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April 2013
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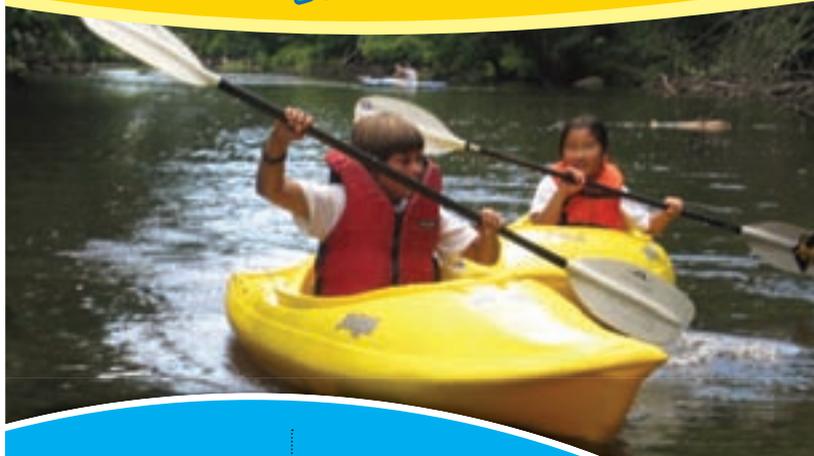
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Family April 2013

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Letter from the publisher

Volunteering in life

Every year in March our Sales Manager, Sharon Noble, and I attend the Annual Convention of *The Parenting Media Association* and the Editorial & Design Awards Dinner. Every year since we started entering we have come back



with some awards and this year was no exception. Congratulations to our wonderful team of writers who are individually mentioned in the article inside this issue and on our website, www.NYParenting.com.

Truthfully, I absolutely love meeting with my colleagues from around the country and the English-speaking world. Being a member of *The Parenting Media Association* is so satisfying and I have learned a great deal over

the years from the consistent interaction with other professionals in our niche.

When I first started going 14 years ago, I had no idea that I would someday become the President of this wonderful association. But just a few weeks ago I did. After years of volunteering in a variety of ways, I had worked my way up the ladder, onto the Board of Directors and had become an Officer. Now I am the President.

Similarly, when I attended my first PTA meeting, I had no idea that by the following year I would also be the President. I guess I'm one of those people, a volunteer, someone who always gets involved. Being a joiner expands your horizons and

introduces into your world a whole network of new faces and personalities. Not everyone is a joiner type but if you're not, you should try a bit harder to become one.

As one of my colleagues has said, "from the moment I signed on and/or raised my hand, my information increased and my education was in full swing." Keep in mind also what a good role model it is for your children, to see you participating and active. They will also be inclined to participate, to get involved and be vital as they progress through school and life.

Since we all know that most people learn by example, setting this kind of example early in your children's lives can only facilitate the possibility of them become leaders in their own lives. The various rewards derived from belonging to reputable clubs, societies, or orga-

nizations grow more valuable all the time. In such a complex and competitive world the benefits one can establish expand in importance.

Taking the time to join the parent association or to coach a team or teach a class in something you do with gusto is a marvelous way to show your children that you care about them, who they are and who they might become. They will profit in every way from your involvement and in addition you will be enhanced with the pleasure of new friends and new ideas.

Thanks for reading. Happy Spring! Celebrate the Earth!

Susan Weiss-Voskidis,
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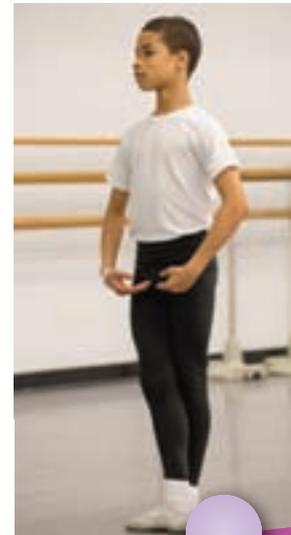
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We came back winners!



We are just back from the annual *Parenting Media Association* convention in Atlanta, Georgia, and wanted to share our good news. It was a very eventful and exciting trip.

Our Publisher/Executive Editor, Susan Weiss, was proudly installed as the new President of PMA. Both she and Sharon Noble, our Sales Manager and Susan's right arm, enjoyed the program and interaction with colleagues as always.

The 2013 *Editorial and Design Awards* brought us initial honors last month by being named finalists in **eight different categories**. At the Awards Dinner held Saturday night following the conference, the judges' winners were announced and we were thrilled to take home two GOLD awards and one SILVER.

Here is a breakdown of our top awards:

In the Personal Essay category, Tim Perrins' piece in *Brooklyn Family*, "It Can't Be Easy, Being a Baby," won a **GOLD** award. Judges said, "Mr. Perrins employs a playful voice as he offers a delightfully intriguing and amusing psychoanalysis of the reasons behind a baby's resistance to change. Good pacing, nice description, and fun to read."

Our interview with Rain Pryor in *Bronx/Riverdale Family* brought home another **GOLD**. The judges commented that in "A Conversation With Rain Pryor," written by Tammy Scileppi, "The reporter directs questions that are effective in bringing out joy (the birth of her daughter) as well as heartbreak (her complicated father's death), and also gives the subject



Sharon Noble and Susan Weiss celebrate.

a chance to share her wisdom."

Our monthly *Healthy Living* column written by Danielle Sullivan took home the **SILVER** award in the Family Matters category for *Staten Island Family*. Judges had this to say: "Writer Danielle Sullivan sets herself apart as a writer by choosing topics with real reader interest. A piece on why young girls are reaching puberty early makes you think about the role of hormones in foods. Another piece looks at how melatonin might be a non-prescription alternative for child sleeping programs."

Publisher/Executive Editor Susan Weiss is proud of the work she and her excellent staff have done over the years they have been publishing. She is particularly excited about the launch of their latest magazine, *Manhattan Family*, which took place in August, and is thrilled at its growth and acceptance in the Manhattan

parent market, and proud to be uniquely printing parenting information in all five boroughs.

After years of volunteering in a variety of roles, she is also eager to embark on her new role as the President of the Parenting Media Association.

"I have made so many marvelous friendships since I became involved in PMA and I have been mentored by extraordinary publishers in the parenting niche from all over the country, Canada and Australia. One of my closest friends in the association is the Publisher of all the parenting magazines in Australia and our immediate Past President. How else would I have met and befriended a talented colleague living in Sydney without having been involved and engaged in our Association?"

Thank you for sharing in our good news, and of course, for reading!
— *NY Parenting*

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

From our readers

Stop secondhand smoke

Dear Editor,

The Chinese-American Planning Council-Brooklyn branch agrees that New Yorkers have a right to know if they will be involuntarily

exposed to secondhand smoke at home, so they can make an informed decision when choosing a new home ("The Right to Know: Is there a way to tell if your home is really smoke-free?" February, 2013).

This is particularly important since our children are at a much greater risk when it comes to secondhand smoke exposure. Aside from the health risks, secondhand smoke introduces our children to cigarettes at home, when they are already constantly exposed to tobacco products and marketing in many retail stores, chain-store pharmacies, and local bodegas. The more tobacco marketing kids see, the more likely they are to smoke. Ninety percent of smok-

ers who smoke daily start before they turn 18.

Currently, there are 800 licensed pharmacies in New York City, and many of them sell cigarettes. We believe pharmacies should only sell products that promote health. If we want to protect our children's health, we need to reduce their exposure to tobacco marketing.

Why are 75 percent of the 11,500 licensed tobacco retailers in the city located within 1,000 feet of a school? I've worked within the public school system and watching those children grow up is an indescribable joy. It is heartbreaking to see many of them light up cigarettes as they get older. Kids should not be exposed to secondhand smoke at home or tobacco marketing in the stores they frequent.

Sincerely,

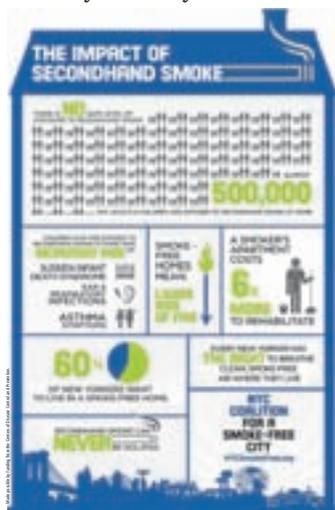
Lenny Cheng

Lenny Cheng is the outreach liaison of the Chinese-American Planning Council-Brooklyn branch.

HEALTH

The right to know

Is there a way to tell if your home is *really* smoke-free?



BY SHEILAH A. FEINBERG

All parents want to protect their children from potential health risks, especially at home.

We childproof our homes to prevent household injuries, install window guards, and use carbon-monoxide detectors. If any remodeling is done, we're sure not to use lead-based paint, and many parents insist that their homes are smoke-free.

But are they?

Multi-unit housing

New York City has the highest concentration of multi-unit housing in the country at almost 70 percent of homes.

That means most of us share walls, stairwells, lobbies, and most importantly, the air we breathe. Studies show that secondhand smoke travels between units and floors, and through cracks in piping, ventilation, and flooring. Secondhand smoke can never be entirely contained.

On average, up to 60 percent of the air in multi-unit buildings is shared. So, when one person smokes, the whole building smokes.

Children at risk

According to the U.S. Surgeon General, there is absolutely no safe level of exposure to secondhand smoke. Even brief exposure can cause health problems, especially for children and the elderly. Secondhand smoke kills 42,000 Americans each year, including nearly 500 infants.

Approximately 200,000 New York City children are exposed to secondhand smoke at home. Children spend more time at home, so when they are exposed they have increased risk of sudden infant death syndrome, ear and respiratory infections, and worsening asthma



On average, up to 60 percent of the air in multi-unit buildings is shared. So, when one person smokes, the whole building smokes.

symptoms.

For those children who suffer from asthma, exposure to secondhand smoke leads to more frequent asthma attacks and more trips to the Emergency Room.

Clearly, children face a greater risk than adults of the negative health effects of secondhand smoke.

When secondhand smoke is in the air, young, developing lungs receive a higher concentration of inhaled toxins because a child's breathing rate is faster than that of an adult.

Parents can protect their children by voluntarily adopting a smoke-free policy in their homes, but for those who live in an apartment building, secondhand smoke can be a constant threat to your children's health, especially if you live near a smoker.

Smoking disclosure policies

Most people don't know if their building allows smoking, or if they will be exposed to secondhand smoke in their homes, until they are already residents.

We all have the right to be free of hazardous conditions in our home, especially when it comes to our children's health. Why should our children be involuntarily exposed to secondhand smoke?

We have a right to know if the home we're choosing will be affected by secondhand smoke that could put our children's health at risk. Why shouldn't parents know if their building allows smoking before moving in?

Smoking disclosure policies would give prospective tenants and buyers the facts they need in order to make an informed choice when deciding where to live. Landlords and building owners

would need to disclose their building's smoking policy to anyone who is considering moving in.

We already have disclosure policies in place for many similar residential health hazards, such as lead-based paint, radon, and bed bugs.

Why not simply add tobacco smoke to this list? These disclosure policies appear to have contributed to reducing the health consequences resulting from exposure to these health hazards.

When you consider all the facts, smoking disclosure policies just make sense.

New York City parents would then be able to choose to live in a building that has voluntarily gone smoke-free and know their children would be protected from secondhand smoke.

New York City stopped smoking in bars and restaurants almost 10 years ago, and last year, our parks and beaches became smoke-free.

If we can protect our health in these public places, why can't we protect our health in our homes? As concerned parents, we have a right to know if smoking is allowed in a building before we move in.

The NYC Coalition for a Smoke-Free City strongly supports smoking disclosure policies.

New Yorkers have a right to know if they will be involuntarily exposed to secondhand smoke and choose to live in a building that is 100 percent smoke-free to protect their children's health.

For more information, visit www.NYCSmokeFree.org/Smoking and www.SmokeFreeHousingNY.org. Shoshka A. Feinberg is the executive director of the NYC Coalition for a Smoke-Free City.

A personal chord

Dear Editor,

Thank you for publishing your recent article "The Right to Know: Is there a way to tell if your home is really smoke-free?" I'm glad to learn that there are efforts underway to ensure all New Yorkers will be able to make an informed choice when deciding where they want to live, and of where the best place is to raise their families, especially if they have young children.

This article struck a personal chord with me. While I am not a parent, I am a senior trainer who works for a non-profit organization called Global Kids. We are

an educational, after-school program that focuses on activism and international human rights. Many of my students are residents who live in apartment buildings in East New York, Brooklyn, and attend the High School of Medical Professions. I am aware that they have such concerns as asthma and newborn siblings to worry about.

Because of the alarming statistic that 500,000 New Yorkers are exposed to secondhand smoke in their residential buildings, implementing a disclosure policy would allow their families to make better informed choices of where to re-

side. A smoking disclosure policy would allow parents to choose to live in an environment where their children will not be exposed to secondhand smoke.

Parents and guardians have a responsibility to protect the health of their children. A smoking disclosure policy can help them do just that. I support the New York City for a Smoke-Free City's efforts. Parents do have a right to know if their prospective home will put their children in harm's way. I hope they are successful in their cause.

Sincerely,

Justine Ouano

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Building Bridges To Tomorrow



Green classroom

Seven ways
make your
school more
eco-friendly

BY MARY HELEN BERG

Perhaps “reduce, reuse, recycle” is already a mantra on your school campus. If yours is among the greenest schools, it also weaves sustainability topics into the curriculum and involves students in a school-wide quest to reduce their impact on the environment. But there is always more to do.

On Earth Day, or any day, you can raise green awareness among

students, parents, and teachers with fun projects that also build community.

Trash-free lunch

Propose trash-free lunch at your school. Juice boxes, straws, chip bags, and other individual serving packages make packing lunch a breeze. Who would want to give that up? Unfortunately, when families pack children’s lunches this way, they contribute mounds of unnecessary trash to the landfill.

Create a contest to see which class collects the least trash at lunch. It can be hard to break the habit of buying products in individual serving packages, but using re-usable plastic containers and a thermos at lunch will instantly decrease your school’s trash.

Movie night

Nothing gets a message across like a good movie. Celebrate the earth and raise environmental awareness with a family movie

You can raise green awareness among students, parents, and teachers with fun projects that also build community.

night at your school, or host an evening screening at your home. Films like "Fern Gully," "WALL-E," and "Whale Rider" are poignant and impactful choices for kids. For a parents-only screening that is certain to spark discussion, choose thought-provoking documentaries such as "Food, Inc.," "An Inconvenient Truth," or the mesmerizing "Koyaanisqatsi."

For more recommendations, check out MotherNatureNetwork.com for its list of the best environmental movies of all time.

Plant a garden

If your school doesn't have a garden yet, volunteer to dig up a corner of dirt and plant one. The plot doesn't have to be vast, just big enough for kids to take care of. A school garden is the perfect place for them to learn where healthy food comes from.

Check out EdibleSchoolYard.org for resources, tips, and plenty of inspiration about "edible education."

Swap it out

Kids outgrow their bikes, skates, shoes, and clothes faster than you can say, "landfill." Don't toss anything out. Chances are, there is a kid at your school who could use the cleats your daughter outgrew last season. Host a swap meet in the gym or parking lot and ask parents to bring in old clothes or sports equipment their kids aren't using any more. Anyone who brings in a donation can "swap" his old stuff for an item he needs.

A swap meet helps teach kids that there is still value in used goods and provides a tangible example of the benefits of recycling.

Take a trip

Organize a school or class outing to a wetland, beach, forest, or wildlife sanctuary. Your group

can conduct a cleanup and provide care for these environments.

For example, at a wetland, you can pluck plants that are not indigenous, while at the beach you can collect trash. Or, you can simply use the trip to drink in natural beauty. Exposing kids to the wonders of nature is a sure way to encourage them to respect and protect it.

Host a fair

Earth Day is the perfect opportunity for an all-school festival to celebrate the environment, but you can host an environmental fair anytime.

The event can be simple and still be fun and educational. Set up booths where parents host activities for the kids. Feature a craft using recyclable materials to create jewelry or sculpture. Display a solar cooker and teach kids how to make one of their own. Create a game where children guess how many pounds of grain, or how many gallons of water, it takes to create one pound of beef. Host a "crop swap" booth, where people can bring produce that is overabundant in their own garden and trade it for items they need.

The social change group DoSomething.org is hosting the "Green Your School Challenge" again this year to mark Earth Day on April 22 and encourage young people to take the lead on going green. Last year more than 141,000 students from 5,400 schools all over the country worked on projects to save energy, recycle and promote green living, agriculture and education. The challenge is open to anyone 25 and younger, so if kids at your school want to sign up, go to dosomething.org for more information.

Make it official

Form a "green committee" or a green team to help organize events and projects and educate your school community on new green topics. Create a mission statement and a list of objectives that will guide the committee's work from year to year.

For more ideas about how to green your school, visit websites such as www.greeneducationfoundation.org and www.greenschools.net.

Mary Helen Berg lives in Los Angeles where her elementary school has an enthusiastic, fun-loving green committee.

ON STAGE AT
KINGSBOROUGH



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Confessions of a 'green' convert

One woman's aversion — and conversion — to a green lifestyle

BY MARY HELEN BERG

My husband is known as the green one in our family. He rides his bike to work and petitions the city council for cleaner energy. He wants to compost our dog's poop, but that's another story.

To be honest, he has had to drag me along into greener living. Despite the fact that I believe that global warming is a real threat, it took me a long time to stop sighing and rolling my eyes, and begin cooperating with his green schemes.

But, slowly, I have gotten on board. Now, when he turns down the heat, I put on a sweater. I bring cloth bags into the grocery store. I water the plants with what's left in my water glass. We never order takeout because it produces too much trash.

Plastic trash makes my husband particularly crazy because it is virtually indestructible and can take up to 1,000 years to decompose. You will not find disposable plastic forks or straw in our garbage. You won't even find plastic garbage bags in our garbage cans.

I thought it was painful to adjust to life without garbage bags. Then, my husband insisted that we stop buying sandwich bags. I thought he was trying to kill me. You can take away my paper plates and plastic forks, but this is a form of plastic I need. How do we make lunches without sandwich bags or keep leftovers without storage bags?

It turns out reusable Tupperware works perfectly well for these tasks. I stopped buying plastic baggies.

As he was taking out the trash cans one day, my husband proudly noted that our family of five had produced only enough garbage to fill a quarter of the trash can. The rest had been diverted to recycling, compost, or reuse.

I also realized recently just how

far I have come. My oldest daughter and I met another mother and daughter for a hike in a nearby park. The other mother emerged from her car clutching trash in her hand and she headed for a garbage container.

I meant to say "Hello" but what came out was: "Wait! Where are you going with that?"

Amid the trash in her hand was a plastic sandwich plate, a beige-green color found only in institutional cafeterias. It was not a color you would want in your kitchen on purpose, but it was otherwise a fine, sturdy plate.

"I am going to throw this in the trash," she said, marching purposefully toward a garbage can. I sensed she was feuding with her college-age daughter who had been treating the car like a rolling landfill.

"It's just a plattashe from the college cafeteria," her daughter assured me, as if I was concerned she was trashing heirloom china by mistake. "It's been in the car for three weeks."

The plate was old, reliable cafeteria melamine; perfectly shaped without a scratch or chip.

"You are going to throw that out? There's nothing wrong with it? You should give it to Goodwill. You should recycle it!" Spit was flying from my mouth as I tried to stop her before she hit the trash can.

It worked. My friend turned on her heel, back to her car with the crusty service ware.

"No, you're right, you're right, I should recycle it," she muttered. Her jaw was set. I knew that look because I had given it to my husband dozens of times. She didn't roll her eyes, but she might as well have.

Actually, I hope she didn't try to recycle that plate. Turns out, melamine is such an offending toxic plastic you can't even recycle it in your recycling bin. It contaminates other plastics. I looked it up.

Later, my daughter and I talked about the plate incident.

"Mom, you've joined the crazies," she said.

"Yes," I said. "We should all be so crazy."

Mary Helen Berg is a freelance writer living in Los Angeles who wishes her favorite Thai place would package take-out in compostable containers so she could order food without guilt!





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The green teen

Where can adolescents cut out the waste?

BY PAM MOLNAR

Teens are naturally oblivious to the resources around them. If the refrigerator is empty, their parents fill it. At home, the electricity is always on and the water is always flowing. When the garbage cans get full, parents bring them to the curb and they are taken away. As our teens approach adulthood, now is the perfect time to get them involved in lowering their own ecological foot print. Consider these tips for making your teen aware of her use, or misuse, of Mother Earth.

• **Don't watch it run down the drain.** A visual is a great way to see how much water your teen is letting slip down the drain. To show your teen how much water she uses, close the drain the next time she showers. According to the Alliance for Water Efficiency, the average shower is between eight and nine minutes long. When calculating your teen's shower time, include the time she lets the water run while it gets up to temperature. While you can change the faucets to affect the amount of water that flows out each second, it is up

to the person showering to control the duration.

• **Unplug unnecessary cords.** Let them see for themselves how much energy they are using. Teens love gadgets, so why not get them an electricity usage monitor, like a Kill-A-Watt (normally \$25 to \$50)? Plug in any device to get a reading of the kilowatt consumption of that device. Unplugging energy vampires such as computer printers and unused stereo systems can cut down on your electricity usage. Did you know the average cellphone takes approximately an hour to charge? Encourage your teen to charge their phones during the dinner hour instead of overnight.

• **Don't ask, don't offer.** Teens today get more car rides than they did a generation ago. According to the Centers for Disease Control and Prevention, in 1969, 48 percent of students used active transportation (walking or biking) as their primary mode of travel. In 2009, that number was 13 percent. As the weather gets nicer, let teens get themselves to and from activities that are nearby. Encourage your child to walk or ride her bike instead of relying on a car. If the distance or weather prevents walking or biking, set up carpools for those going in the same direction.

• **Make your own grab-and-go.** Our kids' generation relies too heavily on convenience packaging. Once a week, encourage your teen to make grab-and-go items instead of buying single-serving items. Fill multiple refillable water bottles and stick them in the refrigerator. Make your own fruit cups for lunches and measure out your own individual serving snacks. Purchasing larger containers or buying in bulk saves on that extra packaging from becoming future garbage.

• **No more last-minute Lucy.** As a parent of a teen, I

dread the last-minute, and often Sunday night, runs to the store for supplies. While their teachers may have given them a week to get graph paper for chapter six, your teen will often surprise you with that information the night before it's due. The result is a last-minute run to several stores that you may have already visited during the week. Ask your teen to look at her schedule for the upcoming week, determine what she needs, and consolidate trips to the store. Not only will you save on gas, you will save yourself a lot of aggravation.

• **Is it really dirty?** Many parents of teens wonder how their children produced two times the amount of laundry as the rest of the family. It's simple: as they are choosing clothes for the day, the discarded outfit never makes it back on the hanger. In a quick attempt to clean the messy floor, teens gather the clothes and deposit them directly into the hamper. Combat this wasteful habit by having your teen do her laundry. It is amazing how resourceful teens can be when it means less work for themselves.

• **Make a contest.** Unlike our generation, our children have been aware of greener actions for a long time. Challenge your children to find more places to reduce waste for your family and make a game out of it. Give them a week to think about it and let everyone present their ideas to the family. Take a vote and award a prize to the best idea. Start implementing it into your family's routine right away.

Teens are naturally self-absorbed. An old joke asks, "How many teens does it take to change a light bulb?" The answer is, just one. She holds it up and the world revolves around her. Teach your teen that her choices affect the earth she shares with the other seven billion people who live here. Simple actions, when put into practice by many, can help the world keep revolving for all of us.

Pam Molnar is the mother of a teen and two tweens. She hopes her eco-friendly nagging sinks in soon.



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Photo by June Russell

City & country

How farmer's markets forge link between farms and hungry city consumers

BY JENNY TORGERSON

Greenmarket farmer's markets have been fixtures in New York City since 1976. With 54 different locations spread throughout the five boroughs, they bring farm-to-table options to city dwellers whose choices for farm-fresh, organic foodstuffs might otherwise be limited.

"The large, fresh zucchini I recently bought was big enough for two meals and tasted like it was just picked out of my garden," says market shopper Tricia Ostermann of Brooklyn. "You can't get flavorful vegetables like that at the supermarket."

For many farmers, bringing fresh options to city consumers has been a family passion. Greg Lebak of Lebak Farms owns and operates the fresh flower farm that his grandfather originally purchased. For three

generations, the Lebak family has been growing and harvesting flowers at their farm in Chesterfield, NJ. Currently, Lebak runs the business with help from his daughter. Together, they regularly supply freshly cut flowers to both the Grand Army Plaza market in Brooklyn, as well as the Tribeca market.

Lebak thinks that Greenmarkets are an enormous boon for city residents, since they provide consumers with a chance to interact with the farmer directly.

"Many people believe that the supermarket is all there is and they don't have a connection to their food," says Lebak. Greenmarkets offer shoppers the chance to see where their produce is really coming from, and meet the people who actually grew it. "[If] you buy a head of lettuce in the grocery store, it might have been picked in California six or seven days before you even see it,

but you buy it from the Greenmarket, it was picked yesterday."

Additionally, the farmer's markets feature more than just fresh produce. Buyers are tempted with a wide selection of meats, fish, eggs, wine, fresh-baked breads, jams, preserves, and other delights. Although the vendors stock mostly food items, the discerning eye will occasionally spot naturally made products such as hand-milled soap and freshly sheared lamb's wool. Four new Greenmarkets opened in 2012, extending freshness to three new sites in the Bronx and one in Queens. Greenmarket sources say 90 percent of their sites accept Electronic Benefit Transfer and all sites accept Health Bucks.

Juice vendor Lily Robbins of Red Jacket Orchards emphasizes the symbiotic nature of the market.

"Locally produced food benefits the farmers and their families and



Greenmarkets are an enormous boon for city residents, since they provide consumers with a chance to interact with the farmer directly.

also provides nutrition for New York City families.” This relationship is the crux of Greenmarket’s original mission. It was founded to promote regional agriculture and ensure that all New Yorkers have access to fresh, nutritious food. More than 230 family farms and fishermen participate in what has grown into the largest outdoor urban farmer’s market in the country.

Beyond the traditional buy and sell of the market, an education division of Greenmarket promotes special programs with city schools. School tours at the farmer’s markets, as well as “Meet Your Farmer” classroom visits provide children with the opportunity to develop a deeper understanding of the origins of the food that they are eating, as well as to hopefully take a keener interest in their own health and nutrition.

Sangeeta Singh, associate director of a private Manhattan preschool, sees the Greenmarket as a treasure trove of classroom extension activities. She and a fellow faculty member recently took a field trip to the market with group of young students to select different varieties of locally grown apples for a culinary lesson. The sights, sounds, and smells of the market provided a meaningful experience that culminated in a delicious, and hopefully memorable, bowl of applesauce.

Beyond its education initiatives, Greenmarket runs multiple other community service initiatives. Notable among them are the composting collection program that is run out of 11 markets, and the clothing and textile-recycling project that is run out of nine different markets. Greenmarket also

provides advice for shoppers who are interested in starting composting or textile recycling programs in their homes and offices. Also, Greenmarket annually hosts several one-day “Stop ‘N’ Swap” meets at various locations throughout all five boroughs. These events provide participants with the chance to exchange their unwanted clothing and household items for someone else’s items, leaving both parties with newfound treasures.

Additionally, the Fresh Pantry Project collects unsold produce from 35 of the markets and donates garden-fresh vegetables to feed the hungry at homeless shelters, food pantries, rehab facilities, and New York City’s City Harvest program.

Recently, the organizers, GrowNYC, introduced Greenmarket Co. to channel locally grown farm products via wholesalers to grocery stores and institutional kitchens by providing delivery and brokering services. Corner groceries and GrowNYC’s food access programs benefit from Greenmarket Co. deliveries.

The Wholesale Greenmarket, located since 2009 at the New Fulton Fish Market in Hunts Point, Bronx, offers local and regional farmers the opportunity to sell directly to wholesalers. The market is open to the public and serves smaller scale wholesale buyers such as grocery stores and restaurants.

Visit www.grownyc.org to find out more about Greenmarket’s programs, or to find the farmer’s market location nearest you.

Jenny Torgerson is a head teacher at a private Manhattan preschool, and she is completing her Master’s degree in Early Childhood at Bank Street.

Breastfeeding Workshop

Monday, April 8, 2013

10:00am – 2:00pm



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- How Should I Feed My Baby?

Time to grow

How families benefit from gardening together

NATIONAL WILDLIFE FEDERATION

Share your love of being outdoors with your kids or grandkids.

“When young people help plant a garden it helps to reconnect them to nature,” says David Mizejewski, National Wildlife Federation’s naturalist, writer, host, and TV personality. “Gardening helps kids and teens learn about animals and their habitats, and gardens act as outdoor classrooms where kids hone their academic skills and nurture their curiosity.”

Here are some tips for making gardening with kids an educational, safe, and enjoyable experience for the entire family:

- Visit places where plants thrive, such as nurseries, arboretums, or your neighbor’s flower patch. As children explore, talk with them about the different sun, soil, and water requirements of healthy vegetation.

- Survey the natural treasures in your own backyard — birds, bees, blossoms. Children are notably wide-eyed and open to new discoveries. Cultivate their curiosity.

- Identify a spot on your property for a children’s garden, inviting kids to take part in its selection. National Wildlife Federation recommends a small plot of land — no wider than a yardstick — that can be easily managed. Other good options include window boxes or containers.

- Have your soil tested for lead, as children are highly susceptible to poisoning. If its presence is confirmed, focus on container gardening or consider building a raised bed and filling it with loam you purchase.

- Sow fast-germinating seeds or introduce transplants that are quick to flower or fruit. (Children are typically eager to see the results of their labor.) Be sure to include kids in the plant selection process.

- Choose plants that will excite the senses. Examples include eye-catching sunflowers, fragrant herbs, and ornamental grasses such as big and little bluestem.

- Woo wildlife, which will wow your



kids, by focusing on perennials that are native to your region. Native plants provide the best overall food sources for backyard birds and other animals, and because they are adapted to your area’s weather, soils and pests, they generally require less maintenance. For information about plants native to your area, contact your local native plant society or check out the Lady Bird Johnson Wildflower Center’s native plant database.

- Add other wildlife-attracting elements to your habitat: water, shelter and places to raise young. The Federation suggests building toad homes, brush piles, a pond, and a bat house.

- Provide kid-sized tools and teach

young gardeners how to use them safely. Equipment can be found in most garden stores, but don’t overlook at-home options such as spoons and measuring cups.

- Eliminate the use of toxic chemical fertilizers, weed killers, and pesticides. When necessary, use natural alternatives instead.

- Practice good hygiene. When it comes to gardening, getting dirty is half the fun for children. Make sure they wash up well after working in the soil, as it can contain a variety of contaminants, including chemicals and harmful bacteria.

- Encourage children to do a share of all the garden chores, but be mindful of their limits.

- Visit the garden with your kids every day to make sure you don’t miss its rewards: flowers opening, butterflies sipping nectar, or ladybugs eating aphids.

- Take advantage of teaching moments. If you uncover a pill bug on the ground, for instance, explain that its roly-poly posture is a means of defense. If your children pose questions you can’t address, seek out the answers together. A visit to the library or searching the internet might be part of the journey to discovery.

- Encourage children to share their garden with friends and family. Giving tours reinforces their ownership of it and helps instill a sense of pride.

- Invite reflections of each day’s gardening experiences. Talk about what went on, what was seen, and so on. If time permits, have kids draft notes in a journal, draw a picture, or take photographs. All of these actions serve to reinforce what was learned — and enjoyed.

For additional gardening tips and information about turning your garden into a Certified Wildlife Habitat, please go to www.nwf.org/gardenforwildlife. For other ideas about how to work outdoor time into your family’s routine, visit: www.beoutthere.org.

National Wildlife Federation is America’s largest conservation organization inspiring Americans to protect wildlife for our children’s future. www.nwf.org

Creative Arts

S T U D I O

Summer Arts Camp 2013



Photo by Gregory Dillon Scherer

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Summer Camp

PROGRAMS

Aviator Sports and Events Center Summer Program

Hangar 5 at Floyd Bennett Field
718-758-7550 or www.aviatorsscamps.com

Aviator Sports and Events Center is offering an All Star Day Camp and a variety of specialty sport camps this summer catering to ages 3-15. The All Star Day camp will be offering instruction in rock climbing, gymnastics, and ice skating along with a variety of sports, group games, field trips and craft activities. The sports camps specialize in basketball, soccer & hockey. Camp hours are 9 am to 4 pm, both pre and post camp supervision is available along with transportation service from Brooklyn, Queens and Manhattan.

Summer at Beansprouts

453 Sixth Avenue
718-965-8573 or www.beansproutsnurseryschool.com

A Park Slope Fun in the Sun tradition since 1980, for children in Pre-K through 3rd Grade, from 8:30-3:00 with Early Bird and After Camp hours available. A professional staff will care for your summer campers in air-conditioned classrooms and in a well stocked beautiful yard. Weekly trips, instructional swimming, arts & crafts, sports and park outings. Call for more information.

BAX, /Brooklyn Arts Exchange Summer Program

421 5th Avenue
718-832-0018 or www.bax.org

Located in the heart of Park Slope, BAX has been recognized for excellence in arts education since 1991. BAX is deeply invested in developing and encouraging the artist in each student, offering a full range of youth classes in DANCE, THEATER and TUMBLING, six days a week for ages 18 months to 18 years.

Brooklyn Friends School Summer Programs

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

Is located just one block from Borough Hall and easily accessible by public transportation. They offer three summer programs for children ages 2 to 14.

Summer Camp enrolls children ages 2 to 8 and features specialty classes in art, dance, science, tennis, group games and swimming.

Summer Arts enrolls children ages 8 to 11 and offers courses in puppetry, music, fiber arts, hip-hop, photography, drawing, painting and woodworking.

Summer Intensives train campers in music video animation, printmaking, drawing and drama. Expert and nurturing faculty runs all programs, including numerous field trips throughout the city. Camp facilities include two gyms, rooftop

playground, theater & music rooms, woodshop, darkroom, media centers and air-conditioned classrooms.

CBE KIDS Summer Day Camp

In the Garfield Temple at 8th Avenue and Garfield Place, Park Slope
718-768-3814 or www.congregationbethelohim.org

Offers children fun, excitement and a wide variety of recreational activities in a safe, supervised environment.

The program meets the needs of children entering K-4th grades. Children of all faiths and ethnic backgrounds are welcomed.

Facilities include an indoor pool, art and computer rooms, darkroom and large, multi-use spaces. Prospect Park is used for sports, nature and outdoor play.

Activities include daily recreational and instructional swim, gymnastics, nature, arts & crafts, music, sports hobbies and twice a week trips, a mid-session Olympics, Music Festival and Carnival.

Club Z! In-Home Tutoring of Brooklyn Summer Program

718-483-8506 or www.clubz.com/Brooklyn
Help your child be better prepared for the challenge of a new school year or catch up on last year's material with expert summer tutoring from Club Z! of Brooklyn. We provide highly individualized, one-on-one instruction in all subjects, for students of all ages. Our tutors are experienced, degreed professionals and/or state certified instructors, with impeccable credentials and a heartfelt enthusiasm for teaching. We use our students' school curricula and guarantee increased confidence in the classroom, higher grades, stronger study skills, and enhanced motivation. Club Z! offers tutoring at home or other convenient locations, flexible scheduling, affordable rates and excellent support for students of all abilities. We serve all Brooklyn neighborhoods. Call today for information about our discounted summer tutoring packages!

The Cosmic Cove Summer Program

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

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, mak-

Continued on page 22

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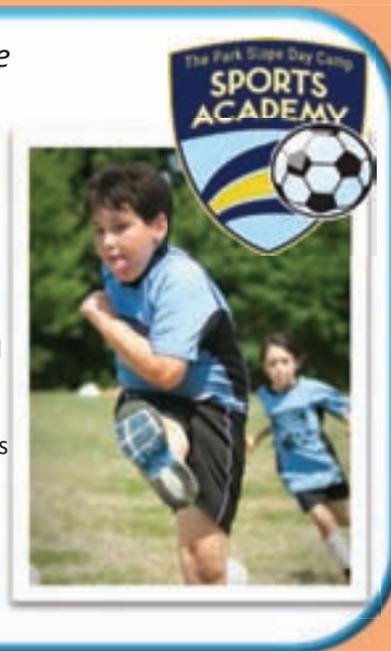
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Grades 1 - 5

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Summer Camp

PROGRAMS

Continued from page 20

ing 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.

Creative Arts Studio Summer Camp 2013

Boerum Hill and Carroll Gardens
718-797-5600 or www.creativeartsstudio.com

Offers children between the ages 5-13, the opportunity to have a wonderful experience of dance, drama, music and art.

There will be weekly swimming lessons, field trips to various museums and special events along with projects and activities that explore weekly themes.

The outstanding Teaching Artists of the Creative Arts Studio will be teaching this multi-arts workshop in a fun and nurturing environment.

Creative Arts Studio Teen Summer Dance Intensive 2013

Boerum Hill and Carroll Gardens
718-797-5600 or www.creativeartsstudio.com

Creative Arts Studio professional Teaching Artists will be helping students strengthen their technique while learning composition and the history of specific dance styles. They will also focus on improvisation, music, and the process of learning restaged works.

Dance Styles include: Modern, Ballet, Hip Hop, Tap, Musical Theatre and more!

At least two years of recent ballet or modern experience required.

For further information and a complete schedule, call 718-797-5600.

Dancewave's Summer Dance Intensive 2013

45 Fourth Avenue at Dean St.

(Classes held in convenient locations throughout Park Slope, Brooklyn)

718-522-4696 or www.dancewave.org

Beginner | Intermediate | Advanced
SDI is a two to three-week program offering kids and teens from across New York City the opportunity to take up to four classes a day with a broad range of renowned dance professionals from major NYC dance companies, schools, and techniques. Levels range from beginner through advanced with classes in Modern, Ballet, Jazz, African, Hip-Hop, Bhangra Indian Dance and more! Call or visit our website for class schedule.

Dancewave Summer Semester 2013

Toddlers & Tadpoles Summer Jam -- June 10 - July 18 (5 Week Session)

18 mos to 6 yrs. Classes in Creative Movement, Creative Modern, and Ballet.

Jammin' July for Kids & Teens -- June 24 - July 25 (4 Week Session)

7 yrs and up. Classes in Ballet, Modern, Jazz and Hip-Hop.

Classes held at the Dancewave Center and Old First Reformed Church in Park Slope, Brooklyn.

Call or visit our website for class schedule.

FasTracKids Summer

60 Broadway Williamsburg
7612 13th Avenue Bay Ridge/Dyker Heights

1605 Voorhies Avenue, Sheepshead Bay

718-748-3000 or www.fasttrackkids.com

Is designed for children ages 3-7. Sessions last for one week at a time. A full day program is offered that includes enrichment classes, math, reading, and writing classes, exercise, local field trips, arts and crafts, karaoke, computers, special projects, science experiments and much more. Hours are from 9am-4pm with extended hours available.

The camp offers a fast-paced, fun and fully interactive setting; learning adventures captivate and entertain as they deliver truly meaningful lessons.

Each day FasTracKids will enjoy learning as they explore, discover, imagine and create. This is the summer adventure children will use for life. One or 2 times per week Enopi Math & English Classes are also offered all summer and throughout the year.

Greene Hill School Summer Program

39 Adelphi Street
718-230-3608 or www.greenhillschool.org

Greene Hill School Day Camp is located in Fort Greene/Clinton Hill and offers Day Camp for kids ages 3-5 (Campers must be toilet trained), Mini-Adventure Camp for kids age 6-7, and Excursion Camp for kids ages 8-10.

Greene Hill summer Camp 2013 runs in six, week-long sessions from June 24-August 2. The hours are 9:00am-3:00pm (an 8:30am early drop off and extended day are available).

Select the weeks you want-weeks do not need to be consecutive.

Greene Hill School Day Camp proudly collaborates with the best of Brooklyn sports and arts education to offer a wide variety of both indoor and outdoor activities and is supervised by Greene Hill School teachers. Daily programs include: Gymnastics and Circus, Theater, Ceramics, Soccer, Yoga, Arts and Crafts, and Dance.

Ivy Early Learning Academy Summer Program

776 Avenue of the Americas 212 683 5545

Continued on page 24



Greene Hill School
**SUMMER
CAMP 2013**
JUNE 24 - AUGUST 2

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teaching artists lead campers in a
rousing exploration of the Bard's
language, plot & characters.

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.

**NEW THIS SUMMER
Enriched Hebrew**
Programming including native
speaking Hebrew counselors
and specialists; Israeli culture
is explored through music, art
sports, cooking and drama.

Summer Camp

PROGRAMS

Continued from page 22

1779 Richmond Ave, Staten Island 718 982 0202

61-58 Springfield Blvd., Bayside 718 352 8972

4022 East Tremont Ave, Bronx 718 239 5275

80 West Industry Court, Deer Park 631 667 3507 or www.ivyleagueearlylearning.com

At Ivy League Early Learning Academy we understand that each child is unique and have designed our Summer Program curriculum to cater to each child's way of learning. In addition to the curriculum each of our 5 locations offers a variety of enhancement programs throughout the year such as: sign language, Spanish, Mandarin, hooked on phonic, hooked on math, art, physical education, music, and more. We are now enrolling children from 6 weeks – 5 years and will be opening up summer camp registration in the month of April for children up to age 12. Come visit us today so see the Ivy League difference.

Joffrey Ballet School Summer Camp

**Founded By Robert Joffrey in 1953
434 Avenue of the Americas, 3rd, 4th and 5th Floors
212-254-8520 ext 208 or www.joffreyballetschool.com**

Summer Dance Camp- Ages 3 - 6, 7-9 (NO AUDITION REQUIRED)

Six Ballets in six weeks! Our youngest dancers will explore a different story ballet each week culminating in a Friday family performance. The children will use improvisation, basic movement concepts, and basic principals of classical ballet to recreate the great story ballets. The children will design and construct costumes, masks and scenery to enhance the productions. A light, theme based, snack will be served daily.

Kim's Kids Summer Camp

**Meets at PS 321 in Park Slope
718-768-6419 or www.kimskidscamp.com**

Is a nature-oriented active camp for children ages 4-1/2 to 11. Being physical and outdoors are at the heart of the program.

The camp takes trips every day; children may spend the day jumping waves at Riis Park or riding a camel at the zoo. It is a continuous agenda of hiking, swimming, running, climbing, and exploring.

Flexible scheduling allows children to attend three, four or five days a week. Early bird drop off and late pickup are available.

The Summer Creative Arts & Music Program of Leif Ericson Day School

**1037 72nd Street in Dyker Heights
718-748-9023 or www.ledsny.org
Leif Ericson Day School's Summer Creative**

Arts and Music Program (SCAMP) begins its 17th year of fun. Children from pre-K to grade 7 enjoy computers, art, music, movement, and drama. Professional caring staff and junior counselors are enthusiastic and attentive. Limited group size allows for a more fulfilling experience. All activities are on-premises. Two snacks provided daily. SCAMP hours are 9a.m.-3p.m. with "Early bird" care (8am) and "Late Bird" care (5pm) for additional fees.

The Marks JCH Day Camp

**7802 Bay Parkway
718-943-6345 or www.jchcamp.com**

The Marks JCH has been serving south Brooklyn for over 85 years. One of their most important functions has and continues to be the provision of an enriching camp experience for children. The camp program provides children ages 3-14 with an educational, recreational and social experience that will last a lifetime. Their activities include, instructional swimming on a daily basis, sports leagues, arts & crafts, dance, and computers. Day trips include Six Flags, Splish Splash, Adventureland, Funzone, various museums, and shows. Overnight trips include, Philadelphia, Virginia, Massachusetts and New Jersey Y Camps. Their programs help children to develop their identities by promoting individual growth, while embracing Jewish family and community values. Please contact Michael Abdurakhmanov, Camp Director, for more information.

Summers With Mathnasium

**6806 20th Avenue
347-7-MATH-11 (347-762-8411) or www.mathnasium.com/bensonhurst
Summer Hours (July and August): Mon-Tue-Wed-Thurs: 11:00 AM – 5:00 PM, Sat 10:00 AM – 1:00 PM. Friday and Sunday: Closed**

Welcome to Mathnasium. We are a math learning center where we make MATH make SENSE to kids. We support K, 1st grade, 2nd – 12th grades and up.

Our Summer Math camp (July and August) is a great time to CATCH UP, KEEP UP and GET AHEAD.

We have fun activities, contests and rewards. It is an extra relaxed time to learn! Shorts, T-shirts, flip-flops welcome! We have earlier hours as well so you can enjoy those beautiful summer evenings.

At Mathnasium, we end the confusion, frustration and embarrassment children often feel about math.

Midwood Montessori Summer Program

**2825 Bedford Avenue, one block from Brooklyn College
718-253-3242 or www.midwoodmontessori.com**

The rich Montessori setting that attracts children to our school influences our summer camp - a nurturing, creative environ-

Continued on page 26

DANCEWAVE SUMMER 2013

SUMMER SEMESTER

Babies & Toddlers, Jun 10-Jul 18
Kids & Teens, Jun 24-Jul 25
Creative Movement, Ballet, Modern, Hip Hop and More!

SUMMER INTENSIVES

Advanced Intensive, Aug 12-16
Beginner/Intermediate, Aug 19-30
Ballet, Modern, Choreolab, Bhangra Masala, Cuban Salsa, Hip hop, Jazz and much More!



Register before May 15th to take advantage of our early bird discount. Class descriptions, schedule, and registration available online or by calling our office at (718) - 522 - 4696.

Dancewave
45 Fourth Avenue
(at Dean Street)
Brooklyn, NY 11217

(718) 522-4696
info@dancewave.org
www.dancewave.org

Physically Active • Outdoors Everyday
• Nature Oriented • Travelling Day Camp

Experienced, Carefully Chosen, Adult Staff

32 Years in Operation



DAILY TRIPS

Swimming at a lake, pools and beaches.
Weekly hikes. Trips to Museums, Zoos, Playgrounds,
Bowling, Aquarium, Science Centers.
Special trip to Sesame Place

Ages 4 1/2 - 11

FLEXIBLE SCHEDULE
3, 4, 5 or 6 week sessions
3, 4, or 5 days a week
Early drop off & late
pickup available



LOCATED IN PARK SLOPE
Kim's Kids Summer Camp
718-768-6419
www.kimskidscamp.com

A Summer Adventure for students ages 2-10

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

5-10
Year Olds

FasTrackKids 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!

2-3.5
Year Olds

FasTrackKids Explorers

Educational, gradual separation class for the young ones.

Themes

July - Lets Play, August - Out & About

Schedule:

Tues & Thurs from 9:30 - 11:30am

2.5-5
Year Olds

FasTrackKids Discoverers

Fun enrichment for the young mind.

See weekly themes on the left

Schedule: Mon, Wed, Fri,

from 9:00-11:30am

5-10
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

www.fastrackkids.com



Winston Preparatory School Summer Program *Education for the Individual*

- ♦ A unique individually designed program aimed to develop:
 - Reading Comprehension
 - Decoding and Spelling
 - Organizational Skills
 - Study Strategies
 - Writing
 - Math
- ♦ Small class sizes for students in 4th through 12th grades
- ♦ After-school activities include basketball, art, music, yoga, photography, acting, computing, and dance
- ♦ One-on-one classes and independent study program available during July and August

June 28 – July 26, 2013

126 West 17th Street New York, NY 10011
646-638-2705 ext. 688 • summer@winstonprep.edu
applications available online at www.winstonprep.edu



Summer Camp

PROGRAMS

Continued from page 24

ment providing a wide variety of activities for children ages 2.9 - 6 years. These include indoor play in our centrally air conditioned building, three outdoor play areas, daily water play, gardening, picnics, barbecues, music, arts & crafts, weekly field trips and theme days, all of which are supervised by our caring and experienced year-round staff. Transportation is available. Located one block from Brooklyn College, our hours are 9 AM - 3 PM (8 AM drop-off available).

Mill Basin Day Camp

5945 Strickland Avenue
718-251-6200 or www.millbasindaycamp.com

Mill Basin Day Camp is dedicated to providing an exciting and fulfilling camp experience for children entering Pre-K through 9th grade. As the largest camp only facility in Brooklyn, their modern, fully equipped, air-conditioned and secure space offers a wide range of on-site activities. Campers are supervised by qualified staff in a fun and safe first environment. Door to door bus service is available to most locations. Call or come in for a personal tour of the facility.

Summer Music Programs at Noel Pointer Foundation

1368 Fulton Street, 3rd Floor
718-230-4825 or www.npsom.org

Give your child the gift of music and set them up for future successes through the Noel Pointer Foundation's Summer Strings Program. In this fun, intensive workshop series, your student will learn their choice of violin, viola, cello, classical guitar, piano, double bass and music theory. The program runs daily from Monday-Friday, 9 a.m. to 3 p.m., with extended hours for working parents. A dedicated, highly experienced staff of teaching artists will encourage and nurture your child's creativity while challenging them to fulfill their true potential. Our mission is to provide high-value music instruction to those who might, otherwise, not have the opportunity. Studying music is proven to increase attendance and graduation rates as well as open up greater college opportunities for students. Join us this summer and expose your children to a world of new possibilities!

Nova Summer Day Camp

3701 Surf Avenue, inside Seagate
718-996-2229 or www.novaathletics.org

Has been serving the Brooklyn community for 35 years offers a combination of programs. Besides their top quality, well known gymnastics programs, they also offer dance, martial arts, swimming, soccer, basketball, arts and crafts, talent shows, music, weekly trips and more. Programs are taught by professional staff

in a state-of-the-art, air conditioned facility, one block from the beach, in their own private seaside community that has an on-site pool and playground.

Each of the sports will develop campers in many ways: eye-hand coordination, water skills, self-defense, good sportsmanship, courtesy, respect and personal creativity. The campers are building skills that last a lifetime.

Kosher breakfast and lunch are included.

Oasis in Brooklyn Bridge Park Summer Program

180 Remsen St. Brooklyn Heights 11201
718-596-4900 or www.oasischildren.com

With the magnificent revitalization of the Brooklyn waterfront, Oasis is thrilled to bring this opportunity to families in Brooklyn. Oasis will utilize Brooklyn Bridge Park's premier lawns, play areas and recreational facilities. Oasis also will utilize the indoor, state-of-the-art athletic and performing arts facilities of St. Francis College, as well as their pristine, air-conditioned classrooms and large meeting spaces. A traditional day camp in every way, Oasis in Brooklyn Bridge Park's program includes sports and recreation, visual and performing arts, recreational and Red Cross instructional swim, and field trips. In partnership with the Brooklyn Bridge Park Conservancy, Oasis will offer an outdoor education component that includes environmental studies, orienteering and more! Oasis Day Camp is for kids ages 4-12. Families enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans! Oasis in Brooklyn Bridge Park is open this summer from July 1st to August 23rd.

PAC KIDS Summer Camp

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

Variety of programs for ages 3.5 to 14. All activities are located on the premises, and include swimming, gymnastics, basketball and soccer. As always, the philosophy is to provide fun and exciting activities that create a rewarding experience for your children while always maintaining a safe environment by an experienced and caring staff.

Transportation for most of Brooklyn. We accept Begin ACD and 1199. Please call for more information.

Park Explorers Day Camp

611 8th Avenue, one block from Prospect Park
718-788-3620 or www.parkexplorers.com

At Park Explorers Day Camp no two days are alike. Each week offers a trip to the beach, gymnastics, sports, arts and

Continued on page 28

npsf

**NOEL
POINTER
FOUNDATION**

SUMMER STRINGS 2013 | JULY 1 - AUGUST 2
9am - 3pm with Extended Hours from 8:30am - 5:15pm

!!REGISTER NOW!!

Violin | Viola | Cello | Double Bass | Piano | Classical guitar

BEDFORD STUYVESANT RESTORATION
1368 Fulton Street, Brooklyn, NY 11216
office@noelpointer | npsom.org
718.230.4825

SUMMER OPEN HOUSE
April 6 | 10am - 12pm

Leif Ericson Day School

Nursery - Grade 8

**SPIRITUAL
FORMATION**

• Small Class Size

**ACADEMIC
EXCELLENCE**

- Professional, Caring Staff
- State Approved Curriculum
 - Music Performance
 - Computer Technology



REGISTER NOW
for our
**Summer Creative Arts
& Music Program**

June 24 - August 2, 2013

1037 - 72nd Street • 718-748-9023 • <http://ledsny.org>

MATHNASIUM[®]

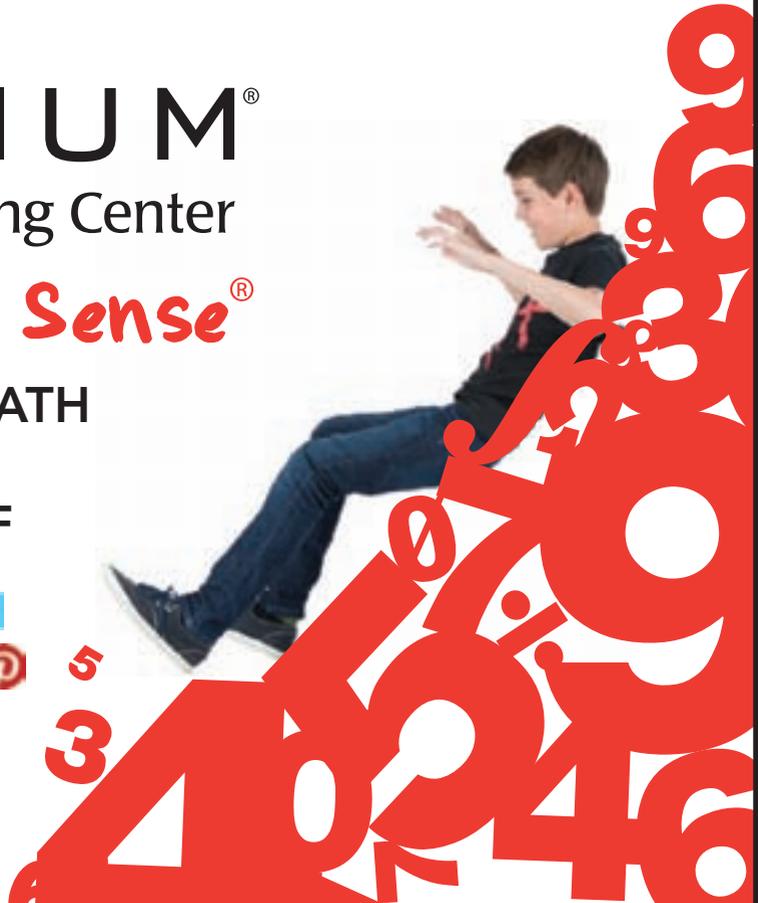
The Math Learning Center

We Make Math Make Sense[®]

- + WE ARE EXPERIENCED MATH SPECIALISTS
- + WE TEACH ALL LEVELS OF MATH ABILITY
- + PROVEN RESULTS



MATHNASIUM of Bensonhurst
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(347) 7-MATH-11 • (347) 762-8411
www.mathnasium.com/bensonhurst



Open House
 April 06, 20 & 27,
 11 - 4pm
 May 04, 11 & 18,
 11 - 4pm
 June 01 & 08,
 11 - 4pm

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

OUTDOOR POOL
DANCE STUDIO
BASKETBALL COURTS
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MOVIE THEATRE
COMPUTER LAB
JUNGLE GYM
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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
"WI" ROOM
MANY MORE!

All Programs and Facilities On Site!

"It's All About The Kids"

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

Summer Camp

at

NOVA

NEWLY RENOVATED FACILITY
Gymnastics • Dance • Karate • Soccer • On-Site Pool
Music • Basketball • Crafts • Weekly Trips
Air Conditioned Gym • Beach Access
LUNCH INCLUDED!

Early Registration Special
Last Year's Prices Before May 1st



Give Your Child
The Best!

AWARD WINNING PROGRAMS FOR ALL AGES & ABILITIES
 CITY VOUCHERS ACCEPTED

35 YEARS SERVING THE COMMUNITY
 RUSSIAN SPEAKING COACHES AVAILABLE

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1 Block From The Beach
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 РОССИИ И США
www.novaathletics.org

Summer Camp

PROGRAMS

Continued from page 26

crafts, drama, movement, singing, special events, twice a week pool swim, a different trip each week around NYC, plus lots of healthy outdoor sunshine. Third graders and up can try special programs in Exploring Theater and Exploring Soccer. Fifth graders and up may sign up for special trips and overnights. There are flexible weekly sessions plus early drop off and extended hours; shuttle bus service available in designated areas.

The Park Slope Day Camp
Park Slope, Windsor Terrace, Bay Ridge, Carroll Gardens
718-788-7732 or www.parkslopedaycamp.com
 PSDC = CAMP SPIRIT, COMMUNITY AND FRIENDSHIP.

Welcoming, stimulating, lively, diverse, safe, professionally managed outdoor camp for ages 3.5 – 14. Exciting travel camp for grades 6 – 8; fantastic Leadership Experience for grades 9 & 10. Specialized Sports Academy and Circus program. Swim, sports, arts, gymnastics, horseback riding, lots of special events, trips. Very flexible registration; extra long season and accommodating hours. Transportation. An experienced, creative, stable staff, second to none!

Summer Fun At The Old Stone House & Washington Park

Piper Theatre Workshop and Garden Explorers
3rd Street, between 4 & 5 Avenues
718-768-3195 or www.pipertheatre.org
 For Ages 7 - 11

Two week sessions, July 1-12 (closed July 4) & July 15-26

9 am – 3 pm Monday – Friday

Extended day available

Piper Theatre Workshop - Starlings
 Children spend their days creating drama together under the guidance of nurturing, professional artists. This season's productions range from Hamlet to One Thousand and One Nights.

Old Stone House - Garden Explorers
 Discover the world of plants, gardening and food in our beautiful gardens. Gather and plant seeds; harvest your lunch; explore soil, worms, and insects; use garden tools, play; and make art.

Programs take place in the OSH's Great Room, and next door at MS 51, with lots of outdoor time in Washington Park and the beautiful new JJ Byrne playground.

Preparatory Center For The Performing Arts at Brooklyn College Summer Program

234 Roosevelt Hall 2900 Bedford Ave.
718-951-4111 or www.bcprepcenter.

org

The Preparatory Center for the Performing Arts at Brooklyn College offers music, theater and dance classes and private lessons for children of all ages and levels. We also welcome adult students for private instruction in musical instruments, voice, and composition. Registration is currently underway for our summer semester. Offerings for the summer include a Creative Play program for ages 3-5, dance and theater classes, and private and group music study. Informational and placement interviews are currently being held. Suzuki program in violin, cello, and flute, as well as for our other music, theater, and dance classes. If you are interested in learning more about the Preparatory Center, you can access information from our website or call our office.

Prospect Park Zoo Summer Program

718-399-7327 or www.wcs.org/camp
 Explore animals and learn about conservation activities you can do at home! All campers will engage in hands-on science activities, create whimsical nature crafts, meet animal guests, and much more! The zoo offers week long camps for kids ages 2-17 years. Extended care until 5pm is also available. Sessions begin in mid June. For more information call or visit our website.

Red Tiger Academy Summer Program

8520 Foster Avenue
347-693-8592 or www.redtigeracademy.com

Let your children enjoy their Summer attending Red Tiger Academy Summer Workshop. The Workshop is packed with fun, exciting and challenging daily activities where your kids will never be bored. Our trained staff will take care of your loved ones this Summer. Free breakfast and lunch at the local public school. For more information please call or visit our website.

Shorefront YM-YWHA Day Camp

718.646.1444 ext. 335 or www.shorefrontny.org/camp

A fun-filled summer experience for children ages 3 to 14. Ideally located on the Boardwalk in Brighton Beach, the experienced staff provides a safe & nurturing environment for your children. Kosher lunches and snacks are provided daily. Exciting activities include beach outings, sports, swimming lessons in the Olympic sized indoor pool, arts & crafts, dance, singing, drama, thrilling trips, special events and much more!

StageCoach Theatre Arts School Summer Program

Continued on page 30



Brooklyn Arts Exchange
arts & artists in progress

421 Fifth Avenue @ 8th Street, Brooklyn | (718) 832-0018 | VISIT BAX.ORG

Spring Break Arts Program

April 9-13 9:00am-3:00pm
for kids currently in grades K-5



Summer Arts Program

July 2 - August 17
9:00am-3:00pm
for kids entering grades K-6

REGISTRATION IS NOW OPEN • FINANCIAL ASSISTANCE AVAILABLE

www.youth.bax.org/school-breaks



A Park Slope Tradition Since 1980

Summer Day Camp 2013 Registration Is Now Open!

We've been offering children fun in the summer since 1980 so why not let your child enjoy the Beansprouts experience?

We offer age-appropriate activities for children in Pre-K - 4th Grade

Pre-School Campers**

(entering Pre-K)

- Arts & Crafts
- Ice Cream Truck Fridays
- Instructional Swimming
- Music • Movement Games
- Outdoor Water Play
- Park Outings • Science & Nature

** priority given to Beansprouts children

Junior Adventurers

(grades Kindergarten & 1)

- Arts & Crafts
- Weekly Field Trips
- Instructional Swimming
- Park Outings
- Pottery
- Soccer Instruction
- Ice Cream Truck Fridays

Senior Explorers

(grades 2 - 4)

- Arts & Crafts
- Exciting Trips & Outings around the City
- Instructional Swimming
- Pizza & Ice Cream Socials
- Pottery
- Soccer Instruction
- Special Events

AND SO MUCH MORE!!!!

All campers have access to our fully-stocked, air-conditioned Park Slope classrooms with great private outdoor space

Weekly sessions starting June 17th - August 16th

Camp hours are from 8:30am-3:00pm

Early Bird & After Camp Hours available • 5% discount if enrolling in all 9 weeks

718-965-8573 • www.beansproutsnurseryschool.com



- Variety of programs ages 3 to 14
- Safe, fun, stimulating environment
- Daily swim at 6 indoor and outdoor pools
- Superior counselor to camper ratios
- Early drop off and extended day available
- Transportation for most of Brooklyn
- Indoor and outdoor basketball courts
- Large indoor soccer field
- Early bird discount and sibling discount

REGISTER ONLINE NOW @
WWW.PACPLEX.COM

SUMMER CAMP

1500 Paerdegat Avenue North, Canarsie, Brooklyn www.pacplex.com - 718.531.1111

4-9 WEEKS
FLEXIBLE

BASKETBALL - SOCCER - DANCE - DRAMA - SWIMMING

WE ACCEPT
1199 - BEGIN - ACD

HEALTH CLUB

INDOOR SPORTS

SCHOOL & CAMPS

SWIMMING POOLS

RESTAURANTS & NIGHTLIFE



Brooklyn's Largest Sports, Recreation and Education Complex

Summer Camp

PROGRAMS

Continued from page 28

Brooklyn Heights 718-852-3208
or www.stagecoachschools.com/brooklynheights

Stagecoach Theatre School in Brooklyn Heights is excited to offer summer performing arts camps for children aged 4-16 years for an intensive week of acting, singing and dancing. Students will have workshops with Broadway artists during the week as well as working on a show!

Glee week: August 5th – 10th

Broadway Bound: August 12th – 17th.

This is a fantastic week for children who would enjoy an intensive and fun filled week of acting, singing and dancing. Workshops run in Cobble Hill Brooklyn, 1 block from F train at Bergen Street. Reasonable rates as well as sibling discounts! Please call Beth Kent on 718-852-3208 for more information or take a look at our website www.stagecoachschools.com

Staten Island Academy Summer Day Camp

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

Staten Island Academy Summer Day Camp offers safe, fun-filled, activity-packed programs for children ages 3-14 and we specialize in making memories that last a lifetime! In addition to weekly events and activities, our campers run, jump and play on our 12-acre campus, three tennis courts and two swimming pools. Included in our day camp program are dance and the Camp Show, arts and crafts, Discovery Science, computer lab, game room and hot lunch in our cool cafeteria! We also offer NYC's only Summer Institute for the Gifted program and specialized sports camps for basketball, soccer, tennis and rugby/lacrosse. We have something for everyone – from the most active to the most creative camper! For more information please call or visit our website.

**Stepping Stones Nursery School
Summer Camp**
245 86th Street
718-630-1000 or e-mail
steppingstones86@aol.com

Offers an eight-week summer camp program for children ages 2 to 9 years old. The children engage in indoor and outdoor recreational activities such as field trips, arts and crafts, dramatic play, sand and water activities and story time.

Camp is open 7 a.m. to 6:30 p.m., Monday through Friday. Stepping Stones has central air conditioning with modern learning materials and a safe surface playground.

Call for more information.

Surprise Lake Camp
307 7TH Avenue, NY 10001
212-924-3131 or www.surpriselake.org
At Surprise Lake Camp we take pride in

being, "The Best In Jewish Camping," and we celebrated our 110th Anniversary last summer. The Camp sits on 450 pristine acres in the beautiful Hudson Valley just 60 miles north of NYC.

Our program is filled with camp favorites like softball, soccer, volleyball, low and high ropes, golf, basketball, tennis, gaga and floor hockey. For those creative campers, we offer extensive arts and crafts, performing arts, music, dance, photography and video.

Our waterfront program offers Red Cross swim instruction, swim teams, sailing, canoeing, row boating, kayaking, windsurfing and aqua-jump water trampolines. We offer delicious kosher food service, two kinds of Shabbat services, fun and engaging Jewish activities, and a unique Bar/Bat Mitzvah program.

Sessions offered are two, four, six and eight weeks depending upon age. For campers who are considering a sleep away experience for a future season, we offer a 5-day Get Your Feet Wetsm program in August for first time campers entering grades 1-5. Surprise Lake Camp has a sliding fee scale based on family income and size and we offer \$1,000 discounts to most first time campers. For more information please call or visit our website

Treasure Island Summer Program

347-74th St. Corner of 4th & 74th St.
718-238-7676

Treasure Island provides each camper with a nurturing, supportive, intellectually stimulating environment that promotes learning and exploration; builds self esteem and self confidence; empowers each child; promotes socialization, kindness and empathy; builds upon the diversity of our campers; and encourages campers to be independent and unique individuals. Campers explore exciting themes and enjoy enrichment experiences such as Kindermusik, Cultural Dance Program, Creative Movement Program: Jump for Joy, Outdoor water play is a key and essential part of the camp experience. Maria Noguera, Director.

Windmill Montessori Summer Camp

1317 Avenue T
718-375-7973 or 4277 or www.admissions@windmillsch.org

Registration is beginning now for Windmill's 2013-2014 School Year and our Academic Montessori Summer Day Camp and Creative Writing Program for 3-12 year olds. Windmill offers a nurturing place where the children make friends and learn through the Montessori Method, while having lots of fun. Spacious enclosed yard with playground and pool lets campers safely participate in outdoor activities, all with highly qualified

Continued on page 32



Summer Camp at SIA...

We specialize in SMILES!

DON'T FORGET!
Early Bird
Deadline is
Monday, April 15th!

OPEN HOUSE DATES

Sunday, April 14

Sunday, May 19

11 AM – 2 PM

Two Swimming Pools • Basketball Camp • Soccer Camp
Talented and Gifted—TAGCamp • Tennis Academy • Dance
Arts & Crafts • Computer Lab • Discovery Science
Weekly Trips, Events & Theme Days • Cool Cafeteria w/ Hot Lunch

Bus transportation, extended day and private swim lessons are available.

715 Todt Hill Road, Staten Island, NY 10304 • 718-303-7845



Staten Island Academy

Summer Day Camp

www.statenislandacademy.org/camp

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

Stepping Stones Nursery School

OPEN HOUSE
Summer
and
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Continued from page 30

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Red flags in child development

BY DANA J. CONNELLY

Children develop at different rates, with skills emerging at advanced rates, normal rates, or below age expectation. Often, parents gage a child's progress by comparing him to other children his age or reflecting on how older siblings developed. De-

velopmental delays can go unrecognized and untreated until a child experiences initial exposure to a structured group play environment, such as mommy and me classes, day care centers, baby gym centers, and pre-school programs.

During a routine check-up, your child's pediatrician will do a general developmental overview, asking you about what milestones your child is achieving, but this is usually a brief question-and-answer between parent and physician. Typically, your doctor has an overflowing schedule that hinders her ability to thoroughly address your child's progress through each of the five developmental domains (Cognition, Communication, Socialization, Motor Skills, Adaptive Behavior skills). As the parent, you are the constant observer and the best advocate for your child.

From the moment your child is born, his progression through each of the five developmental domains begins. One might ask, but how can an infant communicate? What motor skills would one expect for a child who can't even walk yet? Assessment tools, such as the Developmental Assessment of Young Children, are used for children from birth to age 5, with other versions addressing the milestones of older children. Developmental milestones focus on what a child can do by a certain age. Red flags can warn parents and caregivers of potential delays and disabilities. So, let's test your knowledge on

what is typical or atypical in child development.

•At what age do children typically put two words together?

Answer: 18 to 24 months

•What is the average attention span for a 3 year old?

Answer: About five minutes

•At what age should children be able to pronounce most speech sounds correctly?

Answer: 5 years old

•What is the average age that a child walks?

Answer: 12 to 18 months

•At what age does a child typically identify primary colors (red, blue, yellow)?

Answer: About 3 years old

What are some red flags we should be aware of during infancy, toddlerhood, and childhood?

By 7 months of age

•Seems physically stiff or floppy like a rag doll.

•Does not roll over in either direction.

•Has difficulty sitting up when assisted or holding head up while sitting.

•Does not bear weight on legs when helped to a standing position.

•When reaching, only uses one hand, or doesn't reach at all, or has trouble bringing objects to mouth.

•Does not respond to sounds or his name.

•Does not make laughing, babbling, or squealing sounds.

By 12 months of age

•Does not crawl, or drags one side of the body while crawling.

•Cannot stand while supported.

•Does not point to objects or pictures.

•Says no single words.



As the parent, you are the constant observer and the best advocate for your child.

• Does not use other gestures, such as waving or shaking head “no.”

Eighteen to 24 months

• Does not walk by 18 months, or walks only on his toes.

• Does not speak at least 15 words, and begins to use two word phrases (“Want cookie,” “Give me,” “Mommy up!”)

• Does not use common objects as designed (telephone, hairbrush, utensils, etc.)

• Does not imitate actions or words, or does not follow simple instructions.

• Cannot push a wheeled toy or carry a mid-sized toy while walking.

Three years

• Loses his balance frequently.
• Has difficulty running or stopping when running, needing to crash into furniture, a person, a wall, a door, or falling to the floor.

• Has a hard time going up and down the stairs while alternating feet.

• Cannot build a block tower with four blocks, doesn’t scribble or manipulate a small object.

• Unable to communicate in short phrases or understand instructions.

• Not interested in pretend play.
• Has extreme difficulty separating from parent.

Four years

• Cannot throw a ball, jump in place, jump down from a step, ride a tricycle with feet on the pedals, hold a crayon appropriately, or stack more than four blocks.

• Does not interact with children outside of the family, and tends to play on his own.

• Does not use more than three-word sentences to communicate wants and needs, and does not ask what, where, why, when, who, or how questions.

• Resists dressing tasks, toileting tasks, feeding himself, or sleeping well through the night in his own bed.

• Lashes out (hitting, kicking, screaming, spitting, damaging items) when upset, gets easily frustrated, and takes longer than three minutes to calm.

Five years

• Extremely fearful, timid, or aggressive.

• Continued difficulty in separating from parent.

• Shows little interest in the activities of other children and doesn’t engage in imaginary play.

• Does not respond to other people when they attempt to interact with him.

• Cannot follow a two-part command, such as “Please pick it up and put it in the garbage.”

• Unable to concentrate on a single activity for more than five minutes.

• Often seems sad or passive with a limited range of emotions.

• Doesn’t use plurals, unable to respond to questions about first and last name, or is unable to talk about experiences.

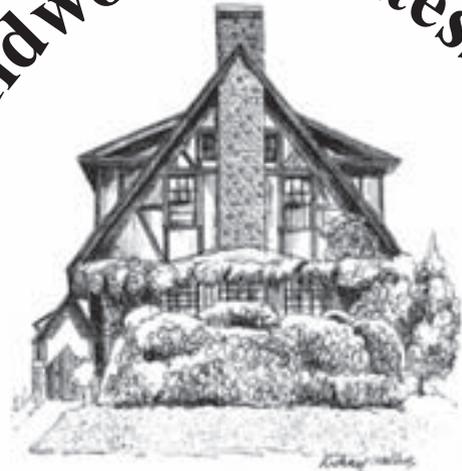
• Cannot build an eight-block tower, hold a crayon and draw a circle, undress (unfastening zippers and snaps), brush teeth, or wash and dry hands independently.

Keep in mind that these red flags are guidelines and are not intended to diagnose any disorder or disability, but should serve to cue parents and caregivers to have their child evaluated. Numerous research studies have concluded that developmental issues addressed as early as possible yield the most benefits.

According to the results of The Abecedarian Program headed by Dr. Craig Ramey, the earlier a problem is addressed, the more likely the child will make great improvement. As a child ages, the rate of improvement tends to slow down. Be aware of any loss of skills. Note any recent changes to your child’s life (new sibling, divorce, moving, etc.) and share that information with the professionals involved in your child’s care. The evaluation process can only be authorized by a primary care giver with the process costing you nothing but your time, and patience.

Dana J. Connelly holds dual master’s degrees in education and special education, and works as an educational evaluator for a New York-based agency. She specializes in applied behavior analysis, and is the proud single mother of a 5-year-old boy.

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About an Aspie

Let's take
some time
to show
awareness for
Asperger's
this month

BY REBECCA MCKEE

April is Autism Awareness Month. Autism spectrum disorder is just that — a spectrum. To help me envision a scale, I try to imagine a horizontal rainbow with the left side of colors being those who have a significant form of autism, the middle section moderate, and the right end tinted with Asperger's Syndrome. Every family and individual has their own stories to tell. These include sad, happy, funny, and frustrating tales.

While the entire spectrum is clouded in a shadow of mystery, Asperger's Syndrome is unique unto itself. These are people who excel far beyond the common folk in a few, isolated areas — yet they seem to be unable to resolve simple intra-personal problems. Those with Asperger's Syndrome, or Aspies (a trendy nickname created by these individuals), have the ability to become super-involved and advanced in interests that they adore. A result of this is that most other areas of their lives, including life skills and inter-personal relations, become overlooked.

Families, peers, support teams, and inner-circles can feel a growing sense of frustration, as their loved one with Asperger's Syndrome ages. It can be exasperating to listen to a person use an extensive vocabulary to describe specific topics, solve higher-level academic tasks, and recall memories with precise detail, but he struggles daily to be calm and cooperative. He may refuse to watch a TV channel with the number two in it. Losing electricity may cause him to be physically aggressive towards himself and others. Having visitors over to the house causes him to scream. The examples are varied, but their commonality is Asperger's Syndrome.

Helping those with Asperger's Syndrome is best tackled from a consistent behavior modification approach, mixed with some thinking outside of the box! Set real-life intentions in an attempt to reach **A-S-P-E-R-G-E-R'S** socio-behavioral



goals. Try using a simple recipe-like approach:

A: Always have the individual keep a schedule for preparation and upcoming changes in routine.

S: Silence is the best policy when someone is losing control and getting upset. When your loved one is feeling frustration, remain silent and only communicate using pen and paper.

P: Proactive is key, if something worrisome is about to occur, prepare beforehand.

E: Educate the individual about Asperger's Syndrome.

R: Reinforce and reward the behavior you like as soon as you see it occurring.

G: Give your loved one a limited amount of privacy each day to be who he naturally is.

E: Everyone wants to make their own choices, so allow him to make

age-appropriate choices.

R: Rotate primary responsibility — consistency must come from all members of the support team.

': Use this as a symbol to take a breath and a break, and provide yourself with respite.

S: Social stories and video modeling are necessary teaching tools.

Contrive social skill teaching time when you are feeling refreshed and ready. Role-play social scenarios when your loved one with Asperger's Syndrome is calm and available for learning. Keep time on task and short and simple. Understand that these individuals want to improve their behavior — they simply need help.

Rebecca McKee is a behavioral coach. She is found online at www.my-behaviorcoach.com and can be reached by e-mail at the13abc@aol.com or by phone at (718) 316-8057.

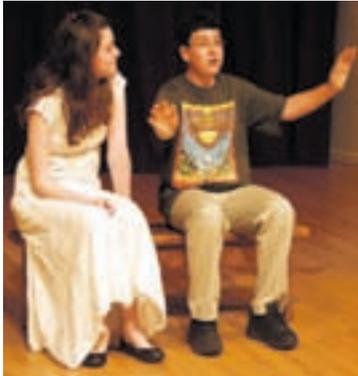
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Educating the public about bipolar disorder

There are organizations that offer guidance about the diagnosis of the disorder

BY ALLISON PLITT

Doctors began diagnosing children and adolescents with bipolar disorder in the mid-1990s. This stemmed from controversial studies done by doctors at Massachusetts General Hospital, Harvard Medical School's primary teaching hospital. At the hospital were psychiatric clinics in which doctors were observing children diagnosed with attention deficit hyperactivity disorder, whose conditions were not improving by taking stimulants, psychoactive drugs that improve concentration and focus for sufferers of the disorder. Support and information for parents of children diagnosed with bipolar disorder was limited at that time. Today, there are several organizations working with medical professionals to help families understand the diagnosis.

According to "The Diagnostic and Statistical Manual of Mental Disorders," a book professional psychiatrists use to diagnose and treat mental illnesses, bipolar disorder is a psychiatric condition in which people experience intense mood swings. When adults are diagnosed with bipolar disorder, also known as "manic depression," they experience energetic, excitable moods followed by lethargic, depressive episodes. The length of time for each mood period should last at least a week.

One of the doctors at Massachusetts General Hospital, Dr. Janet Wozniak, said that these children were bipolar because they experienced mood episodes many times in one day, and that their uncontrollable outbursts of anger, such as violent hitting and kicking, were even more severe than a kid having a temper tantrum. In her book, "Is Your Child Bipolar?," she describes a bipolar child as having a "five pointed star" of mood changes — irritability, rage, depression, euphoria, and then

behaving as a "typical" kid.

"Mania is characterized by dramatic moods of irritability and euphoria. The children (and many adults) are often 'labile' in their mood and can change minute to minute. Most parents I see describe (their children as having) what they call 'rapid cycles' of changes throughout the day; flipping from rage, to lower

PART TWO of a series

level irritability, to sadness and to euphoria (goofy, giddy, silly, high, energized). Parents see all points of the star for varying degrees, cycling in complicated ways from day to day, week to week, month to month, season to season," she wrote.

Wozniak is a member of the Scientific Advisory Council at The Balanced Mind Foundation, an organization that was formed in 1999 by a group of parents who had found each other on the internet because so few resources existed at the time for parents of these children. Based in a suburb of Chicago, the organization's services are available to anyone with internet access at www.thebalancedmind.org.

The website contains a wealth of information concerning bipolar disorder: a library, research studies, a bookstore, and an education corner. Since the people on the organization's Scientific Advisory Council represent leading researchers in the field for childhood mood disorders, the information provided on the website is constantly being updated as soon as new findings about bipolar disorder are published.

The Balanced Mind Foundation also has online forums, blogs, and support groups. It has a feature called "Find a Professional Resource," where anyone can look for

a physician, psychologist, legal service, or other facility within a five-mile radius of the city in which they live within the United States.

"We originally started out our mission to address bipolar disorder and then a year ago we expanded our mission to include all mood disorders. Mood disorders are the grouping of either bipolar disorder or depression," said Susan Resko, executive director at the Balanced Mind Foundation.

Since its formation in 1999, the organization has experienced a drastic growth in its membership.

"We do not treat children here, so we are not aware of diagnosis rates, but I can tell you that the number of families who have come to our organization has just exploded. We have over 500,000 unique visitors who come to our website every year," Resko recounted. "There are 40,000 families on our mailing list and over 5,000 families that participate in one of our support programs. From that perspective, it's been a tremendous increase."

Another organization with a more global slant to its mission is the International Bipolar Foundation, which is based in San Diego and can be found at www.internationalbipolarfoundation.org.

"We are present in 25 countries at this point, and all of our services and programs are free and all of them are globally accessible, so if we hold an event or lecture here in San Diego, we videotape the lecture and then we upload it to the website," Muffy Walker, president of the International Bipolar Foundation, explained.

It has a global outreach and referral service for anyone looking for a doctor, advocate, or lawyer to help with Social Security disability. The Foundation also has a buddy program in which the organization will take someone new to the diagnosis of bipolar disorder and connect him with



someone who is more experienced with the illness. Besides holding programs for sufferers of the disorder, the organization also has resources for families and caregivers.

Its Scientific Advisory Board consists of the country's leading scientists and psychiatrists. It also has a Consumer Advisory Board made up of people diagnosed with bipolar disorder who make recommendations to the Foundation about what programs are in need and worthy of the its funding. The Foundation has given more than \$250,000 to support mood disorder research.

The Foundation just published a book called "Healthy Living with

Bipolar Disorder," which is free to anyone in the world. An interesting aspect about the book is that it discusses how the illness is treated in other countries such as Peru, Kenya, Canada, the U.K. and Australia. The book is organized into a three-ring binder, so when data becomes outdated, the consumer takes the pages out of the binder and adds new pages with the updated information.

Currently, there is controversy in the U.S. about over-diagnosing children as being bipolar. Ever since Wozniak's initial diagnosis in 1995, there has been a 4,000 percent increase in the number of children and adolescents diagnosed with bi-

polar disorder, according to a study published in the Archives of General Psychiatry, which measured national trends in outpatient visits that resulted in a diagnosis of bipolar disorder.

There is no denying, however, that there are children who suffer from severe psychiatric illnesses and are in need of professional treatment. As parents recount their own experiences of caring daily for their children who have been diagnosed with bipolar disorder, their stories are harrowing.

One mother from Kentucky recounted raising her son who as a child "would not sleep for days, and

then suddenly he would sleep all the time. He would be happy one minute, and in tears or tearing up things and biting me the next minute." She says he also got into a lot of trouble at school by arguing and fighting with other people.

The family took the boy to see different doctors until finally one psychiatrist labeled the boy as having attention deficit hyperactivity disorder, bipolar disorder, and oppositional defiant disorder.

"You never feel comfortable with your child being diagnosed with (bipolar disorder), but you do feel relieved, because once diagnosed, then maybe he will get the appropriate medications," the mother remarked.

From the age of 4 until his present age of 16, her son "has been placed on many medication cocktails," says his mother. Although he does suffer some side effects, the medications have been able to alleviate some of his symptoms.

"On certain medications, he has shown much improvement in controlling the mood swings," the mother recounted. "I am very thankful that at least he can get some relief and live a better quality of life through use of the medications."

Another mother from Chicago talked about her 8-year-old son with a very high IQ, who also suffers from sensory processing disorder, a neurological disorder in which a person has difficulties absorbing and processing sensory information from his environment. He has been on at least 10 different psychotropic medications and was also identified as having severe mood dysregulation. His family ultimately traveled to another state to see a well-known psychiatrist who diagnosed the boy as being bipolar, which the family felt relieved to hear.

With numerous resources at her disposal for caring for her son, the boy's mother feels hopeful about his future.

"He has a ton of family support and thankfully we've had the ability to get him the help that he needs," she reflected. "And he is very smart himself, so I think he has a good a chance as anyone, given the hand he was dealt with."

Allison Plitt is a freelance writer who lives in Queens with her husband and daughter. She is a frequent contributor to NY Parenting Media.



DEATH BY CHILDREN

CHRIS GARLINGTON

Really, that's my boy!

There were times when I wasn't sure my son belonged to me.

I worried perhaps that there had been a mix up in maternity, like maybe one of the nurses held my actual son in her arms, his cherubic mug illuminating the entire ward, then looked at me and thought, "This can't be right. Give him the trucker baby!"

My infant son was unlike me in so many ways that my friends insisted we'd adopted.

First, he was gorgeous. Seriously, he was a good-looking baby. He'd make women swoon in the produce aisle. Strangers were compelled to pick him up, and then, as I wrestled him out of their hands, they'd look at me — an unholy mash-up of Jack Black and Philip Seymour Hoffman's uglier brother — and refuse to give him back.

As if they were saving him.

Secondly, his head is huge. I can't take the kid downtown. People start following us because they think we're in a parade!

Our disparity really becomes clear when I can't take it any more and I turn to drink. Then my son shows his true nature and turns street preacher. Where my inner child is a drug-crazed, beer-addicted hobbit, his is an angry, implacable Amish preacher who will catch me sneaking a PBR in the pantry, raise his bony little fist and decry, "Beer is drugs, Dad!"

I'm not entirely convinced he's mine. I mean, I'm suspicious, but it's tempered by the still moments,

the graceful, accidental snapshots when he rolls his head onto my shoulder and falls asleep, or when he's whispering poop jokes in my ear and then laughs so hard he pees his pants — these are the hard arguments for him being mine.

And, yeah, he's cute and he's no fan of beer (yet), but most of his life is made of these candid instants, these stunning, high-resolution memories of nothing special, when he's not paying attention and

I know, like some kind of radiant signal pinging through my brain, without question, this is me, duplicated.

The other day I heard him on the back porch, his melodic voice angelic in its clarity, like a little bell, singing in Latin. In Latin. I hid in the kitchen trying to stifle a little tear of pride, trying to take it in, to internalize just how brilliant this kid is, silently high-fiving nobody, until I couldn't stand it and asked him what Latin prayer he was singing.

"You're stupid, Dad. It's 'Dora the Explorer.'"

So, yeah. He's mine.



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Preventing kids' sports injuries

Beware the growing trend of repetitive-use injuries in children

BY KIKI BOCHI

Baseball shoulder, tennis elbow, gymnast wrist, runner's knee. These are just a few of the labels sports medicine specialists use to describe the increasing number of repetitive-use injuries they see in budding athletes.

The growing trend of children being injured in sports at a younger and younger age has doctors worried.

With National Youth Sports Safety Month falling in April, sports medicine experts would like to remind parents that fractures, sprains, and concussions are not the only traumas they need to

watch out for.

Unlike acute injuries, overuse injuries can be prevented.

"Young athletes want to be the best they can be, and they believe intense training and competition can help them achieve their goals. Sometimes, however, this approach can have the opposite effect," Dr. Frederick Azar said in a statement by the American Academy of Orthopaedic Surgeons. "Frequent and repeated duplication of the same movement — whether in swimming, pitching, tumbling, jumping, or serving — can produce an overuse injury that may jeopardize a child or teenager's sports career."

The trend is fueled by a combination of factors, including more

children specializing in one sport at a younger age, growing competitive pressures, rigorous training regimens, resuming practice before an injury has healed completely, and improper injury prevention.

Dr. Amy Valasek, a pediatric sports medicine expert at Johns Hopkins Children's Center in Baltimore, Md., said she sees an average of 100 children per month with sports injuries and at least half of them are caused by repetitive use.

While prevention is the best treatment, once an injury occurs, rest is critical. Convincing kids of that is tough, however, because of the pressure to forge ahead and play through the pain.

"It's important to remember that the main reason to engage children in sports is not to turn them into professional athletes, but to condition the whole body in a healthy way and instill a sense of discipline, responsibility, and teamwork," Valasek said in a statement. "If the current trend continues, in 30 years, we'll have a crop of adults with serious chronic injuries that require surgery and aggressive treatment."

The STOP Sports Injuries campaign and other experts offers these tips to parents, coaches and young athletes to help prevent injuries:

- Schedule a pre-participation physical to determine any pre-existing conditions or injuries.
- Encourage your child to properly warm up and cool down before and after an activity.
- Obtain instruction on proper training and technique.
- Develop skills that are age-appropriate and increase training gradually.
- Vary activities. Research has shown that specializing in one sport at an early age can actually be detrimental to skill development.
- Encourage your child to rest and take a break, and to speak up if he is in pain or thinks he is hurt.

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



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Gifts of giving

A charity birthday party can be fun — and do good

BY DENISE MORRISON
YEARIAN

At a time when parents are pulling out all the stops for their children's birthday parties, some families are hosting hooplas to give gifts away. Children's charity birthday parties is an emerging concept that encourages youngsters to think and act altruistically. And for some families, the idea is being embraced with open arms.

When Tracy Crowley and Ingrid Yerger's two 10-year-old sons and fellow schoolmates Cayden and Bo wanted to share their shindig, their mothers suggested they have a Hawaiian-themed party with a focus on presence, not presents.

"We both knew what the boys really wanted was to have fun with their friends, and they didn't need any more toys. So we suggested they have a party and donate their gifts to the children's hospital," says Cayden's mother, Tracy. "It went with the whole party theme — kids giving kids presents — and would involve sharing with those less fortunate. We threw the idea out to the boys but said, 'It's up to you.' They thought it was a great idea."

For the Morris family, benevolent birthdays are becoming a beloved tradition. When their oldest son Jake turned 7 last year, he had a baseball-themed blow out and asked attendees to donate children's essentials to a local nonprofit organization. His younger brother Cole latched onto the idea.

"During that time Jake explained to Cole why he chose to do this, and Cole said he wanted to have a charitable party, too. So when his birthday rolled around we rehashed the idea to make sure he was still up for it then decided on a tie-dye T-shirt

party," says Elisa of her now 8- and 4-year olds.

In keeping with the T-shirt theme, Morris contacted a charitable organization Cole was familiar with to okay the idea of donating shirts, and then sent out invitations asking that instead of gift, guests bring a T-shirt for a needy child.

Cole's celebration was a full-blown festivity, with 30 pint-sized partakers and a variety of art and

craft stations, including tie-dying T-shirts, clay sculpting, and wooden toy painting. Cayden and Bo's bash was bountiful, too, with swimming, an inflatable moon bounce, a water ice truck, and 50 children who donated a deluge of dolls, art activities, building blocks, and books.

"After the party the boys sorted the presents by gender, then they each chose one gift they wanted. The rest were bagged and taken to



Hosting a charitable birthday party

Thinking of hosting a charitable birthday party? Consider this:

• Proceed with permission. Before your child's birthday, ask if he would like to have a charitable party. Move ahead with party plans only if he is in total agreement, then keep him central to all aspects of the planning and celebration.

• Explore the options. There are several ways to host a charitable party. Ask guests to participate in the charitable giving process, either by monetary means or by donating a specific type of gift; create a charitable project at the party to be donated, such as stuffing teddy bears; or opt out of party frills and make a personal contribution.

• Choose a charity. Talk with your child about the kind of non-profit organization he would like to work with. Find an institution that taps into his interests — animals, art, literature, etc. Or adopt an underprivileged family with children the same age as your child.

• Contact and confirm. Contact the organization and ask what type of donation (monetary or other) is needed.

• Invite and inform. If you choose to have guests participate in the gift-giving process, include a note with the invitation explaining your effort. If specific items are needed, make suggestions.

• Go the extra mile. Create a party theme with activities your child will enjoy. Focus on friendships and having fun.

• Deliver the goods. Once the party is over, include your child in the final gift-giving transaction. Take his picture with the donated items and have him go along to deliver them. If you are giving to a specific family, encourage your child to write a note letting the recipient know he was glad to help.

• Offer accolades. Give your child praise for sharing his birthday.

• Live it out. Set an ongoing example by integrating giving into your family's lifestyle throughout the year.

Top Tips

the hospital," says Crowley. "That's when it really hit home. A hospital representative met us at the front door, shook Cayden and Bo's hands, and thanked them profusely. Although we couldn't give the presents directly to the patients, she talked with the boys about how their giving would help and took them on a tour of the facility."

Cole experienced an outpouring of offerings, too.

"We got tons of shirts — stacks! People brought outfits, too!" says Morris. "After the party we went to the agency and together handed the shirts over. The representative thanked him, took his picture to include in an upcoming newsletter and said, 'Maybe when other people see your photo they'll want to have parties like yours.' I looked at Cole and his face was beaming. That's when I knew he got it. He really got it!"

Both parents agree the no-gift notion didn't detract from the cel-

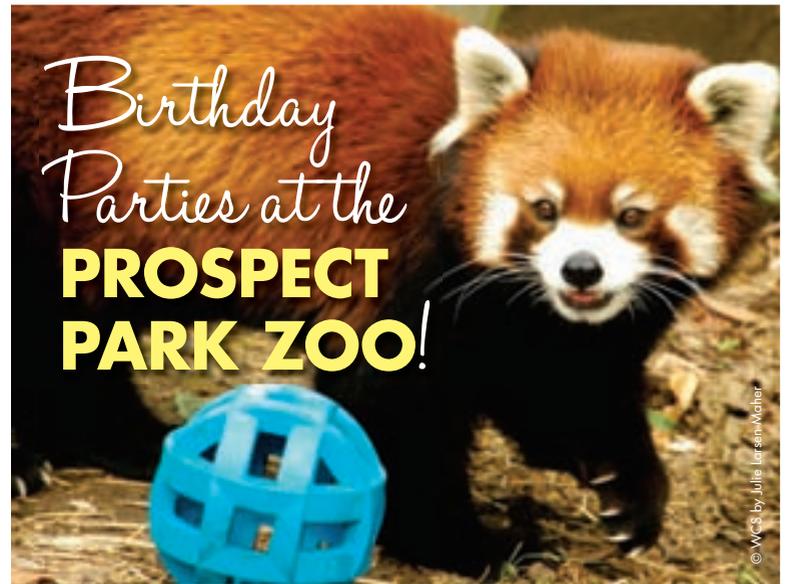
ebrations. It broadened their children's community awareness and stirred up a sense of gratitude.

"I think the whole event benefited Cole in that he enjoyed being with the people he loves, doing what he loves — which is arts and crafts — and that's what's really important," says Morris. "He also learned an important lesson about giving, and developed a greater appreciation for others' needs. And he had a great time in the process."

The event left an indelible impression on Cayden, too.

"He learned that he's fortunate to have family and friends who love him, good health, and a comfortable lifestyle," says Crowley. "And that helping others is our responsibility, and with a little creativity it can be a fun and rewarding experience."

Denise Morrison Yearian is the former editor of two parenting magazines, is the mother of three children, and has one grandchild.



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Photo by Heather Weston

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Periods

Normal vs. not

Helping your daughter cope with her transition into adulthood

BY JAMIE LOBER

When it comes to periods, it is important to talk to your daughter about what to expect. You never know what information is floating around the hallways at school, or what peers may be sharing that may or may not be true.

When your daughter knows what is normal and feels prepared, she is likely to feel more comfortable with

her own body as she goes through these inevitable changes.

Be aware that every girl's experience is unique.

"Girls typically get their period around age 12 or 13, but it can be completely normal for them to get it earlier, depending on their pubertal stage, or can even be perfectly normal to get at 14 or 15," said Dr. Gabrielle Gold-von Simson, assistant professor of pediatrics at New York University

Langone Medical Center.

Your daughter's cycle may start out unpredictable, but, over time, it will become more predictable.

"Physiologically, the menstrual cycle is usually about 28 days, but can be as short as 14 and be normal, and as long as six weeks and also be normal," said Gold-von Simson.

When girls get their period, they need to understand what is happening.

“The body is undergoing changes, the voice is changing, attitudes are changing, complexion is changing, and it is a time for parents to talk to their kid honestly about her body, how babies are made, and about safe sex.”

“They should know that it is a completely normal process and that they are likely to achieve or be going through their growth spurt at that time,” said Gold-von Simson. It can be a nerve-racking time for some. “The body is undergoing changes, the voice is changing, attitudes are changing, complexion is changing, and it is a time for parents to talk to their kid honestly about her body, how babies are made, and about safe sex.”

Some girls are more accepting of the transition into adulthood than others.

“It is interesting that girls perceive their first menstrual period differently, such that it can cause some to be proud, others to be scared, others to be confused, and others to be basically unfazed,” she said. Most come into the situation with some knowledge under their belt. “They should have some sort of understanding, because there is health education in the schools starting prior to fourth grade, where they learn about the body.”

The conversation should be a chance for your daughter to sort out any misinformation she has gotten before, and to ask any questions she may have.

“It is important for girls to understand that they can get pregnant and come down with venereal diseases, if they do not take proper precautions,” said Gold-von Simson.

Explain that girls should be accountable for their bodies.

“They should understand how many days the period lasts and be keeping track in terms of whether they get it at the beginning, middle, or end of the month,” said Gold-von Simson.

When a girl gets her period it means that the body has matured to the point where she can ovulate and become pregnant. There is no reason to fear the period, even if it means dealing with terrible cramps.

“If you are feeling pain, it is

good to take ibuprofen with food every six hours or as needed, and it is a safe medication when taken properly,” said Gold-von Simson.

Help your daughter find products that work for her, whether it is a pad or tampon, and let her know that both are equally acceptable.

“Some girls, who have not yet become sexually active, have trouble inserting the tampon, which can cause some anxiety, whereas others do not and feel more comfortable with tampons, because it enables them to be active,” she explained. Girls should be sure to change tampons in accordance with their doctor’s advice.

Consult with your daughter’s doctor if she has any concerns.

“If you have a heavy flow, or it lasts for more than five to seven days, you should see a practitioner because it can start affecting your health in other ways,” said Gold-von Simson. If pain is so severe that she needs large doses of medication, there are other modes of treatment. “If the period is coming only 10 days or mid-cycle, you have to worry about other things happening. And if there is a missed period of irregular bleeding in a sexually active girl, you need to worry about other things.”

Explain that knowing your body is the key to recognizing a problem.

“If there is painful discharge or pain in urination you have to think about sexually transmitted diseases,” said Gold-von Simson.

When a girl is in tune with her body and has an open relationship with her doctor, she will be able to face periods with comfort and confidence, knowing that it is just part of the experience of being female.

Jamie Lober, author of “Pink Power,” writes about women’s and pediatric health topics. Her website is www.getpinkpower.com, and she can be reached at jamie@getpinkpower.com.

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A tasty solution

Cookie Kids are bitty bakers on a big mission

BY SHAVANA ABRUZZO

Pint-sized philanthropists from Carroll Gardens are baking up a storm to help make our world a sweeter place — one yummy treat at a time.

Cookie Kids, an enterprising batch of fourth-graders from PS 58, has raised dough for autism, cancer, endangered elephants, exploited kids, and Hurricane Sandy relief through bake sales in parks, in front of subways, and at street corners, satisfying our craving for goodies and doing good with their homebaked rainbow cupcakes, blondies, honey-ginger biscuits, cocoa-walnut and vegan cookies,

and whoopie pies — all hawked with irresistible smiles and enthusiastic voices that sound like a peal of jingle bells.

Now, the kids are bounding into spring with yet another toothsome endeavor on April 7 at Smith and President streets, this time selling their lip-smackin' sweets for charities like St. Jude's Hospital and the Wildlife Conservation Society.

The fund-raisers, held mostly every other weekend through June, started as an impromptu afterschool club for girls and boys who decided to channel their experiences and activities into cooking up positive change for others.

"I'm really happy that ordinary fourth graders like us can make a difference," says 9-year-old founding member Georgia Fumusa, whose fellow "cookies" include Ella Tierney, Linnea Stenborg, Giovanni Galvano, Lucy Isaacs, Isabella Perillo, Blossom Bettles, Lucie Camzoniero, Leonard Bonn, and Liam Walsh.

A cool morsel? They get to make new friends — even wagnificent four-legged ones!

"We do these bake sales because we meet tons of interesting people and we love the feeling of giving back," adds Georgia. "We also sell gourmet dog treats, so we get to meet really cute dogs."

Their efforts have paid off by the tasty trayful.

One recent sunny Saturday, Cookie Kids raised a whopping \$1,300 to support peers at nearby PS 15, in hard-hit Red Hook. Appreciative Jill Eisenhard, executive director of the Red Hook Initiative, says the cash came in handy at a tough time.

"We were able to put the money into a fund to provide financial support for individuals who were impacted by the storm," she says. "It was inspiring for us to see so much support."

The bitty bakers' recipe for success is mere child's play.

The kids gather in their school-

yard at recess to plan their confections and brainstorm charities — the latter determined by what's currently going on in their busy, active lives.

Georgia became interested in healthcare after seeing her mom — stage actress Ilana Levine — in an off-Broadway play that ended with a curtain call for Broadway Cares, which raises money for HIV research. Giovanni decided to help rescue elephants in Africa after participating in a sponsored run for the Wildlife Conservation. And Liam became engrossed in a group called Free the Children after watching a segment on "60 Minutes" about child exploitation and sustainable development in countries like Ecuador, Ghana, and Haiti.

Kids in the group — whose motto is "making a difference one cookie at a time!" — have also raised money for their own Parent-Teacher Association, proving that charity begins at home. They have helped to fund school outings to the Metropolitan Opera, where they exercised their vocal chords in a collaborative music program, and to the Guggenheim Art Project, which displayed their masterpieces at the world-famous museum after the course.

Fans can now keep track of Cookie Kids, which has a blog — www.58bakes.blogspot.com — where members post photos, write ambrosial sound bites about past and future events, and inspire with quotes such as, "There is no failure except in no longer trying."

There's little doubt the proof of Cookie Kids is in its pudding.

"One time a complete stranger said on Facebook that his friends should head over to our bake sale for the best brownie he had ever tasted," says Georgia.

Now, you can, too!

Cookie Kids bake sale [Smith and President streets in Carroll Gardens; www.58bakes.blogspot.com.] April 7 from noon to 3 pm.



Courtesy of Cookie Kids

BAKE-ERIFIC! Liam Walsh, Georgia Fumusa, Giovanni Galvano, Linnea Stenborg, Lucy Isaacs, and Ella Tierney team up to raise dough for charity.



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

The insatiable child

Some children seem to be born hungrier than their siblings. These tykes have a larger appetite and take longer to be satisfied. But it's not easy to know if they're born that way, or have learned to eat more from their environmental cues and upbringing.

"We do know that children are hungrier when they are in a growth spurt," explains child nutrition expert Jill Castle, co-author of the upcoming book "Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School."

"Some children seem to naturally have larger appetites, due to a bigger frame or stature, which requires more calories, or their simple love of food and eating," she says.

A big appetite can be seen early on in babies and young toddlers. This does not mean these children are destined to struggle with their weight.

Eating in the absence of hunger peaks between the ages of 5 to 9.

"If children ask for more food shortly after a meal or a snack, they may be demonstrating boredom or habit-eating, rather than true hunger," says Castle, adding eating in the absence of hunger is associated with excess weight gain.

On the other hand, if meals or snacks are not nutritious and satisfying, or are erratic, little ones may seek additional food.

"Parents can dig a little deeper



and discuss why their child wants more to eat — maybe the child skipped lunch and is truly hungry, attempting to make up the shortages of the day. Or, maybe the meal was the child's favorite and they just want to enjoy more," says Castle.

But Mom, I'm hungry!

- Don't restrict the amount your child eats. This can ultimately backfire and result in a child who overeats at parties, school, or friends' homes. Weight and body image issues may emerge down the line.

- Brush up on age-related portion sizes and model those at mealtimes. "These normal portions can serve

as a starting point at meals, with seconds allowed if the child is still hungry," says Castle.

- Work on recognizing hunger and fullness signs with the child, and make sure eating is for hunger most of the time.

- Ensure nutritious food is offered on a regular schedule. Set boundaries around when eating happens.

- Serve plenty of fruits and vegetables to round out any meal. Regulate sweets, but don't eliminate them.

Christine Palumbo, RD, is based in Naperville, Ill. and is on the faculty of Benedictine University. Contact her at Chris@ChristinePalumbo.com, Facebook at [Christine Palumbo Nutrition](#) or on Twitter @PalumboRD.



Fudgy black-bean brownies

These flourless, fudgy brownies are gluten-free.

Makes 16 servings

INGREDIENTS:

One 15-ounce can black beans, drained and rinsed very well
 3 large eggs
 3 tablespoons canola oil
 3/4 cup granulated sugar
 1/2 cup unsweetened cocoa powder
 1 teaspoon vanilla extract
 1/2 teaspoon peppermint extract, optional

1/2 teaspoon baking powder
 Pinch salt

1/2 cup mini semi-sweet chocolate chips, divided

DIRECTIONS: Preheat the oven to 350°F. Lightly oil or coat an 8 x 8-inch baking pan or dish with nonstick cooking spray and set aside. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla extract, peppermint extract as desired, baking powder, and salt and process until smooth. Add 1/4 cup of the chips and pulse a few times until the chips are

incorporated. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining 1/4 cup chocolate chips. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into two-inch squares.

NUTRITION FACTS: 120 calories, 5g fat (1.5g saturated, 0.3g omega-3), 95mg sodium, 18g carbohydrate, 2g fiber, 3g protein

Used with permission from "No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms" by Liz Weiss, MS, RD and Janice Newell Bissex, MS, RD.

Spring clean for a little green

How clearing out all the clutter can earn you some extra cash

BY PAM MOLNAR

Spring encourages us to clean up and make room for new growth. Outside, as we clear away the dead foliage from the long winter, we are motivated by the fresh air and shining sun. Inside the house, our closets, basements, and garages need the same pruning, but the thought of rummaging through dark closets on a sunny day is very unappealing. We often take the easy way out and shut the door, keeping those items out of sight and out of mind.

What if you could make money from your spring cleaning efforts? By reselling your unused items, you are giving another family a chance to buy a quality, gently used item at half price. When you give these items a second chance at life, you get them out of your house and keep them out of landfills, making it win-win-win situation. A quick glance at the list below may give you the motivation

to go through your own closets.

• **Used electronics:** Secondhand computers, cellphones, and MP3 players are always in demand. Websites like Gazelle or Buy My Tronics buy those used electronics that you no longer use. Simply answer questions online about your item, get a quote, and ship for free. After inspection, you will get paid via check, Amazon gift card, or PayPal. Gazelle will purchase iPhones in any condition — cracked, soaked or gently used. Next Worth is another used electronics company. In addition to cellphones and computers, Next Worth will buy your cameras, calculators, and navigation system units.

• **Clothing:** eBay is an excellent place to sell used clothing. Gently used children's clothes can be sold as an individual item or as a lot of similar items. You will be charged a small fee based on the selling price of your item.

Don't limit your sales to the kids' clothes. When I changed careers, I no longer needed my designer office clothes and found plenty of buyers on eBay. Local consignment shops are great for items like cocktail dresses or one-time use items like a child's Christmas outfit. Trade in clothes for cash at Plato's Closet for teen styles and Once Upon a Child for children's items.

• **Sports Equipment:** As your children get older, you are left with a

trail of sports equipment that they have outgrown. Consider selling items like soccer cleats, baseball bats, and football pads to stores like Play It Again Sports. Offering a trade in value or a check, this is a great place to unload used sports items. If you prefer online transactions, Swap Me Sports is a bulletin board for those interested in buying, selling, and trading sports equipment. Unlike eBay, there are no fees for the transaction. The equipment is listed by region for easy pick up. Swap Me Sports also lets you donate items to teams that are in need.

• **Video games and game systems:** As your child outgrows games and game systems, know that there are other families growing into them. As my kids replaced their Nintendo DS for iPods, we were left with tons of games on the shelves. Trade your items for in-store credit at local Game Stop stores or for cash online at Next Worth. Amazon offers a trade in program exchanging video games and game systems for Amazon gift cards. Like Next Worth, Amazon gives you a quote and offers free shipping. After inspecting your items, a credit will be deposited in your account.

• **Used books, movies, and music:** In addition to video games, Amazon's trade in program accepts used books, movies, and CDs. If you would rather have cash, you can set up an Amazon seller account. Selling items yourself usually yields more money, but you will need to invest more time waiting for the sale. If you are lucky enough to have a used book store in your town, consider selling your item there and save on shipping resources. A brick-and-mortar store may give you more for your item because their volume is lower than Amazon, therefore creating more supply and demand.

Still have things you no longer need? Consider donating them. Local charities make monthly pickups and sell donated items in their stores. Your items still might get a second chance at life and the money will go directly to the charity. With spring cleaning done, you will be left with less clutter, a lighter conscience and money in your pockets. What a great way to start off the summer!

Pam Molnar is a freelance writer and mother of three. She hopes that money is the motivator her kids need to tackle the closets in their house.





FAMILY HEALTH

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

Ways to manage your child's stress

My 9-year-old son's behavior has taken a dramatic turn in recent months. From a "normal," happy child, he's become far more irritable, doesn't sleep well, and his grades have taken a turn for the worse. I think he's having trouble with classmates in school, but I'm also concerned that being exposed to some family difficulties and disagreements at home is having an impact on him. We still consider ourselves to be good parents, though, so how can we better help our son manage his stress level?

Helping your children cope with stress is both a test of your parenting ability, and of your capacity to discern the root of his behavior. However, as parents, it can be difficult to accept that managing our children's emotional well-being — particularly when it comes to stress — starts with managing our own well-being.

Each and every one of us, young and old, experiences stress, though the causes of our stress (stressors) are as unique as we are. Stress is the mind and body's negative response to the demands of interpersonal relationships, environments, circumstances, as well as the perceptions and interpretations of those demands. In children, there are many possible signs of stress, including irritability or unusual expressions of emotion or volatility, sleep difficulty, nightmares, inability to concentrate, drop in grades, bed-wetting, headaches or stomach aches, clinging, regression to earlier developmental levels, isolation from family activities or peer relationships, and drug or alcohol experimentation.

As you seem to know already, parents' behavior can have as



much of an impact on their children's stress levels as anything the children experience during the school day, which is why one of your most crucial responsibilities as a parent is to keep your stressors from becoming your son's stressors. Regularly arguing with your spouse in front of your child and leaving those conflicts unresolved can have a negative impact on your son's stress level. Modeling good behavior by openly resolving the inevitable disagreements that can occur between you and your spouse will not only set a positive example for your son, but it will also make the rest of his day easier.

When it comes to managing your son's stress levels, make sure that you talk with him — or better yet, listen. If he is unwilling to discuss his feelings right now, be available and open to talk with your son when he is ready. Encourage physical activity and good nutrition, teach your child strategies to help

solve his problems, and remind him of his ability to get through tough times with the love and support of his friends and family. Instead of discipline, use encouragement and the lessons learned from consequences when stress causes your son to make poor decisions. All of this can help your son cope with the challenges of the day when you are not around. If his stress continues to be a concern, you should seek the assistance of a physician, school psychologist, school counselor, or school social worker.

Do remember that, for better or for worse, your own behavior has an impact on your children. By working to reduce your own stress levels, and taking steps to ensure that the stresses of your day are not reflected in your behavior around or toward your son, you will be better able to help him with math homework, relationships with classmates, and the multitude of other challenges he faces during a third-grade day.

Sibling wars!

Fallout from sibling fights can be depressing

BY KIKI BOCHI

There's more at stake when siblings bicker than your own sanity.

As it turns out, fights about even simple things, like whose turn it is to empty the dishwasher, aren't harmless. Such squabbling can affect your child's long-term mental health.

A longitudinal study recently published in the journal *Child Development* revealed that siblings who fight are more likely to suffer

from depression, poor self-esteem, and anxiety.

The study found that not all sibling fights are alike. Although brothers and sisters argue about a lot of different things, many of their fights can be categorized as being about equality and fairness, such as whose turn it is to clear the table, walk the dog, or take out the trash.

The study, which followed participants for a year, found that teens who fought with their siblings over issues of fairness

were more likely to be depressed a year later.

A second category of fights often involves the invasion of personal space — for example, privacy or borrowing clothes without asking.

Kids who fought about personal space issues were more anxious and had lower self-esteem a year later, the study found.

"Our findings may help parents, psychologists, and others who work with and support teens to understand that all sibling conflicts

are not created equally,"

Nicole Campione-Barr,

assistant professor

of psychology

at the

University

of Missouri,

said in a

statement

when the

study was

released.

A certain

amount of bickering is normal.

"As much as arguments

between siblings

can be frustrating

and concerning to their

parents, they aren't always a

bad thing. In fact, these arguments

can oftentimes be the way children

learn about relationship

building, the resolution of conflict,

and the power of empathy and

love," says Roni Leiderman, PhD,

the dean of the Mailman Segal

Institute for Human Development at

Nova Southeastern University.



How to reduce those sibling squabbles

There are some things you can do to reduce everyday fighting. Here are some ideas from KidsHealth.org and other experts:

- Set ground rules for acceptable behavior, such as no cursing, no name-calling, no hitting, no yelling, or no door slamming. This teaches kids that they're responsible for their own actions, regardless of the situation or how provoked they felt. It also discourages any attempts to negotiate regarding who was "right" or "wrong."

- Be proactive in giving your kids one-on-one attention directed to their interests and needs. Don't let kids make you think that everything always has to be "fair" and "equal" — sometimes one kid needs more than the other.

- Make sure kids have their own space and time to do their own thing, including the chance to play with friends without a sibling tagging along, or to enjoy activi-

ties without having to share 50-50.

- Have fun together as a family. Since parental attention is something many kids fight over, fun family activities can help reduce conflict.

- Recognize when kids just need time apart from each other and the family dynamics. Try arranging separate play dates or activities for each kid occasionally.

- Refrain from stepping in as much as possible. Instead, guide your children to resolve their own issues.

"Letting your children know you have faith in their decision-making skills empowers them to handle challenging situations," Leiderman says.

- Take a look at how you resolve your own issues with your spouse, friends, and siblings, Leiderman says.

"Modeling good relationship skills and examining family dynamics are important steps towards creating a harmonious home environment."

Top Tips

Often, kids also fight to get a parent's attention. It is smartest not to get involved in those arguments, forcing children to work things out on their own.

"It is tempting to play referee, yet unless there are intense or physical aggressive acts occurring, it is most helpful to allow your children to work out their differences without constant interference," Leiderman says. "When we step in, we often look for the 'aggressor' — the infamous question being, 'Who started it?' In reality, it is typically not a black-and-white situation."

Most brothers and sisters experience some degree of jealousy or competition, which can lead to squabbling.

But there may be other factors at work in how well your children get along, including your child's evolving developmental needs, his individual temperaments, and

your unwitting contributions to the situation.

In some cases, the fighting is so frequent and intense that it disrupts the family's functioning or affects kids emotionally or psychologically. In those cases, it's wise to get help from a mental health professional.

Although parents may wish to tune all that arguing out, it might behoove them to pay at least a bit of attention to assess what is at the root of the problem. Reducing the strife may be accomplished by taking simple steps — such as giving kids more privacy or establishing structure about things like chores and the use of television, computer, and video games.

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

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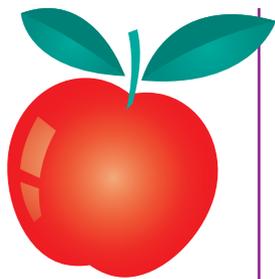
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DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

Finding challenging work for gifted students

Dear teachers,

Many times, you write about the importance of gifted children having challenging work. I would like to give some additional suggestions. Online availability of class work is perhaps the most under-utilized format to help gifted children.

Parents should also realize that many universities love to have gifted children involved with them. If parents of a gifted child live near a university, it could be worthwhile for them to contact a professor, or perhaps the chair of the department, in a given field their child shows a particular penchant to get his input on where to go for academic stimulation and see if the professor would mind having the student sit in on some of his classes or perhaps even mentor the child. As professors themselves were often precocious as young people, they frequently are somewhat empathetic to gifted children. – Want to Be Helpful

Dear parents,

So many parents of gifted children seem to think the only way to provide gifted children with the academic challenges that they need is by skipping grades. For the teacher or parent who wants to keep these children with their age groups, online websites present great materials. Furthermore, many states now offer schools a wide variety of online courses. It definitely is possible for a talented math student in eighth grade to take high-school-level courses within her classroom.

Furthermore, parents should not place the entire burden on finding stimulating work for their gifted children on the children's teachers. Great summer-school programs are available throughout the coun-

try. Some are in local colleges, and others may be in their own school districts.

Parents should also visit the American Psychological Association's website at www.apa.org and search for "related gifted education websites." These sites offer an abundance of ideas on meeting the needs of gifted children.

Two helpful mental math strategies

Dear teachers,

Do you have any mental math strategies that I can teach my children to use in adding two-digit numbers? I'd like them to have another approach to solving problems like $42 + 14$ besides the usual procedure. I think it would make their lengthy math assignments more enjoyable. – Need Math Strategies

Dear parent,

When children attempt mental arithmetic, they have to forget how they did problems with pencil and paper procedures and learn a new set of procedures. You may want to try the following strategies before introducing them to your children.

Front-end addition: When adding with their minds, children should start on the left side of the numbers. For example, to find the sum of $35 + 22$, they should first add the 3 tens and 2 tens. Now, your children know that the sum must be 50-something. Next, the 5 ones and 2 ones are added to equal 7. The sum is 57. Have your children try this with the following sums: $23 + 31$, $52 + 26$, and $37 + 41$.

When using front end addition, the children should always check the ones digits to see if their sum exceeds 10. If the sum is greater than 10, then the sum of the digits in the tens place must be increased by one. For example, for the sum $57 + 36$, the 5 tens of 57 and the 3 tens of 36 result in 8 tens. But 7 ones plus 6 ones adds to 1 ten and 3 ones. Thus there will be 9 tens and 3 ones (93).

Make a nice number. Here's a strat-

egy that can be used when one of the numbers to be added ends in an 8 or 9. Children should borrow one or two from one of the numbers being added to make the other number a multiple of ten. For example, for the sum of $98 + 17$, two can be borrowed from the 17, making it 15. Then the 2 can be added to the 98 making it 100. Now, it's easy to add $15 + 100$ and get 115.

A possible attention problem

Dear teachers,

My stepdaughter is an only child. At home, she's very relaxed and skilled at entertaining herself. We can't see any attention problems. However, her first-grade teacher is convinced that she has an attention problem. What do you think? — Worried

Dear parents,

You certainly need to have more information from her teacher than that your stepdaughter has an attention problem. Find out from her teacher specifically when she isn't paying attention and whether it is seriously affecting her learning. It would probably be helpful to go to school and observe how the child is behaving in the classroom.

One reason that you may not see any attention problems in your home is because there are fewer distractions there than there are in a classroom with children involved in different activities.

Many young children have to learn how to focus in the classroom and are inattentive at times. You can find out more about the symptoms of attention problems at these two excellent websites: www.chadd.org and www.additudemag.com. Generally speaking, a serious attention problem needs to be manifested in more than one setting.

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

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DEAR
DR. KARYN
DR. KARYN GORDON

Feedback: Why it must work both ways

Dear Dr. Karyn,

Thanks for your article last month about giving feedback well! This is a skill I've been trying to work on with my kids, and your pointers were really helpful! My trouble is that I'm not great at receiving feedback that my kids or husband give to me. Any tips would be great!

Most of us thoroughly enjoy receiving positive feedback — it's the negative feedback that is tough to swallow. So hopefully these five tips will help you receive negative and constructive feedback effectively!

Think of feedback as data

If we want to grow personally or professionally, we need to make feedback a top value and cornerstone in our work and home life! Most of us don't improve without it! Think of feedback as data — it's

simply information that can help you improve. Try not to take it personally.

Focus on the sender's intent

Ask yourself: who is giving the feedback, and what is his intent? Is his intent to help you or hurt you? While some people know how to give feedback effectively, most other people do not. So, chances are, when you received negative feedback, it was done ineffectively. So focus on the giver's intent.

If you think the intent was malicious, you would do well to ignore that person's comments. However, if you think the giver's intent was to help you improve, pay attention to what he is saying!

Ask for the positives

Don't be afraid to ask for positives if you are receiving feedback from someone who is only focusing on the negatives instead of letting

you also know what you did well. I had a boss years ago that dished out only negative feedback. So one day, I had the courage to tell him that I respond much better (and I'm a much more effective employee) when he can also tell me what I'm doing well. He looked surprised and then tried to give some positives. (It was slightly awkward, but I could see him trying, which made a big difference to me.) To me, hearing both the positives and negatives is a more accurate picture of how I'm doing (which is why I think it's important for everyone to hear both).

Look for the truth

Most of us, when we hear negative feedback, tend to shut down or zone out. The challenge is that although how a person is saying it (93 percent of communication) is not effective — what he is saying (seven percent of communication) may be nuggets of truth for areas to improve.

Make feedback a cornerstone of life

As I've worked with thousands of people (with all kinds of backgrounds, education, professions, and types of families), I've learned that people who THRIVE (personally and professionally) are people who are not only OPEN TO FEEDBACK, but also ASK FOR FEEDBACK. I encourage you to make feedback a cornerstone in your life.

Start today! How courageous are you feeling today? I challenge you to ask your spouse: how am I doing as a spouse? Ask your kids to share how you are doing as a parent. Ask your colleagues to tell you how you are doing as a co-worker. When we ASK for feedback, people are more likely to share it, and that information is gold.

Remember that none of us are perfect, but if we strive for excellence, seek out feedback, and try to apply that information, we will grow in all areas of our life!





MOMMY 101

ANGELICA SERADOVA



Beach blues

Mom hopes to have more help on the next vacation

As I shopped for groceries yesterday, I overheard two women talking about taking their kids to Disney World. I was expecting to hear how exciting it was. Instead, they discussed how “it’s not really a vacation,” “it’s too much work,” and how “by lunchtime, all of the adults are exhausted.” I didn’t want it to be true, but a part of me suspected it was so.

Last month, my husband and I took Olivia on her first trip and our first family vacation. We swapped the below-zero temperatures of New York for sunny Puerto Rico. We had been looking forward to the holiday for weeks and as much as I was excited to strip myself of my winter clothes, I was just as excited about experiencing this first with Olivia.

I was nervous, like most parents, about the plane ride. I booked the flights according to her sleep schedule. The trip there was a breeze. She slept the entire flight and not even a little pressure in the ears could dampen her mood. Success!

A day at the beach with children, however, is not necessarily a day at the beach. With our tot in tow, we headed to the popular beach of Isla Verde in San Juan. We settled into our beach chairs, ordered some cocktails, and tried to soak in the sun, especially since we wouldn’t be seeing any of it when we got back to New York.

I hadn’t even taken a sip from my mojito when I noticed Olivia had spotted a dog not-so-nearby. (Dogs are allowed on beaches.) Without

hesitation, she ran to the dog, and I chased after her. I brought her back and tried to distract her with her beach toys.

“Let’s build a castle!” I told her.

But she saw another dog and ran over to that one, too. Not only did she pet the dog, but she also climbed onto the couple’s beach chairs, rolled around with the dog, and helped herself to their fruit salad. Did I mention she was covered in sand? The couple said she was “adorable,” but my husband and I were mortified. Needless to say, it was a short beach day.

Being at the beach with Olivia definitely felt less like a vacation and more like a regular, working-mom day. But some part of me hopes that a trip to the “Happiest Place on Earth” will truly be magical. Hey, I enjoy Disney, too, which is why I dream of taking my children and making it a really special trip. Hearing those mothers’ experiences just gave me a reality check on how much responsibility is involved when traveling with kids. So, when we finally do decide to go to Disney, we’re getting two extra tickets: one for each grandmother! With a little extra help, it just might be a very happy place for all of us.

Wee forces of nature

Babies live moment-to-moment and don't realize consequences

BY TIM PERRINS

Kids are wonderful. Where would we be without them? At the movies, that's where.

In the year after my daughter was born I went to the movies exactly once. That's life, when you have a baby, because babies are disruptive. They disrupt your sleep, your social life, your peace of mind, and especially your bookshelves.

With a baby on the loose it's a struggle to get anything done. What's really scary, though, is that in terms of my journey up Mount Responsibility, I'm still at base camp.

Baby Hazel is 14 months old, and my wife and I seem to spend all of our time fighting the endless tide of toys, clothes, and food that floods our apartment. We've also begun the Sisyphean task of baby-proofing. As soon as we secure one door, drawer, or appliance, she finds some other dangerous thing to get into. At this point I'm running out of ideas — I mean, how do you baby-proof a table?

Hazel is tall for 14 months, and quick with her little fingers, which is why every piece of furniture with a horizontal surface now has a designated margin of several inches around the edge that must be kept clear. Our small "dining room" table (as if a one-bedroom apartment in Brooklyn would have a dining room!) used to be high enough that Hazel could only reach things right near the edge. As she grows taller, the plot of safe real estate on the table grows ever smaller — it's like one of those tiny island

nations that's becoming uninhabitable due to rising sea levels. If Hazel represents global warming, then the residents of Table Island (including the salt and pepper shakers, silverware, and my lunch) will soon be evacuated to a geographic locale with a much higher elevation — like the plateau atop Mount Refrigerator.

By the time you've reached adulthood you've had a lifetime of growing accustomed to the natural rhythms of human activities, but a baby doesn't recognize those rhythms. As in, "We were playing peek-a-boo for the last half hour, and now it's time to settle down — you play with your toys while daddy responds to emails and writes some hilarious replies to other people's Facebook posts. Is that too much to ask?"

Yes, it is too much to ask, and here's why: you and your baby live in the same space, but you occupy two entirely different worlds. In her world, there is no email. The internet does not exist, but your computer keyboard does, and it looks like a lot of fun! And why push just one of those clicky buttons when with even just a baby-sized hand you can smash seven or eight of them all at once?

In your world all of the objects possess unseen meaning and importance. Every bit of paper on your desk is tied to other objects and people and events. In her world, paper is just paper, and it's fun to crumple and shake and shred. The only thing special about a piece of paper, for her, is that tearing it causes daddy to come running with a funny look on his face. That little bit of magic potency makes paper even more exciting than it already was! Other than that, you rip it up, or chew off a corner, then leave it on the floor — and so what? The world is no different than it was five minutes earlier.

Our baby lives moment to moment, oblivious to the consequences of most of her actions, and unaware of the meaning of so many things. This makes life difficult for us grown-ups, but in other ways it makes things easier. Right now

I can still swear like a sailor, and it doesn't mean anything to her. I can sneak a scoop of ice cream at 9 am and she won't bring it up to mom later because she won't have a lasting memory of it. It's only just recently occurred to me that I've come to take all of that for granted.

A few days ago, after giving Hazel her bath, I was sitting on the edge of the bathtub and holding her on my lap, wrapped in her hooded-towel like a little gnome. I was using a plastic cup to rinse the suds off of her bath toys. As I poured water from the cup she stared, transfixed. For once she wasn't flailing her arms, trying to grab the shimmering stream. Instead, she was just watching so intently that it struck me that one day, suddenly, she will remember the fascinating things that she sees. From that moment on she will no longer be the little baby who only lives from one moment to the next, and I will inhabit a huge new world of responsibility. Everything I do or say will directly shape her world. Whether I react to a difficult situation with fear and anger or empathy and humility, she will notice.

For all the exasperation we feel as parents, and in spite of the fact that we can't find time to get anything done, we still have a surprising amount of freedom. Sure, we have a lot of responsibility on a moment to moment basis, but when it comes to the big ethical and philosophical questions, we still have time to breathe easy. But not for long.

As wonderful and pure as the relationship with my little baby is right now, there's still a certain detachment — a margin that separates our two different worlds. It's a margin that's only going to become smaller and smaller as her world merges with ours.

I can't wait.

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





THE BOOK WORM

TERRI SCHLICHENMEYER

Get those ‘gimmies’ out of your house

If your child has a terminal case of “the gimmies” — and he’s not getting any better, with “Gimme that” and “Buy me this” all day long, you may benefit from reading Sabrina Lamb’s “Do I Look Like an ATM?”

The “gimmies” — usually accompanied by whining, pleading, and a maddening inability to understand the word “no” — are enough to make any parent crazy. How did this happen?

In her new book, Lamb says that children were born to beg, which is a situation parents need to stop. Avoiding the issue (or worse, giving in) can result in big problems now and even bigger problems in the future.

But first, the stats: Lamb says members of the black community have an estimated \$1.1 trillion dollars to spend — and yet, many report having no savings, most don’t know their credit scores, and 40 percent have little or nothing saved for retirement. Furthermore, “African Americans tend to wield their tremendous

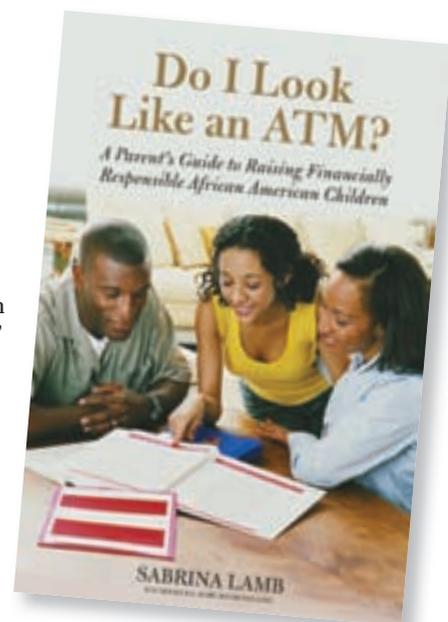
buying power on products with little or zero monetary value,” she writes. That means rented homes and expensive vehicles take money out of your pocket, but don’t put it back.

The first step to fixing that situation is by looking inward. Chances are that you never learned financial literacy, and your attitudes toward wealth may be limiting your ability to understand money issues.

Speak your financial truth and tell your child, suggests Lamb. Understand the difference between “need” and “want,” and teach your child that looking financially successful is not the same as being financially successful. Set your family up as a business, show your kids how to save — and then show them how to give, too.

I was so impressed at what I found inside this book that I was uncharacteristically speechless.

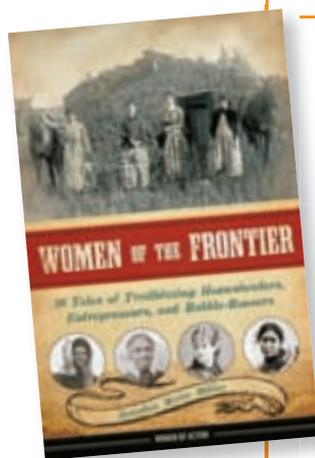
When it comes to financial literacy



for children, so many authors take minding baby-steps and waste everybody’s time, but not WorldOfMoney.org founder Sabrina Lamb. Lamb’s a little sarcastic and very in-your-face, but her boot-camp-like attitude left no doubt in my mind that what she says, works.

If talking about dollars to your kids just makes sense, then “Do I Look Like An ATM?” would be a shot in the arm to your family’s finances.

“Do I Look Like an ATM?” by Sabrina Lamb [215 pages, 2013, \$14.95].



Your little pioneer will love this history lesson

If you have a budding historian or feminist on your hands who is looking for a good read, she’ll love “Women of the Frontier,” by Brandon Marie Miller.

It’s pretty rare these days to spend your entire childhood in one place, since Americans move up to 14 times in a lifetime. So imagine moving across the country on foot, leaving everything you love behind, carrying your belongings — and sometimes your children — on your back.

In “Women of the Frontier,” you’ll see what it was like.

Nearly 200 years ago, when the United States was hit by economic depression, Americans began looking for a ray of hope. They’d been reading the accounts of traders, trappers, and adventurers in the West and so, beginning around 1841, many

people packed their belongings in wagons and carts and headed to California, Oregon, and parts west of the Mississippi River.

Most of them were penniless, but they were optimistic. The newly expanded U.S. held opportunity and a chance at a new life. Most were single men, but a relatively small handful were women.

For the women, the decision to emigrate was usually made by their husbands, and while wives eagerly anticipated the possibility of better lives, they hated leaving their homes, possessions, and families — maybe forever.

Their trip usually began with great excitement that quickly soured. River crossings were dangerous, Native Americans weren’t always friendly, the heat was unbearable, and walking for hours each day sapped a person’s energy.

And yet, there were advantages to being a woman on the frontier.

Women were allowed to own land long before they were allowed to vote. Since feminine company was scarce, women often had their choice of men, and divorce was easily attainable. Women owned businesses, wore pants, escaped slavery, and found work.

Edge of my seat! That’s where I was while reading this book.

Miller packs it with excitement, heartbreak, and adventure, as well as the blunt truth and painful realities, and she’s very adept at making the narrative personal. It’s hard to read what’s here without imagining yourself in the shoes of our foremothers.

While this book is meant for readers ages 12 and up, I absolutely think adults of any age will enjoy it, too.

“Women of the Frontier” by Brandon Marie Miller [246 pages, 2013, \$19.95].

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



HEALTHY LIVING

DANIELLE SULLIVAN

Connection between migraines and food

Thirty-five-year-old mom-of-two, Sandra Mulcahey, remembers her first migraine well. She was a 19-year-old college freshman.

"I woke up with this mild throbbing over my left eye, but figured it would go away. So, I got up and went to class, but by lunchtime, I just couldn't take the pain anymore," explains Mulcahey. Since college, she has had regular migraine headaches.

In "The Woman's Guide to Managing Migraine," Dr. Susan Hutchinson, a headache specialist who suffers from migraines herself, estimates that nearly 30 million Americans suffer from regular migraine headaches, and of those, 22 million are women. Furthermore, these "often debilitating attacks that can leave the sufferer bedridden and that, in many cases, can undermine both one's career and even one's marriage."

Like many women, Mulcahey's migraines are sometimes triggered by the surge of hormones during her menstrual period or a particularly stressful situation. However, over the years, Mulcahey learned that, often, it can be something as simple as food or sleep that bring on a migraine.

"Over the years, I began to notice that if I skipped a meal, I would get that nagging feeling that a migraine is coming on. It would start with that dull feeling on one side of my temple, and I knew it would get

worse," says Mulcahey. "If I can eat something quickly, I might be able to fend it off, but not always. Sometimes, even a coffee on an empty stomach will bring them on."

Dr. Michael Wald of Integrated Medicine of Mount Kisco says that while not every migraine sufferer will have food triggers, many do.

"Food triggers vary among migraine sufferers. Many people with migraines do not seem to have food triggers, while in others, it is very clear that various foods trigger this neuro-vascular, inflammatory condition."

What foods trigger migraines?

Foods that trigger migraines vary among individuals, but some types of food are thought to be typical triggers, like chocolate.

"Common food [triggers] are thought to be various cheeses including Brie, Stilton, Ementaler, cheddar, and Camembert. Sour cream and peanut butter, citrus fruits (including oranges and lemons), and coca are commonly reported to trigger the onset of migraines."

Surprisingly, one widely consumed food that proves a trigger for many is gluten. But, as Dr. Wald points out, "virtually any food may precipitate a migraine. Commonly eaten foods often trigger migraines. (That's right — not foods eaten occasionally.) Repeat exposure to sensitizing foods seem to trigger the autonomic and gastro-neuro-hormonal migraine response."

How does food cause migraines?

It might seem strange that eating a food you enjoy and eat sometimes — or often — can bring on debilitating pain. Dr. Wald explains how this physically occurs.

"Migraines involve a hypersensitive autonomic nervous system response; this means that the nervous system is hypersensitive to insults like foods and various other potential stressors, causing the blood vessels in the brain and those that go directly to cranial nerves, to dilate. The nerves envelop the blood vessels, so that when the blood vessels dilate (get larger), they stretch the nerves and this causes many of the various symptoms associated with migraines including the prodrome (feeling 'off'); dizziness; nausea; feeling cold; dry mouth; shaky; light-headed; head, neck and eye pain."

Migraine prevention

The first step in preventing the dreaded migraine is to identify your own personal triggers, food or otherwise. Dr. Wald says they include poor sleep habits, stress, dehydration, poor diet, flickering lights, extremes in temperatures, and strong perfumes. Refined sugar and processed sugars are thought to trigger and worsen headaches, as does magnesium deficiency and hormonal imbalance, so seeing your doctor is vital in helping stave off regular migraine headaches.

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.





LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

What comes after the birds and the bees?

Continuing the sex talk with your adolescent

Did we really have a problem with the “birds and the bees” talk? In retrospect, talks about eggs and pollination was a cinch. Birds and bees don’t have to worry about date rape and sexually transmitted diseases.

Your teen has graduated to the next part of the conversation. Most teens have already learned the details of “how.” They need to contemplate the “why” and “why not” part of the equation, and this should come from a parent — not the guy at the back of the bus. The issues are more complex, such as dealing with heartache, feeling comfortable saying “no,” avoiding sexual predators, and understanding the dangers of sexting.

Parents need to overcome their discomfort and begin the dialogue.

Just start talking

“Jump when the opportunity arises,” says Dr. Allison Baker, di-

rector of The Adolescent Program at ColumbiaDoctors Midtown in Manhattan. Perhaps a movie or music video might inspire discussion. “You can start by acknowledging that this might feel ‘super awkward,’ but then keep the conversation going.”

Baker also warns that adolescents may be totally silent at first, but this should not discourage parents.

“You are setting the stage for a future conversation. Make that explicit by saying that it is always okay for them to come to you with questions or concerns about sex,” she says.

Talking to your teen about sex, safety, and responsibility should be an ongoing dialogue because the issues will change as your teen matures. Above all, parents need to talk whenever their teen seems willingly to discuss the subject.

Confused emotions

One of the most difficult things for adolescents is handling the emotions that accompany romantic relationships. Temporary sexual relationships can leave a teen feeling used and discarded, so your teen’s feelings need to be addressed.

“You can start by inquiring about their current relationship,” suggests Baker.

Is your teen upset about a fight with her boyfriend? Have you noticed that she is experiencing unusual highs and lows — a “relationship rollercoaster?” Take this opportunity to discuss jealousy, peer pressure, manipulation, and heartache. You might mention a similar experience that you had as an adolescent so that your teen feels more connected with you.

Discuss the risks

According to the Centers for Disease Control and Prevention, “Many young people engage in sexual risk behaviors that can result in unintended health outcomes.” The Cen-

ter’s 2011 survey of high school students found that 39.8 percent of students who had recent sexual intercourse did not use a condom and 76.7 percent did not use a form of birth control.

The last thing any parent wants to learn is that her teen is engaging in alarming behaviors, such as unprotected sex, sexting, or having multiple partners. So, parents should frequently discuss the risks of HIV infection, sexually transmitted diseases, and date rape.

“If your adolescent reports dangerous or risky behavior, let him know that the two of you can work on this together,” Baker explains. “Remember, your teen’s doctor is a great general resource for these issues.”

Physicians routinely ask about matters of sexual health during check-ups.

Tips and tales

From the Mayo Clinic:

- Seize the moment: Use TV shows or music videos as springboards for discussion.
- Be honest: If you’re uncomfortable, say so.
- Be direct: Present risks objectively.
- Consider your teen’s point of view: Listen to your teen’s pressures and concerns.

Share your ideas

Upcoming topic: Tips for teens to stay safe on college campuses.

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, “Lions and Tigers and Teens: Expert Advice and Support for the Conscientious Parent Just Like You” (Unlimited Publishing LLC, 2012), which is available at Amazon.com. For details visit www.myrnahaskell.com.





JUST WRITE
MOM
DANIELLE SULLIVAN

Realizing my baby is growing up, way up

It was sports day at my son's school last month. In celebration of Catholic Schools' Week, each day was devoted to a different theme. Sports day meant the children were allowed to forgo their school uniform and wear a sports T-shirt. M J had planned on wearing his Islanders' jersey and a pair of jeans, and was excited about it. When he went to put it on that morning, his long arms shot out from the sleeves like tree trunks. The sleeves ended at his elbows. Disappointed, he traded in his jersey for a Jets T-shirt and went off to school.

Was the dryer really shrinking our clothes that much? No, it couldn't be, I realized, because the rest of the shirt fit him fine, but his arms hung out like newly sprouted branches. The school crossing guard did say how tall he was getting last week, and he did throw my shoes on (which fit him!) while putting the garbage out the other day, I remembered.

When he came home, I compared my arm to his, and then his sisters', and finally my husband's. His arms proved longer than all of us except my husband's, but even that was a neck-and-neck race.

Wait, didn't we just celebrate his 10th birthday? How could this have happened so quickly? How could my baby, my sweet boy who I'd dress in cuddly stretchies and snuggled up with in a warm blankie, become this tall, lanky boy ... three years before hitting his teens? His dad is tall at 6-foot-2, but if MJ keeps up with these growth spurts, he may easily surpass that.

I'll admit that my interest in his growth spurt has a lot to do with disbelief. I don't want to know that he is growing up so incredibly fast, or perhaps, I don't want to recognize that I don't have a baby any-

more and haven't had one for a long time. Even more than that — gasp! — I probably won't have one ever again.

I find myself recalling the days when my kids were in diapers. I loved nothing more than walking all across Brooklyn pushing a stroller, enjoying lazy days in the park, afternoon naps, and wide-eye grins upon walking toward the crib in the morning. I miss the coos and cuddles, cute mispronunciations of everyday words, the feeling of holding a sleeping toddler on my shoulder, the smell of a newborn's head ... watching a baby sleep.

We should have another, we say. Then, I suddenly remember the sleepless nights, pregnant mood swings, long days with cranky toddlers, the not-having-a-minute-to-yourself-at-all, and the labor (oh, for the love of God, the labor!), and I realize our family is complete. Yes, I do miss the baby days, but not enough to start all over again. And did I mention the labor?

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.





ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

Providing for a pet

Domesticated animals and pets have gained increasing prominence in our lives. Often, they assume as much importance as children — even more so in the case of clients without children. Many clients ask how they can ensure that their beloved pets are properly cared for after death. This is far from an unusual or uncommon question.

For many people, the care and well being of the pet is a very important consideration in their estate planning. A pet owner should not only consider what should occur in the event of the owner's death, but also what arrangement should be made during the interim period between the owner's death and the admission of the Will to probate, and what arrangements should be made in the event that the pet owner does not die, but is incapacitated or hospitalized. Arrangements should be made to allow access to one's home to care for and feed the pet during such periods.

In considering this issue, it is important to recognize that pets are not people, and they are considered "chattel," or tangible property under the law.

A Will can make provisions for the care of the pet, but the executor cannot officially take action to carry out these provisions until the Will has been admitted to probate and the executor has received the authority to proceed by the issuance of letters testamentary. Since there can be a period of weeks, if not months, between death and the issuance of letters testamentary, plans should be made to ensure care for the pet during this interim period.

A pet owner can designate a suitable caretaker for his pet in the Will. This matter should be discussed in advance with the potential caretaker to make sure the animal will



be cared for appropriately. It should be noted that the person who receives an animal as the result of a bequest in a Will becomes the owner and, as such, has all the rights and responsibilities of ownership (including the right to euthanize the animal if and when necessary, or on the recommendation of a veterinarian). It is prudent to name alternate caretakers in the Will in case the first-named person is unable or unwilling to take the animal when the time comes. Alternatively, the Will can provide the executor with the discretion to select an appropriate caretaker.

Since a pet owner cannot leave any part of his estate outright to an animal, the owner may leave a sum of money to the person designated to care for the pet. The pet owner should leave a reasonable amount of money for the care of any pet, since a large sum of money could prompt relatives to challenge the Will. If the bequest is conditioned upon the beneficiary's proper care for the pet, the executor will be obligated to ensure that the person

receiving the bequest fulfills his commitment.

If there is no appropriate individual to take the pet, the pet owner should consider naming a charitable organization (such as a humane society or shelter) to care for or place the pet.

New York law also provides for the creation of a trust for animals (sometimes called a "pet trust"). A pet trust cannot exceed 21 years, even if the life span of a particular animal is longer. The trustee appointed in the trust will be directed to use the funds in the trust to care for the animals.

It may also be advisable to include a provision in a Will permitting the executor to use estate funds to care for the animal for the period before the animal goes to the new home designated by the pet owner. The Will should state that the costs of food, veterinary care, transportation and other expenses incurred by the executor in caring for the decedent's pet is to be paid from the estate as an estate administration expense, whether or not the expenses are deductible for estate tax purposes.

A concerned pet owner might consider keeping a short written note in his wallet or purse containing emergency instructions in the event that the owner is injured or hospitalized and unable to return home to care for the pet.

In short, the best way to assure proper care for a pet is to make both testamentary and short-term arrangements for the pet now, and to have a Will that addresses the appropriate provisions for any current and future pets that you may own.

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

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A special spring

Help kids with special needs get the most from the season

BY REBECCA MCKEE

Spring has arrived. People are out and about. For those of us who have the luxury of having an intact socio-behavioral makeup, moving with an intended purpose comes very easily. We make a plan, hypothesize and predict about our endeavor, and set out for our activity. These outings can include exercising, shopping, enjoying nature, relaxing, and other executed physical activities. We are lucky to be able to enjoy these moments.

People with special needs have limited experience in social activities due to weaker executive functioning skills and independent leisure activities. Many times they will run into a brick wall as they attempt to open the symbolic gate that encloses their daily lives.

Spring is a perfect season to develop a daily habit of action. We are all aware now that being outside in fresh air and sunlight, while being active, brings an abundance of physical, mental, and spiritual health into our lives. We need to teach these healthy habits to all and make it a way of life for people with special needs.

Many people with special needs, including autism spectrum disorder, have a tendency to make physical movements that seem to be disengaged from an intention. Whether it be running back and forth, jumping up and down, rocking, finding visual stimulation from repetitive physical movements, or other seemingly off-task behaviors, these individuals appear to be out of sync.

While as a professional and advocate for people with special needs, I do truly believe that families should allot a certain period of time during the day for these individuals to just “be” who they are; it is important to teach how to move our bodies in a functional way.

Teaching functional activities would be analyzed and shaped behaviorally. Always replace unwanted behavior with socially appropriate behavior that is similar in sound, sight, feeling, and motivation. Most



importantly, the individuals have to be motivated to move in the direction you are proposing. Simple is best. Keep in mind realistic activities. Most of us enjoy the simple things in life: parks, walking our dogs, drinking coffee and tea at cafes, shopping, exercising, listening to music, cooking and eating, or enjoying our hobbies.

One scenario you can picture is a teenager who snaps his fingers by his ears on a constant basis. He loves music. Provide him with music lessons with an instrument that will require him to hold the instrument near his shoulders and ears, in which he would have to use his fingers, such as maracas or the violin.

Keep it simple. The lessons should be modified and fun — the idea would be this young man would have a hobby of music therapy, so his body would now engage in a natural way that leads to a goal. He will feel success. He is hustling and bustling and aiming towards his own bottom line.

Another example is that you have

a child who runs back and forth across the living room when she feels overstimulated. Just like we schedule exercise in our lives or your other children have Little League practice, this child will now have daily exercise time at the high school track. Pick a time when the track is the least crowded; this is due to the fact that your child may have a tendency to be louder than others and also may run across the lanes. Include an iPod of her favorite songs, if she enjoys music, so that she fits in socially.

Now let her go! Let her fly like the wind and get all of her running out of her system in a completely enjoyable, outdoor, fresh air way! She is using her body and energy and hustling and bustling and aiming towards her own bottom line.

Spring is a time of rebirth and a fresh start. Include your special family member into this action plan by developing one or two outdoor activities to enjoy each week. Happy spring!



GROWING UP ONLINE

CAROLYN JABS

Apps to help with dinner

Everyone agrees: sitting down to a relaxed meal with family members is nourishing in every possible way. Of course, behind that image of serenity, there's often a frantic parent scrambling to plan, provision, and prepare the food.

Now an avalanche of apps promises to simplify these tasks. Most of the sites below offer recipes, menu planning, and even instant grocery lists. Zeroing in on the one that will work for your family is almost as challenging as finding a recipe everyone likes, so the following list is organized around your most urgent needs.

Many of the websites and apps are free, and even the subscription plans tend to offer free samples. Before making a commitment to any particular program, check out a meal or two to be sure they are a good match with your family.

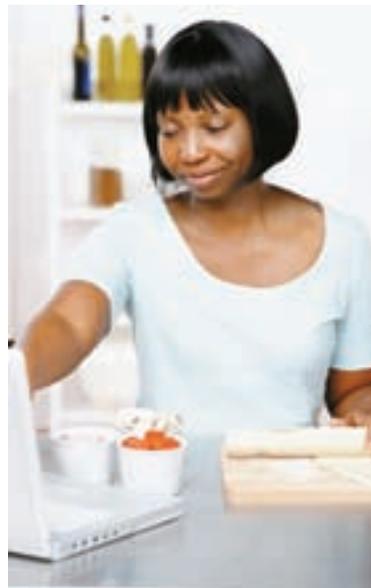
Give me a plan!

Get organized. Howdoesshedoit.com, a website designed by a husband-wife team, is especially easy to use. Make a collection of recipes you like, taking their suggestions or importing your own ideas. Drag meals into the menu plan. Hit a button and get a grocery list. The website is free to those who sign up. An iPhone app called PlanShopEat costs \$2.99.

Keep it simple. Thefresh20.com e-mails a weekly plan for five dinners that use only 20 fresh, in-season ingredients. Choose from classic, gluten-free, lunch, or vegetarian-vegan plans. Cost is \$5 per month, although Groupons are often available.

Use what you have. Supercook.com encourages you to look in your pantry and put ingredients — and leftovers — into a search engine. Then it generates a list of recipes that use what's already in the house. Filter recipes to eliminate those that include nuts, gluten, meat, dairy, fish, or shellfish.

No time to cook. Thescramble.com is firmly grounded in the realities of family life. Subscribers get recipes for five dinners a week with



an emphasis on seasonal produce. A helpful newsletter includes tips about problems ranging from picky eaters to tight food budgets. After a two-week, free trial, subscriptions cost \$7 a month for three months or \$3 a month for three years.

Recipes galore

Master list. Ziplist.com doesn't plan your menus, but it does provide one-stop access to thousands of recipes from other websites. Once you've made your meal plan, one click adds the ingredients to your shopping list. Free app for iPhone and Android.

Love to cook. BigOven.com draws its 170,000 recipes from the social network of the same name. Joining the community is free and allows you to build a "Try It Soon" list and comment on recipes. For \$20 annually or \$2 a month, you get access to an ad-free version with a grocery-list generator, nutrition information, and the "Leftover Wizard." A free app for virtually every interactive device means recipes can be saved and synched wherever you are.

Filebox on a phone. PepperPlate.com helps you create your own collection of recipes by uploading favor-

ites from a wide range of websites and tagging them with your own search terms. A planner encourages you to schedule three meals a day for an entire month. The grocery list can be organized to follow your path around your favorite market. Free for iPhone, iPad, and Android.

Down-home cooking. AlltheCooks.com is a social bulletin board where passionate cooks post their favorite recipes, ala Pinterest. The app connects you to the forums on the website, so if you have a question about a recipe or a preparation technique, you can post it and get friendly advice — usually within minutes. Free on Android and iPhone.

Special circumstances

Special needs. eMeals.com sends menu plans and shopping lists built around dietary preferences ranging from gluten-free and clean eating to low-carb and paleo (a diet that mimics that of our ancestors). Plans start at \$58 for a year of dinners. You can pay extra for lunch and breakfast menus.

More veggies! Superhealthykids.com is run by two moms with an infectious enthusiasm for getting more fruits and vegetables into their kids. In addition to menus, recipes, and shopping lists, the subscription fee pays for nutrition information and bonus items like a list of best grocery prices and a food and veggie intake tracker. The price is \$10 a month or \$100 per year.

Less processed food. The app 100daysofrealfood.com encourages parents to "take the pledge" and feed their families more natural foods. Calculated for a family of four, the meal plans include breakfast, lunch, snack and dinner for under \$170 a week. Grocery lists don't include any food that has more than five ingredients on the label.

If there's an app that peels vegetables, we couldn't find it. Still, the apps listed here definitely make it easier to give answers to the age-old question: what are we having for dinner?

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 read other columns. © 2013 Carolyn Jabs. All rights reserved.



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A TEEN'S TAKE

AGLAIA HO

History of New York offers new thrills

Growing up in New York City can be a thrilling and exciting experience. The dynamic urban rush is like no other, and the Big Apple boasts a colorful cross section of diversity. It is the ideal playground for teenagers to explore their interests. The city has a wide variety of opportunities for young people to pursue possible career paths and to explore their hobbies.

I had the opportunity to delve into one of my interests last summer: history. I have always enjoyed learning about the past and making compar-

isons between before and after. I was fortunate to obtain a paid internship that not only helped me garner experience in professional, historical research, but also introduced me to the amazing New-York Historical Society.

Clinton (the same guy who built the Erie Canal and also implemented the city's grid system) and John Pintard in 1804 to promote the preservation and remembrance of the past. It does just that, housing a comprehensive collection of many artifacts, and has many changing exhibits that shed light on New York's role during certain eras of American history.

Prior to my internship, I had never stepped foot into the museum. Having the opportunity to browse through the exhibits during breaks made me realize how blind I had been to the history of my very own city.

As I explored the museum for the first time, I had no idea what role New York played when it came to slavery, the Civil War, the Gilded Age, or even beer making in America! The museum has something for everyone, offering lectures, concerts, walking tours, classes, and internship opportunities for high school and college students.

It is also family-friendly, with a complete floor dedicated to the DiMenna Children's History Museum. The exhibits are pint-size and easy for young ones to follow. Even as a teenager, I thoroughly enjoyed playing the little games and was surprised by how much I learned.

Each exhibit at the New-York Historical Society is not only jam-packed with information for history buffs, but also provides a fun learning experience for history neophytes. There are many interactive exhibits that make learning about history more visual and entertaining. Glossy touch-screen panels allow visitors to peruse details about certain events and artifacts. The first-floor lobby is a beautiful and harmonious collection of artifacts and artwork. Some items are even placed in glass cases beneath the floor, adding an exciting twist to the exhibition.

Working at the museum, I was drawn to unique areas of it that I normally wouldn't explore. I always read through all the information in exhibits, but I rarely visit the research libraries inside the museum. As part of my internship, I had the opportu-

nity to use the library at the New-York Historical Society to look at primary source documents and old books. I even handled a book from the 1850s. I could smell the aged and weathered quality of the book. Flipping through the delicate pages, I could not believe I was so much closer to history. The library is incredible, and, in my opinion, could surely give any library in the world a run for its money.

Still, the fourth-floor Luce Center, an open exhibit that crams artifacts of every style, shape, and size into a warehouse-esque setting that encourages visitors to explore independently, was my favorite by far. At times, it was easy to get lost in the labyrinth of artifacts that completely transform the fourth floor of the museum into a treasure trove. During the course of my internship, I must have walked through that area a gazillion times. Yet, on each visit, I was entranced by the items behind the glass

Interning at the museum was a valuable, memorable experience. I made new friends, made a few bucks, and learned new skills, like researching techniques and, most importantly to me, how to do in-text citations (which has proven very handy for school papers!). Thanks to the museum, I definitely got my dose of history and was left pining for more. The museum and internship inspired me to pursue history even further — this time, with a specific focus on discovering more about New York's role in history.

It is important for teenagers to take advantage of what the city has to offer. We are very fortunate to live in a place where opportunities are endless and there are programs, jobs, and internships for every interest. Working and studying in the city makes you feel like part of something bigger and can help you make the most of your summer.

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.



New-York Historical Society / Jon Wallen

Inside the DiMenna Children's History Museum, part of the New-York Historical Society.

Located across the street from Central Park West, the New-York Historical Society is truly a gem that New Yorkers of all ages must visit. The museum was founded by DeWitt

sons between before and after. I was fortunate to obtain a paid internship that not only helped me garner experience in professional, historical research, but also introduced me to the amazing New-York Historical Society.

The experience further fostered my passion for history and inspired me to develop a particular interest in the history of New York. The city, as modern as it may seem, has historically significant roots, dating back to the 1600s. Our vibrant metropolis has played an extremely influential role in shaping American history.



FAMILY JOURNAL

ROBERT MORTON

Autism has become a nationwide crisis

The Centers for Disease Control released a gloomy report on autism last year — its latest survey found that one in 88 American children had been diagnosed with autism and related disorders, and one in 54 American boys were determined to be on the autism spectrum.

Researchers are desperately attempting to isolate the cause. They know it is a neurological disorder with no real cure that lasts a lifetime since it stems from a chromosome abnormality involving brain neurotransmitters. They found autism is genetically transferable with a 15 percent chance of more than one family member having it, occurring

eight times more frequently in boys than in girls. There is also growing evidence pointing to environmental factors, including pesticides, air pollution, and other environmental toxins that could impact brain development and lead to autism.

Before the Center's depressing findings, in a population of 10,000 children born, the incidence breakdown was something like this: there were three to five severe autistic cases, 10 moderate-to-mild cases, and 50 to 75 with a Pervasive Developmental Disorder, not otherwise specified. Children diagnosed with the latter will still be affected in the manner noted above, so, out of a population of 1,000 school children,

five to seven or eight will suffer from a mild-to-severe form of this condition. Unfortunately, these statistics have worsened.

Not surprisingly, autism comes from the Greek work meaning "self." Babies with the disorder prefer a solitary existence. It is hard for parents to get them to do the "oooo" back-and-forth communication, and quite often, these babies don't hold up their hands to be picked up like other infants. Instead, parents receive a "wet noodle" response, or the baby may grow as rigid as a board to avoid being picked up or touched. Autistic children can be spotted in birthday party videos, for they rarely do "declarative pointing" to get others inter-

ested in their newly opened gifts. The "point gaze" is missing as well — while playing, they rarely look up at their parents to read their faces, then look back at the toy. They may not respond or look up at parents until their name is called several times.

The fact that one in 88 children fall somewhere along the autism disorder spectrum is both distressing and frightening for parents-to-be. It is beyond my comprehension as to why this national calamity was not mentioned in either the Republican or Democratic national conventions. Ironically, Geraldine Dawson, the chief science officer for Autism Speaks, calls the situation a public health crisis that demands a coordinated national response, increased research, earlier screening, and better treatment.

For the sake of our children and parents-to-be, I pray our national leaders heed Dawson's words.

Robert Morton was a school psychologist and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University.





FABULYSS FINDS

LYSS STERN

Just the two of us

Marriage is not easy. It can be messy and tense, and there are a lot of things to remember and consider when trying for a happy, healthy marriage and family life.

I realized on a recent trip to Jamaica with my husband that 17 years together — 12 married — is something to be really proud of. Someone asked me yesterday how to cope with being too hard on oneself when it comes to parenting, and I responded by saying how important the little things are, from making dinner once a week with your kids, to making time for an after-school-after-work ice cream run.

Well, I think the same goes for being a good wife or husband. That's why my husband and I decided to

leave the kids at home and escape to the tropical island. I've already been home for an entire week, but it still hasn't set in that I'm not in Jamaica anymore. I still feel like I am at the island's spa in my mind, float-

ing in the pool with no idea where my cellphone is.

Brian and I had a laugh to ourselves while walking on the beach.

"We're actually holding hands," he said to me. "When's the last time we held hands?"

We laughed at the sweet and awkward first-date nature of our hand-holding and I really felt so happy and close to him. Right then and there, we made a pact to hold hands at least once a day when we got back to New York. Yesterday we totally forgot, but right before our heads hit our pillows, he squeezed my hand. We laughed and called it a successful day. We are trying and accepting and laughing when we can, and that's what matters.

Back in August, I told the New York Times why I thought a childless vacation was therapeutic and necessary, and I stand by it to this day. I'm

living proof. Brian and I had such a gorgeous vacation and got along so beautifully.

I had only been in Jamaica for 30 hours when I emailed my assistant telling her I was undoubtedly "moving down here with the boys ASAP!" I completely understood, upon arrival, why people choose or highly consider moving somewhere tropical and totally stress-free. They get the common responses: "It's unrealistic." "You're running away." But why not? You only have one life to live, and Bob (Marley) said you should live the life you love and love the life you live, right?

Brian and I are going to try and touch base a couple times a day — whether it be a text, phone call, or email — about something other than our businesses or children. I'm thinking of sending him a little "meet me at the pool" or "order me a pina colada, be there in second" text while he's at work today. What do you think? A marriage without inside jokes and a little dry humor is bound to be hard — if you can't poke fun at your husband for all his gray hairs coming in before yours, and if he can't respond by jokingly pointing out your multiple trips to the hair salon a month to make that so, then what are you doing?

I think any DivaMom would agree, however, that it's a lot easier to work on anything — especially your marriage — after a good ol' spa day. The Spa at Round Hill is an oasis of relaxation and pampering, set amidst 10 acres of beautiful oceanfront property. It offers a vast array of treatments, sure to soothe away your stress, and leave you feeling refreshed and invigorated. Many treatments feature the exclusive Elemis line of products, while others infuse local Jamaican ingredients to provide you with a truly authentic spa experience. The spa experience was something I just truly would not have been able to find anywhere in New York City.

Round Hill was conceived by well-connected, Jamaican-born entrepreneur John Pringle, whose mother was a social fixture and owned the former Sunset Lodge Hotel in Montego Bay. The 100-acre peninsula

was part of Lord Monson's huge Round Hill Estate, which was first a sugar plantation and later grew coconuts, pimento, and allspice. The peninsular bluff was also home to pineapple groves, which are now represented in the signature logo of this prominent Montego Bay resort. Pringle's vision was to take the boutique concept onto another level and into a new domain. The plan comprised the design and development of a luxury cottage complex in Montego Bay — an early boutique hotel — which, based on Pringle's own revolutionary business model, would offer those who purchased a cottage a share in hotel profits.

In other words, he had the idea of creating a resort that would appeal to the very rich who wanted to have a cottage in the West Indies without the problem of absentee ownership. Pringle was dedicated to his dreams and worked tirelessly to turn them into reality. In 1953 the ever-renowned and celebrated Round Hill opened its doors to the world of fame, wealth, and creative talent — with Noel Coward as its first shareholder! Prominent American and European socialites, literati, and artists were invited to build cottages and to invest in the hotel.

Today, the wood-paneled bar is lined with black-and-white photographs of the owners and their stylish guests enjoying Round Hill's beach and nightlife, which was so fun and interesting for Brian to look at while enjoying our much-needed array of tropical "grown-up drinks."

There is truly nothing I failed to do on this trip; I took advantage of all the amazing things Round Hill had to offer and was transformed into the most relaxed version of myself for my entire stay. I sat on the beach and read for pleasure, snorkeled in clear blue water, did outdoor yoga multiple times a day (the instructor told me I have to do yoga every day from now on because, strangely enough, I hold all my tension in my legs), ate cleanly, healthily, and delysiously, dined on the beach, and enjoyed our absolutely gorgeous, private villa.

Could I have asked for anything more from a vacation (besides another month or two)?



Round Hill in Jamaica



DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Divorced dads and their children

I had a subscription 10 years ago to a divorce magazine for men. Within a few months, the publication folded. Apparently, not enough men were buying it — an unfortunate circumstance since many men suffer terribly through divorce, although most won't admit it. We need help to get through this traumatic period, just as women and children do.

There is probably more support and information regarding men and divorce now than ever before, but my sense is there still isn't enough guidance or resources to meet the need.

I encourage fathers (and mothers) to recognize that dads perform a critical role in their children's lives — especially during and after a divorce.

Melissa Kester, founder of Manhattan's Madison Marriage and Family Therapy, has worked with divorced and divorcing dads for 10 years, and discovered that many of them struggle with the same questions.

How will the divorce will affect their children? How can they help their kids get through the troubling experience?

Men going through divorce are mourning their fantasy of marriage, says Kester, while navigating the sadness that comes with the knowledge that they might not be with their kids everyday.

It may be tempting for a mother to want her ex-husband out of her life, but there are several benefits to having an involved dad around. Children are happier and more confident, they perform better at school, and they have an easier time forming healthier, long-lasting relationships later in life.

Fathers who remain in their children's lives can also share the responsibilities of parenthood, such as dropping the kids off at school, bringing them to the doctor, or driving them to sports lessons.

Parents encourage our children to be independent, but we still make



most of the important decisions for them during their growing years, such as making them brush their teeth, going to bed on time, attending school, and doing their homework.

In the same way — barring abusive and unsafe situations — we need to encourage our kids to spend quality time with their other parent. Your child may cry at first, but after spending some time with his dad (or mom), he or she may come to relish those precious moments.

Transitions between households can be difficult, but time spent with both parents can fulfill important needs if adequate adjustments are met.

Part two of this article will appear in the May issue.

Contact Melissa Kester at (917) 488-6364, or on her website at www.madisonmft.com/contact.html. Read her blog, *Towards Healing*, at <http://towardshealing.net/tag/melissa-kester>.

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

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



Picture perfect

Advice for taking springtime snapshots of young children

BY MONICA BROWN

Communions, confirmations, bar mitzvahs — we all want to remember these important milestones with breathtaking pictures of our children and families. You can hand over the studio work to a pro, but when the big day comes, there are still lots of pictures left up to us parents to snap. And let's face it: most of us are amateur shutterbugs, who can use

a lot of help capturing that special moment.

But you don't need to wait for a special occasion to take terrific candid shots of your little ones. Even an ordinary moment of playtime can turn into a beautiful keepsake, if you know how to use your camera the right way.

Deborah Hope Israeli of Red-head Photography in Wall, New Jersey, is a newborn baby photographer who has been taking pic-

tures of kids since 2005, and offers parents some great tips:

- **Go on location.** Generally, toddlers do much better outside on location rather than in studio. Studio environments can be intimidating, and if the child shows any type of resistance, it's best to move the session outdoors where there is a variety of stimulation other than your camera.

- **Do not use strobes or flash.** Stick to natural (available) light.

Even an ordinary moment of playtime can turn into a beautiful keepsake, if you know how to use your camera the right way.



Strobes are used in most commercial studios, but they scare many kids! If you are in a studio, try to find a photographer who uses continuous lighting (non-flash) or available daylight to photograph.

- **Do not pose.** Kids this age move around quickly and do not like to stand still. The more you try to “pose” them, the more they will resist and do exactly the opposite from what you want them to do. Leading them (reverse psychology) works much better to get what you want.

- **Avoid temper tantrums.** If you don’t want photos of your kid playing on playground equipment, don’t go to a location where there is a playground in the distance that is viewable by your toddler! All that will do is create temper tantrums, because the child will want to play rather than cooperate with you. Aim for empty spaces, such as an open field, a park without a playground, and lots of shade, or under a beach boardwalk, away from any rides or other distractions.

- A big “whirly” pop (i.e., large colorful candy lollipop) makes for a great “prop” at the end of a session, when everyone is getting cranky!

- Play with her, and be ready to photograph on continuous (where the camera focus follows moving action), and click away as she runs towards — and away from — you! You can get some amazing photos of your child running towards the camera.

- **Directed games.** Play “find the leaf” or “find a rock” and talk to your child as she looks around the surroundings, glancing up at you with eager, directed stares.

- **Scotch tape.** If the toddler is really uncooperative (and on the younger side), taking a piece of clear plastic tape and putting it on the palm of her hand will stop her in her tracks. It’s not visible in the photo (or easy to

edit), and usually you can have a conversation with her looking at the camera while she is trying to figure out what is stuck to her hand.

- **Turn colorful toys into great props.** Many simple, wooden toys (for example, Melissa & Doug) make great photo props, and toddlers will love playing with them, allowing you to capture some very natural, enthusiastic images. She will think she’s playing, and yet you have created a controlled environment with toys that are either vintage or simple and colorful — not distracting. Win-win.

- **Less is more.** Avoid distractions. If photographing in your home, try to use a big window for good light, or go to an area of your home that is not filled with children’s toys. (Kid toys tend to be brightly colored and will just be a distraction in the background.) A west-facing window in the morning hours and an east-facing window in the afternoon hours will give a nice diffused (soft) light for portraits. And it will be enough light that you can use a fast exposure to capture her movement.

- **Get messy.** Don’t be afraid to get dirty! Sometimes the best photos are the ones taken in the rain, the mud puddle, the finger paints, or other kid-friendly fun!

- **Her perspective.** Get down on her level, instead of photographing from above, photograph her from a different vantage point. See the world as she sees it. A wide-angle lens can help expand that idea and make it even more visually interesting.

With a few tips to put into practice, every mom, dad, or grandparent with a camera can make a little magic of their own.

Monica Brown is a television journalist and freelance writer. She is married to one of New York’s Bravest, and has two children whom she loves to photograph!

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Here's to babies!

A Brooklyn rabbi makes the case for families making the world a better place

BY SIMCHA WEINSTEIN

In our environmentally conscious age, anyone who wants to be considered enlightened has to demonstrate concern for endangered species. So we hear a lot about the plight of the panda and the polar bear. We hear a lot less about the real endangered species: humanity.

Many young people I meet as a rabbi seem to be doing everything during their reproductive years except reproducing. Close to half the planet (including most of Europe, East Asia, and many Central and South American countries) has a fertility rate below replacement. America is barely at maintenance level, and new census data shows our population growth at its lowest level since the Great Depression.

Back in the 1970s, overpopulation was the global warming of its day. The average man or woman wasn't really sure how or why, but experts told them the planet couldn't support more people, and that was good enough for them. It was the subject of a Time magazine cover story, so it had to be true. In one episode of

"All in the Family," Archie Bunker's daughter and her hippie husband, "Meathead," explained their (short-lived) decision to remain childless with the then-fashionable alibi that it would be a crime to bring another child into this horrible world.

But as a chorus of demographers have pointed out, those experts' doomsday predictions didn't come true. Not only is there enough food to sustain the world's population, but food prices are declining while distribution has improved exponentially.

Economist Amartya Sen won a Nobel Prize for proving that famines aren't caused by natural droughts, but instead by all-too-human political corruption. Another Nobelist, Simon Smith Kuznets, demonstrated that "more population means more creators and producers, both of goods along established production patterns and of new knowledge and inventions."

Having a child has an impact that far outweighs that of energy-saving behaviors, but education — rather than annihilation — must be the answer. Families with children don't necessarily place the burden on the environment that critics say they do, especially in urban areas such as the one in which I live. Urbanization is being hailed by many as the wave of the future. Big cities are no longer the polluted centers of waste and disease they once were when they were reviled in the early days of the Industrial Revolution. Due to population density, public transportation, and municipal green energy initiatives, many American cities have smaller carbon footprints than some rural areas.

The same logic applies to families compared to single adults living alone. Think about it: my family of four children doesn't have six separate tubes

of toothpaste going at once. My family is a little city in the big city. Children really are cheaper by the dozen. Economies of scale kick in. It's just a matter of throwing a little more pasta into a larger pot. The more children I have, the more I recycle. After all, we need only one changing table at a time, and my younger son doesn't know or care that he's wearing his older brother's clothes.

One of the best ways to reduce the cost of parenting is to reach out to family and friends. Your co-workers with older children will be thrilled to get those used cribs and baby clothes out of their houses or garages.

Driving my wife and kids in one vehicle uses up no more gas than a single person tooling around in the same car. We vacation together, eat together, shop together, and so on. Families can learn to conserve their limited resources. We embrace stewardship of the Earth, and as a result try to buy only used cars, as well as used appliances.

My children and I are learning how to care for planet Earth by reading "Curious George" together, as our family's favorite fictional monkey learns to "reduce, reuse, and recycle." I hope to send them out into the world with a healthy regard for the environment as well as other human beings. It seems to me that many well-meaning eco-warriors care about the environment only, not the people in it, and that doesn't seem very balanced to me.

If we teach children about healing our planet and conserving resources, they will do that when they're grown up, too. Thus, children and the environment are not mutually exclusive. Having children and caring about the environment don't cancel each other out. In fact, they go hand in hand.

Rabbi Simcha Weinstein is a best-selling author who recently was voted "New York's Hippest Rabbi" by Channel 13 in New York. He chairs the religious affairs committee at Pratt Institute, and recently published the book, "The Case For Children: Why Parenthood Makes Your World Better."





PARENTS HELPING PARENTS

SHARON C. PETERS, MA

Taking care of kids while pregnant



Dear Sharon,

I'm pregnant with my second child. Our little one is 3 years old, and I am experiencing migraines and am unable to cope with him. Any advice for me as to how I can go on being a loving mom to my little guy while I am blinded by these headaches?

Dear Parent,

I am so sorry to hear about the complications of your pregnancy. Here are some ideas that might help you take care of yourself while taking care of your 3 year old.

One of the hardest things for many parents to admit is that they sometimes need help. Many moms handle challenges during pregnancy, and need to remember that asking friends and relatives for assistance or hiring a sitter, even on a temporary basis, can make a world of difference to their family. An extra person can give children someone to play with while moms are coping with headaches or other debilitating health issues.

Even asking an older child from the neighborhood to stop by in the afternoon can make an overwhelming day much more manageable for everyone.

As parents and young ones are talking about and getting ready for the new baby, they can also talk about how mommies sometimes have to rest when the baby is growing. When a parent is not feeling well it is also important to explain to children what is going on. A 3 year old is not too young to hear something about why Mommy seems so tired or grouchy. Children might complain, but it helps to know that they are not causing your upset. It is nice for them to be given the chance to express their thoughts about any new routines as well.

I also strongly encourage parents during and after pregnancy to set aside a part of each day (even 15 minutes or a half hour can help

to give their children undivided attention. During this time I suggest that moms and dads do whatever a child would like to do. If physical limitations make it hard to do quality time for very long, explain why to a little one beforehand. If a strained mom can't do this at all, it can help to have her partner step in whenever possible.

Sometimes it can help for a child to say how hard it is that Mommy isn't feeling well. When this is the case, it is good for a parent to listen and simply express how sorry she is, and how much she looks forward to the time when things are easier. Taking the time to have conversations like this can help ease worry and frustration for everyone.

I hope your migraines pass quickly and you have some opportunities to enjoy your son before and after the new little one arrives.

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.

Calendar

APRIL



A new 'Tradition'

The Broadway smash hit, "Fiddler on the Roof," comes to the stage of Brooklyn Center for the Performing Arts on April 14.

Fiddler tells the tale of Tevye the poor milkman, his wife Golde and their three daughters living in czarist Russia in the little town of Anatevka.

One of Broadway's longest running musicals, the 1964 production garnered nine Tony awards including Best Musical, for such

wonderful songs by Jerry Bock and Sheldon Harnick as "Tradition;" "Matchmaker, Matchmaker;" "If I Were A Rich Man;" "Sunrise, Sunset;" and "Do You Love Me."

Tickets for "Fiddler on the Roof" are \$36 and \$45 for the April 14 performance at 3 pm.

Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd. between Amersfort and Kenilworth places in Midwood, (718) 951-4500; www.brooklyncenteronline.org/].

Calendar

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!

MON, MARCH 25

"Sparkle: The Princess Spectacular": Holy Family — St. Thomas Aquinas Church, Ninth Street at Fourth Avenue; (917) 517-9913; www.facebook.com/sparkletheprincessspectacular.com; 10 am; Free.

This 40-minute musical features Cinderella, Tinkerbell, and Snow White who work together to rescue Prince Charming from the evil witch's spell. Great for children 1 to 7. Following, there will be pizza, and a raffle.

Kids week: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm; Free with museum admission.

Children explore nature.

TUES, MARCH 26

Spring mini season: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 9 am-12:30 pm; \$125 (\$150 for non-members).

Children in kindergarten through fifth grade help with early season tasks at this mini break class. They learn about mulching, weeding, and seeding. Children also do a craft, participate in a scavenger hunt, and do other fun stuff. Wear appropriate clothing, no sandals, sun hat, water bottle and sunblock.

Young Readers Group: Greenlight Bookstore, 686 Fulton St. between S. Elliott Place and S. Portland Avenue; (718) 246-0200; greenlightbookstore.com; 6:30 pm; Free.

Former teacher Brette leads children 8 to 14 years old in a discussion of contemporary and classic chapter books. Parents are welcome (but not required) to attend; pizza is served.

WED, MARCH 27

Spring mini season: 9 am-12:30 pm. Brooklyn Botanic Garden. See Tuesday, March 26.

Kids week: 1 pm. Salt Marsh Nature Center. See Monday, March 25.



Associated Press / Dan Lasstier

Ready, aim, shoot

Take aim and go for the bullseye in the archery workshop offered at the Lenape Playground on April 7.

The ancient sport is great for improving concentration, mental discipline, and building upper body strength. It's also a great way to enjoy the outdoors.

Urban Rangers demonstrate the safe and proper way to draw the bow, shoot an arrow, and focus on the target. All materi-

als are provided; no personal archery equipment is allowed.

Archery workshop at Lenape, on April 7 at 1 pm. The event is free and open to families with children ages 8 and older. There is a mandatory safety review led by a Ranger required before the workshop begins.

Lenape Playground [Avenue U and E. 38th Street in Marine Park, (718) 421-2021, www.nycgovparks.org].

THURS, MARCH 28

Spring mini season: 9 am-12:30 pm. Brooklyn Botanic Garden. See Tuesday, March 26.

Kids week: 1 pm. Salt Marsh Nature Center. See Monday, March 25.

FRI, MARCH 29

Kids week: 1 pm. Salt Marsh Nature Center. See Monday, March 25.

SAT, MARCH 30

Family Day: Red Hook Recreation Center, Bay and Henry streets; (718) 722-3211; 8 am-4 pm; Free.

Activities include fitness, board games, billiards, and more.

Egg hunt and story time: Boulevard Books & Cafe, 7518 13th Ave. at 13th Avenue; (718) 680-5881; 11 am; \$15 (includes book and activities).

Read an Easter-themed story and do a craft. RSVP required.

Egg-citing eggs: 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.

Explore the world of eggs and create your own with sticky, gooey papier-mache. For children 5 years old and younger.

Peter Rabbit: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 12:30-1:30 pm and 2-3 pm; Free with museum admission.

Beatrix Potter's favorite rabbit will make a special visit; children can do crafts, read about the magical world of Peter Rabbit. For all ages.

Egg hunt: Shore Road Park, 79th Street and Shore Road; (718) 238-6044; 2 pm; Free.

Join with state Sen. Marty Golden and search for the elusive easter egg, plus games, music, activities and prizes for children.

SUN, MARCH 31

Egg-citing eggs: 11:30 am-12:30 pm and 2:30-3:30 pm. Brooklyn Children's Museum. See Saturday, March 30.

Peter Rabbit: 12:30-1:30 pm and 2-3 pm. Brooklyn Children's Museum. See Saturday, March 30.

MON, APRIL 1

Creatures of the Sea Debris: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Noon-12:30 pm; Free with museum admission.

Children of all ages examine how the seven million square miles of plastic bits and debris affect everything in our waters, from the sea turtles to the plankton.

Reptile 101: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 4:15-4:45 pm; Free with museum admission.

Children of all ages meet and greet a real animal from the museum's collection.

TUES, APRIL 2

Creatures of the Sea Debris: Noon-12:30 pm. Brooklyn Children's Museum. See Monday, April 1.

Reptile 101: 4:15-4:45 pm. Brooklyn Children's Museum. See Monday, April 1.

"The Dark": PowerHouse Arena, 37 Main St. at Water Street; (718) 666-3049; www.powerhousearena.com; 5-7 pm; Free.

Author Lemony Snicket and illustrator Jon Klassen visit with their new book. RSVP requested.

THURS, APRIL 4

Transit Tots: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 10:15 am; Free with museum admission.

Stories, games and fun for children 2 to 5 years old.

FRI, APRIL 5

Blooming Babies: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am-12:30 pm; Free with museum admission.

Adventures in the Jungle teaches children 8 months to 2 years old how the animals in the jungles of the world

Continued on page 78

Calendar

Continued from page 77

really live. After meet and greet with an animal from the live collection, the children make a craft to take home.

Sing-along with Jarrod: Greenlight Bookstore, 686 Fulton St. at S. Portland; (718) 246-0200; greenlightbookstore.com; 2:30 pm; Free.

Greenlight troubadour Jarrod leads children in 40 minutes of favorite songs and stories. For children 6 weeks to 3 years old.

SAT, APRIL 6

Superhero Science: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11-11:30 am and 1:30-2 pm; Free with museum admission.

Children 4 years and older explore a magnetic compass with Magneto, discover optics with Cyclops, and learn all about flight with Superman.

Subway Safari: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 11:30 am-12:30 pm; \$7 (\$5 children 2-17 and seniors).

Children 5 years old and younger hear stories and make fun crafts.

Blooming Babies: 11:30 am-12:30 pm. Brooklyn Children's Museum. See Friday, April 5.

Family Days: BRIC Rotunda Gallery, 33 Clinton St. at Pierrpont Street; www.bricartsmedia.org; Noon-3 pm; Free.

Artist teacher Angela Earley teaches you how to make your own travel time capsule, inspired by the exhibit "Cultural Fluency: Engagements with Contemporary Brooklyn in the Rotunda Gallery."

Nature crafts: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm; Free.

Children connect with the natural world and make a fun project to take home.

Shipbuilding workshop: The Waterfront Museum, 290 Conover St. Pier 44; proteusgowanus.org; 1-4 pm; Free.

Children explore the important role that ships played in the Battle of Brooklyn.

Poems from the Platform: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; \$7 (\$5 children 2-17 and seniors).

Children 6 years and older celebrate National Poetry Month by drawing pictures.

Adventurous appetites: Brooklyn Children's Museum, 145 Brooklyn Ave.



What's the story?

Greenlight Bookstore's very own troubadour, Jarrod, leads story time at the bookstore on April 5, 12, 19, and 26.

Children, ages 6 weeks to 3 years old, enjoy a favorite story and song with Jarrod and his trusty guitar as he leads them on a merry sing-along. Join Jarrod in the Kids

section for 40 minutes of music, a story, and fun on Fridays.

"Singalong with Jarrod," for the littlest book lovers, is offered on April 5, 12, 19 and 26 at 2:30 pm, and it's free.

Greenlight BookStore [686 Fulton St. at S. Portland Avenue in Fort Greene, (718) 246-0200; www.greenlightbookstore.com].

at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 2:30-3:30 pm; Free with museum admission.

Children 5 years and older take a tasty trip around the globe and learn all about different dishes.

SUN, APRIL 7

Superhero Science: 11-11:30 am and 1:30-2 pm. Brooklyn Children's Museum. See Saturday, April 6.

"Poopendous": PowerHouse Arena, 37 Main St. at Water Street; (718) 666-3049; www.powerhousearena.com; 11:30 am; Free.

Artie Bennett reads from this hilarious sequel to his "Butt Book," discuss-

ing all there is about poop.

Blooming Babies: 11:30 am-12:30 pm. Brooklyn Children's Museum. See Friday, April 5.

Archery: Lenape Playground in Marine Park, Avenue U and E. 38th Street; (718) 421-2021; 1 pm; Free.

For families with children 8 years and older. Learn about the ancient sport of bow and arrow.

Poems from the Platform: 1:30 pm. New York Transit Museum. See Saturday, April 6.

Adventurous appetites: 2:30 - 3:30 pm. Brooklyn Children's Museum. See Saturday, April 6.

FRI, APRIL 12

Sing-along with Jarrod: 2:30 pm. Greenlight Bookstore. See Friday, April 5.

SAT, APRIL 13

Book fair: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; barnesandnoble.com; 9 am; Free.

Sponsored by Old First Nursery School.

Superhero Science: 11-11:30 am and 1:30-2 pm. Brooklyn Children's Museum. See Saturday, April 6.

Subway Safari: 11:30 am. New York Transit Museum. See Saturday, April 6.

Block party: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am-12:30 pm; Free with museum admission.

Let your imagination climb. Children of all ages explore an assortment of blocks to play with and build an imagination castle.

Leaf rubbing: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm; Free.

Learn this eco-friendly art form.

Grand Central history: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; \$7 (\$5 children 2-17 and seniors).

Children 5 years and older learn all about the 100 years that Grand Central Station has been open with interactive games.

"The Tales of Anansi": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Amersfort and Kenilworth places; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; \$7.

African-inspired tale of Anansi the trickster, who is the most important character in West African and Caribbean folklore.

Adventurous appetites: 2:30-3:30 pm. Brooklyn Children's Museum. See Saturday, April 6.

Alphabet Adventures: 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.

The ABCs are fun. Children 5 years and younger listen to the story Chicka Chicka Boom Boom, then create a letter craft to take home.

Earth day celebration: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Amersfort and Kenilworth places; (718) 951-4500; www.brook-

Calendar

lyncenteronline.org; 3 pm; Free.

Children and adults enjoy live music, arts and crafts, presented by National Grid.

SUN, APRIL 14

Superhero Science: 11–11:30 am and 1:30–2 pm. Brooklyn Children's Museum. See Saturday, April 6.

Block party: 11:30 am–12:30 pm. Brooklyn Children's Museum. See Saturday, April 13.

History workshop: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287–3400; www.prospectpark.org/audubon; 1 pm; Free.

From ice age glaciers to the American Revolution, learn who each left their marks on New York City.

Grand Central history: 1:30 pm. New York Transit Museum. See Saturday, April 13.

Adventurous appetites: 2:30–3:30 pm. Brooklyn Children's Museum. See Saturday, April 6.

Alphabet Adventures: 2:30–3:30 pm. Brooklyn Children's Museum. See Saturday, April 13.

"Fiddler on the Roof": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Amersfort and Kenilworth places; (718) 951–4500; www.brooklyncenteronline.org; 3 pm; \$36–\$45.

A rousing version of this heartwarming play of humor, love, and tradition. Featuring favorite songs including "Matchmaker, Matchmaker" "Sunrise Sunset," and "If I were a Rich Man."

TUES, APRIL 16

Earth Day celebration: 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.

Dig in and explore the earth. Discover what lives under the soil.

WED, APRIL 17

Earth Day celebration: 11:30 am–12:30 pm and 2:30–3:30 pm. Brooklyn Children's Museum. See Tuesday, April 16.

THURS, APRIL 18

Earth Day celebration: 11:30 am–12:30 pm and 2:30–3:30 pm. Brooklyn Children's Museum. See Tuesday, April 16.



Courtesy of the NYC Transit Museum

Go on 'Safari'

Families go hunting for fun at the mighty New York Transit Museum's "Subway Safari" story time on Saturdays in April.

Each week, children (5 years old and younger) learn all about those hibernating, underground dwellers that make tunnels and travel under our feet — just like the subway.

After listening to an age-appropriate

story, parents and children then make a unique craft with fun materials.

Subway Safari, April 6, 13, 20 and 27 at 11:30 am. Free with museum admission of \$7 for adults; \$5 for children, 2 to 17 years old; and seniors, 62 and older.

New York Transit Museum
[Boerum Place at Schermerhorn Street in Downtown, (718) 694–1600; www.mta.info/mta/museum].

FRI, APRIL 19

Earth Day celebration: 11:30 am–12:30 pm and 2:30–3:30 pm. Brooklyn Children's Museum. See Tuesday, April 16.

Sing-along with Jarrod: 2:30 pm. Greenlight Bookstore. See Friday, April 5.

Write Outside the Lines: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832–9066; barnesandnoble.com; 5:30 pm; Free.

Cathy Altman helps children and teens Sponsored by Old First Nursery School.

SAT, APRIL 20

Superhero Science: 11–11:30 am and 1:30–2 pm. Brooklyn Children's Museum. See Saturday, April 6.

Subway Safari: 11:30 am. New York Transit Museum. See Saturday, April 6.

craft with recycled materials. For children 5 years and younger.

SUN, APRIL 21

Superhero Science: 11–11:30 am and 1:30–2 pm. Brooklyn Children's Museum. See Saturday, April 6.

Dino adventure: 11:30 am–12:30 pm. Brooklyn Children's Museum. See Saturday, April 20.

Work trains: 1:30 pm. New York Transit Museum. See Saturday, April 20.

Adventurous appetites: 2:30–3:30 pm. Brooklyn Children's Museum. See Saturday, April 6.

Eco art: 2:30–3:30 pm. Brooklyn Children's Museum. See Saturday, April 20.

"Amadeus": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Amersfort and Kenilworth places; (718) 951–4500; www.brooklyncenteronline.org; 3 pm; \$30–\$40.

The story of Wolfgang Amadeus Mozart and his mentor Antonio Salieri.

THURS, APRIL 25

Poetry outreach: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832–9066; barnesandnoble.com; 6:30 pm; Free.

Join with Ken Siegelman in this poetry slam for all ages.

FRI, APRIL 26

Singalong with Jarrod: 2:30 pm. Greenlight Bookstore. See Friday, April 5.

SAT, APRIL 27

Book fair: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832–9066; barnesandnoble.com; 9 am; Free. PS 9 is hosting its annual fund-raiser.

APRIL 27

Sakura Matsura: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623–7220; www.bbg.org; 10 am–6 pm; \$20 (\$15 students and seniors, free for members and children under 12).

The annual weekend festival celebrates Japanese culture and the rite of spring, features more than 60 performances, and a host of hands-on workshops.

Subway Safari: 11:30 am. New York Transit Museum. See Saturday, April 6.

NYC Maps: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694–1600; www.mta.info/

Continued on page 80

Calendar

Continued from page 79

mta/museum; 1:30 pm; \$7 (\$5 children 2–17 and seniors).

There are 24 subway lines in more than 200 bus routes in New York City. Children 3 years old pick a favorite and draw their own.

SUN, APRIL 28

Sakura Matsura: 10 am–6 pm. Brooklyn Botanic Garden. See Saturday, April 27.

NYC Maps: 1:30 pm. New York Transit Museum. See Saturday, April 27.

Concert: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd. between Amersfort and Kenilworth places; (718) 951–4500; www.brooklyncenteronline.org; 2 pm; Free.

The United States Military Academy Band performs American standards.

“The Gruffalo”: Kingsborough Community College, 2001 Oriental Blvd. at Oxford Street; (718) 368–5596; www.onstageatkingsborough.org; 3 pm; \$12.

The Tall Stories Theater Company presents the story of the mouse and hungry animals.

FRI, MAY 3

“In the Garden”: BAM Fisher, 321 Ashland Pl. and Lafayette Avenue; (718) 636–4129; www.bam.org; 10:30 am and 1 pm; \$12.

Co-production of Teatro Paraiso Antzerkia and Theatre de la Guimbarde. The show mixes video, shadow play and drawing to create an interactive universe for children 1 to 4 years old.

LONG-RUNNING

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; Suggested admission \$19, \$10.50 children, \$14.50 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.

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; Now – Mon, May 27; Suggested admission \$19, \$10.50 children, \$14.50 seniors and students.



Courtesy of Children's Museum of Manhattan

Chess for budding Kasparovs

It's game on — plus set and checkmate! — at the Children's Museum of Manhattan on April 13.

Children 3 to 6 years old can learn the fundamentals of the

game from NYChess Kids founder Saudin Robovic. Explore the chess board, learn how the pieces got their names, and discover all the right moves to have fun and win.

Chess for Children on April 13 at

2 and 3 pm. Admission is \$11.

Children's Museum of Manhattan [212 W. 83rd St. and between Amsterdam and Broadway on the Upper West Side, (212) 721–1223, www.cmom.org].

The annual exhibition, “Tropical Butterflies Alive in Winter” returns and celebrates its 15th year.

“Make it Grand”: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694–1600; www.mta.info/mta/museum; Tuesday, March 26, 11 am; Wednesday, March 27, 11 am; Thursday, March 28, 11 am; Friday, March 29, 11 am; Saturday, March 30, 12 pm; Tuesday, April 2, 11 am; Free with museum admission.

This original, interactive musical celebrates 100 years of Grand Central Terminal. Performance is approximately 30 minutes long and is recommended for children 4 and older.

Invent It!: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks

Avenue; (718) 735–4400; www.brooklynkids.org; Saturday, March 30, 11 am; Sunday, March 31, 11 am; Free with museum admission.

Help build a giant machine with levers, pulleys, ramps and wheels inspired by Rube Goldberg.

Show for kids: Union Temple, 17 Eastern Parkway; 4th Floor; (718) 638–7600; uniontemple@uniontemple.org; www.uniontemple.org; Saturday, April 6, 9:30 am; Saturday, April 13, 9:30 am; Saturday, April 20, 9:30 am; Saturday, May 4, 9:30 am; Saturday, May 11, 9:30 am; Saturday, May 18, 9:30 am; Saturday, June 1, 9:30 am; Saturday, June 8, 9:30 am; Saturday, June 15, 9:30 am; Free.

Out of the Shabbox's programming

features Avodah Dance's Julie Gayer Kris, Backyardigan Live!'s Shawn Shafner and Ruach Rocker Jay Rapoport. Interactive, fun filled programming where families come together to sing, dance and tell stories.

TheatreSports: Gallery Players, 199 14th St. between Fourth and Fifth avenues; (212) 352–3101; galleryplayers.com; Sundays, now through 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.

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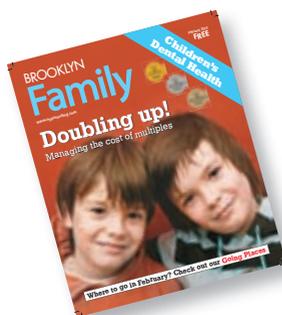
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It figures

BY CYNTHIA WASHAM



COLD HARD FACTS

22 million

Number of school days lost each year in the U.S. to the common cold.

84 Percent of colds in the U.S. that occur in children younger than 17.

4.5 Average number of school days students miss each year from illness.

5.3 Average number of teachers miss from illness.

41 Percent of household surfaces contaminated with rhinoviruses when a family member has a cold.

3 Hours rhinoviruses survive outside the nose.

SNACK STATS

3,500 Number of years ago that ancient Egyptians combined honey, fruit and nuts to create the world's first candy.

99 Percent of American households that buy candy at least once a week.

1966 Year the recipe for Rice Krispies Treats was created.

More than 40,000 Number of Hostess Twinkies company founder Lewis Browning allegedly ate in his lifetime.



CAMP CAP OFF

1861 Year Frederick Gunn took students from Gunnery School in Connecticut on a two-week trip into the wilderness, establishing the first organized summer camp.



74 Percent of summer campers who tried a new activity at camp.

63 Percent who continued the activity at home.

Sources: Itsasnap.org, NSC24.com, Journal of Medical Virology, Infobarrel.com, Census.gov, Newsroom.Hallmark.com, ACAcamps.org

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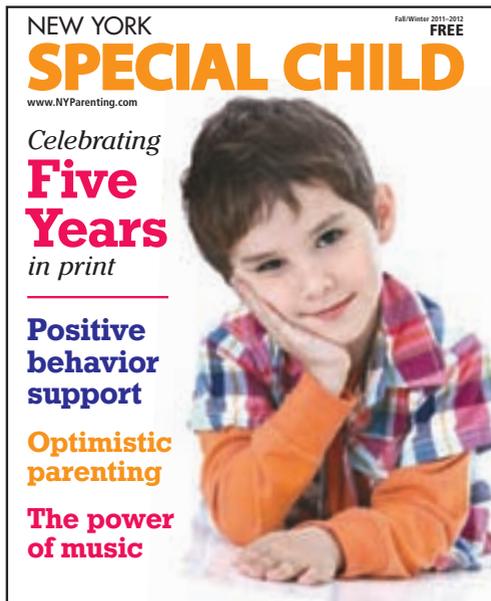
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New & Noteworthy

BY LISA J. CURTIS



Outdoor fun

When looking for the perfect raincoat to repel April showers, look to our sodden friends, the Brits, for practical, adorable outerwear for children. JoJo Maman Bebe has been clothing kids in the United Kingdom for 20 years, and the company is hoping to make a splash in the U.S. in 2013. We think New York moms will soon be surfing JoJo Maman Bebe's website to invest in its Pack-away Waterproof Pixie Jackets. They fold up for stor-

age in a small, zippered bag that's convenient for the car, stroller, or diaper bag. In sizes 12–18 months to 4–5 years, the polyester jackets come in a range of colors and precious prints — from ditsy to dinosaur (navy blue and bird print are pictured). JoJo Maman Bebe's matching Pack-away Waterproof Trousers are sold separately, at \$32. Now there's no reason junior can't enjoy a jump in a few muddy puddles.

Pack-away Waterproof Pixie Jacket by JoJo Maman Bebe, \$57, www.jojomamanbebe.co.uk.

Stage right

Kids direct the action of the fairy tale characters in Sevi's Wooden Puppet Theater — with the help of magnetic sticks. Children play two roles — puppeteers and audience members — as they attract the magnet-bottomed characters to different parts of the colorful stage. The sweet set includes two backdrops (a forest and a wizard's house); eight delightful characters and a moon-sun, all made of carved and painted wood; and two magnetic sticks. Recommended for



children ages 3 and older, the theater, which was designed in Italy by the famed European toy company, Sevi, is manufactured in China and folds up for easy storage.

Wooden Puppet Theater by Sevi, \$78, www.mysweetmuffin.com.

'Hog wild about recycling

As Earth Day approaches, we're thinking about ways to reduce, reuse, and recycle with our kids. But we're often stumped on fun ways to encourage them to reuse. Manhattan-based Eeboo Corporation provides a whimsical way to demonstrate this important concept with its new line of "Waste-Not Animals." We recommend starting out with the hedgehog kit, which has everything kids need to create the cute critter — minus the 6-ounce plastic yogurt cup that you supply for reuse and some other common household items (scissors, newspaper, etc.). Recommended for ages 8 and up (but it's a "great inter-generational activity"), the kit has explicit directions and detailed illus-



trations that provide frustration-less crafting. For the more experienced, there's chameleon and fox kits.

Hedgehog Waste-Not Animal Kit by Eeboo, \$13.95, www.amazon.com.

Delicious read

What better way to savor Earth Day, April 22, than with a forkful of blueberry pie?

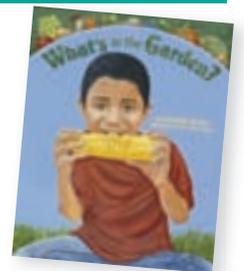
Ignite an interest in gardening, healthy foods, fresh air and sunshine with "What's in the Garden?," Marianne Berkes's new children's book. Each section opens with a rhyming riddle about a garden fruit or vegetable, followed by an easy recipe that showcases the answer.

The colorful illustrations by Cris Arbo feature a diverse array of kids

eating fruits and veggies and tending crops.

Recommended for kids ages 3 to 8, the book begs to be interacted with, whether the kids are guessing answers to the riddles or deciding which seeds to plant in the garden.

"What's in the Garden?" by Marianne Berkes, \$16.95, www.amazon.com.

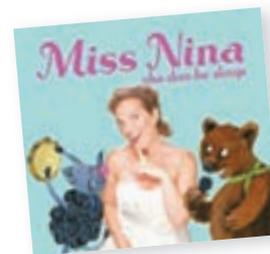


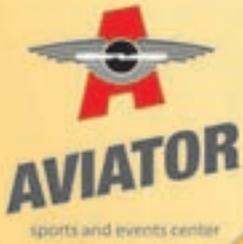
Turn the page

Taking inspiration from everyone from Maurice Sendak to punk-rockers, Miss Nina's new CD, "Sha Doo Be Doop," is great fun for kids — and the parents who love to sing and dance with them. So mark your calendars, because the Brooklyn singer-songwriter's "Doop" drops on April 16. Miss Nina says that her focus is "writing and performing songs that speak to children," as opposed to musicians who cater to

adults' musical tastes, but the two are not mutually exclusive. Stone's punk-lite "Angry Song," is as much fun for grown-ups as their progeny. Recommended for kids ages 1-6, several of the tunes are inspired by classic children's books, such as "Wild Things," in which she instructs kids to "roar your terrible roar" and "show your terrible claws."

"Sha Doo Be Doop" CD by Nina Stone, \$15.98, www.littlemonsterrecords.com.





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5 New York boroughs!



SUMMER DAY PROGRAMS

JULY 8, 2013 - AUGUST 16, 2013

EBS Therapy of New York's Summer Programs provide children with a multi-disciplinary experience in a play-centered environment. During the summer programs, children will have the opportunity to continue their speech, language, occupational and physical therapy goals. Your child will engage in motivating group activities while enhancing social communication, sensory, motor and attending skills. We believe that children learn most effectively when they are having fun!

April is Occupational Therapy & Autism Awareness Month - *Let's Celebrate!*

In celebration of OT Month and Better Hearing and Speech Month in May, we will be providing FREE Occupational Therapy, Speech and Hearing screenings! Join us on May 4th from 11:00 am - 2:00 pm at our clinic located at 155 Bay Ridge Ave. Brooklyn, NY 11220. Summer Program information will also be available during this time.

Looking for ways to participate in Autism Awareness Month?
Take a look at some of our ideas below:

- Attend an event
- Fundraise
- Donate
- Volunteer

