

BROOKLYN

Family

Where Every Child Matters

March 2014
FREE

**Camp
Guide 2014**

First-time
campers

Cursing

The way kids talk!

**The latest
on peanut
allergies**



Find us online at www.NYParenting.com



in Brooklyn Bridge Park

Amazing Summers...Lifelong Friends

- Traditional Day Camp for kids ages 5-11
- Early Start Imagination Camp for pre-K kids ages 3-5
- 8:30am-5:30pm with extended hours available
- Beautiful outdoor facilities
- Ample air-conditioned indoor space
- Sports, Visual & Performing Arts, Outdoor-Adventure
- Daily Red Cross Swim Instruction
- Hot Lunch & Transportation available
- Low Ratios with Mature Staff
- Flexible enrollment for 2-8 weeks



Come meet us at our next info session!

March 15 • 11am

BBP Conservancy Office • 334 Furman St.

oasischildren.com

800.317.1392



Family March 2014

COLUMNS

- 18 Healthy Living**
BY DANIELLE SULLIVAN
- 46 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 50 Death by Children**
BY CHRIS GARLINGTON
- 52 Dear Dr. Karyn**
BY DR. KARYN GORDON
- 53 The Book Worm**
BY TERRI SCHLICHENMEYER
- 54 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 55 FabuLYSS Finds**
BY LYSS STERN
- 56 Just Write Mom**
BY DANIELLE SULLIVAN
- 58 Mommy 101**
BY ANGELICA SEREDA
- 59 Family Health**
BY DR. PRAMOD NARULA, MD
- 60 Growing Up Online**
BY CAROLYN JABS
- 61 Downtown Mommy**
BY NOTOYA GREEN
- 62 Parents Helping Parents**
BY SHARON C. PETERS
- 63 A Letter from College**
BY AGLAIA HO
- 74 New & Noteworthy**
BY LISA J. CURTIS



FEATURES

- 6 WHAT did you say?**
Experts weigh in on how to curb the F-word scourge
BY RISA C. DOHERTY
- 8 Tough nut to crack**
Is there a potential cure for peanut allergies?
BY ALEX BIGWARFE
- 10 Stranger danger?**
Ten smart tips to keep your kids safe
BY CHRISTA MELNYK HINES
- 12 Loving eating healthy**
New book on teaching kids about eating habits, not just nutrition
BY ALLISON PLITT
- 14 Teenage adoptee**
Insights for parenting the adopted adolescent
BY JUDY M. MILLER
- 16 Raise a reader**
Twenty-six ways to enrich your child's life
BY HEATHER LEE LEAP
- 20 First-time camper**
How to prepare your child for a time away
BY BOB DITTER
- 36 Girl power**
Celebrate Girl Scout Week, from March 9 to 15
BY JANINE QUEENIN
- 38 Taming the tattletale**
Help kids identify when an adult is needed
BY DENISE YEARIAN
- 44 Meditation made easy**
Can an app help you find your inner peace?
BY TAMMY SCILEPPI
- 48 My, how things have changed**
Children in 2014 face far different issues than what I remember from my youth
BY ALLISON PLITT

CALENDAR

64 March Events

SPECIAL SECTIONS

- 22 Summer Camps/Programs Directory**
- 40 Charter Schools Directory**
- 72 Party Planners**
- 73 The Marketplace**

Letter from the publisher

What a winter!

I live not far from a lovely park. That park has a sizeable hill and all winter long the kids have been having a blast. While the rest of us have been somewhat grumpy and grumbling about this year's winter weather, the kids have been having a largely different experience. Sleds, toboggans, saucers, and tubes; they have been climbing and sliding and enjoying the winter in a way only children can. The skating rinks have been busy and just in time a handful of new rinks were readied in the various boroughs, and they are beautiful!

In spite of the winter fun that many have been enjoying, hopefully this month we'll experience a hint of spring. It will be fantastic to put



aside these boots, hats, scarves, etc. and lighten our load. The kids will be happy too, I have no doubt and spring fun will begin with team sports and outdoor practices and the parks filling to capacity.

So at this point in the late winter/early spring

we're thinking a lot about summer and are highlighting summer camps and programs. Not too early in the least to start making some decisions for the summer. There are early-bird discounts that one shouldn't miss and all the Directors are hoping for a sensible sign-up season and not everyone waiting until the last minute. Why is it that so many people wait until the deadline to do everything?

We have some very thought provoking articles this month like the

bad language so many children are using on a regular basis. Our Award Winning writer Risa Doherty once again has tapped into a provocative topic and her piece in this issue is a must read. I know I'm not the only parent concerned with the way youngsters are expressing themselves and how it makes me feel to be hearing them.

Christa Melnyk Hines has written a piece on *Keeping Your Kids Safe* that is also a must read. All of us have experienced the anxiety associated with the thought of losing a child. This article will help give you some important steps to take to keep such a thing from happening.

Tammy Scileppi chimes in with an interesting article on a new app that can help us create time and commitment to achieve inner peace through meditation, and there's Allison Plitt's review of "It's Not About the Broc-

coli" and an interview with its author Dr. Dina Rose.

And in continuing on the health topic, a potential cure for peanut allergies is addressed by Alex Bigwarfe in an interesting article about new studies and potential cures. A lot to read and we hope you find it as interesting as we did.

Wishing you a good month and an end to snow and ice. We're all ready for a change and for those early spring plants to come up and let us know that spring is truly on the way.

Thanks 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,
Mauro Deluca, Earl Ferrer, Cheryl Seligman

MANAGING EDITOR:

Vince DiMiceli

ASSISTANT EDITOR:

Courtney Donahue

COPY EDITOR:

Lisa J. Curtis

CALENDAR EDITORS:

Joanna Del Buono,
Jesseca Stenson

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

CALENDAR

(718) 260-2523

ADDRESS

New York Parenting Media/CNG
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.NYParenting.com

NEW YORK Parenting
nyparenting.com • WHERE EVERY FAMILY MATTERS



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

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

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

Join the conversation on Facebook.

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

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 ©2014 Readership: 220,000. 2012 circulation audits by CAC & CVC.



EBS THERAPY

—of New York



SPRING BREAK PROGRAMS

APRIL 14-18 2014

Our Spring Break Programs will provide the opportunity for your child to participate in both social and communication play groups with our speech-language pathologists and occupational therapists. Our goal is to create groups and time frames that will work within your child's spring break schedule. Contact EBS Therapy of New York for more detailed information.

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 K-5th grade.

PLAY & LANGUAGE STIMULATION GROUPS

Designed for young 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

Focuses on creating environments that target learning of socialization and pragmatic language skills within a peer group setting.

FLUENCY (STUTTERING) INDIVIDUAL/GROUPS

Offered for both children and adults in an individual or group setting with our fluency (stuttering) specialist.

718-238-0377 • info@ebstherapy.com • www.ebstherapy.com • 155 Bay Ridge Ave. Brooklyn, NY 11220

Age Recommendation:
EVERYONE 7+

March 21 – 30



KNEE DEEP

Casus

FROM BRISBANE, AUSTRALIA

"An hour of acrobatics and aerial stunts full of extraordinary skill and brute strength...awe-inspiring."

The Guardian

TICKETS
START AT
\$14

Age Recommendation:
EVERYONE 4+

"America's
Best Clown"

TIME Magazine



Bello

Mania

April 4 – 20



THE NEW VICTORY® THEATER

NewVictory.org • 646.223.3010
209 W 42nd Street, just west of Broadway

ART: TOM SLAUGHTER, PHOTO: SEAN YOUNG



What did you say?

Experts
weigh in on
how to curb
the F-word
scourge

BY RISA C. DOHERTY

Gone are the days when a parent would threaten to wash a child's mouth out with soap for using a "four-letter word." Many of today's teens and tweens sprinkle their everyday conversation with language our mothers would tell us was "right out of the gutter," and they don't know what parents are getting so upset about.

Sam, a freshman at a Brooklyn high school, and his friend "Mark," from an Upper West Side Manhattan high school, found it humorous that an adult would even care, saying, "So long as adults are not present, what does it matter?"

"Youthologist" Vanessa Van Petten, author of "You're Grounded! How to stop fighting and make the teenage years easier," and founder of the Radical Parenting blog written by teens, tells me such language has "been normalized," and that there is a definite generational difference in the way our teens express themselves.

What is the cause?

Opinions vary as to the biggest influence on our teens' colorful language. Van Petten points to pop culture and digital media as the main culprits for making this speech, which was once isolated to particu-

lar demographics, commonplace nationally. She also blames YouTube, where celebrities post videos replete with curse words, absent of content regulation.

It is hard to ignore the fact that the F-word is used with abandon in songs and popular films, such as "The Wolf of Wall Street" (506 times). The "Fockers" trilogy was a huge hit, as audiences delighted in quasi F-word humor. When Bono used the word to express excitement at the 2003 Golden Globes, the Federal Communications Commission initially let it slide, saying its use was "fleeting" and wasn't used in a sexual content. They later reversed their decision, condemning his utterance, along with similar award show slips by Cher and Nicole Ritchie.

In the 2005 documentary, "F--," radio show host Dennis Prager gives kids more credit, saying they know the difference between Hollywood and its fantasy world of movies and their own homes.

Journalism analyst David Shaw, who also appears in the film, attributed young people's indelicate language acquisition to the people around them: family members and friends, saying they hear it in backyards, placing the responsibility squarely on parents to protect kids. He said it is contagious, like a virus.

Kids do it to be more "adult-like, cool or popular," but, as kids use the words more and more frequently, they lose their initial impact, says Phillip, a Queens high school junior.

Brooklyn social worker Lori Hiller says that teens will "try on" language as they would different personalities, hairstyles, and clothing. She also says teens may use it to fit in, like on a neighborhood basketball court, where such words may make sense for the moment.

"It's lazy language," according to James O'Connor, founder of Cuss Control Academy. He says it is easier to fall back on those words, which are really not descriptive, and encourages teens to replace curses with alternative expressions, explaining that the word "s---" could easily be replaced with "manure," "garbage," "trouble," or "rotten."

The 'normalization' of foul language

Van Petten references "the normalization" of expressions which used to be considered bad language, such as "kick a--" or "s---- day." She said they now appear regularly in blog posts and are basically part of the lexicon.

People always cursed in anger. But, the casual, cavalier manner with which today's average teens insert the F-word multiple times in sentences is a recent development. When my teen expressed himself in such a manner, I was offended and was told that the F-word wasn't directed at me, and "This is the way people speak these days." Other teens agree.

It seems as if the F-word is no longer considered profane in teen circles, and its colloquial use is not meant to be offensive. Phillip explains, "It's a common word," saying that it is used "not in a way to be rude, it's just a normal adjective."

"Patrick," a middle schooler from Queens, says his peers use it thoughtlessly, and "They don't mean what they say." All the teens I spoke with tell me they are not particularly impressed by its usage and are actually annoyed when it is overused by their friends.

Some teens who are hesitant to curse out loud curse freely on social media. Hiller warns teens that what they write in cyberspace will stay with them, and colleges and prospective employers might access them. Even their own friends could be offended reading posted expletives without context and inflection.

O'Connor recognizes that eliminating swearing altogether is unrealistic.

"I would not say 'Swearing is a bad thing, you should never do it,'" he told me by phone. "It is a part of the way we communicate." O'Connor distinguishes between "casual" and "causal" usage of such words: the former "for the fun of it," and the latter to vent frustration or anger. He says they are regularly used "as meaningless modifiers" by chronic complainers and whiners.

Van Petten also tells teens that use of the F-word as a mere adjective is still not excusable, if the time and place is inappropriate. Even in casual use, it can be viewed as crude, and if the teen is uncertain of how it will be received, it is best to refrain.

Is it hypocritical to tell teens not to curse?

In the documentary, Hollywood director Kevin Smith says that it is too hypocritical never to curse, but that people can choose not to do it at home.

Van Petten is not troubled by the potential hypocrisy, as most adults limit their cursing to certain arenas. She advises teens to be aware of their surroundings and be extra

careful not to let loose in public areas where it would be considered crass and disrespectful, such as restaurants, trains, and sidewalks, and in front of adults and young children. She says the key is the teen's ability to learn how to moderate language, "to turn it on or off," depending on the environment, and that this is a skill every young adult needs to master.

Shocked as I was by my own teen's language, I understood that I would not be able to monitor it all the time. So, although I was not pleased that he would curse at all, I told him I never wanted to hear it, but that I would not know if he cursed if he was alone with his peers.

Some parents still prefer to tell their teens to refrain from cursing entirely, and commit to never use such language themselves, so that their rules are not inconsistent with their practice.

"Molly," a high school sophomore from Forest Hills, feels that her mother is backwards and out of touch with today's world because she doesn't curse.

Hiller recognizes that parents who never curse within earshot of

their children are creating "an artificial world" for them. She tells parents not to be ashamed if a curse word slips out occasionally in front of their teens, because they hear these words every day outside of the home. She does not condone inappropriate or excessive cursing, but she recommends parents think about how much of a bubble they want to place around their kids.

How to break the habit

Van Petten says it is habit forming, and teens get used to it. Moreover, it can be a difficult habit to get rid of, just like an unwanted regional accent. She called it "muscle memory" — a type of reflex response.

O'Connor agrees, saying that once it becomes ingrained, there is a greater chance that it can slip out at the wrong time: in front of a boss or teacher. Like any bad habit, it will take a concentrated effort to break, he says.

When my kids were little, I docked them a nickel or a dime for each curse word. It was fairly effective.

Russell Barkley and Arthur Robin, authors of "Your Defiant Teen," recommend a rewards and punishment system, using money or points to condition tweens and teens to restrain their speech — but its effectiveness is not so clear for this age group.

Van Petten, who has worked with hundreds of teens, says it is best not to get hung up on "nickel and

diming" tweens and teens, because it just does not work. She found that even fining them as much as \$1 to \$5 still backfires: it may curtail the cursing, but creates more animosity. Teens and tweens do not want to be controlled.

O'Connor wrote "Cuss Control" in 2000 to help people curtail their cursing, relying on anger-control and coping strategies, and suggesting teens find alternative words to express frustration. He points out that there are roughly 900,000 words in the English language and 30 basic swear words, recommending replacement phrases like "holy smoke" or "fiddlesticks." Unfortunately, these phrases won't cut it anymore, and it is difficult to find peer-accepted alternatives, as most teens care more about fitting in than starting new trends.

Van Petten points out that parents need to pick their battles. Don't lecture tweens and teens, but instead, let them know it is their own personal choice. It may be difficult for some parents to change gears from earlier patterns of preaching at their child to talking to their adolescent as they would an adult, but it will be more effective.

She believes it is more important to teach teens that they need to communicate in a respectful way, which hopefully will not include curses. She tells parents to explain to teens that constant cursing in the wrong company makes them appear unintelligent and crude, giving a negative impression to people who might then choose to disassociate from them.

Van Petten says teens should practice refraining from cursing around their parents, so that they don't accidentally use the offensive language at the wrong time.

Parents feel responsible for guiding their adolescents' behavior, even though it gets harder to control the actions of older and oft rebellious offspring. They should discount their teen's seemingly automatic response, which likely starts with "at least I'm not..." (insert: "doing drugs," "drinking," "killing people," or other serious infraction), and take some time to explain the importance of language. Parents of teens may indeed have to face more serious issues, but the words we all use still have an impact and our teens need to know that.

Risa C. Doherty is an award-winning freelance journalist who parented two teens. Read more at www.risadoherty.com or follow her on Twitter @risadoherty.



Tough nut to crack

Is there a potential cure for peanut allergies?

BY ALEX BIGWARFE

Food allergies are on the rise in the United States, having increased by approximately 50 percent between 1997 and 2011. This is according to the Centers for Disease Control and Prevention.

The most common fatal food allergy reactions are caused by peanuts. This affects one in 50 children. Exposure to peanuts (even trace amounts) can put a child into anaphylactic shock, which can lead to death if not treated. Due to the severity of the allergy, parents of children with peanut allergies sometimes have to take extreme measures to ensure that their children are not exposed to peanuts or anything that has come in contact with them.

However, there may soon be some relief for families who suffer from peanut allergies.

The findings of a study conducted at Addenbrooke's Hospital in Cambridge, England, were released in *The Lancet* in late January 2014. The study in "tolerance therapy" was conducted over a period of five years in response to the half a million people in the United Kingdom that suffer from this allergy. Ninety-nine children ages 7 to 16 took part.

The patients participated in a therapy to help them build up tolerance over a short time period. A very small amount of peanut protein was introduced daily, with the amount being slowly increased over time. The goal was to get the patients to be able to eat about five nuts with no allergic reaction.

The treatment succeeded in 84 percent of the children who par-

ticipated in the study. The quality of life for these families has increased significantly. Maureen Jenkins, director of clinical services at Allergy UK, said: "Peanut allergy is a particularly frightening food allergy, causing constant anxiety of a reaction from peanut traces. This is a major step forward in the global quest to manage it."

This is not the first study in this line of research. In 2009, researchers at Duke University Medical Center and Arkansas Children's Hospital concluded that small doses of peanut protein over time could result in tolerance among children with peanut allergies. This was followed in 2011 by a study from Duke University Medical Center, which found that after one year of treatment, 11 children who had peanut allergy could

tolerate up to six peanuts.

Still, Dr. Anna Nowak-Wegrzyn, associate professor of pediatrics at Mount Sinai Hospital in New York, warns parents that this is not an end-all cure. In order to maintain tolerance, those who are treated in this manner must continue eating peanuts daily.

Immunotherapy is part of the planned treatments in a new peanut allergy clinic opening at the Cambridge University Hospitals NHS Trust. More research is needed on the topic, but these studies provide encouraging outcomes for those who suffer from peanut allergies.

Alexa Bigwarfe is the mother of three small children. She has taken a special interest in child, maternal, and newborn health and writes regularly on these topics.



ON STAGE AT
KINGSBOROUGH

BRINGING WORLD-CLASS
PERFORMANCES HOME



Gerry Goodstein

The Paper Bag Players' *Hiccup Help!*

Saturday, March 15, 2014
at 10:30 a.m.

"Pure pleasure!"
—*The New York Times*



TheatreworksUSA: Jeremy Daniel

TheatreworksUSA's *The Teacher From the Black Lagoon And Other Storybooks*

Sunday, April 27, 2014
at 3:00 p.m.

"Family Theatre at its best!"
—*The Los Angeles Times*

MEET THE CAST IN THE LOBBY AFTER THE SHOW!

(718) 368-5596 www.OnStageAtKingsborough.org
Kingsborough Community College, 2001 Oriental Boulevard, Brooklyn, NY



BYSA / SPRING 2014 HS GIRLS TRAINING CLINICS

Starting at the end of March, we will begin conducting outdoor soccer training for High School Girls

Training will cover:

- Technical Skills
- Tactical Awareness
- Fitness, Speed & Agility
- Mental Preparation
- Off the Ball Movement
- Teamwork
- Goalkeeper Training (available upon request)

Site: Brooklyn Bridge Park Pier 5 / Brooklyn Heights

Thursdays: 4:30 pm – 6:30 pm

10 Sessions (March – April – May)

03/20*, 27* - 04/03, 10, 17, 24 - 05/01, 08, 15, 22 & 29. / *Start date TBA.

Program Cost: \$ 100.00 per player

Toward the end of the Spring program, we will conduct a tryout in order to select players for our Summer Showcase Program (June – July) in order to participate in 2 summer tournaments (including 1 college showcase).

**Register on
our website**



Visit our website for more information

www.brooklyn-youthsoccer.org

"I couldn't pick up my daughter."

Back pain can be debilitating, but we can help. The New York Methodist Back and Neck Pain Center is dedicated to providing patients with the best possible treatment for disorders of the spine. Using methods that may include physical therapy, medication, or even acupuncture, our team of specialists can help relieve back pain, no matter how intense. And if surgery is necessary, minimally invasive techniques are used whenever possible—letting you return to what's really important. Your life.

We fixed that.

Back and Neck Pain Center

nym
NEW YORK METHODIST HOSPITAL

Member
NewYork-Presbyterian Healthcare System
Affiliate: Weill Cornell Medical College

506 Sixth Street, Brooklyn • 718-369-BACK • www.nym.org



Stranger danger?

Ten smart tips to keep your kids safe

BY CHRISTA MELNYK HINES

With the parade sounds of blaring horns and beating drums marching off into the distance, Angie Worth, along with her newborn daughter Ella, her 2-year-old son Todd, and her elderly grandmother, began to head back to the car. The exciting morning turned into panicked chaos when Worth lost sight of her energetic toddler.

“Todd took off running into the crowd and was out of my sight in just a few seconds,” says Worth. “I started yelling his name and running in the general direction of where I thought he might be.” Just as she was about to call the police, Todd reappeared. “I was so relieved and shaken at the same time,” recalls Worth.

The idea of losing a child and not knowing what happened to him is every parent’s worst nightmare. Although abduction by strangers is statistically rare, the media sensationalism of such events makes the ordeal seem all the more likely.

Chances are, though, your child may need to seek help from a stranger at some point, which leaves many parents scratching their heads: Who should your child approach for help, and how much information should your child give? And what about those people who your family only “sort-of” knows?

Define ‘stranger’

Beth Wegner, a community crime prevention specialist, facilitates safety workshops with parents and children. She tells kids, “Strangers can be nice. They may have toys or pets, but strangers are people you do not know.”

In general, Wegner says, it’s easiest to teach very young kids not to talk to strangers at all.

“For the older children, we can go into more detail, and usually through



questions, flesh out what a dangerous stranger is,” she says.

Most importantly, if someone makes your child feel uncomfortable and won’t leave her alone, she should yell “Stranger!” and run and tell a trusted adult.

Practice ‘what-if’ scenarios

Use visits to large stores, shopping malls, or the zoo as opportunities to educate your children about what to do if you should become

separated from each other. Agree on an easy-to-find meeting spot.

Debby Helmer, a former nanny and school teacher, says she began pointing out cash registers at various stores to her son Alex, age 7, when he was 3 years old.

“I have found that the cash registers are easier to find than customer service. And I tell my kids to only talk to the cashier,” she says. Most of all, assure your child that you will never leave a place without him.

Are there safe strangers? Wegner doesn't advocate ever talking to strangers.

"With impersonators out there, including women with children, the safe stranger concept is a slippery slope," Wegner says.

Err on the side of caution if you point out strangers your children could seek help from. In a store, for example, make sure they notice a store employee's actual uniform, including distinctive name tags or badges, and not just the colors employees wear. Also, instruct them to only talk to employees in an area where other people are around.

Safe-keep DNA samples

What do your child's old toothbrushes, baby teeth and hairbrushes have in common? These items can serve as DNA samples to help find a missing child. Seal your child's old toothbrush in a plastic bag, labeled with the date and your child's name, in the freezer. Save your child's baby teeth in a labeled film canister in the freezer. Collect hair with the root still attached from your child's hairbrush and save it in an envelope labeled with your child's name.

Share limited information

Car rides provide a good time to practice going over your child's name, address, and phone number. Turning it into a sing-song jingle also helps him memorize all those numbers. If your child does seek help from a stranger, however, his first name and his parents' first and last names should suffice, says Wegner.

Take pictures

Helmer suggests nonchalantly taking your kids' pictures with your cellphone when you arrive at a busy public place. Not only will you have yet another adorable picture of their smiling mugs to text to your family and friends, you'll also have a current picture of your children to share right away with authorities should the unthinkable occur. And you won't have to rack your already panicked brain about what clothes they wore that day.

Avoid advertising your child's name

When a kid's name is on the back of his coat or backpack, predators

can use your child's name as a way to strike up a conversation.

Emergency contacts

Have a couple of "in case of emergency" friends on call, just in case. The schools typically ask families to designate a few emergency contacts who have permission to pick children up from school in the event of an emergency. Have a similar carte-blanche policy in your family and make sure your kids know who the designated safe people are.

Tell them who they may NOT go with

It's difficult enough to have someone untrustworthy in your family, but if you do not want that person to pick up your children in case of an emergency, then the children need to know that they should stay put until one of their "safe people" arrives. Remind your kids that their safety is, "more important than anyone's embarrassment, inconvenience, or offense," says Jennifer Blackwood, a certified Kid Power instructor, who teaches children safety skills and self-defense.

Have a secret family password

If someone asks your child to go somewhere with him, your child can say that her mom and dad only allows her to go with someone who knows the password. Explain to your child that even if the person is insistent that he has your permission, you would never give anyone permission to take her anywhere without her knowing ahead of time. And, if it's a real emergency, the person you've put in charge will know the family password.

Teach facts, not fear

Empowering a child with the skills to protect herself, like never approaching a stranger's car, builds confidence.

"Just as you would teach manners or crossing the street, weave personal safety skills into daily life in a very matter of fact way," Blackwood says.

For more child safety tips, check out www.McGruff.org, www.safekids.org, www.ncpc.org, www.missingkids.com, and your local police department.

Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. She is the author of "Confidently Connected: A Mom's Guide to a Satisfying Social Life."

BROOKLYN CENTER
FROM THE BROOKLYN COLLEGE
A COMMUNITY CENTER

Brooklyn College

Brooklyn Center's
TARGET Storybook Series
presents



A BROWN BEAR, A MOON, AND A CATERPILLAR:
Treasured Stories by Eric Carle
Sun, March 16, 2014 at 2pm
Tickets: \$7



SID THE SCIENCE KID – LIVE!
Sun, April 6, 2014 at 2pm
Tickets: \$10
Join us after the show for our
FREE National Grid Earth Day Celebration.

Target Storybook Series performances are recommended for children ages four and up.

BROOKLYNCENTERONLINE.ORG or **718-951-4500**
Walt Whitman Theatre at Brooklyn College
② to Flatbush Avenue / on-site paid parking available

Brooklyn Center's Target Storybook Series is sponsored by:



LOVING

eating healthy

New book on teaching kids about eating habits, not nutrition

BY ALLISON PLITT

Dr. Dina Rose has spent the past 15 years of her life researching, blogging, and teaching families about how to get their children to eat healthy meals. Her new book, “It’s Not About the Broccoli,” takes a different approach to teaching children about health, because, while most books about children and healthy eating are written by nutritionists and revolve around nutrition, Rose, who has a PhD in sociology, focuses her efforts on changing families’ beliefs and behaviors about eating habits.

The book, her first, was published in January, and in it, she discusses her approach to getting kids to forge healthy eating behaviors.

“My PhD is in sociology, and that is what makes my work unique in the field of feeding children, because most people who approach this topic are nutritionists,” Rose says. “But if you think about what sociology is, which is really the study of socialization or how parents transmit norms and values, beliefs, and behaviors, this really fits right into that, because eating is not really about the food per se.”

According to Rose, “Nutrition teaches us about the food, but eating really is about the behavior about how we choose what to eat,

when to eat, why to eat, and how much to eat.”

What kind of parent are you?

So in order to teach our children how to eat right, Rose says parents have to teach their children how to behave in relation to food.

The first part of Rose’s book takes a look at the ineffective approaches parents use to get their kids to eat. Rose gives a name to each tactic parents use. For example, there are “It’s-Just-A-Phasers,” parents who constantly give-in to their children’s food preferences for chicken nuggets or macaroni and cheese. There are also “Comforters,” parents who use food to stop feelings, and “The Food Police,” parents who are so worried about nutrition, that they only allow their children to eat unprocessed, healthy food.

‘The Big Fix’

What happens next in the book is what Rose describes as “The Big Fix.” Explaining her solution, Rose writes, “The goal of the teaching approach is simple: to teach children the three habits of proportion, variety, and moderation — in other words, how to eat a variety of foods in moderation and in proportion to their health benefits.”

Rose recommends parents speak frankly with their children about her eating plan before trying it out at home.

“We need to talk to our children about our strategies, and about why

we’re asking them to eat in a way that we want them to eat,” Rose says. “We have to explain why they should eat the way they should, because of the value of the concept of proportion, which is you can have any kind of food you want, but we eat certain foods more often than other foods.”

Be a new foods booster

One of the main ideas in Rose’s book is the “rotation rule,” which means kids cannot be served the same meal two days in a row. The objective of her rotation rule is that the more foods you expose your children to, the more they will be willing to try them. She knows kids are scared of tasting new foods, so she recommends parents describe the new dish to them in terms of taste and texture.

Next, Rose suggests families adhere to a schedule for eating. The schedule she proposes allows kids to eat breakfast, lunch, and dinner, a mid-morning snack, and another snack after dinner.

She also recommends that parents serve at each meal one “back-up food” — a food that children like, such as rice. So if children don’t like the main course, they can have a small portion of the “back-up food.”

She is also a proponent of children being in touch with their own feelings of hunger. She tells parents to never tell their children to finish eating all the food on their plates, and if their children are still hungry after dinner, they have to wait until they can eat their after-dinner snack.

Rose’s food groups

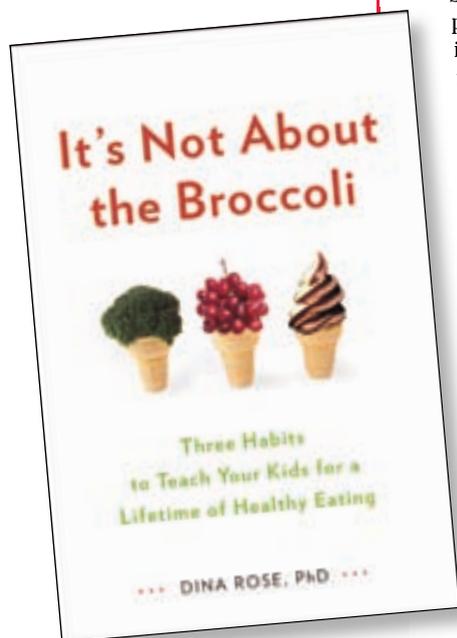
In her book, Rose classifies food into three categories:

- “Growing Foods” (fresh and frozen fruits and vegetables, chicken, fish, eggs, beans, whole-grain bread, brown rice, nuts, unsweetened cereal, milk, and yogurt)

- “Fun Foods” (vegetables in rich sauces, fruits canned in light syrup, 100-percent fruit juice, red meat, hot dogs, chicken nuggets, pizza, peanut butter and jelly, bagels, pasta, popcorn, pretzels, pancakes, moderately sweetened breakfast cereals, sweetened yogurt, chocolate milk, and cheese)

- “Treat Foods” (any fried vegetables such as French fries, fruits canned in heavy syrup, fried chicken, doughnuts, muffins, heavily sweetened breakfast cereals, ice cream, frozen yogurt, soda, and sports drinks).

Rose says that, as a culture, Americans think healthy foods taste bad, and it is up to parents to teach their children the opposite.





Rose doesn't ban any of these foods. She explains, however, that parents need to show their children that they should eat these food groups in certain proportions: a large portion of "Growing Foods," a medium-sized amount of "Fun Foods," and small helping of "Treat Foods." Rose also believes parents need to teach their children to serve themselves the correct portions of food at meal times.

Everyone's a critic

Rose says that, as a culture, Americans think healthy foods taste bad, and it is up to parents to teach their children the opposite. She suggests parents not serve bland vegetables, but cook them in tasty recipes that children will enjoy.

Rose suggests amping-up the fun at mealtimes by encouraging children to act as food critics, by having them circle different expressions

on faces as a way of indicating how much they like a specific food. Her theory is that if children enjoy being food critics, they will be more willing to try new foods. Rose advises never asking your child if he likes or dislikes a food, because children are fickle eaters and change their opinions all of the time.

Another interesting idea that Rose proposes is that when families eat out in restaurants, parents

should avoid ordering off of the children's menu, which usually consists of hot dogs, hamburgers, and mac 'n' cheese. Instead, Rose suggests children order appetizers off the adult menu, so they cultivate new tastes.

Teach good habits

Rose says that as a culture, Americans are so obsessed with their children receiving nutrients, that they don't recognize the habits they are teaching their children. For example, Rose says some American parents give their kids a cheese stick two to three times a day, because the food contains calcium and protein. What Americans don't realize is that cheese has a high amount of fat and that parents are actually teaching their children to eat fatty foods two to three times a day.

Providing frightening statistics, such as poor eating habits in childhood lead to poor eating habits as young adults, Rose cautions parents from constantly filling their baby's sippy cup with fruit juice, because all of that sugary water will lead to a teenager constantly drinking soda.

According to Rose, Americans eat a grain-saturated diet, in which we eat bagels or muffins for breakfast, sandwiches for lunch, and pasta at dinner. To counter this habit, she suggests parents try to serve a fruit and vegetable at every meal and every snack.

"I don't expect parents to succeed," Rose says, "but we should set that intention, because it's by setting the intention that we flip the proportion so that our children start getting more fruits and vegetables in their diet."

Rose sums up the premise of her book as, "If knowledge about nutrition were the way to healthy eating, Americans would be the healthiest eaters on the planet, because there has never been a time in the history of the world when a nation knew so much about nutrition. It's not about nutrition. It's about behavior. Once parents start thinking about habits, the answer about what to do becomes so much clearer."

For more information about Dr. Dina Rose and her book, "It's Not About the Broccoli," you can visit her website, <http://itsnotaboutnutrition.squarespace.com>.

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

Teenage adoptee

Insights for parenting the adopted adolescent

BY JUDY M. MILLER

Are you an adoptive parent or considering adoption? Has your adopted child reached adolescence or is he coming close to it? Here are some insights about parenting adolescents who have been adopted.

Loss is always part of adoption. Regardless of circumstance or age, be it minutes or years old, the child who joins her family through adoption has suffered profound loss. The initial loss is separation from the child's birth mother, and that loss expands outward to encompass birth family, birth culture, and birth history.

Loss is the "hub" of inherent issues in adoption. Loss must be considered, understood, and honored by parents, so that they can support their child as she navigates from childhood into adulthood. Loss accumulates, one layer stacking upon another. The hub can be quite deep.

Varying degrees of grief, guilt, shame, rejection, identity, intimacy, and control are often experienced throughout the adopted person's lifetime. These feelings tie into loss and extend from it, like the spokes of a wheel. These feelings are known as the inherent issues in the adoption "landscape." Inherent issues affect many who have been adopted, as well as the majority of birth parents and adoptive parents. (For the purposes of this article though, I only address the issues as they pertain to the person who has been adopted.)

Inherent issues ebb and flow over the course of a life. Feelings tied to having been adopted typically begin to make themselves known with the onset of adolescence (as early as the



age of 6), just when the hormones begin to fluctuate in preparation for puberty. Children also begin to understand much more about adoption and how it has — and will forever — impact them.

Often, adoptive parents find themselves dealing with puberty and one or more adoption issues. As any parent who has raised a child can share, no one ever feels quite ready to parent a teenager. And parenting the child who has been adopted requires even more preparation — knowing the child's history (and historical framework if adopted internationally) and how that can affect her, understanding the core issues and how to use them as tools in parenting, and having a level of true empathy for the child.

There might be more going on than the core issues. Depending on circumstances, the child may also have suffered neglect, exposure to drugs or alcohol, or experienced or witnessed sexual, emotional, or physical abuse. These hard truths are difficult for parents to share, however necessary to discuss with their child. This information is part of the child's story, and it is important for parents to share and discuss all of their child's birth history and related facts with her prior to adolescence, in age-appropriate language.

Yes, any "hard truths" are difficult

to share because parents have so much emotion invested in the adoption journey and love their children so deeply. But to not share the difficult truths leave children unprepared and open to injury by others and questioning why their parents, who love them and have their best interests at heart, didn't tell them the truth(s).

Education about loss in adoption empowers parents to help their children. Loss, neglect, abuse, attachment, and a whole range of other topics are now examined and discussed during adoption preparation education with "waiting" parents. Adoption preparation education was not available when my husband and I adopted. We were unprepared.

We began to educate ourselves when seeking therapy for our daughter. Great concern over her obvious distress mingled with profound joy when our daughter joined us in her infancy. The enormity of what adoption meant — forever uprooting and separating my daughter from the rich ancient culture she was born into — became crystal clear in that instant. Resilient as humans are, she grieved for some time while she adjusted to parents, family, and a society that didn't look, sound, feel, or smell like what she was familiar with. She did attach, but sadness and grief stayed. Her psychosocial development stalled.

Our love was not enough. It was only a huge bandage that kept the wound from becoming infected further. The bandage of our love didn't and couldn't address the underlying cause of the wound, and therefore, why it wasn't healing. Part of that education was about loss and how it affects the child who has been adopted — feelings of grief, guilt, shame, rejection, identity, intimacy, and control. In understanding what she was facing, we were able to better support her needs and help her resolve — and eventually talk about — what she felt.

Judy M. Miller works with pre- and adoptive parents, equipping them with new techniques and information and encouraging and empowering adoptive families through difficult times. She is the author of the parent guide, "What To Expect From Your Adopted Tween."

Top Tips

Here are a few more things to keep in mind:

- Education promotes understanding. Understanding encourages empathy, which in turn provides patience. These tools are necessary to effectively parent the child who has been adopted.
- If seeking therapy for your child, address your own first. Think of airplane cabin decompression: put your oxygen mask on before your child's. If you don't, you can't possibly help your child.
- Work with a therapist well-versed in adoption and adoption issues. Therapists unfamiliar with adoption and inherent issues in adoption will be ineffective.

MODERN FAMILY CENTER @SPENCE-CHAPIN

Connecting today's families



It can be difficult raising teenagers.

These years always raise questions about identity and relationships. For adoptive families, this also includes recognition of your child's birth family and culture. You know these conversations are important, but you may not know what to say.



With over 100 years of services to families and children, the Modern Family Center at Spence-Chapin is committed to building and strengthening today's families. We can help you navigate what to say, how to say it, and how to engage your teen in these conversations.



We Offer :

- Counseling and Parent Coaching
- Workshops
- Weekly Support Groups for Parents and Teenagers
- Community Education
- Teen and Tween Mentorship
- Social Events for the Adoption Community

Call (646)539-2167 to schedule your free initial consultation!

36 Plaza Street East
Brooklyn, NY 11238

info@modernfamilycenter.org
www.modernfamilycenter.org

LAW OFFICE OF BRIAN ESSER

Building Families, Protecting Families



The Law Office of Brian Esser is a Brooklyn-based boutique practice concentrating on adoption, reproductive law, and estate planning. I provide thoughtful guidance to help build and protect families of all kinds.

- Domestic Private Adoptions
- Domestic Agency Adoptions
- Foster Care Adoptions
- International Adoptions
- Step and Second Parent Adoptions
- Donation Agreements
- Surrogacy
- LGBT Families
- Estate Planning

LAW OFFICE OF BRIAN ESSER

540 President Street, Third Floor
Brooklyn, NY 11215
Ph: (718) 747-8447
Fax: (718) 799-9170



brian@esserlawoffice.com | www.esserlawoffice.com | Twitter: @BrianEsserEsq
Attorney Advertising

Where
Happy, Healthy
Smiles Are
Second Nature

We offer sedation and laughing gas



A Brand New, State-of-the-Art Pediatric Dental Office
Participating With Most Insurances
Latex-free office

*We understand the importance of creating a strong foundation for oral health early on, which is why we focus on making **dental care fun for kids!** When children enjoy their time here, they're that much more likely to enjoy beautiful, healthy smiles for life!! By appointment only!!!! Call Today!*

718-488-0200 • 150 4th Avenue • www.parkslopekidsdental.com



PkSlpKidsDental

Raise a reader



Twenty-six ways to enrich your child's life

BY HEATHER LEE LEAP

Whether they are toddlers or teens, reading with your children will enhance their education while strengthening your connections as a family. Short on ideas for motivating your kids to pick up a book? Never fear, with the following ideas, nurturing your children's journey into a world of wonder, exploration, and information is as easy as ABC.

Audiobooks: Although reading one-on-one with an actual person is ideal, studies show that children can improve their reading skills by following along in a book while listening to a recording of the text. Families who listen to audiobooks together create common literary ground and a new way to connect. And let's not forget one final benefit to audiobooks: mom and dad can give their voice boxes a rest.

Build listening stamina: Your toddler is not going to sit still for "The House at Pooh Corner," on the first go. Begin your read-aloud

journey with simple, short books. Build up to longer picture books and then those with fewer pictures and more text. Reading together regularly will increase your child's attention span.

Connect books to your child's life: Whether it is a fascination with bees, a family crisis, or a question about why the worms come out of the ground when it rains, there is a book to share on the topic.

Discussions: Pause occasionally in your reading to ask questions, clarify details, and wonder what will happen next. Talk about

whether you liked or didn't like the book and why.

Enjoy what you read: There is no rule that says you have to finish a book; if your child finds your selection dull, choose another.

Flashlights or reading lights: Bestow these on your children and let them read for a bit after "lights out." Let them think they are getting away with something, and you'll add to reading's allure.

Give books as gifts: Nothing says "reading is important" like providing a child with books on special occasions.

Hideaway: Create a private book-nook for your budding reader. Toss a beanbag chair and a blanket beside a low bookshelf full of enticing titles.

Independence: Allow children to choose their own books, even if that means a year of graphic novels and repeating the same titles.

Journal: Funny quotes? Breathtaking description? Capture them in a reading journal.

Keep track of the books you read: Celebrate your shared-reading accomplishments at the end of the year. Your reading list will become a family time capsule of

Reading resources

Here are some resource books on reading to kids:

"Book by Book: The Complete Guide to Creating Mother-Daughter Book Clubs" by Cindy Hudson

"Let's Hear It for the Girls: 375 Great books for Readers 2-14" by Erica Bauermeister and Holly Smith

"Reading Magic: How Your Child Can Learn to Read Before School — And Other Read-Aloud

Miracles" by Mem Fox

"The Read-Aloud Handbook" by Jim Trelease

"The Reading Promise: My Father and the Books We Shared" by Alice Ozma

"What to Read When" by Pam Allyn

Words in your mailbox

"Letters for Kids," twice monthly letters in the mail written

by middle-grade and young adult authors. \$4.50/month; therumpus.net/lettersforkids/

Cricket Magazine Group, offers multiple publications for toddlers through teens in a wide range of subjects, www.cricketmag.com

"New Moon," ages 8 and up, "Bringing Girl's Voices to the World," www.newmoon.com

"Ranger Rick" and "Ranger Rick Jr," nature magazine from the National Wildlife Federation; www.nwf.org/kids/asp

your reading journey.

Local library: A no-cost reading and educational celebration, the library should be the second home of every family with children. Story times and activities for all ages will build your child's enthusiasm for the printed page. Visit often and come home with armloads of books to share.

Magazines: Even in our high-tech world, who doesn't love getting mail? High-quality, advertisement-free literary magazines and publications covering science, history, and more are available for children as young as 1. Your child will drop everything when the latest issue arrives with his or her name on it.

Newspapers: Start them out with the "Funnies" and eventually children will find their way to other sections.

Organize a book club: Older readers can share books with peers, but even pre-readers can participate in a parent-child group if an adult reads with them. Parents can more easily help facilitate book groups for children when they have read the books themselves.

Provide lots of choices: The library is your best resource here. Bring home anything that might appeal to your child, as well as books you're not sure about. This is especially true when a child launches into independence with short "easy-reader" books. Kids feel immense pride making their way through a series of the simplest readers, but they are less likely to read them over and over again. Be ready for them with incrementally more challenging books.

Quiet time: Reserve time each day for everyone to read away from electronic devices and other distractions.

Reading streak: Alice Ozma and her father never imagined where they would end up when they agreed to read together for 100 days in a row. At the end of their 100 days, they decided to continue, and managed to read every day for eight years. Learn more about their journey at www.makeareadingpromise.com, and then challenge your family to read every day for a set number of days.

Series: Read aloud the first book of a series to capture your child's interest, then provide se-

quels for independent reading time.

Twens and teens: Don't stop reading to them! If you have stopped, see if you can lure them back in. What is your teen reading for freshman English? Offer to read it to him, or pick up your own copy and chat about it over dinner. A commitment to spending even a few minutes each evening reading together will strengthen your connection. At the very least, you will cultivate a common topic of discussion.

Used bookstores: Booklovers often suffer from a passionate need to own the books they love. To avoid your bank account suffering as well, visit second-hand stores and used book sales for more sustainable purchases.

Voices: Engage listeners young and old by reading with enthusiasm, rhythm, and by using different voices for the characters. Be bold; your skill and confidence will grow over time.

Write your own stories: Children need to know that any story they write is a "real" story, worthy of your attention. Take dictation from small children and those with limited writing or keyboarding speed.

Example: That's you! Find time to read on your own as well as to — and with — your children.

Y.A.: The ever-growing young-adult book market bridges the gap from tween to adult with potentially sensitive subject matter. Seek suggestions from teachers and youth librarians as younger readers gravitate toward the teen section.

Zzzz: Maintain a bedtime-story routine. As tempting as it may be to skip the story as punishment for rowdy behavior or when you are short on time or patience, read anyway. A routine, even if you need to shorten it, will help your child relax and will reinforce reading's importance.

Reading together and connecting through the written word builds strong families and lifelong learners, so settle down, snuggle up, and reconnect tonight by sharing a good book.

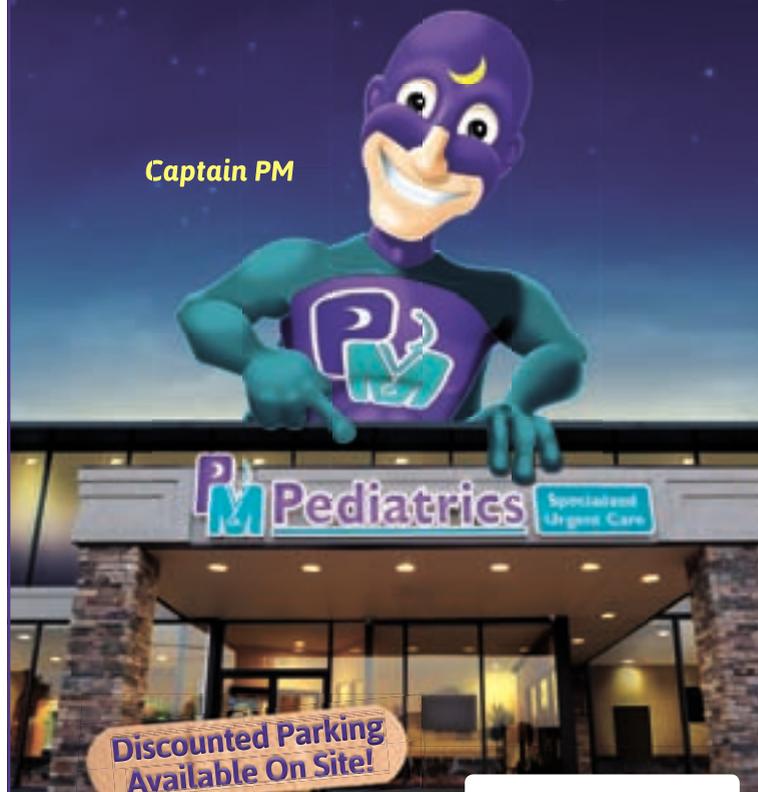
Freelance writer Heather Lee Leap has read countless stories and books out loud, including the entire Harry Potter series — twice. Her children complain when their dad takes over a reading session because he doesn't do the voices right. Leap cautions that the read-aloud lifestyle can become an addiction, but is well worth it.

Faster than an ER visit. More powerful than a broken bone. Able to treat your child late at night.

It's PM Pediatrics, the super urgent care for kids and young adults.

- Board-certified pediatric emergency physicians
- On-site lab and digital X-ray
- Most insurance plans accepted
- Open 365 days a year, with no appointment necessary

Captain PM



MONDAY – SATURDAY:

Noon to Midnight

SUNDAYS/SELECT HOLIDAYS:

10 a.m. to Midnight

PM Pediatrics
Care when you need us.™

pmpediatrics.com

240 Atlantic Avenue, Brooklyn, NY 11201

718.246.KIDS (5437)

NY • Long Island | Queens | Brooklyn | Westchester | Rockland
NJ • Livingston | North Brunswick





HEALTHY LIVING

DANIELLE SULLIVAN

Puppy power

Medical benefits of pet ownership

Most of us know that pets can teach children about unconditional love, friendship, and responsibility, but having a pet also helps improve a family's health. It has been documented that people who have pets enjoy a more healthy and active lifestyle. After all, dogs require daily walks, which help improve cardiovascular systems. Dogs have also become a recognized strong force in the reduction of anxiety. Some animals have even alerted owners to a cancer or other health problem. Now, both cats and dogs are believed to be helping families get and stay healthy in another way.

Research shows that children who have pets at an early age may have added protection from developing pet allergies later in life. According to the medical journal *Clinical and Experimental Allergy*, "children who are exposed to pets during infancy may be less likely to become allergic to dogs and cats." The results were published after an 18-year study.

Furthermore, allergies to animals are said to be more likely in kids who were born into pet-free homes. Researchers at Henry Ford Hospital in Detroit found that "babies younger than 1 who lived with pets were much less likely to develop sensitivity to animals than kids who got a family pet later in childhood."

The study followed 560 now-18-year-olds from birth since 1987. The children's pet histories were tracked and their blood was tested for a specific antibody indicating sensitivity to pets. Boys and girls who lived with cats during infancy were both half as likely to be sensitive to them later.

Researchers also believe that putting kids and pets under the same roof at an early age increase a



child's immune system against various forms of bacteria, making it less likely to react to animal dander later in life. The ramifications of this study may have an impact on children who have compromised immune systems. Researchers said the latest study doesn't prove that exposing infants to pets prevents allergies, but shows that more research is needed to determine allergy risk.

I was born into a home that had cats and dogs, and I lived with them my entire life, as have my kids. I couldn't even consider our family without our pets. Do I think that they have helped my kids become less allergic? I don't know. I do know that neither my daughters nor my son have allergies to pets.

I also know that what they have gained from taking care of our dogs and cats has been an invaluable lesson in love. A few years ago, we ad-

opted a new puppy at North Shore Animal League in addition to our chihuahua, Hayley, and three cats. Since we brought her home, it was instant love. Since then, the kids have happily (most of the time) fed, walked, and cleaned up after her.

Of course, no one should run out and bring home a pet simply because of any study, but hopefully this news might help parents who are considering having a pet and a baby, by showing them that it can be done, and may even be medically beneficial.

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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.

ADELPHI ACADEMY OF BROOKLYN

Effectively preparing young people for college, career and life, one day at a time.

~ Celebrating 150 Years of Academic Excellence in Private Education ~



THE PRIVATE, INDEPENDENT, CONTINUING, CO-EDUCATIONAL, COLLEGE
PREPARATORY DAY SCHOOL OF CHOICE

~ TWO YEARS OLD THROUGH SENIOR YEAR ~
ESTABLISHED 1863

The cornerstone of the Adelphi philosophy goes beyond academics. We rear young men and women to become productive valuable members of society. We take what is especially unique in each student and nurture their talents with encouragement and devotion. Our curriculum is designed to broaden the scope of each student's thinking and to instill an appreciation for learning. Not just for the sake of learning, but for the purpose of growing both mind and spirit. For 150 years Adelphi has passed the torch of learning that shines on the importance of self expression. Every student is given the confidence to feel that whatever they conceive by mind, they can achieve by action.

- ✓ Small Class Sizes with an 8 to 1 Student -- Teacher Ratio
- ✓ 100% College Application, Acceptance, Attendance and Success Rate
- ✓ New York State Regents Exempt Program
- ✓ Individualized Attention
- ✓ Intimate, Safe, Secure, Caring and Nurturing Environment
- ✓ Member of the Middle States Association of Colleges and Secondary Schools Since 1928
- ✓ Rolling Admissions
- ✓ A Leader in Private Education Since 1863

Award Winning Programs Include:

Special Needs ~ Two, Three and Four Year Old Programs ~ Before and After School Care
International Program ~ SAT Prep ~ College Guidance ~ Tutoring, Grade Boosting and Independent Study
Community and School Service ~ Extra Curricular Activities ~ Fine Arts ~ Interscholastic Athletics
Drivers Education ~ Summer School ~ Summer Day Camp

MAKE AN APPOINTMENT TODAY WITH THE OFFICE OF
ACADEMY ADMISSIONS TO MEET OUR
PROFESSIONALS AND TOUR OUR FACILITY!

PROVIDE YOUR CHILD WITH THE BEST
OPPORTUNITY TO SUCCEED IN COLLEGE, CAREER
AND LIFE....

EXPERIENCE ADELPHI

THE LITTLE SCHOOL OF BIG DREAMS!

ADELPHI ACADEMY OF BROOKLYN

8515 RIDGE BOULEVARD, BAY RIDGE BROOKLYN, NEW YORK 11209-4307

FOR MORE INFORMATION PLEASE CONTACT THE OFFICE OF ACADEMY ADMISSIONS AT 718.238.3308,

EMAIL US AT INFO@ADELPHINYC.ORG OR VISIT US ON THE WEB AT ADELPHINYC.ORG,

[FACEBOOK.COM/ADELPHINYC](https://www.facebook.com/adelphinyc) AND [TWITTER.COM/ADELPHINYC](https://twitter.com/adelphinyc)



First-time camper

How to
prepare your
child for a
time away

BY BOB DITTER

Sending your child away to camp for the first time is a major milestone for most families, one that is often marked by excitement, anticipation, and perhaps even some anxiety. Although camp is certainly about making friends and having fun, it is also about being on your own and being a part of a community.

One of the most important things a parent can do to help prepare

their child for both aspects of camp is to talk with them about it before they go.

In fact, it may be better to have several occasional, shorter talks rather than one long conversation, as children often absorb more when there is less to think about at one time.

I also find that children do better with this sort of conversation if it is part of a more general conversation, and if it is part of a pattern of talking, either at the dinner table

or while riding in the car doing errands.

The following are some sample topics for discussion that will help prepare your child emotionally for their big adventure:

Friends

Camp is not anything if it is not about making new friends. If you are shy about meeting new kids, then learn to get to know others by being a good listener. Remember also that not everyone in your

Advice for kids: The more you put into camp, the more you will get out of it!

cabin, bunk, or group has to be your friend, and you don't have to be everyone else's friend. As long as you treat others with respect and they do the same with you, then having one or two friends at camp is fine. If you have more, then that's great!

Activities

There are many exciting things to do at camp, many of which you may never have tried before. If you're worried about being homesick, then remember the excitement of going to camp: Remember, when you first decided to go to camp, what made you so excited? You may not like all the activities, or you may be better at some than others. That's normal. I, however, hope you are willing to try. The more you put into camp, the more you will get out of it!

Cooperating

You, like every other camper there, will be part of a cabin, bunk, or group. As your parent, I hope you will cooperate with others and help out. That's part of what makes camp so special — kids helping each other out. Most kids will help you if you are friendly and help them.

Give yourself time. One thing about camp is that almost everything is new — the kids, the activities, the routines, the bed you sleep in, the bathroom. It takes a few days to get adjusted, so be patient with yourself.

Most of the time, you will be having so much fun, you won't mind all of the changes, but if you do, remember that you will get so used to things that by the time you come home, you will miss all those things!

Helping out

Camp is about fun, but it also requires that you help out. Cleanup is part of camp. You do it every day! As your parent, I hope you will cooperate!

Getting help

Everyone has good days and

bad days. If you are having a problem, your counselor is there to help you!

You don't have to wait to tell us if you are upset about something. After all, if your counselor doesn't know what might be troubling you, he can't help you. Be honest and ask for what you need. If your counselor doesn't seem to be concerned or doesn't help you, then you can go to the unit director, head counselor, etc. (Parents should know who these "back-up persons" are and how their child will recognize them if they need to.)

Being positive

It's a great thing to remind your first-time camper about her strong points. I would focus not just on what she does well, but her positive qualities as well, such as what makes her a good friend or the type of person other kids would want to know.

Helping children identify their strengths can help them when they are having a setback — one of those inevitable growing pains all children have from time to time.

...

Talking with your child about these kinds of issues is a great way to show support as your child gets ready to take this important step on the road to being more resilient and self-reliant. For you as a parent, it can give you more peace of mind as you allow your child to participate safely in a broader world.

To learn more about camp and child development, please visit the American Camp Association's family-dedicated website: www.CampParents.org, or call the toll-free number; (800) 428-CAMP (2267).

*Bob Ditter is a child and family therapist living in Boston who consults extensively with people who work with children. He was special consultant to the Disney Channel for the camp series "Bug Juice." Ditter has visited more than 500 children's camps in the United States, has been quoted in *Sports Illustrated*, *The New York Times*, *Parent Magazine*, and the *Ladies Home Journal*. He has appeared on "The Today Show" and the "Evening News with Peter Jennings" and is considered one of the nation's leading experts on camp.*

Originally printed in CAMP Magazine, reprinted by permission of the American Camp Association; © 2006 American Camping Association, Inc.

POLY PREP SUMMER PROGRAMS 2014



Swimming Lessons
for children 2 and up

Camp Programs
for children ages 4-16

Win
\$500 Off!

Register at March 1
Open House
For chance to win
Camp Discount
Raffle

OPEN HOUSE FOR ALL PROGRAMS
Saturday, March 1, 2014, 9 am – noon

Please join us to meet our staff and tour our campus.
No RSVP needed. Children welcome.

Two
newly
constructed
teaching
pools!

Three
new
Specialty
Camps!

Easier
online
registration!

Programs from June 16 – August 22, 2014:

SUMMER ACADEMIC PROGRAM

Four weeks, July 7–August 1 Grades 3–11.

Credited enrichment, remedial work and Test Prep in small classes.

SUMMER EXPERIENCE DAY CAMP

Six weeks, June 30–August 8. Ages 3 1/2– 15.

Counselor training for Grades 9 and 10.

Campers enjoy arts, dance, sports, swimming, special events, and games.

PERFORMING ARTS CAMP

Five weeks, June 30–August 1. Grades 4–9.

Professional mentoring for young actors, dancers, singers, and musicians.

SPECIALTY CAMPS

Many one-week sessions. Various ages.

**Basketball, Lacrosse, Squash, Rookie Multisport,
Sports Performance, Soccer, Baseball,
Girls' Running and Wellness,
Dance, Tech, Visual Arts**

Poly Prep Country Day School

9216 Seventh Avenue, Brooklyn, NY 11228

www.polyprep.org/summer2014

Summer Camps/Programs

DIRECTORY

The Ailey School

The Joan Weill Center for Dance
405 West 55th Street (at 9th
Ave.), NY 10019

212 405-9000 or www.theaileyschool.edu or
juniordivision@alvinailey.org

The Ailey School's junior division offers classes for children beginning at age 3. The First Steps and Bounding Boys programs offer an enjoyable introduction to dance, bringing the joy of music and creative movement to young children. The pre-professional program for students ages 7-17, encompasses a broad curriculum of dance classes including Horton, Limón, and Graham-based modern dance techniques, classical ballet, tap, West African, and Spanish dance. Classes are taught by experienced, nurturing dance instructors with extensive experience working with children.

Asphalt Green Summer Day Camp

212-298-7900 or www.asphaltgreen.org/camp
Upper East Side: 550 East 90th
Street

Battery Park City: 212 North End
Avenue

Asphalt Green's Summer Day Camp has been synonymous with excellence, fostering a love of sports and fitness that lasts a lifetime. Asphalt Green's summer camp is offered on two campuses in Manhattan: a 5.5-acre Upper East Side campus and an immaculate 52,000 square-foot facility in Battery Park City. The camp offers kids ages 4-13 a fantastic

summer of activities in swimming, sports, arts, trips, special events, and more. Camp activities are specially designed to meet the unique age-appropriate physical, mental, behavioral, and social milestones of every camper in the Pee Wee (ages 4-6), Junior (ages 6-8) and Senior Camps (ages 8-13). Also available is a counsel-in-training program for kids ages 14-15. Bus service and pre- and post-camp are available!

BAX, /Brooklyn Arts Exchange Summer Program

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

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

Brooklyn Friends School Summer Programs

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

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

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

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

Summer Intensives train campers in music video animation, printmaking, drawing and drama. Expert and nurturing faculty runs all programs, including numerous field trips throughout the city. Camp facilities include two gyms, rooftop playground, theater & music rooms, woodshop, darkroom, media centers and air-conditioned classrooms.

CBE KIDS Summer Day Camp

In the Garfield Temple at 8th
Avenue and Garfield Place, Park
Slope

718-768-3814 or www.congregationbethelohim.org

CBE KIDS Summer Day Camp offers children fun, excitement and a wide variety of recreational activities in a safe, supervised environment.

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

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

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

College for Kids at Kingsborough Community College

Office of Continuing Education
2001 Oriental Boulevard
718-368-5050 www.kingsborough.edu/continuinged

The Summer's College For Kid's program at Kingsborough Community College is open to girls and boys ages 7 through 13 and meets weekday Mornings for 4 weeks and Full Days for your choice of 4 or 6 weeks!

SWIMMING | BASKETBALL &
SOCCER | PIANO | TENNIS

READING | ART | MATH and much more!

For more information and to register please call or visit our website.

The Cosmic Cove Summer Program

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

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

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

Continued on page 24

A Summer Adventure

for students ages 2-10

10% Early Bird
Discount
before April 15th, 2014,
Sibling Discounts
Available



www.ftkny.com

6-10
Year Olds

FasTrackKids Enrichment

Sign up for 1 week or all 8!

6/30-7/3

Artist's Studio

Children will be inspired by the works of famous artists while creating unique pieces of art! Students will enjoy creating their own cartoon story, interacting with digital art, making several sculptures and illustrating books.

7/7-7/11

Trip around the World

FasTrackKids will travel to and explore Italy, Egypt, China, Mexico, and Brazil, while learning how children in those countries live.

7/14-7/18

Natural Science

Children participate in a variety of scientific experiments including magnetism, flotation, molecular change and buoyancy. The children gain an understanding of the scientific method through these experiments and games.

7/21-7/25

Zoology: Genus or Genius?

Learn about life in the animal kingdom.

7/28-8/1

Lost in Space

Explore our galaxy and the concepts that hold it together.

8/4-8/8

Anatomy: Body Language

Through the exploration of major body systems such as the skeletal, respiratory, digestive, and circulatory & nervous systems, your child will explore the human anatomy and learn to develop healthy habits along the way.

8/11-8/15

Dinosaurs - Young Scientist, Old Bones

A trip to the Pre-Historic Ages and back, to discover the dinosaurs and the fossils they left behind.

8/18-8/22

Earth Science

Children explore climate, geology, and forces of nature while taking an imaginary world journey to examine and understand the composition of the Earth from its surface to its core.

8/25-8/29

Entrepreneurship

The business world becomes real as children examine products from around the world. Children participate in an imaginary marketing survey and create an advertising strategy.

3-8
Year Olds

G&T / ERB

Summer Prep Course

8 Weeks | 16 Sessions

Grades: Pre-K*, K*, 1st & 2nd

2-3.5
Year Olds

FasTrackKids Explorers *

Educational, gradual separation class for the young ones.

Activities include group mingle & play, circle time, science lab, cooking together, fun academics, reading together, fun arts & goodbye friends!

Themes

July - Lets Play, August - Out & About

Schedule:

Tues & Thurs from 10:00 - 12:00pm

3.5-5
Year Olds

FasTrackKids Discoverers *

Fun enrichment for the young mind.

See weekly themes on the left

Activities include: Smart Board, hands-on projects, arts & crafts, experiments, role-playing, videotaping & more!

Schedule: Mon, Wed, Fri, from 9:00-11:30am

6-10
Year Olds

Academic Enrichment

Sign up for 1 week or all 9!

Eye Level is a skill based math and literacy enrichment program. Children are given individualized instruction based on their academic level to improve their mental math, critical thinking skills, reading comprehension and writing ability.

½ Day Options (9am-12pm or 1pm-4pm)

Full Day Option (9am - 4pm) - Ages 6 & Up only

Early and Extended Day Options Available

* All parents must stay on premises at all times.

•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

•Charleston
4852 Arthur Kill Road
718.494.1232

•Grasmere
1461 Hylan Blvd.
718.351.7333



BROOKLYN ARTS EXCHANGE

arts & artists in progress
421 5th Avenue, Brooklyn
YOUTH.BAX.ORG | 718-832-0018



Summer Arts Program

June 30 – August 15, 2014

9:00am–3:00pm

drop off begins at 8:30 am | Extended Day Program (3-5:45 pm)

**For children entering grades K-6
Register for one week, mix-and match, or register for all seven.**

→ **REGISTRATION** ←
IS NOW OPEN

YOUTH.BAX.ORG/SUMMER

BROOKLYN FRIENDS SCHOOL



We're ready for summer.

► **THINGS TO
LEARN THIS
SUMMER AT
FRIENDS –**

**Swimming
Cooking
Building
Math & Science
Chess
Woodworking
French
Spanish
Theater
Dance
Singing
Songwriting
Printmaking
Penciltopia
Drawing
Sculpture
Photography
Metal Collage
Making Great
Friends**

Are you? **375 PEARL STREET
ONE BLOCK FROM BOROUGH
HALL AND METROTECH**

Brooklyn Friends School summer programs take the best of the school year experience and make that light shine even brighter! Every day offers new opportunities for children to grow, to learn, and to develop their talents and interests. Our two programs – Summer Camp for 4 to 7 year olds and Summer Arts for 8 to 13 year olds – are distinguished by their outstanding faculty and favorable teacher-student ratio. The experience for kids is fun and energizing, just as summer should be.



*Sessions from
June 18 - July 25, 2014*

718.852.1029 x 248

BROOKLYNFRIENDS.ORG/SUMMER

Summer Camps/Programs

DIRECTORY

Continued from page 22

mealworms...yuck! You can even take home your experiments...even the live ones.

Creative Arts Studio Summer Camp 2014

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

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

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

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

Creative Arts Studio Teen Summer Dance Intensive 2014

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

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

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

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

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

Crossing Borders Language Camp

**Summer Immersion Program
281-465-0899 or www.crossingborderslanguage.com
4 years to Adult**

"Learn Spanish or English while enjoying summertime fun. Our classes are dynamic and taught by native speaking and experienced teachers. Our teachers will immerse your child in their language of choice using a variety of fun and engaging activities, and

offer Friday field trip opportunities as well."

FasTrackKids Summer

**60 Broadway Williamsburg
7612 13th Avenue Bay Ridge/
Dyker Heights
1605 Voorhies Avenue,
Sheepshead Bay
150 4th Avenue, Park Slope
718-748-3000 or www.fastrackkids.com**

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

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

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

Greene Hill School Summer Program

**39 Adelphi Street
718-230-3608 or www.greenehillschool.org**

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

Greene Hill summer Camp 2014 runs in six, week-long sessions. The hours are 9:00am-3:00pm (an 8:30am early drop off and extended day are available).

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

Greene Hill School Day Camp proudly collaborates with the best of Brooklyn sports and arts education to offer a wide variety of both indoor and outdoor activities and is supervised by Greene Hill School

Continued on page 26

Creative Arts STUDIO

Boerum Hill & Carroll Gardens Locations

Summer Arts Camp 2014



718.797.5600

Dance. Drama. Music. Art

www.creativeartsstudio.com

Greene Hill School
**SUMMER
CAMP 2014**
JUNE 30 - AUGUST 1

TO REGISTER, VISIT
GREENEHILLSCHOOL@ORG (KEYWORD: SUMMER CAMP)
(718) 230-3608 OR
SUMMERCAMP@GREENEHILLSCHOOL.ORG

COLLEGE FOR
kids | **SUMMER
GROUP
PROGRAM**

The Summer's College For Kid's program at Kingsborough Community College is open to girls and boys ages 7 through 13 and meets weekday Mornings for 4 weeks and Full Days for your choice of 4 or 6 weeks!
For information about our 6 year-olds program, please call 718-368-5050

**SWIMMING | BASKETBALL & SOCCER | PIANO | TENNIS
READING | ART | MATH and much more!**

Please call **718-368-5050**
for more information and to register.

Or visit us online @:
www.kingsborough.edu/continuinged

KINGSBOROUGH COMMUNITY COLLEGE
**CONTINUING
EDUCATION**

Kingsborough Community College/CUNY
Office of Continuing Education
2001 Oriental Boulevard, Brooklyn, NY 11235
www.kingsborough.edu/continuinged



CUNY The City
University
of
New York

THE AILEY SCHOOL

OFFICIAL SCHOOL OF ALVIN AILEY AMERICAN DANCE THEATER

JUNIOR DIVISION



Photos: Eduardo Palino, NYC

FIRST STEPS Ages 3-6

BOUNDING BOYS Ages 4-6
Creative movement classes

PRE-PROFESSIONAL PROGRAM Ages 7-17
Ballet, modern, West African, and more

For class information, e-mail: juniordivision@alvinailey.org • TheAileySchool.edu

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

Summer Camps/Programs

DIRECTORY

Continued from page 24

teachers. Daily programs include: Gymnastics and Circus, Theater, Ceramics, Soccer, Yoga, Arts and Crafts, and Dance.

Joe's Music & Dance Academy

114-04 Farmers Blvd. 11412, 718-454-3036

5712 Church Ave., Brooklyn 11203, 718-774-0700 or www.joesmusiccenter.org

A large diversity of instruments is taught in groups and individual classes from piano, violin, viola, cello, guitar, bass guitar, drums, saxophone, clarinet, flute, trumpet, trombone, voice, etc. to the less common instruments such as bassoon and tuba. Students can begin with classical, but the Academy also has many students that study pop, jazz, contemporary music or gospel. Students have the opportunity to pursue NYSSMA and other evaluations and prepare for specialized high school auditions. There are also competitive music opportunities. The academy is offering more of its most popular classes such as zumba, ballet, hip-hop, modern, liturgical, tap, jazz, evening adult classes including salsa, ballroom dancing and the popular 2-5 year old dance program. The academy has floor to ceiling mirrors and uses floating floors that absorb the impact of dancing, keep students energized and avoid injury.

Our Summer Arts Program includes music camp, audition workshop, musical theatre, music/audio production, dance and voice. Ask about birthday parties!

Just Wee Two Summer Program

Brooklyn Heights and Park Slope 1-800-404-2204 or www.justweetwo.com

Is geared for kids 14 months to three-and-a-half years, directed and taught by early childhood teachers trained to work with young children. Just Wee Two is a place where children and grown-ups learn and play together. Class sizes are small, allowing for individualized attention. All classes are one-and-a-half or two hours to allow for a relaxed, comprehensive

atmosphere. Mothers meet other mothers, developing life-long friendships while their children grow.

Classes celebrate summer through special arts & crafts, songs, water table activities and creative play. A mini-camp program is for children two-and-a-half to three-and-a-half who are ready to separate.

Kim's Kids Summer Camp Meets at PS 321 in Park Slope 718-768-6419 or www.kimskidscamp.com

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

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

Flexible scheduling allows children to attend three, four or five days a week.

Early bird drop off and late pickup are available.

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

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

Leif Ericson Day School's Summer Creative Arts and Music Program (SCAMP) begins its 18th year of fun. Children from pre-K to grade 7 enjoy computers, art, music, movement, and drama. Professional caring staff and junior counselors are enthusiastic and attentive. Limited group size allows for a more fulfilling experience. All activities are on-premises. Two snacks provided daily. SCAMP hours are 9a.m.-3p.m. with "Early bird" care (8am) and "Late Bird" care (5pm) for additional fees.

Summers With Mathnasium

6806 20th Avenue 347-7-MATH-11 (347-762-8411) or www.mathnasium.com/bensonhurst

Summer Hours (July and August): Mon-Tue-Wed-Thurs: 11:00 AM -

Continued on page 28



Sign up for
Spanish & English Summer Language Camp
from 4 years to adult

Language Immersion Classes

Starting at 4 years old

We can improve your child's
language skills

Call or email info@crossingbordersgroup.com for complete details

281-465-0899

in Brooklyn during the summer months

crossingborderslanguages.com

MATHNASIUM[®]

The Math Learning Center

We Make Math Make Sense[®]

+ WE ARE EXPERIENCED MATH SPECIALISTS

+ WE TEACH ALL LEVELS OF MATH ABILITY

+ PROVEN RESULTS



Mathnasium of Bay Ridge

7409 3rd Ave. • Brooklyn, NY 11209 • (347) 443-9728

www.mathnasium.com/bayridge

Mathnasium of Bensonhurst

6806 20th Ave. • Brooklyn, NY 11204

(347) 7-MATH-11 • (347) 762-8411

www.mathnasium.com/bensonhurst



\$75 OFF
Assessment/
Registration
with this ad

MILL BASIN DAY CAMP

HOURS OF FUN & ADVENTURE!

5945 STRICKLAND AV. BROOKLYN, NY 11234 718.251.6200 FAX 718.251.3600 WWW.MILLBASINDAYCAMP.COM

OPEN HOUSE

Register Early For 2014!

March 1, 8, 15, 29, 2014

April 12, 19, 26, 2014

May 3, 10, 17, 24, 2014

June 14, 21, 2014

11:00 am - 2:00 pm

- OUTDOOR POOL
- DANCE STUDIOS
- BASKETBALL COURTS
- SPRINKLER PARK
- MOVIE THEATRE
- COMPUTER LAB
- JUNGLE GYM
- VOLLEYBALL
- VIDEO GAME DESIGN
- CLAYMATION STUDIO
- 3D MOVIE THEATER
- VIDEO GAME ROOM
- BAKING CENTER
- ARTS & CRAFTS
- KARAOKE STUDIO
- GYMNASTICS
- DAY & OVERNIGHT TRIPS
- OLYMPIC GAMES
- CARNIVAL
- COSTUME BALL
- CIRCUS PROGRAM
- GRASS TURF FIELDS
- HANDBALL COURTS
- BLACK TIE GALA
- SOCCER
- PRIVATE LOCKER ROOM
- JEWELRY DESIGN
- DRAMA THEATRE
- KARATE
- BINGO
- FASHION DESIGN
- MICROSOFT CONNECT ROOM
- MANY MORE!

5945 Strickland Ave, Bklyn, NY 11234 718.251.6200 www.millbasindaycamp.com

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

Experienced, Carefully Chosen, Adult Staff

33 Years in Operation



DAILY TRIPS

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

Ages 4½ - 11

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



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

Leif Ericson Day School

SPIRITUAL
FORMATION

~OPEN HOUSE~

ACADEMIC
EXCELLENCE

Tuesday, March 4th, 2014
7:00 p.m. - 8:30 p.m.

Tour the school! Meet the teachers!

Nursery - Grade 8

- Small Class Size • Professional, Caring Staff
- State Approved Curriculum
- Music Performance • Computer Technology



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

June 23 - August 1, 2014

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

Summer Camps/Programs

DIRECTORY

Continued from page 26

5:00 PM, Sat 10:00 AM – 1:00 PM.
Friday and Sunday: Closed

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

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

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

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

Midwood Montessori Summer Program

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

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

Mill Basin Day Camp

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

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

door bus service is available to most locations. Call or come in for a personal tour of the facility.

Oasis in Brooklyn Bridge Park Summer Program

180 Renssen St. Brooklyn Heights 11201

718-596-4900 or www.oasischildren.com

With the magnificent revitalization of the Brooklyn waterfront, Oasis is thrilled to bring this opportunity to families in Brooklyn. Oasis utilizes Brooklyn Bridge Park's premier lawns, play areas and recreational facilities. Oasis also utilizes the indoor, state-of-the-art athletic and performing arts facilities of St. Francis College, as well as their pristine, air-conditioned classrooms and large meeting spaces. A traditional day camp in every way, Oasis in Brooklyn Bridge Park's program includes sports and recreation, visual and performing arts, recreational and Red Cross instructional swim, and field trips. In partnership with the Brooklyn Bridge Park Conservancy, Oasis offers an outdoor education component that includes environmental studies, orienteering and more! Oasis Day Camp is for kids ages 3-12. Families enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans!

PAC KIDS Summer Camp

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

Variety of programs for ages 3.5 to 14. All activities are located on the premises, and include swimming, gymnastics, basketball and soccer. As always, the philosophy is to provide fun and exciting activities that create a rewarding experience for your children while always maintaining a safe environment by an experienced and caring staff. Transportation for most of Brooklyn. We accept Begin ACD and 1199. Please call for more information.

Park Explorers Day Camp

611 8th Avenue, one block from

Continued on page 30

Come Join our Spring Production
Classes Start 5th April - June 21st

25th Anniversary

2014

PERFORMING ARTS CLASSES

The Best Performing Arts Classes in Brooklyn!

"Early Stages" Classes for Children 4 - 6 years old
"Main Stages" Classes for Children 6 - 16 years old

Weekend and Weekday Classes Available
Sibling Discounts and Limited Class Sizes

Please visit our website for questions and registration details

ALL TEACHERS ARE
PROFESSIONAL PERFORMERS FROM BROADWAY

**StageCoach the World's Largest
Part Time Theatre Arts Schools**

SING! DANCE! ACT NOW!

StageCoach Theatre Arts Schools

www.StageCoachSchools.com
Call Beth: 718 - 852 - 3208

Early Bird
Specials
August Summer
Camps

Summer Day Camp at the Shorefront Y



Licensed Camp
June 30 - August 22
Ages 3-14

- Swimming Lessons with the Shorefront Y Lenny Krayzelburg Swim Academy
- Hot Kosher Lunches and Snacks Included
- Exciting Age Appropriate Trips & Camp Activities
- Door to Door Transportation Available
- Extensively Trained Staff & 1:5 Staff to Child Ratio at all Times

We accept 1199SEIU members

718.646.1444 ext. 335 • www.shorefronty.org/camp
3300 Coney Island Avenue, Brooklyn, NY 11235

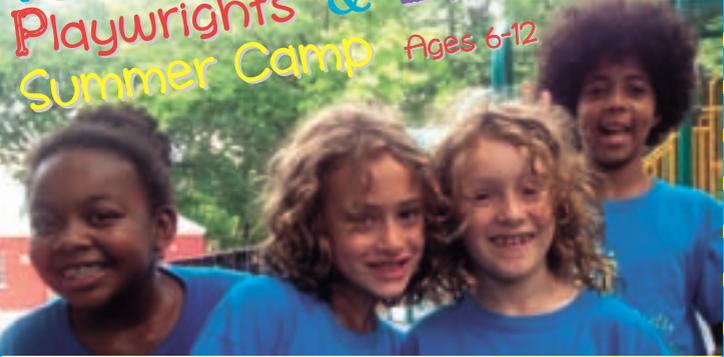
SHOREFRONT Y
1199 SEIU

f t

Responsible Leadership • Daily Outdoor Play • Weekly Trips

Young Poets, Playwrights & Drama Kids Summer Camp

Ages 6-12



Our themed Summer camp is committed to making learning an adventure. We nurture creative expression through the art of poetry, playwriting and theater. Join us for safe, creative, exhilarating Summer fun!

3 Two Week Sessions 9am- 4pm

Young Poets.....June 30th - July 11th
Young Playwrights.....July 14th - August 1st
Young Drama Kids.....August 4th - August 15th

"\$300 per week"
Register Online Today!

T: 718.493.7981 * www.choicescholars.com

Sibling Discount • 1025 President Street, Brooklyn, NY • Exhibitions



WINDMILL MONTESSORI SCHOOL

Accredited Preschool, Elementary, JHS & Academic Summer Camp

A PEACEFUL PLACE TO LEARN SINCE 1941
Proudly Celebrating 72 Years of Quality Education

OPEN HOUSE
Tuesday, March 4th
Wednesday, April 2nd
9:00 - 10:30 am

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, Dedicated Staff, Outdoor Recreation, A/C Classrooms, Curriculum-based Trips, After School Program (3:40-5:45pm)

Happy Learners and Happy Campers



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

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

Begins June 30 through Aug 8 2014

718-375-7973 ★ 718-375-4277
e-mail: admissions@windmontsch.org website: 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



Summer Camp

- Daily swimming in our 4 outdoor pools
- Sports on our indoor field and courts
- Enriching games and activities
- Transportation for most of Brooklyn
- Early bird & sibling discounts
- 1199 and other vouchers accepted

OPEN • March 8th and 22nd • April 12th and 26th
HOUSE • May: every Saturday
DATES • June: every Saturday until the 21st

Holiday Camps

April: 4/14 - 4/22

June: 6/5

Swimming • Soccer • Basketball
 Enriching Games & Activities • Movies & Dance
 Lunch And Snack Provided
 8:00 am - 4:00 pm (or 6:00 pm)

Birthday Parties

- Swim Party
- Clowns
- 4 Outdoor/ 2 Indoor Pools
- Soccer - Indoor Field
- Inflatible Party
- Basketball - 3 Full Courts
- Arts & Crafts
- Costumed Characters
- Obstacle Course



ALL YEAR LONG

Ideal for children 4-16

- Swim Instruction
- Sports Coaching
- Enriching Programs
- After School
- Day School and UPK
- And Much More
- For Your Kids

- 4 Outdoor/2 Indoor Pools • Indoor Soccer Field
- 3 Indoor - 4 Outdoor Basketball Courts

1500 Paerdegat Ave. North, Brooklyn

718.209.1010/718.531.1111 www.pacplex.com

Summer Camps/Programs

DIRECTORY

Continued from page 28

Prospect Park
 718-788-3620 or www.parkexplorers.com

At Park Explorers Day Camp no two days are alike. Each week offers a trip to the beach, gymnastics, sports, arts and crafts, drama, movement, singing, special events, twice a week pool swim, a different trip each week around NYC, plus lots of healthy outdoor sunshine. Third graders and up can try special programs in Exploring Theater and Exploring Soccer. Fifth graders and up may sign up for special trips and overnights. There are flexible weekly sessions plus early drop off and extended hours; shuttle bus service available in designated areas.

The Park Slope Day Camp
 Park Slope, Windsor Terrace, Bay Ridge, Carroll Gardens
 718-788-7732 or www.parkslopedaycamp.com

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

Piper Theatre Workshop and Garden Explorers
 Summer Fun At The Old Stone House & Washington Park
 3rd Street, between 4 & 5 Avenues
 718-768-3195 or www.pipertheatre.org
 For Ages 7 - 17 June 30 - July 26
 9 am - 3 pm Monday - Friday
 Extended day available

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

Old Stone House - Garden Explorers

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

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

Poly Prep Summer Camp
 9216 7th Avenue
 718-836-9800 x 322 or www.polyprep.org

Poly Prep Summer Programs offer families an outstanding alternative to sleepaway camps. On our 25-acre campus in Dyker Heights, campers create, play, sing, swim, dance, and explore! You can choose from our weekly programs offered in basketball, baseball, lacrosse, soccer, squash or computer; our 5-week Performing Arts Camp, or our 6-week Summer Experience Day Camp. We also offer afternoon swim lessons. Please visit our website or call for a free brochure.

Preparatory Center For The Performing Arts at Brooklyn College Summer Program

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

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

Continued on page 32

Brooklyn College

The Preparatory Center for the Performing Arts

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

Over 35 years of offering music, theater, and dance classes for children age 3 and up.



Summer 2014

- Creative Arts Program for ages 3-5
- Dance Classes for ages 3 & up
- Theater Classes for children and teenagers
- Musical Theater Workshop
- Group Piano and Guitar Classes for children, teenagers, and adults
- Beginner to advanced instrument and voice lessons for children, teenagers, and adults

* Suzuki Programs 2014-2015 for Violin, Cello, and Flute: Information sessions and interviews *

Visit during Perform-a-thon 2014! on March 22nd. Please call for information.

Please call 718-951-4111 for further information for summer 2014 and the 2014-2015 school year
Visit our website: www.bcprepcenter.org



Join Piper this July for our
14th Year of Summer Theatre Workshops
Ages 7 - 17 | June 30 - July 26
Register Today



At the Old Stone House
& Washington Park
and MS 51



Building Community Through Drama | pipertheatre.org | 718-768-3195

Midwood Montessori

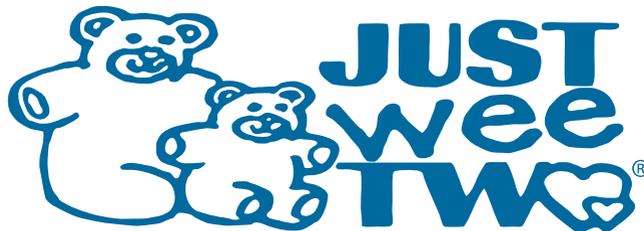


Pre-School & Kindergarten

Summer Program
Transportation Available

2825 Bedford Avenue • 253-3242
at Glenwood Road

www.midwoodmontessori.com



where children and grown-ups learn and play together

For 8 months - 3 1/2 years

REGISTER NOW FOR SPRING AND SUMMER PROGRAMS

Park Slope Location
8th Ave. & 14th St.

Brooklyn Heights Location
250 Cadman Plaza West

Join Us For Fun

- Arts & Crafts
- Music • Stories
- Creative Movement
- Playtime
- Narrow Age Spans
- Maximum 10 Children Per Class
- 1 1/2 Hour Classes
- Professional Staff

“Just For Me”

2 1/2 - 3 1/2

Separation Program

Partial Separation Classes
Also Available

Infant Classes (Parent & Child) and ABC Enrichment Classes Also Available

**For Information Call 1-800-404-2204 or 516-433-0003
Or Log Onto Our Website: www.justweetwo.com**

Other Locations: Bayside, Plainview, Manhasset, Greenwich, & North Stamford, CT

Summer Camps/Programs

DIRECTORY

Continued from page 30

ested in learning more about the Preparatory Center, you can access information from our website or call our office.

Shorefront YM-YWHA Day Camp

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

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

StageCoach Theatre Arts School Summer Program

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

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

Glee week: August 4th – 9th

Broadway Bound: August 11th – 16th.

Center stage: August 18th-23rd
All classes divided age.

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

Stepping Stones Nursery School Summer

245 86th Street
718-630-1000 or e-mail steppingstones86@aol.com

Offers an eight-week summer camp program for children ages 2 to 9 years old. The children engage in indoor and outdoor recreational

activities such as field trips, arts and crafts, dramatic play, sand and water activities and story time.

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

Windmill Montessori Summer Camp

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

Registration is beginning now for Windmill's 2014-2015 School Year and our Academic Montessori Summer Day Camp and Creative Writing Program for 3-12 year olds. Windmill offers a nurturing place where the children make friends and learn through the Montessori Method, while having lots of fun. Spacious enclosed yard with playground and pool lets campers safely participate in outdoor activities, all with highly qualified and caring staff's guidance. Local trips, weekly themes, arts & crafts, computers, singing, group games, and pool activities are enjoyed. Olympics and carnival are highlights. Four to six week programs are offered, as are sibling discounts. Door-to-door bus service is available. Call for individualized appointment.

Young Poets, Playwrights & Drama Kids Summer Camp

1025 President Street
718-493-7981 or www.choicescholars.com

Choice Scholars Day School offers Young Poets, Playwrights & Drama Kids Summer Camp for children 6-12 years of age. This child-centered camp provides a medium for children to express themselves constructively, develop their writing portfolios, and discover his or her creative voice. Our two week sessions create fun magical memories as children paint stories with the power of their words, create intriguing, original one act plays, and developing skills in all aspects of theater. A great team, daily exercise, and all those cool trips complete our learning adventure. Visit: www.choicescholars.com to register online, or call 718-493-7981.



at the Cosmic Cove!

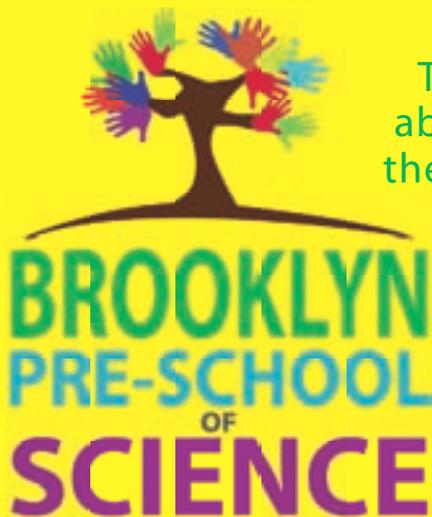


The
**SCIENCE
CARMELO
FELLOW**

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

The Cosmic Cove for more info:
300 Atlantic Ave 718.722.0000
Brooklyn, NY 11201 718.344.4631

www.carmelothesciencefellow.com



Teaching kids about themselves,
about others, the world, and about
the environment, through hands-on
inquiry based science.

For Ages 2.5 to 5 years old

11 Wyckoff Street
Brooklyn, NY 11201
for more info:
347-844-9699
718-344-4631

www.brooklynpreschoolofscience.com

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

Stepping Stones Nursery School

OPEN HOUSE DATES

Wed., March 5th, 2014

5pm to 8pm

Sunday, April 6th, 2014

10am to 1pm

*Wednesday,
May 14th, 2014*

5pm to 7pm



Full And Half Day Programs Available

**School Session:
September – June**

Please register to attend the open house through www.steppingstones86.com

School Programs

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

After School Programs

Kindergarten through 5th grade

245 86th Street Brooklyn, NY | 718-630-1000

Digital CAMP GUIDE 2014



**Check it out on
nyparenting.com**

PARK EXPLORERS DAY CAMP

Summer & Holiday Camps!

Over 25 In the heart of Park Slope

Lots of activities

Weekly Sessions

Ages 4 through 14



917-805-7895

www.parkexplorers.com

the best summer of my life!

2014 summer day camp



June 30 – August 22 | 4-13 years old

SWIM SPORTS ARTS ACTIVITIES FIELD TRIPS

Come to an Open House

- Monday, March 10 • 6:30PM–7:30PM
- Saturday, March 22 • 11:30AM–1:30PM
- Saturday, April 5 • 11:30AM–1:30PM
- Thursday, April 24 • 6:30PM–7:30PM
- Wednesday, May 7 • 6:30PM–7:30PM



Register Today! 212 North End Avenue • 212.298.7900
asphaltgreenbpc.org/camp

 **Asphalt Green**
BATTERY PARK CITY

Girl power

Celebrate Girl Scout Week, from March 9 to 15

BY JANINE QUEENIN

The Girl Scouts of America turns 102 on March 12, and everywhere you look, girls dressed in green vests or sashes are selling boxes of Thin Mints and Samoa cookies. In honor of national Girl Scout week — March 9-15, 2014 — here are 12 facts from girlscouts.org that you may not know about the world's largest organization for girls.

- The Girl Scouts of America was founded in 1912 by Juliette Low in Savannah, Ga. Her goal was to "... bring girls out of isolated home environments and into community service and the open air."

- The Girl Scouts is not an American creation. Miss Low based her group on the British organization Girl Guides.

- The first Girl Scout troop had 18

members. Today, more than 10 million women and girls worldwide participate in Girl Scouting with troops in more than 92 countries.

- More than 59 million women in the U.S. were once Girl Scouts. Prestigious alumna include First Lady Michelle Obama, television personality Katie Couric, tennis great Venus Williams, and the first American woman in space, astronaut Sally Ride.

- Seventy percent of all women serving in the US Senate and three former Secretaries of State were once Girl Scouts.

- Badges have been an integral part of Scouting since the beginning. Today, girls can earn more than 100 different badges, including the original badges: cooking, athletics, and first aid.

- Girl Scouts started selling cook-

Neil's shortbread cookies

In 1922, Miss Florence E. Neil published her shortbread cookie recipe in the Girl Scout magazine "The American Girl" and the annual cookie sale was born. Try making this recipe with your favorite girl (or boy).

Girl Scout Cookie

INGREDIENTS:

1 cup butter

1 cup sugar

Additional sugar for topping (optional)

2 tablespoons of milk

1 teaspoon vanilla

2 cups flour

1 teaspoon salt

2 teaspoons baking powder

DIRECTIONS: Cream butter and 1 cup sugar; add well-beaten eggs, then milk, vanilla, flour, salt, and baking powder. Refrigerate for at least one hour. Roll dough, cut into trefoil shapes, and sprinkle sugar on top, if desired. Bake in a quick oven (375°) for approximately eight to 10 minutes or until the edges begin to brown. Makes six to seven dozen cookies.



ies in 1917 in Muskogee, Okla. Shortbread cookies were baked at home by each girl and sold to pay for troop activities.

- The first cookies were sold for 25 to 30 cents per dozen. Today cookies cost \$4 to \$5 per box.

- More than 200 million boxes of cookies are sold from January to March each year, generating \$785 million in sales.

- Thin Mints were first sold in the 1950s, and are the third best-selling cookie in the United States with 50 million boxes sold each year.

- The record for most cookies sold goes to Jennifer Sharpe of Dearborn, Mich. She sold 17,328 boxes during a single three-month selling period. Her troop used the money earned to go on a trip to Europe.

- In 2012, the Girl Scouts released a cookie locator app for smartphones, making it easy to find your favorites.

For more than 100 years, the Girl Scouts have helped girls develop confidence and leadership skills, and sell a ton of cookies. Happy birthday, Girl Scouts!

Janine Queenin is a writer and mom of two kids, ages 9 and 11. A former Girl Scout and Girl Scout leader, she always has a box of Thin Mints stashed in her freezer.

What are your kids doing in March?



March 1, 8 and 13
9:30 a.m. to 11 a.m.

Movement, music, and stories that bring Jewish ideas about the world to life for kids up to age 6. This month's theme: *Carnival Fun!*

Fridays at 4:00

March 7, 14, 21 and 28
4:00 p.m. to 5 p.m.

Guitarist and singer Yoshie Fruchter will have your preschooler singing and dancing. Of course, we'll welcome Shabbat with challah and grape juice, too!

Purim Carnival!

March 16
1:00 p.m. to 4 p.m.

Noisemaking, rule-breaking, and an end to business as usual in a fun-filled Purim event for the whole community — in collaboration with JFREJ.

Learn about all our programs:

Call: 718-638-7600

Email: uniontemple@uniontemple.org



UNION TEMPLE

A Reform Jewish Congregation
17 Eastern Parkway
Brooklyn, NY 11238
www.uniontemple.org

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

Flat Screen TV & Patient Headset

(Philip Howard Apartments)

718-377-1319

www.brooklynfamilydds.com

Like us on Facebook

Most Major Insurances Accepted



All My Children Day Care & Nursery Schools



Committed to preparing young children to school and life readiness by acquiring the confidence and skills through a secure and emotionally responsive environment

provided by our superior staff.

Locations in Crown Heights Brooklyn and Queens.

For more information or to register

Call 1-718-576-6812 x1

Email info@amcearlylearn.com



Our Safety

Licensed by the Department of Health.

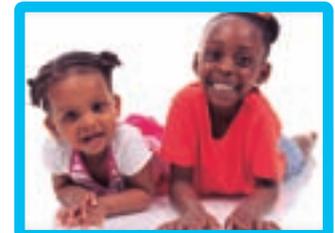
Your child's safety is our priority. We are committed to ensuring the well being of your child.



Our Quality

Hot delicious and nutritious meals. State of the art equipment and materials.

Developmentally appropriate curriculum



Our Benefits

Government subsidized childcare. UPK.

We accept children ages 6 months to 5 years. Hours of operation 8 am – 6 pm.

Taming the tattletale

Help kids identify when an adult is needed

BY DENISE YEARIAN

Tattling is all too common within families, especially those with children 5 to 10 years old. Although parents want to keep an open line of communication, teaching youngsters to discern when to and when not to tell can be complicated and confusing. To help children break the tattletale habit, experts suggest parents start by exploring the motive behind the action.

“There are a number of reasons why children tattle, but the most prominent one is due to a developmental stage called rule-governed behavior,” says Dr. Carl Chenkin,

clinical psychologist specializing in family issues. “Somewhere around age 5, children begin to understand there are rules to be followed, but they don’t have the capacity to distinguish between major and minor rule breaking. So what happens is every broken rule is brought to an adult’s attention.”

This was the case with Geeta Arora’s son, Prithvi. At age 3, the boy began broadcasting everything his younger sister did.

“He would tell me if she ate off the floor or put blocks in her mouth or was chewing on her doll,” says the mother of her now 7-and-a-half and 6-year-old children. “His intentions were good, but he wasn’t able to

make the distinction between what I did and didn’t need to know.”

Arora downplayed her son’s trivial talk, confident he would eventually outgrow it. But two years later, it had become routine nature.

“When he entered preschool, he started telling his teacher everything that happened in class — if someone didn’t finish their lunch or wasn’t nice. Then one day, he came home from school clearly upset. When I asked him what was wrong, he said the children didn’t want to play with him anymore because he was ‘mean.’ That’s when I knew the issue had to be addressed.”

Experts agree tattling should be downplayed. But don’t completely dismiss it. Use this time to begin teaching your child the difference between trifle tattling and timely telling.

“Until about age 7 or 8, a child doesn’t have the ability to make the distinction between what does and doesn’t need to be told, so I suggest parents guide him in the process,” says child psychologist Dr. W. Douglas Tynan. “Listen and acknowledge your child’s feelings — ‘I’m glad you feel free to talk with me and you look frustrated.’ But once you know what your child is saying, stop and ask him, ‘Is someone going to get hurt? Is anyone crying?’ If the answer is ‘no,’ dismiss it, and tell your child you don’t need to hear anymore. In this way, he will begin to understand good and bad judgment calls.”

Parents may also want to coach their kids on problem-solving solutions. Lisa Carter has done this.

“When my boys were preschoolers, sometimes Christopher would come and tell me CJ had torn up his picture or knocked down his Legos. Rather than stepping in, I redirected him on what he could do to change the situation: ‘Where can you put your things so your brother can’t get to them?’” says the mother of the siblings, now ages 10 and 7-and-a-

Schooling your snitch

Children between the ages of 5 and 10 are the most common tattlers. Here are a few tips to tame your tattler.

- **Motivating factors.** To curb idle chatter, first look at the motive behind the action. Is the child tattling because he knows a rule has been broken but hasn’t developed the cognitive skills to understand when it’s important to and not to tell? Does he lack the social skills needed to resolve problems on his own? Children may also tattle if they feel something is unfair, to get another child in trouble, for attention or approval or for deflection. Once the motive has been determined, parents can properly address it.

- **Brush aside, but don’t boot it.** When the child tattles, downplay it but don’t completely dismiss it. Use this time to begin teaching him the difference between trivial and timely telling. Explain that tat-

tling isn’t necessary (a child broke his crayon), but telling informs of danger (a child is playing with matches).

- **Listen and learn.** Until age 7 or 8, most children don’t have the ability to make the distinction between what does and doesn’t need to be told. But parents can guide their child in the process. Listen and acknowledge the child’s feelings. Once you know what he is saying, stop and ask, “Is someone going to get hurt? Is anyone crying?” If the answer is “no,” curb the conversation. In this way, he will begin to understand good and bad judgment calls.

- **Partner and problem solve.** Parents may need to coach their child on problem-solving skills. Tell him as long as people are working together peacefully and no one is in danger, they can work out solutions on their own. In this way, parents equip their child to

take charge of situations.

- **Skip scolding.** Don’t scold or punish the child for tattling, as this may cut off all lines of communication.

- **Maximize listening skills.** Be present, nurturing, and interested in what the child has to say. But if the tale isn’t of a crisis nature, minimize the response and with time, it may subside.

- **Wait it out.** Most children outgrow tattling as they mature. If not, social consequences such as being ostracized by peers or becoming a victim of tattling may cure childish chattering for good.

The following children’s books tackle the subject of tattling:

- “*Armadillo Tattletale*” by Helen Ketteman and Keith Graves

- “*A Bad Case of Tattle Tongue*” by Julia Cook and Anita DuFalla

- “*Don’t Squeal Unless It’s a Big Deal*” by Jeanie Franz Ransom and Jackie Urbanovic

- “*Rainbow Fish: Tattle Tale*” by Sonia Sander

- “*The Tattle Tail Tale*” by Tandy Braid





“Somewhere around age 5, children begin to understand there are rules to be followed, but they don’t have the capacity to distinguish between major and minor rule breaking. So what happens is every broken rule is brought to an adult’s attention.”

half. “Even now, the boys like to wrestle, but sometimes it gets out of hand. If CJ comes and tells me Christopher threw him down really hard, I’ll suggest they set guidelines before starting. In this way, I’m equipping them to take charge of situations rather than having them look to me to fix it.”

Good idea, says Chenkin.

“The more social skills kids develop, the more resilient they will be. As long as it isn’t a safety issue, parents should teach their children how to respond to situations rather than rescue them,” he says.

Most important, don’t scold or punish your child for tattling — as this may cut off all lines of communication. Instead, be present, nurturing and interested in what he has to say. But if the tale isn’t of a crisis nature, minimize your response, and it may just subside.

Even if it doesn’t, give it time. Childish chatter may be cured by social consequence.

“That day Prithvi came home alienated by his classmates, I asked him why he felt the need to tattle, and he said he just wanted to make sure the children weren’t doing anything wrong. Then I said, ‘How would you like it if someone tattled on you?’ He said he wouldn’t. After that, he stopped tattling at school,” says Arora.

But it was another six months before the boy was completely purged of petty proclamations.

“One day, his sister Malvika told on him, and that’s when he knew how it truly felt. At that point, I sat both of them down and explained if someone was doing something that could harm them or others, they should come and tell me. Other than that, I didn’t need to know. Now they’re the best of friends, and play together all the time. And no one tattles on the other.”

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



THE HELLENIC CLASSICAL CHARTER SCHOOL

646 Fifth Avenue, Brooklyn, NY • 718.499.0957

www.hccs-nys.org

Christina Tettonis, Principal



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

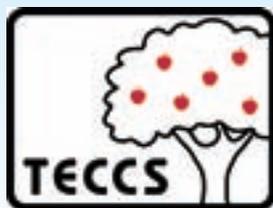
School Mission:

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

- Partnership with Teachers College/Columbia University
- Partnership with the Greek Government
- Studio in a School Art Residency And Theater Productions
- Music Programs: Violin, Recorders, Guitar, Chorus
- Smart Boards and Lap Tops
- Greek, Integrated Algebra and Earth Science Regents
- Students Admitted to Best Public & Private High Schools in NYC including Stuyvesant, Brooklyn Tech High & Staten Island High
- Daily Classes of Greek Language, History, Art, Dance, Literature and Mythology, Paideia Seminars
- Study of Latin in upper grades
- Debate Club, Book Club, Science Club, Cheerleading, NFTE (Network for Teaching Entrepreneurship), Math Club, School Newspaper, History Club, Geography Club, Chess Club, Brooklyn Public Library Brooklyn Connection, Student of the Month, Arista, Student Government
- Highly Qualified, Certified Teachers
- YMCA After School Program, After School Test Prep & Specialized HS Test Prep

OPEN HOUSE: Feb. 1, 2014 • March 8, 2014

The Ethical Community Charter School



School Tour Dates

Every Friday at 9:30 by appointment.

Please e-mail schooltours@teccs-ny.org or call our office at 718-599-2176.

- Small Class Sizes
- Specialized Teachers To Serve English Language Learners, Special Needs
- Ethics Curriculum
- Arts Integrated With The Curriculum
- Inquiry-Based Science And Social Studies
- Parents As Partners
- 190 School Days
- 8:00-4:00 Every Day / School Buses

700 Park Avenue, 3rd Floor • Brooklyn, NY 11206

718-599-2176

www.teccs-ny.org

Charter School

DIRECTORY

The Brooklyn Charter School

545 Willoughby Ave., 3rd Floor

718-302-2085 or www.brooklyncharter.org

The Brooklyn Charter School was the first Charter school of the New York City Department of Education and the first charter school in Bedford/Stuyvesant. This Jewel of Bed-Stuy has been serving its community for over 10 years and boasts of high academic performance, sophisticated programs in the Arts, a warm glowing school culture, highly qualified professionals, and active family involvement. We are now accepting application for K-5!

The Ethical Community Charter School

700 Park Avenue 3rd Floor

718-599-2176 or www.teccs-ny.org

TECCS is a free public charter school based on a progressive education model and guided by the highest ideals of ethics, service, and social justice. TECCS is a safe and caring community where these ideals inform every aspect of school life; where teachers lead and collaborate with students in a culture of rigorous academics and mutual respect; where analytical thinking and creativity are prized; where children become individuals of integrity, insight, autonomy – and socially productive citizens, workers, and leaders

Continued on page 42



Community Partnership Charter School

Kindergarten-8th Grade

We believe it takes a Community...



COME AND SEE WHAT COMMUNITY PARTNERSHIP IS ALL ABOUT
INFORMATION SESSIONS AND SCHOOL TOURS
1 School - 2 Locations

CPCS Lower School Grades K-4

241 Emerson Pl.
Brooklyn, NY 11205
(Lafayette and Classon Ave)

SATURDAY, MARCH 8 @ 10:00AM
THURSDAY, MARCH 20 @ 9:00AM
THURSDAY, MARCH 27 @ 5:30PM

TO RSVP CALL 718-399-3824

CPCS Middle School Grades 5-8

114 Kosciuszko St.
Brooklyn, NY 11216
(Bt. Nostrand and Marcy)

THURSDAY, MARCH 6 @ 5:00PM
SATURDAY, MARCH 8 @ 11:00AM
SATURDAY, MARCH 22 @ 10:00AM

TO RSVP CALL 718-636-3904

**WE ARE ACCEPTING APPLICATIONS FOR THE 2014-2015 SCHOOL YEAR NOW!!!
APPLICATION DEADLINE APRIL 1, 2014
Visit www.cpcsschool.org for more information**

The Brooklyn Charter School Accepting Applications for K-5!

Families are invited to Open House and Tour Sessions to learn more about our school and our academic program.



ABOUT US:

- Free, no tuition
- Rigorous academic program supported by the arts and technology
- Highly qualified, well-trained teachers
- Average class size of 20 students/2 teachers per class
- Fully inclusive classrooms & ELL instruction
- After-school programs
- Active family participation through Family Action Committee

BCS upholds a non-discriminatory policy and welcomes applications from all families regardless of race, gender, religion or culture. We welcome students with disabilities and English Language Learners.

Recruiting for 2014 – 2015 school year:

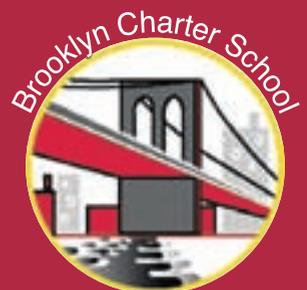
Tour: Wednesday at 9AM • March 5, 12, 19, 26 • April 9, 2014

Open House Session: Thursday at 6PM, March 27, 2014

Apply online at www.brooklyncharter.org

545 Willoughby Ave, 3rd floor Brooklyn, NY 11206

718-302-2085 • www.brooklyncharter.org



Building Bridges To Tomorrow

Like Us on
facebook
to WIN
tickets or
prizes



Visit us at our
NYParenting page
and register to win

Attention All Writers!

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

Partner with us and share your stories and your memories.

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



Charter School

DIRECTORY

Continued from page 40

The Hellenic Classical Charter School

646 5th Avenue

718-499-0957 or www.hccs-nys.org

The Hellenic Classical Charter School will provide students in grades K-8 with a rigorous classical education that is rich in challenging content. The school will instruct all students using the Core Knowledge curriculum and will supplement all instruction with the classical study of the Greek and Latin languages, as well as history, art, and other cultural studies. The school will utilize didactic instruction, coaching and Socratic questioning. All students will leave the school prepared to gain entry to and succeed in the best high schools in NYC.

Success Academy Charter Schools

SuccessAcademies.org/Family

Discover a world class education for your child!

Why Success Academy Charter Schools?

For some parents, it's because their child is brimming with excitement to come to school every day. For others, it's the experience of hand-on curriculum. And for some, it's because their child is learning from professional, highly trained teachers who go the extra mile so their scholars can, too. This level of enthusiasm results in our scholars' test scores ranking among the best in New York State for English Language Arts, math and science.

With 12 elementary schools across NYC and 6 new schools opening in the fall, Success Academy Charter Schools are now welcoming applications for incoming 2014 scholars entering grades D-3. Apply today to your neighborhood Success Academy.

Like us on

facebook

or follow us on

twitter 

Facebook Search: NYParenting

Success Starts With

STRIKING THE

RIGHT BALANCE



An exceptional choice for free public education in your neighborhood.

DISCOVER MORE AND **APPLY NOW**
SuccessAcademies.org



SUCCESS ACADEMY
CHARTER SCHOOLS

Meditation made easy

Can an app help you find your inner peace?

BY TAMMY SCILEPPI

“**M**indfulness” — a method of living fully in the moment, without judgment — can be achieved with regular meditation. But it takes practice and commitment to get there.

A new guiding app makes it possible, and easy to do, when you’ve got a jam-packed schedule.

Tools for Peace, the national educational non-profit, has created the Stop, Breathe & Think app for iPhone and iPad — a friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion. And it’s free.

Finding inner peace

Most people, especially parents, speed through life and get caught up in a daily avalanche of distractions and details. If you’re feeling off-kilter, meditation — a consciousness workout — can help you achieve emotional and spiritual balance and get you back on track. In some ways, it mirrors the benefits of a physical workout.

“Imagine what it would be like if we could shift into a calmer, more compassionate perspective before communicating with our spouses, children, or siblings?” says Jamie Price, executive director of Tools for Peace. “The Stop, Breathe & Think app can help to transform how we interact with our families in a really beautiful way.”

She says the company has been hearing from parents, who even use the app with their children.

“One 11 year old is now meditating, because, she says, ‘It makes me feel good!’ That child now has a skill she can use to benefit her

for the rest of her life, both socially and academically. Another family uses the app along with their 5 and 2 year olds, teaching them mindful breathing to ease frustration, when they’re upset. The app has changed how the two siblings interact with

their parents and each other — all for the better.”

Clearing your mind of all the clutter for 10 to 15 minutes a day by meditating will make your world calmer and much more manageable.



Practical meditation tips for beginners

New to meditation? Here are some tips to get you going.

1) Early morning is the optimum time to meditate. Set aside a specific quiet time (preferably twice a day).

2) Don't stress! If you start to feel frustrated, really focus on your breath and let that tension go, otherwise you're defeating your purpose.

3) Make sure you won't be disturbed and choose a room or space that's not used for work, exercise, or sleep.

4) Place a candle in the room to help you focus — this allows you to strengthen your attention with a visual cue, and can be very powerful. Meditating with eyes closed can be challenging for a beginner.

5) Stretching is great. Then, sit

or lie down in a comfortable position. Stretching starts the process of "going inward" and brings added attention to the body.

6) Meditation is an ACTIVE process, so do it with purpose.

7) Breathe deeply — this focuses the mind, slows the heart rate, and relaxes the muscles.

8) Feel every part of your body relax; when a meditative state starts to take hold, be aware of your body. Once your mind quiets, put all your attention to the feet and then slowly move your way up (include your internal organs). Now you're on the right path.

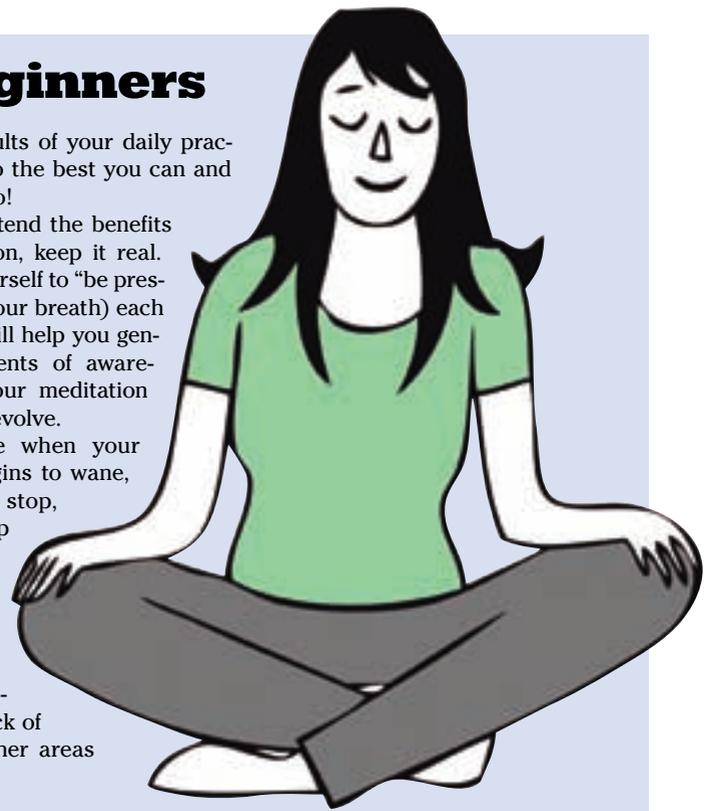
9) Meditation is meant to be a life-long practice, and experts say you'll benefit most by NOT examin-

ing the results of your daily practice. Just do the best you can and then let it go!

10) To extend the benefits of meditation, keep it real. Remind yourself to "be present" (find your breath) each day. This will help you generate moments of awareness, so your meditation habits can evolve.

11) Notice when your interest begins to wane, but don't stop, just keep at it. Losing the ability to focus on meditation may correlate with lack of focus in other areas of your life.

Top
Tips



According to the Mayo Clinic, the emotional benefits of meditation include:

- Heightened self-awareness
- Ability to focus more on the present
- Reduced negative emotions
- Gaining a new perspective on stressful situations
- Skills-building to manage stress

Some research suggests that meditation may also be useful if you have a medical condition, especially one that could be worsened by stress, such as:

- Allergies
- Anxiety disorders
- Asthma
- Binge eating
- Cancer
- Depression
- Fatigue
- Heart disease
- High blood pressure
- Pain*
- Sleep problems
- Substance abuse

*A 2011 brain imaging study published in the *Journal of Neuroscience* found that even very brief instruction in mindfulness meditation (four 20-minute sessions) was effective in relieving pain by reducing the brain's emotional response to painful stimuli.

A growing body of scientific research supports the health benefits of meditation, but some researchers believe it's not yet possible to



Photo by Jeri Heiden

Singer k.d. lang is a fan of the app.

draw conclusions about its possible benefits.

How it works

The way the Stop, Breathe & Think app works is three-fold. First, when the app is opened, the person using it is greeted with a check-in, asking her to tune in and report how her mind, body, and emotions are feeling. Then, the app leads the person to a list of meditations, which can be played at will, each taking between five and 10 minutes to complete. Finally, the app records progress, so the person using it will see improvement over time, as meditation becomes more routine.

Helpful tool

In a recent statement published on *Nonesuch.com*, singer-songwriter and *Tools for Peace* supporter K.D. Lang talked about her new Broadway show and how the Stop, Breathe & Think app helped to calm her nerves:

Lang says she embarked on a "quintessential New York journey," when she made her Broadway debut last month in "After Midnight" at the Brooks Atkinson Theatre. The show, which runs through March 9, is based on the music of the famed Duke Ellington arrangements.

"Of course, I was a bit nervous," she said. But she used the app and found it to be "an incredibly helpful tool to help you focus and settle your mind down; to help me get into 'the zone' for performing at my best."

The performer added, "I would like to believe that through this free app, meditation can become a natural part of our everyday lives. It's simple to use and has the ability to reach far and wide — from children riding buses to school; to teenagers just hanging out; to business leaders in countries around the world.

"Accessing kindness and compassion through the practice of meditation is simple with this app, which is comfortable, easy, and always at our fingertips."

A personal meditation coach at your fingertips

"We knew the app had to be friendly and accessible, but it also had to be almost counterintuitive, turning our busy, buzzing smartphones into much-needed retreats," Price told *Nonesuch*. "We were also intent on building something that was flexible, so each person using it could get exactly what he or she needed, at any given moment. That's why we structured the app to offer personalized guidance into slowing down, managing stress and shifting to a kinder, more understanding and compassionate perspective."

Incredibly, meditation can actually change your perspective and help you avoid blowing things out of proportion.

You can download the *Stop, Breathe & Think* app (available at the App Store on iTunes) here: <https://appsto.re/us/0MeBU.i>

To learn more about the app, visit: www.stopbreathethink.org.

Be sure to talk to your health care provider about the pros and cons of using meditation if you have any of these conditions or other health problems. In some cases, meditation can worsen symptoms associated with certain mental health conditions. Meditation isn't a replacement for traditional medical treatment. But it may be a useful addition to your other treatments.



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

When relatives can't care for themselves

Much of my practice involves caring for individuals when they become incapacitated. My previous articles have repeatedly emphasized the importance of having certain documents in place, particularly a health care proxy and power of attorney. However, many people do not put these documents in place until it is too late, and they no longer have the mental capacity or competency to execute (sign) those documents; indeed, many people live well into their 80s and 90s without having ever signed those documents. Some of the examples of the questions that come my way:

Q. My aging grandmother is having difficulty taking care of herself. She is unable to manage her own finances, and she really should not be living alone anymore.

Q. My 75-year-old mother is suffering from Alzheimer's and is struggling with dementia. She has lost the ability to take care of herself or her house, and has not been managing her finances.

Q. My 82-year-old father is a widower and lives alone. Yesterday, he forgot that he had the stove on and nearly burned down his house. His dementia is getting worse.

Q. My 79-year-old father was the victim of a con man at the supermarket yesterday. The person told him he needed \$1,500 ... and my father gave it to him!

All of these questions end with: He or she does not have a health care proxy or power of attorney and definitely does not have the mental capacity to understand or sign one now. What do I do?



This is, unfortunately, a common scenario. In order to execute the documents necessary to appoint someone to act for you, you need to have the requisite mental capacity to do so, meaning you have to understand what you are signing. A lawyer can assess a person's mental capacity and decide whether or not he feels comfortable having someone execute the documents. In the absence of these documents, the recourse is a guardianship proceeding. In other words, if you do not appoint a health care agent, the court will appoint one for you if it finds you incapacitated or in need of a guardian.

Article 81 of the Mental Hygiene Law allows for an application to the Supreme Court to have a guardian

appointed for an incapacitated person (referred to as an "allegedly incapacitated person" or "AIP"). Under Article 81, you can seek the appointment of a guardian of the person, a guardian of the property, or both.

This requires the preparation and filing with the court a petition setting forth — under penalties of perjury — that the person is incapacitated, does not understand or appreciate his lack of capacity or the consequences of his actions or inactions, and therefore is likely to suffer harm if a guardian is not appointed to protect him.

A family member or a person concerned about his welfare (such as a neighbor) can bring the petition and ask that the petitioner or

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.

someone else be appointed guardian. The allegedly incapacitated person's next of kin — spouse, children, parents, siblings, and in some cases nieces and nephews — will receive notice of the proceeding and have an opportunity to object. They will have the opportunity to come to court to object to the proceeding or to object to the requested guardian, and perhaps advocate for someone else to be appointed as guardian.

Once commenced, the court appoints a Court Evaluator, usually an attorney who is certified by the court to act as the “eyes and ears” of the court. The Court Evaluator interviews the relevant parties and the allegedly incapacitated person. The Court Evaluator is charged with explaining the proceeding to the person, ascertaining whether he would consent to the guardianship, and who he would like to serve as guardian, and recommending whether the person needs independent counsel. The Court Evaluator can review the person's finances and often his medical records. Oftentimes the Mental Hygiene Legal Services is appointed to represent the person. The Court Evaluator presents a written report on her findings and recommendations, and testifies in court.

The Court Evaluator fee is set by the judge presiding over the guardianship and is paid for out of the person's funds, if a guardian is appointed, or potentially will be paid by the petitioner himself if the petition is denied and a guardian is not appointed.

The court will only order a guardian and extent of powers that is specifically tailored to meet the needs of the incapacitated person in the least restrictive manner possible, so that his freedom is infringed upon in the least restrictive way. For example, if the person is unable to manage finances but is fully capable of making his own medical decisions, the court's order will reflect that.

After hearing all the evidence, the court determines whether or not a guardian is needed and the extent of the powers the guardian will have. The court might appoint the person requested in the petition, or a court-appointed guardian from a list of certified guardians, or a combination of both.

The guardian may only do the

things that the court expressly provides for in the order. Unless specifically ordered by the court, the guardian cannot make end-of-life decisions, consent to psychotropic medications, arrange for admission into a nursing home or other facility, or sell or transfer assets.

Once the guardian is appointed, the person is required to undergo a court-approved training program. The training includes instruction on the guardian's legal duties and responsibilities, the rights of the allegedly incapacitated person, a guide to useful resources, and instructions on preparing annual accounts. The guardian cannot begin acting until she is issued a “Commission” signed by the County Clerk, which evidences her appointment and authority to act as guardian. The Commission will not issue until a certificate of training is produced and the guardian signs a designation and consent to act.

The guardian must maintain financial records (and records of doctors visits for the personal-needs guardian), and is required to submit an accounting each and every calendar year of all assets received, all income collected, and all disbursements made. The court also appoints a Court Examiner whose responsibility is to review the guardian's annual account, identify any discrepancies, and advise the court if the guardian needs to be removed for inaction or breach of fiduciary duty, such as stealing the incapacitated person's money. The Court Examiner's fee is also paid out of the incapacitated person's assets or, if there are no assets, by the State or City.

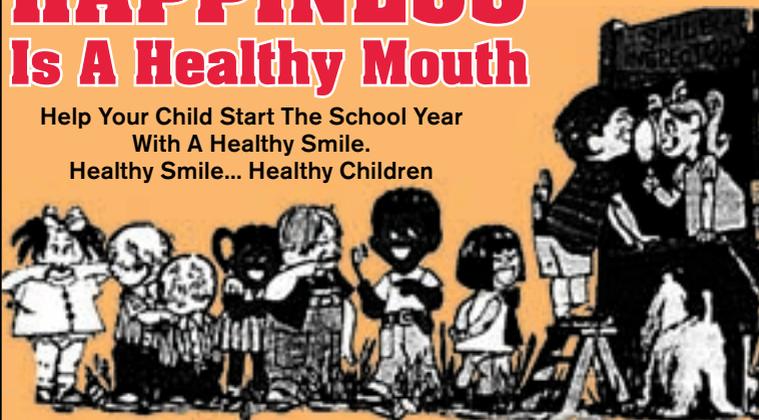
The costs of a guardianship far exceed the cost of a basic estate planning package that includes advance directives such as a health care proxy and power of attorney.

Isn't executing a health care proxy and power of attorney so much simpler?

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

HAPPINESS Is A Healthy Mouth

Help Your Child Start The School Year With A Healthy Smile.
Healthy Smile... Healthy Children



Dentistry For Children

Your Child's Teeth Are Too Precious To Waste

A Proper Diet, Good Oral Hygiene
And A Bi-Annual Check-Up From Age 1
Can Save Teeth And Money

Call Reneida E. Reyes, D.D.S., M.P.H. Today
at her office for your son or daughter's appointments

One Hanson Place - Suite 706
Brooklyn, NY 11243
(718) 230-0380 Fax (718) 230-0358

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 suggst

DAYTIME EVENTS			
Singalong Tuesdays,	Storytime Mon/Wed/Fri,	Dance Around Thursdays, 11a	Sun. Singlong Every Sun, 12:30p
EVENING EVENTS			
MarioKrt/Just Dance 1st & 3rd Saturdays, 6p	Friday Movies , 6:30p Sunday Bingo , 6p	Family Disco Party 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!

My, how things have changed

Children in 2014 face far different issues than what I remember from my youth

BY ALLISON PLITT

In my short time as a parent to an 8-year-old girl, I am in awe at what I see children — from toddlers to teenagers — experiencing nowadays.

For young children, I am surprised how little free time they have today to just play, imagine, and pretend. My daughter attends one of the highest-ranked public elementary schools in New York City, and many kids who get picked up by their parents or babysitters after school then go on to attend a variety of lessons — music, sports, art classes, chess classes, test prep classes, Boy Scouts, religious education, etc. If they're lucky, they get to go to the nearby playground after school to relax for a few minutes before they go to their lessons.

Last year, I ran into a mother whose daughter attended another school in the neighborhood, and when I asked her what extracurricular activities her daughter participated in, the mother told me her daughter took a class every day of the week. Her first-grade daughter even took an after-school class in playwriting.

Sometimes these after-school activities seem to me like schemes for businesses to make money off of worried parents and are not in the best interest of the children. When I was growing up, kids learned to play an instrument in public school when they entered fourth grade.

Last fall, my then-7-year-old daughter wanted to take guitar lessons. When I inquired about lessons for her at a local children's music school, they said she needed to take two classes — a beginner's class and a music theory class. Both classes would last six months each. As soon as they told me the

total cost came to \$800, I politely declined and hung up the phone.

When I was in elementary school, my brother and I both played one sport a season. Each sport required we practice during one weekday and play competitively on Saturday

mornings. The rest of the time, my brother and I would play outside after school on our bikes with the other kids in the neighborhood. We hardly had homework. My daughter is in second grade and, on average, has an hour-and-a-half of homework every night.

There was always some kid willing to play outside with my brother and I in the neighborhood. In the fall, we jumped in piles of leaves. In the winter, we built snowmen and had snowball fights. The movie "Star Wars" and its sequels were very popular at the time, and we would pretend to play the characters. Maybe if we knew how to spell, we could have written a play about it.

Another issue for me with kids



Their eyes are so glued to the electronic devices in their hands, they're not even paying attention to what is going on around them.

nowadays is gratitude. When I was little, if I didn't thank my mother for something, she would tell me how during World War II, her family's food was rationed. My mother told me to be thankful for everything I had in my comfortable childhood. Today, I remind my own daughter to say "please" and "thank you" as a way of showing respect to others, but I don't have a story of woe to tell her except that my parents wouldn't let us have pets or a real Christmas tree.

Thanks to my mother, thanking people is a reflex for me, and if I forget to thank someone, I feel guilty about it for days afterwards. Nowadays, when I open doors for teenagers or let them stand in front of me in a cashier's line, many of them don't even bother to thank me. It seems to me that what's really going on is their eyes are so glued to the electronic devices in their hands, they're not even paying attention to what is going on around them.

Another amazement for me about teens today is their caffeine consumption. Growing up in the 1980s in New Jersey, there were no Starbucks or specialty coffee stores around. Now when I go to a Starbucks, I see teenagers sipping huge cups of coffees and lattes. The first time I drank coffee was in college.

I have also seen teenagers walking around drinking out of these cans labeled "energy drinks." When I went skiing this past February, at the bottom of the slope were two marketers trying to get teenage skiers and snow boarders to taste a sip of a brand-new energy drink, which would apparently give them enough caffeine to stay active on the slopes for hours.

In 2012, my daughter's dentist informed us that after four decades of declining numbers of cavities in teenagers, the number

had started to rise because these young teens were now drinking these energy drinks. According to a local Cleveland newspaper, "these drinks provide an extra-corrosive combo: sugar with acid."

My last issue with teenage trends is their fondness for Victoria's Secret merchandise. Thirty years ago, Victoria's Secret did not exist. When I needed to buy undergarments at the onset of puberty, my mother discreetly took me to the teen section of a local department store to purchase them. Not until I graduated from college and went to live on my own, did I enter a Victoria's Secret store, which I think has very nice merchandise for adult women.

When I walk down the street in Queens, I see teenage girls carrying these pink striped bags that say "Victoria's Secret" on them. They're usually walking with their friends (who are also carrying Victoria's Secret bags) or their boyfriends or they're wearing a pair of sweatpants that say "PINK" on them. "PINK" is the Victoria's Secret catch phrase, which usually indicates that these young girls have been in a Victoria's Secret store.

To allay my fears for my own daughter, I spoke with a parent whose daughter currently is in college. The mother told me many young girls today buy their clothes (not just lacy bras and panties) at Victoria's Secret. Her comment reminded me of being in the girl's locker room at my daughter's swim class last year and seeing a girl about 10 years old wearing a pair of sweatpants that spelled out "PINK" on them.

Call me old-fashioned, but every time I see a Victoria's Secret bag, I think of their provocative ads that don't feature pictures of young girls in sweatpants. If my daughter reaches her teenage years and comes home swinging a Victoria's Secret bag in one hand and a boyfriend in the other, I will tell her how I attended an all-girls high school and had such little contact with boys, I took a blind date to my senior prom. Hopefully, that will instill enough guilt in her that she won't want to enter a Victoria's Secret store again until she is a full-grown adult.

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

a new musical play
by jonatha brooke

MY MOTHER HAS 4 NOSES

Playing February 14 - May 4, 2014 at:



a NEW 42ND STREET® project
229 W 42nd Street (between 7th & 8th Avenues)

Tickets: Dukeon42.org or 646.223.3010



**Practical Solutions that Strengthen
Relationships at Home**

www.phponline.org

"Short Stories" about Parenting

"Common Sense" Tips

Topical and Ongoing Workshops

Individual Appointments

www.facebook.com/parentsbrooklyn

<https://twitter.com/ParentsHelpingP>

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

Brooklynphp@gmail.com • www.phponline.org



DEATH BY CHILDREN

CHRIS GARLINGTON

Right into the jaws of a family vacation

I am not a brave man. I don't have a problem with spiders or snakes; I am unsqueamed by the copiously sluiced fluids my children have ejected onto me. I can, and will, gut a fish while drinking a Bloody Mary and snacking on jerky. I will swim with sharks. I have swum with sharks. I almost lost both my children to sharks — not in a Shark Week way, but in a “we're-all-going-to-drown-here-in-the-gulf-of-Mexico-because-I-am-stupid” way.

Being idiots, my wife and I determined a Caribbean cruise would

be the perfect way to introduce our children to the ways and whiles of indigenous cultures.

We hauled them onto a ship that hauled us all into the white hot oven called the Gulf of Mexico in August, which is known by its people as the Gulf of Don't Go Here in August.

It was so hot, deck chairs and passengers from Wisconsin regularly burst into flames. My wife would not cool off in the salt water pool as the nearby towel steward could not adequately convince her there was a functioning jellyfish filter. We watched TV in our cabin for most of the first day.

We'd booked carefully vetted on-shore adventures specifically designed to educate our children in the thousand ways the world outside America can kill you with an open water dive with sharks we were assured were perfectly harmless.

As we sped out on a little harbor slip toward the middle of zilch, the captain offered us shots of homemade rum, which I felt bode poorly for us all as he took one for himself each time he gave one to someone else. By the time we stopped, he was drunk, some of the others were drunk, we couldn't see land, and he was throwing us all off the end of the boat.

My kids couldn't swim. My wife was scared of waves. Still, we'd paid and everything, so we confidently threw our children into the

Caribbean.

With sharks.

A few things were immediately clear:

- We were insane.
- There is no such thing as a perfectly harmless shark to a 6-year-old boy.

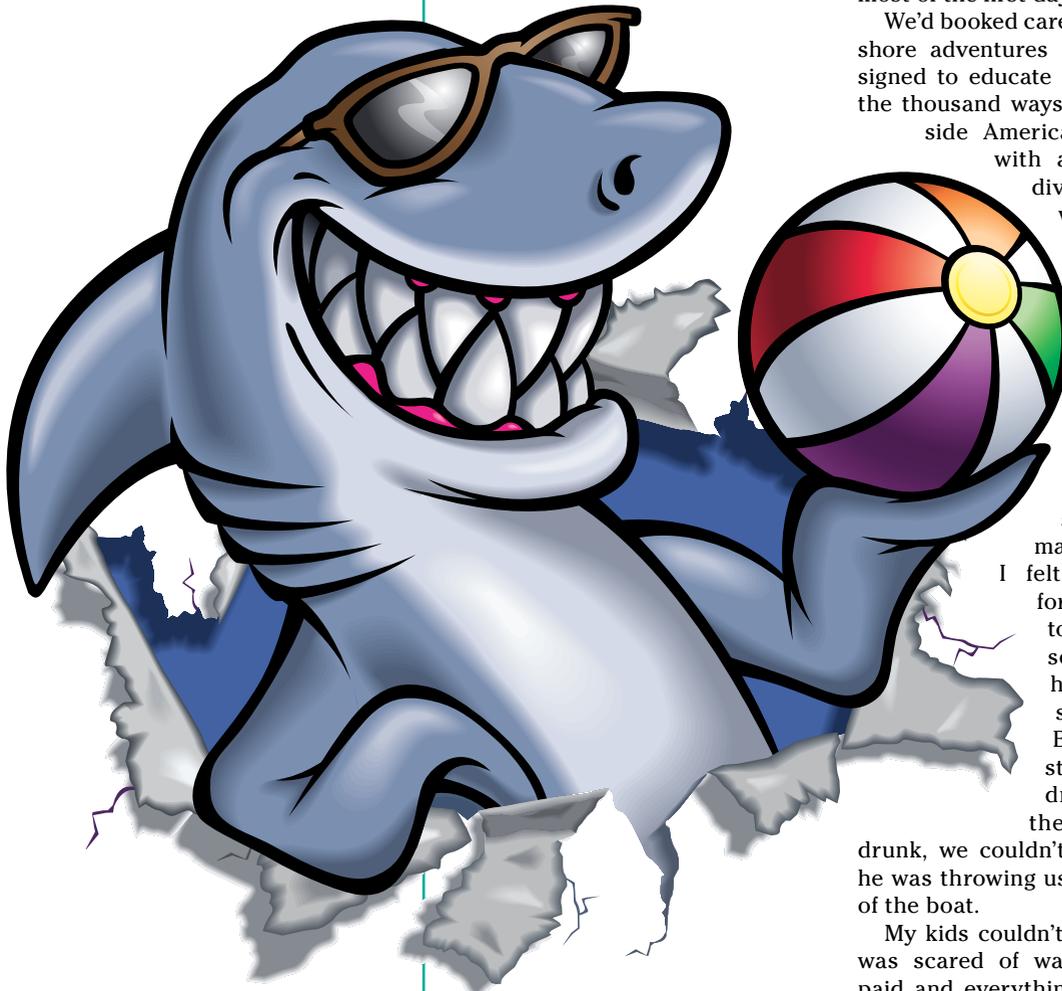
- The calm sea only seems calm until you're fighting for your life and the life of your children as they climb backwards over your head screaming, “THOSE ARE REAL SHARKS, DAD!”

My wife looked up to see the boat drifting away from us. We'd been given clear instructions to wave our arms over our head if we got into trouble, a difficult maneuver if your arms are pinioned to your skull by a child still screaming, “IT'S NOT LIKE SEA WORLD, DAD! WE'RE GONNA DIE!”

I managed to peel an arm out from under the kid and wave, then I remembered, the skipper is drunk, then I remembered “Left Behind,” then I started screaming, too.

In hindsight, and in agreement with a court order from the skipper's lawyer, I admit, yes, 14 feet is not that far away and nurse sharks are perfectly harmless. In my defense, I was being attacked by kids. I mean sharks. I mean rum.

Chris Garlington lives in a standard two kids, wife, dog, corner-lot, two-car dream package. He drives a 2003 Camry, sports a considerable notebook fetish, and smokes Arturo Fuente Partaga Maduros at the Cigar King as often as possible. His stories have appeared in Florida, Orlando, Orlando Weekly, Catholic Digest, Retort, Another Realm, The Dead Mule School of Southern Literature, South Lit, and other magazines. His short story collection, “King of the Road,” is available on Amazon. His column “My Funny Life,” was nominated for a national humor award. He is the author of the infamous anti-parenting blog, Death By Children; the anti-writing blog, Creative Writer Pro; and coauthor of “The Beat Cop's Guide to Chicago Eats.”





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

COMPLIMENTARY EXAM
with mention of this ad

suresmile

invisalign

Hanson Place
ORTHODONTICS

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

Q N R B D C 2 3 4 5

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



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.*

ELEVENTH ANNUAL APRIL 23-25, 2014
THE NEW YORKER HOTEL



Young Child
EXPO & CONFERENCE
GREAT SPEAKERS. GREAT LEARNING.
HELPING YOUNG CHILDREN LEARN & GROW

KEYNOTE SPEAKERS



DR. ROBERT C. PIANTA
(Fordham Award Recipient)
Dean, Novartis Professor of
Education, & Founding Director
of the Center for Advanced
Study of Teaching and Learning,
Curry School of Education at
the University of Virginia



DR. SERENA WIEDER
Clinical Director
Profectum Foundation
Co-Developer of the DIR™/
Floortime™ Model



DR. AMI KLIN
Georgia Research Alliance
Eminent Scholar Professor &
Chief, Director of the Marcus
Autism Center, Children's
Healthcare of Atlanta & Emory
University School of Medicine



**DR. EDWARD M.
HALLOWELL**
Child and Adult Psychiatrist
NY Times bestselling author,
world renowned speaker, and
leading authority in the field
of ADHD. Founder of The
Hallowell Centers in Boston
& New York City



DR. CATHERINE LORD
Director for the Center for
Autism & the Developing Brain
Weill Cornell Medical College
NY Presbyterian Hospital



MICHELLE GIELAN
Founder of the Institute for
Applied Positive Research

OVERVIEW

Over 100 Speakers
More than 80 Conference Sessions
Full and Half-Day Workshops
40 Exhibitors & Over 1,200 Attendees expected

TOPICS

ADHD	Emotional Intelligence
Autism Essentials	Educational Policy
Behavior Management	Music and Learning
Bullying	Play
Developmental Discipline	Social Skills Development
Early Literacy	Speech Language Issues
	... and many more

The Young Child Expo & Conference will provide early childhood professionals and parents the latest information about early childhood development, services, resources, and products to help all children reach their full potential. In one unique event, this conference integrates learning about a wide variety of important topics affecting typically developing children as well as those with special needs, including autism.

To register go to: www.YoungChildExpo.com
or call 212-787-9700, ext. 333

Presented by



FORDHAM UNIVERSITY
THE JESUIT UNIVERSITY OF NEW YORK



REGISTER BEFORE
MARCH 26, 2014
EARLY BIRD & GROUP
DISCOUNTS



DEAR
DR. KARYN
DR. KARYN GORDON

Ten tips for better homework habits

What are some practical tips to get children to do their homework?

Years ago, I interviewed Erin Hemsworth who was the director of “Parental Guidance” on my radio show, and she offered 10 wonderful tips to get kids to do their homework.

At the time I was not a mom, but since having my twin 6-year-old boys, I have implemented many of her tips and found them to be extremely effective!

Enjoy reading!

Set up a homework routine. Make study time a component of every day — the way you do with mealtime and bedtime. Sit down with your child, and as a family, come up with a schedule that works for everyone. When planning, consider that earlier in the day is better, and the younger the child is when this is established, the less resistance you will encounter.

Create a space for homework time. Decide where would work best for your child and family and then provide the guidance and resources to establish this as an effective workspace. When established early, your child can enjoy this study space for years to come.

Decide on the time. The general expectation is about 10 minutes per day for each grade. For example: 10 minutes for first grade and 80 minutes for eighth grade. This can include reading time, although additional reading time is beneficial and is a great way to wind down at bedtime.

Help your child based on need. By being involved in his schoolwork, you will soon become aware of your child’s strengths and weaknesses. The goal is to foster independence and accountability. Be sure your child knows your realistic expectations.

Know the learning-curve method of studying. Also called “three times, then it’s mine.” After learning something new, read it over within 24 hours (day one). Go over it again 48 hours later (day three) and then again 72 hours after that (day six). This is a very easy, yet effective, way to learn and remember new information.

Focus on process, not product. Help enable your child to enjoy the learning process by working through projects and studying for tests. Demonstrate your pride in the fact that he is working hard and planning ahead, and remember that this was done even if the result or final mark doesn’t meet your expectations. Remember that people learn a lot through trial and error;

focus on what was done well and then work on next steps.

Concentrate on learning skills. They’re the most important part of the report card! In elementary school, learning skills include independent work, initiative, homework completion, use of information, co-operation with others, conflict resolution, class participation, problem-solving, and goal-setting. In secondary, the skills include teamwork, organization, works independently, work habits, and initiative. Regardless of academic aptitude, all students can develop learning skills. Once students graduate, these are the skills that employers look for — the skills that will serve your child well.

Provide sincere encouragement. Negative feedback can be crippling. That doesn’t mean you shouldn’t give constructive criticism, but when giving it, remember it is not what you say but how you say it. It is important to celebrate successes and learn from less than desired achievements.

Provide positive feedback. As long as it is genuine, there can never be too much positive feedback. Celebrate efforts, improvements, and achievements. Take note of how hard your child worked on an assignment or test and celebrate that.

Model good work habits. For parents who bring work home, try to do some at the same time (or at least when children can witness it happening). For parents who don’t, balance your checkbook, or catch up on some letter-writing. And most importantly, let your child see you reading for pleasure.

Dr. Karyn Gordon is one of North America’s leading relationship and parenting experts. She is a regular contributor to “Good Morning America,” founder of dk Leadership, best-selling author of “Dr. Karyn’s Guide To The Teen Years” (Harper Collins), and motivational speaker to a quarter of a million people. Visit her at www.dkleadership.org and on Twitter: @DrKarynGordon.





THE BOOK WORM

TERRI SCHLICHENMEYER

Gotta sing and dance?
Gotta read this book!

Your daughter loves to sing and loves to dance whenever she gets the chance.

But what would she do if she was told that she couldn't perform because her skin was the wrong color? In "Josephine: The Dazzling Life of Josephine Baker" by Patricia Hruby Powell, one woman decides to do it anyhow.

While her Mama worked, Josephine listened to sidewalk horns and honky-tonks and "sponged up that funky music." She loved to dance so much that she worked hard to earn pennies so she could watch "the Negro theater," where Ma Rainey sang and others shimmied. Josephine left home at age 13 to work with the Dixie Steppers. She was just a kid, but she could help dress the dancers — and as soon as they let her, she joined the chorus line.

Josephine was finally able to dance and sing to crowds, but she still wasn't allowed inside certain hotels or restaurants. They were for "whites only."

When the Dixie Steppers broke up, Josephine was a long way from home in East St. Louis. She fell in love, married a man named Baker in Philadelphia, and then left him to go to Broadway, where she found fame.

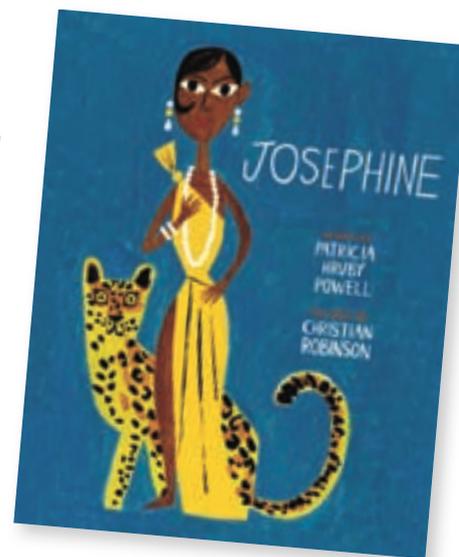
But the color of her skin kept her from the kind of fame she really wanted. It was frustrating, and Josephine felt like a volcano sometimes — until she was invited to perform in "La Revue Nègré" in France.

Ooh la la, the French seemed color blind! And they were wild for Josephine Baker!

And yet, there was one thing Josephine hadn't done, and it bothered her. She hadn't become a star back home in America. She needed to do it — but was America ready for her?

As I was reading, something tickled the back of my mind: the words.

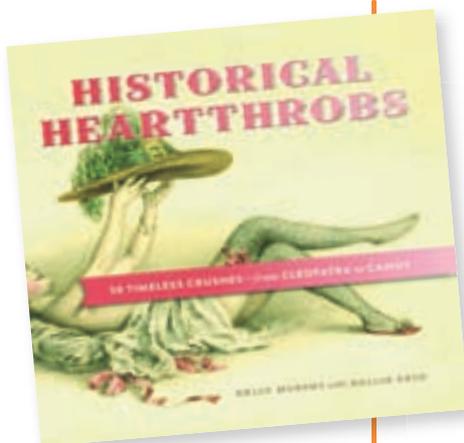
Powell's story is written almost like scat: quick lines, be-bopping here and



shooby-looing there, rising and falling as though Josephine Baker herself was singing the story. It's infectious, even in the sad parts. Your little one might not notice that hoppity-bop, but once you do, you won't be able to not see it.

I think smaller kids might enjoy this book for the artwork, but readers ages 8 to 12 will get even more out of "Josephine." If your child's gotta sing and gotta dance, then she's gotta read this book, too.

"Josephine: The Dazzling Life of Josephine Baker," by Patricia Hruby Powell [104 pages, 2014, \$17.99].



A romantic look at historical figures

He loves me. She loves me not.

You might think this a children's pastime, but when you're shaky on love, that old pick-the-petals-off-the-flower game sure makes you feel better. If you get uneven petals and a "loves me," you at least have hope.

Would it help to know that you're not alone, that romance has been iffy practically since the beginning of time? Find out more by reading "Historical Heartthrobs" by Kelly Murphy with Hallie Fryd.

Antiquity is not at all boring when you remember that historical figures were people who did stupid things, made dumb decisions, and fell in love — just like all of us.

Take, for instance, Cleopatra.

Cleo was a hottie, that's for sure. Her beauty is legendary, as is her love life — but you might not know the half of it. In order to maintain

power, she first married her younger brother, then she married her older brother. She never let that ruin her fun, though: Cleo was famous for her sizzling romance with the powerful Romans such as Julius Caesar and Mark Antony.

Those pictures of Benjamin Franklin in your wallet don't make him seem like a sex symbol, but Ben was something in his day. Some say he was a womanizer and "flirtatious." It's known for sure that, at age 17, he proposed to 15-year-old Deborah Read, who spurned him and married another. A few years later, she returned to Ben and they raised his illegitimate son, William, together.

Pablo Picasso had "two wives, three baby mamas ... and countless lovers." Wild Bill Hickok was married but might've been more-than-friends with Calamity Jane. Mata Hari had an affair with her college headmaster. And Nikola Tesla was celibate.

Did you know that Bugsy Siegel's sister-in-law was a for-hire killer? Or

that Amelia Earhart had a rather progressive (for her time) marriage? Who knew that Josephine Baker was also a cosmetics mogul? You will, once you've got this book in your hands and are devouring each of the 50 brief chapters.

I was pleased to see that some of the people in here are little-known, as are the surprises and the OMG scandals. What's nice, too, is that it's all told in a way that's easy-to-read and very, very interesting for readers ages 15 and up — or for grown-ups who want a lite, fun book. If that's you, and you want to find the real story inside hiSTORY, then "Historical Heartthrobs" is a book you'll love.

"Historical Heartthrobs," by Kelly Murphy with Hallie Fryd [223 pages, 2013, \$17.99].

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



FABULYSS FINDS

LYSS STERN

Spring has sprung!

Enjoy the fresh air, smoothies, and shopping

Many refer to the upcoming month as “March Madness,” but this mom thinks of it as the month the beautiful flowers begin to bloom! Spring is officially “springing,” a much-needed transition from the polar vortex that was New York’s winter.

I guess you could say that the DivaMoms team and I are “SNOW” over it; running around to meetings this winter was a ridicULyss hassle. I can’t wait for my boys and puppy to finally enjoy some long-overdue and much-deserved outdoor quality time together!

March is one of my favorite months, as my birthday and wedding anniversary are in March, and I typically love the weather. (I can’t believe my husband, Brian, and I have been married for 13 years!) However, as most of you know, I

now have a new number one reason to LOVE March: my new baby girl — who has been affectionately referred to lately as “Baby Girl Stern” — is due right around my 40th birthday! An early spring baby, just like her mom; I wonder if she will love the sun, flowers, and outdoors as much as I do!

In the spirit of a “FabULyss Spring” kick-off, I enthusiastically invite you to join me in checking “must-dos” off of my Spring CheckLysst; let me help you prepare to have the very best spring!

- Are you ready to bike, bike, bike? Make sure yours and your DivaKids’ bicycle tires are full of air and ready to spin!

If we are hit unexpectedly early with the perfect spring day, don’t you want to be able to grab the kids, hop on your Central-Park-ready bikes, and hit the road? I know I do! Check!

- Doesn’t every girl need a DeLys-sious rooftop-reservation every now and again? Have your husband call one of the city’s fun, relaxing restaurants that offers rooftop dining!

There is no better way to toast the spring sun (and maybe a slight, pre-summer tan) than clinking a glass of champagne with your significant other atop a New York City skyscraper! Hotel Chantelle on Ludlow, The View on Broadway, and 230 Fifth

(just to name a

few) are all great restaurants that boast wonderful views of the city. Count me in! Check!

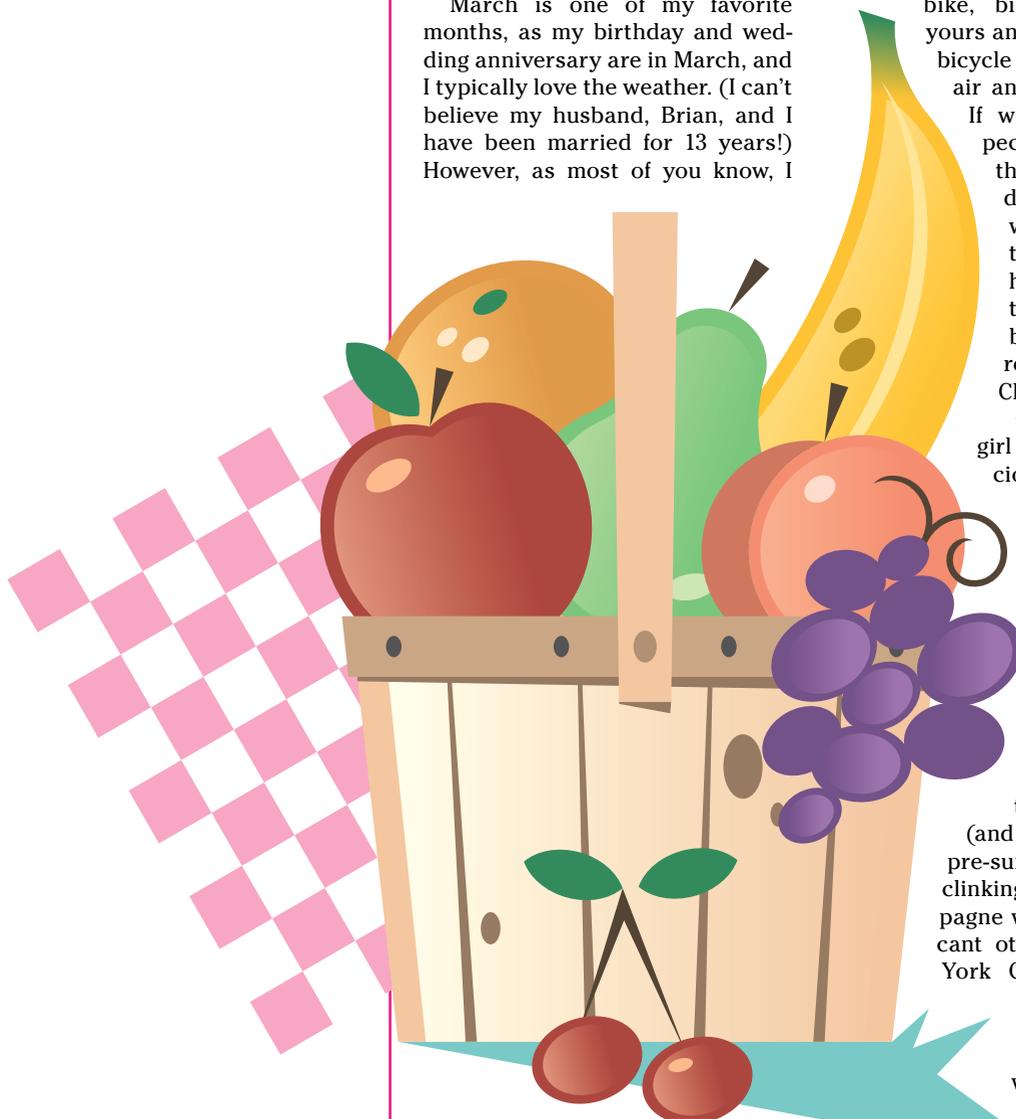
- Anoraks, anyone? The time to buy a light-yet-efficient spring coat is NOT when everyone else is buying them! Get to your local Lulu-lemon, Bloomingdales, or favorite boutique sooner than later to have first-pick of a stylish and practical everyday overgarment. I know I’ll be visiting Lester’s and browsing through Crewcuts to find a DeLys-siously pink, adorable, and pint-sized spring coat for “Baby-Girl-Stern” to wear on her first day out-and-about as a city girl! Maybe a softer pink one for moi? Check! (P.S. The same spring shopping “rule” goes for your obligatory new pair of brightly-colored sneakers, too! I know that I will definitely be getting a fresh pair of multi-neon-colored running sneakers, like Asics!)

- Nothing screams “Spring!” quite like a picnic! Send out cute, handmade invitations to your family’s spring picnic now! Get a bunch of families from your children’s classes to join you and your family for a fun picnic to welcome the happiest season. Have every family bring something DeLys-sious to share. Family, friends, fun, and food? Count the DivaMoms team *way* in! Check!

- What is spring’s best accessory? Fresh fruit! Be sure to go to your local D’Agostino’s, Whole Foods, Gristides, or Fairway to hand-select some scrumptious in-season fruits. Nothing’s better than starting off each spring day with a smoothie! Notorious spring fruits include some of my family’s absolute favorites, like cherries, grapefruit, naval oranges, and (yum!) strawberries. Freshly-squeezed grapefruit juice before my early morning FlyWheel spin class? Don’t mind if I do! Check!

Thanks for checking off boxes on my “Spring Lysst” with me, DivaMoms! I hope you have a safe, bright, and enjoyable early spring!

Lyss Stern is the founder of DivaLys-sious Moms (www.divamoms.com).





JUST WRITE MOM

DANIELLE SULLIVAN

Spring cleaning — without the guilt

It's been a looong winter, but with March finally here, we not only see a light at the end of the cold, snowy tunnel, but can also start to plan for spring. For many, that means spring cleaning. I'm afraid I will run into the same issue I do each and every year. I have too much "stuff" — entirely too much. From old notebooks and worn-out clothes, to broken toys and odd screws and nails. It's not like I want all of this stuff either. In fact, I have a dream in which I only own a bed, a table, an iPod, and a computer. Because I often think that's all I need.

I embark on periodic cleaning binges where I will go through the various boxes and bins that contain all this stuff. I pile and sort just like super clutter expert Peter Walsh instructs us all to do. I throw some of it out, but I mostly end up just repackaging and organizing the stuff and putting it back where it came from. Sorry, Peter.

But I think I know why I do it ...

Back when I was young, I would clean my room and actually throw stuff out that I didn't want. Invariably, a few hours later, my mother would find me. Then with the very garbage bag that I had thrown out earlier in one hand and a piece of stuff in the other, she would point out how Aunt so-and-so gave me that mangled teddy bear with its stuffing falling out, and Uncle this-and-that gave me the ill-fitted and downright hideous turtleneck sweater that made me itch, so how could I possibly have thrown those things away? To this day, when my mother is visiting, I will make sure to cover my garbage bins in case she sees a piece of stuff hanging out.

But with spring right around the corner, I have one goal: to get rid of all the stuff I don't want. Kid's

books are being sent to my local library. Old (or just plain ugly) clothes are going to St. Mary's, and junk or any unusable items are going right in the trash! I will not feel guilty for making our home less filled with stuff. In fact, it's mentally healthy, because I will feel calmer with less stuff. And since I am giving away the stuff rather than throwing it away (well, most of it anyway), I have no reason to feel guilty, right?

So excuse me while I go tackle my bins and give the Sanitation fellas something to talk about. I promise not to pick up any item and recall who gave it to me or how long I've had it.

It's cutthroat sorting from here on out, and as I'm dragging the filled-to-the-rim garbage cans to the curb tonight and out of sight (because my husband — AKA Sanford and Son — might also have an urge to retrieve something we can use one day!), I will feel content.

Just don't tell my mother ...

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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



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

Trusted since 2008

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

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

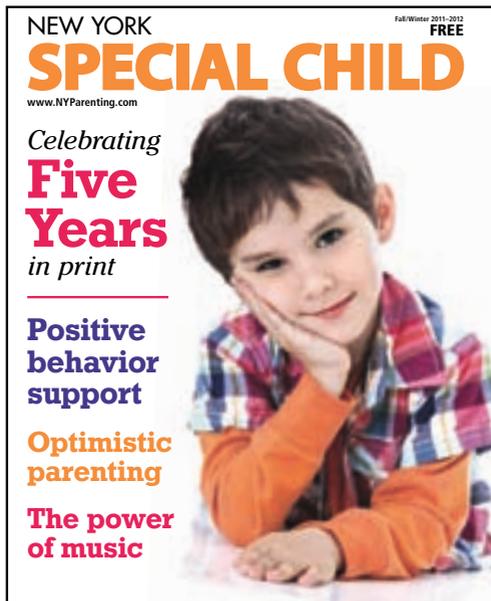
Visit us online at

www.NYParenting.com

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



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



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



MOMMY 101

ANGELICA SEREDA

Precious moments

Welcoming my second daughter into the world

Last week, I gave birth to my second daughter, Julia, and I've been in my own little baby love bubble ever since.

These feelings of intense love and joy are a far cry from the way I was feeling during the majority of my pregnancy, unfortunately.

To say I wanted it to be over is an understatement. And even while I was experiencing those feelings of never wanting to be pregnant again, I would try to remind myself that it would soon be over and that I should enjoy my pregnancy as much as possible. Besides, there were moments during my pregnancy that were very enjoyable — eating for two; having family, friends, and strangers do nice things for me; and getting to wear yoga pants more than should be allowed.

Now that our little girl is here, and not knowing whether my husband and I will try to have more children in the future, I'm definitely savoring every minute. Being a second-time mom, I remember all too well how fast this special time passes.

With Olivia, I was constantly looking forward to her next milestone and the next phase without truly being in the present. When she was a newborn and slept most of the day, I wanted to be able to play with her. When she started sitting up, I couldn't wait for her to walk, and when she was running around the house I was hoping she would talk.

Nowadays, her father and I can't get her to stop talking and we wonder where all that time went. I wish that I had enjoyed that time more. Other parents had warned us, "The days are long but the years are short."

This time around, I'm enjoying my newborn as much as I can. I'm snapping a lot more pictures, and I'm less concerned with catching up on my sleep, because I know for sure that as soon as I blink, she won't be a little baby any more.





FAMILY HEALTH

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

Toddlers and tech

Lately, we've noticed that a number of our friends are letting their very young children — some aren't even 1 year old yet! — spend a lot of time playing with a touch-screen electronic device. I'm amazed at how well these devices work at quieting down some otherwise very rambunctious little boys and girls, and there are educational "apps" available as well. Should we be thinking about getting a tablet for our toddler?

It already seems hard to remember a time when we didn't have these little "smart" devices at our disposal. And for many children, this might literally be the case. A study released in October 2013 indicated that almost 40 percent of American children under the age of 2 have used a mobile device for games, watching videos, or other media-related activities. As the majority of children do not start to form "solid" memories prior to age 2, that means that many of today's toddlers will not be able to remember a time before that iPad, Nook, Kindle, iPhone, Galaxy, Nexus, or other touch-screen device that they play with.

The big question is: does allowing a child to use these devices during such important developmental years have bad effects? And the answer is: we don't know for sure yet. Smartphones and tablets have not been around for long enough to allow for large, academic studies on the long-term effects of their usage on an infant's cognitive, emotional, and physical development.

However, anecdotal evidence, related studies, and recommendations by the American Academy of Pediatrics suggest that it is best to not allow an infant or young toddler to use a "smart" device — particularly if that device is intended to be used indefinitely as a "pacifier." We know for sure that the brain is highly sensitive to stimuli from computer or smartphone screens, and screen addiction is already associated with increased risk of type-2 diabetes, particularly when an electronic device becomes a substitute for physical activity. Constant electronic device usage may also stunt children's social development and increase their



chances of conduct problems and emotional issues. Irritability or tantrums when the electronic device is taken away may be a warning sign. There are even examples of young children whose fine manual dexterity has been hindered over time by using touch screen devices instead of physically holding and playing with small objects such as crayons. This is one of the many reasons that the Academy has long recommended that children under the age of 2

avoid TV and entertainment media altogether, encouraging personal interaction with people instead.

Technology is rapidly evolving, and many devices and apps have made aspects of our lives easier and more convenient.

However, until we know more, it may be best to avoid incorporating "smart" devices into your child's formative years. There will be plenty of time for him or her to play Angry Birds later in life.



GROWING UP ONLINE

CAROLYN JABS

Can social media make you miserable?

You've probably seen headlines linking social media to depression, loneliness, and other emotional problems. Even the American Academy of Pediatrics issued a clinical report urging pediatricians to counsel families about something they called "Facebook depression."

Despite the headlines, much of the early research about how social media impacts mental health was contradictory. One study from the University of Michigan found that "life satisfaction" was lower among students who used Facebook more. Another study at the University of Wisconsin found exactly the opposite.

More recent research indicates that what really matters is how people use social media. This makes

sense. In general, people are happiest when they feel they can exert some control over what happens to them. Even very young children appreciate choices — the blue shirt or the red shirt, carrot sticks or apple slices.

The same rule seems to apply to social media. People who stay focused on what they are able to do seem to fare better than those who become preoccupied

with what others are doing. Understanding this principle can help parents make social media a more positive experience for everyone in the family, including the grown-ups. Here are some guidelines to consider:

Lurk less. Studies have concluded that people who simply scroll through information provided by others are more vulnerable to negative feelings, including envy and loneliness.

"Envy can proliferate on social networks," notes Hanna Krasnova, author of a study done at the Humboldt University in Germany, "and [it] becomes even more intense in

the case of passive users." Catching up with friends may generate positive feelings, but avoid lingering too long over other people's photos and status updates.

Make posts matter — to you. Instead of using posts to provoke a response from others (something that is out of your hands), shift the emphasis and use social media to chronicle experiences and ideas that you want to remember. When an update captures something that matters to you, the number of "likes" becomes less important.

Research also indicates that posts about problems tend to get less feedback from other users. Perhaps that would be different if there were a "Poor baby" button on social media sites. As it is, "liking" a bad day post often feels weird — unless you've figured out some way to transform a problem into a message that's funny or even uplifting.

Don't believe everything you read. Social media amplifies the very common adolescent anxiety that everyone else is having more fun. One study from Stanford found that most test subjects vastly overestimated how happy other people were, in part because they accepted social media at face value. Of course, by now, everyone has gotten the same message: what you post online never really goes away. Because most people want to be remembered for the good things that happened in their lives, and that's what goes on display. Remind yourself — and your kids — that, behind the cheery façade, other people are also having feelings of unhappiness, loneliness, jealousy, and insecurity.

Become a force for good. Once family members understand the "envy spiral" that can be created by social media, you and your kids can actively look for opportunities to play a positive role in the lives of other people. Be generous with your own "Likes." Write comments that are affirmative, upbeat, or encouraging. Use what you learn online to deepen offline relationships.

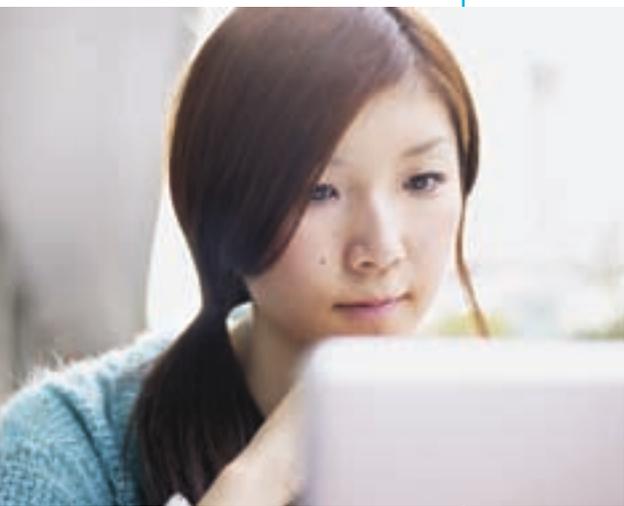
Appreciate the limits of social media. Everyone needs a safe place where they can share the parts of life that are difficult, complicated, and messy. Some young people find emotional support through social media, but many benefit when adults point them toward time-tested methods of self-discovery. Keeping a private journal (not a public blog) allows young people to sort out thoughts and feelings that aren't fully formed. Confiding in a trusted friend, a wise mentor, or even a counselor is also a way to come to terms with painful or confusing emotions. Classic novels and films can also help young people realize that they are not alone in wrestling with meaning-of-life questions that don't necessarily show up in social media.

Find compelling interests. For some teenagers, social media intensifies a fear of missing out. Of course, adults know that everyone is "missing out" all the time, because no one can do everything. Researchers who study happiness believe that the best antidote to such feelings is mindfulness. When a person is deeply engaged in what he is doing here and now, there's less preoccupation with what others are doing. Help your children cultivate this awareness by exposing them to experiences so engrossing that they lose track of time.

Experts who study social media often face a chicken-or-egg problem: does using social media in certain ways cause negative feelings? Or do people who are already sad use social media in those ways? The answer to that question still isn't clear. What is clear is that children who know how to find and focus their energies on what's within their control are more likely to be happy both online and off.

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 to read other columns.

Copyright, 2013, Carolyn Jabs. All rights reserved.





**DOWNTOWN
MOMMY**
NOTOYA GREEN

Making changes and making friends

I received some of the best news I have had in a long time last week — my son Samuel is making friends.

Ironically, my son — who is now 3-and-a-half — had always been my most outgoing child. I'm a mom of triplets and — while I would say that all my kids are open and gregarious — Samuel was by far the most social of the three. He was the most smiley, the most playful, the most affectionate, and the one that most easily connected with others. From his siblings to relatives to family friends, he pretty much bonded with everybody — just not with other kids.

For a long time, I didn't worry much about this, because I knew that he enjoyed being with people. I also knew that he loved playing with his siblings and being the center of attention. So I was confident that he would make friends once he started school.

He didn't.

For the first few months of school, Samuel seemed uncomfortable with his classmates and didn't seem interested at all in building relationships. In fact, it was not uncommon to see him ignore his "friends" when they would say "hello," or he would run away from them during birthday parties. After a few months of this, and by our third birthday party, I was starting to worry, but I felt in my heart that things would change.

I knew that Samuel loved people too much to not be able to make friends. We just needed to give him more time. Meanwhile, my husband and I did everything we could to help him by setting up playdates, enrolling him in extracurricular activities like martial arts and swimming, and spending more regular one-on-one time with him and his siblings.

About a month later, I started to see a new and different Sam-

uel emerge. I noticed he was singing and dancing more around the house. He seemed happier, more confident, and stopped avoiding social situations. While at his school, I shared this with one of his teachers and she told me about an even bigger change going on in the classroom. She told me that he was making friends. She also said he now plays regularly with other kids while building blocks and will sometimes go up to them and say, "Do you want to play with me?"

I can't say exactly what thing it was that brought about the change in Samuel — other than time. Every child is different, and some children just need more time to do certain things. Now, had Samuel never been an affectionate, warm child, perhaps the outcome would have been different here, but the fact is he had always been that child. He just needed more time (and perhaps space) to let that part of him shine through. Now, Samuel has friends in his classroom and has no problem asking others to play with him.

The other day I was home with him for a little one-on-one time, and I walked away from him briefly while he was playing with his cars and trucks, which he calls his "construction site." Within seconds he yelled out, "Mommy, do you want to watch my construction site?" I replied "Sure, Samuel!" I sat next to him and watched him play. A few seconds later, he said, "You can play with me, Mommy. You can play with me and my construction site, for a little while." And I said, "Thank you Samuel, thank you."

Notoya Green is a parenting expert and former family law attorney.

You can read her blog at www.tripletsintribeca.com. You can also follow her on Facebook at www.facebook.com/tripletsintribeca and on

Twitter @NotoyaG.





**PARENTS
HELPING
PARENTS**

SHARON C. PETERS, MA

When your child's friends are stealing

Dear Sharon,

Our daughter's friends have been stealing. When they go to a party at someone's home, they go through the drawers and take things. She told me this. What should I do about it? I feel I should do something, but I don't know what to do. — Susan



Dear Susan,

When children are caught up in ongoing stealing or other thoughtless actions, moms and dads can certainly help.

I encourage adults to make sure that they have good relationships with the parents of children in their child's social circle, strengthening ties with those who share their ideas about limits and general expectations for their children.

It is best to have ongoing relationships with other families in place before complex situations like the one you describe develop, but it is never too late to look for and talk to other parents who share your concerns. A group of adults can think through solutions such as better supervision and general awareness at parties and other social gather-

ings as well as agreeing on ways to speak to children about what is going on and how and why to avoid peer pressure.

Sometimes, it is even possible to enlist the help of caring school personnel who know the children involved. When parents and other adults can act in unison, children are less likely to feel separate from their peers and more a part of a caring community.

Unfortunately, it can sometimes be too difficult to reach out to others without negative consequences. The children who are acting out might not be given the support they need to successfully change their actions and difficulties could escalate. A child such as your daughter who is not involved in suspect behavior could also be ostracized or targeted for telling adults and getting the children in trouble.

If it is too risky to share confidential information, it can be best to focus on supporting a child who has managed to stay clear when

socializing gets "out of control." It is not uncommon for one or two young people in an exciting social situation, such as a party, to convince others that stealing or other troublesome behaviors are fun or a way to be included in a "popular" group. Peer pressure can be very hard to negotiate and resist.

Moms and dads can make a big difference by taking the time to listen to their child's concerns about social challenges, supporting and appreciating her good judgment, and setting up ample time and space for ongoing discussion about friendships. Helping children find like-minded friends who visit their home often can also help a great deal.

It is a good sign when children tell their parents about peer pressures they are juggling. Trusting parents enough to ask for help or advice can make a big difference to any young person. If one child is getting support and clarity at home, it can help other children handle social pressure as well.

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

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



A LETTER FROM COLLEGE

AGLAIA HO

A view on romance

In today's pop culture, young love may just be the most innocent, adorable phenomenon. A flowering romance between two young people may be the perfect theme for a new hit song, the most-watched television series, or the next, best-seller teen novel. Let's face it, what could be cuter than two love birds holding hands as they stroll down the street or cuddle on a park bench? Nevertheless, the teenage dating scene is more often a fairy tale than a reality — often passionate, but short-lived, and not as commonplace as the media would portray. Generally, their relationships can be a tricky addition to their already fast-paced, busy, and ever-changing life, and one that may be welcome or burdensome.

I have never been in a romantic relationship before. For most of my life, I have been the naïve one when it came to love and dating. Growing up, what I knew of romance and relationships came from watching Snow White pine for her Prince Charming or Cinderella being swept off her feet and out of her miserable life by handsome royalty. When I was in elementary school, I thought that boys had cooties, kissing

gave you cold sores, and babies were delivered by the stork.

Nevertheless, hormones eventually kicked in for me, and boys became a bit more than just a dorky annoyance. I have had — and still have — my share of crushes — this cute boy that sits next to me in class or that hot guy who I see every day in my building. Still, I have never corralled the courage or confidence to ask them out.

Finding a balance

Or maybe, a relationship is not something I want in my young life. The teenage years can be an inconvenient time for dating. It is a crucial time in our lives, when we start making decisions about our career paths and our future. I am so busy with school, work, and extracurricular activities that I just do not have time to date. The immaturity of teenagers and the fear of commitment can also cause a rather awkward distance between would-be lovers. In high school, I remember finding boys relatively “dumb” (no offense) when it came to romance. Honestly, if someone still cannot get the message after you have spent so much time talking to him after class, saying “hi” in the hallways, and hanging around his locker, you just lose hope!

Romance vs. uncertain futures

Furthermore, the teenage years are all about change; changes that can rock even the most steadfast of relationships. You spend four years in high school, and then you are whisked away to four years of college that are possibly followed by a couple of years of grad school, and then a career — maybe somewhere else on the globe. My reluctance to become involved with someone has been partially because I doubted the strength of such an early relationship. Two of my friends were the “it” couple throughout high school. I was almost certain that they would get married and live happily ever after. Yet, two weeks of college on different sides of the country was able to quickly dissolve their relationship.

College eye-opener

Going to college can also change

our definition of romance. While I had abstained from a relationship in high school, I was hopeful about college. With everyone being older, relationships must have more worth. Yet, entering college, I found that the dating scene was far different from what I had expected. A steady relationship was not on most students' minds. I found that most guys want hook-ups, no strings attached, and one-night stands. They want nothing to do with love. Maybe, they have grown bitter from the relationships they had or they just need an outlet for their sexual drive. For me, however, I want the emotions and the feelings of loving someone, not the additional pleasures of having a relationship.

Relationship pitfalls

Yet, sometimes we do meet that special someone. When dating at such a young age, one must be careful. Do not let yourself fall victim to an abusive relationship. Make sure the feelings are mutual and that your partner is as interested in fostering the romance as you are. Avoid manipulated relationships and be wary of motives. I have known friends who have dated people for reasons other than love. One of my friends was left brokenhearted when he found out that his girlfriend only dated him because of a bet she made with her friends.

Also, while being a couple may seem intimate and romantic, try not to isolate yourself from others. Do not let one special person distance you from the rest of your friends. Continue to hang out with others and as a group. Don't worry, your friends will respectfully give you and your partner the space you need.

Regardless of what a romance might mean to you, a teenage relationship is not for all people. Some of my friends have been in a beautiful and steady relationship. They have continued to be together even with miles between them. Nevertheless, for me, I am still searching for that special someone to make my fairy tale come true. For now, I think I will wait a year or two.

Aglaia Ho is a freshman at Williams College and a native New Yorker.



Calendar

MARCH



BAMcinemate/Photofest

The Candyman is coming to BAMKids

Who can take a sunrise and sprinkle it in dew? The Candyman can, and he's coming to BAMKids on March 9 in "Willy Wonka and the Chocolate Factory."

BamKids presents the original 1971 film starring Gene Wilder as Willy Wonka and Peter Ostrum as Charlie Bucket in Roald Dahl's fantasy story about a poor boy who

wins the golden ticket and enters Willy Wonka's world of chocolate and learns some very valuable life lessons.

"Willy Wonka and The Chocolate Factory" on March 9 at 2 pm. Tickets are \$12.

BAMKids [30 Lafayette Ave. at Ashland Place in Fort Greene, (718) 636-4129; www.bam.org].

Submit a listing

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

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

FRI, FEB. 28

IN BROOKLYN

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

Children under 5 years old paint, draw, glue and weave their way to explore their inner artist.

Open mic: Herbert Von King Cultural Arts Center, 670 Lafayette Ave. at Marcy Avenue; (718) 622-2082; www.nycgovparks.org; 6-8 pm; Free.

Grab the mic, get creative and share your voice with other teens. Registration required.

"A Chorus Line": Richard Perry Theatre on Campus, 9216 Seventh Ave. at Poly Place; (718) 836-9800; www.polyprep.org; 7 pm; \$5 (\$15 for adults and seniors).

The beloved musical is presented by Poly Prep Country Day School.

SAT, MARCH 1

IN BROOKLYN

Girls and Women in Sports Day: St. Johns Recreation Center, 1251 Prospect Pl. at Troy Avenue; www.nycgovparks.org; 11 am-3 pm; Free.

The event features clinics, fitness demos, prizes, guest speakers, and more.

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

Drummer Roman Diaz leads a hands-on drumming interactive event for parents and children.

Blooming Babies: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am-12:30 pm; Free with museum



Photo by Gerry Goodstein

'Hiccup Help' is on the way!

"Lost in the Mall," "That's Good," and "Perfect Picture," come to the stage at Kingsborough when the Paper Bag Players dig deep into their bag of tricks on March 15.

Celebrating 55 years of creating and performing for children, the

Paper Bag Players again supply the laughs. This is an uproarious story of a granddad and his young grandson, who both discover that you are never too old to play.

Children 3 to 5 years old will love this live and interactive per-

formance.

"Hiccup Help," March 15 at 10:30 am. Tickets are \$12.

Kingsborough Community College [2001 Oriental Blvd. at Oxford Street in Manhattan Beach, (718) 368-5596; www.onstageatkingsborough.org].

admission.

It's a snowy day! Children 18 months to 2 years old learn about the season through finger play, stories, and fun activities.

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

Celebrate 20 years of MetroCards and then create your own one-of-a-kind design at this crafty event. For all ages.

"A Chorus Line": 7 pm. Richard Perry Theatre on Campus. See Friday, Feb. 28.

"Fate is Kind": Christ Church, 7301 Ridge Blvd. between 73rd and 74th streets; (718) 745-3698; www.christchurchbayridge.org; 7:30 pm; \$15 (adults, or \$30 per family).

Singer Julie Reyburn and musical director Mark Janas perform a variety show based on children's books, "The Velveteen Rabbit," and "Goodnight Moon."

The Omni Ensemble: Brooklyn Conservatory of Music, 58 Seventh Ave. at Lincoln Place; (718) 859-8649; www.bqcm.org; 8 pm; \$15 (\$10 students).

It's the opening performance.

FURTHER AFIELD

Experience Korea: American Museum of Natural History, Central Park West at 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Noon-5 pm; Free with museum admission.

Visitors will journey through a changing Korea and experience how the country's past enriches its present with performances, workshops, and more.

Wilderness Survival: Dana Discovery Center, 110th Street between Fifth and Lenox avenues in Central Park, Manhattan; (212) 628-2345; www.nycgovparks.org/events/2014/03/01/wilderness-survival; 1 pm; Free.

During these fun, family-friendly programs you will learn tips and tricks that will enhance your knowledge of the natural world.

SUN, MARCH 2

IN BROOKLYN

Story time: powerhouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am; Free.

Charise Mericle Harper author of *Go, Ao, Go, Stop* will be on hand for this read along treat. RSVP requested.

Blooming Babies: 11:30 am-12:30 pm. Brooklyn Children's Museum. See Saturday, March 1.

Nature hunt: Grand Army Plaza, Union Street between Flatbush Avenue and Prospect Park West; (914) 835-2153; 11:45 am; \$20 (\$10 children).

Search for field garlic and other edibles in the park with Wildman Steve Brill. Be prepared, it's a two-to-four hour walking tour, wear appropriate clothing. Reservations requested.

Survival workshop: Salt Marsh Nature Center, 3302 Avenue U; (718)

Continued on page 66

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 65

421–2021; 1 pm; Free.

Urban rangers teach you what to do if you find yourself in the woods without shelter. For older children.

Metro crafty: 1:30 pm. New York Transit Museum. See Saturday, March 1.

"I Pagliacci": Our Lady of Perpetual Help School, 5902 Sixth Ave.; (718) 439–8067; www.olphschoolbrooklyn.org; 3 pm; \$25 (\$20 seniors and students, \$5 teens, free for children).

Regina Opera Company performs Leoncavallo's opera.

"A Chorus Line": 3 pm. Richard Perry Theatre on Campus. See Friday, Feb. 28.

FURTHER AFIELD

St. Patrick's Day parade: Parade Route, Forest Avenue and Hart Boulevard, Staten Island; 12:30 pm; Free.

The 50th anniversary parade celebrates everything Irish.

TUES, MARCH 4

FURTHER AFIELD

Inside Your Brain: American Museum of Natural History, Central Park West at 79th Street, Manhattan; (212) 769–5200; www.amnh.org; 4:30 pm; \$125, \$115 (Members).

Children in grades three, four, and five learn about the cutting-edge field of neuroscience through hands-on experiments and innovative lab activities.

WED, MARCH 5

IN BROOKLYN

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

Children 5 years and younger explore science, living and non-living things that co-exist with us on the planet.

THURS, MARCH 6

FURTHER AFIELD

Family Science Adventures: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699–0005 X353; www.nyscience.org; 3:30 pm; \$60 (per adult/child pair, \$50 (members), \$15 each additional sibling).

In this four-part series, children ages 3–5 will make kaleidoscopes, observe patterns and colors, listen to the rhythm and beats of musical instruments, and use their taste buds to identify different flavors.



Photo by T.A. Smith

Cinderella & prince

"Cinderella" is taking her magic pumpkin coach and heading straight to Puppetworks now through April 13.

Adapted by director Nicolas Coppola, this version includes a cast of hand-carved wooden marionettes dressed in elegant costumes and features the music of Jules Massenet from his French opera version of the story, "Cendrillon."

Children 3 years and older will

enjoy this lovely tale of a girl, a fairy godmother, a glass slipper, and a prince charming.

"Cinderella" Saturdays and Sundays now through April 13 with showings at 12:30 pm and 2:30 pm. Tickets are \$9 for adults; \$8 for children and \$7 for groups of 20 or more. Reservations suggested but not required.

Puppetworks [338 Sixth Ave. at Fourth Street in Park Slope, (718) 965–3391; www.puppetworks.org].

FRI, MARCH 7

IN BROOKLYN

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

Children 5 years and younger explore a new style of art and develop skills.

FURTHER AFIELD

Twinkling Stars: American Museum of Natural History, Central Park West at 79th Street, Manhattan; (212) 769–5200; www.amnh.org; 4:30 pm; \$100, \$90 (members).

Learn how different cultures have been spotting animal shapes in the stars, see the stars that inspired the stories, then make your own constellation model in this workshop.

SAT, MARCH 8

IN BROOKLYN

Teen arts conference: BAX – Brooklyn Arts Exchange, 421 Fifth Ave. at Eighth Street; (718) 832–0018; www.bax.org; 9 am–6 pm; Free.

A day of workshops led by performers and arts educators.

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

Children enjoy erecting new buildings with an assortment of blocks.

Imaginative Dance with Erica Essner: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735–4400; www.brooklynkids.org; 1 pm; Free with Museum Admission.

Stretch your bodies and imagination and enjoy a new exciting dance.

Metro crafty: 1:30 pm. New York Transit Museum. See Saturday, March 1.

Ballet program: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951–4500; www.brooklyncenteronline.org; 2 pm; Free.

Students and faculty of the School of American Ballet present a dance demo and excerpts from famous ballets. Recommended for children 4 years and older.

Handmade History: Brooklyn Historical Society, 128 Pierrepont St. at Clinton Street; (718) 222–4111; www.brooklynhistory.org; 3–4 pm; Free.

Explore Brooklyn's iconic bridge with art-making fun and creating a 3-D transportation theme collage.

"I Pagliacci": 3 pm. Our Lady of Perpetual Help School. See Sunday, March 2.

Brooklyn Sings: Edward R. Murrow High School, 1600 Avenue L and E. 16th Street; (718) 258–9283; 6 pm; Call for tickets.

First ever battle of the sing between Edward R. Murrow and James Madison High School to benefit the American Cancer Foundation, presented by the Relay For Life team of Bergen Beach, Mill Basin and Marine Park.

Night Sky: Salt Marsh Nature Center, 3302 Avenue U; (718) 421–2021; 7 pm; Free.

Let the rangers be your guide to the stars.

SUN, MARCH 9

IN BROOKLYN

Trummytones: Shapeshifter Lab, 18 Whitwell Pl.; (646) 820–9452; www.shapeshifterlab.com; 11 am; \$10 (\$15 at door, non-walkers free).

March is roaring like a lion with Kindi rock's best Trummytones joined by Mil's Trill's Amelia Robinson on electric ukulele and accordionist extraordinaire Matt Dallow. Come on down and have a blast.

Journey to the past: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694–1600; www.mta.info/mta/museum; 11 am–4:30 pm; Free with museum admission.

Meet Signal Tower Operator Paula, the museum's very own costumed storyteller who will tell tales of what it was like to work on the subways in the 1940s and how important signals are.

Block Party: 11:30 am. Brooklyn Children's Museum. See Saturday, March 8.

Metro crafty: 1:30 pm. New York

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Transit Museum. See Saturday, March 1.

"Willy Wonka & the Chocolate Factory": BAM Kids, 30 Lafayette Ave. at Ashland Place; (718) 636-4129; www.bam.org; 2 pm; \$12.

The original movie starring Gene Wilder.

"Driving Miss Daisy": Kingsborough Community College, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; www.onstageatkingsborough.org; 3 pm; \$20.

The funny, timeless, Pulitzer prize winning play tells the story of Miss Daisy, her chauffeur and the Deep South.

"Cirque Ziva": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 3 pm; \$35 (\$17.50 for children).

The Golden Dragon Acrobats perform this fast-paced, technically innovative program showcasing traditional Chinese acrobatics, dance and costumes. Suitable for children of all ages.

"I Pagliacci": 3 pm. Our Lady of Perpetual Help School. See Sunday, March 2.

FURTHER AFIELD

The Night Sky: Belvedere Castle, Central Park, Mid park at 79th Street, Manhattan; (212) 628-2345; www.nycgovparks.org/events/2014/03/09/the-night-sky; 7 pm; Free.

Urban Park Rangers will be your guides to the solar system, discussing the science, history, and folklore of the universe.

TUES, MARCH 11

FURTHER AFIELD

Inside Your Brain: 4:30 pm. American Museum of Natural History. See Tuesday, March 4.

WED, MARCH 12

IN BROOKLYN

Charise Mericle Harper: powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am; Free.

Author of "GO, GO, GO, STOP!" RSVP requested.

THURS, MARCH 13

FURTHER AFIELD

Family Science Adventures: 3:30 pm. New York Hall of Science. See Thursday, March 6.



Photo by David Panus

The Trummytones

March is roaring like a lion with a concert by indie rock's best The Trummytones. The swinging band is joined by Mil's Trill's Amelia Robinson on March 9 at Shapeshifter Lab.

Trummytones shares its eclectic brand of kid-friendly music along with Robinson and her

electric ukulele. Children enjoy this interactive concert.

Have a blast at Shapeshifters on March 9 at 11 am. Tickets are \$10 in advance and \$15 at the door, non-walkers free.

Shapeshifter Lab [18 Whitwell Pl. in Park Slope, (646) 820-9452; www.shapeshifterlab.com].

FRI, MARCH 14

IN BROOKLYN

Art Kids: 11:30 am and 2:30 pm. Brooklyn Children's Museum. See Friday, March 7.

Bedtime Math 2: powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 3:30-4:30 pm; Free.

Glow in the Dark party with Laura Overdeck. RSVP requested.

FURTHER AFIELD

Twinkling Stars: 4:30 pm. American Museum of Natural History. See Friday, March 7.

SAT, MARCH 15

IN BROOKLYN

"Hiccup Help": Kingsborough Community College, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; www.onstageatkingsborough.org; 10:30 am; \$12.

The Paper Bag Players celebrate 55 years of creating and performing great theater for children.

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

Young tots examine the natural elements and explore fire and water while learning about the artist.

Nature crafts: Fort Greene Park Visitor Center, Enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm; Free.

Urban rangers encourage children to make crafts that reflect the environment. All supplies provided.

Squares in the city: 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 experience a quilting bee and stitch different pieces of fabric together and make a colorful patchwork quilt.

FURTHER AFIELD

Nature Photography: Dana Discovery Center, 110th Street between Fifth and Lenox avenues in Central Park, Manhattan; (212)

628-2345; www.nycgovparks.org/events/2014/03/15/nature-photography-winter-wildlife; 11 am; Free.

An Urban Park Ranger teaches you about your local environment and encourages artistic expression. Bring your own camera.

SUN, MARCH 16

IN BROOKLYN

Purim Family Festival: Kings Bay Y North Williamsburg, 14 Hope St. between Roebling and Havermeyer streets; (718) 407-6388; info@northwilliamsburgY.org; www.northwilliamsburgY.org; 10 am; Free.

Purim activities for children include mask-making, grogger decorating, face painting, live music, goodie bags, and potluck brunch. Costumes encouraged.

Story time: powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am; Free.

Come and listen to Kevin Sheehan, author of "The Dandelion's Tale." RSVP requested.

Imagine Jackson Pollock: 11:30 am. Brooklyn Children's Museum. See Saturday, March 15.

Annual Brooklyn St. Paddy's Day Parade: Parade Route, Prospect Park West at 15th Street; 12:45 pm; Free.

Re-dedication ceremony honoring 9-11 before step off.

Squares in the city: 1:30 pm. New York Transit Museum. See Saturday, March 15.

"James and the Giant Peach": BAM Kids, 30 Lafayette Ave. at Ashland Place; (718) 636-4129; www.bam.org; 2 pm; \$12.

Animated movie based on Roald Dahl's book.

Treasured stories by Eric Carle: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; \$7.

The Mermaid Theatre of Nova Scotia presents "A Brown Bear, a Moon, and a Caterpillar," through puppets. Suitable for children 4 years and old up.

MON, MARCH 17

FURTHER AFIELD

St. Patrick's Day parade: Parade route, 44th Street and Fifth Avenue, Manhattan; 11 am; Free.

Everyone is Irish today — enjoy the 253rd parade.

Continued on page 68

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 67

TUES, MARCH 18

FURTHER AFIELD

Inside Your Brain: 4:30 pm. American Museum of Natural History. See Tuesday, March 4.

WED, MARCH 19

IN BROOKLYN

Bone Marrow drive: PS 102 – The Bay View School, 211 72nd St. and Ridge Boulevard; (718) 238-6044; 10 am – 2 pm.

Swab for Dom is in honor of Dominick Locascio. Individuals must be between the ages of 18 and 45.

THURS, MARCH 20

IN BROOKLYN

Free Thursdays: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.

Enjoy the museum and all the exhibits free every third Thursday of the month.

Moonlight walk: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 6-8 pm; \$10 (\$30 per family of 4).

Take a night stroll for an evening of stargazing and hiking. End the walk with a hot cocoa and s'mores. Reservations required.

Pietro's fight: El Caribe Country Club, 5954 Strickland Ave.; www.pietrosfight.org; 7pm to 1 am; \$150 per person.

Fund-raiser for the Duchenne Muscular Dystrophy foundation. Price includes cocktail hour, open bar, dinner, entertainment by DJ Steven Retas, dancing and raffles.

FURTHER AFIELD

Family Science Adventures: 3:30 pm. New York Hall of Science. See Thursday, March 6.

SAT, MARCH 22

IN BROOKLYN

Garifuna Drumming: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Noon; Free with museum admission.

Dance along to the music from the Garifuna community. They are descended from the Arawak Carib and West African peoples.

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



Photo by Richard Termine

Don't miss the ball

New York Theatre Ballet Presents "Cinderella" and Cinderella's Ball on March 1 at the Florence Gould Hall Theater.

This beautiful adaptation of the classic fairy tale will have both children and adults mesmerized. The costumes, characters, and choreography combine for a truly unique experience. As an added bonus, there will also be a ball held after the final show where children can interact and take pictures with the characters, hunt for the in-

famous glass slipper, enjoy delicious desserts, play games, and more!

"Cinderella" on March 1 and 2, with performances at 11 am, 1 pm, and 3:30 pm. The ball is after the 3:30 pm show on March 2. Tickets are \$40 for adults, \$35 for children. Tickets to the ball are \$50.

Florence Gould Hall Theater [208 W. 23rd St. between Seventh and Eighth avenues in the Flatiron District, (212) 355-6160, www.kidsn-comedy.com]

with museum admission.

Children 7 years and older visit the newest art exhibition "Transit on the Spectrum: The Art of Pure Vision" and then have a session with artist Katie Taylor who will introduce drawing techniques using charcoal, pastels, and brushes.

FURTHER AFIELD

NASA Sun and Earth Day: American Museum of Natural History, Central Park West at 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Noon-4 pm; Free with museum admission.

Explore the special relationship between Earth and the Sun and learn about the delicate balance between them by talking with scientists, looking through telescopes, and hands-on activities at this family-friendly event.

Eco House: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Noon-6 pm; Free with museum admission.

Children will be able to enter this mobile, cutting-edge exhibit that lets visitors see behind the walls and un-

derneath the floor of a home.

Parkour Workshops: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; 12:45 & 1:45 pm; \$6, \$4 (members).

Museum visitors can try out parkour, a type of movement that encourages interaction between our bodies and environment.

SUN, MARCH 23

IN BROOKLYN

Journey to the past: 11 am-4:30 pm. New York Transit Museum. See Sunday, March 9.

Environment workshop: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm; Free.

Urban rangers help you to understand climate changes and explore the water cycle.

Bay Ridge St. Patrick's Day parade: Parade route, Third Avenue and Marine Avenue; 1 pm; Free.

The marchers wend their way through the streets of Bay Ridge.

Subway studio: 1:30 pm. New York Transit Museum. See Saturday, March 22.

"Charlie's Kid": BAM Kids, 30 Lafayette Ave. at Ashland Place; (718) 636-4129; www.bam.org; 2 pm; \$12.

Based on Charlie Chaplin's "The Kid."

FURTHER AFIELD

Eco House: Noon-6 pm. New York Hall of Science. See Saturday, March 22.

Parkour Workshops: 12:45 & 1:45 pm. New York Hall of Science. See Saturday, March 22.

THURS, MARCH 27

IN BROOKLYN

Carousel opening day: Prospect Park Picnic House, Prospect Park West and Fifth Street; www.prospectpark.org; Noon-5 pm; \$2 (\$9 for a book of 5 tickets).

Kick off spring with a ride on the historic 1912 carousel.

FURTHER AFIELD

Family Science Adventures: 3:30 pm. New York Hall of Science. See Thursday, March 6.

FRI, MARCH 28

IN BROOKLYN

Open mic: Herbert Von King Cultural Arts Center, 670 Lafayette Ave. at Marcy Avenue; (718) 622-2082; www.nycgovparks.org; 6-8 pm; Free.

Get creative and share your voice with other teens. Registration required.

SAT, MARCH 29

IN BROOKLYN

"Play, Said the Earth to the Air!": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am, 1 pm and 2:30 pm; Free with museum admission.

A reading of the Richard Lewis play allows children to let their imagination flow through air, light, colors, and sounds.

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

Children experiment with tiny technologies that have a big impact the way we live. For children 4 years and older.

Miles of Tiles: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.mta.info/mta/museum; 1:30 pm; Free

Our online calendar is updated daily at www.NYParenting.com/calendar

with museum admission.

Children 4 years and older discover the beauty of mosaic tiles that beautify the subway stations.

"Charlie's Kid": 2 pm. BAM Kids. See Sunday, March 23.

FURTHER AFIELD

Nocturnal Wildlife: Belvedere Castle in Central Park, Mid park at 79th Street, Manhattan; (212) 628-2345; www.nycgovparks.org/events/2014/03/29/nocturnal-wildlife; 7 pm; Free.

Rangers will guide you to the best wildlife viewing spots to look for bats, raccoons, and maybe even owls!

SUN, MARCH 30

IN BROOKLYN

"Play, Said the Earth to the Air!": 11:30 am, 1 pm and 2:30 pm. Brooklyn Children's Museum. See Saturday, March 29.

Nano days: 1:30 pm. Brooklyn Children's Museum. See Saturday, March 29.

Miles of Tiles: 1:30 pm. New York Transit Museum. See Saturday, March 29.

"Charlie's Kid": 2 pm. BAM Kids. See Sunday, March 23.

MON, MARCH 31

FURTHER AFIELD

Info session: Rye Brook Library – Port Chester, One Haseco Ave., The Bronx; (914) 939-6710; www.portchester-ryebrooklibrary.org; 6:30-8 pm; Free.

Learn about adoption.

LONG-RUNNING

IN BROOKLYN

Singalong: Greenlight Bookstore, 686 Fulton St. between S. Elliott Place and S. Portland Avenue; (718) 246-0200; greenlightbookstore.com; Fridays, 2:30 pm, Now – Fri, April 25; Free.

Children enjoy 40 minutes of song, stories and guitar music.

Legends: Barclays Center, 620 Atlantic Ave. at Pacific Street; (917) 618-6100; www.barclayscenter.com; Friday, Feb. 28, 7 pm; Saturday, March 1, 11 am; Sunday, March 2, 11 am; \$15-\$85.

Ringling Bros. and Barnum & Bailey present awe-inspiring feats of daring, magical and mystical creatures, and spectacles of strength and thrills of wonder at this all new show.

Touch tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St.



Photo by Rob Davidson

VH1's Family Day

Yeah! It's Family Day at PS 334, The Anderson School, on March 22.

This annual family day of fun encourages children of all ages to express their love of music through a series of games, workshops, live musical performances, and more. This year's events will be hosted by Nick Lachey, and will feature Alex & Ani, The Annie Minogue Band, DJ Beauty and

the Beatz, and more that will entertain both children and adults alike!

Family Day on March 22 from 10 am to 4 pm. Admission is free, but you can purchase a VIP Family Package for \$150.

PS 334, The Anderson School (100 W. 77th St. at Columbus Avenue on the Upper West Side, www.vh1savethemusic.org/family-day2014)

Marks Avenue; (718) 735-4400; www.brooklynkids.org; Wednesdays, Saturdays and Sundays, 11:30 am-12:30 pm and 2:30-3:30 pm, Now – Sun, March 9; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

Sensory room: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays, Thursdays, Saturdays and Sundays, 11:30 am-12:30 pm and 2:30-3:30 pm, Now – Thurs, April 3; Free with museum admission.

For children with autism spectrum disorder and their families. Space limited, first come first served.

Birdwatching: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays, Noon-1 pm, Now – Mon, March 31; Free.

Junior birders take a tour of the park and try to identify the 250 species of birds that live there.

"Cinderella": Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; www.puppetworks.org; Saturdays and Sundays, 12:30 pm and 2:30 pm, Now – Sun, April 13; \$9 (\$8 children, \$7 for groups of 20 or more).

Children 3 years and older will enjoy this version of the classic fairy tale of a girl, a fairy godmother and a glass slipper.

Storytime: Greenlight Bookstore, 686 Fulton St. between S. Elliott Place and S. Portland Avenue; (718) 246-0200; greenlightbookstore.com; Saturdays, 2:30 pm, Now – Sat, April 26; Free.

Children 3 to 8 years old listen to a story and look at picture books.

Jazz classes: BAM Kids, 30 Lafayette Ave. at Ashland Place; (718) 636-4129; www.bam.org; \$350 (whole series for one child and adult).

WeBop teaches children 2 to 5 years old and their caregivers about the core concepts, instruments, and great performers of jazz in eight workshops.

Arty facts: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; Sundays, 11 am and 1:30 pm, Now – Sun, May 18; \$10 materials fee plus museum admission.

Children 4 to 7 years old explore the galleries, enjoy an activity and take an art class.

Storytime: Greenlight Bookstore, 686 Fulton St. between S. Elliott Place and S. Portland Avenue; (718) 246-0200; greenlightbookstore.com; Sundays, 11 am, Now – Sun, April 27;

Continued on page 70

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 69
Free.

Babies and toddlers enjoy a story time with songs, and interactive play.

Food drive and exhibit: Jewish Children's Museum, 792 Eastern Parkway and Kingston Ave.; (718) 467-0600; www.jcm.museum; Mondays – Thursdays, 10 am–4 pm, Now – Sun, March 9; Free with museum admission.

The drive and exhibit teaches children about the many forms of charity and giving.

"The African Drum": PS 3 The Bedford Village School, 50 Jefferson Ave. between Bedford and Franklin avenues; (212) 724-0677; www.shadowboxtheatre.org; Monday, March 3, 11 am; Tuesday, March 4, 10:30 am; Wednesday, March 5, 10:30 am; Thursday, March 6, 10:30 am; Friday, March 7, 10:30 am; Monday, March 10, 10:30 am; Wednesday, March 12, 10:30 am; \$15.

Puppet show telling traditional African folktales.

After school skating: Prospect Park Wollman Rink, Ocean Ave. at Parkside Avenue; (718) 594-7439; www.brooklynice.org; Mondays and

Wednesdays, 4–6:15 pm, Now – Wed, March 26; Free.

Students are offered skating, homework help, education activities and off-ice exercises. Children also attend workshops on nutrition, college readiness and so much more. Students must commit to the twice per week sessions.

Bug out!: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Tues, March 4; Free with museum admission.

Children of all ages meet grasshoppers, worms, and Madagascar hissing cockroaches.

Ballroom dance classes: FIAO Beacon Community Center at IS 96, 99 Avenue P between W. 11th and W. 12th streets; (718) 232-2266; Wednesdays, 6–9 pm, Now – Fri, June 20; Free.

For beginners of all ages.

TheatreSports: The Gallery Players, 199 14th St. between Second and Third avenues; (718) 595-0547; Sunday, March 23, 12 pm; Sunday, April 27, noon; Sunday, May 18, noon;

Sunday, June 15, noon; \$10.

Competition improvisational show for children of all ages.

FURTHER AFIELD

The Butterfly Conservatory: American Museum of Natural History, Central Park West at 79th Street, Manhattan; (212) 769-5200; www.amnh.org; Daily, 10 am–5:45 pm; Now – Mon, May 26; \$27, \$16 (children).

This annual favorite features up to 500 live, free-flying tropical butterflies from Central, South, and North America, Africa, and Asia.

"Bessie's Big Shot": Swedish Cottage Marionette Theater, 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays – Fridays, 10:30 am & Noon, Saturdays and Sundays, 1 pm.; \$10, \$7 (children under 12).

It's a bird, it's a plane, no — it's Bessie the cow! Based on the Puppet-Mobile show of the same name, this popular production is making its debut at the Swedish Cottage Marionette Theatre.

Flight of the Butterflies in 3D: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.ny-science.org; Tuesdays – Fridays, 11 am,

Noon & 2 pm, Saturdays and Sundays, Noon, 1, 2 & 3 pm, Now – Fri, April 11; \$6 (adults), \$5 (children, students & seniors), plus NYSCI admission.

Join millions of real butterflies on an amazing journey to a remote and secret hideaway in this award-winning film.

After School Ice Skating: Lasker Pool & Rink, 110 Malcolm X Blvd., Central Park, Manhattan; (212) 348-4867; www.nycgovparks.org/events/2014/01/08/after-school-ice-skating; Wednesdays and Fridays, 4 pm, Now – Fri, March 14; Free.

Children ages 5–7 learn the basic elements of ice skating through group and individual instruction. Offered through the Central Park Conservancy, must register through them.

Beginner Hockey Clinic: Lasker Pool & Rink, 110 Malcolm X Blvd., Central Park, Manhattan; (212) 348-4867; www.nycgovparks.org/events/2014/01/06/beginner-hockey-clinic; Mondays, 4 pm, Now – Mon, March 10; Free.

Children ages 6–9 can practice skating and puck control drills as well as scrimmage play. Offered by the Central Park Conservancy must register through them.

ADVERTISE WITH US!

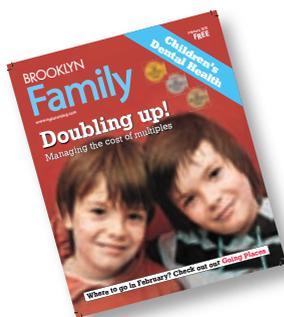
BROOKLYN
Family

QUEENS
Family

BRONX
Family

STATEN ISLAND
Family

MANHATTAN
Family

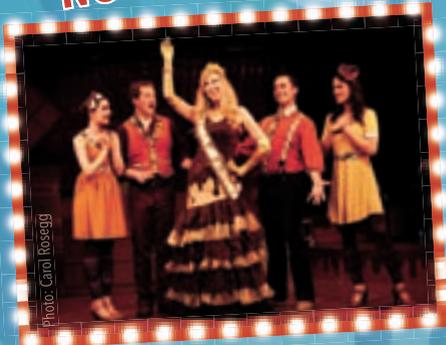


**TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS,
PLEASE CALL 718.260.4554**

THE Chocolate SHOW!

GET TICKETS NOW!

A Tasty New Musical



THE DELICIOUS NEW MUSICAL YOU'VE BEEN CRAVING!

NOW IN PERFORMANCES

47TH STREET THEATRE | 304 WEST 47TH STREET (BETWEEN 8TH & 9TH AVES.)
TICKETCENTRAL.COM | 212.279.4200

  TheChocolateShowMusical.com 

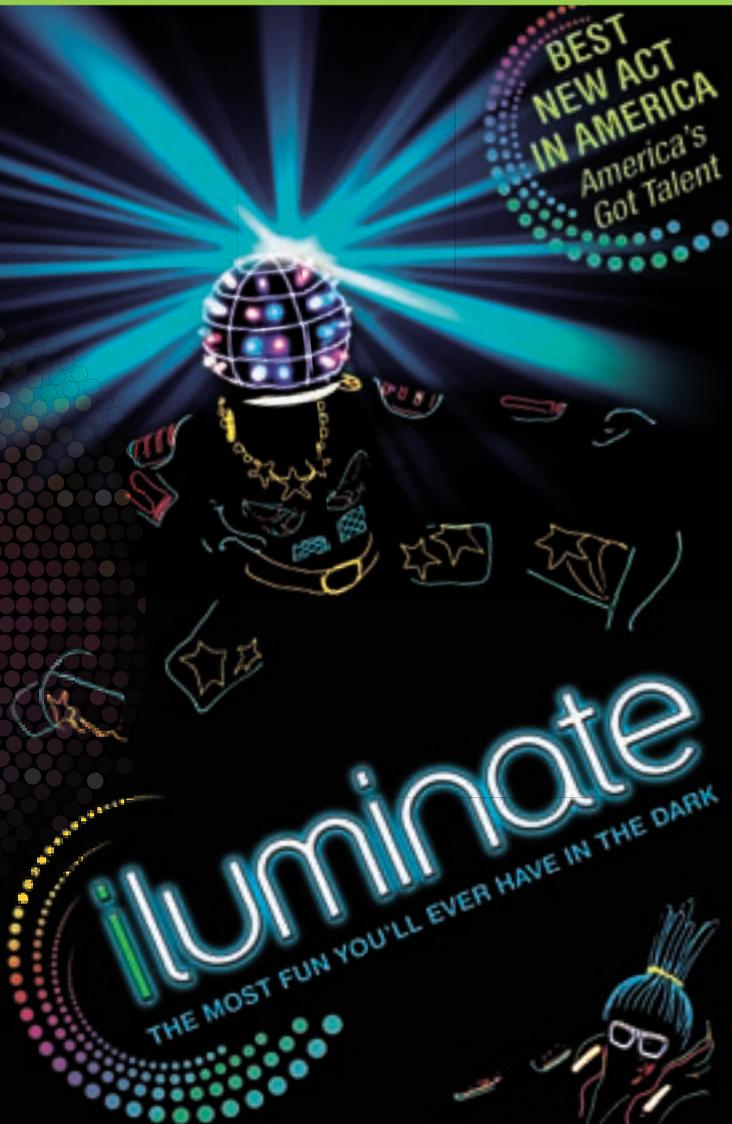
Like us on



or follow us on



Facebook Search: NYParenting



BEST NEW ACT IN AMERICA
America's Got Talent

THE MOST FUN YOU'LL EVER HAVE IN THE DARK

"A delight for both kids and adults AMAZING!"
Stage and Cinema

"JAW DROPPING!"
Time Out NY Kids

"Move over Blue Man Group & Stomp, iLUMINATE is in the house!"
Times Square Chronicles

NOW LIVE in the heart of BROADWAY!

Telecharge.com 212-239-6200 iLuminate.com
New World Stages, 340 W 50th St.



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.bestclownsny.com

CLOWNS.COM

Pre-Filled Packages
Face Painting
Magician or Juggler
Balloon Art
Cotton Candy & Popcorn
Interactive Games
Submarine
Landscape Construction
& Much More

Specializing in
Birthday Parties
Catered Events
Corporate Events
Private Events
Specialty Events

718-971-5862

CLOWNS.COM

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

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

PARTY PETS.COM

\$20 Off with ad code family

Visit our website: 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

STAY CONNECTED

To advertise with us please call
718-260-2587

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

THE RHYTHM OF NEW YORK

STOMP

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

ORPHEUM THEATRE

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

"ENCHANTING!"
- NY TIMES

Gazillion
Bubble Show
THE NEXT GENERATION

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.

theMarketplace

BALLET

718.769.9161
www.brightonballet.org

Brighton Ballet Theater
SCHOOL OF BRIGHTON BALLET

hip-hop
rhythmic
pre-ballet
latin dance
gymnastics
classical ballet
ballroom dance
modern and popular dance
performance opportunities

2001 Oriental Blvd. 8th. Fl. 77, 2nd fl. Room 7211, Brooklyn, NY 11235



CHILDCARE

TINY FEET CHILDCARE

ENRICHING CHILDREN'S LIVES STEP BY STEP
1431 E. 88th Street Brooklyn NY 11236

Pick up and Dropoff • Night & Weekend Care Available
Mon-Fri 7:00am to 7:00pm | 6 weeks-12 years old | Accept all Vouchers
Certified & Experienced Teachers • Cultural Activities • Field Trips • Music
Dance • Arts & Crafts • Summer Camp • Technology • Nutritional Meals
Licensed by NYS Dept of Health
Call: (646) 283-8775 / (718) 444-1333 Email: tinyfeet05@gmail.com



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**



HOUSEHOLD STAFFING


BRITISH AMERICAN
HOUSEHOLD STAFFING
(212) 966-2247
www.baahs.com • candidates@baahs.com
Governesses • Baby Nurses • Executive Housekeepers
Douglas • Chefs (Weight Loss & Gourmet)
Intensive background checks, drug & personality test
DCA #1436973

ICE SKATING LESSONS

Steeplechase Ice Skating Center
@ The Abe Stark Skating Rink
West 19th St. & Surf Avenue (Next To MCU Stadium)
Ages 4 - Adult
Learn To Skate Programs
Basic Skills 1-8, Hockey 1-3
Adult 1-4, Freestyle 1-6 & More
Weekend classes • Credit cards accepted
*Have Fun While Building Strength,
Confidence & Coordination*
718.253.8919

Gift Certificates Available



MUSIC LESSONS

**Piano Lessons
For Children**
Bay Ridge
Ages 4 & Up
• Lessons include: Music Theory
with Use of Computer
NYS LICENSED TEACHER
718-238-7106 www.riddlemusic.com



MUSIC LESSONS

SOUNDS OF MUSIC
Seasoned Performing Musicians with
Extensive Teaching Experience
Private Lessons for Children
& Adults at All Levels

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

718-232-2703 • Cell 646-752-7973
Daniel & Diana Barkan • daniel_barkan@hotmail.com
www.soundsformusicarts.com



MUSIC LESSONS

**Piano Lessons
For Everyone**
(Turner Towers) Eastern Parkway
across from the Brooklyn Museum
Experienced, friendly teacher with MA in Music
Student recitals twice a year • Six foot concert grand piano
Near 2, 3, 4 & 5 Subways
*Call me and let's talk about
what you or your child would like to learn*
Call Beth Anderson-Harold: **718-636-6010**
or Email: beth@beand.com



TUTORING

**ARE YOUR CHILD'S
MATH GRADES SLIPPING?**
*Math, Reading & Science
Support*
Solid Credentials • Seasoned Teacher
Master's Degree in Mathematics
Call Corey
Cell: **718-986-9712** Home: **347-254-6004**

TUTORING

**Online Tutoring with
Purposeful Learning Academy**
Grades 2-5 ELA/Reading/Writing/Math Online Tutoring
Grades 6-12 Reading/Writing Online Tutoring
First 100 parents to register pay
only \$10 for registration!
Microphone w/ Headset is FREE!
Evening, Sat., Sun. Appointments
Affordable Pricing: \$25 per hour/\$99 per month (4 hrs. tutoring)
Tutoring with an expert NYC Dept. of Ed. Teacher
Sale ends soon! Hurry! Call now! (347) 699-3040
www.purposefullearning.info



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

TUTORING

Math Tutor
www.dennis4math.com
347.470.MATH
347.470.6284

patient & caring
10 yrs. experience
math
fundamentals
geometry
algebra
test prep
great rates
Call Dennis or
visit his website!



New & Noteworthy

BY LISA J. CURTIS

A-peeling pastime

For all of those times when you need your little one to be quietly entertained — without your smartphone — there's the Dogs & Cats at Home Peel & Play activity set. And unlike other sets that entail placing one-



time-use paper stickers on a background, with this toteable set, there are 26 thick, vinyl play pieces that can be used over and over again with the colorful, 18-by-10-inch play board — featuring the interior of a home — and a storage area where every figure can be put away to await their next fur-raising adventure. This will be your go-to set for road trips, doctor's waiting rooms, and restaurants — truly, it's the cat's meow.

Dogs & Cats at Home Peel & Play by Mrs. Grossman's, \$6.99, www.mrs-grossmans.com.

'Oz' toys roar into March

Lions, and scarecrows, and tin men, oh my!

In celebration of the 75th anniversary of the release of Victor Fleming's iconic Technicolor film, "The Wizard of Oz," Mattel is re-releasing its Cowardly Lion, Tin Man, and Scarecrow dolls on its Pink Label Collection. The lion doll, whose face recalls the wonderful performance by actor



Bert Lahr, is spruced up after a visit to the Emerald City, with a curled mane topped with a red bow and his badge of courage upon his chest.

The lion also comes with a green crown and a doll stand.

For children 6 years and older, there will be no place like a home with this 12-inch-tall friend.

Cowardly Lion Doll, \$29.95, www.TheBarbieCollection.com.

Smooth as Selkie

Get into the St. Patrick's Day spirit with the latest CD from Linda Marie Smith, "Mearra — Selkie from the Sea." A selkie is a mythical creature straight from Celtic legend that has the ability to transform from a seal into a human. My 7-year-old listener was just as captivated by the idea of a selkie, as he was lulled into a chill state by Smith's ballads, many of which had the sounds of a Celtic harp, flute, and whistle woven throughout. (If you like Celine Dion's "My Heart Will Go On" from the "Titanic" soundtrack, you'll enjoy this CD.) The songs on Smith's album tell the tale of Mearra, the selkie maiden,

who enjoys a seven-year-long romance with a fisherman before she must return to the sea. Recommended for listeners ages 9 and above, this lulling lullaby of an album will make you feel luckier than a four-leaf clover that you found an imaginative alternative to the frenzied sound of kids pop music.

"Mearra — Selkie from the Sea" CD by Linda Marie Smith, \$15, www.cdbaby.com.



Lend 'em a hand

Lend me your ear. Really. Perhaps a large pink one? That's what kids will be saying when they break their new Chimeras out of the box. Walrus Toys' Chimeras [ky-mer-uhz] are mix-and-match plush toys, and each set includes two of the animals, so kids can immediately begin taking them apart and creating new creatures.

Take the Bunny and Monkey set. Their limbs and ears pop off and can be swapped with each other, creating new toys, like a Monny and Bunkey. Their appendages are also interchangeable with the Bat and Elephant set, for even more possibilities. Recommended for children ages 3 and older, these toys take the boring world of stuffed animals and give them a purpose beyond collecting dust!

Bunny and Monkey Chimeras set by Walrus Toys, \$39.95, www.walrustoys.com.

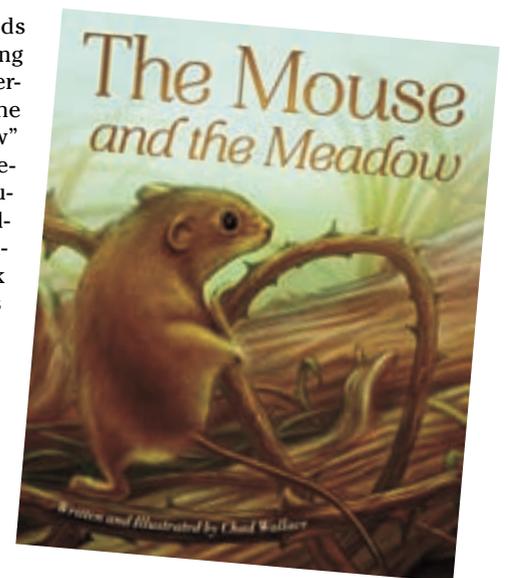
A better mouse app

When March winds blow the first day of spring to your stoop, it is the perfect time to enjoy "The Mouse and the Meadow" with your child — especially those ages 4-10. Author-illustrator Chad Wallace has created a beautiful and engaging book detailing the adventures of a naive mouse as he encounters his fellow meadow dwellers — animal and insect alike. While they enjoy the lively tale, little readers are slyly introduced to concepts like the food chain, animal altruism, and metamorphosis.

Even pre-readers will be drawn into "The Meadow" by the free app, which can be installed on your iOS or Android tablet or smartphone. The app narrates the story, while enabling the pages to burst forth in 3-D. With a tap of the finger, the adorable characters move: the mouse takes off

in a surprising scurry, the box turtle rears his head, and snoozing baby bunnies open their drowsy eyes. The whole family will be charmed by this fun, new way to enjoy story time.

"The Mouse and the Meadow" book by Chad Wallace; paperback, \$8.95, or hardcover, \$16.95; www.dawnpub.com.



PARK SLOPE • WINDSOR TERRACE • BAY RIDGE • CARROLL GARDENS



THE PARK SLOPE DAY CAMP

OPEN HOUSE

March 8 & 22

339 8 Street
Just below 6 Ave

Presentations
1:00pm & 2:30pm

- **TRADITIONAL DAY CAMP**

Outdoor, fun, stimulating programs for campers ages 3.5 to 14 in addition to specialty programs:

- **CIRQUE d'ETE**

Acrobatics, circus skills, clowning and more for campers entering grades Pre-K-5

- **SPORTS ACADEMY**

Specializing in soccer skills for campers entering grades 1 - 5

- **ON WHEELS**

Travel camp featuring daily and overnight trips for campers entering grades 6 - 8

- **LEADERSHIP EXPERIENCE**

for teens entering grades 9 - 10

Very flexible registration, extra long season and accomodating hours, free morning transportation from most Brownstone Brooklyn neighborhoods, door to door transportation available for most other Brooklyn locations, air-conditioned buses

FEBRUARY MINI-CAMP

Join us for FUN DAY TRIPS and
WACKY CAMP CULTURE!

For grades PK – 6

February 17 - 21



- Classes in Park Slope, Carroll Gardens & Brooklyn Heights
- Brooklyn Sonics Competitive Team
- Ages 2.5 through 10

718-788-PSDC (7732) • www.parkslopedaycamp.com





CBE KIDS

www.cbebk.org/camp



Elementary Day Camp

Entering Kindergarten
Through 4th Grade

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

Summer Day Camps

Congregation Beth Elohim

Children of All Faiths & Ethnic Backgrounds are Welcome

For Elementary Day Camp and Movin' On Travel Camp

call Bobbie Finkelstein 718-768-3814 x210

For Hebrew Camp call Shanie Korabelnik x240

Movin' On Travel Camp

Entering 4th Grade
Through 9th Grade

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



HA'GEEMNASIA at CBE
Hebrew Summer Camp

Hebrew Summer Camp

Entering
Kindergarten
Through 4th Grade

Our new Hebrew camp, Ha'Geemnasia, will be led by highly qualified staff who are passionate about Hebrew, Jewish identity, and Israeli culture. Campers will enjoy a unique Israeli-style camp. Activities related to Israel through art, dance, sports, swim and exciting trips.