

BROOKLYN

Family

Where Every Child Matters

January 2013
FREE

**Mid-Year
Activities**



*Happy
New
Year!*

**Winter fun
all around
the city**

**Essays on
Newtown
tragedy**



Find us online at www.NYParenting.com



CBE KIDS

Summer Day Camps



Children of All Faiths & Ethnic Backgrounds are Welcome

Call Bobbie Finkelstein 718-768-3814 x210 or www.congregationbethelohim.org



Elementary Day Camp Entering Kindergarten Through 3rd Grade

Full Day program. On-site swimming, active outdoor sports, arts & crafts, nature, gymnastics & music. Trips in & around NYC.

Movin' On Travel Camp Entering 4th Grade Through 9th Grade

Five days of trips. Two overnights, mature, qualified staff.

THIS SUMMER Dual Language Groups

(Hebrew/English)
At Elementary Day Camp
Kindergarten through 3rd Grade

Family January 2013

COLUMNS

- 14 Mommy 101**
BY ANGELICA SERADOVA
- 18 Dear Teacher**
BY PEGGY GISLER AND MARGE EBERTS
- 22 FabuLYSS Finds**
BY LYSS STERN
- 24 Healthy Living**
BY DANIELLE SULLIVAN
- 46 Dear Dr. Karyn**
BY DR. KARYN GORDON
- 48 The Book Worm**
BY TERRI SCHLICHENMEYER
- 52 Just Write Mom**
BY DANIELLE SULLIVAN
- 58 Death by Children**
BY CHRIS GARLINGTON
- 60 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 62 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 63 Parents Helping Parents**
BY SHARON C. PETERS
- 64 Family Journal**
BY ROBERT MORTON
- 66 Growing Up Online**
BY CAROLYN JABS
- 67 A Teen's Take**
BY AGLAIA HO
- 68 Lions and Tigers and Teens**
BY MYRNA BETH HASKELL
- 69 It Figures**
BY CYNTHIA WASHAM
- 78 New & Noteworthy**
BY LISA J. CURTIS

SPECIAL SECTIONS

- 49 Sleepaway Camp Directory**
- 54 Party Directory**
- 76 The Marketplace**
- 77 Party Planners**

FEATURES

- 8 Children & tragedy**
When the unthinkable is in the news, what do you tell your kids?
BY GAYLA GRACE
- 10 Stop the violence**
A parent and teacher tries to make sense of the Sandy Hook Elementary shootings
BY GREGORY KEER
- 12 Time to rework homework**
Part two of our discussion of homework
BY RISA C. DOHERTY
- 16 53 chances to keep your New Year's resolutions**
BY KIKI BOCHI
- 20 Anne Frank's legacy**
Children can learn about her history, courage, and hope, right in Manhattan
BY TAMMY SCILEPPI
- 26 The giving spirit**
Six ways to inspire the spirit of giving in your preschooler
BY HEATHER VAN DEEST
- 28 Navigating the stages of remarrying with children**
How to find success as a stepfamily
BY GAYLA GRACE
- 30 Road to success**
New book on parenting gives tips for raising emotionally healthy kids
BY ALLISON PLITT
- 32 One dark night**
Nurses, docs evacuate babies during Sandy power outage
BY JAMIE LOBER
- 34 Value of Catholic schools**
Why parents choose this effective alternative
BY CANDI SPARKS
- 38 Paws for health**
How to tell if your four-legged friend is sick
BY MARY HELEN BERG
- 40 Night fright**
Tips to help your child catch some zzzz's
BY KIKI BOCHI
- 42 Apps for autism**
Incorporating technology into the lives of special kids
BY REBECCA MCKEE
- 44 Kid-friendly luxury**
Five fun options at the Ritz-Carlton, Palm Beach
BY STACEY ZABLE
- 50 Why is autism on the rise?**
More kids are diagnosed with autism today than ever before
BY DANA J. CONNELLY
- 56 Girls & depression**
How parents can protect their teenage daughters
BY KIKI BOCHI
- 57 Look who's talking**
Helping sharpen kids' communication skills
BY JOANNA DELBUONO
- 65 The holiday spirit?**
A new dad wonders when we all became so greedy for stuff
BY TIM PERRINS

CALENDAR

70 January Events



Letter from the publisher

Keeping the children safe

We send our children off to school and hope we are leaving them in a safe place. We trust that the teachers and staff are capable of protecting them and keeping them nourished in a variety of ways and that we will see them later in the day.



For generations parents across our nation have done this and it has been fine. Sometimes there was a storm or a blackout or a hurricane or something like that for the educators to deal with and there were drill systems set up, like in case of fire, to help evacuate if needed. When I was growing up in the Midwest we had tornado drills and air raid drills. It was scary sometimes, but

we grew used to it and nothing happened. We were safe.

Suddenly, we have crazy stuff to deal with. We have people stealing airplanes and steering them into skyscrapers and we have other people outrageously armed with a cache of weapons who commit genocide and then suicide. We have seen a day care center in Oklahoma City blown to bits and now yet another school mass shooting. It is unbearable to all of us, as citizens and as parents. It is unbearable to think of the mindset that made that young man shoot his mother and then the innocent victims in the elementary school.

We don't have all the answers. There are massive amounts of weap-

ons throughout our country and we are told that after the shooting, more assault weapons were sold than ever before. My contention is to stop manufacturing and dispensing ammunition. Who then would care if the guns were there? They would be rendered largely harmless. But even if we could accomplish that and get anyone to agree to anything anymore within a consensus, there is still the matter of the disturbed minds that would do such a thing. We still have to deal with that issue and that's a biggie.

As a parent and as a neighbor, I know we can't just forget about this. We can't just wait a few weeks and move on without doing some things to set a plan in motion. We need to continue the dialogue, the outrage, the mourning so that we don't forget, so we don't get complacent and it be-

comes business as usual. We need to seek out answers from professionals and we need to identify the troubled souls among us and try to help them before they strike.

We need to act and continue to act before any more children are lost. This must be our highest priority. We must put politics aside and find answers before more lives are snuffed out in the horror of these violent acts. We all need to listen to each other and find a way to keep the children safe.

Susan Weiss-Voskidis,
Publisher/Executive Editor
Family@cnglocal.com

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

OPERATIONS ASSOCIATE:

Tina Felicetti

SALES REPS: Alexis Benson, Lori Falco,

Sharon Leverett, Shanika Stewart

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov,

Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITOR: Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITORS: Joanna Del Buono,
Danielle Sullivan

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks,
Laura Varoscak, Mary Carroll Wininger

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or

SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

www.NYParenting.com

New York Parenting
M E D I A

Where Every Family Matters

www.NYParenting.com



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

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

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

Join the conversation on Facebook.

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

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2013 Readership: 220,000. 2012 circulation audits by CAC & CVC.





Summer Day Camp 2013



JOIN US
JAN. 27TH FOR
OUR FACILITY
WIDE OPEN
HOUSE!

Open House Dates:

Sunday Jan. 6th
Saturday Jan. 19th
Sunday Jan. 27th *

*Facility Open House

11pm-4pm

over 20

Great Activities Weekly

Ice Skating, Gymnastics, Recreational Swimming, Soccer, Rock Climbing, Field Sports, Dance, Sky Jump, Aerobics, Leadership Building, Water Slides, Theater, Science and Nature, Volleyball, Kickball, Arts and Crafts, Basketball, Flag Football, Environmental Education, Health and Nutrition, Field Trips, Spirit Days & Color Wars!

AVIATOR SPORTS AND EVENTS CENTER

Floyd Bennett Field, 3159 Flatbush Avenue, Brooklyn, NY 11234

Contact Jennie at 718-758-7518 or Camps@aviatorsports.com.

Also visit Aviatorsports.com - Parking is always FREE!



From our readers

The homework conversation

Dear editor:

Homework is a battle I continue to face on a daily basis, so I enjoyed the many points of view expressed in your November article, ("Homework: A conversation with parents

and experts").

As a working parent, I sympathize with parents and their children, but as an educator I understand the reason behind the madness. Homework should be carefully thought out in order to review new concepts learned, but also, and more importantly, indicate where your child needs help. Homework re-enforces basic skills, comprehension, time management, and discipline.

It is not the responsibility of parents, caregivers, or teaching assistants to get homework done. Parents who take charge of homework and parents who ignore it do incredible damage to their child's ability to achieve through success and to learn powerful lessons through mistakes. It is up to parents and teachers to have faith in each other, their methods and

judgment, and to work together to make homework and school a valuable experience for all children with all types of needs.

If academic achievement and self-esteem is the common goal for our children, then homework, including tutoring and extra help, should be the first, and most important, activity after school. Once this routine has been established, other activities, such as sports, music lessons, etc., can follow. It becomes engrained that after one's work is done, and done well, there is time to play. A well-balanced day combining school, homework, and enrichment activities creates strong, independent children, and a better opportunity for families to enjoy and share free time together.

*Alicen Harrad, After School Director
Rhineland Children's Center*

EDUCATION

HOMWORK

A conversation with parents & experts

What is its value, and how much is too much?

BY RICK C. COBBETT
Parents and educators disagree about the value of homework. Some argue it's essential for learning, while others believe it's a waste of time. Rick Cobbett, author of *Homework: A Conversation with Parents & Experts*, explores the debate. He notes that while some studies show homework benefits students, others suggest it causes stress and reduces sleep. Cobbett argues that the key is to find a balance that works for each child and family.

Is homework worth it?
Cobbett explains that the answer depends on the child and the parent. For some, homework is a necessary part of learning, while for others, it's a source of frustration. He suggests that parents should communicate with their children about their homework habits and work together to find a solution that works for everyone.



Should I do it?
Cobbett provides a checklist of questions to help parents decide if homework is appropriate for their child. He asks if the child is ready for the work, if the parent has time to help, and if the homework is meaningful. He also discusses the importance of setting boundaries and creating a consistent homework routine.

Parents speak up
Cobbett shares insights from parents who have shared their experiences with homework. Some parents express frustration with the amount of work, while others praise the benefits of learning through practice.

Teenage smoking

Dear editor:

I was very pleased to read your October issue on teenage smoking ("Teenage Smoking," October, 2012). I was alarmed to read that one third of smokers who begin smoking as teens will die prematurely due to a smoking-related illness.

I am in agreement with lung cancer specialist Shahriyour Andaz,

who said that it is very important to be proactive in preventing teen smoking.

I have been working with teens for almost 10 years at the YM-YWHA of Washington Heights and Inwood. I believe that parents could do more to act as role models for their children. As they say, education starts at home. Without this kind of familial support it is difficult for an adolescent to understand the harmful effects of smoking. After all, we're working to counteract a tobacco industry that spends billions of dollars on marketing.

There are currently 11,500 licensed tobacco retailers in the city that are located within 1,000 feet of a school. What bothers me the most is that pharmacies that are supposed to promote healthy habits, sell tobacco products. We should follow the model of other counties like Canada and Ireland, where tobacco products are banned from pharmacies. These countries have seen a decline in youth tobacco use.

I think communities have a responsibility to educate our parents and youths about tobacco marketing. It is also important to educate them on the solutions being proposed to reduce the impact of tobacco marketing, such as reducing the visibility of tobacco products or removing tobacco advertisements in stores fronts.

The teen group I work with has done work to this effect. In addition, in collaboration with the Manhattan Smoke-Free Partnership, I have presented at Community Board 12 in Manhattan, regarding raising awareness and educating the public about the impact of tobacco.

Despite the great steps we have taken and the reductions in tobacco use we have seen, our work is not over. There is still much to be done in order to protect our children from the impact of tobacco use and keep them tobacco-free.

*Abraham Palma
Teen Director, YM-YWHA of
Washington Heights and Inwood.*

HEALTH

Teenage smoking

Six helpful tips for parents trying to prevent teens from taking up a bad habit



1. Know the signs. Parents should be aware of the signs of teenage smoking, such as changes in behavior, weight gain, and coughing. Encourage open communication with your teen about their habits.

2. Set a good example. Parents should avoid smoking in front of their children and encourage a smoke-free home environment.

3. Talk to your doctor. A healthcare provider can offer advice on how to help a teen quit smoking and provide resources for support.

4. Encourage healthy activities. Encourage your teen to engage in sports, hobbies, and other activities that can help them build self-esteem and reduce stress.

5. Provide support. Offer emotional support and encouragement to your teen as they work to quit smoking. Celebrate their progress and achievements.

6. Seek professional help. If your teen is struggling to quit, consider seeking professional help from a counselor or therapist.

Find out more...
For more information on preventing teenage smoking, visit the following resources:
- American Lung Association: www.lung.org
- National Cancer Institute: www.cancer.gov
- Centers for Disease Control and Prevention: www.cdc.gov

MATHNASIUM[®]

The Math Learning Center

We Make Math Make Sense[®]

+ WE ARE EXPERIENCED MATH SPECIALISTS

+ WE TEACH ALL LEVELS OF MATH ABILITY

+ PROVEN RESULTS

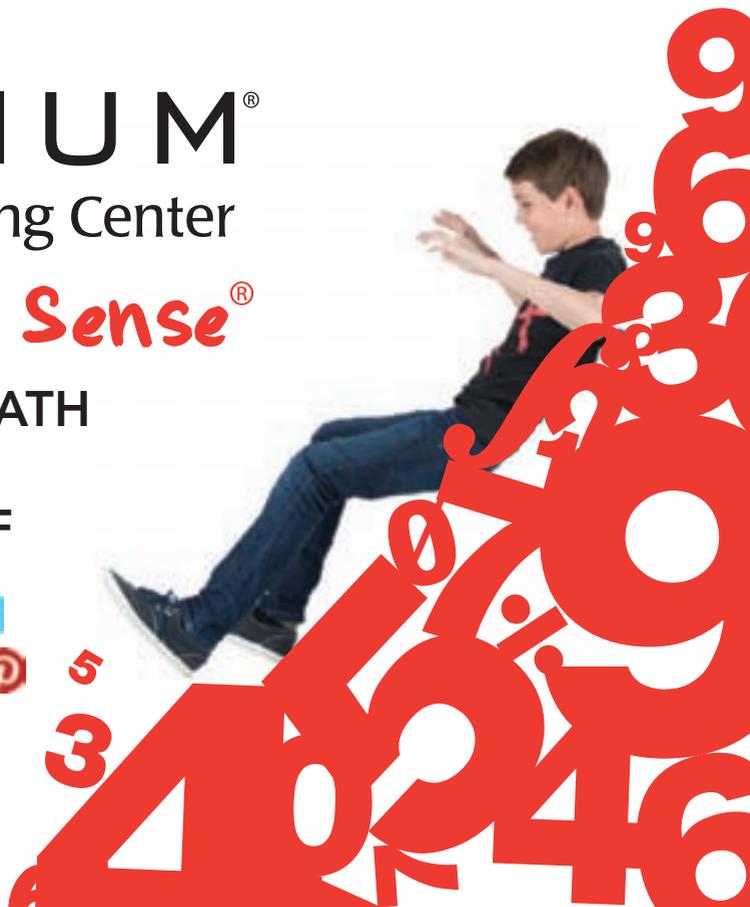


MATHNASIUM of Bensonhurst

6806 20th Avenue • Brooklyn, NY 11204

(347) 7-MATH-11 • (347) 762-8411

www.mathnasium.com/bensonhurst



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

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

We fixed that.

Institute for Advanced and Minimally Invasive Surgery

nym
NEW YORK METHODIST HOSPITAL

Member
NewYork-Presbyterian Healthcare System

Affiliate: Weill Cornell Medical College

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



Children & tragedy

When the unthinkable is in the news, what do you tell your kids?

BY GAYLA GRACE

The horrific scene from the Sandy Hook Elementary School shootings in Connecticut flashed across TVs for days, broadcasting terrifying images for all to see.

Making sense of what happened didn't surface quickly, and kids and adults were left to speculate why a 20-year-old would go into a school with the intent to kill defenseless children; 27 people dead, 20 of them first-grade students cut to the heart of every parent.

As our children begin asking questions in the aftermath of tragedy, the subject must be broached.

What do you say? How much emotion do you show? How do you help your child make sense of the senseless?

There are no easy answers, but there are a few dos and don'ts to help your child when tragedy strikes. The biggest consideration revolves around how we, as parents, react to the event. Our children watch and take cues from us.

"If you make it seem like it is something

that needs to be discussed, the more your child will get the idea that it is something that they need to be upset or distressed or fearful of," says family psychologist Shannon Bruno, Ph.D.

Here are other suggestions to help your child cope in the aftermath of tragedy:

- Monitor media coverage. Young children can't process media replay of tragic events and may begin to think the event is happening repeatedly. There is nothing gained from allowing children to watch media

coverage of a tragedy. If older children are curious and look to the TV for information, monitor how much they watch and be ready to discuss what they see.

- Be honest and specific about the event. Don't try to hide what happened. Our children need to understand the world they live in, based on their developmental age. But don't over explain, or dwell on the details of the tragedy. Answer questions honestly and give your children the freedom to ask whatever they need to defer their fears.

- Embrace their emotions. Allow your children to "feel" their feelings. It's OK to feel sad. It's natural to feel some anxiety. Acknowledge their feelings with expressions such as, "I understand this event makes you feel scared. I feel sad about what happened also." Offer words of comfort to relay their fears or sadness.

- Be available and offer reassurance as often as necessary. Let your children know they're safe. Recognize their needs and respond accordingly — some children need more reassurance than others. My oldest daughter was diagnosed with an anxiety disorder when she was 5 years old. Throughout her childhood, she was likely to respond to difficult circumstances with more anxiety than our other children, and my husband and I knew to always be available for her during challenging circumstances. Children are also more vulnerable if they've recently experienced difficult events, such as a parent's divorce, re-marriage, death of a family member, or another stressor.

- Recognize what feelings look like in children. Younger children may regress to behavior they've grown out of, such as sucking their thumb or soiling their pants, when troubled. Older children are more likely to show their feelings through a defiant attitude or irritability. Children don't have the ability to process feelings like adults. Watch for anything unusual in your children that could indicate they are experiencing high anxiety or fear.

- Keep routines as normal as possible.

Children thrive with routine. When tragedy strikes, it's especially important to keep a sense of normalcy with school, meals, and bedtime schedules. Children may have trouble sleeping or eating, which can help alert a parent to troubling emotions your child is experiencing.

- Depending on your religious practices, it may be helpful to pray with your child regarding the tragedy. After the Connecticut shootings, my 11-year-old son and I prayed for the families affected by the tragedy and the residents of Newtown. It can be reassuring for a child to pray and ask for God's help for a distressing situation.

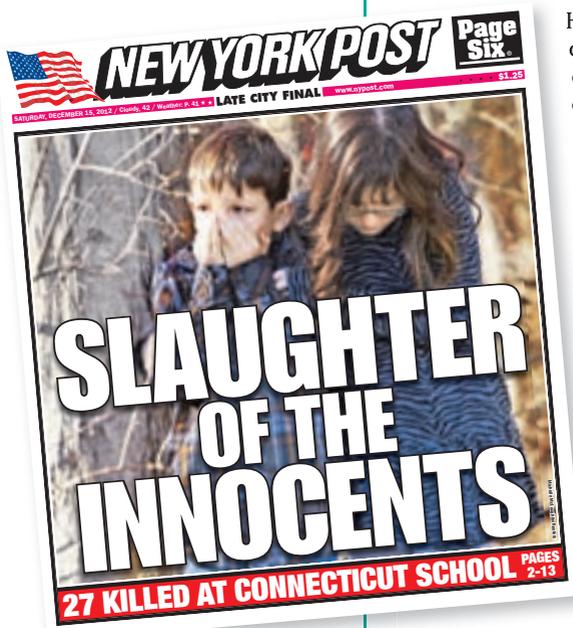
- Suggest doing something with your child that shows compassion or offers help for those affected. Many families have sent cards to Sandy Hook Elementary School to offer their thoughts and prayers for those families. Some lit a candle for each child represented. Children experience a sense of well-being by showing compassion and offering help in a situation that appears hopeless.

- Seek professional help for your child if troubled emotions don't subside after a period of time. Mental health professionals are trained to help children of all ages cope with difficulties. Depending on the level of exposure to tragedy or other challenges children are dealing with, they may get stuck in their anxiety or grief and unable to move forward. Don't hesitate to find help sooner than later if this happens.

Tragedies such as the Sandy Hook shootings carry a weight heavy to bear. They're especially difficult for young children to make sense of or cope with.

Helping our children process their emotions, while shielding them from graphic details, offers them healing and the gift of hope to continue on their young journey with renewed strength in their ability to cope with life's next challenge.

Gayla Grace is a freelance writer, wife, mom and stepmom to five children in her blended family.



JOFFREY BALLET SCHOOL

FOUNDED BY ROBERT JOFFREY IN 1953

2013

PERFORMANCE
SEASON

COME
GROW
WITH US!

CHILDRENS PROGRAM
AGES 2.5-10

YOUNG DANCERS PROGRAM
AGES 10-18

REGISTER EARLY TO BE A PART OF

CARNIVAL OF THE **ANIMALS**

& MANY OTHER OPPORTUNITIES!

434 Ave. of the Americas, 5th Floor, NY, NY 10011 | 212.254.8520

JoffreyBalletSchool.com



Stop the violence

A parent and teacher tries to make sense of the Sandy Hook Elementary shootings

BY GREGORY KEER

As hard as it is, the only way for me to sort through what happened in Newtown, Conn., is to put myself in the middle of the tragedy.

Because I am a parent, I imagine I am the perpetrator's mother who looks at her son in the instant before he shoots her. I die before I can even think.

I am a teacher, and I shudder at what runs through my mind in the last minutes as I sacrificed my life in a desperate attempt to stop a madman.

I am a child in one of those first-

grade classrooms. Perhaps I have a fleeting blip of time to fear this man. Maybe I am the first to die, or maybe I am one of the other 19 children. In this case, I think, will he shoot me? Can I run away? He hurt my friend! Will someone save me?

Now, I am a parent who hears my child has died. I feel blinding pain, hopelessness and anger, among so many other emotions — all of them searing. I think: my child is gone forever? I sent my child to school, and he never came back. How can that be? How can I keep breathing? Please tell me this is not real.

By the grace of God, I am none

of these participants. Yet, I am still a parent, a teacher, an American, a human being. And I feel so many things.

As I write this, the news is still horrifyingly fresh. There are so many unanswered questions. Some things we will never know. What could have been in the mind of a young man, barely out of his teens, that would prompt him to slay 20 innocent children, six staff members, and himself at Sandy Hook Elementary?

Even though we may never understand, I feel motivated, more than ever, to work to prevent this kind of tragedy from ever happening again. I

We have to turn the discussion around so that we are not just acting to prevent tragedy but working to promote goodness.

fiercely believe this requires long-term thinking, and I worry too many people lack the patience and dedication to commit to that. Already we are caught up in debates over whether better gun control will stop the demented from doing what they want to do. I believe we must improve background checks before selling guns to anyone, but I want to focus on something we can all agree on.

As adults, we have a duty to fashion a world that is safer and healthier for our children. We must make things better.

We have to care more about the well-being of people than we do now. We may never be able to stop a lunatic hell-bent on destruction, but we can try much, much harder to do better as a society. We have to turn the discussion around so that we are not just acting to prevent tragedy, but working to promote goodness.

I know that to some this may sound Pollyanna. I know I am flirting with idealism and optimism.

So be it.

What good is constantly reacting defensively to what is wrong in the world? Let's go on the offensive to crush the kind of disconnection that makes outcasts of the mentally ill and socially misfit. We do woefully little to help those we cannot understand, and then we cry and shout when they hurt us.

Among the strategies is making mental health check-ups as normal as physical check-ups. They need to be affordable and not stigmatized. As a society, we are so averse to having anyone question whether we're equipped to handle the ups and downs of life. We're still supposed to fight through it without well-trained health professionals, and that's not working — especially in an age where the resources exist but are not nearly as accessible or socially accepted as they should be.

Then, there are even more painstaking tasks we, as parents, must tackle with a firm commitment. As President Obama said days after the shooting, when he announced an interagency federal effort to combat violence, "Any ac-

tions we take must begin inside the home and inside our hearts."

On a regular basis, we need to talk with our kids about their friends. We need to teach them how to be fair and caring. We must work with them on the nuances of resolving conflicts and understanding each other's feelings. We must help them recognize and reach out to those who seem alone, and educate them about physical and mental differences that make people unique, but no less worthy of our attention. In these ways, we might help our kids at the ground level and improve society's connectedness.

We need to speak with the parents of our kids' friends and classmates about their children. We should take notice when they are in need of support. We often get so wrapped up with our own needs, we fail to reach out the way our parents or grandparents did when society seemed smaller and more manageable. We have to create a village-like atmosphere where we help each other so that no parent or child feels outside the circle. If we encounter parents or children who resist social connection, then we should seek counsel or assistance to ascertain what might be causing it, and do something to assist them.

We must rely on each other and on the professionals who can make our lives better, and be willing to seek help. Children come with a wide range of emotional and physical challenges. What matters is that we be proactive. This may result in our children needing therapy or medication — or even in us needing those things ourselves. If we make the effort to get help and act in our children's best interest, we will not only be aiding them and ourselves, but the society around us.

It could take years, even decades for these strategies to take effect. But I have to believe that if we work together, we can create a better world for our children. The alternative is just too horrible.

Gregory Keer is an award-winning columnist, teacher, and publisher of a fatherhood website, www.familyman-online.com.

CONGREGATION BETH ELOHIM EARLY CHILDHOOD CENTER IS PROUD TO ANNOUNCE OUR DUAL LANGUAGE CLASSROOM



Which will open in the fall of 2013. Children will experience our playful, nurturing approach of learning through two languages-Hebrew and English. We are currently accepting applications for the 2013/14 school year.



Congregation Beth Elohim
274 Garfield Place Brooklyn, NY 11215
Tel: (718) 499-6208 | Fax: (718) 768-7414



THE HELLENIC CLASSICAL CHARTER SCHOOL

646 Fifth Avenue, Brooklyn, NY • 718.499.0957
www.hccs-nys.org
Christina Tettonis, Principal





We take Knowledge, Wisdom and Truth with us to help make the world a better place.

School Mission:
To provide a classical education, rich in the study of humanities and literature.

- HCCS receives an A on the 2012 Department of Education Progress Report
- 89% greater than or equal to all K-8 schools in NYC
- #2 K - 8 independent charter school in NYC
- Student performance A School Environment A Student Progress B
- Partnership with Teachers College/Columbia University
- Partnership with the Greek Government
- Studio in a School Art Residency And Theater Productions
- Music Programs: Violin, Recorders, Guitar, Chorus
- Smart Boards and Lap Tops
- Greek, Integrated Algebra and Earth Science Regents
- Students Admitted to Best Public & Private High Schools in NYC including Stuyvesant, Brooklyn Tech High & Staten Island High

- Daily Classes of Greek Language, History, Art, Dance, Literature and Mythology, Paideia Seminars
- Study of Latin in upper grades
- Debate Club, Book Club, Science Club, Cheerleading, NFTE (Network for Teaching Entrepreneurship), Math Club, School Newspaper, History Club, Geography Club, Chess Club, Brooklyn Public Library Brooklyn Connection, Student of the Month, Arista, Student Government
- Highly Qualified, Certified Teachers
- YMCA After School Program, After School Test Prep & Specialized HS Test Prep

OPEN HOUSES:

Sat., Feb. 2nd at 10am
Sat., March 9th at 10am

Time to rework HOMEWORK

Part two
of our
discussion of
homework

BY RISA C. DOHERTY

When my high schooler started coming home without social studies homework, my first thoughts were, “Why would a teacher not assign homework on a regular basis?” and “Is the teacher really teaching anything in class if there is no homework?” I subsequently discovered that this teacher had the students actively involved in learning in the classroom so that they were voluntarily motivated to engage in ongoing, substantive discussions after hours. “Homework” was not assigned, but the students were engaged and learning more than ever. I was beginning to understand how effective a thoughtful educator could be.

Much has been said about “the homework wars:” some claim it is excessive and none of it is necessary, and others say it is an important component of educational success. Still, most people agree that if homework is given, it should be meaningful, appropriate, and necessary.

Healthy homework guidelines

Last spring, homework activists submitted the “Healthy Homework Guidelines” petition to the National PTA, recognizing the damaging effects of homework, including sleep deprivation, stress, and compromised mental health, noting “homework lacks many of the benefits commonly attributed to it,” and it encroaches on parental rights, family time, unstructured time, and outside activities.

As a result, the guidelines encourage teachers to reduce homework, and only give assignments that advance the spirit of learning, are student-directed, and promote a balanced home and life schedule.

Their aim is to improve teachers’ approach to designing and assigning homework.

Whether or not the guidelines are adopted as a position by the National PTA, schools around the country are beginning to address homework issues individually. Maryland’s Gaithersburg Elementary School adopted a no homework policy, finding that homework worksheets do not correspond with classroom instruction and instead encourage students to read 30 minutes a night, thereby creating a “real reading community.” The principal was quoted as saying that the change has sparked students’ maturation and motivation.

According to San Diego’s North County Times, students at Cardiff Elementary School are routinely not assigned homework, unless there is a clear purpose for it with regard to student learning. The principal there distinguished this from a no homework policy, hoping instead to impact the quality of the assignments.

If more schools replace their homework policies with Healthy Homework Guidelines, supporters hope for a ripple effect as more schools recognize the benefits for their own populations.

Foreign language exception

Many more issues still swirl around the homework debate. Parents who agree that rote homework in math or English may not be worth the incursion into family time, may still believe that foreign language homework is necessary.

Faith Garfield, who has taught foreign language in Queens schools, asserts that language homework “reinforces the knowledge students acquire in school, which will be lost

otherwise, as it is a cumulative endeavor.” She says that when students practice writing in a foreign language for homework, it helps them begin to think in the new language, as class time is limited and teachers use it to teach structure.

Some anti-homework activists would include foreign languages in their general ban. One proponent remarks that language proficiency is never obtained from mere school study.

Alfie Kohn, author of “The Homework Myth,” opposes rote foreign language homework, but would support some homework in that area, so long as it is “in a context and for a purpose.” He differentiates between the way a child becomes proficient playing an instrument or a sport from the way he may learn an academic subject. Continual practice is necessary for the former to achieve more fluid behaviors. Moreover, Kohn warns that rote repetition in academic subjects creates a pattern of sidestepping emphasis on concepts and understanding ideas.

Staggering project deadlines

An age-old issue that persists in middle schools and high schools is multiple assignments and projects, which always seem to be due on the same day. Teachers assign work as if they rule their own fiefdom, without regard to simultaneous assignments in other subjects. Although Kohn categorizes this as a minor point, students continue to suffer. Bennett proposes that teachers coordinate their assignments, using a board in the staff lounge. Etta Kralovec, co-author of “The End of Homework,” tells me it is a larger problem that goes beyond homework, indicative of “the teach-



ers' lack of time to work together to structure aligned, integrated learning experiences and curriculum."

What is 'Partnering With Parents?'

The real question is, "Why is homework assigned in the first place?" Sara Bennett, co-author of "The Case Against Homework," contends, "If parents didn't help, that would be the end of homework in elementary school," noting that continued assistance leads to dependency and children lose ownership of their work. Bennett and Kralovec say that self-disci-

pline and personal responsibility are learned not by the student, but by the systematically supervising parent.

Kralovec also points to programs like Teachers Involving Parents in Schoolwork programs and the Homelink Initiative, as signs of a growing trend to train parents to help with assignments. Kralovec tells me that homework handed in incorrectly with parental input requires the teacher to unteach and reteach, wasting more precious class time.

Personally, I resented having to master a textbook chapter and re-teach it or learn unfamiliar math for-

mulas late at night, when I had been relying on my children's teachers to cover the material with them.

Bringing homework under control

Even though research indicates little or no benefit from homework, parents continue to believe that it will lead to academic success, and they are resigned to it, according to Kralovec and co-author John Buell.

Unfortunately, Rome wasn't conquered in a day, and it is hard to change any ingrained way of thinking. Parents and teachers continue

to expect homework to be assigned, despite its intrusion into family life. As a result, Kralovec and Buell say that parents are "caught in a state of cognitive dissonance, asking for something that is fundamentally at odds with their own interests."

Experts suggest various ways to ease the homework burden until the issue is fully addressed. Kohn invites teachers to teach a single unit without homework and analyze the comparative results. In a recent conversation, he challenged teachers to offer more than just a "Goldilocks survey" to determine an appropriate homework amount, but instead to ask parents for in-depth feedback about assignments' necessity. Kohn advocates for student participation in homework creation, including how much to give, when it should be due and when to stop, before achieving mastery of the material.

Kohn believes teachers should avoid randomly assigning work right out of a book, telling teachers, "if you didn't design it, you shouldn't assign it." He further recommends teachers learn each student's needs, avoiding a "one size fits all" assignment.

Finally, Kohn is a strong proponent of meaningful, interdisciplinary learning experienced through in-school projects such as "design your own room," which teaches budgeting, area, perimeter, and applied math.

Vicki Abeles, director of the film "Race to Nowhere," encourages educators to re-evaluate the way in which we use the school day. She suggests schools schedule a study hall period daily or set aside one school day per week for supervised study. In this manner, students will have the time to study and receive guidance from trained professionals. She would like schools to designate one person to provide support to students and families by monitoring adherence to homework policies.

Kralovec and Buell stress the need to recognize homework as a public issue — not a private one. Abeles tells me, "It will take some courageous school leaders to eliminate unhealthy homework practices. We have the responsibility to create change, and we need a new and healthy definition of success."

Risa C. Doherty is an attorney, freelance writer, and mother of two. She is a member of the American Society of Journalists and Authors. Read more at www.risadoherty.com.



MOMMY 101

ANGELICA SERADOVA

Foul play in the Park

Recently, my husband and I took our daughter Olivia to Central Park. It wasn't our first time, but I was particularly excited because it was a warm day, and we were headed to the playground for the first time. I remember being a bit nervous upon walking inside the gated playground. As much as I wanted her to run around and explore, I wanted to protect her and make sure she didn't hurt herself. But more importantly, it was one of our "firsts," so I was having an exciting mommy moment.

I glanced around the playground and tried to find a safe zone. The slide? Maybe the jungle gym? I decided on my own childhood favorite, the swings. We headed over to what seemed like an empty swing, but were stopped by a 5 year old who proclaimed that it was HIS swing. It was a baby swing. You know, the ones that have a harness and are for younger children. (He clearly didn't fit inside of the swing.)

I said, "OK," as I looked around for the boy's mother, hoping she would see the teachable moment that had presented itself and show him how to share. She was on the phone and made no sign of coming over to her son, so we headed over to the jungle gym.

There were a bunch of kids there, and I figured it would be fun to "socialize" Olivia. (Yes, just like we did with our dog when she was a puppy.) Her smile was so big as she looked at the other kids and tried to play with them. This playground stuff was fun.

I brought her to the steering wheels of the pretend "boat" on the jungle gym since no one was there. She tried turning the wheel and turned to me and laughed as we steered it together. Then, out of nowhere, a little boy (well, he was a "big kid" at about 6 years old) pushed my daughter out of the way and made it known that this was HIS ship,

and he was playing there first. I was appalled. I looked around for a sign of his parent but got nothing.

My next and final attempt at enjoying our park day was on the slides. A few little girls were going down the slides, so Olivia and I waited until it was her turn. Again, the excitement in her eyes was priceless. I helped her down the slide, she giggled, and just as I was about to pick her up, another little girl slammed into her and pushed her off the slide with her feet.

I'll pause for reaction.

I grabbed Olivia and told the little girl that it was not OK to kick other children.

"She was in my way!" she responded. Again, no mom or dad in sight.

What hurt me most about that day wasn't the rudeness of the kids but the fact that what happened is just a small example of what's happen-

ing with the majority of kids today. When I tell friends this story their reaction is, "Oh, yeah, we get that a lot." With all due respect to my friends, when did this behavior become acceptable? When did parents start becoming such pushovers? Trying to teach your own kid manners and how to interact politely with other people is extremely difficult when other children are not being taught the same. Or worse, their parents are too "busy" to even care.

Angelica Sereda is a working mother and freelance writer. She lives in Brooklyn with her husband and 15-month-old daughter, Olivia.





BROOKLYN FREE SPACE

a cooperative preschool since 1978

You are invited to a preschool
OPEN HOUSE
for the 2013-2014 school year

(Incoming students will be 2.6 - 4.8 years by September 30, 2013)

When: Thursday, January 10 / 7:00 - 9:00 PM

Where: 298 6th Avenue, between 2nd & 3rd Streets

What: Come tour Brooklyn Free Space, meet our teachers and learn about our educational philosophy and activities.

Limited financial aid is available to qualifying families.

Visit brooklynfreespace.org
or call (718) 965-3135 for more information.
(Childcare will not be available.)

Brooklyn Free Space admits students of any religion, race, color, disability, and national or ethnic origin 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 religion, race, color, disability, national or ethnic origin or the sexual orientation of students' families, in the administration of its educational and admissions policies.

Ave B. Christian Academy, Inc

WHERE LEARNING IS FUN!

Open: 6:45am - 6pm

Ages 3 months - 9 years old • Open since 1985

Certified Trained & Loving Staff • Se Habla Español
Education Program • Summer Day Camp (Field Trips)
Computer, Cooking and Bible Classes at Low Cost
Martial Arts & Dance • Free Work Books
Before & After School Care • Drop-In Care
Nutritious Breakfast, Lunch & Snacks

NOW AVAILABLE: WEEKEND CARE

9214 Avenue B • (718) 498-9464

9302 Avenue B • (718) 498-8937



**HALF OFF
Registration
with this ad**



- ✓ Ages 2-6
- ✓ After school program available for ages 6-12
- ✓ ACD and HRA vouchers accepted
- ✓ Nutritious snacks and hot meals
- ✓ Licensed and approved by NYC Dept. of Health
- ✓ Safe staff screened by DOI

779 East 49th Street /Between Ave. D and Clarendon Rd./

718-869-6762



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



An independent, Quaker school for
preschool - grade 12 since 1867

375 Pearl Street, Brooklyn NY 11201

718-852-1029

www.brooklynfriends.org

Summer programs in June and July
for Kindergarten-Grade 9



WINDMILL MONTESSORI SCHOOL

Accredited Preschool, Elementary,
JHS & Academic Summer Camp

A PEACEFUL PLACE TO LEARN SINCE 1941

Windmill's environment encourages children to

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

CURRICULUM ADVANTAGES

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

PLUS MORE

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

Happy Learners and Happy Campers

718-375-7973 ★ 718-375-4277

e-mail: windmont@windmillmontessorischool.org

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

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



53 chances to keep your New Year's resolutions

BY KIKI BOCHI

We all have the best of intentions on New Year's Day. We're going to exercise more, maybe lose some weight. We plan to work more veggies and wholesome foods into our family's diet. We promise to finally get that

check-up, eye exam, dental cleaning, pap smear, mammogram, or any other health screenings we've been putting off. Those of us who are still struggling with tobacco addiction vow this will be the year we finally quit smoking.

A small percentage of us will succeed. But research shows that

most people will give up long before the year is over. In fact, many of us won't make it through the first week, much less the first month.

That's where the Healthy Monday campaign comes in.

A nonprofit initiative in association with Johns Hopkins, Columbia, and Syracuse universities, the campaign aims to gently remind you of your goals and encourage you to recommit each week.

"We think of Monday as the January of the week," says Cherry Dumaul, the spokesperson for the organization. "That's the beauty of Monday. It's very forgiving. We get 52 Mondays a year — and actually, this year we have 53 Mondays. It's a chance to start fresh every week."

If you deviate from your goal, you don't have to throw in the towel. The campaign aims to get you back on track with weekly reminders such as this one: "Incorporating new habits into your daily life takes work, so aim for progress, not perfection! Start with small changes that you can easily fit into your daily routine, and go a little further each week. Swapping a breakfast Danish for whole-grain cereal, having water instead of soft drinks with meals, picking veggies as a side dish, or trying fruit for dessert are all doable actions that will lead to long-term results."

Individuals can sign up for the tips via e-mail, or get support from the Healthy Monday communities on Facebook (www.facebook.com/HealthyMonday) and Twitter (@healthymonday).

"We hope people take advantage of the program by checking in each week, sharing their progress, and inviting their friends, family, and co-workers to join in," Dumaul says. "It's a great way to reach those goals you set for yourself."

KiKi Bochi, an award-winning journalist, reads hundreds of reports monthly to bring readers the latest insights on family health and child development.



Currently accepting applications for the 2013/14 school year



Congregation Beth Elohim
Early Childhood Center
Growth • Curiosity • Self Esteem

LEARN MORE AND VISIT US AT
www.congregationbethelohim.org
 274 GARFIELD PLACE AT EIGHT AVE.
 (718) 499-6208



Bethel SDA Elementary School

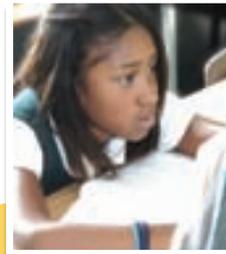
PRESCHOOL–GRADE 8 • AGES 2–14

- In Addition to State-Approved Curriculum We Offer:**
- Bible • Music • Art • Home Economics • Gardening •
 - Student Choir • Reading Club • Poetry Club • Drama Club •



The school was established in 1946 and is still active today in educating students who want to learn. Come and meet us.

www.bethelsdaschool.org
 457 Grand Ave. • 718-783-3630



HANSON PLACE SDA
 ELEMENTARY SCHOOL

Kindergarten - 8th Grade
Safe. Clean. Affordable.

- Rigorous and Differentiated Instruction in the Core Curriculum
- Enhanced Music, Art and Drama Programs
- An Atmosphere which Fosters Healthy Cognitive, Social, and Emotional Growth in Each Child
- Age-Appropriate Field Trips, Sports, and Recreational Activities

Near the Atlantic Terminal
 2, 3, 4, 5, G, C, B, N, R, & Q Trains
 And near the
 B41, B25, B38, B52 and the LIRR

38 LAFAYETTE AVE. BROOKLYN, NY 11217 718-625-3030 hpsdaschool.org

Community School District 14 Magnet School Programs

Open House Schedule (Open to All Students Grades K-5)

PS 250: COMMUNICATIONS AND MULTIMEDIA ARTS
 108 Montrose Avenue, Brooklyn, NY 11206
 (718) 384-0889
 1/23/13 and 2/26/13 @9:30am

PS 257: PERFORMING ARTS
 60 Cook Street, Brooklyn, NY 11206
 (718) 384-7128
 1/18/13, 2/8/13 and 2/27/13 @9:30am

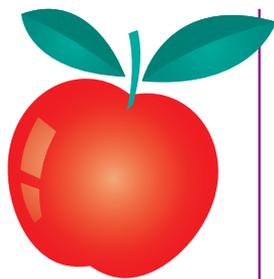
PS 380: LITERARY ARTS AND INTEGRATED TECHNOLOGY
 370 Marcy Avenue, Brooklyn, NY 11206
 (718) 388-0607
 1/24/13, 2/7/13 and 2/28/13 @9:00am

PS 414 BROOKLYN ARBOR: GLOBAL AND ETHICAL STUDIES
 325 S. 3 Street, Brooklyn, NY 11211
 (718) 963-0393
 (Note: PS 414 will have grades K-3 in September 2013)
 1/4/13, 2/1/13 and 3/1/13 @9:00am

We are now accepting applications for September 2013 Placements!



For additional information contact: Joseph Gallagher, Magnet Director - Email: jgallag@schools.nyc.gov - Phone: (718) 968-6186



DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

How to encourage kids to persevere

Dear teachers,

How can I help my third-grade son, who just gives up at the first sign of difficulty? What can I do to help him stop being a quitter?

Dear parents,

Children usually start giving up after experiencing a cycle of failures at school. Your son is only in the third grade; he more than likely wants to do well in school. Very sadly, not all bright children succeed in school. Some begin tasks very halfheartedly and give up at the first sign of difficulty. Psychiatrists call this “learned helplessness.” It can happen in the early grades because of emotional immaturity, low frustration level, or over-dependency on adults.

It can also happen when children start fourth or sixth grades because these are points when learning requires more effort, and some bright children have no strategies for handling difficult assignments and give up too quickly. It’s not easy for these children to overcome the tendency to give up when the going gets tough, but they can with continued help from teachers and parents.

By modeling how to approach a problem and giving specific instructions at every step along the way, parents can help their children learn how to tackle difficult assignments. They will need to teach them:

- Effective problem-solving strategies.
- To look for more than one approach when solving a problem.
- To retrace their steps to find errors.
- To use self-talk as a guide for solving problems.

Help with math**Dear teachers,**

My granddaughter failed

math in sixth grade and got a failing grade the first semester this year in seventh grade. She hasn’t mastered multiplication, and her addition and subtraction skills are poor. She has just been passed along — the school did not have summer school, and the teacher is a poor communicator. I’m trying to work on helping her learn the basic facts. What else can I do?

Dear grandparents,

The best thing that you can do right now is to see that the child gets the help that she so obviously needs. The individual responsible for this child, whether it is you or a parent, must immediately contact the school to see that help in math begins at once. It would be a good idea to meet immediately with this teacher. Find out why an intervention or testing for a learning disability has not been done.

If you do not receive a helpful response from the teacher, contact a counselor or the principal. This child’s skills sound so weak that an individual tutor or math learning center may be needed. Nothing but serious problems in math are going to occur in the future without considerable help. How will this child ever be able to handle math in high school to fulfill graduation requirements?

You can supply some help to your granddaughter. To work on addition and subtraction, use manipulatives — counters, coins, etc. — so she can actually see problems. If she is strong enough to work on multiplication, try this technique: for a problem like 3×4 , have her draw three parallel vertical lines and cross them with four parallel horizontal lines and then count the intersections (12) to get the answer. You will also find it helpful to search on our website for math under the elementary level, as you will find a variety of suggestions about ways to teach basic math facts, starting with addition.

Do not consider your granddaughter’s math skills strong in any area until she can solve basic addition,

subtraction, and multiplication facts in three seconds or less.

Overcrowded class**Dear teachers,**

My daughter’s first-grade classroom is overcrowded. The children are not getting quality instruction from the teacher, and the teacher does not have time to accomplish all that she wants to do. Volunteer parents are the teacher’s only help. Who can we (a group of concerned parents) approach to improve this situation? A few of us have written letters to the principal, but nothing has been done to address the issue.

Dear parents,

First grade is an extremely important year in school. During this year, time will be spent teaching children to read and do basic addition and subtraction. Realistically, the children will have wildly diverging skill levels, from those who can read to those who are just starting to learn the sounds of letters. And the same is true with math abilities. It is difficult for a teacher to make sure that every student gets all the individual help needed when classes are very large.

School districts recognize the importance of having smaller classes in the primary grades. Unfortunately, they are finding it very difficult to do so with smaller budgets. Of course, parents should voice their concerns, even though it may be difficult for the school to change things.

There are some things that parents can do. They may work with the administration to set up a well-organized and trained volunteer program that can assist the first-grade teacher.

They may also raise funds through the parent-teacher organization to pay for an aide for this teacher, as well as others in the school.

Parents should send questions and comments to dearteacher@dearteacher.com or ask the columnists at www.dearteacher.com.

©Compass Syndicate Corporation, 2012.

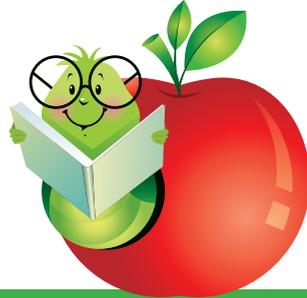
Distributed by King Features Syndicate.



Leif Ericson Day School

Traditional Values for the **Modern World**

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



OPEN HOUSE
Tuesday,
Feb. 5th
7-9 P.M.

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>

Midwood Montessori



Pre-School & Kindergarten

Summer Program
Transportation Available

2825 Bedford Avenue • 253-3242
at Glenwood Road

www.midwoodmontessori.com

Prepare Your Children For The Future With Quality Education and Care

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



PARKWAY SCHOOL

One of Brooklyn's premier private schools.
5566 Kings Highway, Brooklyn, New York 11203
Tel: 718-346-0369 Fax: 718-346-0371
www.parkwayschool.org



Anne Frank's legacy

Children can learn about her history, courage, and hope, right in Manhattan

BY TAMMY SCILEPPI

There's a place in Manhattan where kids and teens can learn a thing or two about tolerance, courage, hope, and strength of spirit in the face of adversity — and even a bit of history.

It's the Anne Frank Center at Park Place and Church Street, where young visitors can find out who this special girl was and what the world was like during WWII, when six million Jews were wiped out by a plague called the Holocaust — driven by hate and racism.

Through various programs, interactive workshops, and exhibits, the center offers visitors a memorable, multi-dimensional experience.

"A lot of our visitors are from foreign countries and different cultures. Anne is very hard not to like and identify with. Her words are true and stay with the reader forever," says Yvonne Simons, executive director. "Her diary has been translated into 68-plus languages, emphasizing its global relevance."

These days, with so much happening in our country and the world, Frank's story is especially meaningful to young people who seem to

relate very strongly and personally to her ordeal.

Although it has been in the U.S. for 35 years, the center only recently opened its beautiful new gallery, which put it on the map in the city with educational and public programming.

According to Simons and Robert Levin, director of education, for many young people who visit the center and discuss Anne Frank at school, Anne's story is their first exposure to the Holocaust. The center carefully differentiates how it presents this history, depending on visitors' ages.

For younger children, Frank's bravery in hiding, how she dealt with uncertainty and isolation, why she loved to write, and what she taught us about goodness and hope, is emphasized.

At the middle grades, the center provides more historical background about the Holocaust, but continues to place Frank's story at the center, including her specific accounts of conditions in hiding and in the war-torn outside world, what she gradually came to know about the concentration camps, her insights about good and evil, and her

growing identity as an independent, young thinker.

High school-age students are fascinated to combine what they have learned about the Nazi period with broader issues of discrimination, intolerance, hatred, and the prospects for peaceful resolution of conflict.

Anne Frank

Tolerance, courage, hope, strength of spirit. These powerful words still ring true today, as they did when Frank wrote them in her diary back in the early 1940s, when she and her sister Margot, and their parents spent two arduous years in Amsterdam hiding from Nazi soldiers in the Secret Annex behind a warehouse. The family fled Germany for the Netherlands after anti-Jewish laws went into effect. Tragically, in 1944 they were put to death in concentration camps after they were betrayed and caught. Otto, the father, survived. Eventually, he made his daughter's wish come true by having her diary published.

Between 1942 and 1944, the Franks and another family learned how to get by in cramped quarters, eating meager meals while they heard sounds of destruction and violence everywhere. How does a young girl make sense of this chaos? On July 5, 1942 Frank received a diary for her 13th birthday. It was her salvation.

According to Levin and Simons, Anne's authenticity, bravery at expressing character dilemmas we all face, especially during adolescence, resonate with children and teens. Anne, they say, had a talent for language that brings the events of the Holocaust to the present. She expresses herself as a typical, ordinary teen caught up in a horrific cultural cataclysm.

Today's kids

So, what do parents tell their children when violence shatters the calm of everyday life, and when schools become vulnerable to unexpected attacks by shooters? When you hear stories of students suddenly faced with the threat of death? How do you talk to your kids about good vs. evil?

The story of Anne's diary

The story behind Anne Frank's diary rising from reject pile to best seller — with more than 30 million copies sold worldwide — is a fascinating one, filled with serendipitous events.

More than 60 years after Frank's father published, "The Diary of Anne Frank," in Amsterdam in the summer of 1947, it has become the world's best-known memoir of the Holocaust.

"The founder of the Anne Frank House, Otto Frank, the only person of the group in hiding at Prinsengracht 263 which survived the Holocaust, lived in Manhattan as a young man. His friend, Nathan Strauss, invited him to work in his family's department store company,

Macy's," says Simons.

The ties between Otto Frank and New York were strengthened in 1959 when he founded the American Friends of the Anne Frank House, based in Manhattan. He lived in Switzerland at the time. This organization was incorporated in 1977 as the Anne Frank Center U.S.A. and has been a 501(c) three nonprofit since that time.

"Anne delivered a strong, core message: justice comes from personal commitment. Strong communities are built from strong individuals. Anne Frank encourages individual consciousness and action," says Levin.

Simons feels that Frank's writing was wise beyond her years,

and her words and thinking can be applied to questions all of us have, making the application of her words ageless.

"One message rings clearly in 'The Diary of a Young Girl' — individual character and consciousness are keys to halting intolerance and hatred," she says.

Additional programs at the center will focus on women journalists covering war and recovery from war correspondents, scholars, and diplomats engaged in peacemaking initiatives, and young people making a difference in the world.

"I still believe, in spite of everything that people are truly good at heart," Frank wrote.

All programs are open to the public, with a modest admission charge that includes touring the museum.



Photo by Yvonne Simons

Students use information on life in the attic on iPads in a simulation of Anne's bedroom.

Like Anne, kids and teens live in a confusing world that is, at times, scary and violent. Eventually, they come to understand that bravery is not relegated only to the battlefield, but that ordinary, daily living takes bravery, adds Simon, especially in big cities like New York, and even in unexpected places like small, peaceful towns way out in Newtown, Conn.

For teens and children who are old enough to understand the tragedy that occurred at Sandy Hook Elementary School — what better example of bravery by ordinary people than this horrific event? — there's sad but valuable lessons in heroism beyond the battlefield: beloved teachers and a principal were killed as they tried to defend innocent students, and the courage of parents who must cope with devastating loss as they go about their daily lives.

Perhaps our children can learn from Frank that there are times when we all need to find that strength of spirit — until things get better. And, that hope and faith are valuable during challenging times.

There are many lessons to be learned from Frank's horrific experience and her coping abilities: she once said she was able to shake off all her cares when she wrote in her diary — and that's how she dealt with her reality.

Levin and Mike Clary, marketing manager at the Center, both agree that young people are ready and

eager to stand up for justice and fairness once they have an opportunity to get beyond headlines and worrisome stories, know that their own insights matter, and find avenues to pursue action.

They may discover this in school, church, in community or educational groups, or at home — there are many outlets.

And there are excellent organizations teaching tolerance and encouraging action. Levin explains that the center's approach is to use the beautifully-recorded experiences and ideals of a profound young writer who began with a simple, day-to-day diary, but whose work became an international example of confronting difficult issues and seeking solutions.

What are the results of people taking action against injustice and intolerance?

"It's amazing to see how a conversation with a Holocaust survivor about having endured personal intolerance during WWII resonates with students today in regard to issues that they can identify with," says Simons. "We talk to students about the importance of each individual making a difference — 'change' begins with you — the individual. Do not be a bystander and have your voice not be counted."

She believes that action works, and "at the very least it begins dialogue, moves questions and issues into the public eye and awareness, and actions do move the needle."

Simons and Levin are both convinced that because Anne is straightforward and bares her soul, young readers take the events destroying her world, very personally.

According to Levin and Clary, strong leaders, teachers, parents and role models counteract lies and misinformation across the Internet, for example. Anne Frank remains one of those role models. Programmed hatred, propaganda and misinformation can be best combatted and shown for what they are by trusted, unbiased sources, they state.

"Anne was after all one voice; her words impact people all over the world," says Simons. "The fact is that her voice is that of a teenager asking adolescent questions about life that resonate with children her age — 13 through 15-year-olds."

"At the same time, younger and older audiences connect to Anne," adds Levin.

'Conversations'

On a recent Saturday the most active audience participant at a center event called "Conversations with Anne," was an 8-year-old boy, brought by his mother for his first orientation to Anne Frank.

He was totally focused on the 40-minute production and asked the most and the best questions during the talk-back," says Simon.

"Conversations with Anne" is the Center's signature, one-actor show

that draws directly from Frank's diary. It speaks directly and personally to all audience ages. The theme changes monthly; in December it was "A World of Gifts," as Frank observed the holidays in captivity, but also thought deeply about the meaning of gifts and gift-giving.

On Saturday, Jan. 12, there's a new two-person "Conversations" show, honoring Dr. Martin Luther King, Jr., and called "Letters from Anne and Martin." The performance is based on text from Frank's diary and Dr. King's letters from a Birmingham jail, followed by a discussion led by educators who are passionate about this theme. As with all shows in this series, "Conversations" travels off-site; "Letters from Anne and Martin" has already been booked by a local college in February.

School programs

The Center offers a vibrant series of Artist-in-Residence and Writer-in-Residence programs to schools and community groups throughout the year. In "The Art of Self Discovery," students in the upper elementary and middle grades study appropriate sections of her diary, with a special focus on how she matured and developed her sense of self.

Each participating school or organization then hosts one of its visual or performing artists, or writers, for a five-to-10-week residency to guide students toward such expressive projects as portrait-making, murals, sculpture, photography, oral history, poetry, or playwriting. Students typically present their projects at celebratory community events in their neighborhoods, and the most exemplary projects are honored at the center.

Preparations are also underway for a special Art of Self Discovery outreach to students in the city's hardest-hit areas of Hurricane Sandy's path, and will be able to offer selected schools this program at no cost in March, April, and May 2013.

The Anne Frank Center, USA [44 Park Pl. and Church Street in Manhattan, (212) 431-7993 X 301].

Tammy Scileppi is a Queens-based writer and journalist who has interviewed and profiled many interesting people, including several celebs. She has been covering arts and entertainment in New York City, but also enjoys sharing her insightful articles with NY Parenting readers. As a mom, she has lots of parenting experience under her belt, having raised a bright and independent teenage son (in college), and his older brother, who is a super-talented actor and comedian.



FABULYSS FINDS

LYSS STERN

New year, new you

Every year, we make those familiar inner promises to ourselves — we vow to eat healthier, to make more time for our families, and to cut back on all that diet soda or coffee. But, it really is no secret that every woman has her slip-ups when trying to cling to her resolution. I know I've snuck bites of my sons' chicken nuggets and fries, and sat in Starbucks with a book and a gigantic iced coffee after vowing to cut out some carbs and drink more water. I get it — trust me. It feels inevitable to break those promises. But, if you don't take care of yourself to the fullest and respect your own wishes, you can't possibly be your happiest "you" in 2013.

This is your year, DivaMoms — and this year is going to bring great things. One of these great things you're going to try is a spin class at Flywheel sports; I can feel it. You're going to take an amazing class with instructor Danielle, and you're going to love it. Flywheel's third-floor studio at East 67th Street and Third Avenue on the Upper East Side is humming. This amazing facility features everything that sets Flywheel apart: stadium-style seating, personal performance-tracking technology, and all the extras we don't consider extra — complimentary towels and shoes with every ride! You will not regret making spin class a central part of your new-and-improved 2013 schedule — or, as I like to call it, your "13 Routine."

Every FabULySS mommy needs to treat herself once in a while to some downtime that includes a lot of pampering. This is why you are going to get an incredibly relaxing, renewing, and rejuvenating facial at Vicki Morav on Madison Avenue, and then get your much-needed haircut at the Roy Teluck salon on East 57th Street with the (in my world) wonderfully famous Olivier. Plus, you will allow yourself to indulge in some true celebrity gossip magazines while you get your locks washed, cut, and colored. Believe me — you need and deserve it!

So, about that family time you

crave: what kid doesn't love to ice skate? Better yet, what mom doesn't? Come on, ladies; we all know you were the star skater in that ice skating class you took when you were 10, just like Jill Zarin! So, grab the kids (and the husband, if he'll oblige), bundle up, and hit the rinks at Bryant Park or the famous Rockefeller Center! We live in New York City, so let's not forget to take advantage of all that we have at our fingertips to make beautiful, lasting memories.

Here's the one you're waiting for: date night! Try visiting one of the DeLyssious Felice restaurants (Felice 64, Felice 83, or Felice 15 Gold Street). Hire your favorite babysitter, kick back, and enjoy some wine, good food, and music.

Whatever you do this year, think of yourself. You are a mother, and that automatically qualifies you for Divahood. And, of course, remember the wise, wise words of everyone's best girlfriend, Madonna:

"No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself." Happy New Year!

Flywheel [201 E. 67th St. at Third Avenue on the Upper East

Side, (212) 327-1217]; Viki Morav [762 Madison Ave. at East 66th Street on the Upper East Side, (212) 744-4753]; Roy Teluck [5 E. 57th St. between East 57th and East 58th streets in Midtown, (212) 888-2221]; Felice restaurants [www.felice-nyc.com].

Lyss Stern is the founder of DivaLysssious Moms (www.divamoms.com) and co-author of "If You Give A Mom A Martini ... 100 Ways To Find 10 Blissful Minutes For Yourself."



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

Stepping Stones Nursery School

OPEN HOUSE Dates for Summer and September 2013 Enrollment

10am to 1:00pm

Wednesday, January 23rd

5pm-8pm

Children born 2009 & 2010

Wednesday, January 30th

5pm-8pm

Children born 2009 & 2010

Wednesday, February 6th

5pm-8pm Children born 2011



Full And Half Day Programs Available

School Session:
September – June

Summer Session

8 week program
Choose your own weeks

School Programs

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

After School Programs

Kindergarten through 5th grade

Call or email steppingstones86@aol.com for an appointment
245 86th Street, Brooklyn, NY | 718-630-1000

• CONFIDENCE • EMPOWERMENT • INDEPENDENT THINKER

Programs Designed To Give Children Strong Motivation And Sense Of Self

- 20 Years Of Educational Experience
- Certified NY State Teachers With CPR And First Aid Training
- Flexible Programs With Early And Extended Hours Available
- Strong Parent Partnerships & Involvement

Fall Registration starts January 14th

- Fun, Engaging, Developmentally Appropriate Thematic Learning Curriculum
- Small Child to Teacher Ratio • We Offer Music and Yoga
- Spacious Outdoor Play • Large Indoor Gym
- 3 Teachers per class
- All Meals Included • Serving ages 2-Pre-K

We are NAEYC accredited.

Come join us for Creative Movement, Yoga And Music

TREASURE ISLAND

New Dimensions In Learning

Our Lady of Angels - 2nd Fl. - 4th Ave. bet. 73rd & 74th Sts.

718238-7676 | 718238-7950

• GUIDANCE • WORD POWER • SHARING & CARING • CULTURAL DIVERSITY

Does your child's kindergarten teach...

Phonics and Reading

- Including beginning phonics rules and special sounds
- Reading sentences and stories containing both one- and two-vowel words and special sounds

Cursive Writing

- Including letters, blends, words, sentences, and the child's name

Arithmetic

- Recognition, counting, writing, and number concepts 1-100
- Value of money, telling time, and using the calendar
- Addition facts through 10 and beginning subtraction

Science

- Including God's plan for His creation

Social Studies

- Community helpers, children of the world, and America (maps, famous Americans and places)

Bible

- Memory verses
- Catechism
- Bible lessons including salvation, creation, Old Testament Bible characters, and the life of Christ

Music

Arts and Crafts



International Christian School

www.internationalchristianschool.org

312 Coney Island Avenue • Brooklyn, New York 11218 • 718.436.8924

INTERNATIONAL CHRISTIAN SCHOOL

enroll now!

718.436.8924

Pre-K through 12th





HEALTHY LIVING

DANIELLE SULLIVAN

When it's more than morning sickness

When it was announced that Kate Middleton was pregnant and hospitalized with morning sickness, the media was quick to jump on the story portraying a diva attitude. Many stated that nearly every pregnant woman experiences morning sickness at some point in her pregnancy. Then, it was determined that the Duchess of Cambridge was suffering from hyperemesis gravidarum, a very serious condition that only certain pregnant women experience.

"I almost thought I was dying," says 34-year-old Manhattan mom, Dana Goldberg, who also suffered from the condition. The mom of 2-year-old Bryson says that merely hearing about Middleton's story made her feel queasy, because it brought her right back to the days of her pregnancy when she couldn't keep even a tiny sip of water down. "I threw up 12 to 15 times a day ... every day. I felt completely depleted."

Most pregnant women get nau-

seous at some point in the first trimester, but hyperemesis gravidarum is an entirely different situation. So how do you know when it's just normal pregnancy nausea or a serious condition?

Dr. Joanne Stone, professor of Obstetrics, Gynecology, and Reproductive Sciences at Mt. Sinai Medical Center, and director of the Division of Maternal-Fetal Medicine and Perinatal Ultrasound, points out that "with hyperemesis, the degree of nausea and vomiting is severe. Patients feel weak, often have significant weight loss, and when seen by their healthcare provider, they are dehydrated. They are often tested for the presence of ketones, which is a sign of severe dehydration and starvation."

Dr. Stone — who along with Dr. Keith Eddleman, wrote, "My Pregnancy and Baby, The Pregnancy Bible and Your Second Pregnancy" — says it is vital to seek help if you think you might have it.

"If you are constantly vomiting, unable to keep food down, feel de-

hydrated and are losing weight, see your doctor and go to the emergency room."

"Next time, I would ask — no, demand — help sooner and not just chalk it up to normal pregnancy symptoms," says Goldberg. "I think, as women, we are so reluctant to speak up for ourselves. It took me until I was physically unable to leave my bed to convince my doctor that something was very wrong."

There is no need to suffer silently. Now, there are several treatments available.

"Some treatment options involve non-pharmacologic therapy, such as acupressure or P6 wrist bands. Lifestyle changes, such as trying to eat small, frequent meals, bland foods, and avoiding spicy foods, may be helpful. Ginger supplements of 250 milligram tablets four times a day is worth a try," says Dr. Stone. "If the nausea and vomiting is persistent, trying various combinations of medications may be successful. Pyridoxine, 25 milligrams every six to eight hours, plus Doxylamine once a day, can do the trick.

If this doesn't work, stop the Doxylamine and substitute another antihistamine. You can also try other agents, such as Metoclopramide. Many women find Ondansetron (Zofran) a real lifesaver, taking four to eight milligrams every eight hours. Some studies show steroids given by IV may work for some women."

For Goldberg, a mix of Zofran, ginger supplements, and a lot of rest, eventually helped lessen her symptoms.

Luckily, in most cases, hyperemesis gravidarum improves by the 12-week mark, although rare cases have been reported in second and third trimesters.

Danielle Sullivan, a 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 @DanniSullivan, or on her blog, Just Write Mom.



Tabernacle Day Care Center

Making A Difference in Day Care



Children's Advocates • A place where minds can grow

Infant Program

Staff Qualified and Licensed by Albany, N.Y.

Pre-school Program

A.C.D. Verified and Health Dept. Approved

3 months
to 6 years
of age

Call now to enroll your child
718-638-3209 or 638-3238

Hours:
7:00am to
6:00pm

34 Kosciusko St. #52 Brooklyn, NY 11205



Your Child Can Achieve Academic Excellence

Rated as one of the top private schools in the country

Our mission is to equip our students for life by providing an affordable high quality education that also nurtures the development of faith and character. Our children graduate going to the best high schools and prep schools in the city and the top boarding schools in the country.

Trey Whitfield School is NOW accepting applications for the upcoming school year for Nursery to 8th Grade.

- Best high school placement
- Over 30 years of academic excellence
- Safe, Nurturing and Spiritual Environment
- Renovated 5 story wired building
- Art, Computer, Library, & Gym classes
- Early Childhood Reading & writing Program
- Before School & After School Care Available
- Concert Choir After School Program
- Over 94% of 2011 TWS 4th graders at level ¾
- Over 90% of 2011 TWS 8th graders at level ¾



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

Brooklyn Fencing Center

Fencing Classes for All Ages

COMPETITIVE OR JUST FOR FUN!

NEW CLASSES STARTING EACH MONTH

VISIT OUR WEBSITE FOR CLASS SCHEDULES:

WWW.BROOKLYNFENCING.COM

718-522-5822 62 Fourth St. (x Hoyt St)



17 Hinsdale Street, Brooklyn
(Between Atlantic and Liberty avenues)

For Open House & testing dates:

**Call (718) 342-7722
x 309 or 312**

Or visit our website:

www.treywhitfieldschool.org

"Love is learning... learning is love"

The giving spirit

Six ways
to inspire
the spirit of
giving in your
preschooler

BY HEATHER VAN DEEST

It's never too early to introduce your preschooler to the concept of giving and serving others. From the age of 3 or 4, children begin to understand feelings and develop a sense of empathy, making it an ideal age for your child to start participating in activities and events to help others.

"The advantage of starting early is that giving back becomes an automatic and deeply embedded family habit," says Jenny Friedman, executive director of the Doing Good Together foundation and author of "Doing Good Together: 101 Easy, Meaningful Service Projects for Families, Schools, and Communities." "Plus, children learn that the world is simply a better place when we help out one another."

Consider these six tips to get your preschooler into the spirit of giving.

Follow the fun

Your child will better remember and enjoy her first volunteer experiences if they're tied to activities she loves. The next time your daughter wants to make cookies, whip up a couple of extra batches to donate to the bake sale at her older sibling's school. Is your child an animal lover? Visit the local shelter together to learn how you can help.

According to Friedman, whose foundation created the Big Hearted Families initiative to encourage volunteering, "Engaging in service together as a family not only makes together time more meaningful, but also helps kids and strengthens families."

Donate and learn

Whether you're donating your time, money, or goods, discuss your family's efforts with your preschooler. Explain that the coins she tossed into a donation box will help feed someone who is hungry. Talk about how the old clothes she helped bag up and drop off at a collection point will help keep someone her age warm in winter.



Causes you can support

Looking for a cause to support with your preschooler? Here are a few:

- **The Leukemia and Lymphoma Society**, lls.org

Dedicated to helping blood cancer patients.

- **The Humane Society**, humanesociety.org

Helps protect animals nationwide.

- **U.S. Marine Corps Toys for Tots Foundation**, toysfortots.org

Collects toys annually for less fortunate children across

the country.

- **World Wildlife Fund**, worldwildlife.org

Devoted to wildlife conservation and saving endangered species.

- **Operation Smile**, operationsmile.org

Helps treat facial deformities in children across the world.

- **American Community Gardening Association**, communitygarden.org

Promotes and supports community gardening projects throughout the U.S.

When discussing such issues with young children, a gentle approach is best. Be sure to explain that the families you are helping will be OK, especially if your preschooler voices concern for those in need.

Race away

Attend local charity races with your child, especially to cheer on friends and other family members who are participating in the event. Alternatively, register your child to walk a portion of a race with you or check locally for “kids only” fun runs and walks that benefit a range of causes.

During the past few years, Avery U., a mom of two, encouraged her young daughter to participate in an annual charity fun run held in memory of two children lost in the 2004 Indian Ocean tsunami.

“At age 5, my daughter now clearly connects tsunamis and disaster with suffering,” she says. “I hope that doing the fun run again next spring will help her see that we can do something positive in response to suffering.”

Respond together

Identify how to help in your community or region, especially when a disaster or tragedy strikes close to home. Propose ways your family might help and let your child choose which ideas you’ll put into action. Empowering her to participate in the decision making, and to be a part of a community-wide effort, no matter how small, helps her see the gifts that volunteering can bring, both to those in need and those doing the giving.

Make it regular

One visit to the pet shelter no

doubt makes for an exciting story your child may want to share with others. But monthly visits to help the animals add up to an increased interest in and commitment to an important cause — one that may stay with your child for years to come. Volunteering on a recurring basis also helps your preschooler see the fruits of her efforts over time, allowing her to develop beneficial relationships that help grow her confidence.

Caryn M. regularly took her two children to visit an orphanage when they were young. Reflecting on the experience today she says, “My hope is that as my children become better able to see beyond their own lives and into the lives of others, their early memories will serve as a foundation for compassion.”

Think global

Volunteering locally is a great place to start, but don’t forget about activities and events happening across the planet. Getting involved in initiatives such as ending hunger in Africa or preventing animal trafficking in Asia offers your child new perspectives and opportunities for learning. Grab a map and help your preschooler locate the part of the world where you plan to focus your volunteer efforts. Together, find photos online or in library books of the places and people you want to help.

Introducing the concept of giving to young children demonstrates that they each can truly make a difference. And along the way, they’ll learn the most important lesson — helping others helps us all.

Heather Van Deest is a freelance writer and mother to two aspiring volunteers.



2012-2013 SEASON

"All grown-ups were once children ... but only few of them remember it."

THE Little Prince

Brooklyn Center's **TARGET** Storybook Series

Tickets \$7

Sunday, January 27, 2013 at 2pm
Recommended for ages seven and up.

For tickets visit BrooklynCenterOnline.org or call 718-951-4500
Walt Whitman Theatre at Brooklyn College
2/5 train to Flatbush Avenue / on-site paid parking available

The Target Storybook Series is sponsored by:  



Early Stages Musical Theatre classes for 4-6 year olds

Main Stages Musical Theatre classes for 6 - 16 year olds

JOIN THE FUN

STAGECOACH SCHOOLS BROOKLYN
'Convenient Locations' - Carroll Gardens & Cobble Hill

Saturday Weekend & After School Classes
Previous experience is not necessary, Children of all levels are welcomed!

OUR TEACHERS HAVE PERFORMED ON BROADWAY

CLASSES TAUGHT IN A CREATIVE, FUN AND SAFE ENVIRONMENT

TRAINING FOR LIFE!
Please visit our website for questions and registration details

Beth on: 718 - 852 - 3208
StageCoach the World's Largest Part Time Theatre Arts Schools

SING! DANCE! ACT NOW!

 **Stagecoach**
www.StageCoachSchools.com

Navigating the stages of remarriage with children

How to find success as a stepfamily

BY GAYLA GRACE

"It's harder than I thought it would be," my friend commented of her new marriage. "I don't understand his kids, and we're not on the same page when it comes to parenting. I hope it gets easier with time, or I don't know if we'll make it."

Remarrying, when children are part of the package, is challenging. Understanding the unique relationships created and how to navigate the stages the new family will face can help determine the success or failure of the marriage.

A stepfamily is formed when one or both of the spouses bring children from a prior relationship. A stepfamily looks and functions differently than a nuclear family. Emotional "blood bonds" formed by parents and their biological children are stronger than bonds of the new spouses. Children grieving the loss of a parent to death or divorce experience major adjustments and crippling emotions.

But with intentional effort, a willingness to grow as relationships evolve, and plenty of time and patience, remarriage with children involved can result in harmonious relationships.

"New Faces in the Frame," a workbook created by Dick Dunn to guide remarried couples with children, outlines six stages that stepfamilies can experience. If a family gets stuck in one stage for an extended period, it can result in failure for the marriage. Navigating the stages requires healthy communication by the couple, the ability to adapt to change, and the resolve to solve conflict as it occurs.

The first stage of infatuation occurs when two people fall in love and decide to marry. Many couples at this stage are blind to the difficulties they will encounter as a stepfamily. They negate their children's feelings about their relationship and refuse to listen to others' opinions. Infatuation, however, usually gives way to reality after a short period.

The questioning stage follows as the spouses begin to recognize the challenges they are facing with their new family. One or both partners may begin to seriously question why they married. During the questioning stage of my remarriage, I reflected on how it seemed easier to be a single parent, rather than cope with the daily challenges in our new family. I had committed to my new marriage, however, "for better or for worse," and endeavored to continue the journey. For many remarriages, the questioning stage will make or break a family.

The most critical stage — the crisis stage — comes next. Levels of crisis vary from minor bumps to major explosions, but this stage represents a turning point in which family members seek change. Challenges build until someone reaches for help. It's a productive stage if families confront the problems and begin to find solutions. Unfortunately, many couples give up and call it quits at this stage. But those who persevere will turn the corner and look toward easier days ahead.

The last three stages usually occur somewhere between the second and fifth year of remarriage. Complicated stepfamilies that include children from both partners will likely take longer. It's also not unusual for stages to be re-

visited. But as families reach the latter stages, hope begins to surface and tensions begin to ease.

The possibility stage offers positive thinking toward improved relationships. Following the crisis stage, the couple emerges with renewed energy to seek family harmony. After struggling for years, the family begins to unite. Broken relationships begin to heal and day-to-day life appears easier.

The growth stage follows on the heels of possibility. Although there has been some growth from the beginning, families in this stage recognize a steady pace of growth, with more steps forward than backward. Family members feel accepted by one another and problems are resolved quickly when they arise. Stepparents feel comfortable in their roles and tension with ex-spouses has eased.

The last stage: the reward stage is reached only after years of intentional effort. For many stepfamilies, it is never reached, because they give up. But for those who persevere, the reward of harmonious relationships and sense of accomplishment from a united family outweighs the burden of what it cost to get there. Once reached, the rewards continue for years as family members treat each other with unconditional love and respect, erasing the memories of difficult years and replacing them with hope and anticipation for the future.

Stepfamilies offer children a chance to heal from broken relationships while learning how healthy relationships relate to one another. Researcher James Bray published results from a 10-year study with stepfamilies that indicated a healthy, stable stepfamily can help overcome some of the negative psychological effects of divorce. And while remarriage with children involved may be challenging, intentional effort and commitment can lead to satisfaction and reward in the long run.

Gayla Grace is a freelance writer who has been remarried for 17 years. She and her husband have five children in their blended family, ages 12 to 28.



Marks JCH Day Camp

Fun. Friends. New Experiences.
Ages 3-14



a beneficiary of
UJA Federation
of New York

Summer 2013
June 27th - August 16th

Bring this ad when you register to
receive a camp goody bag!

www.jchcamp.com

718.331.6800 x 145 or camp@jchb.org

7802 Bay Parkway, Brooklyn, NY 11214

Road to success

New book on parenting gives tips for raising emotionally healthy kids

BY ALLISON PLITT

A new book from psychologist, mother of three grown sons, and author Madeline Levine emphasizes ways to parent children so they can become independent adolescents with a strong sense of identity and values.

In “Teach Your Children Well,” Levine’s first book to follow her 2006 New York Times bestseller “The Price of Privilege,” she writes about her belief that schools spend too much time praising students’ SAT scores and grades. She admonishes schools that she says have become so competitive that they only acknowledge and commend the top academic students, while ignoring students with no less estimable talents in art, music, or the savvy ability to work with others. Levine says there are other factors to consider when looking down the road to a child’s success later in life.

“A major study conducted by IBM found that the single most sought after trait in CEOs is creativity,” she writes. “There are many different ways to be ‘smart,’ not all of which lend themselves to paper and pencil evaluations. Many of the characteristics that lead to success, particularly interpersonal skills and a robust sense of self, are never assessed in school.”

Another trend that Levine says she sees among families is the increasing amount of time parents devote to raising their children, instead of developing their own interests, friendships, and professions. She argues that when parents spend endless hours watching their children’s sporting events, sit next to them every night doing their homework, and spend money on prep courses and tutors instead of on a family vacation or a weekend away with a friend or spouse, they are teaching their kids that “the moon and stars revolve around them.”

“Entitled children are the inevitable outcome of time and resources that are wildly and disproportion-



Madeline Levine, PhD, is the author of “Teach Your Children Well.”

ately assigned to the children and not the adults in the family,” adds Levine.

Young children

Levine writes in depth about the emotional development of three different age groups. In regard to the elementary school years (ages 5 to 11), parents should focus on teaching children to be more in control of their impulses, emotions, and behavior. For example, parents often find themselves admonishing their child for eating cookies before dinner or telling their child to apologize to a sibling for breaking a toy. She also advises parents to limit their child’s screen time, be it a television or computer, to no more than two hours a day.

Elementary school is also a playground for children to learn about making friends, and Levine thinks it is essential that parents help their children navigate their way through friendships.

“Researchers have found that parents who use ‘reflective messages’ with their children have kids who are more socially adept. This means that parents encourage their children to think about the impact of their actions on others as well as on themselves,” according to Levine. As an illustration, she depicts an incident when a parent says to a child,

“When you didn’t thank grandma for her present, how do you think she felt?”

Levine encourages parents to share stories with their children about their own friendships. Parents should remember that children internalize these stories to serve as templates for how they approach their own friends. Children need to be reminded of simple social graces, such as saying “hello,” smiling when they introduce themselves, making an effort not to say mean things, and not shouting when they get angry.

One of the most interesting tips Levine offers for this age group is to explore nature. Parents worry more than ever about their children playing outdoors, but violent crime has decreased by 50 percent during the last two decades, says Levine. Being outdoors takes children away from the computer and the television and gives them a learning environment for unstructured play. Children at this age love to learn from their senses — be it splashing in a puddle or falling into a pile of leaves. Nature also provides a quiet playground where children can escape the busy worlds around them and create their own private space.

Middle school

One of the most tumultuous periods in a child’s life are the middle school years (ages 11 to 14), and Levine insightfully describes the rite of passage that parents dread most — puberty. As these adolescents are experiencing hormonal and brain changes beyond their control, they attempt in other ways to exert influence over their own lives. Most typically, they have power struggles with their parents.

“There will be conflict over clothing, music, curfew, grades, friends, and almost every other aspect of their lives,” describes Levine.

In regard to puberty, Levine believes it is important for parents to maintain open and healthy communication about sex with their children. Parents should let their children know that they are available to

talk, but not to be too pushy if they get no response from their kids, she says.

"Most children will come to you for information and guidance when they're ready," she writes.

Many adolescents can become self-conscious with the inevitable weight gain that puberty brings, which can lead to eating disorders such as obesity, anorexia nervosa, and bulimia. Parents can ease this transition by acting as role models — eating three healthy meals a day and exercising regularly. Levine also suggests parents bring their kids to the grocery store to have them assist in making meals and preparing their own snacks.

In the electronic age of cellphones and laptops, a disturbing new trend among this age group and teenagers is sleep deprivation.

"The American Academy of Pediatrics recommends that pre-teens and teens get slightly more than nine hours of sleep a night," Levine writes. "And the percentage of teens that actually get adequate sleep? That would be 15 percent, leaving 85 percent of teens sleep-deprived."

Sleep deprivation in adolescents has been attributed to a list of problems, such as poor school performance, depression, a heightened risk of car accidents, and an increased likelihood for eating disorders and substance abuse. Besides lobbying your child's school to push back the start time of morning classes, parents can insist their kids shut off all electronics a half hour before bedtime and fill that time with a relaxing ritual such as taking a bath, listening to music, reading, or writing in a diary.

One of the most daunting tasks a child in middle school faces is navigating peer groups. When adolescents join peer groups, they gain a sense of independence from their families. Parents, nevertheless, should be aware of their children's friends and the social interactions affecting their child. When their child is being mistreated or bullied, parents should take action.

When a parent does confront her child about being bullied, Levine suggests a more personal approach.

"These situations ... that come up during the middle school years are best addressed by respecting

your child enough to bring him or her into the process of figuring out how to solve problems," Levine advises. "This does not mean you give up your authority when your child is endangered; it simply means that in order for your child to learn, as well as to be protected, from an unhealthy or distressing experience, he needs to be included in the process."

High school

After weathering the tumultuous pubescent years, parents can approach the high school years (ages 14 to 18) as their child's final step into adulthood. During this period, teenagers' thought processes become more advanced. They learn to think hypothetically and understand the consequences of their actions.

Teens also have the ability to see their parents as people with their

own strengths and weaknesses. Most importantly, says Levine, they learn to self-reflect and to identify themselves as individuals with their own unique qualities. Parents can help their teen make more mature decisions by engaging them in debates, discussions and even arguments.

"One of your teen's greatest accomplishments will be not only to think like an adult, but to behave like one," she writes. Self-control at this age is a big issue and Levine says, "the longer your child abstains from using drugs, the less likely he or she will be to develop a substance abuse problem."

Levine advises parents to let their teens know they are available to talk, but warns against "unnecessary intervention." When parents

intervene unnecessarily in situations, it prevents the teen from "strengthening his coping skills," which will further his "self-control, self-esteem, and self-reliance," she says.

Stating that the average age for first sexual intercourse among teens in the U.S. is between 16 and 17, Levine says "researchers find no negative psychological factors associated with being sexually active at this age. Having intercourse before the age of 16 is associated with a host of concerns." Many younger teens are not comfortable with their bodies and their appearance until they are older and have a more kindly view of evaluating their attractiveness.

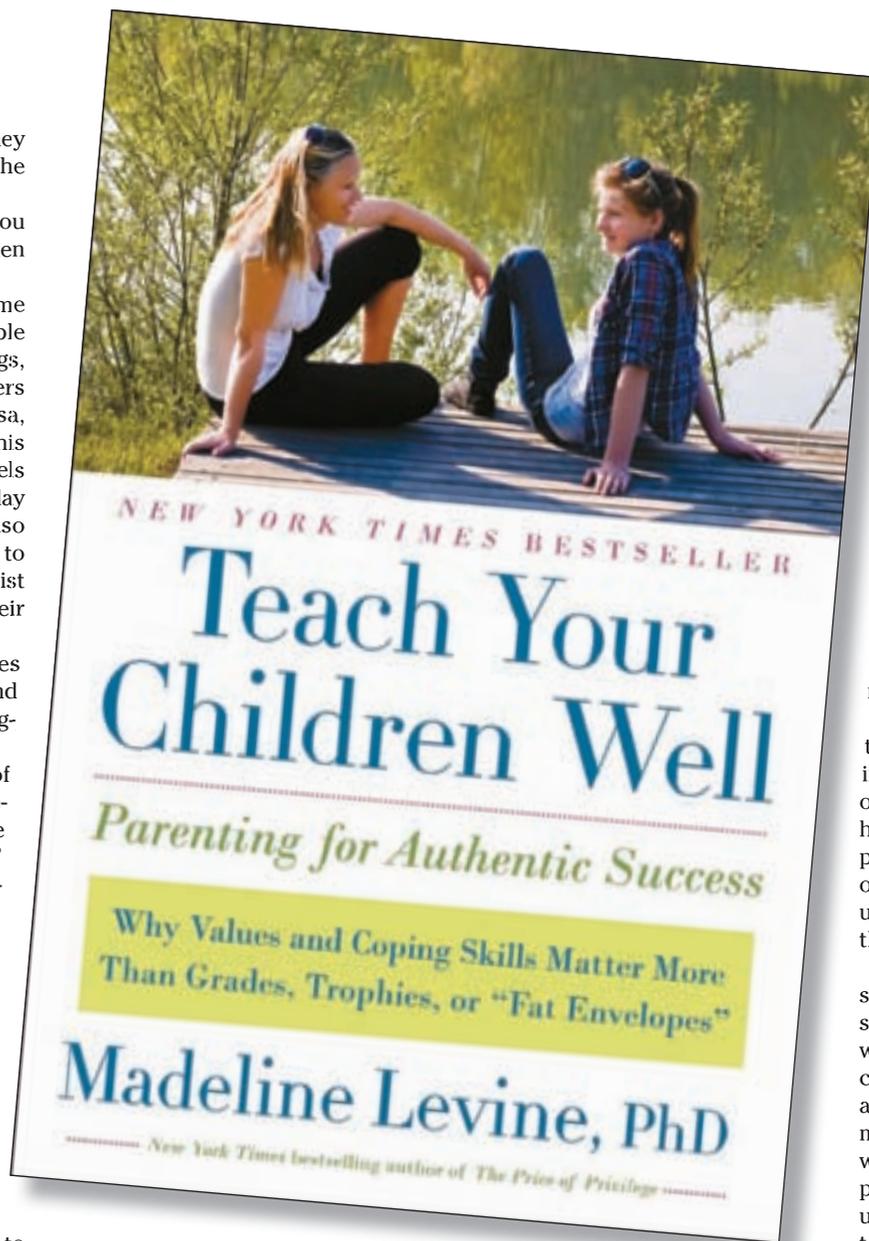
Parents should keep communication open with their children about intercourse and the consequences of their actions. Levine emphasizes how vital it is that teens learn about puberty and sexuality, since about only 60 percent of high school teens used contraception the last time they had intercourse.

Probably a parent's biggest responsibility is giving their child a strong sense of identity and self-worth. Teenagers can receive gratification from a good grade or scoring a goal for their team, but it is ultimately chores, jobs, and volunteer work that provide them with opportunities to contribute something unique and meaningful to them and to their community, explains Levine.

When parents step away from their roles as caregivers and allow their children to pursue their interests with enthusiasm, they can also teach their teens the importance of hard work and setting and achieving goals, she writes. As teenagers reach these goals, they gain self-esteem. It is also the job of the parent to teach children about set-backs and failures but to never give up their hopes and lose sight of their dreams.

As Levine so aptly puts it, "The more coping skills children have at their disposal, the more likely they are to successfully meet the challenges of growing up and finding their own definition of success."

Allison Plitt is a contributing writer for New York Parenting Media and lives in Queens with her 6-year-old daughter. Feel free to share your ideas with her about topics for articles or resources for families at allisonplitt@hotmail.com.



One dark night

Nurses, docs
evacuate
babies during
Sandy power
outage

BY JAMIE LOBER

Healthcare workers at New York University Hospital had to do the unexpected when Hurricane Sandy ravaged New York City in October: they faced a terrible storm, lost electricity, and were forced to evacuate 20 babies in need of intensive care with only a moment's notice.

"We had to be fast," said Margot Condon, nurse at New York University Langone Medical Center. It was the type of disruption to the workday that nobody wishes to have. "We were changing shifts, which was a good thing, because more people were there than usual."

In the event of an evacuation, the hospital's rule of thumb is babies first.

"Lights went out, and the first thing you do is check on all the babies, especially those on ventilators to help them breathe," said Condon.

Battery-operated ventilators were on, and pumps were going, so babies were getting all medications and IV fluids, but the situation was still complex.

"We had to make sure all the babies were safe since all the monitors went off and had no battery life," said Condon. "People were handing us flashlights, and we had to check babies more frequently, because we had no monitors or lights."

The care the babies received was beyond the ordinary.

"Management and administration was telling us that we were going to move the babies and evacuate, so we moved the babies by holding them, since they do not have good thermal regulation," because they cannot control their body heat, said Condon. "We hugged them close and had heated mattresses on the other side of them."

The memories of the evacuation will stay with Condon and other workers for a lifetime.

"The baby I took was having a breathing tube, so the doctor was bagging the baby, and I was holding the baby, and we had somebody from respiratory holding the oxygen tank, somebody holding the pumps and lines and portable monitor, and we had to walk down nine flights of stairs," said Condon. Everybody had to do that — times 20 babies. "I did it twice and each nurse did it about once or twice," she said.

Going through an evacuation is difficult, but the focus is purely on the baby.

"Everybody supported each other and gave 200 percent," said Condon. Doctors, respiratory, and security were all wonderful. "The medical students were holding up the flashlights in the stairwells so we could see, and the residents had to handwrite all the reports so they could get the proper information on the baby."

Fortunately, the staff

at the hospital, located on First Avenue at 33rd Street in Manhattan, is used to working as a team.

"We have emergencies all the time on an individual basis, because it is intensive care, so we understand how to act as a team. But when we lost power, it was an extreme and something we were not used to," said Condon. "Our emergency skills kicked in, and we did what we had to do."

A few of the patients' families were present during the evacuation.

"We made a great effort to keep everybody calm, and we did not have any drama anywhere," said Condon. "We utilized them, so they could be a part of the team, too."

Condon says it was a good feeling to be able to overcome the storm.

"We were relieved when we saw the babies in the units where they had the lights and incubators that were warm and parents were settled in," she said. Everyone was grateful to be safe again and felt confident in the compassionate care of the workers. "In moving into the future, we will be as safe as we can, but Mother Nature is not always that predictable."

The hospital and its staff were well prepared, even though there was no power.

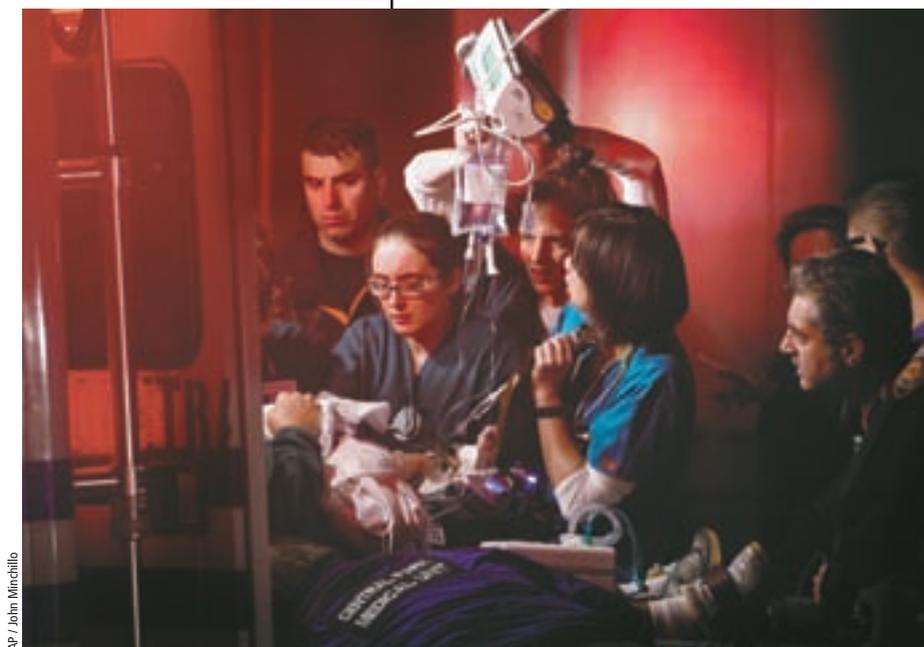
"We were prepared at the bedside, and able to get the babies out safely," said Condon. Because so much of the city lost power, it required even more from the staff. "We were providing staff to the other hospitals where our babies went, and that is a lot going on while we are still continuing to care for our patients."

Workers are proud of what they accomplished and the patients they helped.

"NYU is a great place," said Condon. "And when you have a wonderful medical, nursing, ancillary staff team that works well together, you can get through anything."

Jamie Lober, author of *Pink Power* (<http://www.getpinkpower.com>), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.

© 2012 Jamie Lober



AP / John Minichillo

Medical workers during the evacuation of NYU Langone Medical Center during Hurricane Sandy.

THE PARK SLOPE DAY CAMP

**Traditional, outdoor, fun, stimulating
Day Camp for ages 3.5 to 14**

Plus these exciting specialty camps!

- **Cirque d'Ete** for grades Pre-K - 5
- **Sports Academy** for grades 1 – 5
- **On Wheels** travel camp for grades 6 – 8
- **Leadership Experience** for grades 9 & 10



OPEN HOUSE DATES

SATURDAYS – JAN 12 • FEB 9

339 8 Street, just below 6 Avenue
Presentations begin at 1pm & 2:30pm



*Transportation available from
most Brooklyn locations*

FEBRUARY MINI-CAMP

Based in Park Slope

For grades PK – 6

February 18 & 19

Wondering what the kids are
going to do while school is
closed?

Join us for **fun day trips** and
wacky camp culture!



*Based in Park Slope,
Carroll Gardens & Brooklyn Heights*

Indoor classes for ages 3 – 10

**in the Brazilian Futsal style.
Registration never closes.**

*Register online
sonicsoccerfun.com*

www.parkslopedaycamp.com

718.788.7732



Value of Catholic schools

Why parents choose this effective alternative

BY CANDI SPARKS

At a time when the New York City public school system is under so much criticism and revision, working families have found an alternative in the Catholic school system. These schools have historically been the ones to reach out to and support communities in need.

Years ago, hundreds of thousands of immigrants came to the New World to have a fresh start. They put in long hours at low-level jobs, striving for greater opportunity and a better life for their children. It was a financial sacrifice for these immigrants to send their children to Catholic schools, rather than through the public school system, but to them, it was well worth it.

The public schools in their working-class neighborhoods were largely overcrowded and not necessarily providing top-notch education. In order to be more assured that their children would be taught their values — including discipline, which was a rigorous part of their children's life at home — they decided to send their children through a parochial school system, even if it meant struggling to find the extra money to pay for it.

In the early days of the immigration wave, it was primarily Irish and Italian immigrants that sent their children to Catholic parochial schools. As the years went by and new immigrants came from more



countries and continents, the demographic shifted and one didn't necessarily have to be Catholic to choose this educational option. As a result, many Catholic schools throughout the city have continued as an integral part of our citywide school landscape.

Currently, Catholic schools serve more than 160 nationalities. With each wave of immigration — Hispanic, Asian, Slavic and many others — Catholic schools offer diversity. These schools are not just racially diverse; there is also religious diversity in the Catholic school system. In fact, non-Catholics comprise about one quarter of the student body.

"Catholic schools are not just meant for the faithful. We are here to grow faith by building community and reaching out to those in need," says Tom O'Brien, of the Brooklyn Diocese, which is involved in raising scholarship funds to help families offset tuition. "But not every Catholic school family is in great economic need. Our demographic is changing. We have seen an influx of middle income families who choose Catholic school because of the class size, excellence in education, and for a safer environment than what most par-

ents think the neighborhood public school would offer."

Patty, a public school teacher from the Bronx, sends her son Ronald to a Catholic elementary school.

"The environment stresses academics and doing the right thing," she says. "The teachers set high standards for the children. They are expected to do well and they rise to the occasion."

Many Catholic school students are the first ones in their families to graduate from college. In low-income neighborhoods, this means that the school is providing the lion's share of educational support for children who do not have access to private tutoring or help at home.

There is a 99 percent graduation rate for Catholic high schools, followed by a 97 percent college graduation rate for those who graduated Catholic high school. Compared to the 41 percent public high school graduation rate, Catholic school students have a better success rate. They are guided up the ladder of growth and achievement, making a real difference for present and future generations. Overall, Catholic school seems to outperform public school and is a viable, less-expensive sys-

tem of education in the private sector.

In fact, the only two private schools in New York State that were designated by the U.S. Department of Education as Blue Ribbon — a program that honors public and private elementary, middle, and high schools whose students achieve at very high levels, or schools that make significant progress in closing the achievement gap — in 2011 were both Catholic schools in the Archdiocese of New York. The honorees were St. Ignatius Loyola School on E. 84th Street in Manhattan and St. Ignatius on Mott Street in Manhattan. This year's honorees show the excellence in education and the diverse population served by Catholic schools. The incentives for getting a Catholic school education are different than what they used to be, and this is changing the demographics of Catholic school students.

"Families that don't have money don't usually have many choices. We needed to find a school with the right mix for Benny. He really wanted to play baseball. The only school that we could find to bridge the gap was a Catholic school. We are all very happy with the switch," says Elizabeth, a Brooklyn mother of two, who chose to send her son to a Catholic school with solid academics and a baseball program.

Likewise, Patty, of East Harlem, sends her daughter Amber to a bilingual Catholic school.

"My daughter goes to a school that gives her [education] in both languages," says Patty. "Sure, they speak the same languages in the public school around the corner, but it is unofficial. The public school does not have the same structure." Amber's Catholic school is also closely related to other parish activities and offers bilingual masses, events and service projects for the community. This makes the Catholic school a great way for Patty and Amber to meet people of similar backgrounds and build a community. Parochial schools celebrate the tradition of faith, family and community.

Unfortunately, keeping these schools open has become a challenge. The Catholic school sector is no different than any other, and closings have been publicized. In response, Catholic schools are researching and developing new educational business models. Some Catholic schools have closed their

doors, only to reopen as academies. For example, in South Ozone Park, the Nativity of the Blessed Virgin Mary School and St. Stanislaus Bishop and Martyr School closed their doors, only to be succeeded by the Divine Mercy Catholic Academy. Because the school involves more than one parish, the school is called an academy to differentiate it from a single-parish school. Since 2005, the Brooklyn Diocese has opened many Catholic academies in Brooklyn and Queens.

The Brooklyn Diocese has also implemented the program "Preserving the Vision." The name means exactly what it says: preserving what has always been an integral part of Catholic life: the education of children. This vision includes developing schools that will be better able to meet the diverse and changing needs of students and parents, and providing competitive compensation and benefits to teachers and staff.

Even though two schools in the Archdiocese of New York have won the 2011 Blue Ribbon Award, the organization is still committed to improving. The Archdiocese has initiated the "Pathways to Excellence" program, aimed at professional development for principals, teachers and staff at schools that already do outstanding work. Because of the diverse population, there is still more than can be done to close the achievement gap. The program is aimed at raising standardized test scores and providing teachers with new classroom tools, such as the digital teaching program for fourth and fifth grade math, "Time to Know," which provides online learning, data collection and feedback for the school.

Personally, I am proud to share that my fondest childhood memories revolve around a humble beginning, in a humble neighborhood. My siblings and I attended a Catholic elementary school, Our Lady of Victory, for eight years. I am pleased that Catholic schools are committed to remaining vibrant institutions for generations to come.

Candi Sparks is the author of children's books about money including "Can I Have Some Money? Educating Children About Money," "Max Gets It!" and "Nacho Money." She is a Brooklyn mother of two and is on Facebook (Candi Sparks, author) and Twitter (Candi Sparks, author). Her website is www.candisparks.com.

St. Ephrem School

RAISE THE STANDARDS

- Middle States Accredited
- Home School Association
- After School Program
- Science Lab
- Primary & Jr. High Libraries
- Fall - Spring Art Show
- Spirituality Formation
- Foreign Language
- Aquinas Enrichment Program
- Smart Boards
- Free Yellow Bus Service
- Summer Camp
- Early Nursery (2 Yr. Old)
- Nursery Program (3 Yr. Old)
- Math & Spelling Bee Competitions
- Sacramental Program
- Parish Sports Program
- Early Morning Drop Off
- Music Program/Concerts
- Renzulli Program

Saint Ephrem School Challenges Students in Grades Nursery through 8th to Their Highest Potential ... Spiritually, Academically, Physically and Socially.

Msgr. Peter V. Kain, Pastor
Annamarie Bartone, Principal

REGISTER AT OUR OPEN HOUSE

Sunday, January 27th

11am-1:30pm

7415 Fort Hamilton Pkwy.
Brooklyn, NY 11228

718.833.1440



Cathedral High School

350 East 56th Street, New York, NY 10022

"Empowering Young Women through Education since 1905"



Come and explore all that Cathedral has to offer you!

OPEN HOUSE

Thursday, January 31, 2013 at 6:00 PM

Visit our website at www.cathedralhs.org

7th and 8th graders are invited to come spend a day at Cathedral.
Visit our website for more information.

Accredited by the Middle States Association of Colleges & Schools

NY'S SOURCE ON PARENTING

Currently, New York Parenting Media is seeking a highly motivated full-time sales representative to sell advertising in our magazines and digital properties. Join our dynamic team and become a part of our family.

Requirements include:

- Prior sales experiences (print and digital ad sales a plus)
- Excellent written and verbal communication skills
- The ability to develop new business and grow existing business
- Car and valid driver's license required

Our office is located in downtown Brooklyn, but knowledge of the entire city is essential.

Please submit your resume to snoble@cnglocal.com.



New York Parenting

MEDIA

Where Every Family Matters

www.NYParenting.com



Registration 2013-2014

Every Day 9am-1pm

OPEN HOUSE

January 27th • 1-3pm

Nursery & Pre-K

Full Days & 1/2 Days

Middle States Accredited

Full Day Kindergarten & Grades 1-8

Regents Program for Junior High

Smartboard Technology - Grades N-8

Toddler Time Program • 2 Year Olds

Before & After School Available

For More Information

Call Mrs. McMaster, Principal 718-375-2081



Our Lady of Grace School

385 Avenue W, Brooklyn, NY

"A Family Tradition"



ST. PATRICK SCHOOL

Offering The BEST In Catholic Education Since 1863

OPEN HOUSE: Monday, January 28th • 9-11AM

Early Morning and Extended Day Programs

- ♣ Enrichment Programs
- ♣ State-Of-The-Art Computer Lab
- ♣ Library/Media Center
- ♣ Fully Equipped Science Lab
- ♣ Student Orchestra
- ♣ Girls' Choir & Boys' Choir
- ♣ Art Program
- ♣ Oratorical Club
- ♣ Parent & Play (Baby & Toddler Program)

FULL DAY 3 YEAR OLD PROGRAM

MIDDLE STATES ACCREDITED

401 - 97th Street

Brooklyn, NY 11209

www.st-patrickschool.org

Call Us At 718-833-0124

For A Personal Tour



HOLY ANGELS CATHOLIC ACADEMY

Where inquisitive minds grow and faith is nurtured.

Co-Ed Full Day Nursery - Grade 8



State-of-the-Art Computer Center

- Full Time Registered Nurse
- Certified Guidance Counselor
- Regulation Size Gymnasium
- Air- Conditioned Cafeteria
- Fully Equipped Auditorium
- Early Childhood Motor Skills Center
- Foreign Language
- Emotional Literacy Program
- National Junior Honor Society
- St. John's University Partnership
- Obweus Bullying Prevention Program
- Art, Music and Dance Programs
- Extra Curricular Activities & Clubs
- Parish Youth Programs - Science Lab
- Altar Servers, Baseball, Basketball,
- Soccer, Swim, Boy/Girl Scouts
- Early Morning Drop-Off/After School Program
- All Classes Have Smartboards
- Active Parent Association
- Student Council
- Library

ACCEPTING APPLICATIONS 718-238-5045

337 74th St. Brooklyn, NY 11209 • holyangelsbayridge.org



Saint Saviour Catholic Academy



OUR MISSION

Preparing students from nursery to grade eight for higher education. In accordance with Catholic values, we educate students in mind, body, and spirit. Within a culturally diverse community, we create an environment where each child discovers a unique enthusiasm for learning, academic excellence, and social responsibility, to reach his or her highest potential.

OPEN HOUSE DATES:

Early Childhood and Elementary School:
January 9, 16 and 23 at 9:00am

Middle School Parents and Students:
January 30 at 9:00am and 7:00pm

**WHERE EVERY CHILD REACHES
HIS OR HER HIGHEST POTENTIAL**

SAINT SAVIOUR CATHOLIC ACADEMY
701 8th Avenue • Park Slope • (718) 768-8000
www.saintsaviourcatholicacademy.org
Maura Lorenzen, Principal



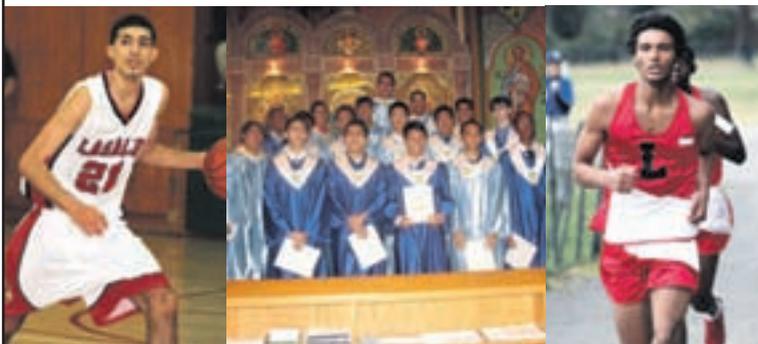
*Educational Excellence
Since 1848*

La Salle Academy

215 East 6th Street • New York, NY 10003 • 212-475-8940

OPEN HOUSE

for Students & Families interested in Grades 9-12
Saturday, February 9, 2013 (10:00am-1:00pm)



LA SALLE ACADEMY VISIT OUR WEBSITE AT WWW.LASALLEACADEMY.ORG

MIDWOOD CATHOLIC ACADEMY

A Regional School in The Diocese of Brooklyn

NURSERY - 8TH GRADE

Nursery

Children must be 3 yrs. old by 12/31/13

Pre-Kindergarten

Children must be 4 yrs. old by 12/31/13

Kindergarten

Children must be 5 yrs. old by 12/31/13

- Afterschool Program
- Music
- Spanish
- State-of-the-Art Computer/Science Lab
- Hot Lunch Program
- Title 1 Services - Math/Reading
- Honor Society
- Physical Education
- Smart Board Classrooms

Tours Available by Appointment

1501 Hendrickson Street • (718) 377-1800

Mrs. Elena Heimbach - Principal

Catholic Schools Making a World of Difference

Paws for health

How to tell if your favorite four-legged friend is sick

BY MARY HELEN BERG

If your four-legged friend is looking at you with big, sad eyes, he may be asking for help. Animals tend to be stoic and don't always whine or act out when they don't feel well. As a pet owner, you need to know your animal's routine and be alert when it changes from the norm.

Here are a few symptoms that may indicate health problems and warrant a trip to your veterinarian.

Weight loss

Just like humans, animals will drop pounds if they exercise more, or if they cut down on snacks and extra helpings of people food. Unexpected weight loss, however, may indicate a serious health problem. If your pet has not been on a diet but is losing weight, visit your vet to rule out cancer or another grave illness.

Low energy

All pets have a quiet time of the day and as pets age, they tend to sleep more. Sometimes, however, things can get a little too quiet. If your dog or cat seems otherwise healthy, but is sleeping more than usual or doesn't greet you

at the door with his usual enthusiasm, pay attention. It's possible that your pet's subdued behavior is the result of an internal infection that you can't see.

No appetite

Even animals can tire of the same, old routine and demand a change of menu. One day, your cat may turn up her nose and decide that her favorite food is suddenly the equivalent of stale cafeteria fare.

Some animals, however, may abruptly stop eating if they are ill, or emotionally upset. For example, if you are traveling and board your pet at a kennel or leave him home with a caretaker, he may stop eating, because he is confused, or because he misses you. If your pet goes on a hunger strike, switch his food to tempt them with other tastes.

Animals may also stop eating due to problems with their teeth or gums. Check inside your pet's mouth for bleeding gums, tartar on the teeth, and broken or loose teeth. If he seems otherwise healthy, see your vet. If your pet lacks appetite and has diarrhea, your pet may have giardia, a parasite found in contaminated food or water. Severe cases of giardia can be fatal.

Unquenchable thirst

After a long game of fetch or when the thermometer rises, your pet may drain the water bowl. However, if you fill the water bowl many times each day, be suspicious. Drinking too much water may be a sign of kidney disease, diabetes, or other health problems. Be aware that some medications may increase thirst, so if your pet is medicated, ask your vet if excessive thirst is a side effect.

Convulsions

This is one of the most frightening signs that your pet is sick. One





As a pet owner, you need to know your animal's routine and be alert when it changes from the norm.

minute your dog seems perfectly normal, and the next, he begins to quiver and shake, and falls to the floor, unable to control his body.

This fit, or convulsion, may cause your pet to lose bladder control and may leave him exhausted or ravenous, but otherwise unhurt. Seizures such as this may be a one-time occurrence or may be a sign of epilepsy, a brain tumor, or other problem. Seizures should be reported to your vet and monitored closely.

Growths

Just as in humans, an unexpected lump on the body can be cause for alarm. Animals are particularly prone to growths as they age. Lumps can appear anywhere on an animal's body, and they may be perfectly harmless or they may be a sign of cancer. Your vet should examine all lumps.

Itchy ears

Ear infections are a common health problem for many dogs, especially those with floppy ears that can trap moisture. Those floppy ears can also hide the gooey discharge and sour smell that indicate an infection.

If your animal tries to rub its ears on the carpet or whines when you touch its ear, take a closer look. If you gently lift the ear and look inside, you may see the dark residue that indicates an ear infection.

Hot spots

A hot spot is an area of inflammation on your pet's skin that is so irritating that he may lick his skin until it bleeds. Hot spots are usually caused by an infection or allergic reaction and can appear anywhere on the animal's body. These wounds need to be treated, since they can become sites of infection. It may be worth investing in an Elizabethan collar (the

plastic cone) to keep your dog from licking the hot spot while it heals.

Coughing

If your dog has a persistent cough that sometimes sounds like he is choking, he may have contracted kennel cough. Kennel cough, often caused by a bacterium called bordetella, is contagious among dogs. The illness may resolve by itself within a few weeks but can require antibiotic treatment. The most serious cases of kennel cough can result in pneumonia.

Let's talk insurance

When my dog was a puppy, I needed to visit the vet every other week. He had ear infections, eye infections, skin allergies, giardia, kennel cough — you name it. When my vet advised me to get pet insurance, I thought she was kidding; I didn't even know you could get health insurance for animals.

But my puppy's medical bills were costing me a fortune, so I looked into a couple policies. Pet insurance, like health insurance for humans, does not cover everything, but may be worth it, depending on your pet's problems. My dog's insurance covers vaccinations, well care exams, X-rays, and many other things, but does not cover pre-existing conditions. So, for example, because my dog had ear infections before he had health coverage, I can't be reimbursed for any treatment of ear infections.

The bottom line is that any physical or personality change in your pet may be a sign of illness. Consult your vet if you suspect your pet is not himself. Professional help may be the only way to get your pet standing firmly on all four legs.

Mary Helen Berg is a freelance writer and the owner of Boomer, an epileptic labradoodle.

THE AILEY SCHOOL

OFFICIAL SCHOOL OF ALVIN AILEY AMERICAN DANCE THEATER

Summer Intensive 2013

July 1 - August 2
(ages 11-15)

A 5-week training program in New York City for intermediate and advanced dancers with a minimum of three years ballet training.

For more details on the Summer Intensive, email juniordivision@alvinailey.org

For summer classes open to the public (ages 12 & up) visit AileyExtension.com



The Ailey School is an accredited institutional member of the National Association of Schools of Dance and is authorized under federal law to enroll non-immigrant alien students.

Photo: Eduardo Patino, NYC

The Slope is **alive** with the sound of music.

REGISTER NOW FOR WINTER CLASSES!

bqcm.org

Brooklyn Conservatory of Music

Community arts education for all ages.

58 Seventh Avenue
Brooklyn, NY 11217
718-622-3300

Night fright

Tips to help
your child
catch some
ZZZZ's

BY KIKI BOCHI

There's a shuffle in the darkness that wakes you from a deep sleep. You're afraid to open your eyes. You don't want to know what lurks at the foot of your bed. And then that chilling wail comes.

"Mommeeeeeee, I had a bad dream..."

Not again.

Nightmares are common among children, especially elementary ages and younger. But what should you do if your child says he is too scared to go to sleep? The National Sleep Foundation offers these suggestions:

- Listen. Try to understand your child's fears, and don't dismiss or make fun of them.

- Be comforting. It is important to reassure your child if he is afraid. Communicate the idea of safety over and over again.

- Seek simple solutions. Many families use "monster spray," air freshener or water that can be sprayed under the bed and in closets to soothe bedtime fears. Some children are comforted by having a pet nearby for nighttime company — even a fish tank may help. Whenever possible, have your child be actively involved in coming up with solutions to help him gain a sense of mastery and control.

- Security object. Help your child become attached to a secu-

rity object such as a stuffed animal or blanket. This can help your child self-soothe and feel more relaxed at bedtime and throughout the night.

- Light and love. No matter what your child seems to be afraid of, a nightlight can help. Also, try leaving the bedroom door open so that your child doesn't feel isolated.

- Check in. If your child is anxious about you leaving, check on him frequently. It is better to check on him on a predictable schedule, every five or 10 minutes, so that your reassuring him is not based on him crying or calling out for you.

- Back to bed. Don't encourage your child to get out of bed. He should stay in bed to find out for himself that he really is safe. If your child gets up in the middle of the night and comes into your room, it is better to take him right back and gently tuck him back in.

- Face fears together. If your child is too frightened to stay in his room alone, it is OK to occasionally stay with him until he falls asleep. However, don't do this too frequently, as he may come to depend on your presence.

- Switch the focus. Some children get reinforced for being scared at night by getting lots of attention for being afraid. If this is the case, switch the scenario. Tell him how proud you are of him for being brave. Set up a star system, so he can earn stars for sleeping on his own. After earning a certain number of stars, he can turn them in for a treat, such as watching a favorite video, going to the park, or baking chocolate-chip cookies.

KiKi Bochi, an award-winning journalist, reads hundreds of health reports monthly to bring readers the best advice and latest developments in family health and child development.



Brooklyn College

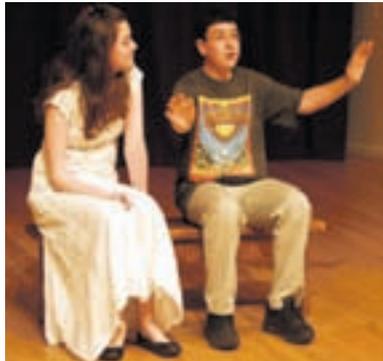
The City University of New York

The Preparatory Center for the Performing Arts

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

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

SPRING SEMESTER BEGINS FEBRUARY 2ND



Classes For Spring Include

- Theater For Children And Teens
- Creative Movement And Ballet For Ages 3 And Up
 - Suzuki Cello Program For 3-6 Year Olds
- Group Piano And Guitar Classes
 - Beginner To Advanced Instrument And Voice Lessons For Children And Adults

Please call 718-951-4111 for complete information on spring classes and registration.

Visit our website www.bcprepcenter.org

HAPPY NEW YEAR

SPEND A NEW YEAR WITH A "SPECIAL" FRIEND

2 FOR 1 SPECIAL

Early Bird Summer Camp Registration

50% OFF

Exp. Jan. 30, 2013



AT OUR SCHOOL YOU AND YOUR CHILD WILL LEARN:

- ✓ TO SET & ACHIEVE GOALS
- ✓ RESPECT, COURTESY & SELF-DISCIPLINE
- ✓ TO BE A LEADER, NOT A FOLLOWER
- ✓ PHYSICAL FITNESS
- ✓ TO KEEP A POSITIVE ATTITUDE

& MUCH MORE!!!

KID'S KARATE BIRTHDAY PARTIES AVAILABLE

FREE UNIFORM

FITNESS KICKBOXING (LADIES ONLY)

MUSCLE AND FITNESS magazine rates Fitness Kickboxing the number one fat burner, with over 800 calories burned in a one-hour class

- ✓ WEIGHT LOSS
- ✓ STRESS RELIEF
- ✓ SELF CONFIDENCE
- ✓ SELF-DEFENSE



So that's the truth about FITNESS KICKBOXING But don't take our word for it. Find out for yourself with our, no-obligation beginner's course.

FREE GLOVES

PARK SLOPE

529 5th Ave. (14th St.) • 718.768.8200

www.AmerikickBrooklyn.com

Apps for autism

Incorporating technology into the lives of special kids

BY REBECCA MCKEE

Many children, teens, and young adults were begging and pleading for an Apple iPad or other tablet to be tucked under the Christmas tree, or given as the grand finale to their Chanukah celebration.

For those family members who have unique personalities, such as autism spectrum disorder or other special need, brainstorming how to integrate this tool into their lives can be a bit tricky. But, with some organization and thoughtful purchases, this device can be the gift that keeps on giving.

The amount of apps available can be overwhelming. A simple internet search for “Best Autism Apps” or “Best Apps for Speech-Language Delays in Children” can list some solid choices. After that, you’ll become fluent on how to hunt for specifics. Always be aware of age-appropriate curriculum.

There is an abundance of content to choose from, so be patient and diligent.

For preschoolers and children in primary grades, language development is an all-important goal.

Apps to check out may include: Eat, My First Words, and Actions. School-age children in the intermediate grades would benefit from social apps, such as: Model Me Kids, Emotions, and You Rock Compliments.

Teenagers and young adults could take advantage of apps that promote independence and higher-level thinking skills, as in: Sosh, iDress,



and Understanding Inferences.

Just as we engage in our own personal tech time for enjoyment, our family members with special personalities crave this as well. Being aware and sensitive as you shop for apps will help make the tablet a naturally reinforcing item. It can be used as a tool for hobby

development, a pre-teaching tool for academics, a tool used for life skill independence, a fun item and activity to use during leisure time, and much more. Teaching these individuals how to fit in with the modern flow of their communities is another form of inclusion they need.



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

COMPLIMENTARY EXAM
with mention of this ad

suresmile®

invisalign®

Hanson Place
ORTHODONTICS

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

Q N R B D C 2 3 4 5

Around The Block, In The Clocktower Building.
Easily Accessible From Brooklyn, Manhattan, Queens And Long Island.

A Summer Adventure for students ages 2-10

10% Early Bird
Discount
before April 15th, 2013.
Sibling Discounts
Available

5-10 Year Olds **FasTracKids Enrichment**
Sign up for 1 week or all 8!

- 7/8 Ready Set Travel**
- 7/12 A global adventure to explore and appreciate the cultures of Australia, India, China, and Mexico
- 7/15 Express Yourself**
- 7/19 Express yourself with the different methods of communication from Hieroglyphics to Hotmail
- 7/22 Marionette Magic**
- 7/26 Discover the magic of theater through the art of puppet making
- 7/29 Zoology: Genus or Genius?**
- 8/2 Learn about life in the animal kingdom
- 8/5 Lost in Space**
- 8/9 Explore our galaxy and the concepts that hold it together
- 8/12 Anatomy: Body Language**
- 8/16 A journey through the human body
- 8/19 Dinosaurs - Young Scientist, Old Bones**
- 8/23 A trip to the Pre-Historic Ages and back, to discover the dinosaurs and the fossils they left behind
- 8/26 Inventors and Inventions**
- 8/30 How and why stuff just works!

3-5 Year Olds **FasTracKids Explorers**
Educational, gradual separation class for the young ones.
Themes
July - Lets Play, August - Out & About
Schedule:
Tues & Thurs from 9:30 - 11:30am

3-5 Year Olds **FasTracKids Discoverers**
Fun enrichment for the young mind.
See weekly themes on the left
Schedule: Mon, Wed, Fri,
from 9:00-11:30am

9-12 Year Olds **Academic Enrichment**
Math, reading, writing & more!
Sign up for 1 week or all 8.
½ Day Options (9am-12pm or 1pm-4pm)
Full Day Option (9am - 4pm)
- Ages 6 & Up only
Early and Extended Day Options Available

NEW **G&T / ERB Summer Prep Course**
8 Weeks | 16 Sessions
Grades: Pre-K, K, 1st & 2nd
30% Discount off of Fall Rates!!!!!!!

•Park Slope
150 4th Ave.
718.260.8100

•Williamsburg
60 Broadway
347.987.4450

•Sheepshead Bay
1605 Voorhies Ave.
718.891.5437

**•Bay Ridge/
Dyker Heights**
7612 13th Ave.
718.748.3000

•Staten Island
1461 Hylan Blvd.
718.351.7333





Kid-friendly luxury

Five fun options at the Ritz-Carlton, Palm Beach

BY STACEY ZABLE

The Ritz-Carlton in Manalapan, Fla. epitomizes the glamour of Palm Beach and the luxury hotel chain itself, but you will also discover a staff and fellow guests who welcome young guests and even dogs!

Here are five family-friendly features of The Ritz-Carlton, Palm Beach:

Age-appropriate kid's programs

Two dedicated spaces house the property's children's programs: AquaNuts (Ritz Kids program) for ages 5 to 12, and Coast (Ritz Teens) for those ages 13 to 17. Both rooms are brand new as of late December (after super storm Sandy destroyed

the original spaces). AquaNuts changes its theme and activities based on the day, with the focus on "edutainment." Inside the underwater world-themed space, you'll find rock-climbing walls, a theater, Mac computers with gaming consoles, and even good ol' fashioned board games and coloring books.

Teens step into a beach shack-themed lounge with a recording studio and DJ booth, gaming consoles, and pool table at Coast. Teens can also create vacation videos with a video production and editing station. At night, the space allows for dance and club nights and movie time.

In between the two spaces is Beauty@Coast, for tweens and teens who want to dress up, get made up, and even participate in a photo

shoot (all for a range of fees). The resort salon within the Eau Spa will also give manicures and pedicures to teens, but parents must be there during the treatment.

All-day camp is from 9 am to 4 pm, including a lunch. A half-day camp includes lunch and is offered from 9 am to 1 pm or noon to 4 pm. Rates vary depending on the time of year. There are also a number of specialty programs that can be purchased separately. Although programming is available during off-peak periods, it is more robust during holidays and summer vacation when the family occupancy rate tends to run higher.

This summer, the property will launch a kids and adults Camp Ritz-Carlton program that will last one or two weeks and be similar to what kids would experience in a



(Above) Beauty@Coast is perfect for tweens and teens who want to dress and get made up. (At left) At night teen hangout spot Coast features a DJ and dance party.

true camp, such as arts and crafts, camping, marshmallows, and ghost stories.

Dog-friendly

No need to leave the family pet at home, since dogs 25 pounds or lighter are welcome resort-wide. The property even has a special dog menu featuring canine cuisine.

Key location

A quick 2.5 hour flight from New York City lands you at Palm Beach International Airport, and then it's only a 20-minute drive to the property. The hotel is also within 30 minutes of many Palm Beach attractions that are great for families, including the South Florida Science Museum, Palm Beach Zoo, Jupiter Inlet Lighthouse and Museum, Lion Country Safari, and Rapids Water Park.

Healthy kids' menu options

A new Ritz-Carlton-wide initiative adds healthy alternatives alongside the kids' menu's traditional favorites of mac' and cheese, chicken fingers, grilled cheese, and sliders. There are even gluten-free options, and the opportunity to have the chef create custom-pureed baby foods to your specifications. Upgrade to a Club Level room, and you and your family will be treated to food and snacks virtually all day long.

Morning continental breakfast and lunch, plus appetizers and dessert in the evening, are augmented by anytime drinks and

snacks available at the newly renovated Club Lounge. Snacks include healthy choices, such as apples, bananas, and yogurt. Don't see what you want? The concierge will do his best to find it within the hotel to keep Junior happy.

Eau Spa

With the kids having fun at AquaNuts or Coast, mom and dad can enjoy their own little private adults-only haven. The pampering begins with complimentary champagne and miniature cupcakes while enjoying the Self-Centered Garden, an open-air sanctuary with relaxing lounges and swaying swing chairs, or you can soak in the indoor, oversized jacuzzi while the center water column flows down from the ceiling and onto your back. Then, request one of the Couple's Villas for side-by-side massages, and your own private garden with an oversized tub and outdoor rainfall shower. After all, happy and relaxed parents create the best family vacations for their kids.

The Ritz-Carlton, Palm Beach [100 S. Ocean Blvd near E. Ocean Avenue in Manalapan, Fla., (800) 542-8680, ritzcarlton.com]. Nightly rates for guest rooms start at \$199.

Stacey Zable is an award-winning, veteran travel writer and family travel expert who has written about destinations, resorts, and cruise lines around the world. Her favorite trips are those that she shares with her husband and two daughters. Send travel questions and comments to info@familytravel-trails.com.



DANCEWAVE

Spring Semester 2013

Classes for Babies, Toddlers, Kids, Teens and Adults
Ballet, Modern, Hip Hop, Pre-pointe, Jazz, Choreolab and more!

Spring Semester Classes Start January 22!

\$5 Trial Classes & Scholarship Auditions
Sat, Jan 12, 10am - 5pm at the Dancewave Center

FREE Creative Movement Classes for 18 - 36 months
Tues, Jan 15, 10am - 12pm at the Dancewave Center

Reserve your spot today! RSVP@dancewave.org
DANCEWAVE 45 Fourth Avenue (at Dean Street) Brooklyn, NY 11217
(718) 522-4696 • info@dancewave.org • www.dancewave.org • [f](#) [t](#)

Winter Workshops 2013 • Jan 7-18

Two Week workshops in African-Caribbean, Hip-Hop Video Dance, Pre-Pointe, Ballet Partnering and more... Ages 7 & up • Registration NOW OPEN!

FRUSTRATED WITH POOR GRADES?

Turn Them Around With In-Home Tutoring



\$50 OFF
Call for details.

- All Subjects • All Ages
- Your Child's Curriculum
- Preparation For All NYS Tests K-12
- One-on-One SAT Preparation
- Proven Middle & High School Study Skills Program
- Highly Qualified Teachers
 - Homework Help
 - Affordable Rates
 - Flexible Scheduling

Club Z!
In-Home Tutoring Services

718-483-8506
www.clubz.com/Brooklyn



YOU AND YOUR CHILD CAN HAVE
A HAPPY NEW YEAR!



DEAR
DR. KARYN
DR. KARYN GORDON

Kids & friendship

Dear Dr. Karyn,

My 11 year old seems to make friends easily, but my 5 year old has no friends at all, which concerns me. What should I do to help my daughter, and when should parents worry about this?

Dear Parent,

Developing friendship skills are important for kids of all ages to learn! That being said, some kids find it easier to make friends than others. So focus on setting up play

dates with other children and parents so that your kids are getting “practice” socializing, sharing toys, and spending time with others. If you notice your kids are not being good friends (for instance, not sharing their toys, interrupting, constantly talking about themselves), gently talk with them about this after the play date.

Also, try to get them plugged into activities in which they will meet other kids who share their interests. For example, if your child is highly artistic, she may not easily connect with kids who are heavily into sports. Finally, remember to invest in your own friendships, because modeling healthy friendships is the best way to teach these skills to our kids! Don't shy away from talking about the benefits of your friendships and what it takes to develop them — your kids will be listening!

When should you worry? Only after you've tried the suggestions above and the many tips from Dr. Michele's book, “Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them.” Developing friendship skills is a process, so remember to be patient as your child learns them.

• • •

Dear Dr. Karyn,

I really need your help, since I do not like who my teens are hanging out with. I'm sure deep down they are good kids, but to me they are rude, inconsiderate, and constantly put each other down. I've tried to raise this with my son, but he rolls his eyes and tunes me out. Any suggestions for how to get through to him?

Dear Parent,

Developing healthy friendships is one of the most important (and diffi-

cult) tasks for a young person, so here are three tips to understand about friendships and adolescence.

Understand that kids choose their friends

It's important to understand that kids choose their friends! Often, parents focus on the poor qualities of their kids' friends instead of understanding that our kids have chosen that person for a reason! The saying “Friends are a mirror of ourselves” is important to remember.

At an unconscious level, we are drawn to people who have the same self-esteem and level of confidence as we do (so if I have low self-esteem, I'm often going to be drawn to others with low or false self-esteem). So instead of focusing on the “bad” friends as the problem, focus on developing your child's confidence! When kids and teens feel good about themselves, they are drawn to friends (and dating partners) who will treat them well!

Discuss, don't dictate

When you don't like your teen's friends, try to discuss this with him. Do NOT dictate or forbid him to hang out with them. (Often, this creates a “Romeo and Juliet” situation where teens do it behind their parents' backs.) Find out why your teen is drawn to certain people. What are the qualities about them that he likes and admires? You can voice your concerns, but be very careful in how you word it. (Teens are extremely protective of their friends, as they see them as an extension of themselves.)

Make your home teen-friendly

Get to know your teen's friends! Sometimes parents have placed judgments on their teen's friends without really getting to know them. And the best way to get to know these friends (and even your kids) is to make your home “teen friendly.” If possible, create a space that is just for them. Make yourself available, but be careful to give them plenty of space, and be friendly to their friends without asking hundreds of questions.



Dentistry for Adults and Children

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

Gentle, Friendly and Nurturing Care for Your Family

- School Forms
- Extractions
- Flexible Partial
- Dentures



- White Fillings
- Sealants
- Nightguards
- Implants

- Teeth Whitening (Zoom)

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

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

(Philip Howard Apartments)

718-377-1319

www.brooklynfamilydds.com

WE SPEAK SPANISH

Most Major Insurances and Medicaid Accepted

Flat Screen TV & Patient Headset



Kids Who Have Fun Being Jewish...

...can be found at Union Temple celebrating a very special day of the week, surrounded by friends and family.

- **Shabbat for Tots.** Every Friday at 4 p.m.
- **Family Shabbat & Potluck Dinner.** First Friday of every month at 6:30 p.m.
- **Beginning February 2** — an exciting new Saturday morning program. Call or email for details.

Call for details: **718-638-7600**

Sign up for weekly email blasts: uniontemple@uniontemple.org



Union Temple

A Reform Jewish Congregation

17 Eastern Parkway
Brooklyn, NY 11238

5945 STRICKLAND AVE, BROOKLYN, NY 11234
718-251-6200 WWW.MILLBASINDAYCAMP.COM
SUMMERS OF FUN & ADVENTURE!
Bus Pickup In Brooklyn & Queens!

WEEK BASED DRY CAMP

Open House

January 12 & 26, 11-4pm
 February 09 & 16, 11-4pm
 March 09, 16 & 23, 11-4pm
 April 06, 20 & 27, 11-4pm
 May 04, 11 & 18, 11-4pm
 June 01 & 08, 11-4pm

All Programs and Facilities On Site!

"It's All About The Kids"

OUTDOOR POOL
DANCE STUDIO
BASKETBALL COURTS
MINI GOLF COURSE
MOVIE THEATRE
COMPUTER LAB
JUNGLE GYM
VOLLEYBALL
VIDEO GAME DESIGN
CLAYMATION STUDIO
3D MOVIE THEATER

VIDEO GAME ROOM
BAKING CENTER
ARTS & CRAFTS
KARAOKE STUDIO
GYMNASTICS
DAY & OVERNIGHT TRIPS
OLYMPIC GAMES
CARNIVAL
COSTUME BALL
NEW CIRCUS PROGRAM
NEW GRASS TURF FIELDS

HANDBALL COURTS
BLACK TIE GALA
SOCCER
PRIVATE LOCKER ROOM
JEWELRY DESIGN
DRAMA THEATRE
KARATE
BINGO
FASHION DESIGN
"WII" ROOM
MANY MORE!

PK—9th Grade 4 to 9 Week Program 3, 4 & 5 Day Weeks
Doorfront Bus Service Early Drop Off Late Stay Fully Air Conditioned Video Security System Daily Snacks



THE BOOK WORM

TERRI SCHLICHENMEYER

‘Pinned’ a good teen read

If your teenager is looking for a refreshing book with no teen-queen drama, she might enjoy Sharon G. Flake’s “Pinned,” about a young woman who is after a boy she really likes, whether it’s a good idea or not.

Not one of 14-year-old Autumn’s friends liked Adonis.

Peaches, her bestie, thought he was stuck-up. She said Autumn barely knew Adonis and could do better. Peaches wanted Autumn to focus on school and their dream of opening a restaurant-bakery. She didn’t want Autumn to think of Adonis at all.

Maybe Peaches was right, but Autumn had her eye on the boy. He might be in a wheelchair, but he was nice and he was smart. Adonis was the wrestling team manager and Autumn was the only girl on the team, so they were together just about every day during practice. She made sure they were together at other times, too.

But Adonis thought that girl was a pain.

If Autumn wasn’t one of the team’s best wrestlers, he’d talk to Coach about her. Adonis himself had told her to leave him alone several times,

but she just didn’t get it. As a freshman in high school, he had his future all mapped out and it did not include some grammar-challenged, rap-singing, fast-talking girl from the bad side of town. She was always talking, always asking him questions.

His mama thought Autumn was sweet. She said to give Autumn a chance, but Adonis just wished that wrestling season was over. He’d be glad. Maybe that girl would finally, completely be out of his hair.

But when Autumn’s grades kept her out of championship competition, Adonis regretted his wish. She started to hang out with him more, and she was always crying. He hated that because it made him feel helpless. It made him want to comfort her.

It made him want to kiss her...

Here’s a secret: I hate gushy novels. So imagine how happy I was to see that “Pinned” is a totally different kind of boy-meets-girl story.

First of all, this book definitely lacks attitude and teen-queen drama. It’s not populated with over-the-top rich divas; no, Flake’s characters are just

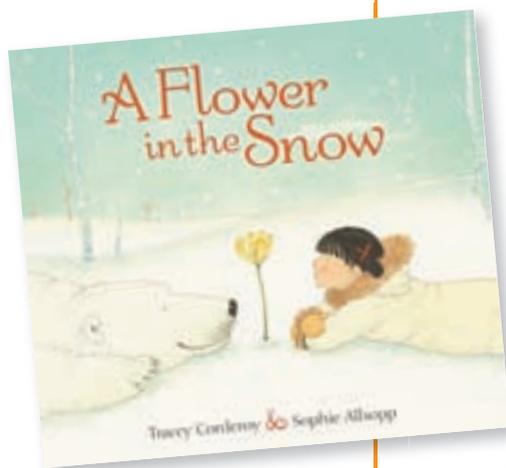


average kids. Autumn is a little street-smart. Adonis is a big jerk. She’s eager to change — first for a boy, and then for herself. He starts to accept his softer side as he learns that vulnerability won’t derail his dreams. That makes this a wonderful first-love story that’s sweet and clean without hearts-and-flowers gushiness.

Ahhhh.

While this book is meant for 12-to-16-year-olds, anyone who loves a good story will find it to be quick and endearing. In lacking a bunch of eye-roll-inducing fluff, “Pinned” is really quite sharp.

“Pinned,” by Sharon G. Flake. [240 pages, 2012, \$17.99].



The greatest gifts can’t be wrapped

Who doesn’t like presents?

Not you! You love getting presents. You love wondering what’s hiding beneath the paper, wrapped up so nicely. You like to tear the packaging in one big RRRRRRIP, pulling the bows off, and plopping them on top of your head. Unwrapping a gift is almost as much fun as seeing the present itself, isn’t it?

You love getting gifts and giving them is great too. So how far would you go to find the absolute best present ever? In “A Flower in the Snow” by Tracey Corderoy and Sophie Allsopp, a friend looks high and low.

Once upon a time, in an icy kingdom up north, there lived a little girl named Luna. It was snowy where Luna lived, and that was okay with her. She loved snow! She liked catching snowflakes on her tongue and

leaving tiny footprints everywhere. But more than snow, Luna loved her best friend, Bear, a big, cuddly-soft polar bear. Bear lived in a snow cave in Luna’s garden, right next to her igloo and they did everything together.

One day, something magical happened — a bright yellow flower popped up through the white blanket of snow. It was very pretty and Bear carefully picked it for someone special.

That made Luna smile. She told Bear that she’d treasure the flower forever, but then it wilted and that made her sad. Nothing Bear did would cheer her up, and that made him sad, too.

Eventually, Bear figured out what he could do to bring back Luna’s sparkle — he would find another flower! He sailed away that night, and searched through rocks and docks. He looked over deserts and jungles, up and down hills, on dry land and wet seas, and he simply couldn’t find another flower for Luna. He sat

and tried to think of more places to look, until a snowflake landed on his nose and he knew it was time to just go home.

If your kid has a bad case of “the give-me’s” this holiday season, “A Flower in the Snow” might show your her that sometimes the best gifts can’t be wrapped.

Author Tracey Corderoy does a great job telling this sweet tale of friendship and longing and Sophie Allsopp’s illustrations are very charming — Luna’s adorable and Bear is delightful — it’s hard not to fall in love. If your have a little kiddo between the ages of 2 and 7 at home who will be unwrapping a book this holiday, then be sure it’s this one.

“A Flower in the Snow” by Tracey Corderoy and Sophie Allsopp [32 pages, 2012, \$16.99].

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.



Like Us on
facebook
to WIN
tickets or
prizes

Visit us at our
NYParenting page
and register to win

Attention All Writers!

We're looking for personal essays about you, your family and life in your community.

Partner with us and share your stories and your memories.

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



Sleepaway Camp

DIRECTORY

Campus Kids

P.O. Box 8, Madison, NJ 07940
973-845-9260 or www.campuskids.com

WEEKDAY SLEEP-AWAY CAMP:
Monday through Friday at camp and home with the family on weekends, transportation provided. Campus Kids Summer Camps offers two locations: Campus Kids-NJ on the Blair Academy campus in Blaiirstown OR Campus Kids-Minisink, a traditional cabin camp near Port Jervis, each about an hour from the city. Offering 2, 4, 6 and 8-week sessions, each camper chooses his/her own activities every day: sports, aquatics, fine arts, performing arts, adventure. With a tradition of caring for the individual needs of each camper and an active, involved staff, we're celebrating 23 summers. ACA-Accredited. Private tours on weekends by appointment, year-round. Winter early bird prices end 2/28. Ask about our sport specialty programs in squash, tennis and ultimate Frisbee.

Frost Valley YMCA Summer Camp

2000 Frost Valley Road, Claryville NY 12725
845-985-2291 or www.frostvalley.org

Summer camp offers children a magical world of play. There is nothing to turn on, re-charge, or re-boot; nature does that all on her own. Our imaginations do the rest. At Frost Valley YMCA, we offer sports, arts and crafts, hiking, horseback riding, rock climbing, canoeing, swimming, singing, storytelling around the campfire, and sleeping underneath a canopy of stars. Our traditions—hoopla, stories, songs, and cheers, the annual Olympix ceremony, and the Hirdstock music festival—introduce campers to whim, and flight of fancy, and to the roles that creativity and imagination play in sports, education, and of course, play. Here, kids revel in the wonders of childhood. In this environment, friendships are quickly-made and long-lasting. The experience far exceeds anything a power cord could ever supply.

Weekday Sleep-Away Camp

Monday to Friday at camp,
home with the family on weekends.
Transportation provided.



973-845-9260

www.campuskids.com



ADVERTISE WITH US!

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



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

Why is autism on the rise?

More kids are diagnosed with autism today than ever before

BY DANA J. CONNELLY

It used to be one in 500 children. Then, it was one in 110. Now, autism occurs in one in 88 children with four times more prevalence in males. Autism is a spectrum disorder ranging from mildly to profoundly debilitating forms. The question on the minds of many is, "Why is it increasing?" Having worked with individuals with autism for 12 years has given me a certain amount of insight.

Autism, from the Greek word "autos" meaning "self," was first used by Dr. Eugen Bleuler to describe a population of schizophrenic adults. With regards to children, it was first diagnosed in America during the 1930s by Dr. Leo Kanner, who noted similar symptoms in a group of his patients, which involved withdrawn, ritualistic (rigid routines and forms of play), and self-stimulatory behaviors (body rocking, hand flapping, echolalia, and perseverative behaviors). These behaviors were further accompanied by limited language skills, as well as a lack of empathy or awareness of others. This is not to say this is when autism first existed, but merely when it was first formally diagnosed.

Autism has been present for as long as man has been in existence. Interestingly, there is a belief that several renowned figures displayed autistic characteristics without being formally diagnosed, such as Wolfgang Amadeus Mozart, Lewis Carroll, Charles Darwin, Thomas Jefferson, and Stanley Kubrick.

Autism is not a life sentence of being mentally retarded, insane, or even unsuccessful. It involves the

processing and perception that an individual has of his surroundings.

Population growth

An important consideration when questioning why so many more children are diagnosed nowadays involves probability. Today, there are triple the amount of people on the planet compared to when it was first diagnosed, and that number continues to increase.

More children are diagnosed because, quite simply, there

are more of us in existence. Furthermore, the resources for families to have their children diagnosed are more readily available than they were in the past.

Due to an increased awareness of the red flags in child development, families from all socioeconomic, educational, religious, and cultural backgrounds have better access to appropriate testing for proper diagnosis, leading to better access for treatment.

Older parents

Research has also revealed a correlation between higher rates of



More children are diagnosed because, quite simply, there are more of us in existence. Furthermore, the resources for families to have their children diagnosed are more readily available than they were in the past.

autism and having children later in life. The ideal time to reproduce is age 30 and earlier. When a woman becomes pregnant for the first time after age 35 it is considered a high-risk pregnancy. Furthermore, an expectant mother under the age of 18 is considered a high-risk pregnancy by many western medical professionals. Modern medicine has prolonged life expectancy, and as our life expectancy has clearly increased, so has the rate of re-marriage.

Consideration should be given to the increasing incidence of second life partners and second spouses. A recent study highlighted how men over the age of 50 becoming parents with younger partners is also a population at risk for producing a child with an autistic spectrum disorder, as well as bipolar disorder.

Genetics

As with all ailments, diseases, and disorders, genetics play a frontier role. If there is a member of the family, distant or otherwise, with symptoms associated with autism, future generations run an increased risk of possessing the same. I refer to this as The Faulty Wiring Theory. Imagine a home with all the aesthetic attributes you desire (the child) but the wiring in the home is compromised (the genetic make-up). When you begin to turn on or neglect the appliances in this home (various forms of stimulation) something in the wiring can short circuit (the regression or lack of development of age-appropriate skills). Again, this is a personal hypothesis, and I am working on it.

Toxins

Toxins have been attributed to autism by way of many studies, but one of the most popular was the theory of Dr. Andrew Wakefield, who credited the rise of autism to the presence of mercury as a preservative in vaccinations. This theory was long held by families and professionals and was

recently discredited due to proof that Wakefield forged his data. Further studies yielded test results derived from hair follicle samples of autistic patients implicating the presence of toxic metals. Elements in our ever-increasing industrial and technological times are more present in our environment than ever before. A child at risk of autism (involving genetics) exposed to such elements has an inability to properly eliminate these toxins from his body, causing chemicals to affect brain development.

Dated theories

At one point in time, around the 1950s, autism was attributed to "Frozen Mothers" or "Refrigerator Mothers," terms also developed by Kanner, but spread en masse by the articles of Bruno Bettelheim. The core principles of the theory were that there was a lack of maternal warmth given to the child during infancy and toddlerhood. The theory was argued to be an attempt to place blame on mothers entering the workforce, decreasing their time spent at home child rearing. This, too, is a school of thought that is no longer valid.

The true "fault" that would rest on the parents of an autistic child would be their inclination to deny the struggles that their child is facing and refuse or postpone treatment.

Ultimately, knowing the reason why a child has become autistic is not as crucial as gaining the earliest possible intervention. Of course, one would find comfort in knowing its origin. Especially with it occurring at greater frequencies. The studies of today could very well be tomorrow's punch line, so let's focus instead on how to get a person treatment as soon as possible.

Dana J. Connelly holds dual master's degrees in education and special education, working as an educational evaluator for TheraCare Inc. She specializes in Applied Behavior Analysis and is the proud single mother of a 5-year-old boy.

WINNER!
5 TONY AWARDS®

"ABSURDLY FUNNY!"
— ENTERTAINMENT WEEKLY

PETER AND THE STAR CATCHER

NOW THROUGH JAN. 20 ONLY!

Take a hilarious romp through the Neverland you never knew with this swashbuckling prequel to Peter Pan.

IT SINGS. IT SHINES.
IT'S OFF THE HOOK!

TICKETMASTER.COM • 877-250-2929
BROOKS ATKINSON THEATRE, 256 W. 47 ST.
WWW.PETERANDTHESTARCATCHER.COM



JUST WRITE MOM

DANIELLE SULLIVAN

They don't call 40 fabulous for nothing

I am on the edge of hitting the biggest milestone of my life, chronologically speaking. As I write this, I'm still in my 30s, and I wonder if I'll ever get used to being, let alone saying, that I'm not a 30-something anymore. Yet, whether I like it or not, on Jan. 25 at exactly 10:26 am, I will turn 40.

There, I said it.

Forty holds so many connotations. I mean, the over-the-hill cards at Hallmark start at 40, don't they? It's strange, to say the least, especially because I feel like I'm about 28 on most days and probably about 18 on really good days.

Is that what happens when you get

old? You find a stray gray hair or two while realizing that the songs you loved back in high school are suddenly appearing on the classic rock channel, yet, in your mind's eye, nothing else has changed? I know there are a lot of us out there who are contemplating life while riding out the last bits of our 30s. Hello to all of you 1973ers. Great year, wasn't it?

I always hated it when women lied about their ages, because it seemed that they were denying who they were and what they went through. If we all live long enough, we'll each gather enough stories, teaching moments, and straight-up fantastic memories that have each in their own way helped usher us along

to where we now are. If I said I was 35, I'd not only start twitching under the sheer fabrication of it all, but I'd be denying what these past five years have brought to my life, which is a whole lot. (Also, my friends would say, "Hey, weren't you 35 five years ago?")

I used to have a colleague who turned 37 each year on her birthday. We'd gather in the kitchen area, sing her "Happy Birthday," ask how old she was, and she'd say 37 with a straight face. She turned 37 four times since I knew her. It wasn't just weird, but flat-out crazy — and you know what? No one in the office called her out on it, either. We'd simply grab a slice of cake and trot away down the hall, whispering, "Wasn't she 37 last year ... and the year before that?"

When I was in my 20s, one of my relatives was turning 40 and she confided in me that she had never felt better in her life. In fact, she felt the most confident and joyful approaching her fourth decade. It was inspiring, but seemed so far away for me, personally, that it didn't mean much to me at the time. Now, it seems like that was yesterday.

When I think of how I've changed in the last 20 years, I know that every challenge and setback fully prepared me to move on to the next step, both personally and professionally. I "wouldn't trade nothing for my journey now," as my hero, author Maya Angelou, says.

I am so much more willing to take chances, embark on new endeavors, and not hesitate to say "goodbye" to things (and even people) who bring stress to my life. That is something I have only recently learned. It's a terrible affliction — the need to please — not to mention an overwhelmingly female condition. As a mother, I wish I had learned much of what I know now when my kids were babies, but it seems that as they have grown, I have developed along with them. And I hope to continue to flourish in new ways each decade.

Forty is gonna be great, I can feel it. Bring it on.

Danielle Sullivan, a 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 @DanniSull-Writer, or on her blog, Just Write Mom.



The SCIENCE CARMELO FELLOW

at the Cosmic Cove!

- After School Classes
- Birthday Parties
- Science Summer Camps
- Trips
- Toddler Classes
- Science Play group

Photo by Heather Weston

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

By using a hands-on inquiry based approach to teaching science, I have motivated thousands of children in the many disciplines of science. Children learn in an atmosphere where they are allowed to laugh and learn. They work in collaborative groups, and are encouraged to communicate and share their findings.

The Cosmic Cove is a place where children can call Carmelo the Science Fellow the big marshmallow because learning should be fun.

www.carmelothesciencefellow.com

Parent's Picks
winner!
PARENT'S CONNECT.COM
Best Party Entertainer & Best Day Camp in Brooklyn!

Carmelo Piazza
'Carmelo the Marshmallow'

The Cosmic Cove
300 Atlantic Ave
Brooklyn, NY 11201

for more info:
718.722.0000
718.344.4631

BROOKLYN Family

If you like the magazine
you'll love the site.

Check us out!
nyparenting.com

*Where every family matters
and where New York parents
find help, info and support.*

Party

DIRECTORY

Applebee's Birthday Parties

Group Sales Team
212-262-4022 or Toll Free 888-244-4022

Group_sales@applemetro.com

Applebee's Group Sales Team offers everything you need to make your child's birthday party one to remember. With 35 locations throughout NYC, the 5 Boroughs and Westchester County, our private and semi-private dining spaces can accommodate from 20-150 guests to join in on the fun. We have partnered with Blue Balloon of Manhattan, where our parties are filled with engaging and hands-on entertainment for the children to enjoy. The fun ends with food, dessert and plenty of celebration. Contact our Group Sales Department today to book your party. Also ask about our Mad Science parties.

Carmelo the Science Fellow

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

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

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

home your experiments...even the live ones.

L'isola

Wood Fired Pizza Ristorante
128 Metropolitan Ave.,
Williamsburg
718-599-0200 or www.lisolanyc.com

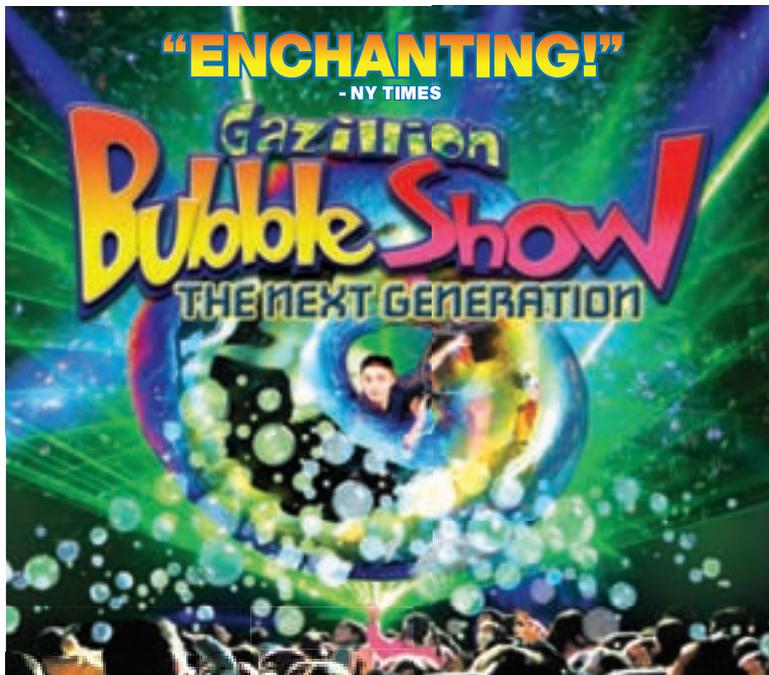
There is something new cooking in Williamsburg. L'isola is a Kid Friendly ristorante that is perfect for pizza parties, birthday parties, showers and so much more. Kids can interact with the Pizza making process with our "Pizza 101" parties.

There are 3 levels and a private party room to give you plenty of space to celebrate your special occasion. So call us today to book your next event and mention Brooklyn Family to receive a FREE party cake!

The Moxie Spot

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

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



Sat 11, 2 & 4:30 TELECHARGE.COM
Sun 12 & 3 or 212.239.6200

For Groups & birthday parties
visit our website or call 866.642.9849
GazillionBubbleShow.com

NW
NEW WORLD STAGES
340 WEST 50th ST.

ADVERTISE WITH US!

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



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

**COME CHECK IT OUT!
NEW CHEF, NEW MENU**

THE **MOXIE** SPOT

Come Together with
Family & Friends

2 BLOCKS FROM B. BRIDGE PIER 6 PLAYGROUND
2 FLOORS OF RESTAURANT AND PLAY SPACE
81 ATLANTIC AVE (@HICKS) BROOKLYN 718-923-9710
MON-WED 10AM-6:30PM, THURS-SUN 10AM - 8:30PM
WWW.THEMOXIESPOT.COM

FUN FAMILY EVENTS

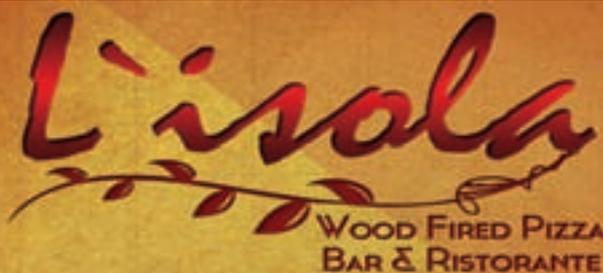
DAYTIME

Singalong Tuesdays, 11a	Storytime Mon/Wed/Fri, 12p	Dance Around Thursdays, 11a	Sunday Singalong 12:30p, Every Sun
-----------------------------------	--------------------------------------	---------------------------------------	--

EVENING

Nintendo Wii Night 1st & 3rd Saturdays, 6p	Family Disco Party 2nd Saturdays, 6p	Plus Friday Movie Night, & Sunday Bingo Night
--	--	--

KID 2ND FLOOR ENTRY FEE: \$2.50/CHILD EVERY DAY,
\$5 MAX FEES PER FAMILY, \$2.50 WAIVED WITH EACH \$15 FOOD PURCHASE
FUN ALL DAY LONG: TOYS, ART, GAMES, PUPPETS, FOOSBALL, COMPUTERS!



The New Addition to Williamsburg
A "KID FRIENDLY" Ristorante

Perfect for Pizza Parties, Birthday Parties, Showers & Much More!
3 Levels with Private Party Room

"PIZZA 101" parties Allow Groups of Kids to Interact with the
Pizza Making Process.

Mention *Brooklyn Family Magazine* for a Complimentary Party
Cake for your Next Affair



128 Metropolitan Ave Williamsburg, Brooklyn

T • 718.599.0200 E • info@lisanyc.com
F • 718.599.4599 W • www.lisanyc.com

Salvio Randazzo

Party Planning Showcase &



Sunday, January 6, 2013, 11am-4pm
The Hilton Long Island Huntington
598 Broad Hollow Rd, Melville, NY, 11747

**Bar/Bat Mitzvah • Sweet Sixteen
Birthday Parties • Fundraisers & more!**

- Giveaways
- Money Booths
- Photo Booths
- Prizes
- Raffles
- Wax Hands
- DJs/Dancers
- Balloon Blowers
- Caricaturists
- Face Painters
- Party Favors
- Tattoo Artists

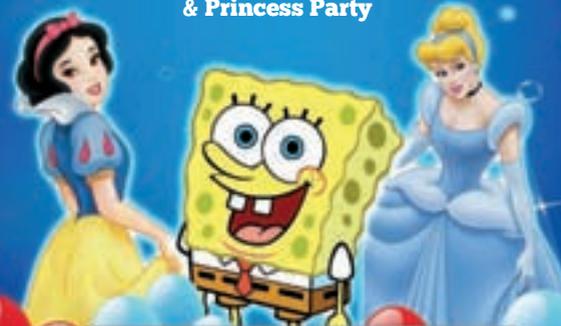
The Ultimate Teen Party is a FREE and SAFE place where you and
your children can actively participate in the greatest teen party ever
thrown and actually see and experience Vendors & Exhibitors doing
their thing! Valuable gifts will be given away as door prizes!



**Celebrate Your
Birthday
Party** at
Applebee's

Choose from one of our Awesome
packages with a meal at your
favorite location:

**Clown Around - Character Fun
& Princess Party**



Please contact Group Sales to plan your party!

212-262-4022

Girls & depression



How parents can protect their teenage daughters

BY KIKI BOCHI

It's not your imagination. If your pre-teen or teenage daughter seems more moody than ever, pay attention.

A new government report shows that the number of girls who experience a major depressive episode triples between the ages of 12 and 15, putting them at risk for substance abuse, academic problems, sexually promiscuous behavior, and family issues. Some 15 percent of girls in this age group may have a serious problem with depression, according to the Substance Abuse and Mental Health Services Administration.

The teen years, in general, are fraught with risk for girls. An average of 1.4 million adolescent girls ages 12 to 17 experience a major depressive episode each year, according to

the federal agency. In addition, teenage girls in general are almost three times more likely to experience a major depressive episode than their male counterparts — 12 percent versus 4.5 percent.

Depressive episodes can affect a young person's functioning, creating problems with sleep, eating, energy, concentration, and self-image. Teens may withdraw and become difficult, or may express their depression through hostile, aggressive, risk-taking, and self-destructive behavior.

"It is crucial that we provide adolescent girls the coping skills and social supports they need to avoid the onset of depression, and to offer behavioral health services that foster resilience and recovery if they experience it," said Pamela S. Hyde, an administrator with the Substance Abuse and Mental Health Services

Administration, when the report was released. "These efforts are a sound investment in girls' health and well-being, and in our nation's future."

The report indicates that parents may have a tendency to dismiss the possibility of their daughter having a serious issue if she is young. It found older adolescent girls were more likely to receive treatment than younger ones — about two-fifths of girls ages 15 to 17 received treatment, as opposed to only one-third of the girls ages 12 to 14.

Depression can be difficult to diagnose in teens, because adults may expect teens to act moody. Also, adolescents do not always understand or express their feelings well. They may not understand what is happening to them and may not seek help.

The National Mental Health Association recommends parents watch for these symptoms of possible depression, particularly when they last for more than two weeks:

- Withdrawal from friends and activities that she previously enjoyed
- Sadness, hopelessness, and lack of enthusiasm, energy, or motivation
- Anger, rage, overreaction to criticism, and problems with authority
- Poor self-esteem, guilt, or feelings of being unable to satisfy ideals
- Indecision, lack of concentration, or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Substance abuse and a decline in school performance

If you suspect your child — male or female — has a problem with depression, seek help. Start with your child's pediatrician or guidance counselor and ask for recommendations for a licensed mental health counselor, psychologist, or psychiatrist. Assistance is available through many local clinics on a sliding fee, based on income. Another resource is the National Mental Health Association, which can be found online at www.nmha.org.

Kiki Bochi is an award-winning journalist who bring readers the latest insights on family health and child development.

Look who's talking

Helping sharpen kids' communication skills

BY JOANNA DELBUONO

One of the greatest experiences for any parent is hearing their baby's first words. But aside from oohing and aahing over this pivotal moment, what other things can a parent do to develop their child's language skills?

The book "Beyond Baby Talk" by two experts in the field of adolescent language, Kenn Apel, Ph.D. and Julie Masterson, Ph.D. is a treasure trove of invaluable information.

For instance, did you know that toddlers are language inventors, 3-year-olds can talk about the past and future, and rhyming is an important building block

for reading?

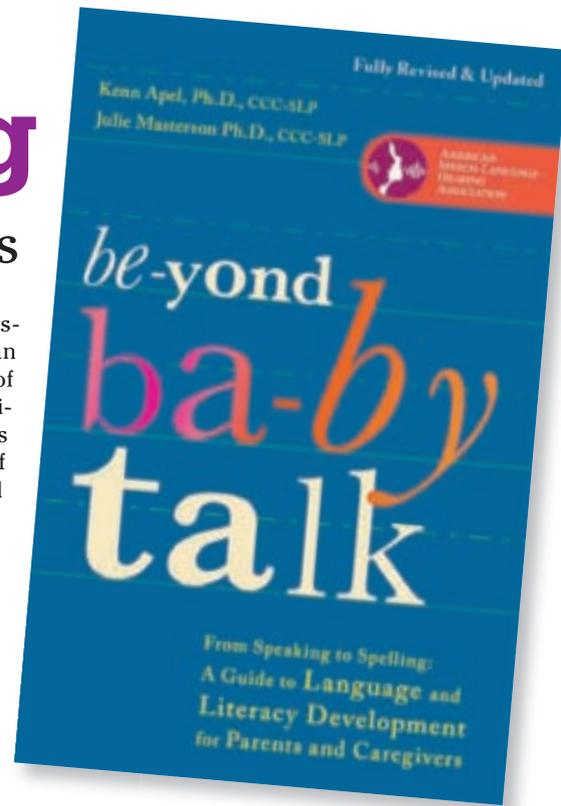
This revised edition adds two new chapters — "Reading, Writing and Spelling; Helping Your Child Achieve in School" and "Fads, Scams, and Myths: Knowing What to Look For" — and covers everything from evaluating and monitoring a child's spoken language to home computers, mobile phones, texting, apps, and other technology that will impact them from their birth to the age of 8 years old.

The authors pinpoint developmental milestones, provide easy activities that build strong language skills, and help parents recognize signs of language and literacy problems.

Kenn Apel is a widely respected

researcher, professor, and a chairman of the Department of Communication Sciences and Disorders at the University of South Carolina and Julie Masterson is a nationally known researcher in the field of literacy development and a professor of Communication at Missouri State University.

"Beyond Baby Talk," by Kenn Apel, Ph.D. and Julie Masterson, Ph.D., is available at Amazon.com and Barnes and Noble; \$15)



Like us on



or follow us on



Facebook Search: NYParenting



Practical Solutions that Strengthen Relationships at Home

www.phponline.org

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

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

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



DEATH BY CHILDREN

CHRIS GARLINGTON

Reclaiming my sex life

My kids have ruined my sex life.

Not for the reasons you might think. My wife and I aren't too tired. I still think she's sexy after having kids. Hell, you could roll my wife in axle grease, give her a 1977 perm, and add 30 pounds, and it wouldn't deter me from my husbandly duties. We're not too busy.

It's them: les petits saboteurs. They walk around on little ninjabunny feet. They are silent, sexy-time killers. We never know when they're just going to pop their head over the edge of the Serta and ask for water. It got so bad that we couldn't do the wangdango at all.

"Oh baby, I love how — did you hear something?"

"Everything's fine, sweetheart, let me just —"

"I think he's coming up the stairs! Get dressed!"

Every. Night.

Desperate, I created impassable walls of stacked empty Coke cans outside our room. I dragged my desk across the hallway. I Matterhorned dirty laundry in the doorway. They still made it in.

The light flicked on, exposing us waaaaay en flagrante. I nearly broke my collarbone whipping the blanket around us. We thought we'd scarred him. His mom was already dialing a therapist, because the kid was howling.

With laughter.

"Oh my god — that's sex?!!"

Little bastard.



brother while I convulsed on the kitchen tile.

Right after that, we thought they were hypnotized by a Disney flick. We snuck upstairs only to hear from the foot of the stairs, "You're not doing it are you? Are you doing it? Mom? Dad? You're gonna get a disease!"

We couldn't win.

Our sex life descended into negligence. We eventually just watched old movies and ate microwave popcorn.

I'd had enough. My kids needed to get some outside exercise, and I needed to get some inside. I announced, "Kids, watch a movie. Mom and I are going upstairs." The girl asked, "What for?"

I fixed a level stare and said "dancing lessons."

We stomped up the stairs and plopped onto the bed, looked into each other's eyes, then started bouncing (fully clothed), shouting "Oh, yeah! Oh, baby! Woo hoo!"

They ran screaming out of the house.

This worked perfectly for three weeks. The kids were losing weight and getting tan. My wife and I were a lot calmer. By just saying "dancing lessons" they would split, and we could watch "Downton Abbey" without interruption.

One day I was lost in my work, and I couldn't hear myself think over the noise downstairs. So I stomped across the floor, jumped on the bed, bounced up and down and shouted, "woo hoo!"

But I forgot a couple of things: First, they had friends over. Second, my wife was at work.

They thought I was, in the words of Billy Idol, dancing ... with myself.

The therapy is working. I think the kids will recover from it soon. But, honestly, I hope not. We drop them off for a 45-minute session once a week. There's a cheap hotel next door.

We've never been happier.

Earlier in the year, my daughter had gone on a field trip to the soul-crushing museum of sex-will-never-happen-this-way-ever. She raced home, saying "I saw a penis at school today," then explained in lurid detail the mechanics of sex and the danger of STDs to her

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

Trusted since 2008

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

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

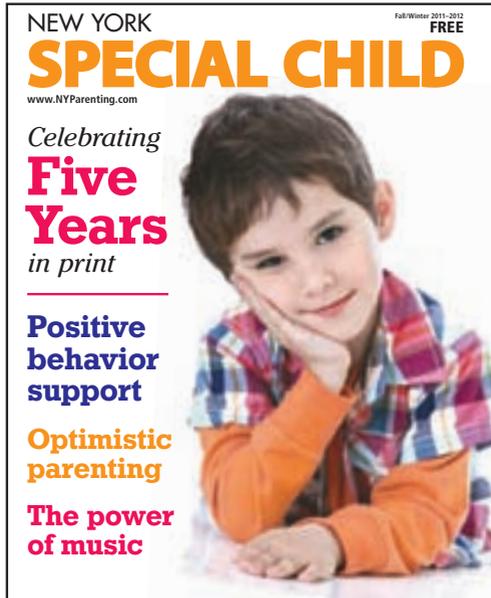
Visit us online at

www.NYParenting.com

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



To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@cnglocal.com



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



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

Resolutions for 2013

Without fail, my busiest months are January and December. In January, clients want to get started on their New Year's resolution to get their legal documents prepared and signed. In December, clients who resolved to "get prepared" in the New Year can't believe that year has gone by, and are determined not to let another one pass without fulfilling their promise!

In addition to getting your estate planning documents in order, or up to date (your will, health care proxy, and power of attorney, among others), this month's column is dedicated to some other manageable resolutions to make for 2013.

January – *Max out your flexible spending accounts and recover the funds you spent in 2012:* You can submit for reimbursement for expenses up until March 31 for expenses incurred prior to Dec. 31, 2012. Take a moment to schedule your annual appointments with your primary care physician, pediatrician, dentist, eye doctor, and others.

February – *The tax man cometh:* Don't wait until April to get your taxes in order. April 15 will be here before you know it. If you haven't done so already, make an appointment with your accountant and start gathering all the documents you'll need. If you have money management software, start running reports and cleaning up your data. The sooner you file, the sooner you'll get back any refund you're entitled to.

March – *Looking for hidden treasure:* Find some money you didn't know you had, just in case you owe taxes! Banks, insurance companies, utilities, and other businesses are required by law to surrender inactive accounts which are "lost," "abandoned," or "unclaimed" to the state. The state comptroller serves as custodian of the money and if you can prove you're entitled to it, it's yours. Search your name to see if the state is holding your money, and to complete the necessary forms. <http://www.osc.state.ny.us/ouf/index.htm>



www.osc.state.ny.us/ouf/index.htm

April – *Insure your peace of mind:* Review your life, disability, homeowners and auto policies to make sure they're sufficient for your needs, and that your beneficiaries are correctly named and up to date. Consider getting a free audit from an advisory firm to see if you need to make any adjustments. Maybe you need an umbrella policy on your homeowner's insurance, or convert your term policy to a whole policy

May – *Renew your passport:* Are your passports up to date? Do you have passports for your children? Believe it or not, you need passports for your infant children if you are planning to travel overseas in the summer months. In addition to other requirements, the process for children requires the child or children to be physically present with both parents (or for one parent to have a properly signed authorization and a copy of the other parent's drivers license). http://travel.state.gov/passport/get/get_4855.html

June – *Medical authorizations:* Make sure all your children's camps, childcare facilities and caregivers have a medical authorization in the event that you or your spouse or partner cannot be reached. Parents should also have a "standby guardian" form for instances where they are unable to communicate, due to distance or medical emergencies. Adults should also have their health care proxies up to date.

July and August – *Relax at the beach knowing you've crossed so many important items off your "to dos!"*

September – *Back to school! Purge the clutter!* Deciding what to keep and what to toss? It's a good idea to keep tax returns and back-up documentation for five years. Insurance policies should be kept indefinitely. Utility bills should be tossed within one month. Everything else can go. If you're still not sure, consider scanning everything and ditching the paper.

October – *Tax loss and profit selling:* Don't wait until Dec. 31 to sell underperforming investments as tax-losses to offset capital gains, such as those that accrue from mutual fund dividends at the end of the year. You can purchase the same or a similar asset 31 days after the sale (keep in mind that purchasing at a lower price will reset your cost basis). The last quarter of any year is a good time to consider selling profitable stocks that can be set-off against losses and repurchased in 31 days (see above).

November – *Make annual gifts:* The federal government allows tax-free gifts of \$13,000 (\$26,000 if you are married and "split gifts") to each individual per year. If you are so inclined, this is a good opportunity to start shifting some of your own assets to your children – preferably by setting up a minor's trust that dictates how and when the money gets spent and distributed to the children. You can also use bank products, such as custodial accounts; however, keep in mind that those accounts technically become the child's property when they reach age 18.

December – *Spend wisely:* While in the mode of holiday shopping, consider some tax-smart purchases, such as charitable contributions, paying tax-deductible expenses, such as real estate taxes, quarterly state, or local income taxes, investment-related expenses, and dues before the year's end, or buying a new car. Evaluate how your spending went, plan for the year, and set a new budget for the year ahead.

Disclaimer: This column is provided by the Law Offices of Alison Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual's situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.



Soccer Gear & Equipment Drive

Do you have uniforms, balls, shin guards, shoes, etc. that your kids have outgrown?

FREE

Soccer Clinic for kids ages 5-14

(where you can bring donated gear & equipment)

Give-A-Ball Foundation will collect used soccer gear and distribute it to children in Haiti & Nigeria



For more information please visit

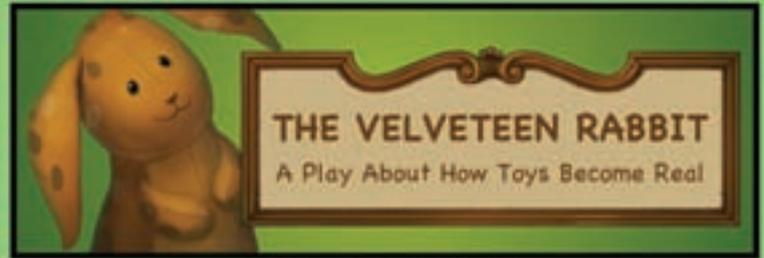
www.giveaball.org

or call

1-888-607-0043 x 2

DON'T MISS THESE TWO BELOVED CLASSICS!

Daryl Roth and **theatreworksUSA** present



NOW - JANUARY 27



FEBRUARY 8 - APRIL 14



THE RHYTHM OF NEW YORK



\$49 Sundays @5:30PM

Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

ORPHEUM THEATRE

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

www.stomponline.com

Connect with us:   



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Food that can keep the doctor away

When Chicago area resident Venessa Tornabene felt under the weather as a child, her mother soothed her with chicken noodle soup or honey-sweetened hot tea. Today, she serves her own two daughters Grandma's homemade minestrone soup recipe — loaded with fresh vegetables — whenever they show signs of any illness.

During these dark winter months, it's not uncommon for multiple children — or even the entire household — to fall sick with a nasty cold or the flu. What if there are foods that can treat or even prevent illness?

There are many plant foods that can boost your immune defense, says registered dietitian Sharon Palmer, author of "The Plant-Powered Diet."

"Plant foods have potent phytochemicals — plant compounds — that appear to offer particular healing properties," she explained.

It's not only the phytochemicals.

"Fruits, vegetables, legumes, whole grains, nuts, and seeds are also rich in fiber, which can help feed your 'healthy' bacteria, which in turn can boost your immune de-

fense," she says.

For example, a research paper published in the Proceedings of the National Academy of Sciences in 2010 concluded a high-fiber diet contributes to preferential gut microbiota, which is linked with better immune function.

It's important to start with a healthy plant-based diet, rich in nutrients, phytochemicals, and fibers that promote a good immune defense to protect against acquiring a disease.

"The beauty of whole foods for healing is that they offer no adverse effects when eaten in moderation, compared with the potential for drugs," adds Palmer.

Luckily for us, it happens to be the tastier option as well.

Healing foods

- **Chicken soup.** A 2000 study in Chest suggests that "Jewish penicillin" may contain a number of substances with a variety of medicinal properties, including anti-inflammatory effects, that could help ease symptoms of upper respiratory tract infections. The study found it may inhibit immune cells, called neutrophils, which play a role in the dis-

charge from mucous membranes that lead to coughs and excess sputum during a cold or flu. Both homemade or canned chicken soup worked, as did vegetable soup.

- **Extra virgin olive oil.** It contains the compound oleocanthal, which provides a similar anti-inflammatory property as ibuprofen.

- **Fresh ginger.** A decongestant, ginger can also reduce the pain associated with muscle injury after intense exercise. It also quiets upset stomachs, nausea, and motion sickness.

- **Herbal tea.** People have been sipping herbal teas as a health remedy for eons, and now research shows that some of these botanicals may have antioxidant and anti-inflammatory effects.

- **Mushrooms.** These fungi help fend off viral infections. White button mushrooms provide significant levels of selenium, niacin, and riboflavin.

- **Tart red cherries and pomegranates.** These fruits can reduce muscle soreness after intense physical activity.

- **Tea with honey.** Honey contains phenols, which possess antioxidant and anti-inflammatory properties. Other compounds help prevent bacterial growth and reduce inflammation.

- **Yogurt.** Yogurt with active cultures of beneficial bacteria can help prevent and treat certain types of diarrhea. If the diarrhea is a side effect of antibiotics, which kill both good and bad bacteria, it's especially important to replenish the good ones.

Tornabene is convinced of the healing power of the homemade soup for her girls.

"We absolutely feel it helps them. My husband says it's evidence-based feeding. We've seen it work firsthand," she says.

Christine Palumbo, RD, is based in Naperville, Ill. She swears by any type of soup when she's under the weather. Contact her at Chris@ChristinePalumbo.com. Her Facebook page is Christine Palumbo Nutrition and her Twitter handle is @PalumboRD.

Beet & pomegranate seed salad

This glistening ruby salad highlights beets and other winter plant foods. It's certainly sophisticated enough for your holiday table and beyond. The compounds responsible for beets' deep red hue, called betalains, are anti-inflammatory, too.

Makes four servings (about 9 cups)

INGREDIENTS:

- 4 cups packed mixed baby greens
- 2 cups packed assorted microgreens
- 2 cups sliced baby beets, cooked and chilled
- 1 cup fresh pomegranate seeds
- 3 tablespoons coarsely chopped walnuts
- 1/4 cup freshly squeezed orange juice



- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- 1/8 teaspoon ground black pepper
- 1 garlic clove, minced

DIRECTIONS: Arrange the baby greens in a salad bowl or on a platter. Top with the microgreens. Arrange the beets on top of the microgreens, and sprinkle with pome-

granate seeds and walnuts. Whisk together the orange juice, olive oil, black pepper, and garlic in a small bowl. Drizzle the vinaigrette over the salad and serve immediately.

NOTE: If you don't have time to cook fresh beets for this recipe, use drained canned beets (preferably with no added salt) or refrigerated, cooked beets, which are available in many supermarkets.

NUTRITION FACTS: (about 2-1/4 cups): 152 calories, 18 g carbohydrate, 3 g fiber, 3 g protein, 9 g total fat, 1 g saturated fat, 160 mg sodium, 31 percent DV vitamin A, 34 percent DV vitamin C, 16 percent DV manganese.

Recipe used with permission from "The Plant-Powered Diet" by Sharon Palmer, RD.



PARENTS
HELPING
PARENTS

SHARON C. PETERS, MA

Reaching out to an unfriendly neighbor

Dear Sharon,

Our next-door neighbor is an overly protective stepparent. He has made us very uncomfortable about communicating at all — even in just a casual, friendly manner — with his 12-year-old stepdaughter. He acts as if we are suspicious characters. My daughter has tried to be friendly with them since they moved in a few months ago, but it's been impossible. Should we speak to the mother? What would you do?



Dear parents,

I have talked to many parents who have been justifiably concerned about tensions springing from a “problematic neighbor.”

I usually recommend that parents make an effort to reach out to new neighbors as soon as they move in. It is good to be welcoming, as new friendships can be formed and successful connections between adults can help make relationships with — or between — children much easier to establish.

If you already have had even casual interactions with these parents, continuing relaxed contact could help gradually resolve the problem, even if you can't bring up particular concerns right away. If you have not

done so yet, it might be wise to see if you can begin opening up lines of general communication.

When and if it is possible to talk about upsetting circumstances such as yours, it is often wise to stay calm and open to listening. If a discussion is relatively tension free, it is usually easier for people to hear concerns and share useful information.

It is not uncommon for one person in a couple to be easier to talk to. If this is true of the mother in your question I would begin by addressing your concern to her. Most people I know who have worked through situations like yours say that it is important to avoid criticism of partners or other family members. Almost everyone will defend his family to a neighbor.

Focusing on goals rather than complaints can be also be helpful — i.e. mentioning how nice it would be if everyone, including the children, could get to know each other, or

inviting some or all of the neighbors over for dinner or coffee to move things in a better direction.

It is human nature to want difficult or frustrating situations to be resolved quickly and easily. Unfortunately, that is often unrealistic. Patience, persistence, and understanding often produce results.

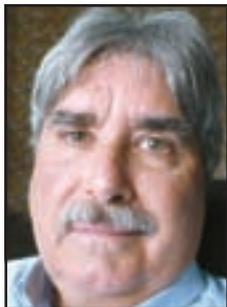
I have often found that trying one small step at a time and remembering that even a little progress can bring people closer to their goals can help put upsetting problems in perspective.

Nevertheless, sometimes even excellent efforts don't work out. If your initial or subsequent talks don't go well, it may mean that you have to accept that your neighbors are just not neighborly, explain the situation to your daughter, and make sure that she has plenty of friends to have fun with.

Good luck as you tackle what might be a difficult challenge.

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.



FAMILY JOURNAL

ROBERT MORTON

No such thing as a family black sheep

Dear Mr. Morton,

A while back you wrote a reply to a young mother who obviously had low self-esteem. She had siblings who were very successful and felt she couldn't measure up to them. Could you highlight that inspirational article for those who believe they're the "black sheep" of the family?

—J.S.

Dear J.S.,

I assured her that the natural order dictated before birth that she wouldn't be like her brothers or sisters — or like anyone else on

earth. How we are created ordains this fact, so we should strive to find, and be, ourselves. We didn't arrive on planet earth by serendipity means. By metaphysical design, millions of sperm cells — each which would have to be magnified a thousand times for our eyes to behold — struggled to reach an egg that was smaller than the point of a needle. Only one survived, while mil-

lions of its challengers perished in the struggle. One grappling sperm cell, out of millions, made each of us! It, miraculously, bonded with an egg containing a tiny nucleus.

I told the young mother that her uniqueness from her siblings was intended by design the moment this microscopic struggle began. This sperm, and its egg, contained

24 chromosomes, each wrapped

in Jell-O-like

beads strung

together. Each

bead housed

hundreds of

genes. This

bonding fused

her parent's

ancestral past.

One healthy

and victori-

ous sperm

bonded with

one expectant egg,

both conquerors of mil-

lions of years of human

kind's battle for survival. This unbeaten bonding couldn't possibly have created a "black sheep".

The natural order dictates that everyone is born to be a unique champion. I suggested she refrain from defining her worth by comparing herself with her siblings and to avoid reading self-help books.

Why? Because for her, they would be like "cook books" or someone else's notion of what's good for her.

Instead, I recommended she seek an impartial, professional counselor who could help her unearth her incomparable individuality.

Robert Morton, M.Ed., Ed.S., 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 the Family Journal: www.familyjournal1.blogspot.com



The holiday spirit?

A new dad wonders when we all became so greedy for STUFF

BY TIM PERRINS

During the 2012 holiday season, my 10-month-old daughter Hazel taught me a lot about the way our belongings govern our lives. There are some things we need, a lot of things we want, and plenty of confusion in between. We tend to get caught up in all our stuff — sometimes literally, as in the following example.

I'm what you'd call an avid cyclist, which basically means that I have a lot of bike stuff: blinking lights,

my feet free only left the stretchy fabric bunched up and pulled halfway inside-out, and in desperation I careened across the room with my pants around my ankles. By the time I reached Hazel she'd already begun splashing her hand in the water, but I was just in time to avert another of the impromptu dog-water baths she's recently been giving herself.

That's an example of my stuff getting me into trouble, but it also illustrates a bigger point: not only do babies want stuff, they want everything, and it's nearly impossible to keep them from getting it.

Hazel has a lot of toys, but she always wants more. She just loves stuff. New stuff! Better stuff! Not that boring toy that she loved a day ago! She wants whatever catches her eye now. Usually it's something she shouldn't have, like daddy's dirty boots, mommy's smartphone, or a shiny metal dog dish, which makes a wonderfully loud clanging sound when she bangs it repeatedly against the floor, like a prisoner inciting unrest, (which, I guess, in a way, she is).

Not only does she want things, but she's become very assertive about getting them. She will scream, cry, and wiggle out of my arms like a wet noodle to get what she wants. I know this behavior is part of a baby's healthy develop-

ment, but I can't help but notice that it bears similarities to some of the uglier aspects of human nature that are too often on display around the holidays.

In the classic TV special "A Charlie Brown Christmas," good ol' Chuck laments that the meaning of Christmas is being lost. These days it looks like that cultural deterioration has spread to include Thanksgiving, as evidenced by the ruthless, greedy behavior that erupts in retail stores across the land even before the leftover turkey in the fridge has cooled. (So much for giving thanks — maybe we should just call it "Black Friday

Eve.") While I was contending with Hazel fussing and slapping at my hands after I prevented her from playing Frisbee with my dinner plate, I was also seeing throngs of frenzied adults on the evening news getting into fights over kids' toys.

If Hazel is so determined to get things at 10 months, what will she be like by the time she has her own credit card? She might be shaping up to be a child prodigy among holiday "door-buster" shoppers. I have chilling visions of her as a fleet-footed teenager who, with ninja-like prowess, swipes any item she desires from the clutches of less experienced consumers, and who shrieks, arches her back, and wiggles like a wet noodle to free herself from the feeble grasp of Best Buy's part-time security force.

How did things go so wrong? Am I already a failure as a parent? Is it too late to stop Hazel from turning into the Black Friday Ninja? Maybe. But maybe it was never in my control to begin with. The constant desire for something new might just be encoded in our genes, and how can you compete with DNA?

That's the kind of stuff I get caught up with inside my own head, but leave it to Hazel to bring me back to earth. As of just a few days ago, she wants to share all her things. From across the living room she'll smile at me and hold a toy in the air until I come over to her. (I get bonus giggle points if, after taking the toy, I pretend to eat it.)

Everyone has the capacity for both greed and gratitude. It's OK to want stuff — we just need to keep things in perspective, and to remember what it means to be truly thankful. Now that Hazel is here, that's easy for me — I'm not concerned with getting anything else. What more could I want?

Well, maybe a pair of bike tights with zippers on the ankles.

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.Revolt-OfTheImbeciles.blogspot.com.



funny shoes, and Lycra shorts. For cold weather, I have thermal tights to wear over my shorts. On a recent afternoon I was in the midst of removing my rain-soaked tights after a wintry ride, when I saw baby Hazel had army-crawled across the room to her new favorite toy: the dogs' water dish. A few more seconds and she was going to be as drenched as I was.

Some cycling tights have zippers running down the calves that open up the snugly elasticized ankles, allowing you to more easily pull them off over your feet. Unfortunately, my half-removed tights were the zipperless kind. A hasty attempt to yank



GROWING UP ONLINE

CAROLYN JABS

Flipped classrooms

If you've noticed something different about the homework your child is doing lately, you're not alone. More and more teachers are flipping their classrooms so events that have traditionally taken place inside the classroom now take place outside the classroom, and vice versa.

Although college professors have been experimenting with flipping since then, the movement really picked up steam in the last two years because of two intersecting trends. On the one hand, teachers were complaining that they simply couldn't get students to do traditional homework. On the other hand, they were

research about their effectiveness, though small studies show promising gains, especially in science and math. The benefits seem most obvious in high school, though some middle and even elementary schools are adapting flipped techniques for their students. If your child's school has introduced this new approach, you'll want to ask some very specific questions:

- What kind of technology will my child need? Some teachers put materials online so your child will be able to study with any internet-ready device, including a cellphone. Other teachers distribute materials on DVDs or flash drives. Ask about what arrangements can be made for students who don't have access to technology at home. Can students stay after school or go to the local library to view teaching materials?

- What type of materials will be assigned? Some teachers create their own podcasts, videos, and powerpoints. Others depend upon materials developed by a textbook company or teachers from another school. Still others take advantage of the rich variety of online resources, assigning students to watch everything from TED talks to materials from the Khan Academy. Because your child will use these materials at home, be sure to sit in occasionally so you'll have a deeper understanding of presentation style, as well as the content your child is expected to master.

- How much time should my child spend on homework? Some students (and parents) may be under the impression that flipped homework is easy because all that's required is watching a video, or a visiting a website. Most teachers expect students to treat these materials in the same way they would a class lecture. Often students will be asked to take notes, answer questions, or write a short summary after watching the presentation. Parents can help by treating flipped work as seriously as they would any other kind of homework. Encourage your child to give the assignment his or her full attention, pausing and rewinding if something is hard to understand.

- What support will my child need

at home? Provide a quiet place where your child won't be distracted while studying. Headphones may be helpful, especially if there are other children in the room. As you would with other homework, encourage your child to block out a study time when he is alert. After 10 pm is usually not a good time for mastering new material in any form.

- What goes on in class? In the best flipped classrooms, students don't spend much class time doing passive listening or paperwork. Depending on the subject, teachers may lead discussions, assign collaborative work, or give students problems and projects that ask them to apply what they learned the night before. This encourages deeper thinking that is often more satisfying for students who can instantly enlist the help of the teacher or even a fellow student.

- How does your child feel about learning? In a flipped classroom, students stop treating education as a spectator sport, and instead connect with a subject, ask questions and seek out answers for themselves. Gifted students often thrive because they can delve deeper into interesting subjects. Struggling students are also likely to benefit because they get more individualized attention from the teacher, and they can pause and rewatch materials at home.

- How are your child's grades? If your child seems disengaged or you see grades dropping, schedule a conference with the teacher.

If your child's teachers haven't discovered flipped learning, take the initiative and access some of the terrific, online instructional materials. An excellent list is available at open-culture.com. However, it is only the first step. Help children to evaluate and make sense of new knowledge by engaging them in conversations and activities that add context. It will help them become lifelong learners.

Carolyn Jabs, MA, raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years and is working on a book about constructive responses to conflict. Visit www.growing-up-online.com to see past columns.

© Copyright, 2012, Carolyn Jabs. All rights reserved.



trying to hold the attention of easily distracted students by showing online lectures and presentations.

Flipping the classroom frees teachers to interact more directly with students.

Instead of standing at the front of the room, knowing they are boring some students and confusing others, teachers turn lectures and presentations over to gifted and inspiring communicators. In the classroom, they take advantage of face time to personalize education, answering questions, leading discussions, encouraging collaboration, and coaching students through challenging material. Many teachers find they prefer being the guide on the side, rather than the sage on the stage.

Flipped classrooms are relatively new, so there hasn't been systematic



A TEEN'S TAKE

AGLAIA HO

Being an only child

When I was younger, I hated being an only child. Yet, my friends at school constantly told me how lucky I was not to have siblings.

"You don't have to share your toys," "You can get all the attention you want," and "You get your own room," they would gush jealously.

This was completely baffling to me. I pined for siblings to play with and even asked Santa one year to bring me a little baby sister! Sometimes, it was just too lonely. There were times when I desperately needed someone my own age I could relate to. However, I eventually came to realize that being an only child isn't so bad after all.

Being an only child did not mean much to me when I was very little. This changed when I entered school. During recess, my friends would always complain about their brothers and sisters, or share hilarious stories about their siblings. I felt left out during these conversations and wished I could fume about a nonexistent

sibling, too.

Whenever I had play dates with my friends who had siblings, I got a tantalizing taste of sibling interactions.

One of my best friends had two younger siblings who she played with and took care of. They constantly hugged her and followed her around obediently like baby ducks behind their mother. I was envious. My friend not only had enough people to play tag, hide-and-seek, and duck-duck-goose whenever she wanted, but she also had so much affection and attention from her younger siblings.

At times, I was frustrated of being turned away by my parents when I wanted to play. However, without anyone else to play with, I learned to deal with the occasional boredom, and created my own entertainment and fun. I would traipse around the house, engaging in all types of role-playing games. Without siblings, I took on every role, even enlisting my dog, stuffed animals, and dolls to play along. While playing house, I would pretend to be the mother, my dog would be the father, and my doll would be the baby. My creativity also provided me with activities I could do on my own — arts and crafts, singing, brainteasers, and puzzles.

Learning to cope as an only child helped to inspire my imagination and creativity. Also, being an only child allowed me to devote time to my own hobbies and interests. In the end, I always found some way to have fun.

Being an only child has led me to develop a sound and loving relationship with my parents. I am fortunate enough that my parents shower me with all their love and attention, especially while I was growing up. Because I do not have siblings, my parents and I spend a lot of time together. When I was little, my mom would play dollhouse with me and my dad would teach me how to make paper chains. Nowadays,

they teach me new things like how to cook or do laundry. We enjoy family weekend outings, having dinner at a restaurant, or biking at the park. They understand that I need them to be a listening ear, sounding board, and just all-around support.

Communication with my parents has been an essential part of my life. I have become very close with my parents. They have always been there for me, giving me their honest advice. Now more than ever, I value being able to talk to my parents so openly. They have helped me cope with stress, bullying, applying for colleges, and navigating high school in general. Maintaining a candid relationship with my parents has really helped me grow.

Additionally, my reliance and relationship with my parents have helped me discover a newfound appreciation for them. They are two of the most important people in my life and I know not to take that for granted. Without siblings at home, I can focus all of my attention on loving and taking care of my parents. I am getting more mature and my parents are getting older. My parents have already started to rely on me to help them out. My dad's memory is growing a little gray and he sometimes needs help remembering where we parked our car. My mom often needs me to carry heavy shopping bags for her.

Being an only child, I will inherit the sole responsibility of caring for my parents. It is a duty I am honored and looking forward to doing.

My perspective has changed about being an only child. I understand that with the occasional loneliness of being an only child there comes some perks. Growing up, my experience has taught me to make the best out of my situation. I have been provided with many opportunities and have learned so much about family. Sure, at times I still wonder what it would've been like to have siblings. Yet, ask me now, and I wouldn't want to change a thing.

Aglaia Ho is a 17-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.





LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Beating winter blues

With winter at my doorstep, I am reminded of the expressions “dead of winter” and “cabin fever.” Many start to get antsy about being cooped up for too long, especially teens who are used to being active every minute of the day. Teens want to get out and get moving, but afternoons spent at the beach or biking through the countryside are distant memories now that the weather no longer cooperates.

Some people are affected by seasonal differences more than others. The colder temperatures and fewer hours of sunlight can affect a teen’s mood or even lead to depression. The key is to keep energy levels high and creative ideas flowing.

Basics for a positive winter season

Healthy eating is important to keeping a teen’s energy up.

Megan Fendt, RD, CDE, of the Friedman Diabetes Institute at Beth Israel Hospital in Manhattan, suggests, “When the winter months get dreary, think color. A plate full of bright-colored food can perk [up] your mood just by looking at it. The vitamins and minerals in fruits and vegetables can help you think more clearly. Getting more brain food can be as easy as grabbing some baby carrots or a green apple.”

Teens often eat on the run, but these energy snacks will keep them going: citrus fruits, granola bars, yogurt, raisins, or nuts.

Dory said it best to Nemo, “Just keep swimming...just keep swimming.” In an age where hand-held electronics and video games are common pastimes, exercise sometimes takes a backseat.

“When it comes to exercise, the perception is often a drill sergeant and a miserable experience. It doesn’t have to be that way,” says Jason Stella, a certified personal trainer and fitness expert with Lifetime Fitness Centers. “Think about a time that you played without worrying about judgment. Typically, you felt great when you were participating in the experience, even if it was difficult and caused you to lose your breath.”

Keeping Stella’s advice in mind, teens should look for creative ways to exercise. For instance, meet friends at an indoor pool and plan some races. Sledding is also a great workout. Once you go down, you have to climb back up!

Worst case: seasonal depression

Does your teen seem to be more affected by the winter than she should be?

Seasonal affective disorder is a form of depression that occurs during the winter months when days get shorter. Symptoms include excessive eating, excessive sleeping, decreased energy, difficulty concentrating, and weight gain. A craving for carbohydrates is also characteristic.

How does a parent realize it’s more than mild “cabin fever?” Angelos Halaris, MD, PhD, a professor of psychiatry and behavioral neurosciences at Loyola Medical Center in

Maywood, IL, offers, “SAD has a seasonal pattern. It usually sets in during early November, gets progressively worse during the course of the winter months, and begins to lift by itself in late March or early April.”

Cases can range from mild to severe, but SAD is treatable.

“If at all possible, get outside during winter, even if it is overcast. Open drapes and blinds to let in natural light. SAD can be effectively treated with light therapy, antidepressant medication, and psychotherapy,” Halaris advises.

Cool options for cold months

Besides energy-packed foods and a good dose of exercise, suggest these clever ways teens can keep their energy levels up:

- Take it outside: Snap some beautiful winter landscape photos while hiking or decorate an evergreen. (It doesn’t have to be Christmas!)
- Indoor options: Take a class and meet new friends (i.e. cooking or photography).
- Get creative: Don’t watch a movie — make a movie!
- Revitalize a space: Change the look of your bedroom.
- Serve the community: Volunteer in a soup kitchen for the homeless. Teens feel good about being needed.

Tips and tales

“My friends and I plan Wii Zumba or Just Dance parties. It brings us together in the months we can’t get outside. It’s really fun and is actually a workout, too!”

Nicole Armeno, Staatsburg, NY, age 17

Share your ideas

Upcoming topic: Tips for how to save money on the prom.

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); for details: www.myrnahaskell.com. Also available at Amazon.com.



It figures

BY CYNTHIA WASHAM

NEW YEAR'S NEWS



67 Percent of professional soccer and hockey players born in January or February.

15.8 Percent of the population born in January or February.

100th Anniversary the Girl Scouts celebrated in 2012.

3.2 million Number of Girl Scouts worldwide.

5 Number of Girl Scout cookie varieties, including "thin mint" and "chocolate peanut butter," that debuted as LipSmacker lip balm flavors in 2011.

250 Boxes of cookies Girl Scouts in Savannah, Ga. were selling per hour in front of the home of Girl Scouts founder Juliette Low in February 2011, when they were barred for violating a city ordinance against sales on public sidewalks.

48 Percent of news readers who considered the city's ban against the cookie sales "depressing."

1 Days after the ban that the city manager granted the Girl Scouts an exception, so they could resume their sales.



LEARNING BY THE NUMBERS

53 Percent of teens who say they want to learn more about managing their money:

27 Percent of teens who say their parents regularly talk to them about personal finance.



55 Percent of parents with children in public school who say they would choose private school if they could afford it.

\$4,944 Average annual tuition in 2007-08 at Catholic elementary schools.

\$15,945 Average that year at non-sectarian, private elementary schools.

Sources: Brokenssecrets.com, Girlscouts.org, gsnc.org, Seventeen.com, Associated Press, Newser.com, Capenet.org, Jumpstart.org

Calendar

JANUARY



Cool 'Hip Tot' extravaganza

Brooklyn's own Rolie Polie Guacamole joins with the Okee Dokee Brothers for a rocking and rolling Hip Tot Music Fest on Jan. 13 at Littlefield Performance and Art Space.

The best and biggest performers in the Kindie world will come on stage and rock children, infants to 7 years old, and their parents too.

Two-time winners of the Parents Choice award and Grammy nominees the Okee Dokee Brothers perform their easy mix of funk, rock and folk music mashed into original tunes. Partnered with local rockers

Rolie Polie Guacamole, the concert is sure to bring down the house.

Come early, you don't want to miss the pre-concert fun, featuring the Cool Beans, and storytelling with author and illustrator Melanie Hope Greenberg. Oh, and there's face painting, a cardboard castle, giveaways, and so much more.

Hip Tot Music Fest on Jan. 13 at 12:30 pm. Admission is \$10 for children and \$12 for adults.

Littlefield Performance and Art Space [622 Degraw St. between Fourth and Fifth avenues in Gowanus, (718) 809-8850; www.hiptot.com].

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!

Send your listing request to brooklyncalendar@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!

SAT, DEC. 29

Celebrate Kwanzaa: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; 11:30 am–12:30 pm and 2:30–3:30 pm; Free with museum admission.

Children 5 years old and younger learn about this African-inspired holiday and its traditions, then make a craft.

SUN, DEC. 30

3, 2, 1, Happy New Year: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; 11:30 am–12:30 pm and 2:30–3:30 pm; Free with museum admission.

Children 5 years old and younger add a wish to the museum's New Year's Wish Mural, decorate a party hat and noisemaker.

Celebrate Kwanzaa: 11:30 am–12:30 pm and 2:30–3:30 pm. Brooklyn Children's Museum. See Saturday, Dec. 29.

MON, DEC. 31

Fireworks: Grand Army Plaza, Union Street between Flatbush Avenue and Prospect Park West; 11 pm–12:30 am Free.

Come on down to the star-studded, annual celebration of New Year's eve with great entertainment, hot refreshments and fantastic firework display.

FRI, JAN. 4

Blooming babies: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; 11:30 am to 12:30 pm; Free with museum admission.

Baby its cold outside is suitable for children 18 months to 2 and 1/2 years and teaches the little ones about the animals around the world and how they keep warm during the winter.



Courtesy: Feld Entertainment

Disney's New Year 'Treasure'

All your beloved characters take center stage at Barclays Center when Disney on Ice brings Treasure Trove to Brooklyn, Jan. 23 through Jan. 27.

Come and watch Rapunzel and Flynn, Tiana, Cinderella, Jasmine,

Ariel, Sleeping Beauty, Belle, and of course Beast glide across the icy stage in Disney's Treasure Trove. The young and the young at heart will enjoy this glittering, glacial performance of twirling, leaping, and song.

Disney on Ice, Treasure Trove, Jan. 23, 24, 25, 26, and 27 (check listings for exact time and ticket prices).

Barclays Center [620 Atlantic Ave. at Flatbush Avenue in Fort Greene, (212) 359-6387; www.barclayscenter.com].

Three Kings Day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; 2:30–3:30 pm; Free with museum admission.

Children 5 years old and younger make a jeweled crown to take home and discover the origins of the holiday.

SAT, JAN. 5

Blooming babies: 11:30 am to 12:30 pm. Brooklyn Children's Museum. See Friday, Jan. 4.

Train workshop: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Children of all ages create a Grand Central city in honor of the 100th birthday of Grand Central Terminal.

Three Kings Day: 2:30–3:30 pm. Brooklyn Children's Museum. See Friday, Jan. 4.

SUN, JAN. 6

Blooming babies: 11:30 am–12:30 pm. Brooklyn Children's Museum. See Friday, Jan. 4.

Train workshop: 1:30 pm. New York Transit Museum. See Saturday, Jan. 5.

"How I Became a Pirate": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenil-

worth Place; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; \$7.

A new musical based on the children's book about Jeremy, who has a talent for building sandcastles and digging moats. He winds up on Braid Beard's ship and has a great adventure. For children 6 and older.

Three Kings Day: 2:30–3:30 pm. Brooklyn Children's Museum. See Friday, Jan. 4.

MON, JAN. 7

Parent workshop: IS 228 David A. Boody, 228 Avenue S and W. Fourth Street; (718) 333-3885; 9 am; Free.

Presented by Community School Dis-

Continued on page 72

Calendar

Continued from page 71

trict 21, parents learn about the IEP Individual Education Program.

TUES, JAN. 8

Costume party: Brooklyn Public Library's Central branch, Flatbush Avenue at Eastern Parkway in Grand Army Plaza (718) 230-2100; www.brooklyn-publiclibrary.org/branch_library_detail.jsp?branchpageid=265; 6 pm; Free.

Teen Diviner's fans will be happy to dress up and put on the Ritz for a reading of "The Diviners" by the author Libba Bray.

THURS, JAN. 10

Toddler time: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; 10-11 am \$150 (\$125 members) for whole series.

Barnyard buddies is suitable for 2 and 3 year olds. Children enjoy nature play, counting and sing-a-longs. Registration required.

Toddler time: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; 11:30 am-12:30 pm \$150 (\$125 members) for whole series.

Barnyard buddies is suitable for 2 and 3 year olds. Children enjoy nature play, counting and sing-a-longs. Registration required.

Winter concert: Edward R. Murrow HS, 1600 Avenue L; (718) 258-9283; www.ermurrowhs.org; 7 pm; \$7.

Presented by the students at Edward R. Murrow High School.

FRI, JAN. 11

Toddler time: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; 10-11 am and 11:30 am-12:30 pm \$150 (\$125 members) for whole series.

Barnyard buddies is suitable for 2 and 3 year olds. Children enjoy nature play, counting, and sing-a-longs. Registration required. (Session A and Session B).

SAT, JAN. 12

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

Children 5 years old and under enjoy an animated film.

Junior engineers: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.



Courtesy of New York Transit Museum

All aboard for transit fun

Climb aboard for some transit fun when Transportation Inventions pulls into the station at the New York Transit Museum on Jan. 19 and 20.

Children 6 years and older use their imagination, a bit of inspira-

tion, and the help of some wacky materials, to plan, make a blueprint, and then build a pint-sized vehicle model train for the future.

Transportation Inventions, Jan. 19 and 20 at 1:30 pm. Free

with general museum admission of \$7 for adults; children ages 2 to 17 \$5, and free for members.

New York Transit Museum [Boerum Place at Schermerhorn Street in Brooklyn Heights, (718) 694-1600; www.mta.info/mta/museum].

Children 4 and up learn that the power to fuel the subway comes from the East River.

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

Children 4 years old and up learn all about Nelson Mandela, master a few words in Zulu and make their own inspired craft to take home.

SUN, JAN. 13

Sensory Room hours: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; 10 am; Free with museum admission.

Over, under and swinging through this newest space. Unlock doors in the sensory snake or relax and read in a fluffy chair mountain. This place is the ideal environment for children with autism spectrum disorders. Space is limited.

Toddler time: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; 10-11 am and 11:30 am-12:30 pm; \$150 (\$125 members) for whole series.

Barnyard buddies is suitable for 2 and 3 year olds. Children enjoy nature play, counting, and sing-a-longs. Registration required. (Session A and Session B).

Junior engineers: 1:30 pm. New

York Transit Museum. See Saturday, Jan. 12.

Rolie Polie Guacamole and The Okee Dokee Brothers: Littlefield, 622 Degraw St. between Fourth and Fifth avenues; (718) 809-8850; www.hiptotmusicfest@gmail.com; 2 pm; \$12 (8 for children; Free for non-walkers).

A swinging fest for the birth to 7-year-old set.

THURS, JAN. 17

Toddler time: 10-11 am. Prospect Park Zoo. See Thursday, Jan. 10.

Toddler time: 11:30 am-12:30 pm. Prospect Park Zoo. See Thursday, Jan. 10.

Calendar

Late night at the museum: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; 4 pm; Free.

Families will enjoy exploring, learning and visiting the exhibits.

FRI, JAN. 18

Toddler time: 10-11 am and 11:30 am-12:30 pm. Prospect Park Zoo. See Friday, Jan. 11.

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

Create your own teddy bear-inspired craft and sing "Happy Birthday" to the creator of Pooh, A.A. Milne.

Vocal fest: Edward R. Murrow HS, 1600 Avenue L; (718) 258-9283; www.ermurrowhs.org; 7 pm; \$6.

Presented by the students at Edward R. Murrow High School.

SAT, JAN. 19

Transportation inventions: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Children 6 years and older use their imagination and build a pint-sized vehicle model of the future.

Martin Luther King, Jr. Day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 2:30-3:30 pm; Free with museum admission.

Children explore the differences and similarities between various cultures, then make a special craft to commemorate the day.

SUN, JAN. 20

Toddler time: 10-11 am and 11:30 am-12:30 pm. Prospect Park Zoo. See Sunday, Jan. 13.

Transportation inventions: 1:30 pm. New York Transit Museum. See Saturday, Jan. 19.

Martin Luther King, Jr. Day: 2:30-3:30 pm. Brooklyn Children's Museum. See Saturday, Jan. 19.

MON, JAN. 21

Martin Luther King, Jr. Day: 11:30 am-12:30 pm and 2:30-3:30 pm. Brooklyn Children's Museum. See Saturday, Jan. 19.



Africa comes to Brooklyn

Africa comes to Brooklyn this and next month when the Bedford Village school presents, "The African Drum," where kids ages 3-7 sing and dance their way on a trip through the grasslands.

Kijana and her animal friends — including talking leopards, a wise old loon and a turtle — teach life's lessons as they lead the children on a wondrous adventure through storytelling and such traditional African folk tales as "How the Animals Got Their Colors," "How the Turtle Got Its Shell," and "Why the Egret Flies Free."

The fables are accompanied by original and traditional African music performed on the "talking drum" and other authentic African instruments.

Tickets are \$15 for the hour-long show and can be purchased by calling the box office at (212) 724-0677; performance dates are Jan. 24, 25, 28, 29, 30 and 31; Feb. 1 and 4. Check the listings for exact times.

The Bedford Village School [50 Jefferson Ave. between Bedford and Franklin avenues in Bedford-Stuyvesant, (212) 724-0677; www.shadow-boxtheatre.org].

WED, JAN. 23

Disney on Ice: Barclays Center, 620 Atlantic Ave. at Flatbush Avenue; (212) 359-6387; www.barclayscenter.com; 6:30 pm; TBA.

Presenting "Treasure Trove," bringing to life your favorite Disney stories with the artistry of ice skating to create an unforgettable experience.

THURS, JAN. 24

Toddler time: 10-11 am. Prospect Park Zoo. See Thursday, Jan. 10.

Toddler time: 11:30 am-12:30 pm. Prospect Park Zoo. See Thursday, Jan. 10.

Disney on Ice: 1 pm. Barclays Center. See Wednesday, Jan. 23.

FRI, JAN. 25

Toddler time: 10-11 am and 11:30 am-12:30 pm. Prospect Park Zoo. See Friday, Jan. 11.

Disney on Ice: 1 pm. Barclays Center. See Wednesday, Jan. 23.

SAT, JAN. 26

TEAK information session: The Packer Collegiate Inst, 170 Joralemon St.; www.teakfellowship.org; 10:30 am-noon; Free.

Parents of sixth graders learn all about the TEAK program and admission requirements.

Disney on Ice: 1 pm. Barclays Center. See Wednesday, Jan. 23.

Subway trivia: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Which is the biggest, longest, and tallest? Children of all ages learn fun facts about the NYC subway system.

SUN, JAN. 27

Toddler time: 10-11 am and 11:30 am-12:30 pm. Prospect Park Zoo. See Sunday, Jan. 13.

Jewish Book Fair: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; office@bayridgejewishcenter.org; 1 pm; \$10.

Come on down to the Bay Ridge Jewish Center, where they'll be offering books for all ages, with authors of both children's books and adult books on hand. Plus, face painting and food!

Disney on Ice: 1 pm. Barclays Center. See Wednesday, Jan. 23.

Subway trivia: 1:30 pm. New York Transit Museum. See Saturday, Jan. 26.

"The Little Prince": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenter-online.org; 2 pm; \$7.

The cherished children's classic with cast of puppets, multimedia projects and original music. For children 8 to 80.

Live Music: Littlefield, 622 Degraw St. between Fourth and Fifth avenues; (718) 855-3388; www.littlefieldnyc.com; 3 pm; \$15.

The community-based children's music series, Mil's Trills, returns for a third year to celebrate families and children in Brooklyn. Come and spread the ukulele love with Amelia Robinson and her band as they perform interactive groovy tunes that are guaranteed to have babies boppin' and parents rockin'! All proceeds will go toward the making of Mil's Trills' highly anticipated debut album.

Continued on page 74

Calendar

Continued from page 73

THURS, JAN. 31

Toddler time: 10–11 am. Prospect Park Zoo. See Thursday, Jan. 10.

Toddler time: 11:30 am–12:30 pm. Prospect Park Zoo. See Thursday, Jan. 10.

FRI, FEB. 1

Toddler time: 10–11 am and 11:30 am–12:30 pm. Prospect Park Zoo. See Friday, Jan. 11.

Blooming babies: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am to 12:30 pm; Free with museum admission.

Tales of Winter is suitable for children 18 months to 2 and 1/2 years old to listen to cherished winter stories and then make a snowy craft to take home.

SAT, FEB. 2

Blooming babies: 11:30 am to 12:30 pm. Brooklyn Children's Museum. See Friday, Feb. 1.

Transit time travel: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Children 4 years and older learn how life was back in 1913 as they explore the toys, food, dress and transportation of that day.

After-school expo: PS 321, 180 Seventh Ave. between First and Second streets; www.ps321pta.squarespace.com; 2–5 pm; Free.

Parents with school-aged children have an opportunity to meet with summer camp and after-school program representatives.

Groundhog day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 2:30–3:30 pm Free with museum admission.

Children 5 years old and younger learn if there will be six more weeks of winter and what makes groundhogs so special.

Youthworks performance: Brooklyn Arts Exchange, 421 Fifth Ave. (718) 832-0018; www.bax.org; 7 pm; \$5 at the door.

Plays, dances, poetry and original songs by young artists 7 to 18 years old.

SUN, FEB. 3

Toddler time: 10–11 am and 11:30 am–12:30 pm. Prospect Park Zoo. See Sunday, Jan. 13.



Courtesy of Children's Museum of Manhattan

MLK Day for budding peaceniks

Children celebrate famed civil rights leader Dr. Martin Luther King, Jr., with a slew of activities at the Children's Museum of Manhattan on Jan. 21.

Little ones, younger than 4 years old, can create a collage at 10 am and 1 pm, featuring the many different places and faces in the community.

Older kids can pledge to make a difference after they listen to a reading of "Through My Eyes" by Ruby Bridges and explore the legacy of Rev. King. The story will be read at noon, 2, 3 and 4 pm.

To end the festivities, all ages are treated to a concert performed by the Harlem Gospel Choir at 3 and 4 pm.

Martin Luther King, Jr., Day, on Jan. 21 from 10 am to 4 pm. All events are free with general museum admission of \$11 for adults, \$7 for seniors, and free for children ages 12 years and younger.

Children's Museum of Manhattan [212 W. 83rd St. at Broadway on the Upper West Side, (212) 721-1234; www.cmom.org].

Blooming babies: 11:30 am–12:30 pm. Brooklyn Children's Museum. See Friday, Feb. 1.

Transit time travel: 1:30 pm. New York Transit Museum. See Saturday, Feb. 2.

Youthworks performance: 5 pm. Brooklyn Arts Exchange. See Saturday, Feb. 2.

LONG-RUNNING

Global shoes: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays – Sundays, 10 am–5 pm; Now – Sun, March 10; \$7.50 (Free for members and children under 1).

The exhibit, which incorporates cultural artifacts from the museum's collection and a variety of hands-on, feet-

on activities, encourages children and their families to explore global cultures within the context of fantasy shoe store and factory. Suitable for children 5 to 12 years old.

Winged Tapestries Moths at Large:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am–5:45 pm; \$24 (\$14 children, \$18 seniors and students).

This exhibition features 34 striking and dramatic images of moths, displaying the arresting beauty and surprising diversity of moths from Ottawa-based photographer Jim des Rivières. Runs through September 2013.

Creatures of Light: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am–5:45 pm; Now – Sun, Jan.

6; \$24, \$14 children, \$18 seniors and students.

This interactive exhibit explores organisms that produce light, from the flickering fireflies to alien deep-sea fishes.

The Butterfly Conservatory:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; Daily, 10 am–5:45 pm; \$24, \$14 children, \$18 seniors and students.

The annual exhibition, "Tropical Butterflies Alive in Winter" returns and celebrates its 15th year.

Quilt show: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, Noon–4 pm; Now – Sun, Jan. 20; \$3.

The 21st annual show features

theme of cool — whether it's a cold wintery science or cool colors.

Needlecrafting: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Daily, 1-3 pm; Now - Tues, Jan. 1; Free.

Before video games, movies and TV there were indoor projects that helped pass the long winter nights. Try your hand at needlepoint.

Sundays@Senesh: Hannah Senesh Community Day School, 342 Smith St. between First and Second place; (718) 858-8663; Sundays, 9 am-noon; Now - Sun, March 17; \$15.

For newborns to preschoolers, includes open play in gym, guided play in music and movement, led by a early childhood instructor.

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

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

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

Come clap, dance, sing or just watch!

Teen game time: Paerdegat Branch Library, 850 E. 59th St. at Flatlands Avenue; (718) 241-3994; www.brooklynpubliclibrary.org; Tuesdays, 3-4 pm; Now - Tues, Jan. 8, 2013; Free.

Children 13-18 years old play video games.

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

For children.

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

Shorts and a full-length family-appropriate movie.

Winter workshops: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; Sunday, Jan. 6, 10 am; Sunday, Feb. 3, 1 pm; Monday, Feb. 18, 10 am; Tuesday, Feb. 19, 10 am; Wednesday, Feb. 20, 10 am; Thursday, Feb. 21, 10 am; Friday, Feb. 22, 10 am; Free with garden admission.

New series of discovery programs for children. Hands-on discovery for children of all ages. Activities are indoors.

Wacky Tuesdays: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400;



Photo by Tiffany Oelke

Sundays rule at the Guggenheim

Beat the cold and Sunday blahs at the Solomon R. Guggenheim Museum with lots of fun stuff to do.

From Just Drop In to the Open Studios for Families, young and old can explore the arts, create interactive projects, and make

their own masterpieces.

Most events are free with general museum admission.

Just Drop In for ages 3 to 10; Open Studios for Families for ages 5 to 14.

Both events are on Sundays from 1 to 4 pm.

General admission to the museum is \$22 for adults, \$18 for student and senior citizens, and free for children under 12.

Solomon R. Guggenheim Museum [1071 Fifth Ave. at 89th Street on the Upper East Side, (212) 423-3500; www.guggenheim.org].

www.brooklynkids.org; Tuesdays, 11:30 am Tues, Jan. 15 - Tues, Feb. 26; Free with museum admission.

Children 5 years old and younger explore art, science and culture in a fun and exciting way.

"The African Drum": The Bedford Village School, PS 3, 50 Jefferson Ave. at Franklin Avenue; (212) 724-0677; www.shadowboxtheatre.org; Thursday, Jan. 24, 10:30 am; Friday, Jan. 25, 10:30 am; Monday, Jan. 28, 10:30 am; Tuesday, Jan. 29, 10:30 am; Wednesday, Jan. 30, 10:30 am; Thursday, Jan. 31, 10 am; Friday, Feb. 1, 10 am; Sat-

urday, Feb. 2, 11 am; Monday, Feb. 4, 10:30 am; \$15.

Presented by the Shadowbox Theatre. Puppets bring the wit, wisdom, and humor of African folk tales to life. Learn how the turtle got it's shell and the adventures of Kijana and her animal friends.

TheatreSports: Gallery Players, 199 14th St., between Fourth and Fifth avenues; (212) 352-3101; galleryplayers.com; Sunday, Jan. 27, noon; Sunday, Feb. 17, noon; Sunday, March 24, noon; Sunday, April 28, noon; Sunday, May 19, noon; Sunday, June 16, noon; \$10

(Parents free).

Freestyle Repertory Theatre is bringing improv to a new level and adding children to the mix. Groups of teens challenge each other to create scenes on the spot. Come with your children and have as much fun as they do.

Art Works: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue (718) 735-4400; www.brooklynkids.org; Friday, Feb. 1 - Fri, March 15, 2:30 pm; Free with museum admission.

Little Picasso's explore their artistic side.

theMarketplace

BALLET

718.769.9161
www.brightonballet.org

Brighton Ballet Theater
SCHOOL OF BRIGHTON BALLET

hip-hop
rhythmic
pre-ballet
latin dance
gymnastics
classical ballet
ballroom dance
modern and popular dance
performance opportunities



2001 Oriental Blvd, Bld. T7, 2nd Fl. Room 7211, Brooklyn, NY 11235

DAYCARE

N & Dee's Group Family Daycare INC

M-F 7:30 AM-6:00 PM
Ages 6 weeks to 12 years
After School Program

We accept ACD & HRA, vouchers, & private clients

Breakfast, Lunch & Supper
Near Major Transportation
Licensed by Department of Health

9020 Krier Place, Brooklyn, NY 11236 • 718-251-8809



FAMILY LAW

Divorce & Family Law

Robert A. Ugelow, Esq.

25 Years of Experience • Free Consultation
Specializing In Divorce

Separation • Support • Custody • Adoption
Protection Orders • Annulment • Visitation

Robert A. Ugelow, P.C.
A Specialist in Family and Matrimonial Law.
Sometimes There's A Need.

26 Court Street, Brooklyn, NY 11242 718-852-8641

HAIR CARE

Barbershop and Beauty Salon

Serving Children, Senior Citizens and the Entire Community

OPEN 7 DAYS A WEEK

APPOINTMENTS AND WALK-INS WELCOME

4405 Ave. D (between E. 45th & Troy Avenue)
718-629-2015
Email: iconickutz@yahoo.com



HOME BASED OPPORTUNITY

Wanted Distributors & Sales Agents

Earn Big Money! Set Your Own Hours! Be Your Own Boss!

Use Your Home Or Place Of Business To Earn Extra Income

Selling Ladies Lingerie & Accessories
Customer Service 24 Hours

Tel. 917-833-7643 Ask for Barrett
E-mail: Bjmlingerie@gmail.com • www.bjmlingerieone.com

ICE SKATING LESSONS

Steeplechase Ice Skating Center

@ The Abe Stark Skating Rink
West 19th St. & Surf Ave. (Next To KeySpan Stadium)

Ages 4 - Adult

Learn To Skate Programs

Basic Skills 1-8, Hockey 1-3
Adult 1-4, Freestyle 1-6 & More

Have Fun While Building Strength, Confidence & Coordination

718.253.8919

Gift Certificates Available



LANGUAGE TUTORING

Asian Languages Tutor

- Chinese • Korean
- Japanese • Thai
- & more

Beginner to Advance Level Course

Group Classes & Private In Home Lessons

Call 212-551-7903

380 Lexington Avenue, NY (Grand Central)
www.hillslearning.com

Highly Interactive Language Learning Services

All Ages



MUSIC LESSONS

Piano Lessons For Everyone

(Turner Towers) Eastern Parkway across from the Brooklyn Museum

Experienced, friendly teacher with MA in Music
Student recitals twice a year • Six foot concert grand piano
Near 2, 3, 4 & 5 Subways

Call me and let's talk about what you or your child would like to learn

Call Beth Anderson-Harold: **718-636-6010**
or Email: beth@beand.com



MUSIC LESSONS

SOUNDS OF MUSIC

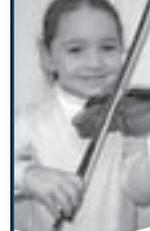
Seasoned Performing Musicians with Extensive Teaching Experience

Private Lessons for Children & Adults at All Levels

- Piano • Keyboard
- Violin • Oboe
- Recorder • Saxophone
- Flute • Clarinet • Vocal

718-232-2703 • Cell 646-752-7973

Daniel & Diana Barkan • daniel_barkan@hotmail.com
www.soundsofmusicarts.com



PIANO LESSONS

Piano Lessons For Children

Bay Ridge
Ages 4 & Up

Lessons include:
Music Theory with Use of Computer

NYS Licensed Teacher

718-238-7106 • www.riddlemusic.com



PIANO/KEYBOARD LESSONS

Brooklyn kids and adults – play the music YOU want to play at...

Keyboard CLUB

FUN piano/keyboard lessons and classes start January 2013.
Call 718-704-9672 now!



SPEECH THERAPY

Annie's Place the New York City area since 1996

Speech Therapy
Based on the Function of Life!

SPEECH THERAPY FOR ALL AGES & LEVELS

We Specialize in...

- Feeding
- Swallowing
- Oral/sensory stimulation
- Motor speech disorders
- Speech production
- Phonological awareness
- Literacy
- Language
- Augmentative/alternative communication-AAC
- Communication devices
- iPad
- PROMPT
- Voice
- Accent reduction

1154 72nd Str., Brooklyn, NY 11228 • 917-559-7005 • anniesplaceny.com

Caring and Licensed speech therapists on staff



theMarketplace

TUTORING

Math Tutor

 www.dennis4math.com
347.470.MATH
 347.470.6284

patient & caring
 10 yrs. experience
 math fundamentals
 geometry
 algebra
 test prep
 great rates

Call Dennis or visit his website!

TUTORING


 "We Make House Calls!"
Call Today! 347 335 0483
 www.tutorsbrooklyn.com

ONE on ONE LEARNING AT HOME

TUTORING

ARE YOUR CHILD'S MATH GRADES SLIPPING?

Elementary & High School Math Support

Solid Credentials • Seasoned Teacher
 Master's Degree in Mathematics

Call Corey
Cell: 718-986-9712 Home: 347-254-6004

Party Planners

MAGIC AND COMEDY with Rico



718 434-9697 • 917 318-9092

Available For All Occasions

Best Clowns

Clowns • Costume Characters
 Princess Parties • Magicians
 Face Painters • Balloon Art
 Caricaturists • Toddler Games
 Cotton Candy & More

1-800-75-CLOWN or 212-614-0988
 Bi-Lingual Performers Available
 Private & Corporate Events
 All Boros, L.I. & Westchester
 www.bestclownsnyc.com

What do you do before the cake has been served & the presents opened?

HAVIN' A PARTY

9520 Ave. L, Brooklyn

- Magicians • Clowns • Face Painters
- 100s of Costume Characters To Choose From
- Balloon Animals & Sculptures

Mention this ad & get \$10 OFF any show

Serving families in our communities since 1984
718-251-0500 • www.havingaparty.com

ALL IN ONE ENTERTAINMENT INC.



All At A Reasonable Price
 (718) 441-5764 | (718) 441-7796
 www.allinoneentertainment.com

Clowns • Magicians • Arts & Crafts
 Cartoon Characters • DJ Service
 All Types of Bounce • Balloon Artists
 Face Painting Sand/Spin Art
 Private Events • and much more!!!

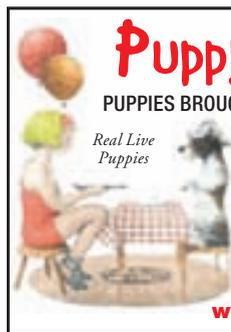
WEEKDAY SPECIAL STARTS AT \$900⁰⁰
PARTY ROOM AVAILABLE
 95-25 Jamaica Ave,
 Woodhaven, NY 11421

Puppy Parties

PUPPIES BROUGHT TO YOUR NEXT BIRTHDAY...
Really, Really Fun
Totally Interactive
 Great for ages 1½ to adults

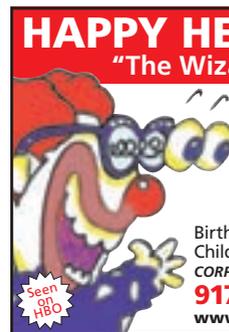
call **718-258-2342**
 to book your next puppy party

See the puppies at
www.PuppyParadise.com



Real Live Puppies

HAPPY HENRY
 "The Wizard/Magician Clown"



Close Up Magic AT ITS VERY FINEST

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings,
 Children's and Adult Parties
 CORPORATE ACCOUNTS WELCOME

917-617-3698
 www.HappyHenrytheWizard.com

Seen on HBO

STAY CONNECTED

To advertise with us please call 718-260-2587



New & Noteworthy

BY LISA J. CURTIS



Can't drive 55

Dexton's blue roadster pedal car is the kind of gift that will be remembered for a lifetime.

The vintage design features glossy bodywork finishing, classic body striping, and working headlights!

The 49-pound car, which is recommended for motorists ages 3 to 8, also comes with a spare wheel

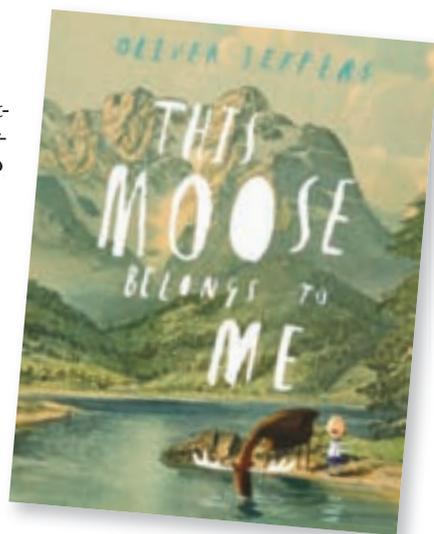
and adjustable windshield and requires a parking spot that will accommodate a vehicle measuring 37.5- by 22- by 24-inches.

And the best part is that when they put the pedal to the metal in this eco-friendly car, your child will be burning up his own energy.

Dexton Deluxe Blue Roadster Pedal Car, \$335, www.amazon.com.

Owning up

Now that the season of gift-giving is in our rearview mirrors, it's the perfect time to share Oliver Jeffers's new book, "This Moose Belongs to Me" with kids, ages 3-7. The author-illustrator of "Stuck" has conceived a tale that's as humorous as it is poignant as it follows Wilfred, a young boy who claims to own a moose, until he is embarrassed and enraged to find a woman who makes the same contention. While raising the philosophical question of what it really means to own something, the book details Wilfred's surprising list of rules for being a good pet — of which Marcel the moose is hilariously unaware. In a surprise ending, Marcel is able to perform rule

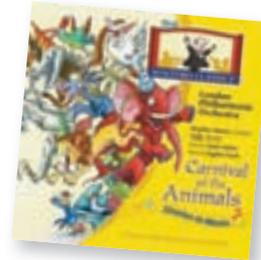


73: "Rescuing your owner from perilous situations."

"This Moose Belongs to Me" book, by Oliver Jeffers, \$16.99, www.amazon.com.

Hear the 'Animals'

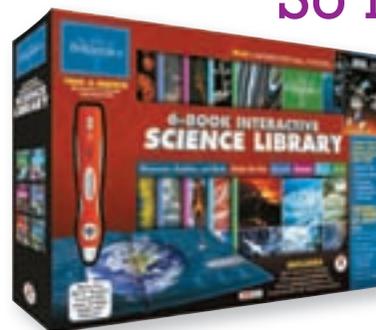
Maestro Classics — and I — are celebrating the release of its 10th recording that wins over a new generation to the charms of classical music. In "Carnival of the Animals," Maestro brings Camille Saint-Saëns' comical composition to life with the help of the London Philharmonic Orchestra under conductor Stephen Simon's baton. The accompanying 24-page booklet includes biographical info



about the French composer as well as Ogden Nash's playful verses, which are narrated by Yadu on the CD. The recording is recommended for ages 3 and older, and truly, it's a delight for the whole family. As the narrator says in the finale, "In outdoing Barnum and Bailey, and Ringling, Saint-Saëns has done a miraculous thingling."

"Carnival of the Animals" CD from Maestro Classics, \$16.98, www.maestroclassics.com.

So much science



Earth; Dinosaurs, Reptiles, and Birds; Animals; and Under the Sea — correlate to the science curriculum in grades 5 to 8, children as young as 5 years old are captivated by the books and its SD-X Interactive Reader, a wand that adds an audio component when the child touches pictures, words, or buttons. The SD-X reader can define words as well as reinforce retention of the material with several games, including "look and find." The set also includes two interactive posters (featuring the solar system and the animal kingdom) and a six-month membership to Britannica Online.

Encyclopaedia Britannica Interactive Science Library, \$79.95, www.amazon.com.

Stow his loot

If the big man in the red suit has come to your house and left behind a pile of clutter, er, treasured playthings, it's time to think about storage solutions. KidKraft has a rounded top toy chest for stashing all of your little pirate's loot. For ages 3 and older, the chest has a lid support to protect young fingers from being pinched, and it has handles on each side to make it easy for parents to move. Available in natural, white and espresso finishes, the composite wood chest is



packaged with assembly instructions. Weighing 45-pounds and measuring 16.5- by 17.5- by 28.75-inches, it can quickly hold a number of toys, making it easier for you to swab the decks.

Natural Round Top Storage Chest by KidKraft, \$144.99, www.target.com.

Birth to Three

[early development matters]



Preschool

[developing at different rates]

School Age

[increasing the rate of progress]



Adults

[strengthening communication & mobility]

EBS Therapy of New York is a multi-disciplinary team of highly-trained specialists with a passion for working to help children and adults move, communicate and learn to their greatest potential. Our clinic is located in Brooklyn, New York but our services reach far beyond—into schools, homes and the communities throughout the five New York boroughs. The exceptional services and therapy sessions we provide are designed specifically for each child, adult and family. Our mission is to make a difference within the community by helping our clients achieve success in communication, learning and movement.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTER TODAY!
2013 SUMMER CAMPS
frostvalley.org

IMAGINE FROST VALLEY YMCA WHERE SUMMER HAPPENS

Summer Camps for children ages 7-16
1 & 2 week sessions, June through August
Sleepaway Camps | Adventure Trips | Horse Camps | Farm Camp

OPEN HOUSES: February 10, March 10 & April 21
EMAIL: camp@frostvalley.org **TEL:** 845-985-2291

ONLY 2 HOURS FROM METRO NY/NJ!



view our
summer video

