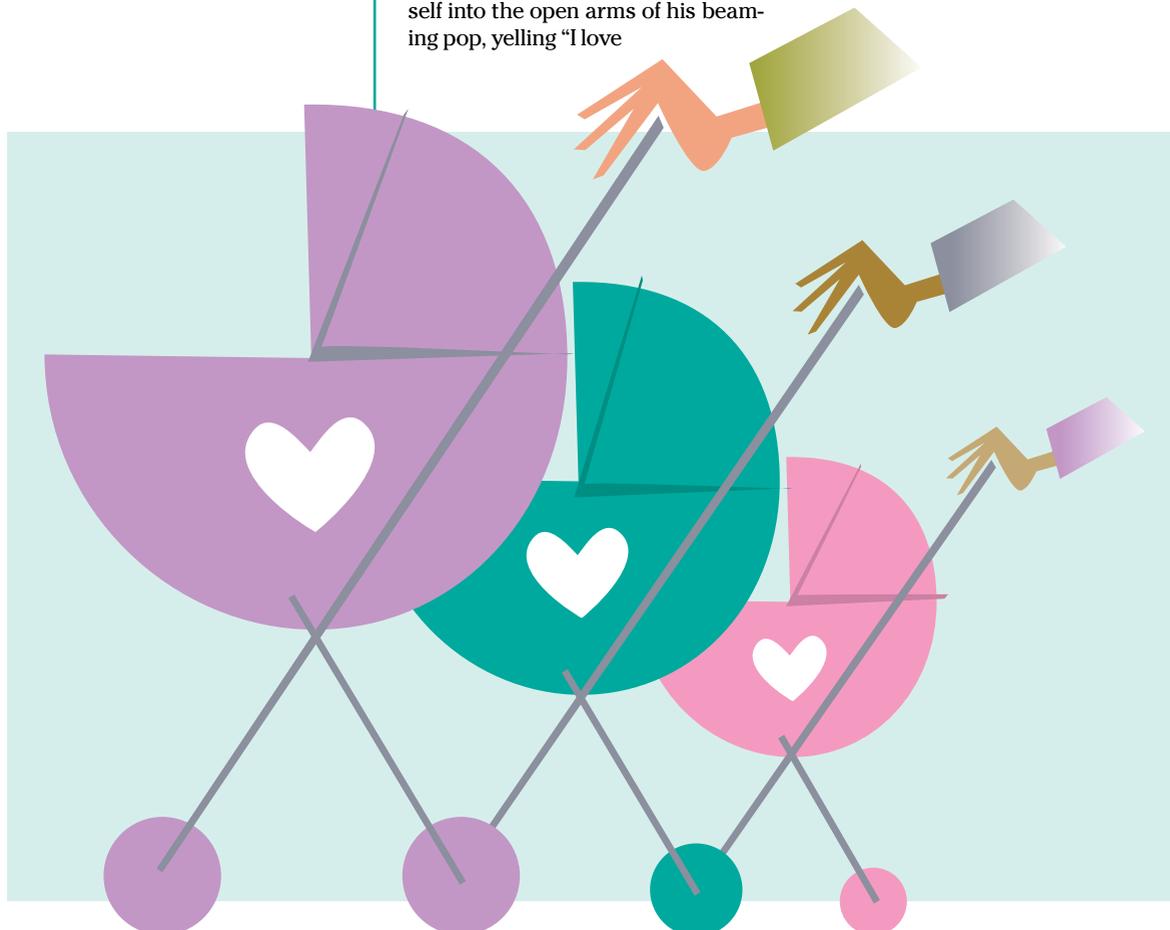
I know what this is. I know how it works. It's not my hormones that are the problem, it's his. He's got hair on his lip. He eats like a horse. He smells like a mule. He watches Colbert. He's in the short stretch to manhood. Suddenly, he's not seeing me as the Superman he thought I was when he was 5; he's seeing me as the feeble, addled, wild-haired, unshaven dork in a stained T-shirt I actually am.

That's why I'm crying every time I peep over the window ledge at those bright, sparkling newbie dads.

Their boys still see them as heroes, and more importantly, they still believe it's true. I miss that self-deception. It fuels all the idiotic crap we do as dads (camping, ice fishing, parking lot doughnuts), and it's a blast. For that brief crazy handful of years, we're invincible. We're hilarious. We're awesome.

Now, as he grabs my wallet out of my hand on his way to an undisclosed secret teen lair, it's clear I have no one left to be an idiot for. I will wither up and blow away, and that is, perhaps, why I've become pathetic and weepy.

My kids, they're my kryptonite, but for a while, a long time ago, I was their Superman.





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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Nesting: The real benefits for children

As the relationship between Carlos and Maria, parents of four children, deteriorated, living under the same roof became almost unbearable. Both agreed that someone had to move out. But who? Their decision surprised friends and family alike: the kids would stay and the parents would take turns remaining in the home and living somewhere else.

Nesting and bird nesting refer to an arrangement in which children remain in the family home while the parents take turns being with the kids.

An unusual practice? Maybe, but Ron Ousky, a pioneer in the area of collaborative law (where each spouse has an attorney but the spouses and their lawyers agree to

stay out of court) and co-author of the book “The Collaborative Way to Divorce,” says he’s seen a “significant increase” in the number of clients who use nesting to get through the first few months after a divorce.

“I’ve found that, while bird nesting generally becomes difficult over time, it can be a useful bridge to get couples through this initial period, particularly if each parent has family or friends who will take them in during their ‘off-duty’ time.”

Not all parents are willing or able to stay with family or friends during or following a separation or divorce. An option for some is to set up two new homes, one for Mom and one for Dad, while maintaining the home where the children live — obviously a choice that may be expensive.

Other couples rent an apartment or house together and reside there on a rotating basis — when Dad is there, Mom is with the kids, and the other way around. It can be hard to feel at home while living this way. Many of your ex’s clothes and other personal belongings may remain in this home, even when he isn’t there. And, if you had housekeeping issues as a couple, more arguments over dirty laundry on the floor, dishes left in the sink, and throwing out the garbage may await you.

When it comes to the pros of nesting, Dr. Rahil Briggs, a child psychologist, assistant professor of Pediatrics at Albert Einstein College of Medicine, and director of Healthy Steps at Children’s Hospital at Montefiore, says that “the primary advantage of such an arrangement is to maintain some vestige of stability for the child,” something that’s “enormously helpful for children who thrive on routine and consistency.”

The disadvantage, Briggs said, can be the disruption it

causes parents “who are struggling themselves to maintain a stable, new routine.” She suggests parents “undertake a certain cost and benefit analysis to ascertain whether there are more advantages to nesting than disadvantages.”

Can nesting work for you and your family? If so, for how long, and when is it time to stop? These are personal decisions best facilitated by a therapist.

I will share that the idea of allowing children to stay in familiar surroundings, in their home, appeals to me. It seems fair. After all, the kids didn’t ask for or want the divorce; why should they pay for the choices of their parents? Yes, rotating in and out of a home shared with a soon-to-be ex is an unpleasant thought and causes anxiety; but don’t our kids have anxiety about moving back and forth from Mom’s house to Dad’s, and back again? Why should they bear this burden instead of us?

But, as a mediator, and as a divorced parent, I know that the question of nesting can be complicated. If considered at all, an honest exploration and evaluation are necessary. Would you be able to handle nesting? Would your spouse?

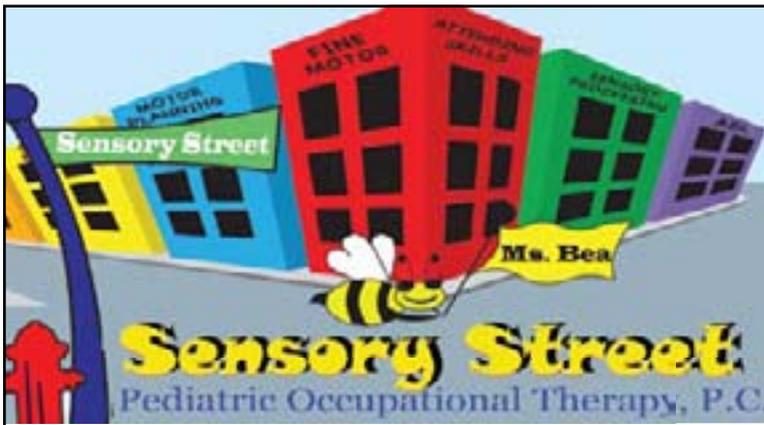
As parents, we need to take care of ourselves as well as our children. Spending more money than we can afford, or putting ourselves in a living environment likely to adversely affect our own mental health won’t make our kids feel more secure and loved.

For some, nesting can prove a viable option that helps children. For others, the burden is too great.

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

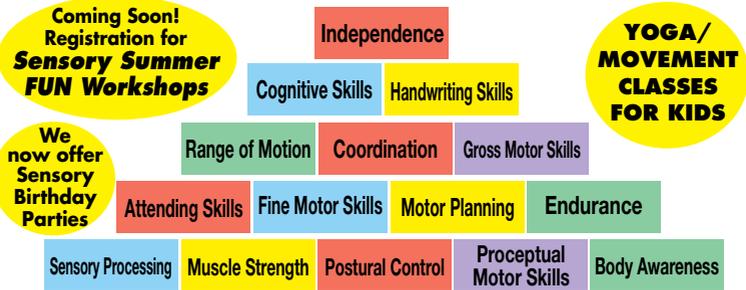
Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice. Discussing your particular case and circumstances with a legal professional before making important decisions is strongly encouraged.





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DEAR
DR. KARYN
DR. KARYN GORDON

Family culture club

Three steps to create a happier home life

Every country, work environment, and family has a distinctive culture. Culture is a combination of the look, feel, and mood of an environment. How do people interact with each other? What do they do and not do? What do they talk about? What do they avoid? How much fun do they have? For families, a positive culture is the glue that keeps everyone close and is the motivator for kids to want to invite their friends over and to want to spend time at home!

So, what can families do to create a more meaningful and positive family culture? Here are three steps:

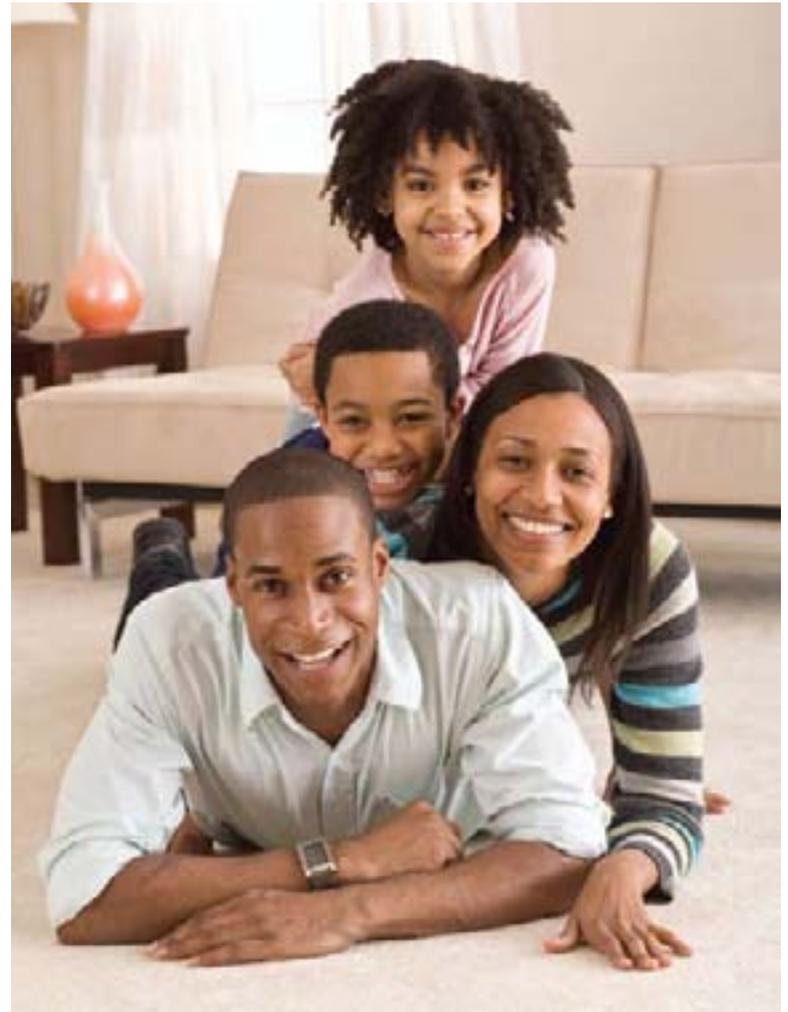
Describe your family culture now

Take a few minutes and write out three descriptive words to describe your current family culture. Try finishing this sentence: "Our family culture is..." (Examples: positive, relaxed, stressed, overworked, or chaotic.)

Then, ask each of your family members (including your kids and spouse) the same question. This will provide clarity on what your starting point is. There are no right and wrong answers to this question, but don't be surprised if your description of your family isn't the same. The descriptive words are just each person's perception, but will provide powerful clues for what to do differently to make it more meaningful.

Dream about what you WANT your family culture to be

Next, write out three words to describe how you would want your family culture to be (relaxed, organized, fun, playful, or safe, etc.). Ask your kids and spouse to do so as well, and don't be surprised if your kids say they want the family culture to be more playful and relaxed. (Those are common answers from kids and a good reminder for us parents.) Once you have everyone's answers, talk as a family and see if you can identify



your top three family values and character traits.

Think about solutions

Brainstorm as a family about what changes (big and small) need to happen to help cultivate a more positive culture. For example, if a family has decided it wants to have more fun, action steps could be:

- Kids and parents planning more "fun" activities.
- Kids helping out more with weekly chores to reduce parents' load, and therefore reducing the workload and having more time for fun.
- Parents not turning on their

home computer in the evening.

- Doing a movie and pizza night every Sunday night.

- Parents encouraging kids to bring friends over, giving them space and promising not to ask hundreds of questions.

Or, if a family has decided it wants to be more socially responsible, action steps could be:

- Volunteering as a family at a local charity.
- Everyone going through their clothes and giving unused items to a family in need.

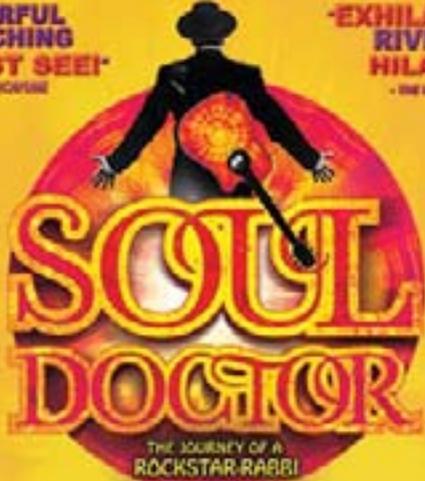
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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

An estate plan for second marriages

I recently remarried. This is the second marriage for both me and my husband, and we each have a mixture of adult and young children from prior marriages. How can we provide for each other after one of us dies and protect our children's inheritance?

Second marriages can be the cause of much strife and estate disputes when one of the spouses dies. This question is commonly faced by second-time spouses and their children. Ultimately, how to resolve the issue depends entirely on the particular circumstances of your situation and your objectives.

The best way to avoid a potential dispute is to create an estate plan that meets your specific objectives and goals and memorialize that estate plan in your Last Will and Testament and, if desired, living trust. You should carefully review all of your assets and the designated beneficiary forms to make sure that they are consistent with your wishes. The best way to avoid a future dispute is to discuss that plan with your children so that they understand your wishes and goals. This will help ensure that your assets pass to the people you intended them to while still providing for your spouse.

New York law allows you to disinherit your children but not your spouse. Not completely, at least. Under New York law, your spouse is entitled to inherit at least one-third of your estate and assets. This is known as a "Right of Election." For elective share purposes, the gross estate can include both probate and non-probate assets that pass outside of your will, such as joint accounts or in-trust for accounts. ("Probate" assets are assets that are transferred through a Last Will and Testament, and are left to the individuals named in the Will. "Non-probate" assets



pass outside of the Will and are transferred to the individuals named on the beneficiary designation form, regardless of what the Will says.)

Even if you effectively disinherit your spouse by distributing probate and non-probate assets to your children during your lifetime, the surviving spouse can, in some circumstances, still elect to receive one-third of those assets. Life insurance, however, is not subject to the elective share, although it remains part of one's taxable estate.

Spouses can waive the "Right of Election" during their lifetimes either in a pre- or post-nuptial agreement or in a separate writing. During their lifetimes, many second spouses orally claim that they are not interested in their spouse's assets or estate. However, if this is not memorialized in writing that satisfies strict legal requirements (i.e. notarized or a stricter form of notarization called an "acknowledgment"), such an oral claim is not enforceable.

Without a Waiver of the Right of Election, the surviving spouse might claim his one-third, despite the supposed "plan" that you both agreed on.

Another scenario is where the surviving children expect the surviving spouse of their natural parent to "do the right thing" when the dece-

dent spouse left everything outright to the surviving spouse. This is not always possible, and, even if the surviving spouse is willing to do so, there may be adverse tax consequences to do so. A surviving spouse might have to use up her lifetime gift exemption in order to "do the right thing" and transfer assets to the children of the decedent spouse, which would

disadvantage their own children by requiring them to pay taxes when the surviving spouse dies.

Living and testamentary trusts offer a solution to this quandary. By creating and funding a living (sometimes called an *inter vivos*) trust during your lifetime, or establishing one in your Last Will and Testament, you can provide for your second spouse during his life while ensuring that the principal passes to your own children at the death of the surviving spouse, and not to his own children through his estate.

For example, the first spouse to die can transfer the property to a bypass or Qualified Terminable Interest Property trust created through the Will or during his life. This trust allows the surviving spouse to use and enjoy property during his lifetime, but ensures that the property will pass to your children (or whom-ever you designate) at the death of your surviving spouse.

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 Manhattan, Brooklyn, Queens, and Nassau and Suffolk Counties. You can find Besunder on Twitter @estatetrustplan and on her website at www.besunderlaw.com.

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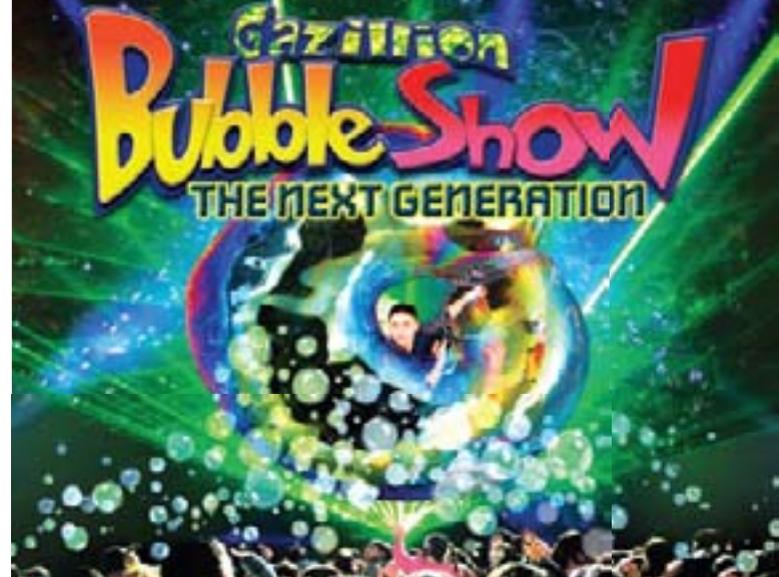


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Baby's first vacation

A dad tries to give his child all that his father gave him

BY TIM PERRINS

When I was a kid, my family often went to Cape Cod, Mass. for vacation. After arriving at our summer lodgings, we would leave the car and head out on bikes along the paved trails through the woods toward the coast. We watched tall trees give way to gnarled pines and beach heather as we neared the dunes, finally emerging into the bright sun along a sandy ridge to see the blue-green ocean stretched out to the horizon. I remember scrambling barefoot up the mountainous dunes; walking out across vast silt plains during low tide to hunt for shells and sea-smoothed stones in the shallow saltwater rivulets; and spotting crabs lurking in carpets of exposed seaweed.

Early this summer, my wife and I packed up the car for our first family vacation — a road trip from Brooklyn to the Cape with our 5-month-old girl and two eager dogs. It was a great trip overall, but there were difficulties as well, and not only the ones I anticipated.

Vacation with an infant is not particularly relaxing. For starters, little baby Bea is not a huge fan of the car seat. She fights against it like she's possessed. For the pups and me in the front seats it was somewhat tolerable, but I'm unclear how my wife (who spent the seven-hour ride in the back tending to the little one) retained her ability to hear. Or her sanity. Fortunately for all, each 20-minute freak-out was followed by a two-hour nap.

After surviving the journey, we unpacked and started settling in at our rental house. We were on vacation, but I still couldn't unwind. For some reason my childhood vaca-

tions loomed over me like a cloud. They are among my favorite memories, and I found myself wondering if I could provide equally wonderful experiences for my child.

Before this trip, I called my mom, and she gave me what details she could about the places we went to so long ago. My dad, though, was the real ringleader on our family's outdoor adventures — planning routes on topographic maps, and then taking a turn down some unknown road just to see where it would lead. But he's no longer with us.

Over the next few days, I was haunted by a feeling of something slipping away from me. There was a

faint sense of desperation as I pored over maps and searched the Internet, hoping to find the same places, or perhaps others as magical as the ones we traversed in my childhood.

As I drove the fledgling family toward the outer reaches of the Cape, the sandy spit of land narrowing, the ocean encroaching on either side, and those otherworldly dunes finally rising into view after all these years, little Bea took the opportunity to remind us, at full volume, how she feels about spending time in the car seat. You can never really relive the past, it seems.

It's not like I was worried about planning the perfect trip for our 5-month-old baby. Not only won't she remember it, but she's pretty content, no matter where we are, to grab my nose and kick me with her little monkey feet while squealing with delight. I wasn't just anxious about this vacation. I was feeling the pressure of a lifetime of getting things "right," of making the correct decisions and fostering an environment that will help her grow up resilient, caring, and confident. Based on my childhood, travel should be magical — and if I can't get a vacation plan right, what chance do I have with the rest of it?

Along with all that, there was the





The writer's daughter during her first summer trip to Cape Cod.

desire to do right by my dad. And nothing is a greater reminder of someone's absence than trying to fill his shoes. It all made for a lot of anxiety swimming around in my thoughts — the fading past, the uncertain future — while I was supposed to be relaxing.

Little Bea, meanwhile, seemed to be more wide-eyed and alert with every passing day. Half-way through the week, she turned all the way over for the first time. On our day trips, she looked out from her carrier with a big smile, her little arms dangling or suddenly flailing with gleeful excitement. We could be in the Grand Canyon or the grocery store — it's all a vacation for her.

Near the end of our week away, we decided on one more last-minute excursion. After missing a few turns and backtracking, we parked at a trailhead near a lighthouse, and set off with baby and dogs along a path that wound through gnarled trees and scrub brush.

Baby looked all around her and chattered happily, while the dogs pulled us along, excited to sniff every bit of unfamiliar vegetation. We emerged atop a cliff over the sea, and a steep wooden staircase

brought us down to a seemingly forgotten stretch of sandy coastline, recently exposed by the receding tide.

The dogs had never been to the ocean, and they bounded right into the shallow surf. They sniffed around the seaweed and driftwood on the silty shore, pawing at smoothed stones and shells.

There's a long road ahead with a lot of responsibility, but most of it, you take as it comes. Sure, there are things to worry about — but if you're never scared, then you're not paying attention. But once your anxiety about "getting it right" — whatever it is — has taken shape and you've examined it in your mind, it's OK to let it slip away, like a crumbling sandcastle that's gently swept back into the ocean by the incoming tide. Then you can breathe in the sea air, and feel the sun on your face and the salt water washing over your feet. After all, it's your vacation, too.

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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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A happy farewell

Prepare yourself for sending a child to college

My brother left for college a year before I did. I cried on and off during the ride home. This is not a good sign. It's also not a good sign that I welled up with tears at my son's last concert during the wind ensemble's performance of Frank Sinatra's "My Way." My son leaves for the big city in late August. He is leaving cow country and Mom's lasagna for a high-rise and a hot dog cart. I have a whole range of emotions — everything from excitement and pride to fear

time at college," explains Suzanne Howell, director of residential life and housing at Binghamton University.

It's normal for teens to want to spend time with friends before they go away, so put some dates on the calendar to make sure you get to spend time with them, too.

"To avoid hurt feelings, parents can set aside 'family time' — a vacation or weekly family dinner."

Parents should be involved in the physical preparation for college as well. Amy Przeworski, PhD, an assistant professor of psychology at Case Western Reserve University in Ohio, suggests that parents help their teens purchase necessities for college. She also recommends buying a special present that will remind a teen of home.

"This could be a picture frame with a family photo or a special print for their dorm wall," she says.

Keep it positive

Your teen surely has conflicting emotions as well, so you should encourage an optimistic outlook.

"It's not the end of the world if parents get a little teary when they drop their child off at college," advises Lisa Greenberg, PhD, a licensed psychologist and parenting expert in Madison, NJ. "On the other hand, if a parent is concerned about falling apart, it might be helpful to warn the student in advance."

Greenberg stresses that students shouldn't feel responsible for cheering their parents up, so parents should keep the focus on their teen's positive energy. Przeworski agrees.

"A teen leaving for college should be a joyful event," explains Przeworski. She says that it's typical for parents to feel sad, but they should try to emphasize the excitement surrounding going to college, instead of negative emotions.

Parents should also validate their teen's feelings.

"Most teens have mixed feelings about going to school. If a teen is worried, telling them not to worry does not help," reports Przeworski.

Instead, parents should tell their teen it's normal to have mixed emotions.

Communication changes

Parents will not have the same level of communication with the school or their teen.

"This is a point where parents need to take a step back from the center of their child's life," explains Greenberg.

"At the university level, communication goes directly to the student. Parents can set clear expectations with their teen about communication they expect to be notified of promptly (i.e. tuition, deadlines, grades, etc.) and communication their teen can choose not to share," suggests Howell.

Holding a young adult to a higher level of responsibility will help him have a more successful college experience.

Tips and tales

"Give a quick hug and kiss and then walk away. If you want to listen to music on the way home, make sure they are happy tunes."

— Beth Ackerman, Staatsburg, NY

"I thought leaving my first born at FIT in Manhattan would be a very sad day, but I brought a book to read on the way home. This kept me from dwelling on the fact that we just left her."

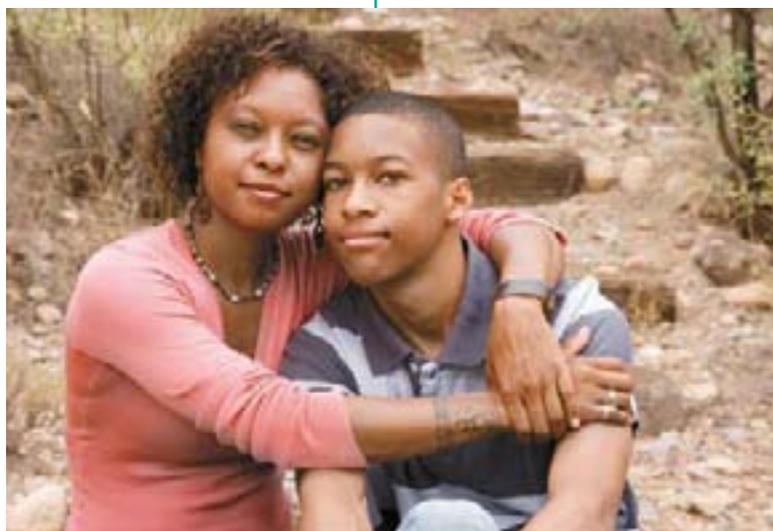
— Terri Brown, Mayfield, NY

Share your ideas

Upcoming topic: Suggest holiday chores your teen enjoys that help ease your stress during the holiday rush.

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

Myrna Beth Haskell is a feature writer, 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). See www.unlimitedpublishing.com/haskell for details.



and melancholy.

The next school year will surely bring enormous change for everyone involved — for my daughter who will be the lone child, for my husband and I who will have fewer school events to go to, and for our dog, my son's best friend, whom I envision sleeping by the door until my son comes home for Thanksgiving. I've been worried about this impending day for months now, but I'm determined to handle it well — with a detailed list and an upbeat attitude.

Be prepared

"As the summer gets into full swing, parents may notice differences in their son or daughter, themselves, and other family members as everyone prepares for the student's first



THE BOOK WORM

TERRI SCHLICHENMEYER

Tasty tidbits about a world of food

So you've got a growing gourmand in the house? Think you're raising the next Food Network superstar? Then make mealtime even better with "The World in Your Lunch Box" by Claire Eamer.

Starting with the humble sandwich, Eamer takes kids on an around-the-world and through-the-centuries tour of the foods they love to eat (and a few they might think are icky).

"Food doesn't have to be fancy to be interesting," she says.

Take, for instance, the sandwich.

Back in the 1700s, there was an earl who loved to gamble. He once gambled for 24 hours straight and when he got hungry, he asked for some slices of beef between pieces of bread. He was The Earl of Sandwich.

The earl was lucky, though. Once upon a time, poor people in Europe couldn't afford ingredients to make bread. Their main meal was a kind of stew known as pottage, made from whatever could be thrown into a pot: some beans or a little pork, maybe onions, vegetables, or wild root. Mostly, though, pottage was made of

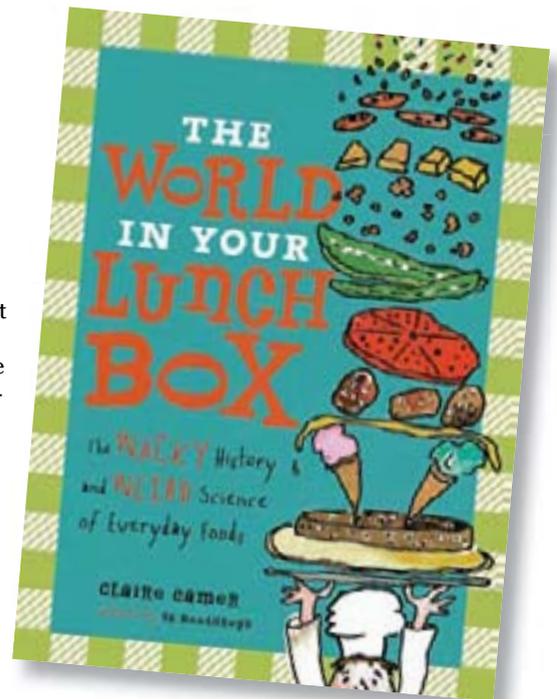
barley, and they ate it for every meal.

There was a time in Europe when potatoes were the main food for poor people and prisoners because taters were cheap and easy to grow. But when a French army officer who had been a prisoner in Germany returned home, he brought potatoes

to King Louis XVI. The royal family loved potatoes so much that Marie Antoinette used potato flowers to decorate one of her gowns.

Tomatoes were once thought to be poisonous. Watermelons are 90 percent water and are sometimes used as canteens on desert journeys. Hot dogs were once made of "mystery meat" that was swept off the floor. And if you live in parts of Australia, you'd better be hungry. You just might find your plate filled with grubs!

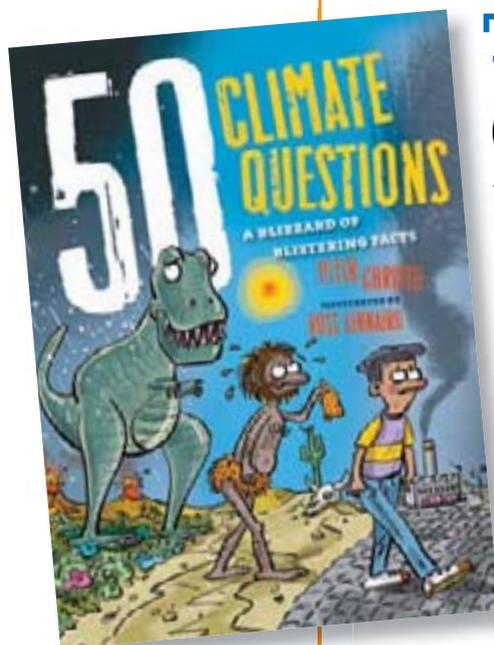
Blend Eamer's stories together



gently with history and science, stir in artwork by Sa Boothroyd, serve it on an otherwise boring summer afternoon, and this book becomes a treat kids will relish.

I think budding young foodies and adults who love to eat will want to bite into it soon. For the 7- to 12-year-old who's epi-curious, "The World in Your Lunch Box" (Annick Press) is a recipe for fun.

"The World in Your Lunch Box," by Claire Eamer [121 pages, 2012, \$14.95].



Their climate questions answered

Chances are, your child has a few questions about global warming and climate in general. Maybe there are things you're wondering, too. For both of you, "50 Climate Questions" by Peter Christie has answers.

The book teaches children about global warming and climate change, starting with the Earth's beginning, when it was covered with a blanket of carbon dioxide that kept things awfully warm.

That didn't last, of course: the weather wobbled a lot, from "big chills" to tropical temperatures.

Samples drilled from Chinese rocks prove that when the dinosaurs lived, the atmosphere heated the planet so much that if you'd taken a dip in the ocean, it might have felt like a hot tub.

The dinos had to adapt or die when that happened. Some of them stayed in warm places like all other reptiles, while others escaped to the South Pole or Australia. Some grew bigger, while others changed in other ways. But 65 million years ago, the dinosaurs were wiped out forever, which made way for mammals.

Climate caused forests to turn into grasslands, which made our ancestors start walking upright, which changed their diet and forced them to migrate to other continents. Civilizations were created and destroyed and history was changed by temperatures.

By melting science and history

together, Christie helps readers make sense of this important world issue and why climate change has actually been a good thing in the past. Christie also includes plenty of trivia, surprising facts, some experiments, and a quiz or two to get young brains thinking, while illustrations by Ross Kinnaird will keep them laughing.

Meant for kids ages 8 to 13, I think that a good number of adults will learn a thing or two from "50 Climate Questions" (Annick Press). If you're sweltering, freezing, or watching the skies this summer, this is going to be a hot book for you.

"50 Climate Questions," by Peter Christie [118 pages, 2012, \$14.95].

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.



GROWING UP ONLINE

CAROLYN JABS

Planning your own virtual garage sale

Technology changes fast. And that means most families have electronic clutter — cellphones, cameras and calculators, laptops, tablets and e-readers, talking toys, video game systems, and media players. One website estimates that the average American household has no less than 24 electronic devices, many of them sitting unused in drawers and cupboards.

Such items aren't likely to sell well at a traditional garage sale, but they can be a source of cash, sometimes surprising amounts of cash. The market for refurbished and rebuilt devices is strong, especially overseas, and a flourishing community of buyback websites will pay for unwanted gadgets without the hassles associated with real-world garage sales.

Getting rid of electronic debris is an ideal end-of-summer project. Not only will you declutter the house, but you'll probably earn enough to defray at least some of the costs for new back-to-school gadgets as well. Enlist your kids to go through closets and play areas, gathering up any unused object

that needs a battery, a charger, or a power cord. Even items that no longer work may have value. Use a damp cloth to clean off grime and fingerprints. Locate cords, accessories and, if possible, manuals and original packaging.

Then, head to the websites below to see what your items are worth. (You may want to recruit an adolescent to do this research. Just offer a percentage of the proceeds.) Because prices vary a great deal, it's a good idea to start at Pricenomics.com, a website that quickly surveys the Internet to determine a fair price

range for used items in a wide range of categories. Usell.com is also helpful. By aggregating information from a number of reliable buyback sites, it helps you zero in on the best offer.

Buyback websites accept different items. Most provide a detailed list with menus that help you identify the precise model you have in your possession. (For videos and games, you may also need the ISBN number.) You, in turn, answer questions about the condition of what you have to sell. The more accurately you answer these questions, the more likely it is that you will get the full price offered by the site.

If you agree to the price, the company should pay for shipping, either by providing a mailing label or by sending a carton for larger items. Before shipping, erase personal data from computers and cellphones. Even though some companies promise to do this for you, you don't want to take the chance that information will wind up in the wrong hands. To find instructions, search for "wipe data" and the name of your device.

For peace of mind, make sure the website you use has a customer service phone number, as well as a street address, just in case you need to track down payment. Because payment procedures vary, you'll want to keep copies of shipping labels and other paperwork. Some companies send a check; others deposit funds into a PayPal account. A few offer gift cards to Amazon, Target, or other companies, and some give credit toward new merchandise. Bestbuy.com, for example, will trade in anything it has ever sold for a store credit. The website you choose depends in part on what you have to sell. Here are some suggestions:

- Cellphones. Apple products, including iPhones and iPads, are in high demand at sites like Newtonshead.com and Tunecycle.com. Swappa.com specializes in Android devices. For cellphones of all kinds, check out Securetradein.com, Cellitused.com, or Gazelle.com. Gazelle allows you

take payment in the form of an Amazon giftcard and also makes it easy to donate the value of your phone to one of its approved charities.

- Video games. Secondspin.com offers cash for used games, CDs, and DVDs. Spun.com gives credits that can be used toward other games. Amazon also has a trade-in site that accepts all kinds of media, including books.

- Electronic toys. Interactive toys like Leapster and Hexbugs sell reasonably well on Ebay. Checking Whatsellsbest.com will give you an idea of which items are worth listing and will help you avoid selling valuable collectibles for less than they are worth. The site also has a Toy Selling Guide with useful pointers. To avoid the hassle of setting up an auction, check to see whether an electronic item is eligible for Ebay's Instant Sale option (instantsale.ebay.com).

- Gadgets of all kinds. If you have a grab bag of items, you'll do best with a site that accepts everything from camcorders to headphones. Buybackworld.com has a good reputation for paying as promised, and it offers a fundraising option for parent clubs and other organizations. Nextworth.com has a partnership with Target that allows you take electronic items directly to a store and get a giftcard on the spot. Buy-mytronics.com has the endorsement of the Better Business Bureau and offers to match prices from other sites. Guzu.com plants a tree for every successful transaction.

Electronic devices don't belong at the back of the closet or the bottom of the toy box. Someone, somewhere, wants your stuff and, with the help of these websites, you can enjoy the financial rewards of a garage sale without ever setting up a card table.

Carolyn Jabs, MA, raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years. Visit www.growing-up-online.com to read other columns.



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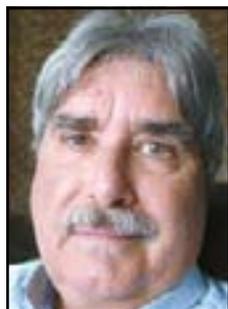
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FAMILY JOURNAL

ROBERT MORTON

There's just so much to love about **KIDS**

Dear Mr. Morton,

What's your philosophy on today's children? — *Just Curious*

Dear Just Curious,

The children of today and yesterday need unconditional love, a love that doesn't depend upon making the honor roll or winning a football game. We should love them simply because they are our children. Parents must practice the "separate the deed from the doer" principle. If their teen is taking drugs, they can say, "I love your basic substance, but I can literally spit on your drug behavior. It won't be tolerated. So, here's what I'm going to do, out of love."

Children begin their world by loving their parents. They're both malleable and vulnerable. Great child psychologists like Haim Ginot and Piaget used to compare children to blank sheets of paper ready to be written on. They're like wet cement, whatever falls on them makes an impression. A tiny, green worm inching its way across the sidewalk may captivate them more than a brand-new \$600 swing set assembled in the backyard. When they leave the nest, they'll remember not the material things we gave them, but the feeling that they were cherished.

To me, the innocence of small children is closest to some supreme divinity, just like small planets are nearest the sun. Their candidness and honesty is yet to be restrained by social taboos.

Years ago, I had difficulty evaluating a preschool girl for early entrance. She remained poker faced as the evaluation began, so I stopped the testing to establish rapport.

When I asked her if she had any

questions, her brown eyes grew wide, and she innocently asked, "Why are you so fat, and what's that fur under your nose? My daddy's skinny and he shaves his fur off." Once I explained about overeating, and that it's OK for men to grow mustaches, she became communicative and performed quite well on the evaluation, although

she curiously gawked at my "fur" for an hour straight.

I'd say most of the truth-telling in the world is done by children.

Robert Morton, MED, EDS, has retired from his positions of school psychologist and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. Contact him at robertmorton359@gmail.com.



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Going Places

LONG-RUNNING

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

Shorts and a full-length, family-appropriate movie.

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science in Queens; (718) 699-0005 X353; www.nysci.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.

"Animation," a 6,000-square-foot exhibit, features characters from the Cartoon Network, including larger-than-life graphics, animation from concept to finished product, storyboarding, character design, and drawing.

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

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

"The Adoration of the Magi": Museum of Biblical Art, 1865 Broadway between West 61st and West 62nd streets in Manhattan; (212) 408-1500; www.mobia.org; Tuesdays-Sundays, 10 am-6 pm, Now-Sun, Sept. 9; Free.

The beautiful early Italian Renaissance altarpiece by Bartolo di Fredi, (1330-1410), will be displayed in its entirety.

Amazing Water: New York Aquarium, 602 Surf Ave. between West Eighth and West Fifth streets; (718) 265-3448; www.nyaquarium.com; Daily, 10 am-5 pm; Now-Sun, Sept. 9; Free with general admission.

It's the newest feature at the aquarium, a 1,500-foot outdoor maze and learning environment, where participants learn all about the environmental factors that threaten our waterways.

Intrepid, Sea Air and Space Museum: at Pier 86, 12th Avenue at 46th Street in Manhattan; www.intrepid-museum.org; Weekdays, 10 am-5 pm, Saturdays and Sundays, 10 am-6 pm, Now-Wed, Oct. 31; \$30 general admission (\$26 seniors and college students; \$23 children 7-17, and veterans; \$16 children 3-6; Free for active and retired military and children under 3).



Wilde fun in the park

It's fun and it's wild, a concert by Key Wilde, that is. He and Mr. Clarke will perform their quirky blend of children's tunes on Aug. 25 in Carroll Park. Wilde and Clarke have been enjoying lots of air time on Sirius Satellite Radio's Kids Place Live show and won a Parents' Choice Gold Award for "Rise and Shine," their book-CD set. Their concerts feature funny, upbeat family music with animated visuals.

This event is presented by Friends of Carroll Park, which produces a series of family

-friendly shows in collaboration with local organizations.

The best part is that the concert by the dynamic duo is free, although donations are appreciated by Friends of Carroll Park. Take advantage of the opportunity to mix-and-mingle with your neighbors, too!

The event takes place from 2 to 5 pm, and the concert begins at 4 pm.

Carroll Park, [Smith Street and Carroll Street in Carroll Gardens, www.carrollparkbrooklyn.org/concerts].

Submit a listing

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

All you have to do is send your listing request to brooklyn-calendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

Come aboard and explore the 12,240-square-foot, interactive Exploreum, featuring a variety of hands-on exhibits as well as the Space Shuttle Enterprise which now has a permanent home in the museum.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Drive at 79th Street Transverse in Manhattan; (212) 988-9093; www.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 years old.

Ice Skating: Aviator Sports and Events Center, 3159 Flatbush Ave.; (718) 758-7500; Mondays, Tuesdays and Thursdays, 11 am-4 pm, Wednesdays, 11 am-4 pm, Fridays, 11 am-4:20 pm and 7 to 11 pm, Saturdays, Noon-5:30 pm and 6-11 pm, Sundays, noon-3 pm and 3:30-6:30 pm, \$9 (\$7 children) plus \$5 skate rental fee.

Bring your own skates or rent a pair.

Rock Climbing: Aviator Sports and Events Center, 3159 Flatbush Ave.; (718) 758-7500; Mondays, Tuesdays and Thursdays, 11 am-4 pm, Wednesdays, 11 am-4 pm, Fridays, 11 am-4:20 pm and 7 to 11 pm, Saturdays, noon-5:30 pm and 6-11 pm, Sundays, noon-3 pm and 3:30-6:30 pm, \$10 for two climbs.

Challenge and adventure, just one rock wall at a time. The wall is the tallest indoor wall in the borough, standing

Going Places

at 35 feet. Test your endurance, if you dare. Suitable for children 5 years and older.

Sky-jump: Aviator Sports and Events Center, 3159 Flatbush Ave.; (718) 758-7500; Mondays, Tuesdays and Thursdays, 11 am-4 pm, Wednesdays, 11 am-4 pm, Fridays, 11 am-4:20 pm and 7 to 11 pm, Saturdays, noon-5:30 pm and 6-11 pm, Sundays, noon-3 pm and 3:30-6:30 pm, \$6 for a 3-minute jump.

A 12-foot bungee trampoline located on the main street level. Must weigh between 40 and 150 pounds.

Le Carrousel: Bryant Park, West 40th Street between Fifth and Sixth avenues in Manhattan; www.nycgovparks.org; Daily, 11 am-8 pm; Now - Wed, Oct. 31; \$2 per ride.

Fashioned to complement the park's French style, this classic ride features brightly colored animals and French cabaret music.

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

Paddles and balls provided and all skill levels welcome.

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

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

Storytime: The Metropolitan Museum of Art, 1000 Fifth Ave. at East 82nd Street in Manhattan; (212) 570-3894; www.metmuseum.org; Tuesdays - Fridays, 3-3:30 pm, Now - 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.

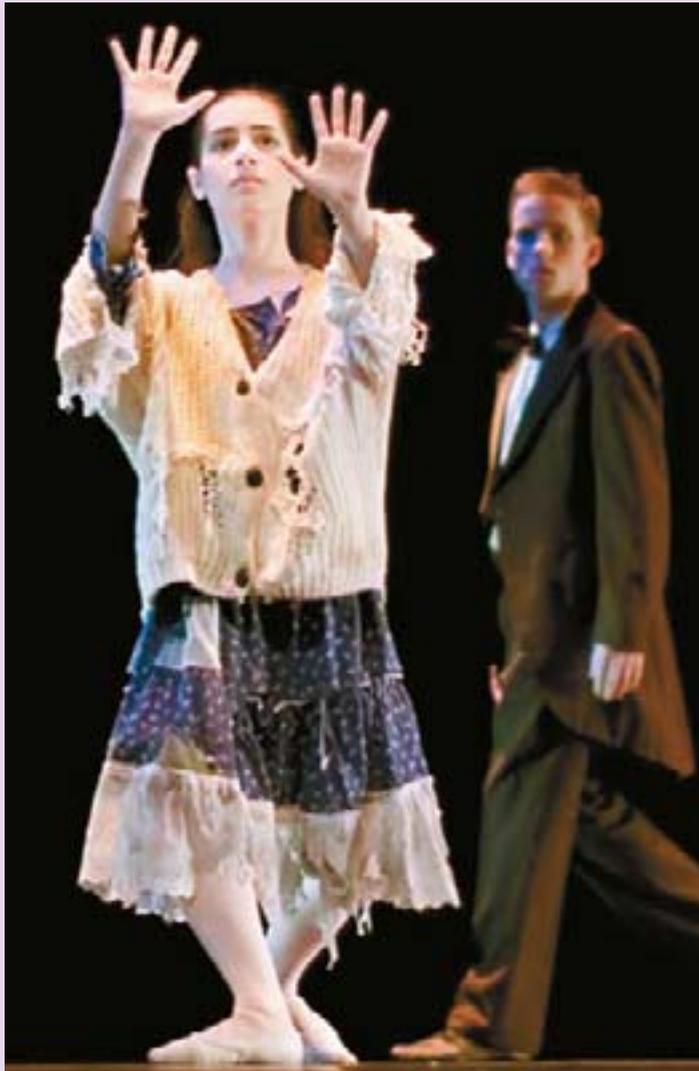
Art on the High Line: The High Line, West 23rd St. at Tenth Avenue in Manhattan; (212) 206-9922; www.nycgovparks.org; Saturdays, 10 am-noon, Now - Sat, Aug. 25; Free.

Families are invited to drop in and experiment with unique materials and create their works of art to take home.

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. 30; Free.

Creative crafts, wellness workshops, and environmental projects. Staff helps children create recycled art designs. Outdoors - weather permitting.

Basketball clinics: North Meadow Recreation Center, Central Park, 97th Street-Transverse Rd. in Manhattan; (212) 348-4867; www.nycgovparks.org; Saturdays, Noon-2 pm, Now - Sat, Oct. 27; Free.



Ballet for a 'Train'

Make tracks to see "Orphan Train," presented by the Covenant Ballet Theatre of Brooklyn, on Aug. 17 and 18 at the New School for Drama.

"The Orphan Train," presented as part of FringeNYC, is the story of Rev. Charles Loring Brace, founder of the New York Children's Aid Society, who transported the orphans of New York City to the new West in order to find the children homes.

In "Orphan Train," Brace crafts the futures of Mamie, little Bessie, and sisters Susie and Dorothy.

The Covenant Ballet Theatre

has been teaching and serving the community by admitting students of all levels for over 22 years.

FringeNYC is the largest multi-arts festival in North America and showcases over 200 companies from all over the world.

"Orphan Train," at the New School for Drama, on Aug. 17 at 5:30 pm and Aug. 18 at noon. Tickets are \$15-\$18 and may be purchased at www.FringeNYC.org or by calling the box office at (866) 468-7619.

The New School for Drama [151 Bank St. between West and Washington streets in the East Village, Manhattan].

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

"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, Kikki and Tikki and Shere Khan, comes to life with puppets, songs, beautiful scenes and costumes. Recommended for children 4 years 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.

Craft activities and fun nature games.

Nature's helpers: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, 2-3 pm, Now - Fri, Aug. 31; Free.

Help keep the park and the waterways clean and enjoy the day.

Ezra Jack Keats Story Hour: Imagination Playground in Prospect Park, Ocean Avenue at East Lake Drive; (718) 287-3400; www.nycgovparks.org; Saturdays, 2-3 pm, Now-Fri, Aug. 31; Free.

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

Art Trek: The Metropolitan Museum of Art, 1000 Fifth Ave. at East 82nd Street in Manhattan; (212) 570-3894; www.metmuseum.org; Saturday, July 28, 2:30 pm; Tuesday, July 31, 3:30 pm; Thursday, Aug. 2, 3:30 pm; Saturday, Aug. 4, 2:30 pm; Tuesday, Aug. 7, 3:30 pm; Thursday, Aug. 9, 3:30 pm; Free with Museum Admission.

Children, 5-12 years old, take a new voyage around the globe every time they visit the museum.

Fishing Clinics: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays, 3 pm, Now - 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.

Start with Art: The Metropolitan Museum of Art, 1000 Fifth Ave. at East 82nd Street in Manhattan; (212) 570-3894; www.metmuseum.org; Tuesdays, Thursdays, Saturdays and Sundays, 3:30-4:30 pm, Now - Thurs, Aug. 30; Free with Museum Admission.

Children, 3-7 years old, sketch, explore and listen to stories.

Summer stories: Lefferts Historic Homestead, 452 Flatbush Ave. between

Continued on page 68

Going Places

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Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Sundays, 2 and 3 pm, Now – Fri, Aug. 31; Free.

Master storyteller Tammy Hall enchants the little ones with childhood favorites under the big tree.

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

Children, 5–16 years old, 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, Now – Fri, Aug. 10; Free.

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

Sports program: McCarren Park, Bedford Avenue between Lorimer and North 12th Street; www.cityparksfoundation.org; Mondays and Wednesdays, 1–4 pm, Now – Fri, Aug. 10; Free.

Children, 5–16 years old, learn how to play tennis. All equipment provided.

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

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

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

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

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

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

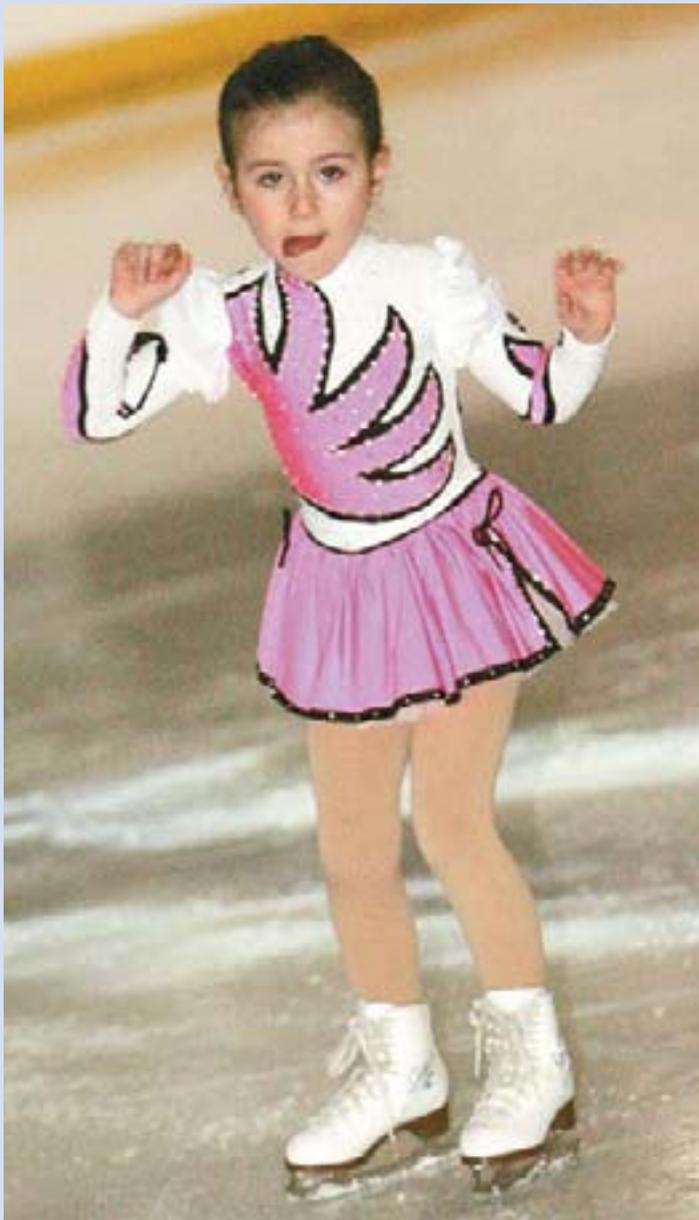
Singalong: The Moxie Spot, 81 Atlantic Ave. between Hicks and Henry streets; (718) 923-9710; www.themoxiespot.com; Tuesdays, 11:00, \$2.50.

Come clap, dance, sing or just watch!

Fitness: Thomas Jefferson Recreation Center, First Avenue at East 112th Street in Manhattan; (212) 860-1383; www.nygovparks.org; Tuesdays, now – Tues, Aug. 28; Free for center members.

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

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



Cool idea for August

Stay cool with the kids at Aviator Sports and Events Center which offers open skating every day in August. Whether you're a pro like Sasha Cohen or lacing up the blades for the first time, you'll enjoy a spin or two around the rink. Shoosh, swoosh and practice your edges, polish up your twizzles and land those perfect Salchow jumps to your heart's content.

Open skating is offered for one

session per day Monday through Thursday, from 11 am to 4 pm; two sessions on Fridays, 11 am to 4:20 pm and 7 to 11 pm; Saturdays, noon to 5:30 pm and 6 to 11 pm; and Sundays, noon to 3 pm and 3:30 to 6:30 pm. Admission is \$9 for adults; \$7 for children; and there's a \$5 fee for skate rentals if you don't have your own.

Aviator Sports and Events Center [3159 Flatbush Ave. in Floyd Bennett Field in Marine Park, (718) 758-7567; www.aviatorsports.com].

10; Free.

Children, 5–16 years old, learn how to play tennis. All equipment provided.

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

Children, 6–16 years old, learn how to play golf. All equipment provided.

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

Little ones play with toys and a water table, and create supervised art projects (for children 4 and younger), while moms visit with each other.

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

Children, 2–5 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, Now – Fri, Aug. 10; Free.

Children, 5–16 years old, learn how to play tennis. All equipment provided.

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

Children, 5–16 years old, 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, Now – Fri, Aug. 10; Free.

Children, 5–16 years old, learn how to play tennis. All equipment provided.

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

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

Stars of tomorrow: Hudson River Park Pier 45, Christopher Street and the Hudson River in Manhattan; (212) 627-2121; www.hudsonriverpark.org; Tuesdays, 6:30–8:30 pm, Now – Tues, Aug. 21; Free.

Talented students from the New School's Jazz and Contemporary Music program and Mannes College's The New School for Music perform everything from Bach to Bebop.

Going Places

Wild Wednesdays: The High Line, West 14th Street and Tenth Avenue in Manhattan; (212) 206-9922; www.nycgovparks.org; Free.

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

Yak Packers: Rubin Museum of Art, 150 West 17 Street, between 6th and 7th avenues; (212) 620-5000 X 344. www.rmanyc.org; Wednesdays and Thursdays, 10:30-11:30 am, Now - Thurs, Oct. 25; \$10 (\$5 seniors and students; Free for children under 12 and members).

Children 2 to 4 years old explore the exhibits and collections, play, listen to stories, and crafts.

Pop-up art: Pier 25, W. St. at N. Moore Street; Wednesdays, 3 pm, Now - 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, including fine art and media and early childhood art workshops.

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

For children.

FRI, JULY 27

The Gizmo Guys: Coffey Park, 85 Richards St. between Verona and King Streets; www.cityparksfoundation.org; 10:30 am; Free.

Be amazed and entertained by this dynamic duo of song, juggling and laughs.

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.

"Broadway in Bay Ridge": Ft. Hamilton Army Base Theater, 101 St. and Ft. Hamilton Parkway; (718) 482-3173; www.nctheaterny.com; 8 pm; \$15 (\$10 seniors and children under 21 years of age).

A musical revue of the most memorable show tunes featuring members of the Narrows Community Theater's Summer Youth Ensemble.

"Hugo": Hudson River Park Pier 46, Christopher St. 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

Skyline Scavenger Hunt: Brooklyn Bridge Park Pier 1, Old Fulton St. and



ARTiculate the fun!

Whether your child would enjoy tilling the fields outdoors or creating a unique art project, Wyckoff Farmhouse Museum is the place to be this month.

Geared to young children, ages 4 to 10, Wyckoff's ARTiculate series is a drop-in family program that offers kids a chance to explore art, read books, learn about the farm and history through stories and using fine art materials.

On Aug. 5, from noon to 2 pm, ARTiculate kids learn about immigration in "Coming to America," the story of Pieter Wyckoff, who made his way from the Netherlands as an indentured servant to become a wealthy man in 17th century Breukelen.

On Aug. 26, from noon to 2 pm, participants learn about children who had big dreams and worked hard to achieve their goals in "The Sky's the Limit: Big

Dreamer." After story time, children will create their own masterpiece using acrylic paint on fabric and link the squares together to create a family dream quilt.

The Farm and Garden Camp is offered for children, 7 to 11 years old, that want to learn how to till the land and grow a beautiful garden. Sessions are offered on Aug. 8, 22, and 29, from 10 am to 1 pm. Parents and guardians are welcome to join their children in gardening.

Fee for the ARTiculate program is \$8 per child (and it includes admission to the museum for the whole family); and it's free for museum members and Cool Culture Families. The Farm and Garden Camp is offered free, and registration is recommended.

Wyckoff Farmhouse Museum [5816 Clarendon Rd. between Ralph Avenue and Kings Highway in East Flatbush, (718) 629-5400; www.nycgovparks.org].

Furman Street; (718) 722-3218; www.nycgovparks.org; 11 am; Free.

Join with park rangers to search for clues.

Ready, Set, Kindergarten: Bay Ridge Public Library, 7223 Ridge Blvd. at 72nd Street; (718) 748-5709; www.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: Ger-

ritsen Beach Public Library, 2808 Geritسن 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.

"Broadway in Bay Ridge": 2 pm and 8 pm. Ft. Hamilton Army Base Theater. See Friday, July 27.

Family Day: Hearst Plaza at Lincoln Center, 70 Lincoln Center Plaza; (212) 875-5766; www.lcoutdoors.org; 2:30 pm and 4 pm; Free.

The Bindlestiff Family Cirkus is coming to town.

Ready, Set, Kindergarten: Brooklyn Public Library's Central branch, Flatbush Ave. 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.

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

Children 6 and older celebrate the 2012 Olympics with this new novel by Donna Freitas; So break out the Spandex and get ready to split, flip and twirl in a limbo tournament, run in a relay race and then design a medal.

SUN, JULY 29

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

Take a R1/9 ride to Coney Island and visit the Big Apple's playground.

Elderberries: Grand Army Plaza, Union Street between Flatbush Avenue and Prospect Park West; (914) 835-2153; www.wildmanstevebrill.com; 11:45 am; \$20 (\$10 children under 12).

Join with "Wildman" Steve Brill and look for wild berries, mushrooms, and greens.

Teeth and fangs: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 1:30 pm; Free with museum admission.

For children 4 and older. Bare your fangs and see how they measure up to a shark's or even a whale's.

"Broadway in Bay Ridge": 2 pm. Ft. Hamilton Army Base Theater. See Friday, July 27.

Summer songs and stories: Lef-ferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 2 and 3 pm; Free.

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Going Places

Continued from page 69

Settle under the big tree and listen to storyteller and musician Tammy Hall.

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.

MON, JULY 30

Shine and the Moonbeams: Coffey Park, 85 Richards St. between Verona and King Streets; www.cityparksfoundation.org; 10:30 am; Free.

Soul music for the little ones.

TUES, JULY 31

Discovery workshops: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 1:30-3:30 pm; Free with admission to the gardens.

Children learn all about gardening and animal life at the gardens through hands-on exploration, story time and garden hunts. Children must be accompanied by an adult.

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

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

Aviator Cheer Camp: Aviator Sports and Events Center, 3159 Flatbush Ave. (718) 758-7500; gymnastics@aviator-sports.com; 5 to 8 pm; \$25/\$50.

<http://www.aviatorsports.com/cheer-camp> Dates: July 31st and August 1st Time: 5:00pm-8:00pm Ages: 8-17 Staffed by the 7 time UCA College National Champions from the Hofstra University Cheer Team Learn to Tumble and Stunt! Camp will include tumbling and stunt demonstrations Price: \$50 - 2 days \$25 - 1 day.

Concert: Park, 79th St. and Shore Rd. (718) 238-6044; 7 pm; Free.

Frankie Marra, performs classic rock and roll. Bring a blanket, and a chair.

Stories in the Garden: Hoyt Street Garden, Hoyt St. at Atlantic Avenue; (718) 237-0145; 7 pm; Free. It's a new season and another year of children and parents listening to favorite tales, read by generous volunteers and lemonade for all.

WED, AUG. 1

Kidsmobile: Monsignor McGolrick Park, Nassau Ave. and Russell Street; www.nycgovparks.org; 10 - 11:30 am;



'Golden' opportunity in Queens

Breathtaking athleticism, traditional costumes, and music are all at the Queens Theatre now through Aug. 5 as part of the Golden Dragon Acrobats show.

Recognized as the premier acrobatic touring company, the Golden Dragon represents the best of a

tradition that began centuries ago. Impresario Danny Chang and choreographer Angela Chang incorporate traditional dance, and ancient and contemporary music, to create a spellbinding production.

Performance times are July 27, 28, Aug. 1, 2, 3, and 4 at 1 and 7

pm, and July 29 and Aug. 5 at 3 pm. Tickets are \$32 for the family pack of four.

The Golden Dragon Acrobats at the Queens Theatre [14 United Nations Avenue South in Flushing Meadows, Corona Park; (718) 760-0064; www.queenstheatre.org].

Free.

The library comes to you in this colorful book mobile

Music in the Grove: Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 10-11 am; Free.

Sing, dance, celebrate, and enjoy the beauty of the park, featuring Robbi K. and Friends.

Kidsmobile: Monsignor McGolrick Park, Nassau Ave. and Russell Street; www.nycgovparks.org; 10-11:30 am; Free.

The library comes to you in this colorful library on wheels.

"Bessie's Big Shot!": Sunset Park, 41st St. between Fifth and Seventh avenues; www.nycgovparks.org; 10:30-11:30 am; Free.

The legendary Swedish Cottage Marionettes come to Addabbo Playground! This year, the PuppetMobile presents an encore of "Bessie's Big Shot!" Bessie the Cow dreams of joining the circus. But can she lift more than Ziegfried, the strongest man in the world? Fly on the trapeze high above the crowd? Come root Bessie on in this new variety show as she attempts the impossible.

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.

Young Dancemakers Company: Peter Jay Sharp Theatre, 155 W. 65th St. at West End Avenue; (212) 864-5400; www.symphonyspace.org; 2 pm; Free.

Concert of original choreography created and performed by a city wide ensemble of urban teens.

Aviator Cheer Camp: 5 to 8 pm. Aviator Sports and Events Center. See Tuesday, July 31.

Concert: Marine Park, Fillmore Ave. and E. 33rd Street; (718) 238-6044; 7 pm; Free.

Sound Affair performs dance music. Bring a blanket and a chair.

"How to Train Your Dragon: Live Spectacular": Nassau Coliseum, 1255 Hempstead Tnpke at Earle Ovington Boulevard; (800) 745-3000; www.nassaucoliseum.com; 7 pm; \$32.50-\$149.50.

The smashing production takes off where the movie leaves off with acrobats, warriors, Vikings and yes, fire breathing dragons.

THURS, AUG. 2

"Kung Fu Panda2": East River State Park, N. 8th St. and Kent Avenue; www.townsquareinc.com; Sunset; Free.

Jack Black is back in this animated sequel. Don't forget the blanket and popcorn.

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).

Children shake and rattle those shakers and rattles. Brooklyn's creative band entertains your tots with favorite songs and books.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

FRI, AUG. 3

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

"Zookeeper": Highland Park, Highland Blvd. at Jamaica Avenue; www.nycgovparks.org; 8-10 pm; Free.

Pack a picnic and grab a basket, bring your lawn chairs and enjoy a showing of this family friendly film.

Going Places

"Puss and Boots": Hudson River Park Pier 46, Christopher St. and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Animated movie.

SAT, AUG. 4

Basic Canoeing: Fresh Creek Nature Preserve, Seaview Ave. at E. 108th Street; (718) 421-2021; www.nycgovprks.org; 11 am-2 pm; Free.

Urban park rangers lead you through the waters of Fresh Creek Nature Preserve. Learn basic skills; for children 8 years and older.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

SUN, AUG. 5

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

Children 4-10 years old learn about life on Wyckoff Farm through ARTiculate, a program featuring hands-on projects. Advanced registration recommended.

Studio Sunday: Museum of Arts and Design, 2 Columbus Circle at Eighth Avenue; (212) 299-7777; www.madmuseum.org; 2 pm; \$10.

Children 6 and older get the 411 from a professional artist on how to explore the galleries and then a hands-on workshop to create works inspired by the selections. RSVP Required.

"How to Train Your Dragon: Live Spectacular": 7 pm. Nassau Coliseum. See Wednesday, Aug. 1.

TUES, AUG. 7

Grand Falloons: Underwood Park, Washington Ave. at DeKalb Avenue; www.nycgovprks.org; 10:30-11:30 am; Free.

SummerStage presents these 20-year veterans of the Big Apple Circus, featuring entertainment, juggling, slapstick, and audience participation.

"Bessie's Big Shot!": Dr. Martin Luther King Jr. Park, Dumont Ave. and Bradford Street; www.nycgovprks.org; 10:30-11:30 am; Free.

The legendary Swedish Cottage Marionettes come to Addabbo Playground! This year, the PuppetMobile presents an encore of "Bessie's Big Shot!" Bessie the Cow dreams of joining the circus. But can she lift more than Ziegfried, the strongest man in the world? Fly on the trapeze high above the crowd? Come root Bessie on in this new variety show as she attempts the impossible.



'Call' on Carly Rae

Call me maybe, but definitely go see Carly Rae Jepsen perform as part of the Arthur Ashe Kids' Day on Aug. 25. The Canadian pop sensation will sing her hit single "Call Me Maybe" and other tunes at the Billie Jean King National Tennis Center.

This event also features performances by The Wanted and Mindless Behavior; interactive games; juggling workshops; storytelling; the Hess Express Obstacle Course; and the Xerox

Beat the Pro on Court 13. Kids' Day begins at 9:30 am, with the concert kicking off at 1 pm.

Tickets range from \$10 to \$44 and may be purchased at www.ticketmaster.com or by calling the box office at (718) 760-6200.

Arthur Ashe Kids' Day at Billie Jean King National Tennis Center, Arthur Ashe Stadium [United Nations Ave. N and New York Avenue in Flushing Meadows; (718) 760-6200; www.arthurashekids.com].

Discovery workshops: 1:30-3:30 pm. Brooklyn Botanic Garden. See Tuesday, July 31.

WED, AUG. 8

Music in the Grove: Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 10-11 am; Free.

Sing, dance, celebrate, and enjoy the beauty of the park, featuring Moey's Music Party.

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

Children 7-11 learn how to plant seeds, construct garden designs, make crafts, harvest vegetables, and learn all about life on a farm.

Kidsmobile: 10-11:30 am. Monsignor McGolrick Park. See Wednesday, Aug. 1.

Jazz Reach: Sunset Park, 41st St.

between Fifth and Seventh Avenues; www.nycgovprks.org; 10:30-11:30 am; Free.

SummerStage presents Metta Quintet's Get Hip; a fun interactive intro to jazz.

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, Aug. 1.

Concert: Marine Park, Fillmore Ave. and E. 33rd Street; (718) 238-6044; 7 pm; Free.

Plastic Soul performs classic rock from the 60's and 70's. Bring a blanket and a chair.

THURS, AUG. 9

"Wall-E": East River State Park, N. 8th St. and Kent Avenue; www.townsquare-inc.com; Sunset; Free.

The animated version of the coming of age of a robot, featuring the voices of John Ratzenberger; Kathy Najimy and Fred Willard. Don't forget the blanket and popcorn.

FRI, AUG. 10

Vered: Putnam Triangle Plaza, 22 Putnam Ave. between Fulton Street and Grand Avenue; aballiance.org/news/fab-fri-arpil-20-2012; 10-11 am; Free.

A musical performance for kids.

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

Presented by the Fulton Area Business Alliance; Vered performs warm up-beat songs for you and your little one.

Camping: Marine Park, Gerritsen Ave. at Gotham Avenue; (718) 421-2021; 6 pm; Free.

Break out the s'mores and have a fun filled sleep out under the stars.

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

Animated movie, featuring the voice of Johnny Depp.

SUN, AUG. 12

Nostalgia Ride: New York Transit Museum, 130 Livingston St. between Boerum Place and Schermerhorn Street; (718) 694-1600; www.nycharities.org/events/EventLevels.aspx?ETID=4995; 10 am-5 pm; \$50 (\$25 children; \$35 members; \$20 children members).

Take a combination of R1/9 trains and vintage buses to Rockaway Beach and Gateway National Park.

Basic Canoeing: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 11 am-2 pm; Free.

Urban park rangers lead you through the waters of Fresh Creek Nature Preserve. Learn basic skills; for children 8 years and older.

TUES, AUG. 14

Dirty Socks Funtime Band: Dr. Martin Luther King Jr. Park, Dumont Ave. at Bradford Street; www.nycgovprks.org; 10:30-11:30 am; Free.

SummerStage presents the band that rocks out the park with high energy rock and roll.

Pickney Productions: Underwood Park, Washington Ave. at DeKalb Avenue; www.nycgovprks.org; 10:30-11:30 am; Free.

SummerStage presents a group of intergenerational artists performing traditional Caribbean music.

Discovery workshops: 1:30-3:30 pm. Brooklyn Botanic Garden. See Tuesday, July 31.

Concert: Park, 79th St. and Shore

Continued on page 72

Going Places

Continued from page 71

Road; (718) 238-6044; 7 pm; Free.

Risky Business performs all your favorite oldies. Bring a blanket and a chair.

WED, AUG. 15

Kidsmobile: 10-11:30 am. Monsignor McGolrick Park. See Wednesday, Aug. 1.

Imagination in motion with Neil Intraub and Paul Rajeckas: Sunset Park, 41st St. between Fifth and Seventh Avenue; www.nycgovparks.org; 10:30-11:30 am; Free.

SummerStage presents a concert of mime, modern dance and vaudeville.

Concert: Marine Park, Fillmore Ave. and E. 33rd Street; (718) 238-6044; 7 pm; Free.

Out of the Blue performs classic rock and dance music. Bring a blanket and a chair.

THURS, AUG. 16

"Toy Story 3": East River State Park, N. 8th St. and Kent Avenue; www.townsquareinc.com; Sunset; Free.

Woody and the gang come together one more time, featuring the voices of Tim Allen, Tom Hanks and Joan Cusack. Don't forget the blanket and popcorn.

FRI, AUG. 17

Concert: McCarren Park, Lorimer St. at Bedford Avenue; (212) 912-2260; info@townsquareinc.com; 11 am-noon; Free.

The Greenpoint YMCA and Town Square present Capoeira, a unique Brazilian art form that combines martial arts, dance, music and acrobatics and Global Carnival, showcasing the dancers and music from around the world.

Concert: Parkville, 65th St. and Eighth Avenue; (718) 238-6044; 7 pm; Free.

City Sounds performs oldies, dance, and rock. Bring a blanket and a chair.

"Back to the Future": Hudson River Park Pier 46, Christopher St. and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Alex Keaton like you have never seen him before.

SAT, AUG. 18

Archery: Salt Marsh Nature Center, Ave. U and E. 33rd Street; (718) 421-2021; 2 pm; Free.

Recommended for children 8 years and older. Rangers demonstrate the safe and proper way to draw a bow and shoot an arrow.

TUES, AUG. 21

Something Positive: Underwood Park, Washington Ave. at DeKalb Av-



Promising 'Enterprise'

Beam yourself aboard the Intrepid Sea, Air and Space Museum, which is home to the Space Shuttle Enterprise, from now through Oct. 31.

The spacecraft is installed in the Space Shuttle Pavilion on the flight deck, and the exhibition allows visitors to walk directly underneath it or ascend to a viewing platform near the nose to get up close and take a look inside.

The museum also offers a view of seven full decks and four theme halls; a collection of 27 other aircraft, where guests experience the flight deck; and the 12,240-square-foot, interactive Exploreum, which contains a variety of hands-on activities that allow visitors to sit on

a bunk bed and get a taste of what it's like to live at sea, send out a message in Morse code, and try out a flight simulator.

The museum is open daily through Oct. 31; Monday to Friday, 10 am to 5 pm, and Saturday and Sunday, from 10 am to 6 pm. General admission is \$30 for adults; \$26 seniors and college students; \$23 children, ages 7 to 17, and veterans; \$16 children, ages 3 to 6, and free for active and retired military members, and children under 3.

The Space Shuttle Enterprise at the Intrepid Sea, Air and Space Museum at Pier 86, 12th Avenue at 46th Street in Manhattan; www.intrepid-museum.org.

enue; www.nycgovparks.org; 10:30-11:30 am; Free.

SummerStage Kids presents an intergenerational not-for-profit performing arts organization that uses poetry, storytelling, theater, music, and dance to share the culture of the African diaspora.

Discovery workshops: 1:30-3:30 pm. Brooklyn Botanic Garden. See Tuesday, July 31.

Concert: Parkville, 65th St. and Eighth Avenue; (718) 238-6044; 7 pm; Free.

On a Good Run band performs classic rock. Bring a blanket and a chair.

WED, AUG. 22

Gardening at the farm: 10 am-1 pm. Wyckoff Farmhouse Museum. See Wednesday, Aug. 8.

Kidsmobile: 10-11:30 am. Monsi-

gnor McGolrick Park. See Wednesday, Aug. 1.

Family Day: McKinley Park, 75th St. and Fort Hamilton Parkway; (718) 238-6044; 5-7:30 pm; Free.

Rides, games, karaoke, and music.

THURS, AUG. 23

Ethan Bortnick and Kidz Bop: Peter Jay Sharp Theater, 155 W. 65th St. at Broadway; (212) 864-5400; www.symphonyspace.org; 7 pm; \$55 (\$39).

Kidz Bop stops by providing his own brand of family entertainment.

In Ghostly Japan: Hudson Guild Theater, 441 W. 26th St. between Ninth and Tenth avenues; (212) 932-9601; www.theatreartsjapan.org; 7 pm; Free.

Suitable for children 7 years and older. Stories of Strange Things, written by Eriko Ogawa, is based on the written

works of Rampo Edogawa, Japan's leading bizarre mystery writer, and Yukumo Koizumi.

FRI, AUG. 24

In Ghostly Japan: 2 and 7 pm. Hudson Guild Theater. See Thursday, Aug. 23.

"Puss In Boots": Maria Herndandez Park, Knickerbocker Ave. and Suydam St. www.nycgovparks.org; 8-10 pm; Free.

Pack a basket, grab a blanket, and be prepared to be in love with this animated Don Juan cat, voiced by Antonio Banderas.

"The Smurfs": Hudson River Park Pier 46, Christopher St. and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Papa Smurf to the rescue, yet again.

SAT, AUG. 25

In Ghostly Japan: 2 and 7 pm. Hudson Guild Theater. See Thursday, Aug. 23.

Key Wilde and Mr. Clarke: Carroll Park, Smith St. and Carroll Street; carrollparkbrooklyn.org/concerts; 4 pm; Free (donations welcomed).

In collaboration with Cobble Hill Playschool.

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

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

SUN, AUG. 26

History stories: Noon-2 pm. Wyckoff Farmhouse Museum. See Sunday, Aug. 5.

In Ghostly Japan: 2 pm. Hudson Guild Theater. See Thursday, Aug. 23.

TUES, AUG. 28

Discovery workshops: 1:30-3:30 pm. Brooklyn Botanic Garden. See Tuesday, July 31.

WED, AUG. 29

Gardening at the farm: 10 am-1 pm. Wyckoff Farmhouse Museum. See Wednesday, Aug. 8.

Kidsmobile: 10-11:30 am. Monsignor McGolrick Park. See Wednesday, Aug. 1.

FRI, AUG. 31

Camping: Marine Park, Gerritsen Ave. at Gotham Avenue; (718) 421-2021; 6 pm; Free.

Break out the s'mores and have a fun filled sleep out under the stars.

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BY CYNTHIA WASHAM

ODDS & TRENDS



62 Percent of school-age children who consider swimming their favorite summer pastime.

50 Percent of adults who yawn if they see someone else yawn.

5 Age when contagious yawning starts.

20 million Number of children every year who register for football, baseball, soccer, or another competitive youth sport.

70 Percent who quit by age 13 and never return.

\$35,915 Annual preschool tuition at New York's exclusive Ethical Cultural Fieldston School.

\$0 Tuition San Francisco's wealthiest parents pay for their toddlers to attend Ann and Gordon Getty's invitation-only Playgroup Preschool.

59 Percent of children who, given a time machine, say they'd use it to see their parents as kids.

62 Percent of American school children who say their favorite recess game is kickball.

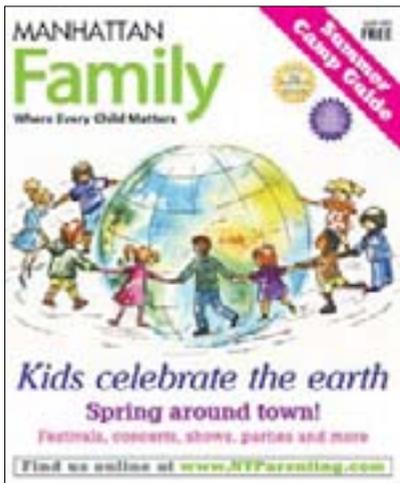
10 Extra hours of learning per week students in rural Pope County, Ark. get watching math and science lessons on five ceiling-mounted screens in their school bus.

6 Number of weeks students in Japan have for summer vacation, which always involves homework.

9½ Hours per day children in China typically spend at school, including a two-hour lunch break.

52 Percent of students from kindergarten through second grade who would include laptop computers for every student if they could create their own school.

Sources: Scholastic.com, Factmonster.com, eschoolnews.com, ecfs.org, The New York Times, Familyeducation.com, Brokenssecrets.com



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New & Noteworthy

BY LISA J. CURTIS

Get ready to party



In the part cookbook and part crafting and decorating manual “Sweet Designs,” Amy Atlas reveals the secrets to creating 14 themed dessert tables. For her “Picnic in the Park” spread, she supplies all of the stunning photographs, sources, and instructions we need in order to “bake it, craft it, and style it” in our backyard, patio, or rooftop deck. There are recipes for a strawberry trifle; cherry pies; red zinger iced tea with wa-

termelon wedges; and more. There are also

do-it-yourself tips for making festive bunting and charming pinwheel favor boxes — and that’s just one chapter!

The book explodes with Atlas’s sugary concepts for birthdays, anniversaries, baby showers, a game night, movie night, or Halloween soiree.

Busy parents will appreciate her time-saving suggestions. For example, if you want the spectacle of a three-tiered, fondant-covered cake in the center of your dessert table, but can’t justify such an extravagance, make a fake cake — with one real layer you can cut and serve to your guests. Genius!

You’ll be turning to Atlas’s “Sweet Designs” for delicious inspiration all year long.

“Sweet Designs” by Amy Atlas (Hyperion), \$27.99. www.barnesandnoble.com.



Cute as a bottom

Nothing in the world is cuter than a baby. Unless it’s a bebe with a frilly diaper cover! And RuffleButts is one company that’s not afraid to exploit our compulsion to make our adorable bambinos even cuter. It makes diaper covers in a jaw-dropping variety of colors and patterns (Swiss dot, giraffe, cow, leopard) — even denim — so you can accessorize her every outfit.

And when the weather gets too chilly for bloomers alone, it offers a very popular line of frilled leg warmers and tights.

Before mothers of baby boys begin to feel left out, we’re thrilled to report that the manufacturers of cute couture have recently launched RuggedButts, its line of comfy, fashionable clothes “for the little guys.”

RuffleButts bloomers, \$12–\$21, and leg warmers, \$9–\$10. www.rufflebutts.com.

‘Hero’ worship

On this fantastic CD, the music of the Foo Fighters, has been translated into sweet lullabies with a mellotron, glockenspiel, and other soothing instruments by Andrew Bissell. Hopefully, these quiet instrumentals will help lull baby to sleep, but the familiar tunes will definitely help you to maintain your identity while the rest of your life is utterly transformed by your wakeful bundle of joy. Imagine how much nicer it will be to rock your little one till sunrise when you are whispering the lyrics to “Monkey Wrench,” “Learn to Fly,” and “My Hero.”

If that isn’t thrilling enough, on Aug. 28, Rockabye Baby will unleash a CD of lullaby versions of classic Kiss songs such as “Beth” and “Rock and Roll All Nite.”

Whether it’s a treat for you or a baby shower gift, Rockabye Baby is necessary for the preservation of any new parent’s sanity.

“Rockabye Baby! Lullaby Renditions of Foo Fighters” CD, \$16.98. www.rockabyebabymusic.com.



Dino-sandwich

If your kid would rather his sandwich not be from the crust-aceous period, you’ll love the DynoBytes sandwich crust cutter by Evriholder. The dinosaur-shaped device is easy to use; it smoothly pressed through a sandwich of chewy multigrain bread, cheddar and ham, leaving two perfect halves that reminded us of two Brachiosauruses with short necks. Whether you are making a sandwich for camp, the first day of school, or for a dino-themed birthday party, we think there’s a distinct possibility your little omnivore will quickly make his lunch extinct if it’s in this fun shape. The cutter can also be used to make cookies, and it’s Bisphenol A (BPA)-free.

DynoBytes sandwich crust cutter by Evriholder, \$4.61. www.amazon.com.



Photo by Lisa J. Curtis

Case for fun

Want to lure your little fashionista away from the television or video games with a toy that will engage her? Try vintage-inspired cloth paper dolls by textile artist Sally Manke for entertainment that’s kid-powered, rather than battery-powered.

Manke has created cotton fabric, reusable versions of classic paper dolls and bonded them to batting. In her set, two ready-to-play-with dolls (about 7- to 8-inches tall), six dresses and six hats come with their own quilted carrying case, available in “medium blue” and “mauve pink.” (All of the pieces can be hand-washed and must be laid flat to dry.) Each case has a front pocket to store the two dolls and inside pockets for stowing clothes and accessories. The case fastens with a ribbon tie, and then it’s ready to be toted to church, on a play date or road trip for hours of fun.

Cloth paper dolls and accessories in carrying case, \$25. SallyManke shop on www.etsy.com.



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