

BROOKLYN

# Family

Where Every Child Matters

July 2013  
**FREE**

Preschools



## Baby talk

- Nursing
- Pacifiers
- Postpartum depression
- Baby teeth
- Sunglasses



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

# EBS THERAPY *of New York*

Proudly serving the 5 New York boroughs!



Get ready for school with EBS Therapy of New York!

EBS Therapy of New York is a multi-disciplinary team of highly-trained specialists with a passion for working to help children and adults move, communicate and learn to their greatest potential. Our clinic is located in Brooklyn, New York, but our services reach far beyond—into schools, homes and the communities throughout the five New York boroughs. Our mission is to make a difference within the community by helping our clients achieve success in communication, learning and movement.

## HANDWRITING WITHOUT TEARS®

Handwriting Without Tears® aims to make legible and fluent handwriting an easy and automatic skill that students can master. We provide an ongoing 6 week after school program geared towards children in Kindergarten -5<sup>th</sup> grade.

## PLAY & LANGUAGE STIMULATION GROUPS

Our Play and Language Stimulation Groups are designed for young children with a family training component. This program is geared toward children who might not be eligible for services through the Early Intervention Program or for parents who are seeking additional intervention for their children.

## SOCIAL-PRAGMATIC GROUPS

EBS Therapy of New York's Social-Pragmatic Groups focus on creating environments that target learning of socialization and pragmatic language skills within a peer group setting.

Contact EBS Therapy of New York for more information about our fall 2013 schedule

phone: 718-238-0377 fax: 718-238-0344 email: [info@ebstherapy.com](mailto:info@ebstherapy.com) web: [www.ebstherapy.com](http://www.ebstherapy.com)

# Family July 2013

## FEATURES

- 6 Crybaby cafe**  
Advice for breastfeeding moms when faced with resistance  
BY MALIA JACOBSON
- 8 Afraid of the 4th**  
Strategies for helping special-needs kids cope with fear of fireworks  
BY REBECCA MCKEE
- 10 Made in the shade**  
Sunglasses are very important at every age  
BY KIKI BOCHI
- 12 Parting with the pacifier**  
How to help your child give up her pacifier  
BY MALIA JACOBSON
- 14 The backstory on Operation Backpack**  
Volunteer drive collects brand-new bags and school supplies  
BY TAMMY SCILEPPI
- 20 A troubling link**  
New study ties attention deficit disorder to obesity  
BY JAMIE LOBER
- 22 An ounce of prevention**  
Steps you can take now to avoid postpartum depression later  
BY OLIVIA BERGERON
- 24 A lesson in giving**  
Organization uses birthdays to teach children how to be a buddy  
BY TAMMY SCILEPPI
- 26 To the test!**  
A summer ACT or SAT exam prep checklist
- 28 Chew on this**  
How to care for baby's teeth  
BY MONICA DICLERICO BROWN

## CALENDAR

44 July Events

## SPECIAL SECTIONS

- 16 Preschool Directory
- 41 The Marketplace
- 43 Party Planners

## COLUMNS

- 30 Just Write Mom**  
BY DANIELLE SULLIVAN
- 32 Mommy 101**  
BY ANGELICA SERADOVA
- 33 Family Health**  
BY DR. PRAMOD NARULA, MD
- 34 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 35 Death by Children**  
BY CHRIS GARLINGTON
- 36 Ask an Attorney**  
BY ALISON ARDEN BESUNDER, ESQ.
- 38 Healthy Living**  
BY DANIELLE SULLIVAN
- 39 Growing Up Online**  
BY CAROLYN JABS
- 40 Lions and Tigers and Teens**  
BY MYRNA BETH HASKELL
- 42 Parents Helping Parents**  
BY SHARON C. PETERS
- 49 Dear Dr. Karyn**  
BY DR. KARYN GORDON
- 50 New & Noteworthy**  
BY LISA J. CURTIS



30



12



38

# Letter from the publisher

## Babies and beyond

**T**his issue has a focus on two things in particular that tie into each other sooner than you'd think: babies and preschool, and there's no better time than July to be considering where you might elect to begin early childcare. It's a



great time to investigate and explore the possibilities as you perhaps think about fall and enrollments in programs.

You'd think that babies wouldn't necessarily conjure up preschool, but they do, and even if you're going to stay home and be the primary care giver (which is getting rarer and rarer an option for a lot of Moms), before you know it, the time will pass and you will be needing to find a

playgroup or a Mommy class or some kind of socializing program that begins the process of adjusting your child to the world at large.

I always say that perhaps the most important responsibility anyone will ever take on comes with no training

and we are expected somehow inherently to know how to be a good parent. No time in our parenting experience is more daunting in this regard and shocking than in those weeks after we bring home a new baby. This tiniest of creatures (more tiny than we could ever have imagined), who hardly sleeps and doesn't let us sleep either, can be more work and cause more feelings of inadequacy than you've ever experienced before.

In New York City, with so many of us not being near our parents or siblings, and possibly having moved here from other places, we are not able to rely on their experience and expertise, and support groups with other parents are not only helpful but rather essential. Forming bonds with others will not only help you determine your "new normal," but also be a great way of establishing early on playgroups for your baby and future friends and buddies.

I often miss having a baby and find myself continually melting when I see babies on the street or out shopping. Watching their personalities emerge after weeks of basic stuff like crying, sleeping and nursing is a gift and a privilege. Suddenly, there is a person, and that person comes with nuance and temper and all that goes into the formation of a whole

individual. What a miracle!

School's out and vacations are here and camp and summer programs. The days of summer pass all too quickly and suddenly we'll be getting ready for school again and all that fall schedules require, so we have to enjoy these weeks to the fullest. Make sure to put sunscreen on your kids and don't forget those sunglasses. Enjoy the beach or the country or whatever family outings/picnics you have planned.

Have a great 4th of July and thanks so much for reading.

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

### STAFF

**PUBLISHER / EXECUTIVE EDITOR:**

Susan Weiss

**PUBLISHER / BUSINESS MANAGER:**

Clifford Luster

**SALES MANAGER / ADVERTISING:**

Sharon Noble

**OPERATIONS ASSOCIATE:**

Tina Felicetti

**SALES REPS:** Alexis Benson, Lori Falco,

Sharon Leverett, Shanika Stewart

**ART DIRECTOR:** Leah Mitch

**PRODUCTION DIRECTOR:** On Man Tse

**LAYOUT MANAGER:** Yvonne Farley

**WEB DESIGNER:** Sylvan Migdal

**GRAPHIC DESIGNERS:** Arthur Arutyunov,  
Charlotte Carter, Mauro Deluca, Earl Ferrer

**MANAGING EDITOR:** Vince DiMiceli

**ASSISTANT EDITOR:** Courtney Donahue

**COPY EDITOR:** Lisa J. Curtiss

**CALENDAR EDITORS:** Joanna Del Buono,  
Danielle Sullivan

**CONTRIBUTING WRITERS:**

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

### CONTACT INFORMATION

**ADVERTISING: WEB OR PRINT**

(718) 260-4554

Family@cnglocal.com or  
SWeiss@cnglocal.com

**CIRCULATION**

(718) 260-8336

TFelicetti@cnglocal.com

**EDITORIAL**

(718) 260-4554

Family@cnglocal.com

**ADDRESS**

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

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

**New York Parenting**  
MEDIA  
Where Every Family Matters  
[www.NYParenting.com](http://www.NYParenting.com)



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

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

**New York Parenting Media** can also be reached by calling (718) 260-4554, emailing family@cnglocal.com or by visiting our website, [NYParenting.com](http://NYParenting.com).

Join the conversation on Facebook.

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

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





**Mount Sinai**  
Doctors  
*Brooklyn Heights*

## Urgent Care & Primary Care in Brooklyn Heights

300 Cadman Plaza West, 17th and 18th Floors  
Brooklyn, NY

**Primary Care**  
Call to make an  
appointment

**Urgent Care Hours**  
Monday–Friday, 9 am to 9 pm  
Saturday–Sunday, 9 am to 5 pm  
*No appointments needed for Urgent Care*

929-210-6000 • [www.mountsinai.org/brooklyn-heights](http://www.mountsinai.org/brooklyn-heights)

### Mount Sinai board certified physicians

Whether you have an urgent medical need or are looking for a high-quality primary care physician, Mount Sinai board certified physicians are available in Brooklyn Heights to deliver personalized and coordinated health care services, focusing on the wellness of the each individual patient.

### Good health starts here.

Many insurance plans accepted

# MATHNASIUM<sup>®</sup>

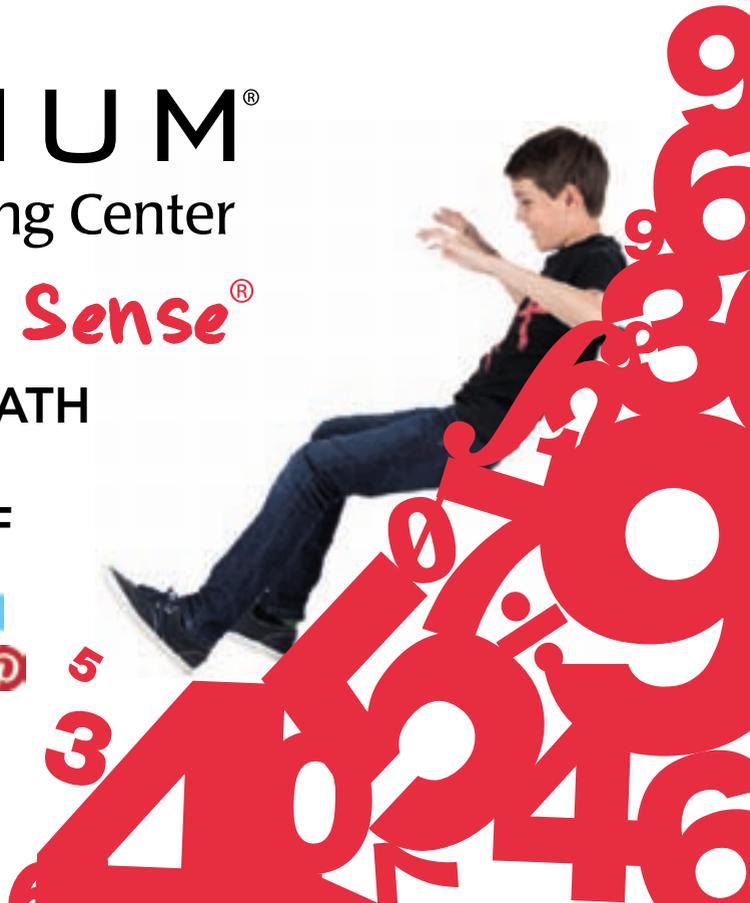
The Math Learning Center

## We Make Math Make Sense<sup>®</sup>

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



MATHNASIUM of Bensonhurst  
6806 20th Avenue • Brooklyn, NY 11204  
**(347) 7-MATH-11 • (347) 762-8411**  
[www.mathnasium.com/bensonhurst](http://www.mathnasium.com/bensonhurst)





# Crybaby cafe

Advice for  
breastfeeding  
moms when  
faced with  
resistance

BY MALIA JACOBSON

**M**ore babies are starting life with nature's perfect food: breast milk. The Centers for Disease Control and Prevention report that 75 percent of American newborns are now breastfed. That's good news. Breastfeeding has amazing benefits for both mom and baby. But when a happily breastfed baby starts putting up a fight at every feeding, it brings anxiety and drama into an otherwise peaceful relationship.

Nursing resistance and nursing strikes — brief periods when a baby resists or refuses breastfeeding — are frustrating, disheartening, and stressful.

Most babies will go through a phase of fussy nursing as some point, says Dr. Susan Rothenberg, associate director of Obstetrics at Beth Israel Medical Center in New York.

## What's going on?

Nursing resistance is commonly misinterpreted, says Rothenberg. Moms often blame dwindling milk supply, but that's usually far from the truth.

"Once breastfeeding is well established, inadequate supply is rarely an issue, but a very common misconception," she explains.

It's also easy to assume that a baby is ready to give up nursing, but successfully breastfed babies

under 1 year old seldom self-wean. Instead, says Rothenberg, a baby who resists or refuses nursing may be reacting to common, treatable conditions: hyperlactation, a slow letdown reflex, discomfort, or changes in the mom's diet or hormone levels.

## Hyperlactation: Too much of a good thing

Hyperlactation is the result of an overly strong milk letdown reflex that causes milk to flow too quickly and forcibly for a baby to comfortably swallow. According to lactation consultant and registered nurse Laura Burnett, nursing supervisor at Texas Health Harris Methodist Hospital, hyperlactation

can overwhelm a nursing infant, sending them into a sputtering, coughing tizzy.

**How to help:** Burnett suggests nursing in a reclined position to relax both mom and baby. If an oversupply of milk is contributing to the problem, she recommends nursing on one breast per feeding. After a few days, the body will reduce its milk production to a more manageable level.

### Slow letdown: Going with the flow

A slow milk letdown reflex can frustrate babies, particularly those who receive bottles, which provide instant milk gratification.

Babies will latch on momentarily, only to dissolve into a teary tantrum if milk doesn't appear within seconds. A fussy baby contributes to mom's stress and intensifies the problem.

**How to help:** While tactics like gentle massage, heat, hand expression, or pumping can help get milk flowing before feedings, they won't resolve an underlying issue.

"It's important to explore reasons for a slow letdown," says Burnett. Returning to work, changing a nursing routine, or starting new medication are factors that can contribute, she says.

A slower-than-normal letdown reflex is often a sign of stress or distraction, notes Rothenberg. Her advice: "Take time to relax, ignore the chores piling up, and focus on your special bond with your baby."

### Pain and suffering: Discomfort drama

You may not feel up to eating when you're experiencing pain or tummy troubles, and your baby is no different. Teething, earache, nasal congestion, or mouth pain caused by thrush can make nursing difficult.

Occasionally, a baby's dairy protein sensitivity can lead to uncomfortable gas and fussiness at the breast. This is not lactose intolerance, says Burnett, but a sensitivity to milk proteins in the mother's diet.

**How to help:** If you've ruled

out other causes and your little one is still unenthusiastic about nursing, see a pediatrician to check for pain or illness. A dairy elimination diet can help relieve symptoms of dairy protein sensitivity, says Burnett, but it may take several weeks to see an improvement.

### New tastes: A changing menu

If you consume a varied, flavorful diet, your breastfed baby probably does, too. Breastmilk varies in taste depending on a nursing mom's diet. Hormonal changes resulting from birth control, a resumed menstrual cycle, or a new pregnancy can also affect milk's taste.

Most babies show no reaction to these changes.

A few will voice their displeasure if a new taste isn't to their liking, and temporarily resist nursing.

**How to help:** Taste variations in milk are generally temporary. If a baby has a strong reaction to a particular taste, eliminating the offending food should resolve the problem.

Feeding while baby is very sleepy, feeding in a warm bath, and skin-to-skin contact during nursing can help minimize resistance to breastfeeding during these changes.

### Getting back to happy

Pump or hand-express to stay comfortable during nursing refusal. If you're worried that your baby isn't getting enough to drink, do a wet-diaper count. At least five to six wet diapers per day mean he's probably taking in enough fluid.

Like most babyhood phases, nursing resistance is usually short-lived. And it has a silver lining: once you weather this minor breastfeeding storm, you'll be rewarded with more confidence, patience, and a greater knowledge of your breastfeeding babe.

*Malia Jacobson is a nationally published sleep and health journalist and author of "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*

A baby who resists or refuses nursing may be reacting to common, treatable conditions.



# Let's bloom

## Family fun in the Garden!

### Summer Discovery Tuesdays

July 2–August 27 | 10 a.m.–Noon (free!)

### Wild Side Discovery Walkabout for Tweens

Saturdays, July 13, July 20 | 11 a.m. (free!)

Wednesday, July 17 | 5 p.m.

Ages 9–12; preregistration required at [bbg.org](http://bbg.org)

### Summer Fauna Walks

Bats: July 13 | 8–9:30 p.m.

Dragonflies: August 11 | 10:30–11:30 a.m.

### Cool City, Cool Trees!

Thursdays, July 25, August 29 | 1–2 p.m.



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

990 Washington Avenue, Brooklyn, NY 11225 | 718-623-7200  
2 3 to Eastern Parkway, B 5 to Prospect Park,  
or 4 5 to Franklin Avenue

CAROLINE VOAGEN NELSON

# Afraid of the 4th

## Strategies for helping special needs kids cope with fear of fireworks

BY REBECCA MCKEE

**H**appy Fourth of July! Picnics, cookouts, baseball ... all of these contribute to wonderful summer celebrations. Who could forget about time at the beach, boat rides, and of course, the fireworks! For most people, envisioning these experiences and conversing about it with our friends and family immediately evokes smiles and jubilation. But for those who live with autism spectrum disorder, or other sensitivities, occasions containing overflows of sounds, sights, smells, and static become bombardments to their outer shells.

Among these festive surroundings, angst and anxiety may quickly set in for these unique individuals. Containing these fears is an important talent and survival skill to learn.

To do so, let's focus on one fear ...the fear of fireworks. Imagine that your loved one is so intimidated by fireworks that she screams for the duration of a pyrotechnics show. Simultaneously, she runs back and forth in an unsafe manner that may cause damage to property and possible danger to others. Therefore, her fear is causing problems for others within her living environment. She needs to learn how to contain this fear.

When we think of tackling the task of containing this trepidation, we should not feel overwhelmed as if we need to squash her stress completely. Containment simply means corralling or tunneling; as if to keep it isolated. It is okay to have fears. It is okay for this girl or young woman to feel afraid of fireworks. What is wrong is when her behaviors affect other people, places, and events around her in an antisocial manner.

### Sample solution

- Create a social story about fireworks with this individual.
- Read the social story once per week for a month before the fireworks occur.
- De-sensitize her to fireworks through spurts of exposure in a safe space — watch fireworks on YouTube with the volume OFF for less



then one minute; build up to watching fireworks on YouTube with the sound on for five minutes.

- Provide her with a safe space that she can retreat to when her anxiety is reaching an intense level, such as the quiet basement (somewhere away from the noise coming from the sky).

- On the night of the fireworks, pair the event with reinforcing items and activities that she adores; for ex-

ample, if she loves pepperoni pizza, Snapple, and Elton John music, then make sure that during the fireworks, you have plenty of pepperoni pizza, Snapple, and Elton John loaded on her iPod with her headphones on!

Always remember, our successful social experiences will not always match with those we love. Being sensitive and aware will always lead to more harmony in the home. Cheers to fun summer memories!

# Brooklyn College

The City University of New York

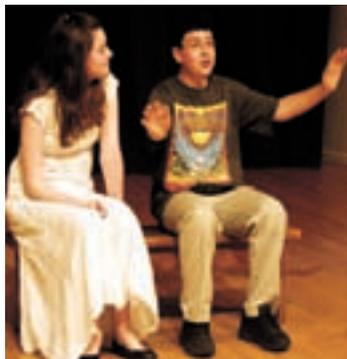
**REGISTER FOR SUMMER 2013**

Classes begin July 8th

## The Preparatory Center for the Performing Arts

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

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



- Creative Arts Program for ages 3-5
- Dance Classes for ages 3 & up
- Theater Classes for children and teenagers
- Introduction to Suzuki Violin for ages 3-6
- Group Piano and Guitar Classes for children, teenagers, and adults
- Exploring Puppetry through Stories
- Beginner to advanced instrument and voice lessons for children, teenagers, and adults
- Jazz Improv and Chamber Music programs for children, teenagers, and adults

\*Individual consultations for fall, 2013 for all programs \*Suzuki interviews for violin, cello, and flute study for ages 3-6  
*Please call to schedule a time*

**The Brooklyn College Preparatory Center for the Performing Arts**

234 Roosevelt Hall, 2900 Bedford Avenue, Brooklyn, New York 11210 • Telephone: 718-951-4111;  
visit our website [www.bcprepcenter.org](http://www.bcprepcenter.org)

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

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

**We fixed that.**

**Institute for Advanced and Minimally Invasive Surgery**

**nym**  
NEW YORK METHODIST HOSPITAL

Member  
New York-Presbyterian Healthcare System  
Affiliate: Weill Cornell Medical College

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



# Made in the shade

Sunglasses  
are very  
important at  
every age

BY KIKI BOCHI

**S**unglasses are more than just a fashion statement. Especially in the summer, they are protection for your child's precious peepers. The sun's rays don't just damage the skin, they can harm the eyes, as well. As you apply sunscreen to protect your children's skin, don't forget to protect their eyes. Studies show that exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration, and growths on the eye, including cancer.

Kids are particularly vulnerable, and the sooner they begin to protect their eyes, the better. Many experts believe our eyes get 80 percent of their total lifetime exposure to the sun's ultraviolet rays by age 18. Especially during the summer, when the level of radiation is at least three times higher than during the winter, sunglasses are an important part of everyone's wardrobe.

The American Academy of Ophthalmology offers these tips to protect the whole family's eyes from the sun:

- Don't focus on color or darkness of sunglass lenses. Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block light is not dependent on the price tag or how dark the lenses are.

- Check for the level of protection. Make sure your sunglasses block 99 to 100 percent of all dangerous rays.

- Choose wrap-around styles. Ideally, your sunglasses

should wrap all the way around to your temples, so the sun's rays can't enter from the side. Wrap-around sunglasses offer five-percent more protection than regular shades and can reduce sun-induced cataracts if used regularly.

- Tie one on. Protect your kids'

peepers — and your investment — by fastening shades to a strap so they stay on your child and don't get lost.

- Wear a hat. In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.

- Don't be fooled by clouds. The sun's rays can pass through haze and thin clouds. Just because you don't see the sun shining brightly, it doesn't mean it can't damage your family's eyes.

- Protect your eyes during peak sun times. Sunglasses should be worn whenever you're outside, but it's especially important to wear sunglasses in the early afternoon, when light is more intense.

- Consider how much you want to invest. Many inexpensive children's sunglasses provide excellent protection. This is especially true if they include polycarbonate lenses, because polycarbonate lens material blocks 100 percent of rays without the need for added lens filters or coatings. However, if you are willing to invest more, desirable features include impact resistant lenses, unbreakable frame material, and spring hinges.

- Be patient. Start as young as you can, and don't get frustrated if children want to push their sunglasses off.

Just be consistent. Eventually, wearing sunglasses will become a habit — one that will serve your child well throughout his life. Luckily, getting children to wear sunglasses is not that tough, especially if you allow them to select their shades. To them, sunglasses are a fashion statement, but you know they are so much more.





# BEDFORD-STUYVESANT FAMILY HEALTH CENTER



## OUR SERVICES

- Dental
- Pediatrics
- Eye Exams
- OB/GYN
- Internal Medicine
- Family Practice
- Podiatry
- Nutrition
- Cardiology
- Surgical Consult
- Behavioral Health
- Wellness Center

## SPECIAL PROGRAMS

- WIC
- D.O.V.E Initiative
- Medicaid Prenatal Care Program
- Diabetes Awareness
- Asthma Program
- Infant Mortality Reduction Initiative
- Successful Start
- **FREE** Cancer Screening, HIV/AIDS Testing, Pregnancy Testing

Safe Horizon and Bedford Stuyvesant Family Health Center have partnered to address violence in our communities. Safe Horizon moves victims of violence from crisis to confidence.

*If you need help please talk to your health care professional or call 1-800-621-HOPE (4673)*

**BSFHC** *"The heart beat of our community"*

Visit or call us for more information

*This ad was made possible by Safe Horizon and The New York City Council*

1456 Fulton Street • (Bet. Kingston - Brooklyn Ave.) • Brooklyn, NY 11216 • 718-636-4500 x650

# A Summer Adventure for students ages 2-10

**Sibling  
Discount  
Available**

5-10  
Year Olds

### FasTracKids Enrichment

Sign up for 1 week or all 8!

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

3-5  
Year Olds

### FasTracKids Explorers

Educational, gradual separation class for the young ones.

#### Themes

July - Lets Play, August - Out & About

#### Schedule:

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

3-5  
Year Olds

### FasTracKids Discoverers

Fun enrichment for the young mind.

See weekly themes on the left

#### Schedule: Mon, Wed, Fri,

from 9:00-11:30am

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

# Parting with the pacifier

## How to help your child give up his pacifier

BY MALIA JACOBSON

**R**eady to help your child give up a pacifier? Here are some tips for navigating the tricky transition.

Whether they're crystal clear, neon-bright, or covered in rhinestones, pacifiers are the modern baby's accessory of choice. Thanks to studies showing that they reduce the incidence of Sudden Infant Death Syndrome, most pediatricians have given pacifiers the green light. A study in Pediatrics found that a whopping 68 percent of parents give them to their babies before six weeks of age.

Babies aren't the only ones who love them; parents quickly become addicted to the pacifier's soothing effects on their offspring. Unfortunately, it often becomes a habit that overstays its welcome.

### Why wean?

Some children give up non-nutritive or comfort sucking on their own, but others cling to the habit well into the preschool years. According to Dr. Lotus Su, of Pediatric Dental Associates, using a pacifier too much or for too long can contribute to dental problems, including deformation of the palate and shifting of the teeth, as well as mouth breathing and dry mouth, which may increase susceptibility to tooth decay.

Many doctors and dentists recommend ending the habit before permanent front teeth begin to emerge, which can happen before kindergarten.

"I recommend stopping pacifier use by age 3," says Dr. Su. "The earlier a pacifier habit is stopped, the less likely that there will be any den-

tal problems."

Potential problems extend beyond the teeth. Pacifier use is associated with otitis media, or middle ear infections. Minor health upsets like gastrointestinal infections and oral thrush are also more commonly seen in pacifier users.

Parents may be swayed by medical data and dentists' recommendations, but kids often need some coaxing to give up the long-held habit. Guilt-inducing lectures about dental problems or germs may be counterproductive, causing them to dig in their heels. Instead, help them become confidently pacifier-free with these tactics.

**Literary lesson:** Before embarking on a pacifier-purge, check out some

children's books on the topic. After listening to stories like "The Last Noo-Noo" by Jill Murphy or "Pacifiers Are Not Forever" by Elizabeth Verdick, your child may be more receptive to the idea.

**Pacifier bear:** When 3-year-old Violet was ready to give up her pacifier, mom Bec Langham took her to a popular build-your-own-stuffed-animal store. Violet deposited her last pacifier safely inside the teddy bear before it was sewn up. The bear now serves as both a cuddly friend and a unique reminder of Violet's younger days.

**Baby charity:** Your child may be willing to donate her pacifiers to a good cause. Gather up the pacifiers, and pay a visit to a friend with a young baby. Have your child "gift" the baby with the pacifier collection, and shower her with praise for her generosity.

**The Paci Fairy:** Steal this idea from Supernanny Jo Frost: have your child place her pacifiers in a large envelope to mail to the "Pacifier Fairy." Put the envelope in the mailbox together before bed. Once she's asleep, swap the envelope for a new toy. When she wakes up, excitedly take her to the mailbox to find her new treasures.

**Make the cut:** Snipping a small hole in a pacifier can help it lose its appeal quickly, encouraging a child to give it up on her own. Be sure to dispose of a broken pacifier promptly, because it can harbor bacteria or become a choking hazard if a child continues to use it.

**Out of sight, out of mind:** Parents seeking the quickest route to pacifier-freedom can simply throw them all away. Kelly Stallings opted for the cold-turkey approach with daughter Taylor.

"The first night was rough, but after that, she didn't care," she says. Just make sure to get rid of each and every one, so your child isn't tempted to relapse (and you're not tempted to cave in).

No matter how stubbornly your child clings to a beloved binky, eventually it will be a thing of the past. Once your child is free of the pacifier habit, you're free as well — from relentlessly searching for them, washing them, and buying them. Enjoy your well-earned liberation. At least, until the next must-have item comes along.

*Malia Jacobson is a nationally published sleep expert, health journalist, and mom. She blogs about sleep and family health at [www.thewellrested-family.com](http://www.thewellrested-family.com).*



# kid room x 4



One room. Two systems. Four powerful configurations.  
40+ customizable solutions to multiply every space.  
Designed and made in Italy by **clei**: the global leader  
in transformable furniture design for over 50 years.

Available exclusively from Resource Furniture.  
Many items in stock for immediate delivery.

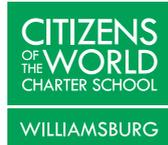
## RESOURCE FURNITURE



SPACE. REINVENTED.®

969 Third Avenue @ 58<sup>th</sup> Street | New York, NY 10022  
212 753 2039 | [resourcefurniture.com](http://resourcefurniture.com)

New York | Los Angeles | Toronto | Montreal | Vancouver | Calgary | Mexico City



Located at 424 Leonard Street, Brooklyn, NY 11222

Now accepting applications for Grades K and 1  
Immediate openings in Grade 1

**Contact us today!**  
(917) 830 - 7859  
[enroll@cwcbrooklyn.org](mailto:enroll@cwcbrooklyn.org)  
[www.cwcshools.org](http://www.cwcshools.org)

## Brooklyn Youth Soccer Academy

### SUMMER CLINICS

# SUMMER SOCCER 2013!

**DATES: ADV SESSION / AUG 5-9**

**INT SESSION / AUG 12-16**

**AGE GROUPS: 2001, 2002, 2003,  
2004 & 2005**

**TIMES: 11:30 AM TO 4:00 PM.**

**SITE: DEAN STREET PLAYGROUND  
BETWEEN 6 AVE. AND CARLTON AVE.**

**SPECIAL OFFER! SESSION COST: \$225**

(If you register before July 31, 2013)

Visit our website for more information or call 917-699-9540

[www.brooklynysoccer.org](http://www.brooklynysoccer.org)

# ADVERTISE WITH US!

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



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

# The backstory on Operation Backpack

Volunteer drive  
collects brand-  
new bags and  
school supplies

BY TAMMY SCILEPPI

**A**s a surge of grassroots volunteering sweeps the country, more and more folks are choosing to devote their time and energy to help those in need, as evidenced by the thousands who stepped forward after Hurricane Sandy's devastation and, more recently, after the Oklahoma tornadoes.

Giving back to those less fortunate can also benefit children by helping them to appreciate what they have. So, if you're dealing with "bored kids syndrome" this summer, how about getting them involved in some community work? After all, charity begins at home. Through participating, parents can find a fun and fulfilling summer activity for the whole family.

## **Operation Backpack: A great family project**

Fast forward to September, and before you know it, it's back-to-school time. As a parent, can you imagine sending your child or teen off to school without a backpack, filled with the essential supplies they need to help them get off to a good start?

This summer there are more than 20,000 children living in homeless shelters, and every year, thousands of homeless students in the city face a new school year without those basic supplies.

Volunteers of America's Operation Backpack helps close this gap by collecting and distributing thousands of new backpacks full of grade-specific and essential school supplies to those kids. Last year, more than 13,500 backpacks were distributed!

And volunteering at Operation Backpack has become an annual back-to-school tradition for many

children over the years.

Spear-headed by Rachel Weinstein, Operation Backpack came to be when she decided to re-brand the small effort, back-to-school drive 10 years ago.

## **Rajani's story**

Rajani was a high school junior when she and her family fell on hard times, and the only way they could remain together was to enter a shelter. The shelter was not a Volunteers of America shelter, but while there, the children were instructed to get their backpacks for school. Rajani didn't want to go, thinking she was going to be given a "shelter backpack," but her mother insisted she take her little brother to get his.

Rajani says the quality of the backpack she received was totally unexpected, and to this day she has the dictionary and thesaurus.

"I couldn't believe someone cared about me enough to do this for me — give me a backpack that had everything I needed to go to school," she said. "It gave me the incentive to go to school and I decided that even though I was sitting in a shelter, I could still have a good time ... and that year, I excelled. It propelled me to apply for the scholarship I received."

Rajani has since graduated from Fordham University.

"The success of Operation Backpack lies with the generosity of the New York City community," says Weinstein, Vice-President and Chief Development and Communications Officer at Volunteers of America-Greater New York. "I don't necessarily think of community service as 'giving back,' so much as I just see it as good citizenship — the right thing

to do; helping to make the world a better place."

## **The backstory**

Weinstein says she was working as a consultant 11 years ago when her daughter Madeline attended school at Metropolitan Montessori, across the street from Volunteer of America's headquarters on W. 85th Street in Manhattan. One of the moms who happened to work at there asked Weinstein if she would plan an employee recognition event. Then, when she joined full-time, she had responsibility for the volunteer function — and the project going on at the time was the back-to-school drive.

One summer, while shopping for young Maddie's school supplies, Weinstein noticed "the difference between what my daughter would be taking to school and what our kids in shelter would have — a plastic bag with perhaps some pencils — was a huge disparity, and I vowed to develop a more targeted and comprehensive approach the following year. This was 2003."

Her goal was an ambitious one: a backpack filled with a specific list of supplies recommended by public school teachers, for every one of the 11,000 children served by Volunteers of America-Greater New York.

"We would ask the general public to donate their gently used backpacks (and ask the corporate community to donate supplies)," she said.

"Well, as I learned, no child's used backpack is in any shape to recycle for another child, and next year I established a new standard — we would only accept new backpacks that we would put on our own kids' backs," said Weinstein, adding, "We also wouldn't accept branded backpacks (backpacks emblazoned with a company's name). For that same reason we didn't indicate on or inside the backpack that it was donated by Volunteers of America, or otherwise associated with Operation Backpack. We rebranded the campaign that year, Operation Backpack."

Then, Weinstein says, she got Maddie involved with Operation Backpack.

"Not to expose her to volunteerism, initially — but because I was desperate for help and had already worn out all my adult volunteers, after three days of sorting supplies into backpacks. The public's response was so much greater than anticipated, that I wasn't prepared for the hundreds of backpacks that had continued to come in, even after the drive officially ended," Weinstein recalled.



(Clockwise from top right) Rachel Weinstein and her daughter Maddie. Maddie sits amongst hundreds of donated backpacks. The proud owner of a brand-new backpack.



City Department of Homeless Service Commissioner. “Operation Backpack helps ensure that homeless children have the best possible start to their school year by making certain they have the proper supplies, and we are grateful to [Volunteers of America] for that.”

According to Weinstein, who juggles her super-busy personal life with her important role with the organization, a number of families said they take their children back-to-school shopping for their own school supplies and have them select and fill a backpack for a child who might otherwise go without.

“A family can hold a party or other event, and ask everyone to bring specific school supplies then hold a mini-sort day, resulting in a number of filled backpacks (which they can then bring to our office),” she suggests. “Kids have raised money and donated it to Operation Backpack, which is very helpful during sort week, so we can replenish supplies we run out of.”

Students at Hunter College High School formed a club, Hunter Backpack Organization, and for several years raised close to \$2,000 each year, through raffles and other creative methods. Some of those kids have volunteered for years but are about to leave for college this year.

Operation Backpack, which began as a project to outfit only Volunteers of America children, has expanded to include nearly every homeless or domestic violence shelter in the city — about 150 shelters in total.

*Duane Reade stores operate as official drop locations and post signs inviting the public to drop off their donations of backpacks and school supplies. For grade-appropriate supplies and drop locations, visit [www.OperationBackpacknyc.org](http://www.OperationBackpacknyc.org). Donations can be made from July 15 through Aug. 9. Financial donations can still be made after Aug. 5.*

*Tammy Scileppi is a Queens-based freelance writer and parent who loves New York City. She has been a contributing writer for several community newspapers and writes book cover copy for a well-know publishing company. Her consumer-focused articles appear on the AngiesList website, and other stories by her have been published in the New York Daily News and the New York Post.*

So, she called Maddie and asked her if she could come in next morning to help, and to see if she could enlist any friends. “The only person she could rustle up quickly was Julian, a friend from the Metropolitan Opera Children’s Chorus, who lived in New Jersey. Well, Julian and Maddie worked a good eight hours straight; quality controlled, labeled and sorted every backpack (about 300). By the end of that day they were nearly too exhausted to walk to dinner. Seeing how quickly and conscientiously they had worked, I realized kids were a good source of help for Operation Backpack, and it reinforced for me the appropriateness of engaging kids in this particular volunteer effort,” Weinstein said. “After seeing what an incredible job Maddie and Julian did, an annual tradition was born: one day during sort week each year would be dedicated to youth volunteers.

## Leveling the playing field

“The point after all, was for these [homeless] children to go to school that all-important first day, looking

and feeling more like their housed classmates,” Weinstein explained. “We had to educate the public not only about the needs of homeless families and the devastating impact it has on a child’s education, but the concept of ‘normalizing’ life for these kids; helping them look and feel like other kids.”

And most people got it. She said they understood and supported the objective to help these children fit in; to level the playing field.

“What was most important was that the children arrive at school with their new backpack full of new supplies.”

Weinstein says seeing the children open their backpacks is heartwarming, and Volunteers of America is grateful for the generosity of the New York City community.

“One of my mantras is: ‘It’s never too early to begin a tradition of giving.’ For it to really stick though, philanthropy — in whatever form it takes — needs to be part of the fabric of the family,” says Weinstein.

“Parents need to model kindness

and volunteerism, starting at home: phone calls to grandparents just to say ‘hi’ or giving one’s seat on the bus to an elderly passenger; offering to stop by a neighbor’s apartment to play with their pet. These are all simple activities that can generate good discussions about the value of kindness, caring for others and putting that caring into action. Volunteering outside of one’s home, takes it a step further,” she says.

## How you can help

Volunteering begins when individuals, families, and various groups shop for and donate backpacks and school supplies, organize drives, hold fund-raising events, and take it upon themselves to spread the word about the needs of homeless children.

“The key to a good education is showing up and showing up prepared,” says Seth Diamond, New York

# Midwood Montessori



## Pre-School & Kindergarten

Summer Program  
Transportation Available

2825 Bedford Avenue • 253-3242  
at Glenwood Road

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

## Leif Ericson Day School

### This is Why

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



Call today to learn more about  
Leif Ericson Day School's 48 year history  
of quality education in a safe, caring environment

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

## Pre-School

### DIRECTORY

#### Alpha Kappa Alpha Sorority Day Care Center

144-06 Rockaway Blvd  
718-322-6242

The mission of Alpha Kappa Alpha Sorority Day Care Center is a commitment to provide a quality early childhood program for young children to develop and grow in the areas of Physical, Social/Emotional, Cognitive and Communication. Alpha Kappa Alpha Sorority Day Care offers Universal Pre-kindergarten. We also serve ages 2 years to 5 years with our group day care program and ages 6 weeks to 3 years with our family day care program. Currently we are looking for a full time preschool teacher to join our staff. Please contact Ms. Claudette Sutton [akadaycare@aol.com](mailto:akadaycare@aol.com)

#### CBE KIDS Early Childhood Center

274 Garfield Place  
718-499-6208 or [www.congregationbethelohim.org](http://www.congregationbethelohim.org)

The Congregation Beth Elohim Early Childhood Center is dedicated to providing children aged 2 to 5 with a learning environment that nurtures their growth, curiosity and self-esteem. Our lively, hands-on curriculum is developed through direct observation of children's interests and individual needs. The traditions and basic values of the Jewish culture are integrated throughout to strengthen our learning community. Established in 1978, Congregation Beth Elohim's Early Childhood Center is one of the most highly regarded preschools in the New York Metropolitan area.

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

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

September 2013 brings the debut of our Dual Language classroom which will feature side by side teaching model in English and Hebrew. Utilizing children's natural ability to acquire language, this gentle and playful classroom setting will adhere to our developmental interactive philosophy by pre-

sending children with active, hands on curriculum based on their interests-in two languages.

#### Gan Day Care

9502 Seaview Avenue  
718-968-7575 or [www.ganjewish.com](http://www.ganjewish.com)

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

#### Leif Ericson Day School

1037 72nd Street  
718-748-9023 or [www.ledsny.org](http://www.ledsny.org)

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

#### Midwood Montessori

2825 Bedford Avenue at Glenwood Road  
718-253-3242

We are situated in a charming Tudor "Children's House." The school provides a rich curriculum tailored to each child's pace. Children served are ages 2.9 to 6 in pre-school and kindergarten. Special attention is given to encouraging socialization, while the academics are taught on a one-on-one basis by a dedicated and nurturing staff using the Montessori hands-on methods. The school offers full time art and music teachers, three outdoor play areas, an indoor gym, manipulatives,

*Continued on page 18*



- Early Childhood Education
- Free UPK
- After School
- Holiday Camps
- Birthday Parties
- Sporting Programs
- Swimming Lessons



Brooklyn's Largest  
Sports, Recreation and Education  
Complex



**REGISTER  
FOR  
SUMMER CAMP  
ONLINE**

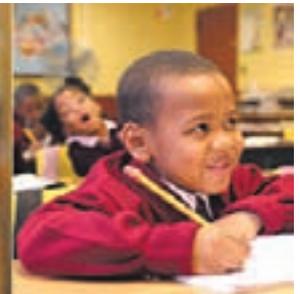
- Week by Week  
flexible registration  
still available



**718-531-1111** | 1500 Paerdegat Ave. North, Brooklyn, NY | [www.pacplex.com](http://www.pacplex.com)

## Prepare Your Children For The Future With Quality Education and Care

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



### PARKWAY SCHOOL

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





# RIVENDELL SCHOOL

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



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

**277 3rd Avenue**  
(bet. Carroll & President Streets)  
**718-499-5667**

## Park Place Day Care Center

Children 2 years - 5 years

Now Registering  
3-4  
Year Olds

ACS/UPK Available  
Full Day Care Available  
Limited Space is Available



Emphasis on Reading Readiness, Math, Computers and more  
Indoor and Outdoor Activities, Free Family Fun  
Potty Training for 2 Year Olds  
Early Learn Program

Park Place Day Care Center, Learning and Growing Together  
OPEN from 7:30am to 6:00pm NEW!!!

963 Park Place • 718.778.8558

facebook.com/ParkplaceDaycarecenter twitter: @ParkplDayCare

Like us on

facebook

or follow us on twitter

Facebook Search: NYParenting

## Pre-School

### DIRECTORY

Continued from page 16

cultural studies, practical life and sensorial materials, language arts, math, science, and geography. AM, PM and full day sessions, summer camp, early drop off, and transportation service are available.

#### PAC KIDS- Early Childhood Center

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

We offer infant and Toddler Program (for ages 6weeks-2 years), new rooms, and all new equipment in a nurturing environment. Paerdegat Day School (for ages 2-3 years) offers academic classes, stressing letters, numbers, colors, shapes and more, plus gymnastics. A free Universal Pre-K Program (must be age four by Dec 31, 2010) offers new equipment and computers in a fun loving, learning environment. The Paerdegat after School Program (for grades K-6) offers transportation, homework assistance, healthy snacks and recreational activities. Programs accept ACD, Begin and Union vouchers.

#### Park Place Day Care Center

963 Park Place  
718-778-8558

The board and staff of Park Place Day Care are dedicated to professionalism and excellence in early childhood education. Our learning community, made up of children, parents, staff, board members, and the community all cooperate in building Park Place Day Care Center. Park Place Day Care Center emphasizes appropriate programming to foster the development of children's competency skills in areas of physical, social, emotional and educational growth in a rich multicultural environment. We actively seek to involve parents and caregivers as partners, encouraging them to nurture the development of these training skills in their children and empowering them to advocate effectively for their children.

#### Parkway School

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

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

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

#### Rivendell School

277 Third Avenue  
718-499-5667, ext. 14

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

#### Windmill Montessori School

1317 Avenue T  
718-375-7973 or 718-375-4277

For over 65 years, has been a peaceful place to learn, with an environment that encourages your child to progress at his/her own pace. The family-oriented Montessori method nurtures students in grades Pre-k to 8th, emotionally and academically, promoting a sense of purpose, a love of learning and civility. Small classes meet the students' individual needs. Curriculum-based trips, from puppet shows to museums, culminate in JHS overnights "Learning About History By Living It," with trips to Boston, Gettysburg and Williamsburg, VA; and "Meeting Our Lawmakers" in Albany and Washington, D.C. French, yoga, phys. ed., music, art, and computer skills enliven the school day.

# Gan Jewish Daycare

(718) 338-7575



**Ages 2-6**

- Licensed Teachers
- Individual Attention
- Kosher Meals
- Over 15 Years Of Experience
- Quality, Safety, Educational
- Extended Hours & Transportation Available
- Outdoor Playground
- Indoor Gymnasium
- Vouchers Accepted
- Fun , Music, Arts & Craft

**REGISTRATION NOW OPEN FOR SCHOOL YEAR 2013-2014**

**Brooklyn College**

2901 Campus Rd., Brooklyn, NY 11210



Congregation Beth Elohim

**Early Childhood Center**

*Growth • Curiosity • Self Esteem*

Accepting applications for the 2013/14 school year beginning November 6th

Please call in October to arrange a tour. 718 499-6208

LEARN MORE AND VISIT US AT

[www.congregationbethelohim.org](http://www.congregationbethelohim.org)

274 GARFIELD PLACE AT EIGHT AVE.  
(718) 499-6208



## Saint Albans School

An Independent School in the Anglican Tradition

### SAINT ALBANS OFFERS

- PreK3 through Grade 8
- A completely renovated classroom complex
- Art, music, dance, and drama
- A French language program
- Physical education program
- Affordable tuition
- A close-knit community of families heavily invested in their children's education

*We provide children with an education that is rigorous, joyful, and compelling*

### ADMISSION OPEN HOUSES

Tuesday, October 8 at 6 p.m.  
Tuesday, November 12 at 6 p.m.  
Tuesday, December 10 at 6 p.m.  
[admissions@saintalbansnyc.com](mailto:admissions@saintalbansnyc.com)



**Saint Albans School**  
317 East 50th Street  
New York, NY 10022  
212.755.0997  
[www.saintalbansnyc.com](http://www.saintalbansnyc.com)



## WINDMILL MONTESSORI SCHOOL

Accredited Preschool, Elementary,  
JHS & Academic Summer Camp

A PEACEFUL PLACE TO LEARN SINCE 1941

Windmill's environment encourages children to

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

### CURRICULUM ADVANTAGES

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

### PLUS MORE

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

Happy Learners and Happy Campers

718-375-7973 ★ 718-375-4277

e-mail: [admissions@windmontsch.org](mailto:admissions@windmontsch.org) website: [www.windmontsch.org](http://www.windmontsch.org)

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

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

Please  
call  
to arrange  
a visit

Academic Montessori Summer Camp for  
3-6 year olds  
Academic Montessori Creative Writing  
Camp for 6-9 and 9-12 year olds

Group Games ★ Weekly Themes ★  
Age-appropriate Trips ★ Arts & Crafts ★  
Carnival ★ Enclosed Wading Pool ★  
and more....

CAMP 2013  
Monday, July 1st to Friday, August 9

# A troubling link

## New study ties attention deficit disorder to obesity

BY JAMIE LOBER

Families may be surprised to learn that a new study conducted by researchers at the Child Study Center at New York University Langone Medical Center discovered that men diagnosed as kids with attention-deficit hyperactivity disorder were twice as likely to be obese 33 years later compared to men who were not diagnosed with the condition. Results showed that even when researchers control other factors that are typically associated with increased obesity rates like socioeconomic status, men with the disorder were at a significantly higher risk to struggle with high body mass index and obesity as adults.

Given that the Centers for Disease Control and Prevention report the disorder as one of the most common neurobehavioral disorders usually diagnosed in child-

hood and lasting into adulthood, there is reason to raise awareness.

"The greatest risk factor is having relatives with ADHD, since it runs in families," said Dr. Francisco Xavier Castellanos, lead author of the Brooke and Daniel Neidich Professor of Child and Adolescent Psychiatry, Child Study Center at NYU Langone. The earlier you intervene, the better your chance is of a positive outcome.

"Typically, if someone has a sibling or parent who has or had ADHD, and they are having difficulties in school, ADHD should be highly suspected," said Castellanos.

Knowing how to recognize both attention-deficit hyperactivity disorder and obesity may sound straightforward, but sometimes it takes work.

"Warning signs of obesity are usually identified on a scale, such as comparing a child's growth and weight to what should be expected, given their age and height," said Castellanos.

Every child is assigned values over time.

"When someone is growing and getting heavier at a rate that is far exceeding what would be expected for typical development, then I suggest that they are in a dangerous trajectory, which is only going to get worse," said Castellanos. By anticipating what could occur in the future, you can be prepared. "See the pediatrician and work with them."

Attention-deficit hyperactivity disorder is complex, but there is a pattern that most children display.

"The pattern of behaviors is fairly well-known — impulsive behaviors; difficulty attending to details, especially in situations that require effort in school; and being physically hyperactive," said Castellanos.

But be sure to think things through and not jump to the conclusion that any child with these signs has the disorder.

"All of those things occur in almost everyone at some point, but the question is how pervasive and how negatively those patterns impact the person's ability to succeed in school, with their friends, at home, and in other settings," said Castellanos.

You can also try to learn from studies that have been done in the past. A study that included 207 white men diagnosed with attention-deficit hyperactivity disorder at an average age of 8, and a comparison group of 178 men not diagnosed, revealed that, on average, men with the disorder had significantly higher body mass index (30.1 vs. 27.6) and obesity rates (41.1 percent vs. 21.6 percent) than men without it. Researchers attempt to reach a conclusion as to what people can do about the rise of the disorder and obesity, as well as the connection.

"Prevention is easy to say and hard to do," said Castellanos. Moderation in all things is important.

"The hard part about weight is taking it off once it is put on, and this society where we are turned into having larger waistlines is a risk that is greater for people with ADHD," said Castellanos.

Some kids do better than others.

"Individuals with ADHD have a wide range of outcomes and can become extremely successful or extremely unsuccessful, but the situation warrants a great deal of caution," said Castellanos. It can be a challenging topic to study, but "learning to identify a child's strengths as well as those areas in which he needs extra support is an important part of this," said Castellanos.

Sometimes medication can help, but it is rarely a sufficient treatment by itself. Remember that you are not alone.

"We always thought that ADHD was one in 20, but the estimates now in children are one in 10 and it is quite common," said Castellanos.

The key is to reach out and take advantage of the great resources that our community has to offer so you can promote healthy lifestyle choices and behaviors both at home and in other environments.

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

© 2013 Jamie Lober



**INFLATABLE BOUNCE HOUSE • CLOWNS • CHARACTERS • MAGICIANS • PRINCESSES • BIRTHDAY PARTIES**

For the ultimate experience in  
**Clowns Magicians Characters  
 Princesses Bounce Slides!**

Book your next party with us!

Proudly Serving Long Island, Queens,  
 Brooklyn, Manhattan, & The Bronx

#1 in Kids Entertainment

Specializing in

Fun Filled Packages

- ✓ Professional Face Painting
- ✓ Magic Show w/ Live Rabbit
- ✓ Bounce House Inflatables
- ✓ Cotton Candy & Popcorn
- ✓ Cartoon Characters
- ✓ Interactive Games
- ✓ Lively Singing & Dancing
- ✓ Balloon Animals & Much More
- ✓ Birthday Parties
- ✓ Christenings
- ✓ Communion
- ✓ Corporate & Community Events
- ✓ Upsherin

**www.BookYourKidsParty.com**  
 1057 Hempstead Turnpike . Franklin Sq. NY

**Professional KIDS ENTERTAINMENT 516-596-5067**

**CORPORATE AND COMMUNITY EVENTS • CLOWNS • BIRTHDAY PARTIES • COMMUNIONS • UPSHERIN • CHRISTENINGS**

**New Chef, New Menu!**

Come Together with Family & Friends

**THE MOXIE SPOT**

2 Blocks from B. Bridge Pier 6 Playground  
**2 floors of Restaurant and PlayRoom**  
 81 Atlantic Ave (@Hicks) 718-923-9710  
 Mon-Wed 10am-6:30pm, Thurs-Sun 10am - 8:30pm  
 www.themoxiespot.com

**"Best Restaurant Play Room" - TimeOut NY Kids!**

**Thursdays are FUN!**  
 Concert & Balloon Twisting 4-6p, \$15/family suggstd

**DAYTIME EVENTS**

<b>Singalong</b> Tuesdays,	<b>Storytime</b> Mon/Wed/Fri,	<b>Dance Around</b> Thursdays, 11a	<b>Sun. Singlong</b> Every Sun, 12:30p
-------------------------------	----------------------------------	---------------------------------------	---

**EVENING EVENTS**

<b>MarioKrt/Just Dance</b> 1st & 3rd Saturdays, 6p	<b>Friday Movies_6:30p</b> <b>Sunday Bingo, 6p</b>	<b>Family Disco Party</b> 2nd Saturdays, 6p
---	---	--

Kid 2nd Floor Entry Fee: \$5.00 for Singalongs, \$2.50/child otherwise  
 \$5 max fee per family play fee, \$2.50 play fee waived with each \$15 food purchase

**FUN All Day:** Toys, Art, Puppets, Games, Foosball, Computers!



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

**COMPLIMENTARY EXAM**  
*with mention of this ad*

**suuresmile** **invisalign**

**Hanson Place ORTHODONTICS**

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

**Q N R B D C 2 3 4 5**

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

# An ounce of prevention



Steps you  
can take  
now to avoid  
postpartum  
depression  
later

BY OLIVIA BERGERON

**S**itting in a circle, surrounded by other pregnant couples, Samantha and her husband sat quietly.

"Irritability, sadness, guilt, exhaustion," a childbirth educator at their birthing class described the symptoms of postpartum depression. The list continued, but Samantha was only half listening.

"How could I ever get postpartum depression?" she asked herself. Samantha overcame a rough first trimester, but now in her seventh month, she felt great. "That won't be me," she thought confidently.

Unfortunately, many couples experience a kind of magical thinking when it comes to unpleasant possibilities following the birth of a child. They hope that by not thinking about it, postpartum depression won't happen to them. And yet, one in five postpartum women experiences a mood disorder more serious than the baby blues, such as postpartum depression. The term "postpartum depression" is an umbrella term that includes depression, anxiety, panic disorder, and obsessive compulsive disorder following the birth of a child. Symptoms can be mild to severe. So, while it's startling to hear how common these illnesses are, it's more shocking to know how often they go undiagnosed. More than half of women suffering do not get treated. All too many women suffer in silence, either because of shame and stigma, or ignorance as to the symptoms and treatment available. So looking around her birthing class, Samantha was surely seeing one if not more future sufferers. Maybe it would even be her.

In her memoir of her experience with postpartum depression, "Down Came the Rain," Brooke Shields wrote, "if I had been better

informed, I might not have considered myself candidate [for postpartum depression disorder], but at least I would have been armed with some important information. I recognized early on that something was wrong and that I was able to find help. I hate to think about the women who endure this type of depression for long periods of time without knowing that there is assistance available."

The good news is that the disorder is extremely treatable, particularly when therapy or medication are started early. Therapists and doctors who specialize in working with new moms are well worth seeking out, as they understand the unique needs of postpartum women. Associations such as Postpartum Support International ([\[partum.net\]\(http://www.postpartum.net\)\), and the Postpartum Resource Center of New York \(\[www.postpartumny.org\]\(http://www.postpartumny.org\)\), are excellent sources of information about where to go for help.](http://www.post-</a></p></div><div data-bbox=)

And yet, as a therapist who treats pregnant women, as well as new moms with the disorder, I'm sometimes asked if there are ways to prevent it. While I can offer no magic bullet, there are definitely ways to minimize the risk of experiencing it. And the best part about taking these steps? You'll also be making the transition to parenthood much easier by preparing yourself and your partner for the huge changes ahead.

Here are six things you can do before and after baby arrives:

- Line up as much postpartum support as you need, and then

The best part about taking these steps? You'll also be making the transition to parenthood much easier by preparing yourself and your partner for the huge changes ahead.

some. I tell my pregnant clients to prepare as if they were having twins. Somehow the idea of having two babies really motivates parents! Get family, friends, neighbors, postpartum doulas — and anyone else you can think of — ready to help you with chores and caring for the baby in the first months. There is no such thing as too much help, and certainly no shame in accepting it.

- Schedule a mental health “check up.” If you have a history of depression or anxiety, schedule a session with a therapist or psychiatrist before the baby arrives to discuss a postpartum plan in case of a relapse. Talk about what worked best to overcome the depression or anxiety the last time you got treatment and look at ways to incorporate these tactics after you give birth. It can be a huge relief to know you have a plan prepared in advance, just in case. Early intervention also results in a faster recovery, should postpartum occur, so don't wait to get help.

- Don't isolate yourself. Many new parents are surprised at how lonely and isolating it can be when you have a baby. This is particularly true if you are the first among your friends to have a baby, or if you live far from family. The internet can be a real lifeline for new parents looking to avoid isolation. Sign up for one of the local Yahoo parenting groups in your neighborhood (groups.yahoo.com) to find out news and information about parent gatherings. Look for new parent support groups and “baby and me” classes at the library, religious center, or baby gym, all great places to meet other parents. The sooner you develop a network of other new

parents to commiserate with, the more connected you'll feel.

- Nurture yourself with quality, nutritious foods. New parents are sleep deprived as a rule, and most don't have time to cook or eat elaborate meals. Oftentimes, they end up relying on caffeine and unhealthy snacks as a crutch. Caffeine can seriously exacerbate anxious feelings and sharp spikes in blood sugar can contribute to moodiness. Make sure you have healthy, quick meals, and snacks on hand and minimize or avoid caffeine altogether.

- Begin gentle exercise once you get medical clearance. Exercise has been shown to be as effective as antidepressants in some studies. Once you get the green light from your healthcare provider, begin gentle exercises, outside if possible. Sunshine and fresh air are great mood boosters as well. Note: if you are prone to panic attacks, avoid strenuous exercise, which can trigger an attack.

- Put off big life changes. Stress is a postpartum risk factor, so try to avoid major life stressors, such as changing jobs or moving, until you get settled as a family, if at all possible.

But even with all the preparation possible, some women will still fall victim to postpartum depression through absolutely no fault of their own. Stress, isolation, and fatigue are all contributing factors, but so is biology or a family history of depression and anxiety, which is completely out of our control. However, armed with the knowledge of where to go and what to do, new parents can get treated and go on to experience the joy they always hoped a child would bring. By seeking help early, new moms can give themselves and their new baby the best gift of all: a happy, healthy parent.

*Olivia Bergeron, is a licensed clinical social worker and the founder of Mommy Groove Therapy & Support (MommyGroove.com). She is a psychotherapist who specializes in helping parents — particularly moms — to become less anxious and depressed, and more confident, so that they can best enjoy their children and families. She has an office in Park Slope, Brooklyn, and makes home visits for clients in Manhattan and Brooklyn. She lives in New York City with her husband, daughter, and twin sons. She can be reached at (917) 397-0323 or at Olivia@mommygroove.com.*

## Dentistry for Adults and Children

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

Gentle, Friendly and Nurturing Care for Your Family

- School Forms
- Extractions
- Flexible Partial
- Dentures



- White Fillings
- Sealants
- Nightguards
- Implants

- Teeth Whitening (Zoom)
- Special Attention To Nervous And Apprehensive People
- 1 Hour Root Canal Treatment

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



(Philip Howard Apartments)

**718-377-1319**

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



WE SPEAK SPANISH

Most Major Insurances and Medicaid Accepted



## Patricia F. Robinson Music Studio

MUSIC LESSONS & MODELING/SOCIAL GRACES



For over 50 years, our students have performed world wide and acted in movies, television and radio. They have won numerous scholarships and competitions and have been accepted into the most prestigious high schools, conservatories and colleges.



Call 917-214-7297

Visit us on our Facebook Fan Page

590 Madison Street, Bed Stuy, Brooklyn 11221

E-mail: [pfrmusicsschool@gmail.com](mailto:pfrmusicsschool@gmail.com)

Web site: [www.pfmusicstudio.org](http://www.pfmusicstudio.org)

# A lesson in giving



Organization  
uses birthdays  
to teach  
children how  
to be a buddy

BY TAMMY SCILEPPI

**T**wo busy New York City moms are making a difference in kids' lives with their philanthropic organization, Birthday Buds.

"Children between the ages of 3 and 12, living in poverty, are matched with donor families who have a child with the same gender and birthday month. Donor families agree to provide their 'Bud' with three to five unwrapped gifts," explains Birthday Buds co-founder and mother of four, Lara O'Shaughnessy. "In addition to toys, the donor is asked to include some essential gifts: for example, clothes, shoes, toiletries, school and art supplies."

Donor families agree to a five-year commitment, or until their Bud passes his 12th birthday.

O'Shaughnessy said donors speak to the recipient child's parents just before their birthday to get information on what the child likes, what sizes he wears, and essential needs: mostly warm clothes, boots, hats, and scarves in the winter; rain boots, sandals, and swimming gear in the spring and summer. They also find out what the child is really interested in (i.e. princesses, trucks, sports, music, art, Legos, Dora and Diego, etc.). Other essential requests often include socks, underpants, jackets, and backpacks.

Then recipient parents contact the donor parents and relay the information (and ask them to include wrapping paper, gift bags, or ribbons).

Some donor families order the gifts online and ship directly to their Bud, or the organization contacts the donating family a week before the birthday to arrange for a messenger service to come to the home and

pick up the unwrapped packages, and deliver them to their Bud's family for wrapping and giving.

## How 'Buds' was born

Birthday Buds was founded in 2011 on a simple premise: how can we teach our children the importance of giving and at the same time, make birthdays meaningful?

"Birthday parties have become excessive," said O'Shaughnessy, pointing out that children often have so many presents, they lose sight of the celebration.

Birthday Buds co-founder and mom, Grace Cowan, added, "A couple of years ago, my friend, Pauline, was preparing a birthday party for her son. She knew I volunteered with Room to Grow and asked if there was a way to donate some of her son's gifts to a child in that program with an upcoming birthday.

"We were both guilty of excessive birthday parties for our kids, and felt that teaching our kids how to give would be the best gift we could give them!"

Cowan said she knew her friend, O'Shaughnessy, was always interested in ways to give back.

"So I contacted her and asked if she would be interested in doing this with more children. She and I crafted a business plan, and Birthday Buds was born."

## A perfect team

Room To Grow ([www.roomto-grow.org](http://www.roomto-grow.org)) is a nonprofit serving the five boroughs. Enriching the lives of babies born into poverty, through their critical first three years of life, the organization provides ongoing parental, educational, and material support for families in need.

"Our kids come to us as graduates of the Room to Grow program

at age 3, along with their siblings," O'Shaughnessy said.

In working with Room To Grow, O'Shaughnessy said they realized that once many of the children age out of early childhood development support programs, the "essentials" can become scarce.

"By adding gifts that address a need, along with fun gifts, we supply the child with the basics we often take for granted," she explains.

According to Birthday Buds co-founder and mom, Grace Cowan, "Many of the children in our program are living in difficult situations, but most are in some type of stable housing."

In fact, 40 percent of Room to Grow families have an involved father. Approximately 37 percent of Birthday Buds' clients live in the Bronx, while 25 percent live in Manhattan, 22 percent in Brooklyn, 11 percent in Queens, and five percent on Staten Island or outside the five boroughs. Two percent of recipient parents are under age 18, 38 percent are 18 to 24, 27 percent are 25 to 29, and 32 percent are over age 30.

Donor kids come from families of plenty, who wish to donate items to less fortunate kids on their birthdays. And this is where the giving starts and the lesson of giving back begins to flourish.

"We currently have over 250 kids in our program. And many kids that are not currently matched with a Bud, so our immediate goal is to find new matches and raise some additional funding for delivery services," Cowan says, adding, "We've also started a 'Buds Closet' that we hope to fill with toys and essentials



(Above) Birthday Buds co-founder Lara O'Shaughnessy and her kids, clockwise from left, Bohdan 11; Lily 8; Maeve 6; and Liam, 4. (Right) Co-founder Grace Cowan with Sadie, 5, and Evie, 2.



for kids, while they're waiting to be matched."

### The founders

O'Shaughnessy, 40, moved from Chicago to Manhattan eight years ago. She juggles family life with her nonprofit work, and is an infant and child portrait photographer.

"Service work has always been important to me, and about two years ago, I began aching to do something in New York. At that time, Grace approached me with this beautiful story about giving, and we both realized that something big could come of it!"

The family lives on the Upper East Side and O'Shaughnessy admits that raising four children (Bohdan, 11; Lily, 8; Maeve, 6; and Liam, 4) in the city is no easy task, but feels that living near Central Park, "makes it much more palatable. I tell my kids: 'Why do you need a backyard when you have Central Park?' My husband still misses barbecuing."

Cowan, 41, a concert promoter for most of her career, says she took about four years off to have and raise her girls, but has recently joined a boutique media collective, ShowCobra.

"It's been great to be back to work, but it has been a new challenge to juggle being a wife, mom, running a nonprofit, and having a career. I've been reading a lot of books about balance!"

Moving to New York City from Charleston, S.C. four years ago, this Birthday Buds mom lives in Greenwich Village with her husband and daughters, Sadie, 5, and Evie, 2.

"We laugh at ourselves that we are the country folks who moved to the city. New York City is a big change from Charleston, and we certainly miss the weather! But the longer we live here, we've realized so many similarities. We appreciate our small village in the big city and have made amazing friends."

Their very own Buds love to give back.

"Living in New York, I wanted to educate my four children that there are boys and girls living in our same city that don't have lavish birthdays, may not get presents, and may not even have the essentials they need that my children take for granted," says O'Shaughnessy.

By matching each of her kids with a Birthday Bud, she says they're learning firsthand what gift giving is.

"They love picking out the toys, imagining what the child would like, and know that the essentials we provide will make a difference in their Bud's life."

Cowan agrees, adding, "I think teaching your kids empathy is as important as feeding them well. My kids are still young, so we try to teach them about loving, being kind to oth-

ers, putting themselves in someone else's place, and the importance of sharing what you have."

Since Birthday Buds has several kids who are not currently matched with donors, the moms said their own kids have been Buds to several additional children over the last year.

"Throughout the year we keep a 'birthday list' for both girls," says Cowan. "Whenever they ask for a toy or something they really want, we add it to their list. We've created lists for each of their Buds, as well, so if they see something they think their Bud will like, we add it to their list."

The moms have started throwing an annual cocktail party fundraiser to raise money for gifts for unmatched kids.

And they've just added 100-plus recipient children to their program this year, as they continue to partner with Room to Grow, so they need more Birthday Buds donors. They have also expanded their donor pool to include people who wish to be donors but don't have kids, and donors who live outside of New York City.

"We're always looking for oppor-

tunities to partner with other organizations that serve the New York City community. And in five years, we would love to see Birthday Buds expand to other cities."

The moms say it's all about giving.

"Birthday Buds wants to educate our children to grow up understanding the importance of giving. The act of giving to those less fortunate will instill a strong sense of community in our children, while providing aid to those in need.

"We couldn't imagine not being able to provide our children with fun things, let alone essentials. Birthday Buds is a great way to ensure that we all have the ability to do that, and teach our children a very important lesson at the same time."

For more information on how to become a donor, visit [www.birthdaybud.org](http://www.birthdaybud.org).

Tammy Scileppi is a Queens-based freelance writer and parent who loves New York City. She writes for several community newspapers, a well-known publishing company, the AngiesList website, the New York Daily News, and the New York Post.

# To the test!

## A summer ACT or SAT exam prep checklist

**I**f your high school student is headed to college in the next year or two, there is a lot to do to get ready — including ACT and SAT preparation.

Eileen Huntington, of Huntington Learning Center reminds parents that students entering their senior year, and still planning to take the ACT or SAT, need to develop a study timeline and strategy this summer.

“A student’s SAT or ACT score is

a critical component of his or her college application package, and for that very reason, it’s so important to plan ahead to prepare well,” says Huntington.

Huntington Learning Center offers parents and students a step-by-step exam prep checklist for this summer.

### Twelve weeks out

- Develop a test prep schedule with the guidance of a tutor who specializes in SAT or ACT test prep.

- Take a full-length practice exam to get familiar with the exam. Huntington offers initial evaluations as part of our test preparation services.

- Evaluate results of the exam to create a targeted study plan that will focus on weaker areas and capitalize on current strengths. Divide study schedule into major exam sections and sub-sections.

- Start getting familiar with multiple choice questions, response (essay) questions, fill-in-the-blank questions, improving sentence and paragraph questions, and other question types.

### Eights weeks out

- Register for the exam. The Sept. 21 ACT registration date is Aug. 23, and the Oct. 5 SAT registration date is Sept. 6.

- Get familiar with the length of each exam (and each of its sections), the approximate time your student should allow for each question, how each exam is scored, and other important details.

- Work on speed. Students must be able to quickly identify wrong answer choices and manage their time well during the actual SAT or ACT.

- Continue to work on stay-

ing focused under pressure.

- Take two or more full-length, timed practice tests.

- Adjust studying to focus on weakest areas.

- Review the ACT and SAT test-taking tips:

1. <http://sat.collegeboard.org/practice/writing-tips>

2. <http://sat.collegeboard.org/practice/math-tips>

3. <http://sat.collegeboard.org/practice/reading-tips>

4. <http://www.actstudent.org/testprep/tips/>

5. <http://www.actstudent.org/testprep/tips/writing-test.html>

### Four weeks out

- Hone in on the weakest areas with timed “section exams” that concentrate on those areas.

- Focus on practice questions that are the most difficult for your student.

- Practice relaxation techniques to keep calm and focused during the exam.

- Continue taking full-length, timed exams.

### On the day of the test

- Review the test day checklist (SAT checklist; ACT checklist) to make sure your student does not bring prohibited items to the exam and has everything he or she needs.

“To prepare well for the SAT or ACT, students should give themselves plenty of time to improve subject areas where they are not as strong, get acquainted with the exam, and get comfortable with the test-taking setting,” says Huntington. “Planning ahead is always a great idea, and Huntington is here to help students develop an effective study plan in order to achieve their best possible scores on exam day.”

*Learn more about Huntington at [www.huntingtonhelps.com](http://www.huntingtonhelps.com). For information on franchise opportunities, visit [www.huntingtonfranchise.com](http://www.huntingtonfranchise.com).*

\*SAT is a registered trademark of the College Board. ACT is a registered trademark of ACT, Inc. None of these entities were involved in the production of, and do not endorse, this program.



If You Like  
the Bar/Bat  
Mitzvah Guide...

...You'll Love  
the Website

[BarBatMitzvahGuide.com](http://BarBatMitzvahGuide.com)

New Stories  
Every Week

[facebook.com/barbatmitzvahguide](https://facebook.com/barbatmitzvahguide)



[pinterest.com/cngbarmitzvah](https://pinterest.com/cngbarmitzvah)



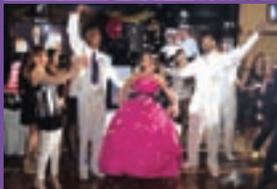
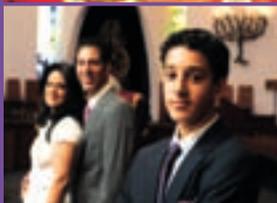
[@BarMitzvahGuide](https://twitter.com/BarMitzvahGuide)



[bbmitzvahguide.tumblr.com](https://bbmitzvahguide.tumblr.com)



PHOTOS: RABENKO.COM



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

Trusted since 2008

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

For more information about distribution or  
how to get your free copy, please  
e-mail us at [family@englocal.com](mailto:family@englocal.com).

Visit us online at

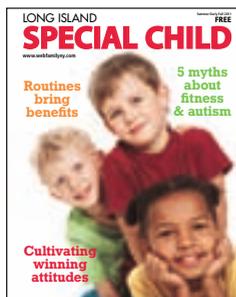
[www.NYParenting.com](http://www.NYParenting.com)

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



To advertise your business and or services  
contact us at 718-260-4554 or  
e-mail us at [family@englocal.com](mailto:family@englocal.com)

Family Publications New York/CNG  
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201  
718-260-4554 • [family@englocal.com](mailto:family@englocal.com)



**THE RHYTHM OF NEW YORK**



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

**ORPHEUM THEATRE**

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



Practical Solutions that Strengthen  
Relationships at Home

[www.phponline.org](http://www.phponline.org)

"Short Stories" about Parenting

"Common Sense" Tips

Topical and Ongoing Workshops

Individual Appointments

[www.facebook.com/parentsbrooklyn](https://www.facebook.com/parentsbrooklyn)

<https://twitter.com/ParentsHelpingP>

Parents Helping Parents, 669 President St., Brooklyn, NY 11215  
718-638-9444

[Brooklynphp@gmail.com](mailto:Brooklynphp@gmail.com) • [www.phponline.org](http://www.phponline.org)



# Chew on this

How to care for baby's teeth

**BY MONICA DICLERICO BROWN**

**I**t's a milestone that lots of parents love, and they like to document it with lots of cute pictures.

Baby's new teeth are adorable, but their care and maintenance routine can be confusing for many new parents. Here's the scoop on the best way to properly clean those little pearly whites and the right time for that first visit to the dentist.

Dr. Frederick Stange, of City Dentist, says the perfect age for a child's first visit can depend on how much room they have between their teeth.

"Children have spaces between their baby teeth — and that's supposed to be the case," says Dr. Stange.

"That's what makes those teeth 'self-cleaning.' Minimal care from the caretaker will keep the teeth healthy. Start with a flexible finger cot that is sold in most pharmacies — it helps keep

the hands close to the child and offers more control. As the infant grows accustomed to this habit, you can switch to the brush."

A toddler with spaces in between his teeth usually has his molars by the

time he's 2 years old, and that's when Dr. Stange recommends bringing the child in for the first professional evaluation.

But children who don't have spaces in between their teeth should be seen by a dentist much earlier — usually around his first birthday, or when you can see eight to 12 teeth in his mouth.

"Just like an adult, the touching teeth allow plaque and bacteria to grow in between. The children I see with little to no space between their teeth are usually the ones with decay."

For all children, wiping the teeth clean before bedtime is important, even if you're not comfortable using toothpaste right away.

"Start one thing at a time: finger cot, toothbrush, then toothbrush and paste. And never allow a child with teeth to fall asleep with a milk or juice bottle in their mouth. Sugar that will remain in the mouth overnight will cause decay. This usually starts in the front teeth and turns the teeth dark, but it's so easily prevented."

And the Midtown Manhattan dentist says parents can make it easier for children who may be anxious or uneasy about visiting the dentist for the first time.

"Preparation for a toddler's first dental visit starts at home," he says. "If this is the first time anyone is looking in the child's mouth, the new experience with a stranger will most likely not be received well. I have my 4-month-old daughter hold and explore her little toothbrush, even at this young age. This way, she's somewhat familiar with it, and it doesn't become something that's forced into her mouth. Rather, the experience of the toothbrush is almost akin to her pacifier, in that it's accepted as normal."

You can also prepare them at home by going through some of the same motions the dentist will go through: have your child open his mouth wide, so you can make a game of counting his teeth. Let him do the same for you. Give him a flashlight, if it makes the "game" more fun.

"If they are in control and understand the situation, you have removed the fear," says Dr. Stange.

Going a step further, Dr. Stange recommends bringing your child with you when you see the den-

tist, so that he can see the dentist or hygienist is working on mom or dad, and that it's ok.

"Start as young as you can. If they see that it's easy with you, then it will be easier to relate to the dentist," he adds.

At the very least, Dr. Stange urges parents NOT to threaten their children with a trip to the dentist.

"Children have excellent memories — if you tell them, 'Brush your teeth or you will have cavities and then the dentist will have to pull out all of your teeth,' they'll remember that! Make it a positive experience and use positive reinforcement when your child is brushing correctly. You don't want anything negative attached to the dental visit."

If your child is using a toothbrush and is actually learning how to brush, Dr. Stange says it's a good idea to do it while he is in a playful and inquisitive mood.

"Right before bed while your child is tired and fussy is probably not the time to try to brush the teeth. It's best after dinner and after breakfast. Remember that the cavity and odor-causing bacteria are always growing in our mouth. We are controlling their population by brushing them away. It is not as much about brushing at 9:04 pm and again at 7:56 am as it is about removing bacteria twice a day.

"It is okay to brush and have one more bottle as long as — again — we don't fall asleep with that bottle. Brushing effectively while a child is accepting is much better than fighting that cranky child at 11 pm. Ultimately, it is best to brush, then go off to bed, and in the morning after breakfast would be best as well."

Bottom line? Make oral hygiene an important part of your child's daily routine, and you'll never go wrong.

"We find ways to have our children enjoy reading or coloring daily, so we should be doing the same with our oral health routine," says Dr. Stange. "But timing is very important. We usually don't ask them to wait till bedtime to start reading, playing, or learning, so we should take care of their teeth throughout the day as well."

*Monica DiClerico Brown is a television news anchor and freelance writer who lives in Pearl River, NY, with her husband and two children.*

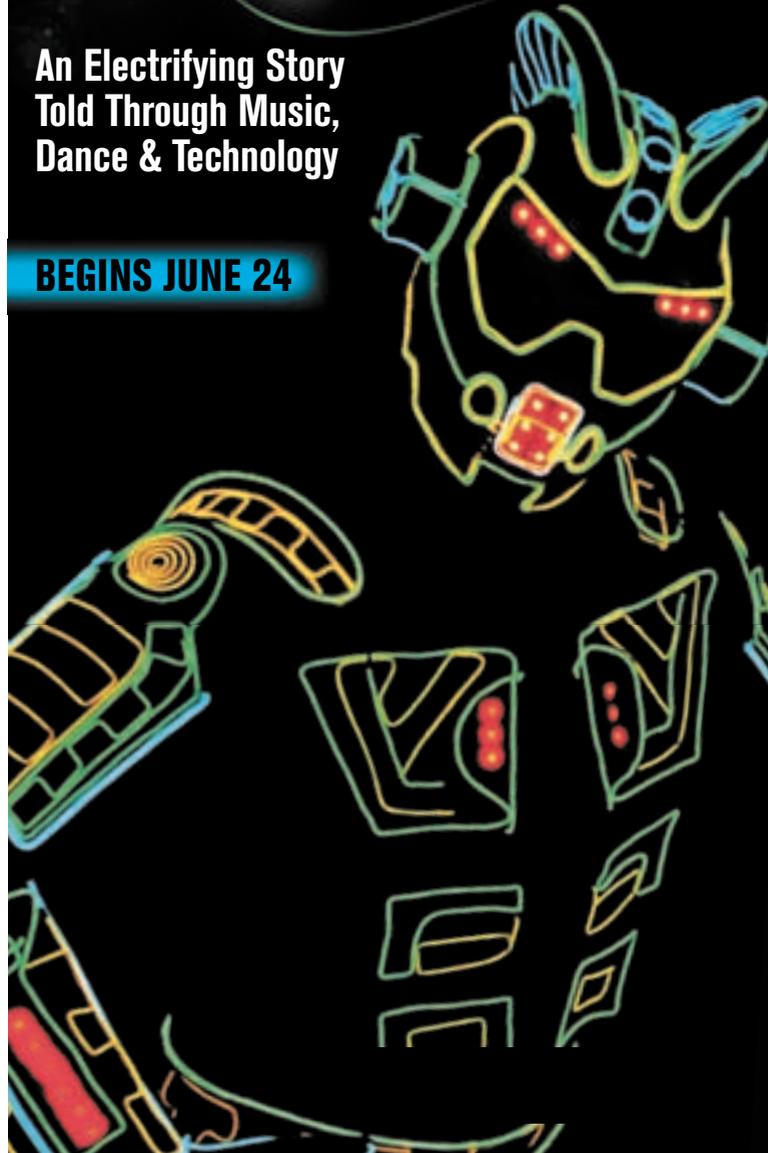
**"BEST NEW ACT IN AMERICA!"**

*Piers Morgan, AMERICA'S GOT TALENT*

# illuminate ARTIST of LIGHT

**An Electrifying Story  
Told Through Music,  
Dance & Technology**

**BEGINS JUNE 24**



New World Stages • 340 W. 50th St. NYC

Telecharge.com 212-239-6200



illuminate.com



## JUST WRITE MOM

DANIELLE SULLIVAN

# An 'Independence' day, then and now

**E**xactly 21 Julys ago, I remember waddling out to the backyard to watch fireworks.

Because of the earth's mounting vibrations, the slugs in the ground escaped and were lying all over the concrete, so my steps had to be

balanced and mindful. Their world was vibrating while we were blasting booming displays to celebrate our country.

My world, however, was on the verge of combustion in more ways than one. July is always exciting, but on that Independence Day, all I remember was giddy expectation mixed with immense trepidation, coupled with feeling hot, sticky, and exhausted. Just a few days later, our first daughter Amanda arrived.

As a young mom, there were so many judgments passed along. Would we know how to raise a child when we were so young ourselves? Did we have any place having a child at this age (which was barely 20)? I only wish I could have pointed out other strong and young moms who raised incredibly strong and smart people (President Obama's mother was 18 when he was born) back then, when I was

a naïve, young mom. While the naysayers were irritating, my concerns were more immediate: was Amanda eating enough? Sleeping enough? Was she comfortable? Was she safe? Largely because I was so immersed in her day-to-day care and partly because of my determination (AKA stubbornness), I chose to ignore the negativity. I knew that I would forever do anything I had to do to make her life the best possible.

I finished college and leaped into my publishing career all the while learning the ins and out of parenting 101.

Surely, it would have been easier, if my husband and I had been more settled with a few extra years under our belts, but I firmly believe that when it comes to babies, god

gives us exactly who we are supposed to be with in this life, and when.

As Amanda grew, I watched her quickly go from baby to toddler to big kid, in the blink of an eye. There are countless memories: school, friends, dances, graduations, and the prom. With each milestone, I reveled not only in witnessing this little amazing person blossom right in front of me, but also shared in her joys and heartaches. People say that, as a mom, your job is to teach your child to be able to thrive in their world, and to that extent, my job is done. She turns 21 this month. She is a senior in college, and holds a part-time administrative assistant job, as well as an internship at a non-profit women's organization, among a host of other accomplishments. She is a leader, but also a caring, kind, and fun-loving young woman.

Twenty-one supposed to be the magical age where you, as a parent, are finished, but we all know you never really are. While "Independence Day" has finally been reached for her, this year holds special meaning. Amanda is just starting out, and as a young person, many expectations will be placed on her. She will go off on her own, leaving that little girl in the pink Barney t-shirt behind her. And yet, I will still sometimes wonder — is she sleeping enough, working too much, is she safe? Except now I have to remain steadfast in the belief that what I have done the past 21 years has been enough. And while I can't quite wrap my mind around how incredibly (almost obscenely) fast it has soared by, I know that it has. Now it is her time to fly.

*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 @ DanniSullWriter, or on her blog, Some Puppy To Love.*



# SEND IN THE CLOWNS / 100% FUN ENTERTAINMENT CORP.



YOUR 1 STOP PARTY SHOP!

WWW.SENDINTHECLOWNS.COM

(718) 353-8446

(516) 354-1515

(914) 524-0055

Serving Tri-State Area  
(Specializing in Hampton Parties)

PHOTO FAVORS



ROCK WALL



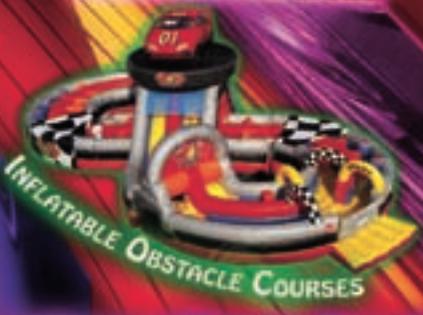
MECHANICAL BULL



INFLATABLE WATER RIDES



FAIRY'S DRAGON



INFLATABLE OBSTACLE COURSES



PHOTO BOOTH

CORPORATE PARTIES, BAR/BAT MITZVAH'S, BIRTHDAY PARTIES, BLOCKS PARTIES, DJ'S, AND MUCH MORE

FREE COTTON CANDY  
WITH COUPON  
YOU MUST SAY "METS ROCK"  
WHEN YOU BOOK A PARTY!



RENTALS AVAILABLE  
TABLES, TENTS, CHAIRS, DANCE FLOORS,  
BALLONS, BARS, GRILLS.

OFFICIAL PARTY PROVIDER OF THE NEW YORK METS  
CALL OR EMAIL US FOR A FREE CATALOG



## MOMMY 101

ANGELICA SEREDA

# How much privacy do kids really need?

Last week as I was treating myself to a manicure, I saw several mother-daughter duos getting their manicures, too. Some of the girls were too young for a manicure, in my opinion, but I couldn't help to think of how I hope Olivia will want to come with me to get manicures one day, when she is much older.

As one of the teen girls was getting her nails painted, her mother took her phone off the table (maybe it was to make sure her daughter didn't lose it, either way, it seemed innocent to me). The daughter immediately snatched the phone from her mother. She rolled her eyes, sighed, and couldn't shake the look of annoyance off her face. The mother looked embarrassed. I was embarrassed for her, but she smiled as if nothing happened.

What could the daughter have been so protective about?

It's no surprise that kids, especially teens, have their own, private lives. Many of them even have their own sexual identities and that can make any parent nervous. These days, kids know a lot more than we did growing up, largely in part to all the "resources" (read: social media, gadgets, peer pressure, etc.) at their disposal. Sexting a crush is common, and bullying the new kid is not unheard of. Worst of all, everything is published on the internet for the world to see. It's no wonder that a bad day in a young girl's life can be traumatizing and lead to depression.

So how do we know how much privacy we should give our kids? Like my mother, I'm not huge on kids having privacy. A few years back, one of my mom's friends was having trouble disciplining her pre-teen daughter. She would ask her to not lock her bedroom door, but the

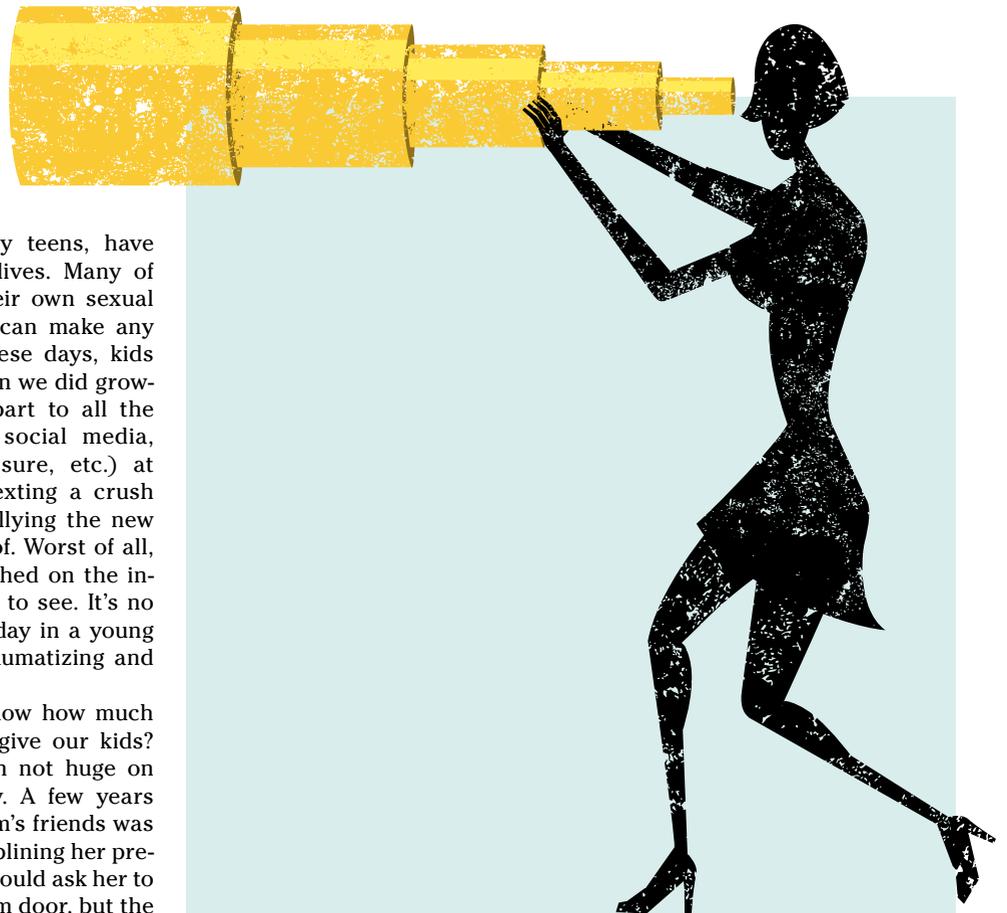
teen would repeatedly lock herself in her room, alienating her younger sister, with whom she shared the room. My mother advised her to remove the child's bedroom door from the hinges. My mother was notorious for these types of extreme measures.

The woman never took my mom's advice, or anyone else's, and her daughter's behavior eventually got worse.

My mother's parenting style was strict compared to my friend's parents. As a teen, I wasn't allowed to go to sleepovers, have dates, stay out past 10 pm (on the weekends!), or watch certain TV shows. Recently, I asked my mother why I wasn't allowed to watch "Beverly Hills 90210." All my friends watched

it and I always felt out of place for not knowing what was going on. She told me that she didn't want her teen daughter watching a show in which girls talk about sex, drink, and experiment with drugs. Point taken. I get it now, but at that time it felt so harsh!

I hope I'm not any harsher than my mother was with me. I understand the need for wanting some privacy and space as a kid, but I also hope that Olivia never feels that her life needs so much privacy that she would distance herself from me or her father. If the time comes when she feels the need to snap her phone out of my hands, for fear that I will see something I'm not supposed to, I'd feel the need to get rid of her phone altogether.





## FAMILY HEALTH

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

# Creating a diet for overweight kids

*My 10-year-old son is very overweight, partially due to some unhealthy eating habits, and also because he isn't very active. Given his family history — my spouse has struggled with weight issues also — I'm concerned that this will become a lifelong health problem. I know it's important that my son lose weight, but while there are plenty of options available for adults who wish to drop some pounds, I've heard far less about how diets work best for children. Can you give me some tips?*

**C**urrently, about one in three American children is overweight, so helping an overweight child manage his weight is a challenging, yet crucial, task facing many parents today. Having a healthy body weight is important at any age, but overweight adults and overweight children who are dieting often have very different reasons for doing so, and keeping children motivated in a weight-loss plan can be especially difficult. Unfortunately, there are still no quick and easy ways to lose weight and keep it off, but it's very good that you've become concerned about your son's health issue early in his life, and plan to help him do something about it.

As you seem to recognize, it's important that your son exercises on a regular basis, whether that exercise takes the form of a team sport, a recreational activity, or a simple 30 minutes of outside play. However, perhaps the most crucial aspect of helping your child lose weight is to evaluate his diet and eating habits, and make the necessary changes. Your son doesn't need to starve to lose weight, but he has to eat the right amount of food — the average 10-year old boy needs to consume between 1,600



and 2,200 calories per day — and the calories he consumes must be as healthy as possible.

You probably already know that junk food, such as candy bars and sugary drinks like soda and juice, are bad for a child's diet, and should be eliminated. However, overconsumption of high-carbohydrate foods that we don't normally think of as "junk," such as bread, bagels, white rice, potatoes, cereal, and corn can be almost as bad. Most starchy carbohydrates are digested into glucose — the same type of sugar you'll find in abundance in Tootsie Rolls, molasses, and popsicles. High-glycemic meals can cause your son's blood sugar to rapidly rise and then fall, leaving him hungrier than he was before his meal began. Look for opportunities to replace unhealthy high-carbohydrate meals and snacks with options that are richer in protein, such as nuts, eggs, and lean meats.

Make sure, also, that he drinks plenty of water. Staying well-hydrated helps speed weight loss and reduces appetite.

Perhaps the hardest part of helping a child lose weight is making sure he stays motivated throughout. In the case of your son, it is crucial that he not feel like he is being punished as you make adjustments to his diet and exercise habits. Come up with goals and milestones for his diet and find ways to reward him, like a trip to the movies or a new toy that will motivate him as he passes each one.

Coping with a weight problem can be a major undertaking for a child, and losing weight doesn't happen in a day. Remind your son why dietary and exercise changes are important and demonstrate the good eating and exercise habits in your own behavior. This can help ensure that he's happier and healthier not just now, but through the rest of his life.



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Dietician dads dish

## Nutritionist fathers on what they feed their kids

**F**athers have an enormous impact on their children's food choices. So, I reached out to four experts — dads who are registered dietitian nutritionists — to find out how they do it.

"I make them think twice about how much they are eating; asking if they are eating, because they are hungry or bored, and making sure they get in as many fruits and veggies as possible," says David Grotto, author of "The Best Things You Can Eat" and the father of three teen girls.

Rick Hall, senior lecturer of nutrition at Arizona State University and the father of three elementary school-aged children, focuses on moderation and variety.

"We never force them to eat foods they don't want to," he says.

"They have to try everything, and if they don't like it, it's called a 'no thank you' bite. They eat what we're eating. We're not short order cooks," says Dr. Chris Mohr, of MohrResults.com and the father of a preschooler and a toddler.

Dr. Milton Stokes, assistant professor of nutrition at University of Saint Joseph in Connecticut, had to learn to tolerate messiness as the father of two toddlers.

"It's especially true for meal times,



and that's fine, because kids need to feel food, play with food, and spit out food."

### Value of family meals

With everyone's schedules, eating together as a family every day is very hard to accomplish, Grotto says.

"We find that we enjoy the eating experience much more when we can

eat together and often have our most deep and meaningful conversations at that time."

Hall's family eats together at least once a day.

"Meal time is an opportunity to sit as a family with no distractions," he says. "We do not allow books or computer devices at the table. Meal time is an opportunity to connect."

Stokes likes to offer a snack while putting the main dinner together.

"For pre-dinner snacks, my daughter's really into diced pears and baby carrots. My son is into kiwi fruit."

### Three tips to try

- My kids are not allowed to claim that they don't like a food until they've tried it; and they have to try it every time we have it.

- Don't overeat. When our kids say, "My tummy is full," they are allowed to be done.

- Drink water. They've always known that soda isn't an option, despite what "all of the other kids do."

— Rick Hall

Christine M. Palumbo, registered dietitian, is a Naperville, Ill.-based nutritionist who is on the faculty of Benedictine University. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



## Peanut Apple Toastie

Makes one serving

### INGREDIENTS:

2 slices bread, toasted and buttered  
2 tablespoons peanut butter  
1/2 apple, sliced  
Lemon juice  
Cinnamon  
1 teaspoon brown sugar

**DIRECTIONS:** Spread peanut butter on one side of each of the two slices of toasted bread. Dip apple slices

in lemon juice. Arrange apple slices on peanut butter and sprinkle with brown sugar and cinnamon. Put on a baking sheet and place under broiler. Broil three to five minutes or until lightly browned.

**NUTRITION FACTS:** 254 calories; 8 g protein; 54 g carbohydrate; 6 g fat (1 g monounsaturated; 2 g saturated); 10 mg cholesterol; 5 g fiber; 179 mg sodium.

Courtesy of NationalPeanutBoard.org.



## DEATH BY CHILDREN

CHRIS GARLINGTON

# My own gun control

I don't own a gun. Never have. Not because of any overt political or personal views, but for the simple reason that I am a goofball and I would most likely use that weapon to shoot my own feet, an ineptitude I've passed on to my son.

We were visiting family; it was a father-and-son vacation to the motherland, the red dirt state of my birth, Alabama, where sons are born with a gun in one hand and a football in the other. We arrived on my nephew's birthday. My nephew was getting a gun.

Not a real gun: he was buying an airsoft pistol — it shoots tiny little plastic beads that couldn't hurt a fly.

My sister loaded her van full of boys and we went to the local fake arms dealer, a sports store, where my son found himself standing before a wall of fake firearms.

"Can I have a gun? Everyone else has one."

Kid logic. It seems stupid in retrospect, but something about the lure of fake weaponry and the realization that without a fake gun my son would be fake unarmed alarmed me in the dark recesses of my cowboy brain. Plus, my wife wasn't there. So I got two.

Back at the party, the adults were drinking sweet iced tea in the kitchen while the boys slaughtered each other in the basement. My son showed up.

"They're shooting me!"

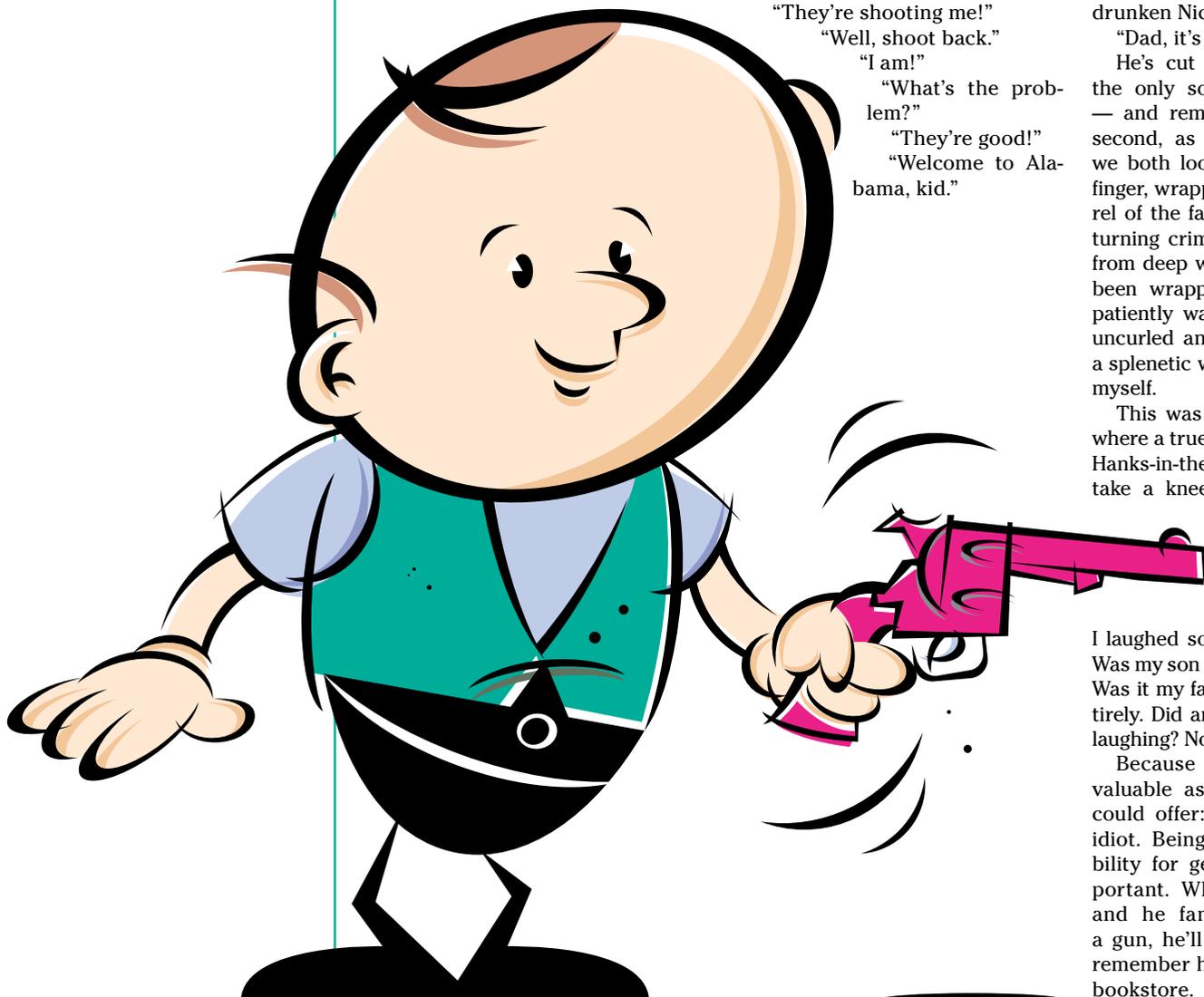
"Well, shoot back."

"I am!"

"What's the problem?"

"They're good!"

"Welcome to Alabama, kid."



Ten minutes later, two cousins appeared.

"We think Connor should sit this one out."

"Why?"

"He's crazy."

"He's shooting us while we reload."

"Welcome to Chicago, kid."

I went in the basement. There was my son, eyes wild, a gun in both hands, laughing maniacally, shooting neon green plastic balls in every direction while my nephews hid behind a couch and tried to ignore him. I dragged him upstairs for a talk.

"I think it's time to put the gun away."

He waved the gun around like a drunken Nicaraguan dictator.

"Dad, it's totally saf—"

He's cut off by a loud click — the only sound these guns make — and remained silent for a split second, as his eyes widened and we both looked down at his index finger, wrapped snugly over the barrel of the fake gun, a finger rapidly turning crimson. The scream came from deep within him, where it had been wrapped around his spleen, patiently waiting to deploy; now it uncurled and filled the house with a splenetic wail of oh-my-god-I-shot-myself.

This was one of those moments where a true dad, a good dad, a Tom Hanks-in-the-role-of-dad dad, would take a knee, soothe the boy's affliction, and teach a life lesson.

You know where this is going, right?

I fell out of my chair.

I laughed so hard I almost choked. Was my son crying? Yes, yes, he was. Was it my fault? Yes. Absolutely. Entirely. Did any of that stop me from laughing? No. It Did. Not.

Because that's a life lesson as valuable as anything Tom Hanks could offer: sometimes, you're an idiot. Being aware of one's capability for genuine stupidity is important. When my son is a man and he fantasizes about buying a gun, he'll look at his finger and remember he's an idiot and go to a bookstore.



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# Protecting your pets

*I am not married and do not have any children. I do have three cats and two dogs, and I want to ensure that they will be cared for, if I am incapacitated or when I pass away. What steps can I do to protect them?*

**P**ets are tangible personal property under the law. It is critical to make sure that pets are properly cared for if we are unable to do so ourselves. The care and well-being of the pet is a very important consideration when taking care of estate planning. It's important to know some laws pertaining to pets to ensure yours will be in the proper hands.

There are a variety of situations where pet-related issues arise. There are anti-cruelty laws to protect pets from extreme abuse and neglect, and many animal-rights organizations are vigilant of detecting abuses. In some jurisdictions, courts have started enforcing visitation agreements in divorce cases. Some unmarried couples have sued one another for custody of a pet. From this perspective, a written agreement between two parties dictating which person will take primary custody of the pet, visitation rights, and monetary support, can be helpful in

avoiding unnecessary disputes.

Many are unaware that New York City has a pet law that applies to renters living in buildings with three or more apartments, and to the owners of co-operative apartments, and to condo owners in Brooklyn, Queens, and Staten Island. Under the law, a landlord cannot evict someone for having a pet, if the pet was kept openly and the landlord knew about it for at least three months. The pet law may override a no-pet clause in a lease, if a tenant has kept the pet "openly" and "notoriously," meaning that you make no effort to hide the pet and others see it regularly. The landlord must have known or should have known about the pet for three months or more, and the landlord does not enforce the no-pet clause.

An owner should not only consider what should occur in the event of death, but also what arrangement should be made during the interim period between death and the admission of the will to probate. And what arrangements should be made in the event of hospitalization or incapacitation. In other words, a pet owner should arrange for access to her home to permit the care and feeding of the pet during such periods.

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 months between death and the issuance of letters testamentary, plans should be made to ensure care for the pet during the interim. This can be accomplished by a letter authorizing someone to take custody of a pet in certain circumstances.

An owner can designate a suitable caretaker for her pet in her 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). It is prudent to name alternate caretakers in the will in case the first-named person is unable to take the animal.

Since a pet owner cannot leave any part of the estate outright to an animal, the owner may leave a sum of money to the person designated to care for the pet. The 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 or her commitment. The bequest can also be left to a pet trust. The pet trust cannot exceed 21 years, even if the life span of a particular animal is longer. The trustee appointed will be directed to the trust instrument to use the funds to care for the animals.

If there is no appropriate individual to take the pet, the owner should consider naming a charitable organization to care for or place the pet. It is advisable to specify that the pet should not be sent to any institution that euthanizes animals, or to any organization that supports such shelters.

A concerned owner might consider keeping a short written note in her wallet or purse containing emergency instructions in the event of injured or hospitalized.

In short, the best way to assure proper care for a pet is to make both short-term and long-term testamentary arrangements for your animals as part of your estate and crisis-planning process.

*Alison Arden Besunder is the founding attorney of the Law Offices of Alison Arden Besunder P.C., where she assists parents with estate planning needs. Her firm has clients in New York City, Nassau, and Suffolk Counties. You can find Besunder on Twitter @estatetrustplan and on her website at [www.besunderlaw.com](http://www.besunderlaw.com).*



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

**WINNER! 5 TONY AWARDS**

**PETER AND THE STAR CATCHER**

"THE MOST EXHILARATING BROADWAY STORYTELLING IN DECADES!" -THE NEW YORK TIMES

**3 WAYS TO BUY TICKETS**

<b>ONLINE</b> VISIT TELECHARGE.COM	<b>PHONE</b> TELECHARGE at 212-239-6200 or 800-647-7400	<b>IN PERSON</b> NEW WORLD STAGES 340 West 50th Street, between 8th & 9th Avenues
--	--	--

PETERandtheSTARCATCHER.com



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

**Check us out!**

**NYParenting.com**

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

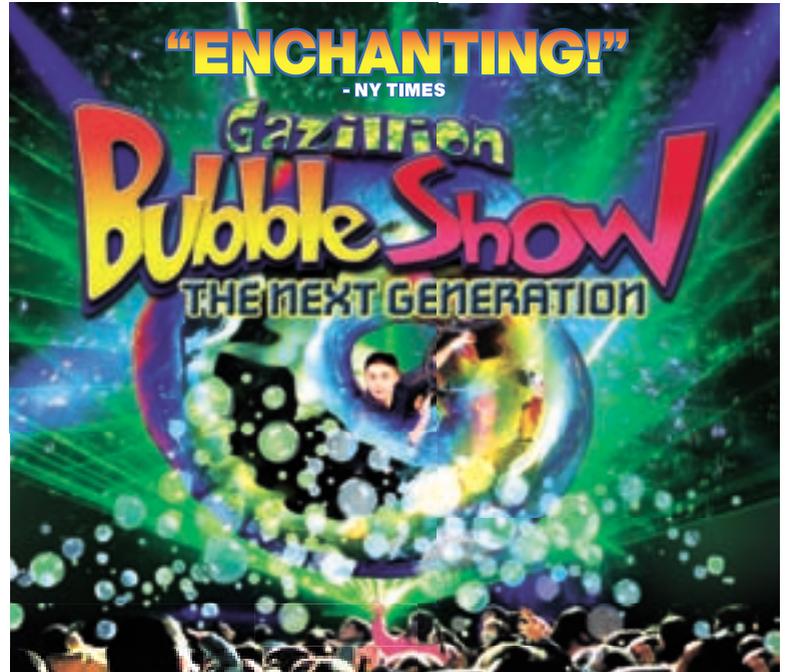
*Like us on*

**facebook**

*or follow us on*

**twitter**

Facebook Search: NYParenting



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

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

**NW**  
NEW WORLD STAGES  
340 WEST 50th ST.



## HEALTHY LIVING

DANIELLE SULLIVAN

# Summer's asthma

## Fighting the hot season's particular triggers

**M**ost people tend to associate winter months with coughing and sniffles. But for people with asthma, summertime can be just as big a trigger for asthma exacerbations.

"My daughter, Alexis, has coughed nearly the entire school year," says Maureen Casey of Park Slope, Brooklyn. After being diagnosed with asthmatic bronchitis in October, the 7-year-old had been treated for upper respiratory infections for most of first grade. Casey admits it has been a tense time, and she has worried about her daughter's safety in school when her cough became very bad.

"Coughing is part of having colds (or upper respiratory tract infections, URI) in children. Most school-aged children can have six to 12 URIs in one year, which can mean one almost every month, but tending to be more frequent during the fall and winter," says Dr. Jason Price, pediatric pulmonologist and co-founder of Hudson Allergy in Tribeca. "If the cough resolves after a few days with the other symptoms (fevers, congestion, runny nose), then they probably do not need a nebulizer or pump treatment as long as they are not wheezing or having any respiratory distress."

Now Casey's worries turn to the summer.

"Since being diagnosed, I wonder what will happen this summer when the temperatures rise, and she runs around and coughs."

"Weather changes — including going from a cool, air-conditioned room to hot and humid weather outdoors — can trigger asthma. As people tend to be more active during the warmer months, we see more asthma exacerbations in children with exercise-induced asthma," explains Price. "Any type of smoke, whether it be from campfires or barbecues, can be irritant and trigger asthma. Chlorine from pools can also act as an irritant and trigger asthma exacerbations as well. There are also some summer pollens that can trigger asthma, so parents should keep an eye on the pollen count."

Of course, preparation is needed



when planning summer activities. If your child has an inhaler, she needs to take it with her wherever she goes: vacations, beach, pool, waterpark, zoo, or even when just playing sports. Price advises using a valved holding chamber when children use their inhaler.

"Proper use of the chamber with the pump is extremely important in order to ensure the medication is delivered appropriately to the lungs."

Identifying triggers is essential to preventing asthma attacks.

"If parents know their child's asthma triggers, they may want to discuss using the inhaler prior to the trigger with their doctor," says Price. "For example, if a child has a history

of wheezing when at a chlorinated pool, it may be beneficial to use their inhaler prior to going to the pool. This should be discussed with their doctor first."

Although asthma is a serious disease, with proper education and regular treatment, "there is no reason to keep your child indoors during the summer months," he says. So prepare first, but then have fun.

*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 @ DanniSullWriter, or on her blog, Some Puppy To Love.*



## GROWING UP ONLINE

CAROLYN JABS

# Promoting reading

**M**ost parents do a great job of introducing young children to books. A recent report from the Pew Research Center found that more than half of all parents read to their young children every day and another 26 percent read several times a week.

Around middle school, many young readers become illiterate. They can read, but they don't. The reasons for this disconnect are numerous. Middle school kids become involved in an increased number of extracurricular activities, especially sports. Schoolwork becomes more demanding, so reading seems less like fun. And, of course, the siren call of social media discourages attention to text that's longer than a sentence or two.

Whatever the reason, illiteracy is worrisome. Research suggests that young people who read for pleasure have an advantage. Their vocabularies are bigger, their powers of concentration and analysis are greater, they tend to be better writers, and they have a deeper understanding of other people and the world around them.

Of course, lecturing kids about the importance of literacy isn't likely to turn them into enthusiastic readers. But here are some suggestions that are likely to be more effective:

- Take e-books seriously. The fourth edition of the "Kids and Family Reading Report," released by Scholastic earlier this year, found that half of children ages 9 to 17 said they would read more books for fun if they had an e-books reader. Boys in particular seem more motivated to read on a screen. If your children have already become screenagers, help them develop good habits. The only way to get lost in a book is to defer the urge to fool with apps and check social media.

- Don't give up on print. Among the kids in the Scholastic survey who use e-books, 80 percent still did most of their for-fun reading in print. If your child no longer cares to go the library, pick up books and leave them on the kitchen counter. Get inexpensive copies of classic books by going to garage sales or library sales. Websites like [betterworldbooks.com](http://betterworldbooks.com) also make it easy to acquire gently used books for your home library.

- Offer variety. As pre-teens begin to discover their special abilities and interests, help them zero in on fiction and non-fiction that connects with their passions. Expose them to cookbooks, graphic novels, newspapers, special interest magazines, and travel guides. Social media is an especially good way to find books with pre-teen appeal. Just typing "good books for middle schoolers" into the search box on Pinterest pulls up excellent lists curated by other parents, educators, and even librarians.

- Carve out time. Some middle school students stop reading because they don't have much free time. Help your child be selective about activities. Establish a daily reading time when you turn off TV and even music. Power down cellphones, too. At the very least, establish "Nothing but Books Before Bedtime." Be lenient about lights out if your child is engrossed in a good read.

- Designate space. If possible, create a dedicated reading room or corner in your home. Have a comfy chair, a good light, and a bookshelf close at hand. Be sure it's free of digital distractions.

- Read together. Hold onto family reading rituals as long as you can. In her book, "The Reading Prom-

ise," Alice Ozma, national manager for reading programs for Scholastic, writes about how she and her father read together for 3,218 days before she went to college. As she puts it, "Good authors find the words for the things we feel deeply but cannot express. They open conversations." Anything that opens a thoughtful conversation with a pre-teen is worth doing.

- Make it social. If you're excited about what you're reading, you'll want to talk to other people about it. That's what makes book groups so popular. Unfortunately, middle school students sometimes feel anxious about admitting to their peers that they have a reading habit. You can try to influence the culture at your child's school by encouraging teachers to form book clubs. (Suggestions about how to do that are available at the Great Schools website, <http://tinyurl.com/83cucw9>.) Or, you can encourage your child to find like-minded peers at social media sites dedicated to reading. Goodreads.com, for example, lets members join and form age-appropriate book groups.

- Practice what you preach. If you want your kids to be readers, be one yourself. Let them see you reading and enjoying a wide variety of books. Text a quote that catches your attention to your child's phone. Share interesting ideas you've come across in your reading at dinnertime or when you're driving together.

Given the number of distractions available to children today, parents can't be certain their kids will become lifelong readers. Still, there are enduring benefits for young people who can engage with the characters in fiction and follow the arguments in non-fiction. Helping your child develop a satisfying, ongoing relationship with books is still one of the best ways to prepare her for whatever the future may hold.

*Carolyn Jabs 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](http://www.growing-up-online.com) to read other columns.*

Copyright, 2013, Carolyn Jabs. All rights reserved.





## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Teens and piercings

I got my ears pierced on my 12th birthday. I was petrified — envisioning a needle the size of a twirler's baton being punched through my tiny earlobe. Nonetheless, I was determined to get my ears pierced, because all of my friends had already done it. Of course, it turned out to be no big deal ... except for the aftermath. My left earlobe got infected, and the infection festered for what seemed like an eternity. Instead of designer jewelry, I sported a swollen lobe.

Today, teens are getting many parts of the body pierced — eyebrows, noses, tongues, nipples, and navels. Some parents don't want their teens to pierce anything besides earlobes — what would a college admissions officer think? Others feel body piercing is not an issue they care to grouse about.

Although parental viewpoints differ on this issue, body piercing is certainly not something that should be taken lightly. No matter what your position is on this topic, it's best to be informed.

### Self-expression

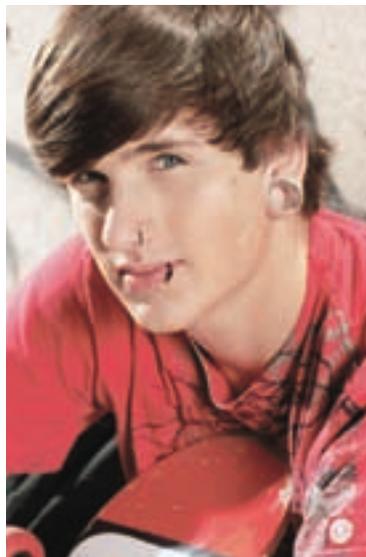
Teens like to dare to be different. Piercing, like orange hair highlights and tattoos, is a path to self-expression. Parents who disagree with these choices need to tread carefully when voicing their opinions. Teens should be given freedom to develop their own styles. However, there are many safety issues that both parents and teens need to be aware of.

### Cause for concern

According to the National Conference of State Legislatures, "New York prohibits body piercing on a person under 18 years of age unless a parent or legal guardian provides written consent in the presence of the owner of the body piercing studio or a body piercing specialist."

Dr. Elizabeth M. Alderman, a nationally recognized specialist in adolescent medicine and professor of clinical pediatrics at the Albert Einstein College of Medicine of Yeshiva University in Bronx, NY advises, "Anyone who plans to get a piercing should discuss it with someone else."

Teens who have diabetes, hemo-



philia, an auto-immune disorder, or any condition that might interfere with the healing process should find another way to express themselves. Furthermore, teens should not get pierced on areas of the body that have skin irritations, unusual lesions, rashes, or moles.

All teens should learn about potential complications in order to make an informed decision.

"There is always a risk of infection and scarring," Alderman warns.

Potential risks (Teens Health: Nemours Foundation):

- Chronic infection
- Uncontrollable or prolonged bleeding
- Keloids (thick scarring at the piercing site)
- Hepatitis B and C
- Tetanus
- Skin allergies
- Abscesses or boils (pus that can form under the skin)
- Inflammation or nerve damage
- Dental damage caused by tongue or lip piercing

### Talk it out

Since the risks vary depending on a teen's health and other factors, there is no simple answer as to how parents should approach this subject.

"It is hard to be the parent of a teenager," Alderman says.

"Teens should understand the risks and benefits, and parents should explore the reasons why their

teen wants the piercing done."

Parents should provide guidance to help their teen make an informed decision.

"Make it about health, not youth culture," Alderman suggests.

### Safety checklist

#### Considerations:

- Immunizations should be current.
- Don't take aspirin or blood thinners within a week of getting a piercing.
- Allergies to metal? Ask what is used in advance.
- Athletes: "No jewelry rule" goes for ALL piercings. Don't get newly pierced before season begins.
- Be aware of signs of infection (i.e. prolonged bleeding, pus, or change in your skin color around the pierced area).

#### Evaluating the specialist:

- Is the shop certified by the Association of Professional Piercers?
- Does the piercer have a license?
- Piercing guns cannot be sterilized and should NOT be used for body piercing.
- Specialist washes hands and wears disposable gloves.
- Needle is being used for the first time.
- Needles and other materials are disposed of in biohazard containers.

### Tips and tales

"Belly button piercing is different from getting a nose or lip done because you can show it off when you feel it's appropriate. The downside: navel piercings look ridiculous once you're over 25."

— *Chrystal DeLisio, Woodstock, NY*

### Share your ideas

Upcoming topic: Tips and ideas for Halloween activities for teens who are too old to trick-or-treat.

Please send your full name, address, and brief comments to [myrnahaskell@gmail.com](mailto:myrnahaskell@gmail.com) or visit [www.myrnahaskell.com](http://www.myrnahaskell.com)

Myrna Beth Haskell is a feature writer, columnist and author of "Lions and Tigers and Teens: Expert advice and support for the conscientious parent just like you" (Unlimited Publishing LLC, 2012). Available at Amazon.com.

# theMarketplace

## BALLET

Give your child a **SUMMER OF DANCE** with **BBT/School of Russian Ballet!**



rhythmic • hip-hop  
 pre-ballet • break dance  
 gymnastics • competitions  
 classical ballet • ballroom dance  
 performance opportunities • modern and popular dance

**(718) 769-9161**

2061 Oriental Blvd., Building: T7, 2nd floor, Room 7211 • Brooklyn, NY 11235

## FAMILY LAW

**Divorce & Family Law**

Robert A. Ugelow, Esq.

**25 Years of Experience • Free Consultation**  
**Specializing In Divorce**

Separation • Support • Custody • Adoption  
 Protection Orders • Annulment • Visitation

Robert A. Ugelow, P.C.  
*A Specialist in Family and Matrimonial Law.*  
*Sometimes There's A Need.*

26 Court Street, Brooklyn, NY 11242 718-852-8641

## HAIR CARE

**Barbershop and Beauty Salon**

Serving Children, Senior Citizens and the Entire Community

**OPEN 7 DAYS A WEEK**

APPOINTMENTS AND WALK-INS WELCOME

**4405 Ave. D** (between E. 45<sup>th</sup> & Troy Avenue)  
**718-629-2015**  
 Email: [iconickutz@yahoo.com](mailto:iconickutz@yahoo.com)

## HOME BASED OPPORTUNITY

**Wanted Distributors & Sales Agents**

**Earn Big Money! Set Your Own Hours! Be Your Own Boss!**

Use Your Home Or Place Of Business To Earn Extra Income

Selling Ladies Lingerie & Accessories  
 Customer Service 24 Hours

**Tel. 917-833-7643** Ask for Barrett  
 E-mail: [Bjmlingerie@gmail.com](mailto:Bjmlingerie@gmail.com) • [www.bjmlingerieone.com](http://www.bjmlingerieone.com)

## LIFE INSURANCE

Life Insurance... A Gift of Love  
 El Seguro de Vida... Un Regalo de Amor

How big is your love? When you give a life insurance policy from New York Life, you are letting your loved ones know that they are protected and secure in the event of the unexpected. It's one of the most selfless gifts you can give.

Contact me to learn how you can give your loved ones the greatest gift of all.

For more information contact:  
**Tracy A. Johnson MA, LUTCF** • Agent  
 New York Life Insurance Company  
**516-354-5776 • [TJohnson@ft.newyorklife](mailto:TJohnson@ft.newyorklife)**



## MUSIC LESSONS

**The Little People Violin House**

For the little people with great minds to explore the violin and so much more

**Stories in Music: for ages 2-3**  
**"The Little Violinist" Program: for ages 3½-6**  
**"The Young Violinist" Program: for ages 6 & up**  
**Special Weekly Violin Program**

Ask about our new Chinese classes • Programs for Children & Adults  
**Call for info & schedule Sharon 347-981-5301**  
 2482 West Third Street, Gravesend

## MUSIC LESSONS

**SOUNDS OF MUSIC**

Seasoned Performing Musicians with Extensive Teaching Experience

**Private Lessons for Children & Adults at All Levels**

- Piano • Keyboard
- Violin • Oboe
- Recorder • Saxophone
- Flute • Clarinet • Vocal

**718-232-2703 • Cell 646-752-7973**  
 Daniel & Diana Barkan • [daniel\\_barkan@hotmail.com](mailto:daniel_barkan@hotmail.com)  
[www.soundsofmusicarts.com](http://www.soundsofmusicarts.com)

## SOCIAL NETWORKING

**A SOCIAL NETWORKING SITE FOR MOMS**

- Share advice, photos, recipes, videos and so much more
- Giveaways every month!

**[www.divinemoms.us](http://www.divinemoms.us)**



## TUTORING

**PRIVATE TUTOR**

*Bensonhurst • Dyker Heights • Bay Ridge*

**HIGHLY EXPERIENCED**

Academics - Pre-K - 6<sup>th</sup> grade  
 Reading & Writing • Math • ELA Test Prep

Call or email Marianne **347-386-4789**  
[Mkbryant3@yahoo.com](mailto:Mkbryant3@yahoo.com)

## TUTORING

**TUTOR: Art/Academic**

ELA/Reading: K-8  
 Math: K-5  
 Art: K-12

Wilson and Fundations reading program specialist  
 High School / College portfolio prep  
 30 years public school experience in special ed & art

[tutoring@risajohnson.com](mailto:tutoring@risajohnson.com) [www.risajohnson.com](http://www.risajohnson.com)  
 tel. 718-369-0647 cell 917-692-6184

## STAY CONNECTED

To advertise with us please call 718-260-2587



## TUTORING

**Purposeful Learning Academy**

Helping Students Become Powerfully Literate!

- **Orton Gillingham Multi-sensory** Approach to Phonics & Reading: Tutoring for Special Needs Students
- Kindergarten-Grade 5 **Academic Summer Camp**
- Kindergarten-Grade 12 **Private Tutoring:** ELA/Math
- **Chess Club** for Kids!

**Two Sites:** 1638 Nostrand Ave. & 5019 Ave N • (347) 699-3040  
[www.purposefulllearning.info](http://www.purposefulllearning.info)



## PARENTS HELPING PARENTS

SHARON C. PETERS, MA

# Onto the 'next level'

## How to get your child to ditch the stroller



### Dear Sharon,

My son is 5 and he still wants to be pushed in a stroller. We want him to walk and try to leave it at home, but he throws a tantrum if we try. Do you have any suggestions as to how we can move him on to the next level? I would get rid of it completely, but I'm actually pregnant now and we will need it for the next one.

### Dear parent,

Almost every parent finds a time when it is challenging to move their child on to the "next level." It can be done, but usually requires some planning, patience, and perseverance from mom or dad.

Whenever a child is "stuck," it often works for parents to take a deep breath and come up with a plan. Picking a few days that could be free of other tasks and priorities and when you could take some time to tackle the problem can be an effective approach. Doing so can help parents from being thrown off course by the usual array of everyday distractions.

When guiding a child through a transition it can also be useful to take one step at a time. Parents I know in your position — there are many of them — begin by explain-

ing that the stroller will be put away on a specific day in the not too distant future (this statement doesn't work unless you really mean it). Before the date arrives, some parents begin walking short distances without the stroller. They also take a scooter or other riding toy, making the excursion more fun and manageable. Others have picked a rewarding destination like a playground or store where they have bought their child a special treat, as a recognition of their accomplishment and cooperation. This step rewards and motivates a child to choose the experience, instead of just doing what he has to, which is often a difficult starting place. When the short walk is complete, children are, of course, praised for their efforts.

On each day in the practice period, many moms and dads gradually go on longer walks with perhaps an even more rewarding destination or token reward. Many also played games with their child while walking. Having fun along the way can make what could seem like a

tedious experience for a young one, a positive one for everyone. Sometimes, I suggest having "races to the corner," and letting the child win. Children who are reluctant to walk will sometimes happily run — especially if they are competing and hoping to beat their mom or dad.

Of course, if a child is resistant to an idea, even if it is a good one, he often gets upset, sometimes with a tantrum. If parents can remember that an outburst is a real possibility, they are more likely to find a successful response. If parents can manage to stay calm, clear, and determined, then the child is much more likely to follow their lead. An upset and distraught parent is usually a much less effective one.

Once a child is using the stroller less frequently, progress can breed more success. When the day arrives when you had promised to put away the stroller, it still might be hard, but everyone is more prepared to move on to the next level with understanding and — hopefully — pride.

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

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

# Party Planners

**MAGIC AND COMEDY** with Rico

718 434-9697 • 917 318-9092

Available For All Occasions

**Best Clowns**

Clowns • Costume Characters  
Princess Parties • Magicians  
Face Painters • Balloon Art  
Caricaturists • Toddler Games  
Cotton Candy & More

1-800-75-CLOWN or 212-614-0988

Bi-Lingual Performers Available  
Private & Corporate Events  
All Boros, L.I. & Westchester

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

What do you do before the cake has been served & the presents opened?

**HAVIN' A PARTY**

9520 Ave. L, Brooklyn

- Magicians • Clowns • Face Painters
- 100s of Costume Characters To Choose From
- Balloon Animals & Sculptures

Mention this ad & get \$10 OFF any show

Serving families in our communities since 1984

718-251-0500 • [www.havingaparty.com](http://www.havingaparty.com)

Have A Kid's Party That's Very Different!

- We bring the zoo to you!
- All ages & all occasions
- Bug & Reptile Shows
- Barnyard Petting Zoo
- Pony Rides
- Exotic Pet Program
- Nature Programs
- Pet Therapy
- U.S.D.A. Licensed & Insured

**PARTY PETS.com**

\$20 Off with ad (one family)

Visit our website: [www.partypets.com](http://www.partypets.com)

Hands-on learning about exotic animals from around the world

WE ADOPT UNWANTED EXOTIC PETS!

All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions - BOOK EARLY!

Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs

**Puppy Parties**

PUPPIES BROUGHT TO YOUR NEXT BIRTHDAY...  
Really, Really Fun  
Totally Interactive

Great for ages 1½ to adults

call 718-258-2342 to book your next puppy party

See the puppies at [www.PuppyParadise.com](http://www.PuppyParadise.com)

**HAPPY HENRY**  
"The Wizard/Magician Clown"

**Close Up Magic AT ITS VERY FINEST**

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings, Children's and Adult Parties  
CORPORATE ACCOUNTS WELCOME

917-617-3698

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

# ADVERTISE WITH US!

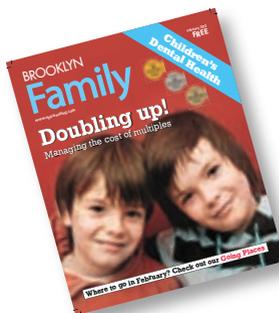
BROOKLYN  
**Family**

QUEENS  
**Family**

BRONX  
**Family**

STATEN ISLAND  
**Family**

MANHATTAN  
**Family**



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



## 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](mailto: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!

## TUES, JULY 2

**See it Big:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am; Free with museum admission.

Grab your microscope and examine tiny things and make them big. For children 4 years and older.

**Try-it-Tuesdays!:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Children 5 years and under learn about art, science and language in fun ways.

**Kayaking workshop:** Canarsie Pier, Rockaway Parkway and Seaview Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 5-7:30 pm; Free.

Be the captain of your own boat and learn paddling skills in the calm waters of Jamaica Bay in 30-minute sessions.

## WED, JULY 3

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

Celebrate the holiday and learn all about our Lady of the Harbor.

## THURS, JULY 4

**Lady Liberty:** The Old Stone House, Third Street between Fourth and Fifth avenues; (718) 768-31905; [www.theoldstonehouse.org](http://www.theoldstonehouse.org); 11 am; Free.

Celebrate the Fourth of July and visit the historic location.

**Independence Day:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); 1-4 pm; \$3.

Celebrate the country's 237th birthday by picking up a quill pen, singing your "John Hancock" on a reproduction of



Photo by Paul Martinka

## Macy's reels 'em in with fishing clinic

**R**eel them in! Young anglers learn a thing or two about casting and catching gilled beauties at the Pop-up Macy's Fishing Clinic at the Audubon Center in Prospect Park on July 6, 7, 13, 14, 20, 21, 27, and 28.

This popular program offers children age 15 and younger the opportunity to hone their fishing skills. Participants learn about aquatic ecology, fishing safety,

and even get to collect their own bait. Children must be accompanied by a parent or guardian. Spots are available on a first-come, first-serve basis.

Fishing clinics, July 6, 7, 13, 14, 20, 21, 27, and 28 from noon to 5 pm. Free.

*Prospect Park Audubon Center [enter park at Lincoln Rd. and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon)].*

the Declaration of Independence, making a fancy plumed hat while you are at it.

**Animal encounter:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 2-2:30 pm; Free.

Learn all about Snappy the turtle.

**Kayaking workshop:** Brooklyn Bridge Park, Pier 2 Dock, Furman Street; [www.nycgovparks.org](http://www.nycgovparks.org); 5-7:30 pm; Free.

Be the captain of your own boat and learn paddling skills in the calm waters of Jamaica Bay in 30-minute sessions.

## FRI, JULY 5

**Blooming Babies:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

Children 18 months and 2 and 1/2 years learn about patterns.

**"Madagascar 3":** Maria Hernandez Park, Knickerbocker Avenue and Suydam Street; (718) 965-8935; [www.nycgovparks.org](http://www.nycgovparks.org); 8 pm; Free.

Join in for this installment of Marty and the penguins.

## SAT, JULY 6

**Blooming Babies:** 11:30 am. Brooklyn Children's Museum. See Friday, July 5.

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Grow Big:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 1:30 pm; Free with museum admission.

Children 4 and older harvest seeds from fruits and veggies then create a seed bomb, or make a cutting of their favorite houseplant to take home.

**Assignment subway:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

Children of all ages have fun learning about the people working underground in the tunnels, then make a badge for the subway job you would most like to do.

## SUN, JULY 7

**Blooming Babies:** 11:30 am. Brooklyn Children's Museum. See Friday, July 5.

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Grow Big:** 1:30 pm. Brooklyn Children's Museum. See Saturday, July 6.

**Assignment subway:** 1:30 pm. New York Transit Museum. See Saturday, July 6.

## TUES, JULY 9

**Straphangers Hangout:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 10:15 - 11:15 am; \$10 each session.

Program for special needs children 3 to 5 years old.

**"Little Red's Hood":** Maria Hernandez  
*Continued on page 46*

# Calendar

Continued from page 45

dez Park, Knickerbocker and Willoughby streets; [www.CityParksFoundation.org](http://www.CityParksFoundation.org); 10:30 am – 12:30 pm; Free.

A new twist on an old tale. Presented by CityParks PuppetMobile.

**Try-it-Tuesdays!:** 11:30 am. Brooklyn Children's Museum. See Tuesday, July 2.

## WED, JULY 10

**Pet-a-Pet:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Meet and greet an animal friend and investigate their habitat and diets. Then, create an animal artwork. Suitable for children 5 years old and younger.

**New York Philharmonic:** Prospect Park Band Shell, Prospect Park West and Ninth Street; (718) 965-8900; [www.bricartsmedia.org/cb](http://www.bricartsmedia.org/cb); 8 pm; Free.

Bring a blanket and enjoy great orchestra music followed by a fireworks display.

## THURS, JULY 11

**Animal encounter:** 2-2:30 pm. Prospect Park Audubon Center. See Thursday, July 4.

**Kayaking workshop:** Brooklyn Bridge Park, Pier 2 Dock, Furman Street; [www.nycgovparks.org](http://www.nycgovparks.org); 5-7:30 pm; Free.

Be the captain of your own boat and learn paddling skills in the calm waters of Jamaica Bay in 30-minute sessions.

## FRI, JULY 12

**Volley ball clinic:** Pier 6, Furman Street; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am-noon; Free.

Kids learn about the sport. For children 7 to 12 years old.

**Javaka Steptoe:** Brower Park, Brooklyn Avenue at Prospect Place; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

The eclectic artist brings his brand of children's literature to the park.

## SAT, JULY 13

**Nostalgia rides:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 10 am – 5 pm; \$50, (\$25 children); \$35 members (\$20 children members).

Hop on board and take a trip back in time. Board an IRT Low Voltage train and travel to Pelham Bay Park, then visit the museum's vintage buses.

**Block party:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400;

Photo by Jerry Spierer

## PAL play streets are back

Children have a safe place to play sidewalk games, play arts and crafts, and learn to jump Double Dutch rope this summer, thanks to the Police Athletic League.

The "play streets" are conducted in various parks around the borough, and offer children workshop activities, including arts and crafts, Nok Hockey, hopscotch, and cultural arts.

Workshops are free and open from July 8 to Aug. 23, Monday through Friday, from 9 am to 5 pm

(no programs on July 26).

Participating parks include Kelly Playground and Mellet Park in Sheepshead Bay, Fox Playground in Midwood, Our Lady of Solace and Kaiser Park in Coney Island, Rewald Salgada Park and Paerdegat Park in Canarsie, Parham Playground in Clinton Hill, Rodney Park North in Williamsburg, and 61st Street Park in Bay Ridge.

Check our calendar listings for addresses of each location.

Police Athletic League [[www.palnyc.org](http://www.palnyc.org)].

[lynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Children of all ages let their imagination soar as they explore an assortment of blocks to build with.

**Ruby and the Story:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Noon and 1 pm; Free with museum admission.

Puppet show that teaches children how to be ready in an emergency. For all ages.

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospect-park.org/audubon](http://www.prospect-park.org/audubon); Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Fantastic tunnels:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free

with museum admission.

Children 5 years and older learn about engineers who make the tunnels.

**Camping:** Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 6 pm to 7 am; Free.

Urban rangers help you set up camp and have a night under the stars.

**"The Lorax":** McCarren Play Center, 776 Lorimer St.; (718) 965-8935; 8 pm; Free.

Outdoor showing of the children's movie.

## SUN, JULY 14

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; [www.prospect-park.org/audubon](http://www.prospect-park.org/audubon); Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Penguin Young Readers series:**

Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 12:30 pm; Free with museum admission.

Edward Hemingway's book the Bad Apple.

**Fantastic tunnels:** 1:30 pm. New York Transit Museum. See Saturday, July 13.

## TUES, JULY 16

**Straphangers Hangout:** 10:15 – 11:15 am. New York Transit Museum. See Tuesday, July 9.

**Javaka Steptoe:** Maria Hernandez Park, Knickerbocker and Willoughby streets; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am; Free.

The eclectic artist brings his brand of children's literature to the park.

**Try-it-Tuesdays!:** 11:30 am. Brooklyn Children's Museum. See Tuesday, July 2.

**"Hotel Transylvania":** Floyd Bennett Field, Flatbush Avenue at Aviator Road; (718) 965-8935; 8 pm; Free.

Animated movie featuring the voice of Adam Sandler.

## WED, JULY 17

**The Colossal Challenge:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 3:30 pm; Free with museum admission.

Climb, jump and discover.

## THURS, JULY 18

**Big Body:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11 am; Free with museum admission.

Unzip Stuffee and learn about the stuffed character.

**Animal encounter:** 2-2:30 pm. Prospect Park Audubon Center. See Thursday, July 4.

## FRI, JULY 19

**Walk up and Paddle:** Floyd Bennett Field, Flatbush Avenue at Aviator Road; [www.nycgovparks.org](http://www.nycgovparks.org); 9:30 am-11:30 am; Free.

Children 6 years and older are inviting to tryout kayaking. Must be accompanied by an adult.

**Get hip:** Brower Park, Brooklyn Ave. at Prospect Place; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 10:30 am – 12:30 pm; Free.

JazzReach presents a bee-bopping, hip-hopping performance.

**Free family night:** Brooklyn Children's Museum, 145 Brooklyn Ave. at

St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 5 pm; Free with museum admission.

All ages celebrate summer and Boogie to the beats laid down by our visiting DJ in the cafe. Build up your imagination with our awesome block-building block party. Explore the secrets behind some of our BIG collection objects. Fridays are fantastic in Brooklyn!

## SAT, JULY 20

**City of Water Day 2013:** Brooklyn Bridge Park, Furman Street at Orange Street; www.nycgoparks.org; 10:30 am-2 pm; Free.

Celebrate the waterfront with kayaking, seining, arts and crafts and movies.

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospect-park.org/audubon; Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Puppetry in Practice:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 368-5000; www.brooklynkids.org; 1 pm; Free with museum admission.

MetLife presents Zoo Hullabaloo, inspired by Yiddish folktales.

**Junior engineer:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Children of all ages take the challenge and design and build your own version of bridges.

**The Hot Sardines:** Kingsborough Community College, 2001 Oriental Blvd. at Oxford Street; (718) 368-5000; www.onstageatkingsborough.org; 8 pm; Free.

A unique blend of hot jazz, Dixieland and Tin Pan Alley.

## SUN, JULY 21

**Field day:** Brooklyn Bridge Park, Furman Street at Joralemon Street; www.nycgoparks.org; 10 am - 1 pm; Free.

Families play games, sports and activities. Recommended for children 4 to 10 years old.

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospect-park.org/audubon; Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Junior engineer:** 1:30 pm. New York Transit Museum. See Saturday, July 20.



## Family fun aboard the Transit Museum

**H**op aboard the New York City Transit Museum for fun-filled family programs, from July 6 through 28.

It's a trip — and then some. Kids can take nostalgia rides and learn about underground tunnels, map-making, and how to be an engineer. Workshops are geared to children age 3 and older.

Assignment Subway is on July 6-7 at 1:30 pm; the Nostalgia Ride takes off on July 13 from 10 am to

5 pm, leaving from Grand Central Terminal for the Bronx; Fantastic Tunnels is on July 13-14 at 1:30 pm; Junior Engineer is on July 20-21 at 1:30 pm; and map-making is on July 27-28 at 1:30 pm.

Workshops are free with general museum admission; Nostalgia Ride is \$50 for adults and \$25 for children age 2 to 17.

*New York City Transit Museum [Boerum Pl. at Schermerhorn Street in Brooklyn Heights, (718) 694-1600, www.mta.info/mta/museum].*

## TUES, JULY 23

**Straphangers Hangout:** 10:15 - 11:15 am. New York Transit Museum. See Tuesday, July 9.

**Get hip:** Maria Hernandez Park, Knickerbocker and Willoughby streets; www.cityparksfoundation.org; 10:30 am; Free.

JazzReach presents a bee-bopping, hip-hopping performance.

**Try-it-Tuesdays!:** 11:30 am. Brooklyn Children's Museum. See Tuesday, July 2.

## WED, JULY 24

**"The Neverending Story":** The Old Stone House, Third Street between Fourth and Fifth avenues; (718) 768-3195; 7 pm; Free.

Presented by the Piper Theatre, this classic adapted by David Craig from the novel by Michael Ende is about a boy who discovers a magical world.

## THURS, JULY 25

**Animal encounter:** 2-2:30 pm. Prospect Park Audubon Center. See Thursday, July 4.

**"Haroun and the Sea of Stories":** The Old Stone House, Third Street between Fourth and Fifth avenues; (718) 768-3195; 7 pm; Free.

A boy named Haroun must venture to the mythical land of Kahani to recapture the stories he grew up with.

## FRI, JULY 26

**"Little Red's Hood":** Brower Park, Brooklyn Avenue and Prospect Place; www.cityparksfoundation.org; 10:30 am; Free.

Presented by CityParks PuppetMobile, this is a modern twist on an old tale.

**"Hansel and Gretel and the Candy Haus":** The Old Stone House, Third Street between Fourth and Fifth avenues; (718) 768-3195; 7 pm; Free.

The fairytale of two children who get lost in the deep forest.

## SAT, JULY 27

**Pop up Macy's Fishing Clinics:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospect-park.org/audubon; Noon-5 pm; Free.

Children 15 years old and younger learn how to fly fish and ecology.

**Map making:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free with museum admission.

Children 3 years and older design a map inspired art work.

**David Ostwald's Louis Armstrong Centennial Band:** Kingsborough Community College, 2001 Oriental Blvd. at Oxford Street; (718) 368-5000; www.onstageatkingsborough.org; 8 pm; Free.

Inspired by jazz pioneers, the Grammy Award nominated band breathes life and passion into America's own great art form.

## SUN, JULY 28

**Pop up Macy's Fishing Clinics:** Noon-5 pm. Prospect Park Audubon Center. See Saturday, July 27.

**Map making:** 1:30 pm. New York Transit Museum. See Saturday, July 27.

## TUES, JULY 30

**Straphangers Hangout:** 10:15 - 11:15 am. New York Transit Museum. See Tuesday, July 9.

**Try-it-Tuesdays!:** 11:30 am. Brooklyn Children's Museum. See Tuesday, July 2.

## WED, JULY 31

**Radio Jarocho:** Sunset Park, Fifth Avenue at 39th Street; http://nycgoparks.org; 10:30 am-11:30 am; Free.

Music fashioned after the towns of Veracruz Mexico, with original and standard songs.

## THURS, AUG. 1

**Animal encounter:** 2-2:30 pm. Prospect Park Audubon Center. See Thursday, July 4.

## LONG-RUNNING

**Tennis lessons:** Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; Mondays and Wednesdays, 9 am-noon, Mon, July 1 - Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis,

*Continued on page 48*

# Calendar

## Continued from page 47

and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and makes the sport freely available in a fun, relaxed atmosphere.

**Tennis lessons:** McCarren Park, Bedford Avenue between Lorimer and N. 12th Street; Mondays and Wednesdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and make the sport freely available in a fun, relaxed atmosphere.

**Tennis lessons:** Kelly Playground, Avenue S and E. 14th Street; Mondays and Wednesdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and make the sport freely available in a fun, relaxed atmosphere.

**Tennis lessons:** Kaiser Park, Neptune Avenue and W. 27th Street; Mondays and Wednesdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and make the sport freely available in a fun, relaxed atmosphere.

**Tennis lessons:** Marine Park, Avenue S and E. 32nd Street; Mondays and Wednesdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and make the sport freely available in a fun, relaxed atmosphere.

**CityParks Golf:** Herbert Von King Park, Marcy Avenue and Highland Boulevard; Mondays and Wednesdays, 9:30 am–noon, Mon, July 1 – Fri, Aug. 23; Free.

Children 6 to 16 learn how to play golf.

**Tennis lessons:** McKinley Park, Fort Hamilton Avenue and Bay Ridge Parkway; Mondays – Thursdays, 1–4 pm, Now – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16.

**Tennis lessons:** Leif Ericson Park, 67th Street and Eighth Avenue; Tuesdays and Thursdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16.

**Tennis lessons:** Lincoln Terrace Park, Buffalo and E. New York avenues; Tuesdays and Thursdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children

6 to 16.

**Tennis lessons:** Prospect Park, Coney Island Avenue and Parkside Avenue; Tuesdays and Thursdays, 9 am–noon, Mon, July 1 – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and make the sport freely available in a fun, relaxed atmosphere.

**CityParks Golf:** Marine Park, Avenue S and E. 32nd Street; Tuesdays and Thursdays, 9:30 am–noon, Mon, July 1 – Fri, Aug. 23; Free.

Children 6 to 16 learn how to play golf.

**Track and Field:** Kaiser Park, Neptune Avenue and W. 29th Street; Tuesdays and Thursdays, 9:30 am to noon, Mon, July 1 – Fri, Aug. 9; Free.

CityParks provides children 5-16 learn the basics of the sports from hurdles to relay races to long jump, shot put and javelin throw.

**Tennis lessons:** Lucille Ferrier Playground, Bay Eighth Street and Cropsey Avenue; Tuesdays and Thursdays, 1–4 pm, Now – Fri, Aug. 9; Free.

Chase, sponsor of CityParks Tennis, and Lacoste provide lessons to children 6 to 16. The lessons promote physical fitness, and make the sport freely available in a fun, relaxed atmosphere.

**Ride the Carousel:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Thursdays – Sundays, 12–5 pm.; \$2 per ride.

The beautiful 101-year-old ride is up and running for little children to enjoy.

**Blooming naturalist:** Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287–3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); Thursdays and Fridays, 2–3 pm, Thurs, July 4 – Thurs, Aug. 8; Free.

Make your own journal, and learn how to use binoculars and field guides.

**"Pinocchio":** Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965–3391; [www.puppetworks.org](http://www.puppetworks.org); Saturdays and Sundays, 12:30 and 2:30 pm, Now – Sun, Aug. 18; \$9 (\$8 children).

For children ages 3 years old and up.

**History in your hands:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789–2822; [www.prospectpark.org](http://www.prospectpark.org); Saturdays and Sundays, 1–2 pm, Now – Fri, Aug. 30; \$3 (Children free).

Children learn how to process wool into yarn, card, spin and use a drop spindle and even make a felt ball to take home.

**Ezra Jack Keats Story Hour:** Imagination Playground, Ocean Avenue and

Lincoln Road; [www.prospectpark.org](http://www.prospectpark.org); Saturdays, 1–3 pm, Sat, July 6 – Fri, Aug. 30; Free.

Gather around the Peter and Willy statue for story telling and adventure.

**"You're a Good Man, Charlie Brown":** The Old Stone House, Third Street between Fourth and Fifth avenues; (718) 768–31905; [www.theoldstonehouse.org](http://www.theoldstonehouse.org); Saturday, July 6, 7 pm; Sunday, July 7, 7 pm; Thursday, July 11, 7 pm; Friday, July 12, 7 pm; Saturday, July 13, 7 pm; Thursday, July 18, 7 pm; Friday, July 19, 7 pm; Saturday, July 20, 7 pm; Free.

Based on the comic strip Peanuts by Charles Schulz.

**Play Streets:** 61st Street Park, 61st Street between Fourth and Fifth avenues; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Rodney Park North, S. Fifth Street and Marcy Avenue; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Parham Playground, Adelphi Street between DeKalb and Willoughby avenues; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Paerdegat Park, Farragut Road and E. 40th Street; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Rewald Salgada Park, Patchen and Ralph avenues; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

[www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Kaiser Park, Neptune Avenue and Bayview Avenue; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Our Lady of Solace Church, 2866 W. 17th Street and Mermaid Ave.; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Fox Playground, E. 52nd Street and Avenue H; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Kelly Playground, Avenue S at E. 15th Street; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, hopscotch, nok hockey and basketball as well as art and crafts. Play streets closed on July 26.

**Play Streets:** Mellet Park, Avenue V between E. 13th and E. 14th streets; [www.palnyc.org](http://www.palnyc.org); Weekdays, 9 am–5 pm, Mon, July 8 – Fri, Aug. 23; Free.

Thanks to the Police Athletic League, children enjoy traditional sidewalk games and learn from a wide range of recreational and cultural arts programs. Features activities include Double Dutch jump rope, and hopscotch. Play streets closed on July 26.



DEAR  
DR. KARYN  
DR. KARYN GORDON

# Ready to divorce?

**Dear Dr. Karyn,**

I'm 38 years old with four kids under 10. My marriage has been suffering for a long time, and while I know it's not great on kids to divorce, I'm really debating about leaving my husband. How does a person know if they are ready to divorce?

**Dear reader,**

Most of us are aware of the staggering divorce statistics — nearly 50 percent of all marriages will end in divorce, and second and third marriages are two to three times more likely to end in divorce. What shocks many is that less than 10 percent of spouses say their marriage is “thriving.”

The reality is that there are a lot of “surviving” marriages and very few “thriving” ones. Last month I did a segment on the Canadian national TV talk show “Cityline” about this topic, and was bombarded with e-mails afterward from men and women sharing the pain in their marriages. This is a topic that runs deep for thousands of men and women. One of my former clients, a banker was debating proposing to his girlfriend, said honestly to me, “Karyn, with stats like this, why would anyone want to get married?”

Great question. Here are four tips I challenge people to consider as they think about marriage and divorce.

**Put it in perspective:** I think one of the greatest problems with our culture is our attitude around marriage and training. When I ask clients, colleagues, and friends about their top values, most people instinctively say, “Family, friends, career.” So let’s stop and think about that answer. How much training do most people receive in their jobs and careers? For example: a teacher or accountant will complete approximately 10,000 hours of training through their studies (not including on-the-job training). A journalist is around 8,000 hours, while a lawyer or doctor is between 15,000 and 20,000 hours. Even someone who has not yet started her career path, but works out three times a week, will spend more than 150 hours training her body in a year. So now let’s ask ourselves, how much “training” have we pursued in learning to be a great spouse? Most



people say zero. It’s unrealistic to think that we should “just know” key relationship skills without having learned them. Unless people have been fortunate enough to observe their parents in a thriving marriage, most of us never have the opportunity to learn these skills, and then we feel disappointed, frustrated, and disillusioned with marriage. If having a thriving marriage is one of our core values, we need to change our perspective and make it a top priority to get the proper training.

**Look inward and introduce option number three:** When I meet a couple that is struggling, many of them talk about two options: either stay in a suffering marriage or get divorced. However, I introduce clients to a third option — their new thriving marriage. It doesn’t matter if people have suffered for two years or 15 years, the same rules apply. If people want a thriving marriage, they need to start by looking inward.

When I meet with couples for the first time, most dive into what their spouse did, or most often, did not do. I hear constant complaints, criticism, and comments such as, “If only my partner would do...” Let’s remember that relationships are 50-50, so if a relationship is falling apart we need to look inward, not outward. We need to ask ourselves, “What is my part in this? What is my contribution to having a suffering relationship?” Unless we have the courage to look inward, there is a high probability that we will repeat the same mistakes in our next relationship.

**Learn the tools:** It’s amazing that

we can put people on the moon and find cures for terminal diseases, but still watch so many people struggle in their relationships. The exciting aspect of this topic (which is why I’m so passionate about it!), is that relationship tools are 100 percent learned. So, if we want to have a thriving marriage we need to be intentional and proactive to create our own training program. If people are open and ready to learn, it’s amazing to see the change that can happen.

At our center we have more than a 90-percent success rate with couples, helping them build their thriving marriages simply because we focus on training and teaching personal leadership tools (confidence, goals, time management, decision-making) and relationship leadership tools (effective communication and dealing with differences, personality differences, and getting on the same page with parenting, money, family, and sex). When we understand ourselves, understand our spouse, and have the tools to communicate effectively, we can deal with any tricky topic.

**Make divorce a last resort:** Am I against divorce? Not necessarily, because there are times that I think it’s healthier for couples to divorce. For example: if there is abuse (emotional or physical), or affairs (emotional or physical) where the offending person refuses to stop, I strongly think it’s healthier for couples to be separated. However, the key is that I want divorce to be the last option when all other options have been exhausted.

I’m passionate about this topic because I have seen the power that effective relationship training has not only on couples, but on the entire family as well. When couples learn the tools, not only do they experience the marriage they dreamed about, but their kids benefit from the family stability and learn (by watching their parents) the tools for their future relationships!

*Dr. Karyn Gordon is the founder of dk Leadership, best-selling author of “Dr. Karyn’s Guide To The Teen Years” (Harper Collins), motivational speaker, and media consultant. Visit [www.dkleadership.org](http://www.dkleadership.org) and follow her on Twitter at @DrKarynGordon.*

# New & Noteworthy

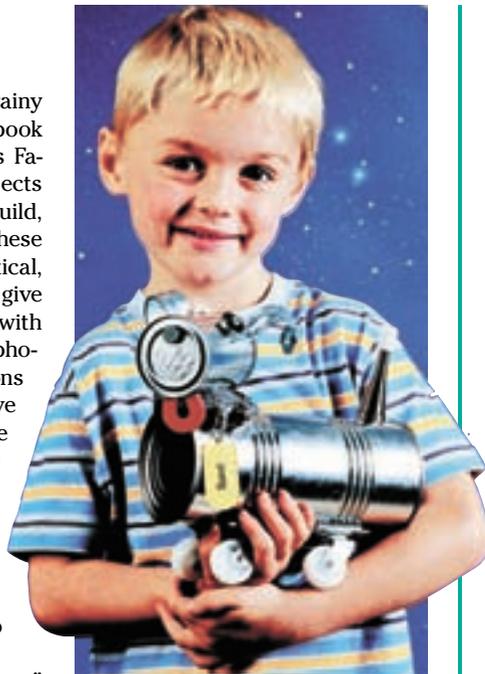
BY LISA J. CURTIS

## DIY fun

Be prepared for the next rainy day with a delightful new handbook of activities, "Martha Stewart's Favorite Crafts For Kids: 175 Projects for Kids of All Ages to Create, Build, Design, Explore, and Share." These tasks are fun to make and practical, too, resulting in things kids can give as gifts, wear, decorate, or play with after they make 'em. Lots of photographs and precise directions make it easy for kids to achieve craft nirvana. The pages are filled with enriching tasks, such as how to design and sew an original stuffed animal; create a dog from recycled tin cans (pictured); or make a snow globe, musical instruments, papier-mache UFOs, superhero costumes, and more.

The "Experiment and Explore" chapter includes crafts with a scientific-spin, like how to make a thaumatrope, a "wonder turner" that creates the illusion of two images merging into one when you spin the handle.

And just in time for summer vacation, the book proposes a variety of craftastic ways to store and



display souvenirs from your travels and staycations in the "Keep It Together" chapter.

"Martha Stewart's Favorite Crafts For Kids: 175 Projects for Kids of All Ages to Create, Build, Design, Explore, and Share" by the Editors of Martha Stewart Living (Potter Craft, \$24.99), [www.barnesandnoble.com](http://www.barnesandnoble.com).

## Just seahorsin' around

Enjoy rollicking fun on the high seas with Recess Monkey's latest CD, the marine-themed "Deep Sea Diver." Kids can't help but be carried away by Jack Forman and Drew Holloway's tide of clever lyrics and engaging mix of musical styles.

My favorite tracks include "Beach Ball," an ode to this ubersafe toy: "No matter where it hits

you, you won't need an ice pack!"; "Fish Sticks," which shows off the drum stick-wielding talents of Monkey's new percussionist, Korum Bischoff; "Shrimp," with its words of encouragement for the vertically challenged; the rollicking "Seven Cs," about a gang whose names begin with the alphabet's third letter; and "Periscope Up," a sweet song about making a friend.

Recommended for ages 2 to 8, this indie rocker (a follow-up to Recess Monkey's widely adored "In Tents," a circus-themed album) is a salty-sweet treat for adults, too.

Fans of Recess Monkey will want to dive into the band's free concert at Madison Square Park on July 16 at 10:30 am.

"Deep Sea Diver" CD by Recess Monkey, \$14.99, [www.recessmonkey.com](http://www.recessmonkey.com).



## Beat the clock

It may seem that the "get out of bed," "get dressed," "eat breakfast," "brush your teeth" routines of September are far away, but it's not too early to get the tool that will make the job easier! Moschel Kadokura's On-Task On-Time For Kids looks like a cousin of a See-and-Say, but it's a one-foot-tall timer that parents customize with easily repositioned stickers illustrating their child's daily routines.

After creating the one-hour to-do list, you turn the timer on and watch as your child races off to complete his tasks.

The ticking sound and slowly turning wheel add excitement, as it reminds him that time is passing.

You'll teach your little one time-management skills, build self-esteem, and be glad to be doing less



nagging during your day. Kadokura's time-saving device is long overdue!

On Task On Time For Kids timer, \$49.95, [www.timelymatters.com](http://www.timelymatters.com).

## Puzzle paradise found

The new Pirate's Paradise wood puzzle by Maple Landmark Woodcraft is a treasure map-styled tray puzzle that will help your crew chart a

course for an adventurous afternoon. Measuring 11- by 14-inches, the toy is crafted in America from birch plywood. The 15 laser-cut pieces come together to show a proper pirate galleon and its route toward a treasure island and the "X" that marks the spot. Ideal for scallywags ages 3 and up, the puzzle is printed with non-toxic ink.

Anchors aweigh!

Pirate's Paradise puzzle by Maple Landmark Woodcraft, \$20, [www.maplelandmark.com](http://www.maplelandmark.com).



## Solar powered art maker

Your child can harness the power of the sun to create a unique wall-hanging with Eye Can Art's Fabric Sun Photo Kit. Each reusable paper can contains sun-ready cloth, a plastic plate, a china marker, backing board, hemming tape, ribbon, and instructions — everything needed to make nine photo prints. The kit teaches an authentic art technique and encourages the use of imagination rather than relying on templates or stencils.

Eye Can Art also offers a Sketch



Foam Printmaking Kit, Book in a Box Kit, Sumi-e Ink Painting Kit, and more.

Fabric Sun Photo Kit by Eye Can Art, \$30, [www.eyecanart.com](http://www.eyecanart.com).

# The SCIENCE CARMELO FELLOW

at the Cosmic Cove!

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

Photo by Heather Weston

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

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

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

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

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

**Carmelo Piazza**  
'Carmelo the Marshmallow'

**The Cosmic Cove**  
300 Atlantic Ave  
Brooklyn, NY 11201

**for more info:**  
718.722.0000  
718.344.4631

# There's still time to complete your Bachelor's Degree. *The CUNY School of Professional Studies can show you how.*

## OUR ADVISORS ARE AVAILABLE TO:

- *Discuss your program options*
- *Give on the spot transcript evaluations*
- *Help you with the application process*

*Attend in-person, by phone, or via skype!  
Walk-ins welcome.*

**JULY 9<sup>TH</sup>, 16<sup>TH</sup> AND 23<sup>RD</sup>**

8:00am - 8:00pm

101 W. 31<sup>st</sup> Street, 9<sup>th</sup> Floor, NYC

212.652.CUNY

information@sps.cuny.edu

### ONLINE PROGRAMS

B.S. in Business  
B.A. in Communication & Media  
B.A. in Disability Studies  
B.S. in Health Information Management  
B.A. in Psychology  
B.A. in Sociology

*Start Classes  
Fall 2013 or  
Spring 2014!*

### IN-PERSON PROGRAM

B.A. in Urban & Community Studies

### 2013-2014 TUITION RATES

NY State Residents: \$245/credit

Out-of-State Residents: \$510/credit

*Online degree students pay the NY State tuition rate*



The City University of New York

[sps.cuny.edu/familydegree](http://sps.cuny.edu/familydegree)

