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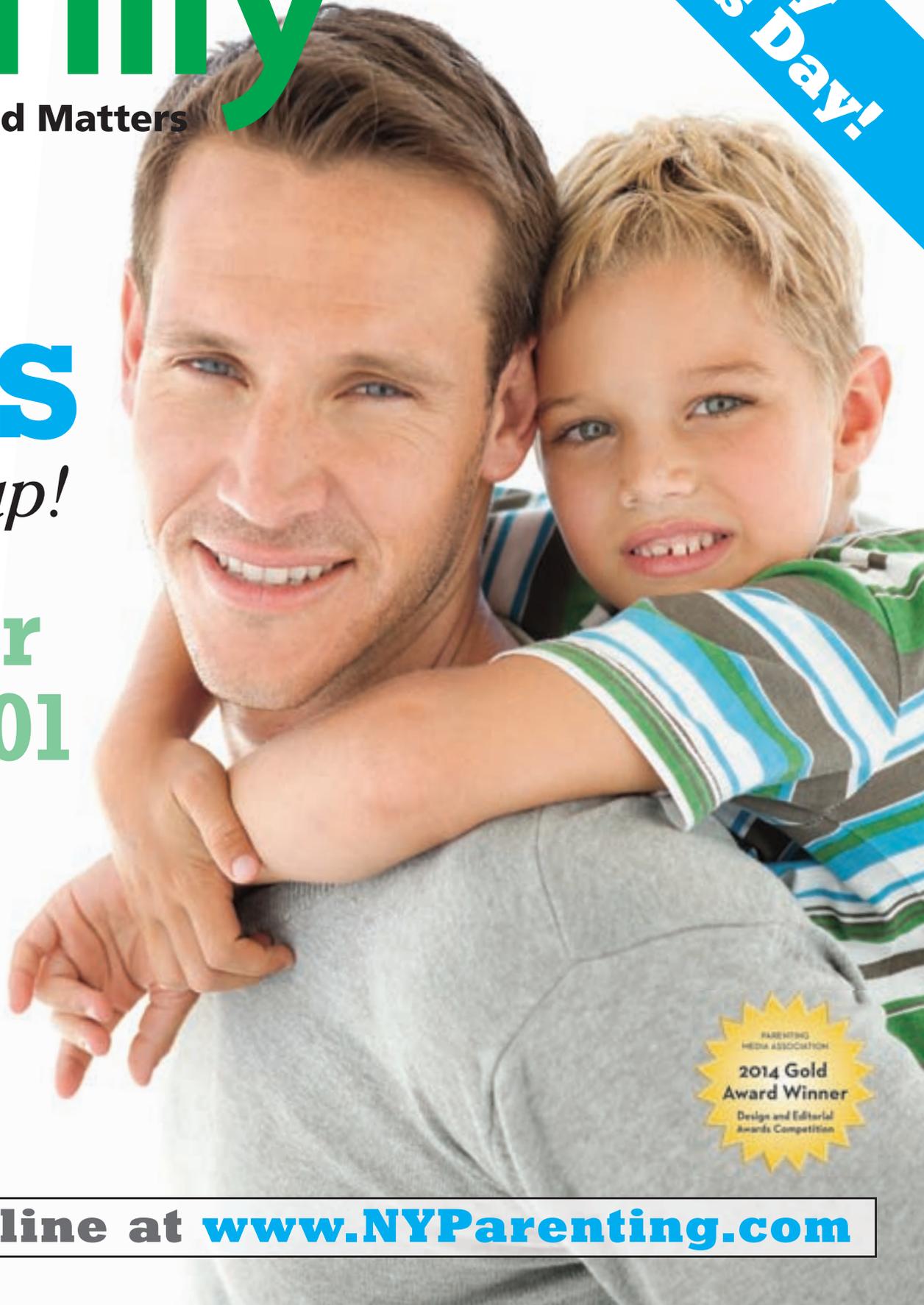
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Letter from the publisher

Considering fathers

Today's urban fathers are setting a new tone and are more active in the daily parenting experience than ever before.

One sees it all the time especially in the streets of our communities. Fathers are pushing carriages and strollers,

are in the playgrounds, dropping kids off and picking them up; one sees today's fathers in a whole new light. They are primary caregivers and more and more of them are opting to take on greater responsibilities with the day-to-day decision-making.

They are shopping in the markets and making meal plans. They are wearing slings and Snugglies and buying and changing diapers. They are packing lunch boxes and doing laundry.



They are sitting in pediatric offices and signing kids up for programs and waiting until the swim class or the music lesson is over.

This issue talks a lot about Dads and has a lot written by Dads. So many fathers want to communicate about their kids and about the issues they as parents are confronting. It's no longer, "Ask your mother" in most families. How lucky these children are in the new family structure, to have multiple parental love, interest, guidance and input.

How fortunate for our society that we have all kinds of Dads too. We have single Dads and double Dads and with newly created extended families, many kids have two Dads.

All of this is good for everyone it

seems to me. No longer is anyone's role so clearly defined. Urban parents are changing the landscape and it can't help but be good for both men and women. It most certainly will be more interesting and more inclusive for the children as the new role models emerge and they have more input from both the masculine and feminine, the yin and the yang. Balance and harmony and shared responsibilities, love and devotion sound like a positive recipe to me.

I'm personally impressed with many of today's progressive families and I admire their mutuality and shared nature. It's not easy to be both worker and parent and finding the right rhythm to benefit the whole family is not an easy task. It takes enormous commitment and lots of patience. It also takes having a game plan and finding a way to positively implement it.

Every Father's Day I naturally think of my own Dad, and who doesn't? Times have changed a great deal since I was a kid and fathers spend a lot more quality time in every way with their families and children than they use to. The whole society is sure to benefit from this as we move forward.

To the very generous, thoughtful, dedicated and knowledgeable Dads who write for this magazine, we're grateful to you for shared struggles and wisdom.

Happy Father's Day to all of you.
Thanks for reading.

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

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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.





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Dear Dad, Your kids need you!

Being the
best father
you can be

BY GAYLA GRACE

Rick Hoyt was born a quadriplegic with cerebral palsy. His parents, Dick and Judy Hoyt, were told he would be a vegetable for life and should be institutionalized. But his dad refused to believe it.

Dick noticed Rick's eyes followed him everywhere he went and determined to find a way to communicate with him. He solicited help from Tufts University, where a skilled group of engineers built

Rick an interactive computer. Rick controlled the cursor by touching a switch with the side of his head, finally able to communicate with those around him.

Rick immediately relayed his love for sports and at 15 years old, asked his dad to participate in a five-mile benefit run for a classmate paralyzed in an accident. Although not a distance runner, Dick agreed to join in the run and push Rick in his wheelchair. That day changed their lives. After the run Rick said, "Dad, when I'm running it feels like I'm not handicapped" (www.teamhoyt.com).

Inspired to offer Rick more opportunities for that feeling, Dick began training every day with a bag of cement in Rick's wheelchair while Rick was at school. The two began participating in marathons, triathlons, and other grueling athletic events.

They have now completed more than 1,000 races together, including 247 triathlons and 70 marathons. Rick knows he has an incredible dad whom he refers to as "The Father of the Century."

Most dads don't have the same opportunity Dick Hoyt had with his son. But every dad has the chance to show love and acceptance to his children, giving of his time to provide nurturing and guidance.

Children gain security from a dad willing to make time for them. I love watching dads with their sons at the baseball fields playing catch, practicing batting, or offering encouraging words. Athletics offer a great way

for dads to be part of something their children enjoy while teaching sportsmanship, teamwork and respect for others in the process.

Children benefit from a dad who provides consistent love and discipline.

Discipline teaches children self-control and right from wrong, while helping them feel secure and cared for. Boys, in particular, need more guidance from fathers due to their nature toward "out of bounds" behavior. Dr. James Dobson, author of "Bringing up Boys," says, "Boys are more likely to get off course when they are not guided and supervised carefully. When left to their own devices, they tend to drift toward the center divider or into the ditch, toward misbehavior or danger."

Children gain healthy standards from a dad with spiritual principles. Studies show that children who actively engage in a community of faith increase their odds toward a happier, healthier, and longer life, while significantly reducing the likelihood of life problems and risky behavior.

Children need a dad who reflects a stable male role model. We've all heard the saying, "I'd rather see a sermon than hear one any day." Children mirror their parent's behavior and learn relationship skills and healthy social skills, including how to treat others, by watching them. They benefit from a father who regularly shows them physical affection and treats his marriage partner with love and respect.

Our generation sees too many children reared without fathers. A high divorce rate, unbalanced career priorities, and prevailing addiction rates contribute to an absent father for many, emotionally and physically. However, study after study reflects the impact of a child's well-being from the influence of his father.

It's not always possible to be an active dad on a daily basis, but it is possible to stay involved in your child's life in other ways. A dad's role is a high calling that not everyone gets to experience. But for those who do, it's a role to be honored and cherished, carried out with intentional purpose.

Gayla Grace is a freelance writer, wife, and mom of five children. She is thankful for the role her husband plays as their children's father.



"I couldn't pick up my daughter."

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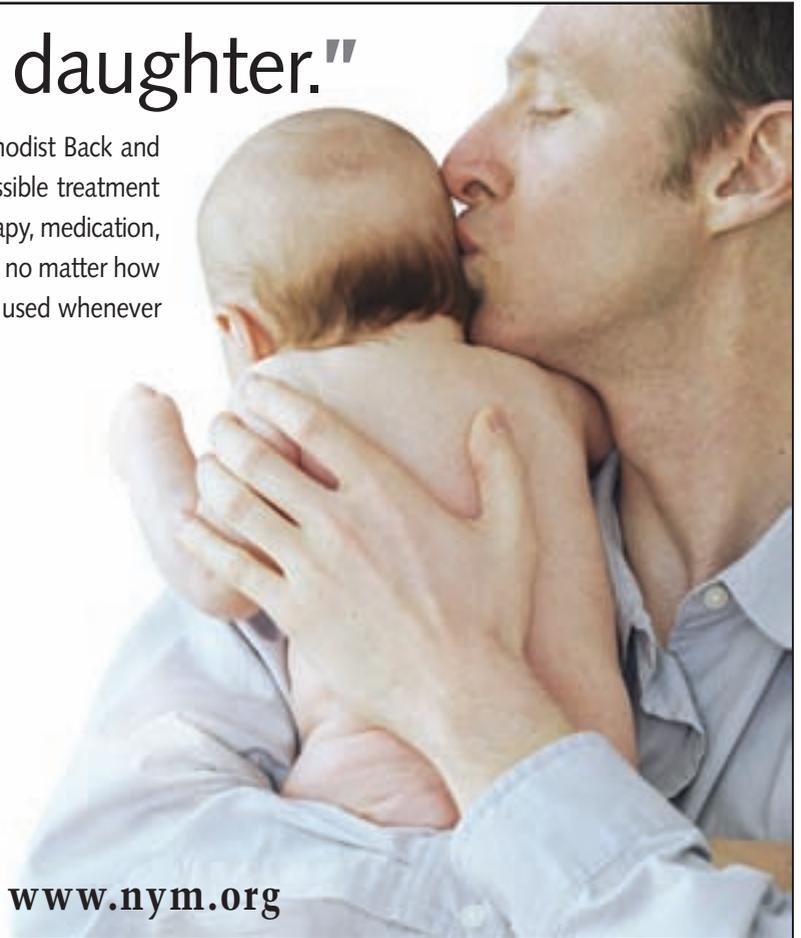
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(Above) Kids and their dads get into the spirit at the group's annual Halloween celebration. (Right) NYC Dads Group co-founder Lance with his wife Jessica and son Jake at Victorian Gardens in Central Park. (Opposite) The NYC Dads Group's families visit a CitiField Mets Game for the "Big League Dads" program.



Devoted dads

The NYC Dads Group helps fathers take care of their children — and themselves

BY TAMMY SCILEPPI

They say the hardest job in the world is being a parent. So, this Father's Day and every day, dads who step up to the plate and go above and beyond the call of duty deserve a big thumbs up — and a great big hug from the kiddos (and ladies) who love them.

Cool New York City dads Lance Somerfeld and Matt Schneider are co-founders of a very special support playgroup — NYC Dads Group — for papas who bond over their children and have a collective desire to change the face of modern fatherhood through the group's multi-channel platform: blogs, meetups, workshops, and a podcast.

The idea was conceived one boring winter afternoon in 2008, when the two adventurous at-home dads decided to take their cozy little playgroup to the next level. After teaming up — babies and toddlers in tow — the group was created, and now it's nearly 1,000 dads strong and growing.

Somerfeld, 40, was a public school teacher at an elementary school in the Bronx when he took

on the challenging role of stay-at-home dad, after his son, Jake (now 5) came on the scene.

"It was extremely important for our family to have my wife Jessica or me providing quality child care for our son the first few years. Consequently, we made the decision that was the most practical for our family: that I would take a child care leave of absence from the Department of Education, and she would continue working full-time," Somerfeld recalls.

But after his wife (a corporate actuary) returned to work, the newbie dad discovered how isolating staying at home could be.

"I wanted to avoid the common pitfalls of isolation, and find my people — a social group of fathers looking to connect, share ideas, vent frustrations, and go on adventures together with our children," he explains.

He'd hang out occasionally with good friend and fellow pop Matt Schneider, who had been an at-home dad for three years.

"Looking back, I realize how isolated I felt from the world outside my family. Helping to build NYC

Dads Group and now City Dads Group has given me a new identity beyond my role as Max and Sam's dad," said Schneider, who lives in Battery Park City with his wife and two boys (ages 8 and 5). "I'm proud to be finishing two years as the PTA president at my kids' school."

So, what's it like being a stay-at-home dad?

"I absolutely love spending quality time with my son," says Somerfeld, who lives on Manhattan's Upper East Side. "I'm fortunate to have the opportunity to relish in all of those small, wondrous moments that occur each day. Being an at-home dad really helps me appreciate seeing things through my child's eyes. I get to be a kid again."

"My challenges are probably similar to those of other stay-at-home parents: I'm so involved in caring for my child that I often neglect carving out personal time for myself to pursue hobbies, be spontaneous with my wife, or make plans with friends. And, I have those frustrating moments where my child won't stop crying or he pushes my buttons to the brink of insanity. I need to walk away and give myself a time-



NYC Dads Group

out to decompress.”

And so NYC Dads Group was born.

About the group

The group meets several times each week, membership is free, and it’s all about having fun and doing exciting, stimulating things together with the kiddies, who enjoy spending time with their dads and learning new things.

“It’s a diverse and active community of dads who are looking for the same kind of parental camaraderie and network that the mothers they encountered had built and relied upon,” says Somerfeld. “Dads Group members include stay-at-home and working, married and single, gay and straight, young and old, freelancers, teachers, and even a few professional clowns.”

Activities include:

Group playdates: Parent and me classes at Gym at Gymboree or New York Kids Club; soccer with Super Soccer Stars; and music with Music Together. There’s also yoga, fencing, and sign language classes with the little ones. They also hold an annual Halloween party and Father’s Day picnic. This year’s picnic is on June 7.

Outings to museums, parks and playgrounds: Including the American Museum of Natural History, Central Park Zoo, Jane’s Carousel at Brooklyn Bridge Park, and taking the tram to Roosevelt Island. The

group recently visited LEGOLAND Discovery Center in Westchester.

Dads’ Nights Out (movies, sporting events, bars): Recently, 50 dads went to a sports bar to watch the NCAA Basketball Tournament.

Special events: These include family picnics, trips to ball games, and sponsored fairs and events. Visit the website for details

Educational workshops: The group hosts a variety of parenting workshops, including child passenger safety, potty training, healthy and happy sleep habits, introduction to nursery school, positive discipline, travel with babies, and the featured weekly class for expectant fathers: New Dad Boot Camp.

New Dad Boot Camp is offered almost every weekend at the group’s partner locations: 92nd St. Y (92Y), Tribeca Parenting, and CityBirths.

“Being engaged from pregnancy through the diaper years sets the foundation for a man to be an involved father and active parenting partner for life. New Dad Boot Camps offer expectant and new dads a frank discussion along with practical advice and hands-on training in essential parenting duties, such as holding, changing, and comforting your baby,” Somerfeld says.

These three-hour workshops, facilitated by a nationally certified trainer, connect experienced dads (and their babies) with newbies to talk about the opportunities and re-

wards of caring for our children.

They also discuss:

- Developing a bond with your new baby.
- Being supportive of your baby’s mom.
- Navigating work as a new parent.
- Developing a parenting partnership.
- Creating a baby-safe environment.
- Managing relatives.

How important is a father in a child’s life?

“Very important!” says Somerfeld. “Research shows that when a father is involved in his child’s life they’re more likely to graduate from college; that fathers are more physical with their children (in a good way, and kids need it); that we might push them to take more risks; that although we might do less housework, and we are the ‘fun’ parent, we are more strict disciplinarians.

“Bottom line?” he adds, “Parenting is challenging work, but it’s so much easier when you’re able to tackle and navigate all of the responsibilities together, as a team, with your significant other.”

This June, in an effort to spread the message that fathers matter, the city’s program Fatherhood Initiative will present the fourth annual Dads Matter Awards. These awards will recognize 10 fathers from across the city who have overcome challenges

to become positive and consistent forces in the lives of their children.

The awards will be one of many opportunities to show that, despite the crisis of father absence facing communities across the country, these New York dads show up every day and are present and active in the lives of their child and communities.

The Fatherhood Initiative was established in 2010 to focus on important issues, such as:

- Make all city agencies as “father friendly” as possible.
- Uncover and remove any barriers that fathers may face in interacting with the city.
- Assist in the creation of memorable moments between fathers and their children.
- Support fathers as they improve their capacity to be good dads.

• • •

If you’d like to get involved with NYC Dads Group’s events, here are some upcoming dates:

- Annual Father’s Day family picnic on Sunday, June 7.
- Central Park Stroller Walk with Britax Affinity on Sunday, June 7.
- Summer “playground tour” (visits to different playgrounds in the five boroughs each week).

For specific details, visit: www.nycdadsgroup.com; the Meetup page www.meetup.com/New-York-City-Dads-Meetup-Group; on Facebook at www.facebook.com/NYCDadsGroup; or on Twitter, twitter.com/#!/NYCDadsGroup.



DIVORCE & SEPARATION

LEE CHABIN, ESQ.

A dad from day one

If you are a sports fan or not, you may have recently heard criticism about Daniel Murphy, a baseball player for the New York Mets. The digs weren't about his fielding or streaky hitting. Rather, they dealt with Murphy's taking a few days off from his job to be with his wife and child after the birth of their son.

I admire Murphy for his choice. Moreover, I look forward to a future where more fathers are involved in their children's lives, literally from day one. This was my own experience, and I couldn't be happier about it.

Being a father has been the best experience of my life. It is more important than any job I have ever held, or ever will. And by being involved right from the start, I was able to develop a bond with my daughter that I might not have otherwise.

Let me explain: I was a stay-at-home father.

The situation provided me — someone not then experienced with children — with the responsibility of caring for a newborn largely on my own. It was an incredible opportunity.

From the time we brought our girl home from the hospital and all through those early years, I changed most of the diapers and brought her to almost every appointment with the pediatrician. When she didn't sleep (every night for the first few months) or didn't feel well, I stayed up and cared for her. We lived in playgrounds and pointed to the passing buses.

I was with her on the lazy spring day when she stood crouching over a dandelion for 15 minutes straight, fascinated by what she saw. I was there for her first word. I was there when she stood up in her crib, frightening herself before quickly learning how much fun standing can be. The list of our shared experiences is happily endless.

If I hadn't had the blessing of this full immersion into fatherhood, I think that I might have looked to my daughter's mother for a lot of the answers. How do I change a diaper? What do I do when she's crying? Is it time to call the doctor? Many men may have this insecurity about caring for their



children, and it isn't necessary.

Don't get me wrong. Participating early on doesn't require being a stay-at-home parent and changing most of the diapers. And a man who becomes more active in his child's life when his son or daughter is old enough to start playing catch can be a fantastic father. But I would think that many dads lack confidence in important areas of parenting, and that mom is the go-to person. For instance, how many fathers are comfortable talking to their children — especially their daughters — about where babies come from and the questions that follow?

When couples stay together, this being ill at ease with our kids may not matter a lot. In many happier families, mom does some things, dad does others, and parents and children alike are cared for, safe and loved.

But what about when adult relationships end? On top of every other

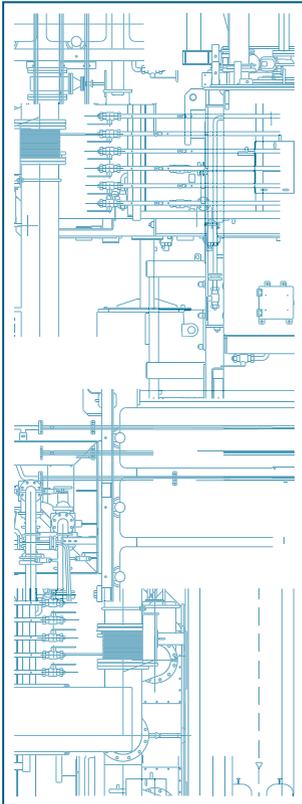
stress and strain, many fathers feel that they don't know how to care for their children without mom being there to help.

During my own divorce, I never had these doubts, which was good because divorce is hard enough without them.

More importantly, my daughter and I are close. And, I have every reason to believe that we always will be. I wouldn't trade that for anything. Maybe Daniel Murphy wouldn't either.

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

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Summer camp

101

Children from every age group can reap the benefits

BY GAYLA GRACE

Summer camp offers all kinds of fun and character-building experiences for kids of any age.

Whether you're looking for a few hours of entertainment or weeks of intentional skill-building for your child, you can find it at camp.

Age 0-5

Day camps offer the perfect opportunity for young kids to experience time away from mom and explore new activities. Camp for preschool children focuses on free play, sharing with others, group games (inside and outside), and

simple arts and crafts. If you're sending your child to camp for the first time, make sure the schedule matches her personality and routine to prevent a stressful experience. Does there need to be nap time? Should your child be potty trained to attend? Would your child adjust more easily by starting with a one- to two-day camp instead of full day? Are there appropriate breaks for snacks and changes in activity?

It's important to find out what the counselor-to-camper ratio is for children this age. You want to ensure your child will be adequately cared for with a friendly, well-staffed team. You also want

to determine if the counselors are trained to help with issues common to preschoolers, including separation anxiety, potty training, and temper tantrums.

The best place to find camps for young children is through day cares, churches, nursery schools, and local elementary schools. Specialty camps also abound through gymnastic centers, music schools, and sporting centers. Consider

your child's interests and find a camp that fits to give your pre-school child a chance to make new friends and explore new experiences.

Age 6-11

Elementary-age children thrive at camp, whether it's day camp or stay-away camp. It's the perfect solution to sibling squabbles and long summer days. But it pays to do your research and find the right fit for your child.

Camps for this age range from sports camps to music camps to academic camps to church camps. Don't let the variety intimidate you as you research; start with the interests of your child and ask friends and neighbors to give opinions on camps their kids have attended.

At this age, our kids have had the most fun at away camps that gave them the opportunity to try activities not available at home such as zip lining, archery, rock wall climbing, in addition to swimming, arts and crafts, and camp-fire sing-alongs with friends. Kids gain independence as they make decisions and meet new friends outside of the comforts of home. They gain self-confidence in trying new activities. And they learn to appreciate the beauty of nature as they unplug from technology. They may experience periods of homesickness, but they learn to forge through their feelings with caring camp counselors and new friends.

Specialty camps close to home also help kids explore new hobbies or create opportunities for parents and kids to enjoy camp together. A mother-daughter sewing camp or father-son golfing camp allows great bonding time while developing a skill enjoyed by both.

If your child has never experienced camp, start with a day camp or send a friend along for an away camp. It's important that their first camp experience be a good one. If you find it wasn't a perfect fit, try a different one next year. But don't give up on the beauty and benefits of camp for elementary-age children.

Age 12-15

Twens and teens have better focus than younger children and benefit from camps that more closely match their interests and personalities.

Sports and music camps are

great for this age and help kids advance athletic skills and enhance musical talent. Academic camps offer youth advanced-learning opportunities in subjects they might want to explore for long-term focus. And church camps offer character-building and self-awareness experiences not learned in school.

Camps provide a safe place for teens and tweens to hang out while parents work during summer break. Not yet able to drive or find a summer job, kids this age too often allow technology to rule or walk into unsupervised trouble unless parents intentionally seek out creative options.

Junior high and high schools provide information for local camps worth investigating as the school year draws to a close. It's also easy to scour the internet for camps that match your child's interests. Some camps provide certification such as lifeguard training or first-aid certification that can enable your youth to successfully find a job upon completion.

Encourage your child to research camps with you to find one that fits.

When kids attend camp, they develop resilience and flexibility that benefits them later in life. An article in *Psychology Today*, "Creating Advantage in College," by Steve Baskin parallels the experiences of summer camp and the adjustment of college. He cites that kids work through similar adjustments at camp and college such as, "Being away from home and your traditional support system (family, friends, familiar places), and dealing with large amounts of uncertainty (what will classes require, how will I fit in socially, can I deal with this new roommate)." Baskin proposes that kids who find success working through these challenges at camp adjust easier when presented with the transition to college.

Summer camp offers unique experiences and character-building opportunities for every child. Whether your child is 2 or 15, camp is the perfect place to find adventure and make lifelong memories in the process. Don't delay — find a camp your child will enjoy today!

Gayla Grace, freelance writer and mom to five, has sent her kids to camp every summer and continues to find new camps for her one child still at home to enjoy.

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LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Ideas for graduation

With my daughter's graduation day looming, I can't help but reminisce about my son's big day almost two years ago.

We planned a big party that would take place at our home a few hours after the ceremony's conclusion. We set up the back yard the day before, and we decided to cater the event to save time and to avoid unnecessary stress.

After the ceremony, our family and close friends packed into a half-dozen cars to head home. While chatting with my daughter's godmother, she casually asked who took my daughter. Panic quickly set in because I had no idea. Fifteen minutes later, we found an exasperated 16-year-old waiting impatiently at the entrance to an almost empty parking lot. Even though I thought we had everything under control, the inevitable chaos of the occasion had caught up with us.

Whether you intend to plan a big bash or celebrate in another way, take in every detail of this special day, which symbolizes the infinite possibilities the future holds for your graduate.

Party time tips

Parties can send the calmest of parents into a tailspin, so preparation is key.

Timing: Plan the party several hours after the ceremony. You will have time to regroup or change your clothing. Other options: Party on a different weekend or host a "graduation eve" or "open house" get-together.

Food: Unless you have several relatives willing to donate casseroles, a catered event will ease the stress. Finger desserts served buffet style (in lieu of cutting a large cake) is a simple alternative.

New trend: party-size pizzas — simple and inexpensive.

Service: Consider hiring one or two servers so you can enjoy the celebration. Money saver: young teens in your neighborhood might be willing to work for a "tip."

Photos: Photo booths provide instant fun and party favors for your guests. Other options: place instant cameras on tables for guests to capture special moments. Ask your younger kids to snap random photos. Afterward, create a poster-size collage for her dorm room wall.

Activities: Sunshine calls for volleyball, KanJam (a Frisbee game), water balloon tosses, or tug of war, but plan for rain just in case. Guess the teacher: teachers' names are taped to graduates' backs — guests offer clues until the graduates guess correctly. Jar of M&Ms: ask graduates to guess the number of M&Ms in their school color or colors. Winner takes home the jar.

Don't break the bank:

- Dual hosting: Share costs with another family.
- Print your own invitations.
- Skip the rentals: Borrow extra tables and chairs.
- Bake cupcakes in lieu of ordering a cake.
- Skip the DJ: Play party selections from an iPod hooked up to wireless speakers.

Lose the stress

You want your teen to remember that you were all smiles on her graduation day, so avoid potential stress triggers.

"Graduation day marks a major life passage," says Jean Fitzpatrick, a marriage and individual therapist in Manhattan.

"It's natural for parents to feel the pang of knowing that their child is growing up and becoming more independent. Focus on staying in the moment and enjoying the day's events together," she suggests.

Dr. Jeffrey Guterman, a Florida-based licensed mental health counselor and author of the best-selling book "Mastering the Art of Solution-Focused Counseling," points out, "If parents are excessively stressed, it can help to encourage them to tap into their own natural effective coping skills. I encourage parents to

think about what has worked effectively for them in the past when dealing with stressful situations."

If you plan well, accept help when it's offered, and focus on your teen, graduation day will garner a lifetime of precious memories. Just don't forget the Kleenex!

Tips and tales

"We had a taco food truck come for my daughter's graduation party. Everyone loved it, and it was an easy cleanup!"

Joan Bullock, Hopkinton, MA

"We plan a graduation brunch."

Debbie Yaeger, Saugerties, NY

"Set up a 'photo booth.' You can rent a set up but it would be pretty easy to D.I.Y. All you need is a plain back drop, a camera on a tripod, consistent lighting under a tent, and lots of props-dress ups."

Victoria Kane, Hyde Park, NY

"We had a backyard picnic in August when the June flurry of parties was well past. I made a massive quantity of pesto — easy to serve at room temperature. We kept it simple: salads and made-ahead desserts."

Wendy Meade, Hyde Park, NY

"We went on a trip with a few of his friends."

Eileen Heller Sarter, Kennett Square, P.A.

Check out these websites for more creative ideas:

- www.punchbowl.com/party-ideas/graduation-parties
- www.hallmark.com/graduation/ideas/graduation-party-ideas/
- www.delish.com/entertaining-ideas/parties/graduation/

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Myrna Beth Haskell is a feature writer, columnist and author of, "Lions And Tigers And Teens: Expert Advice and Support for the Conscientious Parent Just Like You" (Unlimited Publishing LLC, 2012). For details, visit www.myrnahaskell.com.



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11 THINGS every child should do this summer



Getting the most out of the season!

BY CHRISTA MELNYK HINES

The lure of slowing down over the summer sounds idyllic in the whirl of hectic school schedules, but what do you do if your child is already singing the summertime boredom blues?

Try filling his dance card with this head-spinning assortment of creative, educational, and exhilarating activities.

Not only will you fight off boredom, but you'll also create plenty of new memories while relaxing, playing, and learning together as a family!

Here are 11 things to do this summer:

Tend a garden

Together with your child cultivate containers of herbs, tomatoes, or peppers. Take a digital photo each day to track the progress of the plant's growth. Have your child put the photos in order in a journal and write down any observations. Together, prepare a meal using your child's homegrown produce.



Sleep outdoors

Chris Starnes, a mom of three, says her family loves to camp. They look forward to hiking, biking, swimming, and a break from electronics. Want to take your family? Starnes suggests downloading a camping checklist from the internet and reserving a site at a state park.

"State parks are cleaner and well-patrolled and there are usually activities for the kids at some point during the day or weekend," she says. "Go where there is a playground. And, don't camp too far from restrooms — think evening or

middle of the night trips!"

Stare at the stars

On a clear night, direct your family's gaze toward the heavens. Try identifying a few of the 88 different constellations, many of which are named after mythological men, women, and animals. Is your child interested in learning more about the characters dotting the celestial night sky? Read "D'Aulaires' Book of Greek Myths" by Ingri and Edgar Parin D'Aulaire.

Pick berries

Bring summer home in a bucket of berries. Check out pickyourown.org to find a farm near you. Celebrate the fruits of your labor by baking muffins or enjoying berries over homemade ice cream!



Go local

Area farmer's markets offer an assortment of colorful, seasonal produce. There's no better time to taste locally grown foods and experiment with new wholesome recipes in the kitchen with your child.

Build and fly a kite

"The experience never fails to fill adults and kids with wonder every time they fly a kite," says

Sean Beaver, a kite enthusiast and father of two.

Kite flying is an inexpensive and relaxing activity. Check out the American Kite Association website, aka.kite.org, which

provides educational resources,

including the history of kites and the science and math behind kite flying.

Cook up a story

Recipes help kids practice math and reading skills, but also try giving cooking a literary twist that will delight even preschoolers.

Read a book like "If You Give a Pig a Pancake" by Laura Joffe Numeroff and make pancakes together. An older child who likes "The Little House on the Prairie" series might enjoy "The Little

House Cookbook: Frontier Foods from Laura Ingalls Wilder's Classic Stories" by Barbara M. Walker. Got a "Star Wars" fan? Check out the "Star Wars Cookbook: Wookie Cookies and Other Galactic Recipes" by Robin Davis.

Tour a working farm

Show your child how foods make it to grocery store shelves by touring a local farm or dairy. Many places offer tours by appointment and schedule themed events.

Chase fireflies

Fireflies like grassy, humid areas near ponds and lakes, as well as tree areas and fields, away from urban lights.

To attract fireflies to your garden or yard try turning off your home's exterior lights. If you capture any fireflies, put them in a ventilated jar with a wet paper towel to keep the jar humid and allow the fireflies to breathe. Due to light pollution and insecticides, firefly populations have decreased. Be sure and let them go after you're done admiring their flashing lights.

To learn more about fireflies, visit www.firefly.org.

Birdwatch

Learning about birds local to the area helps children appreciate and build interest in their natural surroundings.

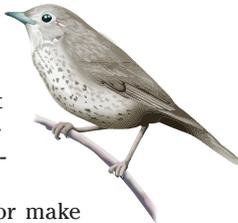
Purchase or make a bird feeder to attract birds to your backyard.

Use a local bird guide and listen for different bird song to try and identify the birds visiting your yard.

Plan hometown field trips

New experiences help kids learn, grow, and feel a connection to their community. Check out the multitude of museums on topics that might interest your child and explore historical landmarks.

Freelance journalist Christa Melnyk Hines and her family are doing lots of exploring this summer! Christa is the author of Confidently Connected: A Mom's Guide to a Satisfying Social Life.



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Unlikely summer

Studying can't stop in June when there's a big test on the horizon

BY FRANCES KWELLER

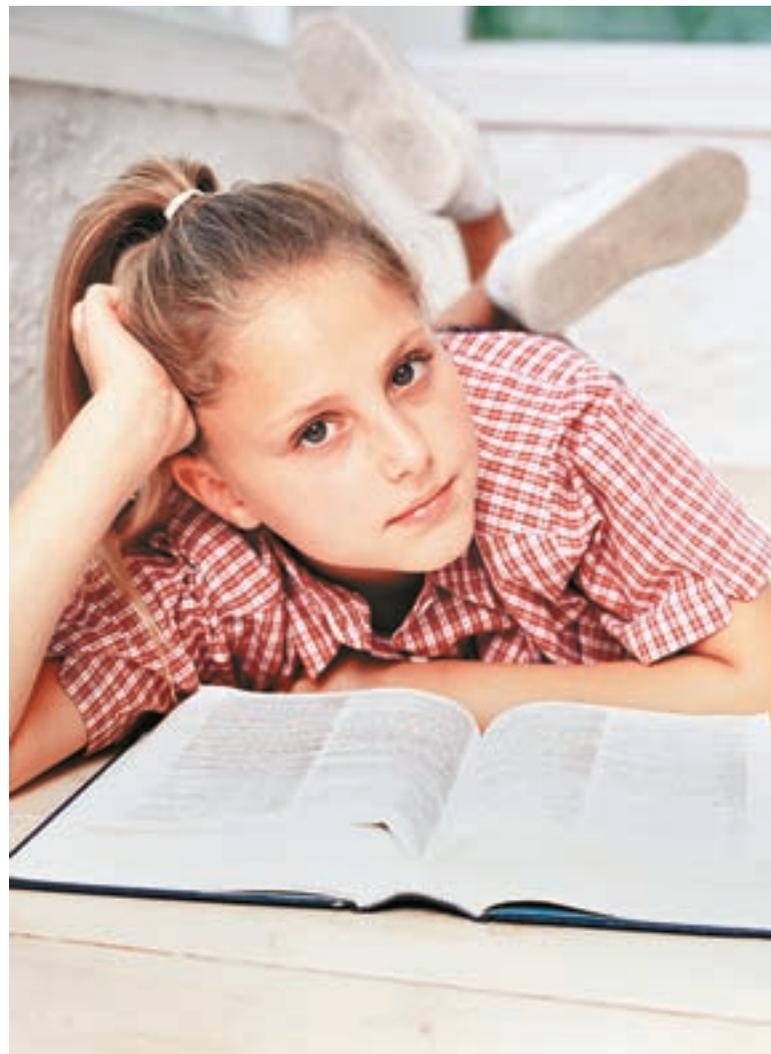
Winter has turned to spring and with the warm weather comes thoughts of summer. For many New York City parents, this is the time to start thinking about planning summer activities for the kids. Your children have worked hard for the past 10 months, and visions of hot summer days, ice cream cones, and water sports dance in their heads. It's tempting to let them sit back, relax, and watch the days fly by. After all, isn't this the time in their lives to let them lounge at the beach with their friends and get a tan?

The answer: your kids have the rest of their lives to do those things. But they only have this one moment to prepare for the New York City Specialized High School Admissions Test program. This is the time to make preparations for the future — preparations that will have significant and profound effects on their lives.

In an increasingly competitive world, getting into a specialized high school can make a pivotal difference in your child's future. As former New York City Comptroller John C. Liu wrote for *The Huffington Post*, "The Specialized High Schools are the equivalent of New York City's Ivy League. Admittance to these schools is a ticket to success. They bring an almost certain guarantee of high school graduation, in a city where the graduation rate is 65 percent, and an almost certain guarantee of college acceptance. More than a quarter of the graduates of Stuyvesant and Bronx Science go on to university in the real Ivy Leagues, at Harvard, and Yale, and Brown, or other top-tier colleges."

Getting a high score on the test is the only way to gain possible entrance into a New York City specialized high school and enrolling your child in a competitive test prep course gives your child the strongest advantage.

There are many local test prep companies that offer comprehensive summer camp tutoring programs that have had tremendous success in helping students get into



top New York City high schools. Classes often take place four days a week, with both morning and afternoons sessions offered. In addition, students can elect to attend weekend sessions instead. Some even offer trips for both high school and college tours on Fridays.

You may be thinking that your child can simply study for the test on their own, in their spare time, and ace it nonetheless. This is not a mistake you or your child can afford to make. Even the most disciplined students need a structured setting in order to properly prepare for this challenging exam. Especially during the summer, procrastination is far too easy of a trap to fall into, and these classes are necessary to keep your child focused. In addition, top-notch tutors will help

your child truly grasp the material to an extent that no prep book can match.

And if you're still not sure that you want your child to sacrifice his endless pool-lounging, just think about it. There is, in fact, still plenty of time to lounge by the pool or at the beach this summer. And that relaxation will feel so much better after a hard day of working and learning, knowing that you are taking key steps towards a successful future for your child. Over indulging won't make you happy — but your child's admission to Stuyvesant, Bronx Science, or the college of his dreams most certainly will.

Frances Kweller is an education and testing standards expert, and founder of Kweller Prep.



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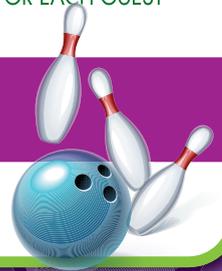
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Parenting a challenging child

Sanity-saving
advice and
solutions for
concerned
parents

BY MICHELE RANARD

If you are parenting a behaviorally challenged child — one who is highly inflexible, defiant, and in trouble much of the time — then you may be all too familiar with the confusion, anger, guilt, and shame

that go with the territory.

Challenging kids make life significantly more difficult for their families, teachers, and others with whom they interact. They are often poor problem solvers with rigid interpersonal styles. They may have meltdowns and explosive episodes a few times a week or dozens of times daily.

But there is help — and hope.

Snapshot of the challenging child

Because of the variety of symptoms and severity, challenging kids may receive a diagnosis of Oppositional Defiance Disorder, Asperger's Syndrome, Conduct Disorder, Obsessive-Compulsive Disorder, or others.

Challenging kids may get in trouble

for non-compliance at home, school, or both. They have difficulty following instructions, switching gears, getting along with others, and responding appropriately to a variety of social situations. They have outbursts and may swear, hit, spit, throw things, or assault others.

Parents of challenging kids often feel stuck and desperate when the use of rewards and punishment is ineffective, especially given that such strategy is often prescribed and is at times effective with less-challenging children. Challenging kids may embarrass their parents with noncompliance so much that they become convinced their child enjoys being hostile and mean!

What causes the outbursts?

Too often, parents mistakenly blame themselves for their child's misbehavior. Blame may also come from well-meaning friends or school personnel who believe their parenting is not strict or consistent enough.

But parenting techniques are only one factor impacting children's behavior.

Author of "Lost at School" (Scribner, 2008) and "The Explosive Child" (Harper, 2010), Harvard Medical School instructor and pediatric psychologist Dr. Russ Greene writes, "Challenging behavior occurs when the demands of the environment exceed a kid's capacity to respond adaptively. In other words, it takes two to tango."

In "When Your Kids Push Your Buttons" (Grand Central Publishing, 2004), parent educator Bonnie Harris explains, "Children feel under attack from negative judgments and criticisms and are often left with no choice but to engage in counterattack."

On the surface, challenging kids



may appear to be attention-seeking, manipulative, limit-testing, and poorly motivated, but this may not be the case! Children often harbor unsolved cognitive problems, which they lack the skills to solve on their own.

Experts who work extensively with defiant children and families insist that challenging kids do not enjoy tormenting or offending people. Harris states, "Children want to be successful. No child is happy being manipulative or out of control."

These kids frequently have trouble reading social cues and use aggression and defiance for self-preservation.

The importance of empathy

Being responsive and showing empathy is critical to managing challenging behavior. Dr. Greene asserts that when parents show empathy and teach skills for adaptive behavior, behavior improves.

On Greene's Lives in the Balance site, he teaches the definition of good treatment which is "being responsive to the hand you've been dealt" and is not "treating every kid exactly the same."

Philip and Nancy Hall, who wrote "Parenting a Defiant Child" (AMACOM, 2007) believe parents need to display empathy and "the know-how to help their children develop and sustain meaningful relationships."

And in "Confident Parents, Remarkable Kids" (Adams Media, 2008), Harris explains that parents' expectations of their child must be based on who he is, not on who they wish he would be. She writes, "To affect their behavior, their internal state must first be understood, then accepted, then addressed."

Help for families

Because of varying philosophies and approaches to helping challenging kids, parents should educate themselves to choose experts and solutions which offer a good fit.

A fairly new approach is Greene's Collaborative Problem Solving, which involves three parts: learning about your child's perspective, clarifying your own concerns, and brainstorming solutions. The role of parents is to figure out what is getting in their child's way of not doing well.

Greene stresses that solutions to behavior problems take great

effort, bravery, and practice. But since this method eliminates any power struggle, the outcome is win-win. To learn more about it, visit www.livesinthebalance.org/what-collaborative-problem-solving-and-why-it-important.

Harris also endorses a collaborative approach with kids who push your buttons, and her excellent tips for coping include:

- When emotions are heated, stop dangerous actions only. Do not react.
- Never try to teach a lesson or solve a problem in the heat of the moment.
- Walk away if you think you will yell, blame, or shame.
- Count to 10.
- Inhale and exhale deeply at least three times.
- Find a word or phrase to repeat to yourself that will hold you back from reacting even for a second.
- Remind yourself that your child is having a problem not being a problem.
- If your emotions are high, acknowledge that you are having a problem as well. Own it.
- Don't make your child responsible for your feelings or reactions.
- Don't take it personally. Do be a sounding board.
- Appeal to your child's sense of fairness and logic.
- Remember, this too will pass.

Because challenging and defiant children come in all shapes and sizes, there is not a one-size-fits-all treatment or prescription. An important first step, even if you are struggling to define the problem, is to seek help, stay positive, and cling to hope.

Michele Ranard has a husband, two children, and a master's in counseling. Visit her at hellolovelychild.blogspot.com.

Resources:

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New dad nerves

Helping first-time fathers adjust to their postpartum life

BY DENISE YEARIAN

When a child is born, much emphasis is placed on helping the new mother and baby adjust. But they aren't the only ones undergoing change.

Most first-time fathers experience stress due to sleep deprivation, change in routines, and their own apprehensions about parenting.

"There are a myriad of emotions that come with being a new father," says Armin Brott, author of multiple books and a DVD on fatherhood. "Most often it's a feeling of pride and excitement, at the same time there can be apprehensions — 'Will I be a good father?' 'Can we afford this?' 'How is this going to change our lives?'"

This was what dad David

Wuttke found.

"When my son David Jr. was born, I had overwhelming feelings of anxiety and excitement all at once," he says. "I had been babysitting since I was 16, so my anxiety wasn't about child care, it was the reality of the responsibility that this was my son — and that sent a shock to my system."

Just knowing there's another per-

son to care for can be a big stressor for first-time fathers. Couple that with the fact that many men don't initially know how to bond with their newborns.

"If a mother is nursing, it naturally brings her in contact with the baby," says Brott. "Dads don't have that same natural bonding method, so they often get stuck doing the dirty work, but it shouldn't be that way."

Susan Maroto, a licensed social worker and parent educator in prenatal care and postpartum adjustment, agrees.

"There are things moms can do to help dads feel competent in that role," she says. "Encourage them to take part in all areas of child care — feeding, bathing, reading, and putting the baby down. Just be careful you aren't overly critical. Standing behind your husband and correcting his every move will only frustrate him. Show him what needs to be done then let him develop his own style."

Fortunately for Wuttke, basic training occurred as a teen sitter and paid big dividends when his son was born. Soon after his wife Christine delivered, she enrolled in college and David was thrust into solo evening child care.

"I never had to think about how to take care David. I just fell back on my babysitting days," says Wuttke. "If he was crying, I would say, 'Okay, let's guess what he needs?'" Then I'd check his diaper. If that was okay, I'd try to feed him. If he wasn't hungry, I thought maybe he had gas or needed to sleep. One of those usually did the trick."

For Anthony Franco, the adjustment wasn't that easy. When his wife Lisa gave birth to the twins, Franco seemed to be fine. But four months into it, things changed.

"I started experiencing panic attacks and didn't know why," he remembers. "I would be in the supermarket when all of the sudden I would get this overwhelming sense of dread and lightheadedness."

This went on for several months until Franco finally went to the doctor.

"He asked me where it was happening, and I told him it was when I was buying diapers, formula, and other things for the twins," he continues. "That's when he pinpointed the problem. He said this happens to a lot of new fathers. He prescribed a little anti-anxiety medication and then I was fine."

Brott believes it's important for

Resources for new dads

Dads have an important role with babies, too. And being a new father can be tough. Here are some tips:

- Realize the father's role is as important to the baby as the mother's.

- Remember experience is the best teacher. If the new dad came from a home where there were younger siblings or he has friends with babies, he may fall into the parenting role quicker.

- Encourage the new father to get involved in all aspects of child care — bathing, feeding, reading, and putting the baby to sleep. If he needs a little coaching, give him the basics then let him develop his own style.

- The wife should be careful not to criticize her husband's efforts, as this will only frustrate him. Encourage him and make him feel competent in his new role.

- Realize that some babies, such as those with colic, are more of a challenge to soothe. If the baby is crying, look for obvious signs of discomfort — diaper change, hunger, fatigue, gas. Try to spend 10 minutes at any one strategy. If it doesn't work, try another one. Remember newborns can also suffer from over stimulation due to lights, motion, sounds and people — things that may seem normal are a drastic change from a quiet womb.

- The new father should take on the role of communicator with outside family and friends, and set limits and boundaries, if needed. Encourage others to help in practical ways, such as dropping off meals, running errands or watching the baby so

the couple can take a walk.

- Extended family can be a huge help or significant stressor. Encourage well-meaning but intruding relatives to refrain from giving unwanted input with regard to child care.

- One of the father's biggest roles is to support the mother. This includes keeping an eye out for postpartum depression, which may have a delayed onset.

- Couples should keep a constant line of communication open with one another and discuss how the adjustment is going. Talk about things that are and are not working, and make suggestions for change.

- Make sure the new father has an outlet where he can share his stress. Look for a father support group or friend who is or has gone through this stage in life. If he doesn't share his concerns, that stress may build.

- Couples should work at nurturing the marriage relationship, as this will benefit the parents and child. If extended family is local, schedule occasional date nights. If this isn't an option, look for creative ways to give the marriage attention — back or foot rubs, a note in the spouse's lunch box, or a quick e-mail sent to the office. Couples' communication should include more than just baby talk.

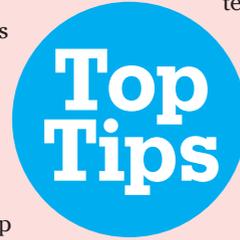
- Make time for intimacy. Couples should be sensitive to each other's needs and work together to find a compromise.

- Try to find time for one's self. It may be impossible to maintain the

before-baby lifestyle, but determine what is most critical for each parent to relieve stress — sleep, exercise, time out of the house — and schedule that into the week.

- New fathers should be aware of their emotions. If they feel anxious or depressed for an extended period of time, they should talk with their physician.

- Realize it gets better. The more time fathers spend with their baby, the easier it will get. Right now things aren't normal, but life will take on a new normalcy in time.



Looking for more?

Here are some resources for new fathers.

Books and DVDs:

- "Be Prepared: A Practical Handbook for New Dads" by Gary Greenberg and Jeannie Hayden

- "The Expectant Father: Facts, Tips and Advice for Dads-to-Be" by Armin Brott

- "The Father's Almanac: From Pregnancy to Pre-school, Baby Care to Behavior, the Complete and Indispensable Book of Practical Advice and Ideas for Every Man Discovering the Fun and Challenge of Fatherhood" by S. Adams Sullivan

- "New Father Book: What Every New Father Needs to Know to be a Good Dad" by Wade F. Horn, Ph.D. and Jeffrey Rosenberg, MSW

- "Toolbox for New Dads: Because Babies Don't Come with Instructions" by Armin Brott (DVD)

Websites:

- www.newdads.com

- www.mrdad.com

men to have someone with whom they can share their stress.

"Some men have close friends they can confide in. But a lot don't, so they keep all those concerns in and the stress level builds," he says. "They shouldn't be afraid to talk with other men and find out what they have gone through. Chances are they'll find others felt the same way too."

One concern most new fathers share is fatigue. Franco and Wuttke both had a hard time with this.

"The one thing I really didn't expect was that time on a 24-hour clock had no meaning anymore," says Franco. "It became irrelevant

after a while and we just fit sleep in whenever we could."

The Wuttkes solved this problem by enlisting the help of relatives.

"There were times Chris and I said, 'We need a break,' and my mom would take David so we could rest. We even called my grandparents so we could have an occasional night out."

Extended family and friends can be a huge help or add significant stress, depending upon the dynamic of the relationship, say experts. This is where husbands can help their wives by setting boundaries.

"Dad should take the role of communicator outside the family and, if

needed, limit visitors," says Maroto. "Encourage others to help in practical ways such as dropping off meals, running errands, or watching the baby for 20 minutes so the couple can take a quick walk."

What's most important is to realize this is a period of adjustment and life does get easier.

"It's like anything new, it takes a little time," says Franco. "It took about 18 months before I became completely comfortable with the twins. Now we're pretty much inseparable."

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

Allergy busters!

Helpful tips for making your home allergen-free

Allergy season is back, and another miserable year for the “wheezes and sneezes” is being predicted. Kids of all ages — from babies to teens — are vulnerable to things like dust, hay fever, pollen, and mold. You may not be able to control the outdoors, but you can control your indoor living spaces, turning them into allergy-free zones.

Robin Wilson is a healthy space designer and head of Robin Wilson Home. She is an ambassador for the Asthma and Allergy Foundation of America and has a hypoallergenic bedding line at Bed Bath and Beyond.

She says most parents don't realize that their home is probably making their kids sick, but there are simple solutions to help.

Her tips:

- Make sure your children use synthetic pillows instead of feathered ones, and anti-allergen or hypoallergenic pillow cases and covers. Wash the pillow case once a week, the pillow protector at least once a month, and wash the pillow at least twice a year. Replace your children's pillows every three years.

- Don't use a vinyl shower curtain in your child's bathroom, because it holds mold more easily, which could lead to off-gassing (the release of a chemical, especially a harmful one, in the form of a gas). Instead, choose a nylon curtain.

- Use non-VOC (volatile organic compounds) paints in your child's bedroom, which won't off-gas, leave an obnoxious paint odor, or stir up asthma or allergies. It looks just as good on the wall as regular paint.

- Avoid wall-to-wall carpeting in your child's bedroom. Tile and hardwood floors are a much better choice, but must be cleaned on a regular basis to eliminate dirt and dust. Shake out and vacuum area rugs on a regular basis as well. Use a vacuum with a high-efficiency particulate air filter.

- Watch for mold in your child's

sinks and bath drains. Other likely places in the home to find mold is in dishwashers and refrigerator pans.

- Use slip covers on sofas and chairs that can be washed regularly to eliminate dirt and dust. This is especially important if your children spend a lot of time reading or watching TV in the living room.

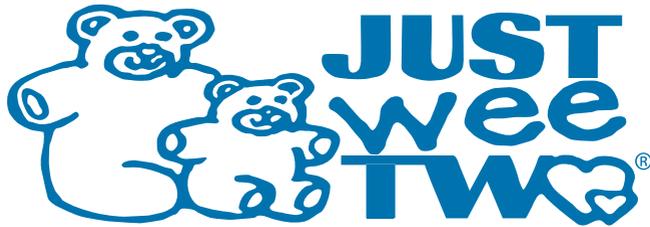
- Keep pets out of

your child's bedroom and definitely don't ever let them on the bed. Pets should be bathed often to reduce dander.

- Make sure your children take their shoes off before coming inside. This prevents the outside world from coming in.

Please consider these simple ways to make your home cleaner and safer, which will help reduce children's allergies.





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Sweet nothing

New book explores how a sugar-loving family shunned all fructose for a year

BY ALLISON PLITT

Writer, cook, and mother Eve Schaub managed to get her family to agree to eat no sugar for an entire year. More specifically, during all of 2011, she, her husband, and her 6- and 11-year-old daughters attempted to avoid eating sugar. She wrote about her experiences in a blog which she then developed into her first book, “Year of No Sugar,” published by Sourcebooks last month. There were a few exceptions to the rule — the family could eat one sugary dessert together every month, and her daughters could eat whatever was given to them at their school, as long as they told their mother about it.

When Schaub says no sugar, she doesn’t just mean the usual list of culprits — cake, candy, and ice cream. She means anything containing fructose. Schaub says she was first warned about the dangers of fructose from watching a YouTube video by Dr. Robert Lustig, professor of Pediatric Endocrinology at University of California-San Francisco, called, “Sugar: The Bitter Truth.” In his video, Lustig says, “fructose is a poison ... and fructose is in sugar — all kinds of sugar.”

According to Schaub, “Lustig calmly drops facts like precision bombs” such as,

- “As a society, we all weigh 25 pounds more than our counterparts did 25 years ago.

- Even as our total fat consumption has gone down, our obesity has continued to accelerate.

- Americans are currently consuming 63 pounds of high-fructose corn syrup per year.”

Another person Schaub refers to in her book is David Gillespie, who didn’t eat sugar for a year and lost 90 pounds. He chronicles his year without sugar in a book called “Sweet Poison: Why Sugar is Making Us Fat.”

In the beginning of her own book, Schaub creates a list of facts in which she presents evidence that fructose should be treated as a health hazard just like cigarettes. Besides citing Lustig and Gillespie as her sources, she uses statistics from the Centers for Disease Control and Journal of the American Medical Association to make the following statements:

1. “All sugar (i.e. table sugar, fruit juice, maple syrup) contains fructose.

2. Fructose does not satisfy hunger, so you eat more food than your body needs.

3. Fructose may not be used by any of the cells in our body, except the liver.

4. In processing fructose, the liver produces bad things: uric acid and fatty acids.

5. Too much uric acid causes gout and hypertension.

6. Too many fatty acids cause non-alcoholic fatty liver disease (cirrhosis), cardiovascular disease, insulin resistance and type II diabetes, and obesity.

7. The clustering of two or more of the four conditions above is called Metabolic Syndrome. Virtually unheard of only a few decades ago, one

in five Americans suffers from it today.

8. Additionally, circulating fatty acids have been proven to speed the growth of cancer cells.”

From what I could infer from Schaub’s book, no one in her family has a weight problem, but she was so concerned about the food her family was eating, and she was so inspired by Gillespie’s book, that she convinced her family to not eat sugar for 12 months starting on Jan. 1, 2011.

Underestimating the amount of sugar in processed foods, Schaub initially spends a lot of her time in supermarkets reading the ingredients on product boxes. She is in shock when she finds fructose in products she never imagined would contain it — bread, salad dressing, mayonnaise, soup, even chicken broth. When she goes to sub shops to get sandwiches, Schaub finds there are glazes and additives (i.e. sugar) on the meats.

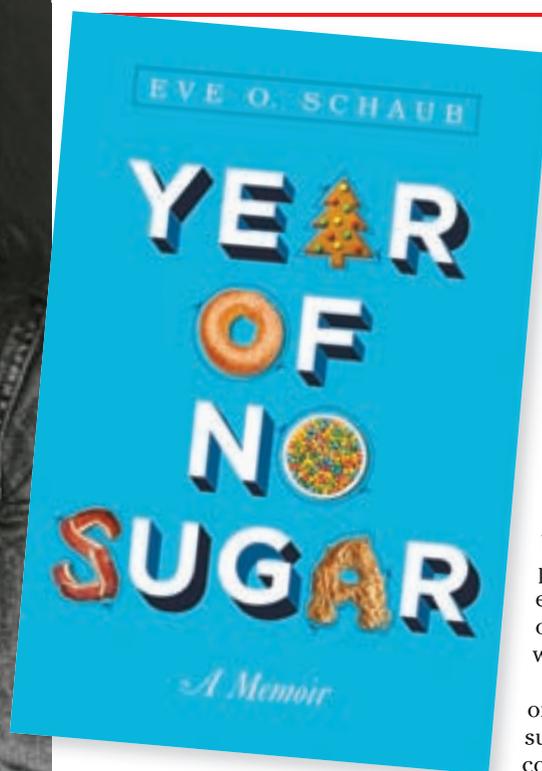
Restaurants are just as hard for her family. On one of the first excursions





Photo by Stephen Schaub

When Eve Schaub looks over the breakfast menu at her daughters' school, she realizes that 97 percent of the items that the school cafeteria serves the children for breakfast have fructose in them.



out during the year of no sugar, the family had to leave several restaurants because of the lack of available food not containing sugar. Frustrating the staffs at these restaurants with their no-sugar requests, the Schaub family was finally able to eat in a local German restaurant, which can accommodate their no-sugar policy with a plate of wiener schnitzel and noodles.

It seems that no matter where Schaub and her family go, fructose is pervasively present. For example, when Schaub looks over the breakfast menu at her daughters' school, she realizes that 97 percent of the items that the school cafeteria serves the children for breakfast have fructose in them. Let's not forget about the drug industry. How many kids do you know who take gummy vitamins daily? Another shot of pure fructose.

This inevitably leads to Schaub cooking every meal from scratch. She tries to find sweeteners without fructose to cook with to sweeten some of her meals and is surprisingly discouraged by the lack of options. She researches coconut water, carob chips, and agave as possibilities, but she later learns they all contain fructose.

Finally, Schaub comes home exhausted one evening without a planned meal and serves her family a bag of frozen Bertolli chicken with cream sauce and bow-tie-shaped pasta. After the meal, she reads the ingredient label and discovers a word she didn't know: dextrose. After consulting with Dr. Lustig, she finds that dextrose is the Holy Grail she had been searching for — a non-fructose sweetener.

Before you know it, she buys a huge jar of dextrose from Amazon.

com and starts adding it to all sorts of foods to make them taste sweet. However, by July, the entire family finds they can no longer finish eating their monthly sugar-laden dessert choices because of their excessive sweetness.

When Schaub and her family travel to Italy for two weeks in August, they realize the fructose dilemma is really an American epidemic. For example the family doesn't have to ask the waitstaff in the restaurants if sugar is in any of the foods, because they can taste the authentic freshness of the ingredients. When the family eats their August dessert in Italy, they can actually taste the ingredients as Schaub recounts, "The apple strudel tastes like apples; the birthday chocolate pie tastes of pastry and cream. No explosion of sweet; no King Kong-sized portions."

Honestly, I was disappointed by the number of pages Schaub devoted to describing how she could make desserts with dextrose, the reasons behind why her family chose their monthly desserts, and how much she craved foods with sugar in them.

I was hoping to read more about the unsweetened foods she was

cooking for her family. I finally got my wish at the end of the book when Schaub describes how she makes spaghetti and meatballs, which involve her baking bread to use in the meatballs. She also makes her own sauce by adding cans of diced and crushed tomatoes together with a whole bunch of other fresh ingredients.

Nevertheless, I still hold Schaub in high regard. She sews her girls' Halloween costumes, grows a garden in her backyard (so she can use the plants in her recipes), cooks everything from scratch, cans her own jams, and then eloquently writes about it all.

So what does 12 months of eating no sugar lead to? In sum, Schaub becomes a better cook, the family feels healthier, and her children are less sick and less absent from school. Even Gillespie remarks in his book, "Sweet Poison," how sick American kids get right after Halloween. On a personal note, Schaub notices she can go to the bathroom regularly at least once a day. Forget the fiber bars — just eliminate fructose from your diet.

After their year of deprivation, the Schaub family settles back into a routine of moderation in 2012. Schaub finds she doesn't need to eat foods coated in sugar anymore.

"Sodas, ice cream sundaes, carnival cotton candy all now strike me as slightly gross," Schaub writes. "However, I can order the mango sticky rice at the Thai place and simply enjoy it."

Schaub also admits that she used to bake desserts for people to show her affection for them, "a concrete manifestation of love." Now she knows she has other options.

For more information about *Eve Schaub* and her new book, visit her website <http://eveschaub.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*.



No more **tug of war!**

After divorce,
how to work
together
although you
live apart

BY GAYLA GRACE

The back-and-forth routine that accompanies many children who have a mom and dad living in different homes often brings exhaustion. For kids, it can create confusion, anxiety, and turmoil.

Our children need a stable home environment, free of tension and chaos, to develop a healthy self-image and succeed in school. If you spend any time at your child's school, particularly middle and

high schools, you'll notice the pressure and demands they face. Minefields at home only create more stress.

As parents and stepparents, what can we do to enable healthy interactions and positive self-esteem? One of the best ways to promote success is to commit to do your part in maintaining a friendly relationship with your ex.

I know — you'd rather eat a cockroach than talk about how to live in harmony with your ex or your spouse's ex — but it's vital to

the well-being of your children and stepchildren to maintain an amicable relationship. That doesn't mean you have to be best friends with your ex-husband, or your stepson's mom, but you do have to commit to being cordial with them.

I will be the first to admit this hasn't come naturally. I maintained a contentious relationship with my ex-husband for too long after our divorce. Although I tried hard not to speak badly of him to our girls, I'm sure they could sense my disapproval of his lifestyle and critical

Happy home(s)

Here are seven tips to help enable healthy interactions and positive self-esteem in your own kids and your stepkids:

- Don't meddle in the affairs of the other home.
- Maintain a cooperative and flexible attitude with your ex when discussing the kids' schedules.
- Keep conflict with your ex-



spouse away from the ears of your children.

- Encourage your children to be responsible with their belongings.
- As a stepparent, offer grace and understanding to your stepchildren.
- Consider the needs of your children and stepchildren as they transition.
- Commit to a new tomorrow when you fail.

spirit toward him when we negotiated visitation. It's important to remember that our children are half of their other parent and when we speak badly of that parent, they turn the negative remarks inward, leading to a negative self-image.

As your children move between homes, help them learn responsibility by reminding them to stop and think about what they need to pack when they leave one home and move to the other. As a stepfamily coach, I often hear stepparents complain about their stepkids making multiple trips to their house on the off week because they left supplies, a project, a uniform, etc. Don't enable irresponsibility by allowing them to return multiple times for items they forgot.

As a stepparent, recognize the adjustment your stepchildren go through when they travel between homes. Allow extra time on transition days for kids to settle in, focus, and adjust to the routine of your home. Give them space if you sense they're struggling emotionally.

Don't maintain an overly ambitious schedule on weeks your stepchildren are in your home. Allow time to help with homework, run kids to ball practice, or sit down for a home-cooked meal. Stepfamily relationships are strengthened as family members spend time together in a relaxed environment.

Also, consider what it feels like to a biological parent to have someone else take part in raising their child. And be sensitive to how your stepchildren feel toward you and whether they want you at every function, or whether you should bow out and let the

biological parents take the lead.

As a mom and stepmom to five children, I understand the challenges that accompany kids moving between homes. My husband and I spent years negotiating schedules and seeking to provide a safe environment in which our kids could thrive.

My stepchildren and two of my biological children have now completed school and exited the nest, leaving my husband and I with only an "ours" child left at home. Some days I consider what I would do differently if all our kids were at home again.

I think I would offer a softer side toward my stepchildren when they've had a bad day at school. I'd be more understanding on transition days when they've just come back from their mom's house and need time alone. I'd extend grace more freely when my own kids didn't do their chores to my satisfaction. And I would insist on fewer extracurricular activities to allow more time at home for relationships to grow and bond.

Our child-rearing season passes quickly, and we're left with fond memories. Seek to enjoy the hassles! Step back, take a deep breath, and snap a few pictures of your growing child. Then consider what you can do to sow peace with those around you. Will you commit to take the high road as often as possible? Will you do your part to co-parent in harmony?

Yes, it's harder when kids move between homes, but it's not impossible to find peace.

Gayla Grace is an author and stepfamily coach with a his, hers, and ours family. She loves helping non-traditional families learn to thrive in their relationships.

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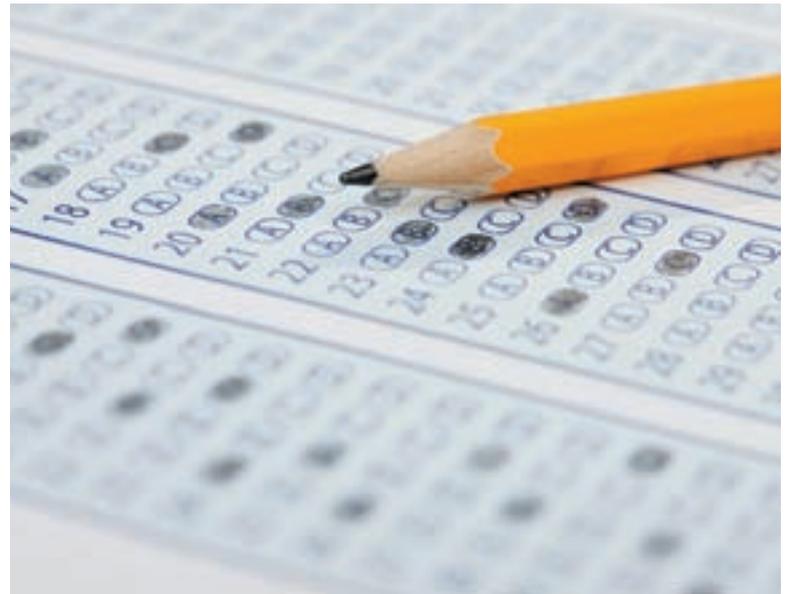
Uncloaking specialized high-school testing secrecy

BY FRANCES KWELLER

For many New York City parents, finding the right high school for your child to attend can be a daunting and exhausting process. There are several specialized high schools in New York City — Stuyvesant, Bronx High School of Science, Brooklyn Technical School, Queens High School for the Sciences at York College, Brooklyn Latin School, LaGuardia High School of Music & Art and Performing Arts, Baccalaureate School for Global Education, and High School for Math, Science and Engineering at City College — whose success can be measured by where its students go to college: Yale, Columbia, Brown, Michigan, Barnard, and Sarah Lawrence, to name just a few.

Not surprisingly, gaining admission to Baccalaureate School for Global Education and several other specialized high schools is serious competition. For Baccalaureate, for example, prospective students must pass a multiple choice, tightly timed, advanced math and English-based entrance exam as step one of the admissions process, which is held in January of sixth grade. Students must also present the school with their current teacher's letter of recommendation, and provide both their entire fifth grade report card and first quarter of sixth grade report card, including state test scores. The top percent of students are then selected for a group interview, generally held in March of that year, hosted by current Baccalaureate admissions officers, teachers and students.

In 2014, although more than 1,000 students applied for admission, and not even 100 were selected. Parents need to pay particular attention to when exactly their children can apply to this school — and carefully watch for deadlines. The percentage of students selected might be smaller if more parents were aware of the admissions process. This year, Baccalaureate



laureate scheduled its entrance exam for Jan. 27. On Jan. 2 — less than four weeks earlier — the school posted the time and location of the exam on its website (surprise!). Sticking fliers on the windows of parked cars would have been more effective in spreading the word.

All of the specialized high schools are free, all are excellent, but even parents of current and former students say that gaining admission is like joining a secret society. Unfortunately, several of these elite schools do a poor job advertising to their target clientele: families who can't afford a private education. The younger siblings of current students, or the children of former students, have no trouble getting the date of the next big entrance exam. What few parents know is that the secret society of New York Public Schools opens its doors as early as fifth grade. To remove the secrecy, I compiled a list of the city's best public schools along with their test dates. Here they are:

Grade 5

(all tests given in the fall)

- The Nest Plus M (Brooklyn)
- Anderson (Manhattan)
- Mark Twain (Brooklyn)

Grade 6

• Hunter College High School (Manhattan). Tests are in January and are invitation-only. You can only register if you score in the 90th percentile on the math and English state exam in the fifth grade. The cost to register is \$32.

• Baccalaureate High School (Queens). Tests are in January. Admissions officers look at a student's grade five and six report cards, state scores, and a letter of recommendation.

• Anderson (Manhattan). This is a new testing opportunity given in the spring. The school sends an e-mail invitation to parents of fifth-grade students who score in the sixth percentile on the English and math exams.

Grade 7

• Independent School Entrance Examination and Scholastic Achievement Test for private schools and scholarships. This test is in December.

Grade 8

• Specialized High School Admission Test. Test is in late October for all seven city specialized math and science high schools.

• Test for Admission into Catholic High Schools exam. Test is in November. Free tuition is available if a student scores in the top percentile.

Early awareness is a key component for parents to learn about the admissions process and testing opportunities that are available for the New York City specialized high schools. But success doesn't just start with awareness, alone. Parents need to be involved in encouraging their children to take on extracurricular activities and expose their children to as many cultural events as possible, all of which helps them to become as well-rounded as possible. This, coupled with a strong educational foundation, can help parents successfully motivate their children to achieving the future of their dreams.

Frances Kweller is not affiliated with any New York City specialized high schools mentioned in this article. She is an education and testing standards expert and CEO and founder of Kweller Prep.

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Year Olds

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7/7-7/11

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7/14-7/18

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7/21-7/25

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7/28 - 8/1

Lost in Space

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8/4 - 8/8

Anatomy: Body Language

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8/11 - 8/15

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8/18 - 8/22

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8/25 - 8/29

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3-8
Year Olds

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2-3.5
Year Olds

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3.5-5
Year Olds

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6-10
Year Olds

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The best recipe

Patience and love need to be in the mix

BY PATRICK HEMPFING

My daughter, Jessie, and I have made pancakes together since she was 3 years old. Now at age 9, she still enjoys mixing the ingredients, pouring the batter into the skillet, and flipping them. She loves making pancakes almost as much as eating them. However, because she smothers her pancakes with creative combinations of powdered sugar, various kinds of syrup, whipped cream, and cinnamon-sugar butter, eating them rates pretty highly.

One recent Sunday, Jessie said, "Let's make pancakes for breakfast." I responded, "I could eat pancakes," and went to retrieve the mix from the pantry.

"Uh oh, Jessie, the box is almost empty." Jessie, undeterred, went to her friend, Google. Seconds later, Jessie announced that she found an excellent pancake recipe. She tried to sell it to me by saying, "It has all five-star ratings and one

four-star rating." She began to call out the ingredients from her desk, located just off the kitchen. Boy, I thought, she really didn't want oatmeal and yogurt, her standard weekday breakfast.

When Jessie said, "baking powder," I thought I'd be making oatmeal, as I was confident we lacked

CHERISHING THE MOMENTS

this ingredient. But I checked the pantry just to make sure. Jessie got up from her desk and helped with the search. "I'm sure we have some, Dad."

"I don't think so, Jessie." I thought my pantry was disorganized before Jessie's hunt, but now I know what disorganized looks like.

I concluded we were out of luck, but Jessie refused to give up. She checked the pantry another time. She even searched the refrigerator. As I prepared to make oatmeal, I decided to check the cabinet where I keep a few spices and spotted the baking powder. It turns out that Jessie was right, and I was wrong. She was so excited when I pulled out the white can and held it in the air. (I hope it was because we could try her pancake recipe and not because she was right and I was wrong.)

We gathered all of the ingredients and prepared to make five-star pancakes from scratch. Jessie even felt comfortable tweaking the recipe. Instead of one tablespoon of sugar per the recipe, well, let's just say the batter contained adequate sugar. As she mixed all the ingredients, I pulled out the electric skillet. Jessie, with spatula in hand, then uttered the words we hear so frequently, "Don't look, please!" Jessie likes to surprise her mom and me with whatever she is doing (creating art, making a salad, etc.) and only wants us to see the finished product.

So I left her in charge and headed to the kitchen table to read the Sunday newspaper.

As Jessie poured the mixed batter into the skillet and joyfully flipped

away, I couldn't help but peek up periodically from my paper. It seems like only yesterday I was standing over her 3-year-old shoulders to make sure she didn't burn herself on the hot skillet or fall off of the stool she needed to reach it. Six years zoomed by quicker than Jessie and I found baking powder.

As I reminisced, Jessie provided me with periodic updates. "They're thicker; they'll be more filling." "I burnt myself. I'm okay. It's only a third-degree burn." I noticed that Jessie gave Sadie, our dog, a few sample tastes. Jessie had a grand time making pancakes two at a time. "I like dragging it out," she said.

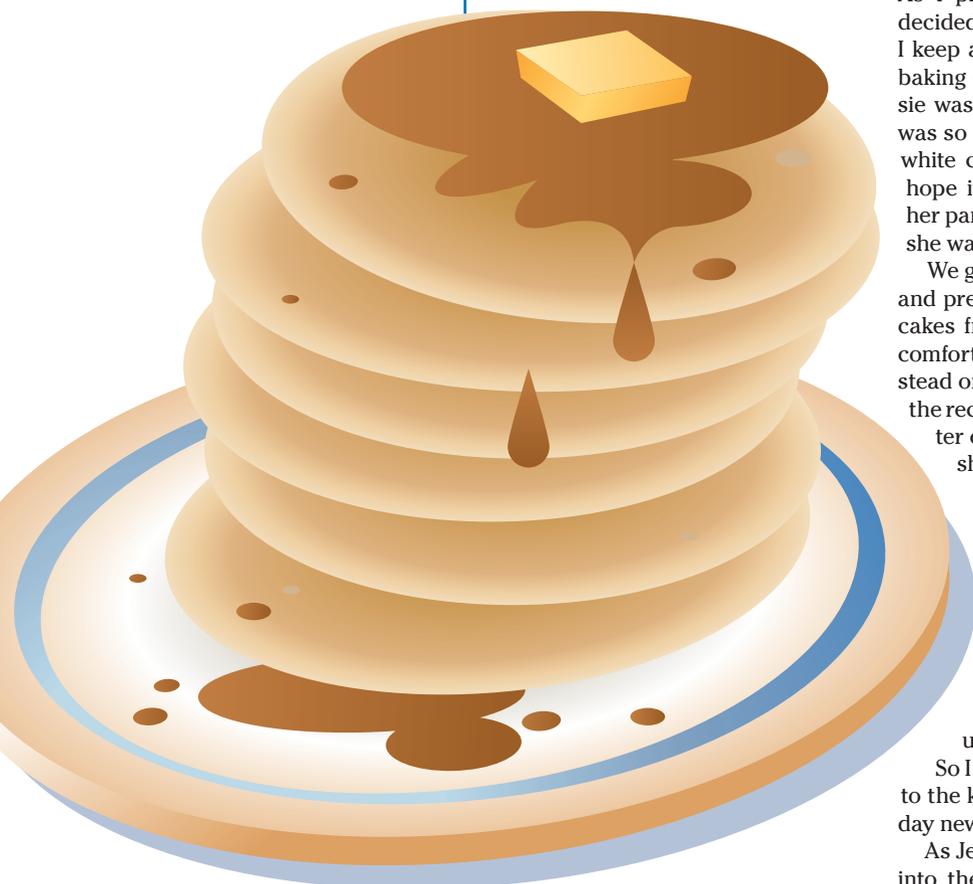
Now that I've had time to reflect on this experience, I have learned a number of things. Don't rush to make microwaved oatmeal. Extra sugar makes pancakes sweeter. Have enough soap on hand for cleaning up after "not looking." A five-star breakfast is a great way to begin a Sunday, especially for a dog. In addition, the experience was a good reminder that Dad isn't always right.

I've also concluded that besides eggs, flour, salt, sugar, milk, and baking powder, one other ingredient is needed. Extra sugar? No. Vanilla? Different story. It's patience. Patience to teach. Patience to learn. Patience to sit back and not run to the rescue. Spilled milk is easy to clean, although egg slime dripping down the kitchen cabinet takes some effort. Patience to listen. And patience to not say "no" right away. I'll also need patience to rearrange my messy pantry.

Before long, Jessie will be ready to try another recipe. I don't know if I'll have all of the ingredients and in the right quantity. But regardless of my pantry's status or my patience level, I'll never run out of the most important ingredient — love.

Remember to cherish the moments. I wish all moms a happy Mother's Day. May it be filled with an extra tablespoon of sugar as you fill your recipes and your homes with love.

Patrick Hempfing had a 20-year professional career in banking, accounting, and auditing before he became a father in 2004 at age 44. He is now a full-time husband, stay-at-home dad, and writer.



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DANIELLE SULLIVAN

Readier than ever

Summer vacation is finally within reach

It's been one heck of a school year, hasn't it? Between Common Core strife; snow day upon snow day; and mounds of homework, tests, and projects, we can finally see a finish line. From my view, it looks bright, shiny, and just within our reach. In fact, I can almost smell the paint from that brand-new finish line, and I'm so eager to reach it, I can practically touch it. I sound worse than the kids, right? I admit it. I look forward to summer vacation just as much as the children do.

I don't quite remember looking forward to it as much when I was raising my first daughter, who is now 21. I have always enjoyed a leisurely summer, but the insane curriculum and test prep of the state exams for my youngest combined with the strenuous college prep curriculum, Regents, and SATs for my teen has left us all in need of a very long mental vacation. Even 10 to 15 years ago, the pressure to get into a good school (take your pick of any grade ranging

from pre-school to college) was not as fierce.

Of course, the summer will not be without academic work. The kids come home in early June with large packets of math and English work, along with reading assignments. But the day-to-day grind of constant academic demands will lighten immensely at the end of this month.

The unrelenting winter did not help. Most of this school year felt like winter, even when it was technically spring. I look forward to the long days spent by the pool and coast, late dinners on the grill, and lax bedtimes. Yes, there will be the "I'm bored" moments, but for some reason after this past year, I am not dreading it.

As much as the kids and I are eager to start the summer of 2014, I can imagine that teachers are even more ready to close up their classrooms. The Common Core curriculum was, perhaps, more difficult on them as they tried to teach their subjects to the best of their ability while also prepping kids for the tests. My son's teachers did an outstanding job of

nudging the children along all year (starting back in the fall when they began test prep) while also keeping up with their curriculum as best they could. I think the teachers and students did a fabulous job but I am so relieved that this will all be over for at least a few months. They have earned a long and fun-filled vacation.

As moms and dad, I think we have, too. Just think, we have 10 weeks of never saying "do you have homework," "do your homework," "do you have a test," "did you study," and the absolute best one of all, "did you remember your lunch?" (I think I hate making school lunches more than anything else during the school year and I can't exactly pinpoint why.) But it doesn't matter now because no more pencils, no more books, no more darn lunches to cook. Bring it on summer. We're more than ready!

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.



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What is a neonatal intensive care unit?

Events during my pregnancy have made it more likely that I will give birth prematurely, according to my obstetrician. She has told me that should this happen, the baby may need to stay in the neonatal intensive care unit for at least a few days. All I know about the N.I.C.U. is that it is a place where the “baby incubators” are, so I can’t help but be scared for what lies ahead. Can you tell me a bit more about what a N.I.C.U. is and what goes on there?

My best wishes to you and your family during what must be an uncertain time; you are not alone in your situation. Approximately 12 percent of births in the United States are premature deliveries, occurring before the 36th week of pregnancy, so I’m happy to help shed some light on the purpose of a neonatal intensive care unit, and what generally merits treatment in one.

To start, not all babies born early will necessarily need to stay in a neonatal intensive care unit. A preterm newborn usually receives treatment in the unit if he or she

weighs less than 2,000 grams (4.4 pounds) at birth, is at risk of infection, has respiratory issues, a congenital heart defect, or other conditions that require constant monitoring and medical treatment. They are staffed by neonatologists, who are specialists in caring for high-risk newborns, and nurses with training in neonatology.

Medical devices in an unit are designed specifically for newborn infants. Incubators allow neonatologists to replicate the conditions in the womb, and have soundproofing that reduces noise to the levels a baby experiences in a mother’s uterus. Specially designed pillow-like devices are used to hold babies in the in-utero position. Ventilators, which assist newborns who have underdeveloped lungs with breathing, also warm and humidify the air before it enters the baby’s body. For a baby with especially weak lungs, neonatal intensive care units have devices that can maintain the circulation of oxygen throughout the baby’s body until his or her lungs grow stronger.

Over the past decade, family-

centered care has become crucial to any neonatal intensive care unit, because the stress that parents experience during the time that their newborn is in a neonatal intensive care unit can be considerable. In many neonatal intensive care units, parents are welcome to visit 24 hours per day, seven days per week, and can count on the presence of a physician or nurse who can answer any questions they have. Parents are also encouraged to listen and ask questions about their baby during daily bedside rounds, during which the attending physicians examine the babies, often with a team that includes resident physicians, medical students, nurse practitioners, and nurses.

Whether or not your baby will ultimately need to stay in a neonatal intensive care unit, take heart: advances in medicine and neonatology are increasing the chances that high-risk births will have good outcomes, and help to ensure that both newborns and parents have the best chance of leaving the hospital strong and healthy.



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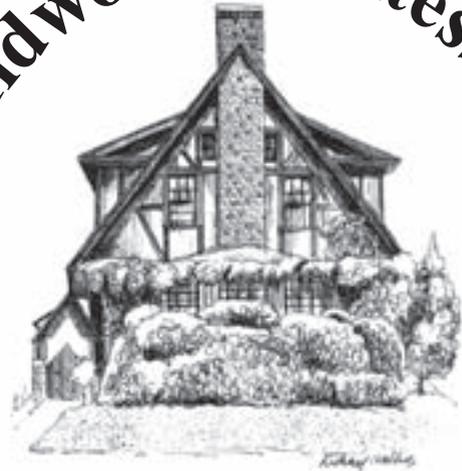
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Style magic

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BY TAMMY SCILEPPI

When popular children's-wear designer Bonnie Young waves her sparkly fashion wand, she seems to bring out the budding fashionista in girls and a cool, princely attitude in boys.

The style magic happens in her SoHo studio, attached to the ultra-modern, all-white, canvas-like loft space she shares with her husband, Luca Babini, and two children: Celia, 13 and Brando, 11.

Young's fun, très-chic creations for kids, tweens, and teens have graced the pages of top international publications. Her brand conveys a fresh, timeless quality — evident in her classic, well-tailored skirts, dresses, blazers, and outerwear. She is best known for looks that are infused with surprising, exotic undertones — signature touches of nomadic glamour, inspired by her travels to many faraway places.

We caught up with the elegant designer in March, shortly after her exciting fashion show in Chelsea's gallery district, part of the Vogue Bambini-petitePARADE/2014 Kids Fashion Week NYC. Adorable young models — including her own children — owned the runway, sporting the brand's must-have trends for the fall 2014 season.

Young was one of the five featured designers. Highlights from her new line for tweens and teens included comfy, sophisticated coats and jackets with plaid and geometric patterns (for girls' and boys' markets); a cool, black, retro "Brando" motorcycle jacket; a striking silvery dress, worn with a dark shearling jacket; and a champagne-colored gold dress, paired with a white, faux fur poncho — combos that any little fashion bug would love.

In this interview, Young talks about her family, career, and trend-setting creations.

Tammy Scileppi: Your au courant designs have taken New York City's kids' fashion scene by storm. So, when you're not working on your collection, or running about town with the kids, you probably can't wait to



Designer Bonnie Young and (opposite) her cool, trendy designs.

catch a few moments of downtime at home — relaxing or working in your light-filled studio. It sounds like a wonderfully inspiring place, and our readers are probably thinking, what better spot for an artist to create?

Bonnie Young: It's extremely challenging when it comes to focus. When you work where you live, it is very difficult to make divisions, and your life becomes a big balancing act. We always seem to be busy between my daughter's acting coach on 104th Street and the Downtown United Soccer Club training at Pier 40. (Her son, Brando, practices there).

I want to please my kids, yet I have to work, so there is always this tug of war within myself.

TS: What are your plans for Mother's Day?

BY: We go to Long Island, where my parents have a house by the beach, and we hang around the pool and play tennis all day with my family.

TS: What were the strongest elements at the fashion show, and what was the inspiration for your new fall collection?

BY: I would say, for me, [the Fall 2014] season was about outerwear. The double-breasted coat, for me, was the key silhouette. Coats are back. Perhaps because of the arctic winter we have been forced to endure, designers showed a lot of coats

on the runway.

I loved the kilt skirt for boys this season. I find that a man who can wear a skirt well has a great confidence and masculinity. In fact, soccer star Tim Cahill's son, Kyah, rocked that skirt with confidence!

The inspiration was futuristic romance. It was about a mix of classical mohair plaids, faux fur, and metallic. The colors were mostly pale grays and lavender, with a touch of silver and black, against the starkness of white shoes.

My background is women's. I was the creative director for Donna Karan for 16 years, so I believe that definitely influenced my aesthetics in my children's line.

TS: It seems your love of all that is ethnic and multicultural fuels your philosophy?

BY: Because I have traveled extensively, my clothes that I design have influences from all over the world. I have an incredible collection of tribal jewelry and vintage and tribal costumes.

While I was at Donna Karan, I traveled extensively, looking for inspiration.

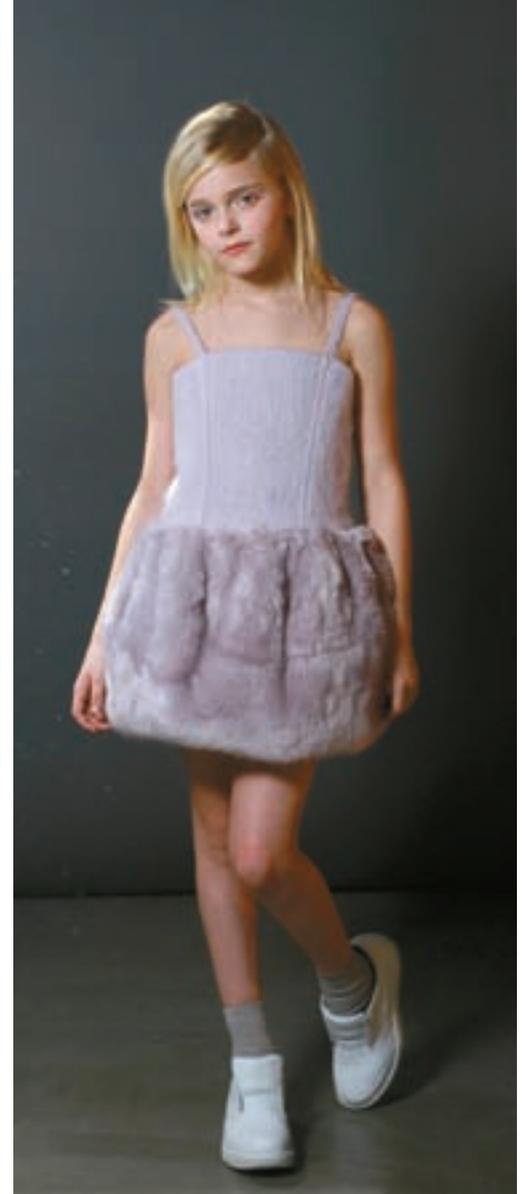
I met Donna in 1992, through her daughter's ex-boyfriend. I was living in Italy at the time and was in New York for a week, visiting my grandmother, who was ill.

Donna hired me on the spot. I did not want to move back to New York, and Donna was thrilled because all the fabric mills and factories were in Italy, anyway. She opened an office for me in Milan, and I began my bi-weekly, trans-Atlantic life.

In '97 I started to get antsy, and I was offered a position at Prada, which I ended up not taking. I had explained to Donna that I was not very inspired and needed to make a change, or travel around the world to get inspired. The latter happened and Donna sent me to India, Nepal, Tibet and China for two months.

I returned with more inspiration to do many, many collections — more than she could have ever imagined!

And so, for years I was between Milan, Florence, New York, and some exotic location, which became the in-



spiration for the next collection.

Some of those places included Papua, New Guinea; Mali; Japan; Benin City, Nigeria; Vietnam; Turkey; the Middle East; and the North Pole.

In those years, during my travels, I also published a book, "Colors of The Vanishing Tribes." I took photographs of tribes around the world, documenting indigenous people who have inspired me — and hence the Donna Karan collections — over the years. It was an exciting and memorable time of my career.

TS: What are Celia and Brando into?

BY: My kids, of course, wear my clothes. Celia loves to mix my pieces in her own way. She is inspired by Audrey Hepburn, and while I am a bit of a chic hippy, she is just chic!

My daughter is very lucky to have an entire studio as her closet — an extremely large closet with new collections to choose from every six months.

Celia has a big influence on the collection, so clothes are constantly

being designed for her. I wouldn't ever say she is a fashionista ... she just has great fashion style within her. She basically grew up in design rooms.

My fall 2014 collection was filled with amazing, new double-breasted coats; that came from her wishes.

Brando, on the other hand, has his own fashion point of view, strictly revolving around soccer. He has the largest collection of soccer jerseys from around the world.

I design soccer pants for him constantly because that is all he will wear on the bottom. In a way, he is a soccer fashionista!

TS: Does Celia want to follow in your footsteps?

BY: She loves fashion; however, she has an incredible voice and is an extremely talented actress. She is very clear that she wants to sing and act, and have children fairly early in life. She is amazing with little kids!

TS: How did you and your husband meet?

BY: We met at my very close friend,

Amy Sacco's, nightclub, Lot 61. My husband was a fashion photographer (and now he has moved into photography relating to social initiatives, marketing, and online strategies. He is also the founder of www.citizenbrooklyn.com — an online magazine catering to the new youth). He had photographed Jade Jagger for her jewelry line, and the party was at Lot 61. I would say it was definitely for me, love at first sight.

We were both traveling a lot at that time, so it took months for us to even have a first dinner together.

TS: Who is your favorite designer?

BY: I would say the designer I always loved the most is Jean Paul Gaultier. Karl Lagerfeld is someone I respect tremendously. This industry is such a young industry, yet Karl is quite old, and manages to put on the most influential collection and show, ever. The direction he took for Chanel is so clever and cutting-edge.

TS: What's family time like?

BY: We rarely get to just hang out. We leave the city quite often, but

when we can, we love to bike ride on the river; eat between Bar Pitti, Taka Taka, and Lupe's, and hang out with friends.

TS: Please tell our readers about your inspiring work as founder of Fashion Fights for Children's Rights.

BY: I have worked with a range of children's charities, from Solving Kids Cancer, for which I am one of the hosts of the annual benefit for the past five years, my daughter is the junior ambassador, to being on the board of Innocence in Danger (protecting children against trafficking and sexual abuse), to hosting events, raising money, and producing charity T-shirts for End Child Prostitution and Trafficking, Reach Out To Asia, Nest Foundation, Free Arts, and Fair Fund, amongst others.

• • •

Bonnie Young's fall 2014 line of children's wear can be found at Barneys, New York; boutique stores including Mon Petit in Brooklyn; and her store in Aspen, Colo. For more, visit bonnieyoung.com.



DEAR
DR. KARYN
DR. KARYN GORDON

Languages of love

Dear Dr. Karyn,

My 14-year-old daughter hasn't told me she loves me since she was a little girl. We seem to have a good relationship. She shares all kinds of information about what is going on in her life and occasionally she makes me these really beautiful cards, but I'm concerned that maybe we're not as close as I think we are. I really need affirmation and it makes me feel sad that I don't hear it from her. Am I overreacting?

Dear parent,

A great question! The topic of love is one that comes up all the time at our leadership and counseling center. My sense from your e-mail is that you and your daughter have a wonderful bond; after all, it speaks volumes when teens are forthcoming with information to their parents. However, I sense you and your daughter might have different love languages. Let me explain.

According to Gary Chapman, author of "The Five Love Languages" (one of my favorite 10 books), there are five key ways people express their love. All five ways are important and valued differently by each other. After reading all five, ask yourself to rate the languages from most to least important.

The first love language is time. In other words, we show love to one another by spending quality time with them.

Second is physical touch or physical affection. Giving hugs and kisses.

The third love language is affirmation. People who value this love language like to hear "I love you" and

any word of encouragement or affirmation. It sounds like this one may be your number one love language.

The fourth love language is acts of service. People who value this language (sounds like your daughter) like to show their love through their actions. They may not say, "I love you," but they will show it to you by making cards, doing the laundry, cleaning their room, etc.

The final language is giving gifts.

It is important that parents know and identify with these five love languages. Find out what love language you value. Next, figure out what love language your teen values. A trick to figuring this out: often, but not always, people give what they actually want back. So if your daughter is giving acts of service or making cards, she might actually appreciate acts of service higher than affirmation. If you can't figure out what her language is, have the courage to ask her. The best way to pour into any relationship is to do our best to speak the other person's language, not just the language that comes most naturally to us.

Tight-lipped teens

Dear Dr. Karyn,

I don't know how to get my son to open up. If I ask him questions he will answer, but it is always with one word. He will tell me when he has a girlfriend and when he breaks up with her, but never tells me more unless I ask. His friends seem to tell me more. Can you please advise?

Dear parent,

There is no question that girls and guys communicate differently! There are always exceptions to each rule, but I've certainly found a significant difference in gender communication. Often, when I ask teen guys questions, they give one word answers or the standard, "I don't know." I've learned from them seven potential reasons why male teens give one-word answers:

- They don't really want to talk about it with you.
- They really don't know the answer and therefore will give one word answers or say, "I don't know," because they are embarrassed.

- They know the answer, but they don't know the words for how to communicate it.

- They feel uncomfortable about the topic.

From my experience, No. 1 and 2 seem the most popular. If it's No. 1, I'd recommend you look at your communication with your son and do a personal evaluation. What do you think you're doing that may discourage your son from talking with you? Are you too critical? Don't show yourself enough self-respect? This will take some reflection time.

If it's reason No. 2, I have a couple of strategies for you. First, look at your past successes, when he really opened up to you. Where were you? What time of day was it? Generally, guys talk much more openly when they are "talking sideways," i.e. playing a sport or in the car. By reducing eye contact this often helps them reduce their anxiety and encourages them to talk. So look for these golden opportunities. Second, try asking specific questions instead of open-ended questions. If you ask him how his day was, he'll likely respond with a one-word answer. Instead, be specific. Ask him:

- "What was the best part of your day and the worst part of your day?"

- "What qualities do you most appreciate and like about your girlfriend?"

- "What is your greatest pet peeve?"

- "Who do you feel most connected to?"

- "What can I work on to improve our relationship?" (Teens like this one)

Realize, as well, that building relationships is a process. Try to walk before you try to run. If you come on too strong and intense, it will only push your son further away.

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.



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HEALTHY LIVING

DANIELLE SULLIVAN

Hashimoto's disease

Fighting it with supplements and lifestyle changes

Last month, we discussed the reasons why Hashimoto's patients may need more than just Synthroid to get them feeling better. This month, we focus on specific supplements and vitamins that may kick start your body to get you back on the road to feeling well once again. (It is possible!)

What many people don't realize is that Hashimoto's disease is an autoimmune disease, not merely just a slow functioning thyroid as it is commonly mistaken. The disease does definitely cause a thyroid to become sluggish (hypothyroidism) and it is essential to get your thyroid working at optimal function, but often debilitating symptoms will persist unless the autoimmune part of the disorder is addressed and treated.

Dr. Mark Hyman, chairman of the Functional Medicine Institute, an international leader in the field of functional medicine, and

medical advisor for Bill and Hillary Clinton of explains.

"Your body is fighting something — an infection, a toxin, an allergen, a food, or the stress response — and somehow it redirects its hostile attack on your joints, your brain, your thyroid, your gut, your skin, or sometimes your whole body," he says.

Dr. Hyman targets the key issue that often goes missing in the treatment of Hashimoto's disease and other autoimmune disorders: identifying and addressing the root causes of chronic illness.

As mentioned last month, while many traditional endocrinologists will treat the disease with a one-pill-fits-all dose of synthetic Synthroid, many doctors, particularly integrative physicians, are willing to go the extra mile — treating the symptoms and not just the lab results, and beginning a detoxification treatment plan that includes natural thyroid replacement, supplements, vitamins, and healthful eating as part of a full lifestyle course.

•Please note it is imperative that you discuss these with your doctor prior to taking any on your own. Every single Hashimoto's patient has different needs and blood tests must be performed to determine which areas you may be deficient in before starting any new supplements or vitamins.

Here are some typical supplements and vitamins that help many

Hashimoto's patients:

Multivitamins: Taking a good multivitamin daily is vital, but ask your doctor if she can recommend one, because the vitamins found in pharmacies are often not enough.

Vitamin B12: Since Hashimoto's disease causes low stomach acid (which in turn causes leaky gut syndrome), many patients have trouble absorbing the vitamin into their systems efficiently. It may lead to anemia despite best efforts to eat properly. Sometimes supplements in the form of pills or injections are needed. Vitamin B12 deficiency causes many of the same symptoms that Hashimoto's disease does: brain fog, poor memory, tingling, nerve pain, and more.

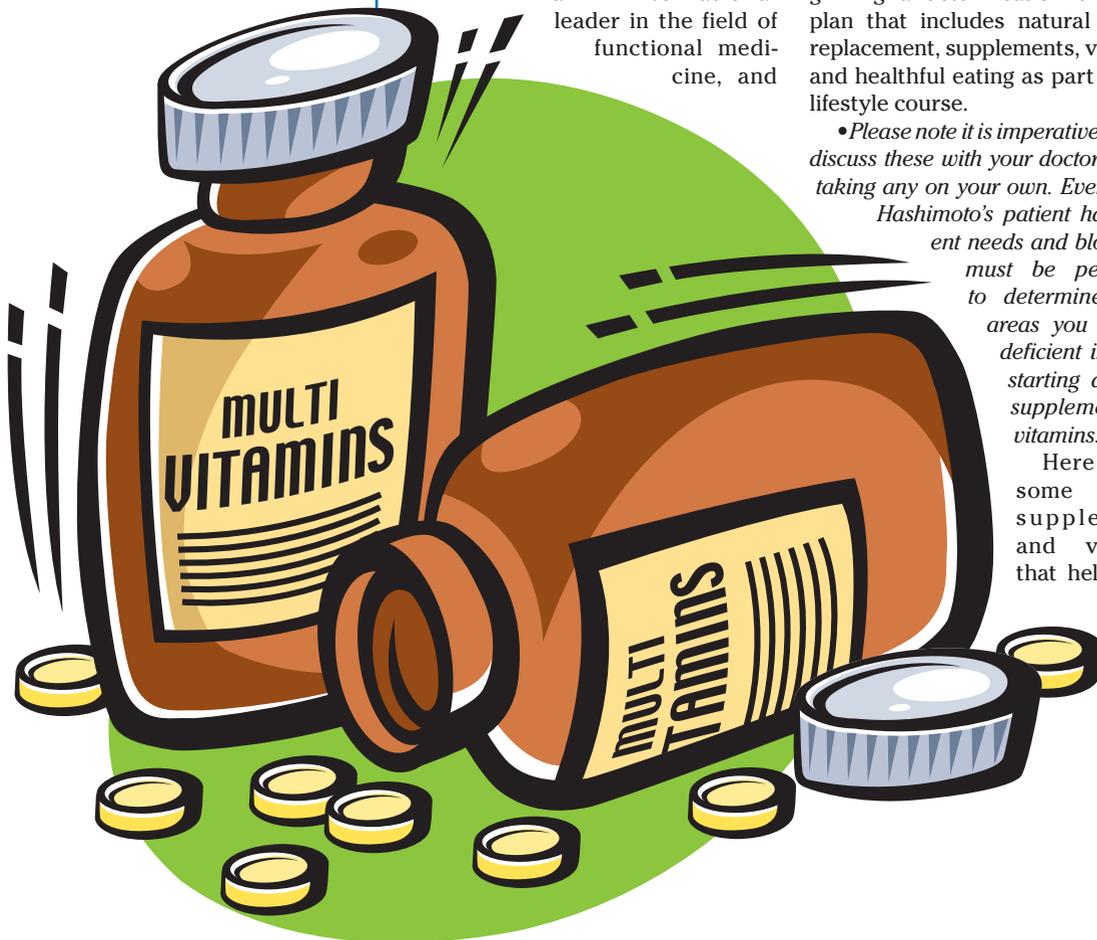
Vitamin D: Like vitamin B12, vitamin D may also have trouble being absorbed in those with autoimmune diseases, and it is a fundamental vitamin, as it regulates insulin secretion and balances blood sugar. Since reactive hypoglycemia can also be a problem for Hashimoto patients, having enough vitamin D is vital. It also helps the pituitary gland produce sufficient thyroid hormone.

Selenium: Selenium deficiency may impair the body's conversion of T4 to T3 and cause hypothyroid symptoms. Some researchers believe that selenium deficiency may actually trigger Hashimoto's disease.

Probiotics: It has been said that 80 percent of immune system lives in the gut, and fixing your digestive issues is key in controlling the disease. Probiotics help improve stomach function by decreasing the growth of harmful bacteria and fostering a healthy and fully functioning digestive system.

If your doctor has not tested you for these vitamins, request that she do so. It is key to be proactive in fighting any chronic disease, and even more so with Hashimoto's, which remains an overlooked disease.

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 & Noteworthy

BY LISA J. CURTIS



Photo by Jeff Steinmetz

Putting the 'pop' in rock

"D is for Django" — the first album by Django Jones, a trio comprised of ex-Girlyman musicians: Doris Muramatsu, JJ Jones, and Nate Borofsky — is full of humor, heart, and fun facts about everything from the Aztecs to vertebrae. The band — and their chihuahua, Django — exchange playful banter between songs, creating camaraderie with their listeners, kids ages 4–9.

The album also puts the D in delicious with several songs about food: "P-O-P," a pop-rock ode to popcorn,

and "Potato Leek Soup," a ballad that extols the virtues of a dish that rarely makes it onto children's menus, and (spoiler alert!) ends with a burp. "Breakfast" is a bango-rich ode to the most important meal of the day — and to the dad that makes it happen, just in time for Father's Day!

Without a doubt, Django Jones certainly knows what topics interest children — and what lyrics tickle their parents' funny bones.

"D is for Django" CD by Django Jones, djangojonesband.com, \$15.

Under the boardwalk

Joanne Linden's suspenseful picture book, set on the boardwalk, is a breath of salty, beach air! "Ben & Zip: Two Short Friends" follows Ben's nail-biting adventure as he tries to find his pal, Zip, who was separated from him at the seashore.



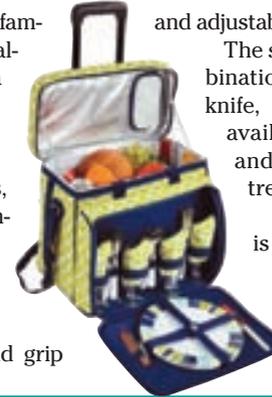
From Ben's perspective, the boardwalk can be an ocean of view-blocking legs. Linden's enterprising hero scales higher and higher vantage points in search of his rogue, vertically challenged companion.

The boardwalk amusements and other illustrations are drawn in full-color pen-and-ink, with a double scoop of humor on top, by Tom Goldsmith. Recommended for kids ages 4–8 — and any parent who wants to preview summer's pleasures — "Ben & Zip" is a real page-turner with playful verse and a heart-warming conclusion that's as sweet as salt water taffy.

"Ben & Zip: Two Short Friends" by Joanne Linden, \$16.95, www.flashlightpress.com.

It's a picnic on wheels!

If you need to lure your family outside for some quality time, plan a picnic at a beach or a park! The new cooler by Picnic at Ascot includes all of the dining flatware, melamine plates, and acrylic glasses for a family of four to dine al fresco. This picnic basket has a (removable) wheeled cart with retractable handle. (Or, you can use the hand grip



and adjustable shoulder strap.)

The set also includes a combination corkscrew, cheese knife, and napkins, and it's available in many colors and patterns, including trellis green (pictured).

Now all you have to do is plan the menu!

Picnic Cooler with Wheels for 4 by Picnic at Ascot, \$124.95, www.amazon.com.

Father knows best

In the "Guess How Much I Love You: Friendship Adventures" DVD, Sam McBratney's children's book character Little Nutbrown Hare stars in seven sweet, animated escapades.

With good counsel from dad Big Nutbrown Hare — with whom he shares a love that's "bigger than the sky" — Little Nutbrown learns about caring for others, forgiveness, and

choosing games that include friends of all abilities. The endearing series can be enjoyed by little ones from preschool through first grade — and their doting dads.

"Guess How Much I Love You: Friendship Adventures" DVD, \$12.98, www.amazon.com.



Everyone's a winner

Kids play for pretend cash and rewards while parents gain a better understanding of what skills their kids need to hone for September with Lakeshore's new series of play-at-home "Are You Ready? Game Shows."

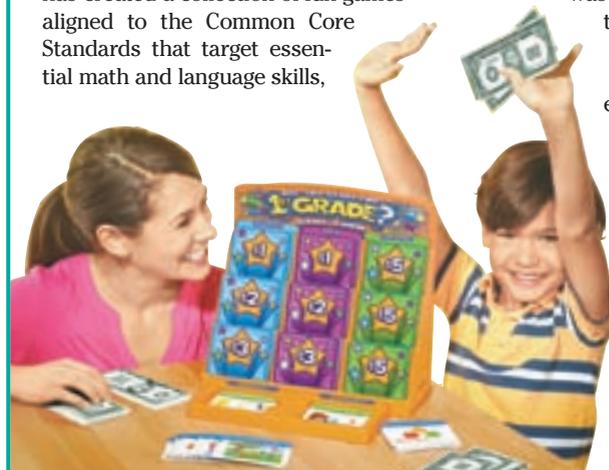
With a team of teachers, Lakeshore has created a collection of fun games aligned to the Common Core Standards that target essential math and language skills,

which you will enjoy playing with your contestant, er, kid. Lakeshore has games for each year from kindergarten through fifth grade, so I put on my best Alex Trebek impression and played the second grade with my son. The key to sustaining his involvement

was rewarding him with time to play video games.

After playing, parents enter the game results on Lakeshore's website in exchange for free printable activities that target the skills their child needs to review.

"Are You Ready? Game Show" by Lakeshore, \$29.99, www.lakeshorelearning.com.





A happy place

Marco Island
Marriott
ensures smile-
filled stay for
families

BY STACEY ZABLE

Start with a wide, white beach that stretches for miles fronting a calm surf along Florida's Southwest coast. Add a swimming pool with slide, waterfall and interactive water features, plus a cool camp and game arcade for kids. Top it off with a world-class spa and golf courses for mom and dad and you've found a place ideal for families — the Marco Island Marriott Beach Resort Golf Club and Spa.

Recently named the No. 1 island in the U.S. and No. 4 in the world (just after Bora Bora) in TripAdvisor's 2014 Travelers' Choice awards, Marco Island, via the Southwest Florida International Airport, also happens to be a three-hour nonstop flight from New York City.

A recent \$275-million renovation and redesign of the Balinese-styled resort creates an "island within an

island" feel. Step inside the property and you immediately feel like you have escaped the stresses of the outside world for a better place, one filled with genuinely happy and super family-friendly people.

The Marco Island Marriott doesn't just welcome kids, it goes above and beyond for them. While lounging at the family Tiki Pool one day, I saw resort staff handing out child-sized pool floats to moms and dads playing with their kids in the water. Our request for an ice cream sundae not found on the menu at 400 Pazzi's, the resort's pizza place, was granted with the question, "Do you want Oreos, M&Ms, and sprinkles with that?" My 11 year-old (and my) answer was "Yes, yes, and yes!"

The Tiki Tribe Discovery Camp is available from 10 am to 3 pm for kids ages 5 to 12 for a cost of \$70 per child, including lunch. The focus here is on incorporating lessons about the

environment and nature with such activities as crafts, an animal of the day, shell hunting, and viewing shell casings through a microscope.

In addition to the camp, the resort offers daily scheduled activities for the whole family to enjoy together such as crafts, dive-in movies, family bingo, noodle races, and more depending on the time of year. There are Ping-Pong tables and a game arcade, too.

Watersports equipment can be rented at the beach, but for something truly special, families should experience the 2.5 hour Sailing and Shelling excursion. You set sail from Marco Island Marriott's beach on a six-passenger catamaran piloted by a U.S. Coast Guard-certified captain who takes you along the Gulf of Mexico to one of the small uninhabited Ten Thousand Islands to hunt for seashells. Our trip resulted in a large baggie filled with treasures that we now have on display in a tall glass jar. The captain also points out different birds, and any dolphins, manatees, or sea turtles that she sees and tells the story of Marco Island's creation into a resort community. (For sailors ages 5 and older.)

The large spa is the perfect place



With a pristine white beach and clear waters, the Marco Island Marriott is the perfect relaxing getaway for families. (Opposite) Take advantage of the family-friendly sailing excursion.

for parents to escape while kids are in camp. Spa guests can work out in the private fitness center (there is another one in the resort open to all), take fitness classes, or just relax in the sauna, steam room, whirlpool, and cold plunge pool indoors or indulge in the quiet of the spa pool deck, which has a new, holistic mineral pool.

There are many choices for body and facial treatments, as well as salon services. The new Sleep spa treatment is perfect for sleep-deprived parents and includes a 50-minute massage followed by a 20-minute restorative nap with soothing sound waves helping to lull your mind into a deeper sense of relaxation. Following my spa treatment, my traveling companions actually noted that I looked calmer and more rested.

Spacious rooms

Set in two towers, the majority of the 726 spacious guest rooms feature full walls of floor-to-ceiling windows with glass doors leading to spacious balconies. Request a room with direct ocean views, and you will be treated to the “green flash” sunset each night. Another option for families are the one- or two-bedroom Lanai Suites, with separate living and dining areas and microwaves and refrigerators. These two-story accommodations are located next to the low-key Quinn’s pool and are steps from the beach.

The magnificent sunset and location of the resort is celebrated a few nights a week with a Fire Dancer, who gets wide-eyed gasps from kids and adults alike when he performs an authentic Polynesian dance while juggling fire and blowing a ceremonial conch shell

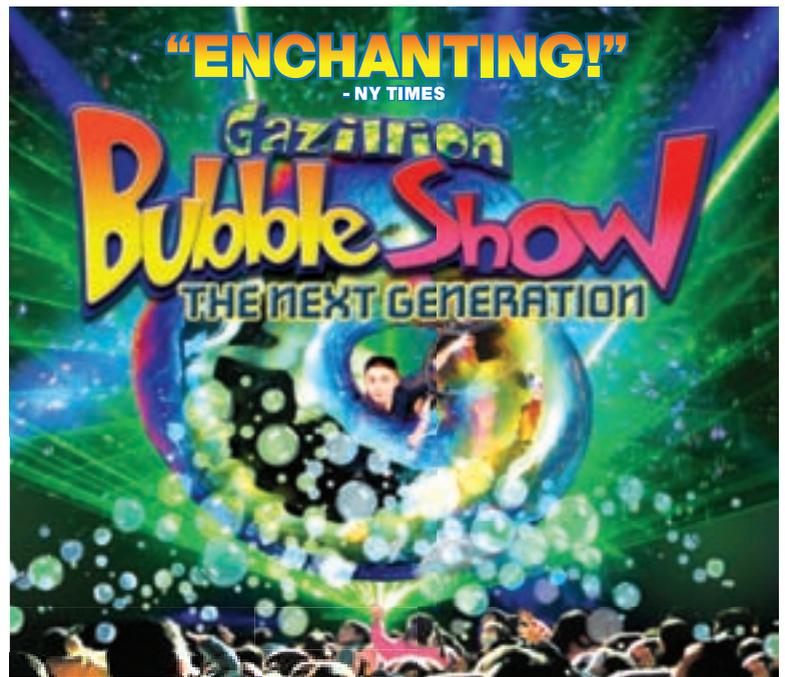
on the sands in front of Quinn’s on the Beach, a family-friendly spot for lunch or dinner.

Menus with traditional, kid-friendly food are available at all the restaurants, from Korals lobby bar, for sushi and appetizers, to the upscale and truly fabulous cuisine at Kurrents. There is also 400 Pazzi’s, casual dining at Tropiks (with a great buffet breakfast among its offerings), Café San Marco for coffees, pastries, salads, sandwiches and desserts, and the Tiki Bar by the pool for grill and light fare. Off-property, the resort’s two golf courses, The Rookery and Hammock Bay, also offer dining choices and another place for parents to do their own thing if they enjoy the greens.

The happy place feel of the resort is so prevalent that other guests not even traveling with children go out of their way for kids. While walking on the beach with my daughter, one woman gave her a sand dollar she had found and another woman gave her a star fish. The greatest windfall for my daughter took place on day one, when two men gave her two fists full of tokens — at least \$20 worth — as they were leaving, and we were entering, the game arcade. Throughout the trip, she aptly summed up the Marco Island Marriott in five words: “Everyone is so nice here!”

Discover more on the property at marcoislandmarriott.com.

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



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MOMMY 101

ANGELICA SEREDA

The value of a nanny

Since returning to work from maternity leave we've gotten a nanny and I have to say, it's been the best decision ever.

I was in such denial about how soon I would have to return to work that I didn't even bother to look into childcare up until about two weeks before I had to return (okay, it was the week before), at the suggestion of my husband. At a subconscious level, I knew that once I started making childcare plans, returning to work would be very real, instead of

something I'd be doing in the somewhat distant future. I wasn't ready to physically leave my babies, nor emotionally. After some phone calls, I soon realized that many day cares in the area don't accept infants. The ones that do, I just didn't have a good feeling about. I was told that the one day care I did like had a lot of violations (staff hitting the children and neglecting the children, so no, thanks). When

my dad recommended a nanny who was a friend of a friend, and had just stopped working for another family, I decided to meet with her. I wasn't too keen on having the girls stay with a nanny at home, but I decided to meet with her anyway.

I met with her in her home, which was immaculate — always a good sign — and she was very warm and kind. I learned that she had years of experience caring for children, was first aid-certified, and had references available. Not only was she great on paper, but I also had that good feeling that I had the first time I had to choose a day care. When I was looking for day care for Olivia, I literally chose the first one I walked into (sorry, Mom. I know I told you that I did an extensive search and background check, but the truth is I didn't). It was one of those moments where my mother's intuition kicked in. Turns out, it truly does exist.

It's been about a month now with our new nanny, and my home and its members couldn't be happier. She's been such a great help to us. She's there first thing in the morning and helps with the kids while my husband and I are getting ready for work. She plays with Olivia and makes learning fun for her. Each night when I get home, Olivia's eager to tell me about her day.

Yes, the nanny is expensive, but we noticed such a huge change in just the first week of her being there that we feel the cost is worth it.

Coming home to a tidy house with bathed and fed children is probably the best gift for a working mom. My husband is ecstatic with her, too. He no longer has to leave at dawn to beat traffic before getting to a noisy day care (I truly appreciated you taking that on, baby), and I'm less stressed when I come home.

Truthfully, we don't know how we got along before her and I'm so glad that I decided to give her a chance, even if it just encouraged my procrastinating ways. Timing is everything, right?





GROWING UP ONLINE

CAROLYN JABS

Taming passwords

Automatic locks on the family car. Check. Safety deposit box for valuable papers. Check. Padlocks for bicycles. Check. Secure passwords for online assets. Uh-oh.

Now that families conduct so much of their social and financial business online, strong passwords are every bit as important as sturdy locks on the doors of your house. Unfortunately, parents who are very conscientious about other forms of family security often do the virtual equivalent of leaving the key under the doormat.

The recent security scare called Heartbleed should have been a wake-up call. If you haven't already changed passwords for your online accounts, now is the time. And while you're at it, teach your kids to create smart passwords, too (a curriculum for doing just that is available from Common Sense Media commonsensemedia.org/educators/lesson/strong-passwords-3-5).

The simplest way to manage passwords is to store them all in a vault-like piece of software that will generate, encrypt, and remember highly secure passwords on your behalf. Free and reliable programs are available from LastPass, KeePass and Norton Identity Safe. Just be sure that the program you choose will allow easy access on all the devices you use.

Unfortunately, setting up password software requires time that busy parents may not have. Also, the password that gets you into the software becomes the equivalent of the one ring that binds them all, so if you forget it you are doomed. Those who decide to forgo software need to get serious about creating tough passwords. The first rule is to avoid weaknesses that create openings for trolls, bullies, hackers, and identity thieves. Here are three things you don't want to do:

No personal information. Professional hackers know that it's easier to remember details from your own life, so if you become a target the first passwords they'll try are names of people and places that are meaningful to you. Google yourself. Anything that comes up won't be a



good password. That includes birth dates, addresses, employers, phone number, names of family and friends. Next, review your social media profiles. Don't use anything that's ever been listed as a favorite.

Avoid recognizable words. Many programs have been designed to crack passwords, and most start with a dictionary of words in English and other languages. Using any recognizable word including proper nouns makes you more vulnerable. Adding an unexpected capital letter, a random number, or an exclamation point makes the password a bit stronger — but not much.

Don't be cute — or lazy. Strong passwords are long — use at least eight and preferably 12 characters — and varied: use a combination of letters, numbers, punctuation marks and symbols.

Of course, a long and varied password is harder to remember. Here are several ways to generate passwords that are both random and memorable:

Initialing. Choose a title, phrase or quotation that means something to you. Use the initial letter of each word as your password. Toss in caps, numbers and symbols to make it harder to hack.

Letter scramble. Start with a longish word or short phrase that you will remember. Scramble the letters and substitute numbers and symbols for some of them.

Mix it up. Choose two words that mean something to you and alternate their letters. If your dog's name is Skippy and you live at 345

Woodside, your password would be 3S4k5iWpopoyd.

Websites. Although many websites offer to generate passwords on your behalf, don't use one unless you trust the company behind it. For example, the well-known Norton Security company offers a free password generator at identitysafe.norton.com/password-generator.

Experts disagree about whether passwords should be recorded. Most say that a password that's hard to crack will also be hard to remember, so you'll probably want to keep a copy somewhere safe. Consider a locked drawer or between the pages of a favorite book. A Post-It on the computer monitor is not a good place for a password.

Eventually everyone forgets a password, so be sure your password recovery systems are up-to-date. Many websites send a prompt or reset option to an e-mail address. If you change your e-mail, update the sites that require passwords. Providing a cellphone number also provides a layer of security, especially if you have a cellphone that can be locked if it's lost.

Once you've found what seems like a great password, there's a temptation to use it often and keep it forever. Don't. Experts recommend using different passwords, especially for sites that involve financial information. And put a "Change passwords" reminder on the calendar so you do it at least as often as you change the oil in the car.

Many security experts argue that passwords are obsolete. Perhaps, by the time your kids are adults, they may be able to protect their online assets with a fingerprint or a DNA scan. In the meantime, however, mastering the art of strong passwords is just one more way parents can have the peace of mind that comes from knowing you've protected what is precious to your family.

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.

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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

The deal on trusts

What is a “trust” and why would I need one?

A living trust (also called an inter-vivos trust) is funded with assets during your lifetime and can be a useful tool to minimize an estate for New York State estate tax purposes. Living trusts can be revocable or irrevocable. In truth, even irrevocable trusts are not completely irrevocable, but are more inflexible, as they can be amended, modified, or revoked with the consent of all of the adult beneficiaries.

The current federal estate tax exemption is \$5.34 million and will annually adjust for inflation. The New York State estate tax exemption was recently amended and is now \$2.065 million, and will also be annually adjusted. However, whereas New York once did not have a gift tax, now New York State will “add back” gifts made within three years of death into a decedent’s gross estate.

Aside from taxes, there are other incentives to create a trust. Maintaining assets in a trust rather than in your individual name helps to avoid probate, a court process that is required in order to transfer assets from the name of someone who has died into the estate, where it can be distrib-

uted to the heirs. A trust can also help minimize disputes among your heirs, particularly if you intend to disinherit one of your children. It can also help control your assets seamlessly if you are incapacitated or when you die. And, in the case of second marriages, a trust can insure that you can leave assets for the benefit of your second (or third) spouse during the spouse’s lifetime, while protecting those assets and ensuring that they will be left to your children (and not the spouse’s children) when he or she dies.

Trusts can be tailored to meet a client’s specific objectives. Not all trusts are the same and there is no one-size-fits-all trust. Here is a brief explanation of some types of trusts that are commonly used:

2503 (c) Trust: This is a minor’s trust for the benefit of minor children. The trust by its terms must terminate when the beneficiary reaches the age of 18 or 21. This trust is preferable to making gifts to a Uniform Transfer to Minors Account or a Uniform Gift to Minors Account account as it can protect assets from creditors. Furthermore, the investment opportunities are unlimited.

Inter-vivos Bypass-Credit Shelter Trust: This is the same type of trust that is included in a last will and testament for a spouse and descendants, only it is created during the donor’s lifetime. If funded now, the transferred amount and all the appreciation will escape gift and estate tax. Another added bonus — the spouse can be both a beneficiary and a co-trustee.

Health Education Expense Trust: A “Heet” is used to pay beneficiaries’ health and education costs. Both contributions to the trust and distributions from the trust will be tax-free. This is a good option for people inclined to gift money who have already exhausted their generation-skipping tax exemption.

Intentionally Defective Grantor Trust: This trust is created for the benefit of descendants and others, but may also include the donor’s

spouse. It can be drafted for the donor to pay the annual income tax for the trust without that payment being considered an additional gift. The benefit is that the trust principal appreciates and grows faster outside the donor’s estate.

Life Insurance Trust: This is created to avoid estate tax on insurance proceeds at the insured’s death. The common misconception is that life insurance is “tax free.” Whole life insurance policies are income tax free, but whole and term policies are not estate tax-free. They are taxable if the insured and decedent has an “incident of ownership” in the policy. If a trust owns the policy, the insured no longer has an incident of ownership in the policy. Annual payments to the trust will qualify for the annual exclusion and can be used to pay insurance premiums.

Supplemental Needs Trust: These are trusts created for disabled beneficiaries. Assets transferred to this trust is not counted as an asset of the beneficiary and therefore, does not render the beneficiary ineligible for Supplemental Security Income or Medicaid. When the beneficiary dies, the trust proceeds are payable to the donor’s named beneficiaries.

Retirement Trusts: These trusts are drafted to receive required minimum distributions and additional principal from retirement funds. There are very specific IRS rules for naming a trust as a beneficiary of qualified funds. If drafted correctly, the trust can preserve the ability to stretch out the IRA payments over the beneficiary’s life expectancy and name alternate beneficiaries upon the primary beneficiary’s death.

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 Alison Besunder on Twitter @estatetrust-plan and on her website at www.besunderlaw.com.



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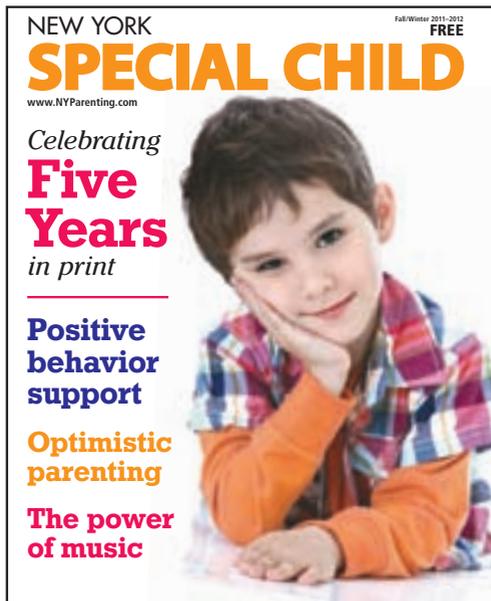
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Calendar

JUNE

Puppets big and small

Don't get too close to the life-sized, walking T-Rex at the Puppetry Arts Festival of Brooklyn on June 28.

The dynamo dino will thrill festival-goers at the fun, family event that helps raise funds to support free cultural programs in area schools and youth shelters.

Puppet shows, a special performance by Yellow Sneakers, James Kent, Arlee Chadwick, and Charlie Kanev, along with a very special appearance by Tuffy Tiger putting on his new interactive staged show, "Tuffy's Great Adventure," entertain visitors.

Adding more thrills and chills, the Dino troubadour from Field Station, Dinosaurs of New Jersey's Meadowlands will be making a special trip over the river to introduce a breathing, 15-foot juvenile T-Rex in an interactive, entertaining and surprising paleozoic adventure for all.

Puppetry Arts Festival of Brooklyn, June 28, 11 am to 3 pm. Although admission to the festival is free, there is a \$2 hands-on puppet craft fee, carnival games and snacks. The Bounce House is \$4 and T-shirt designing is \$4. Tickets for activities are \$1 each and raffle tickets will also be on sale.

Puppetry Arts Festival [Fourth Street and Fifth Avenue, (718) 768-3703].



Tuffy Tiger, Puppetry Arts New York

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!

SAT, MAY 31

IN BROOKLYN

Project Art: Park Slope PS 321, 180 Seventh Ave. between First and Second streets; (718) 499-2412; Noon-3 pm; Free.

Portrait-making using mixed-media, found, recyclable, and socially conscious materials followed by an exhibition to celebrate young artists.

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

Poets Paul Dubois Jacobs and Jennifer Swender share their prose with children 3 years and older.

Open House: Cynthia King Dance Studio, 21 Snyder Ave. between Bedford and Flatbush avenues; (718) 437-0101; info@cynthiakingdance.com; cynthiakingdance.com; 2-5 pm; Free.

Tour facility, meet teachers and take open dance classes, dance demos, and raffles.

Family walk: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 3-4 pm; Free with admission to the gardens.

Celebrate 100 years of the children's garden with an interactive walk and hands-on activities.

SUN, JUNE 1

IN BROOKLYN

Seining: Salt Marsh, Burnett Street and Avenue U; www.nycgovparks.org; 11 am; Free.

Children learn about the ethics of fishing, ecology and fishing programs. Mandatory safety review prior to event.

Story time: powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am; Free.



Redhawk Native American Arts Council

Pow-Wow turns 20

For a taste of American Indian culture, look no further than Aviator Sports Complex on June 6, 7, and 8, when Gateway to Nations comes to Brooklyn for the 20th annual Pow-Wow celebration.

The Redhawk Native American Arts Council has been informing and introducing visitors to the rich and varied culture and history of the Native American peoples for 20 years. By hosting these events, that enchant the audience with dance, song, and art, the council has shared the cultures of the tribes of the Lower Hudson Valley as well as indigenous communities from all over the Americas.

Highlights of the festival include the Hoop Dance, the Women's Jungle Dress, the Iroquois Smoke Dance, the Woman's Fancy Shawl — also called the Butterfly Dance — the Men's Fancy War,

and the Men's Northern Traditional, also called the War Dance.

More than 40 vendors and booths will showcase the traditional wares of the tribes, as well as offer demonstrations of artistic techniques that have been passed down through the generations.

Authentic cuisine, including buffalo burgers, venison stew, and corn soup, is on the menu, as well as a live bird of prey exhibit, pony rides, and a tipi raising.

Gateway to Nations on June 6 from 10 am to 7 pm and on June 7 and 8 from 11 am to 7 pm. Admission on June 6 is \$7 for all; admission on June 7 and 8 is \$14 for adults, \$8 for seniors and children, and free for children under 5. Parking is free.

Aviator Sports Complex [Floyd Bennett Field, 3159 Flatbush Ave. in Flatbush, (718) 758-7500; www.gateway2014.eventbrite.com].

Author Paul DuBois Jacobs, Jennifer Swender and Dan Yaccarino read from "Count 123 on the Subway." RSVP Requested.

Garden tour: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Family-friendly peek inside the gardens. Learn about garden plots and make a tasty treat. Pre-registration required and available online; cancelled in case of inclement weather.

FURTHER AFIELD

Macy's Sunday Story Time: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; 11:30 am; Free with museum admission.

From the 17th-century to the 21st, through fiction and through fact, hear tales of New York City and the people who made it great.

Reading into History: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; 3 pm; Free with museum admission.

Book club families and author Kristin Levine will discuss "The Lions of Little Rock" and the history of segregation in American schools. Best for ages 9-12.

WED, JUNE 4

IN BROOKLYN

"The Very Hungry Caterpillar Storytime": Barnes and Noble, 106 Court St.; (718) 246-4996; www.barnesandnoble.com; 11 am; Free.

Celebrate the 45th anniversary of this great story along with all the other Eric Carle's children's books.

Book club: powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 5:30 pm; Free.

Middle schoolers join in a discussion with blogger Jordan Nielsen of TheRustyKey.com. This month's selection is "Boys of Blur" by ND Wilson. RSVP requested.

THURS, JUNE 5

IN BROOKLYN

Race around the yard: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 1-4 pm; \$3.

Get out and get moving, potato sacks, spoon races, stilts, and other old-fashioned racing games.

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Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 53

Antique Car Collection: Brooklyn Historical Society, 128 Pierrepont St. at Clinton Street; (718) 222-4111; www.brooklynhistory.org; 6:30 pm; \$15 (\$10 members).

Explore Lenny Shiller's collection of antique autos, including a 1929 Durant rumble seat coupe, a 1953 Packard convertible, and a 1947 international soda truck. Reserve tickets in advance.

FURTHER AFIELD

Cross-Stitch Circle: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; 3:30 pm; Free with museum admission.

Beginning cross stitchers ages 6 and up will learn the basic stitch and create a bookmark with their new skill.

FRI, JUNE 6

IN BROOKLYN

Project Art: Noon-3 pm. Park Slope PS 321. See Saturday, May 31.

SAT, JUNE 7

IN BROOKLYN

Sing back: Brooklyn Historical Society, 128 Pierrepont St. at Clinton Street; (718) 222-4111; www.brooklynhistory.org; 11 am; Free.

Sing along features family-friendly songs, stories, skits, movies and more. Lloyd Miller sings songs about summer fun and enjoying the great outdoors.

Blooming Babies: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am-12:30 pm; Free with museum admission.

Children 18 months to 2 years discover Caribbean-American heritage by studying Trinidad and Tobago — view the beautiful headdresses from the museum's collection and then make one to take home.

Sproutfest: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; Noon-4 pm; \$10 (\$5 seniors and students; free members and children under 12).

Children enjoy 100 years of the garden with music, storytelling, face-painting, workshops, and games for all ages. Entertainment by the Ebony Hillbillies and Shine and the Moonbeams.

Project Art: Noon-3 pm. Park Slope PS 321. See Saturday, May 31.

Mils Trills: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 4 pm; Free with museum admission.



Brass production

The brass band that can fit in your pocket is swinging into town for a free concert on June 28 at the Waterfront Museum and Showbarge.

Jeff Newell's award-winning New-Trad Quartet shares stories and music from historic American waterways — including the Hudson, the Ohio, the Shenandoah, the Erie Canal, the

mighty Mississippi — that built our nation and the people who worked on them in this family-friendly River Songs of America concert.

Jeff Newell's New-Trad Quartet on June 28 from 2 to 4 pm; Free.

Waterfront Museum, Lehigh Valley Barge No. 79 [290 Conover St. at Pier 44 in Red Hook, (718) 624-4719; www.waterfrontmuseum.org]

Amelia Robinson plays her electric uke with surprise musical guests — join in for interactive songs that feature urban funk, honky-tonk, and cypso beats.

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

Have a fun night camping out under the stars. Tents are provided.

SUN, JUNE 8

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.

Author Tad Hills hosts a reading of "Duck & Goose go to the Beach." RSVP requested.

Blooming Babies: 11:30 am-12:30 pm. Brooklyn Children's Museum. See Saturday, June 7.

Kite festival: CitiStorage, 5 N. 11th

St. at Kent Avenue; www.ps132pta.org; Noon-5 pm; \$1-5 for rides and craft food (\$5 kites or bring your own).

Have fun with live music, games and crafts, and kite flying. Presented by PS 132. Great for children 3 to 13 years old.

House tour: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Noon-1 pm; \$10.

Explore the old bones (timbers) of the old Dutch house, climb the staircase for a view of the attic's smokehouse, and descend into the cellar for a look at the foundation. For adults and teens. Only 10 persons per tour, reservations required.

Festa Junina Do Brooklyn (Brazilian June Festival): Saint Saviour Parish Hall, 611 Eighth Ave. between Sixth and Seventh streets; festajunina-dobrooklyn.blogspot.com; 12:30-4:30 pm; \$10-\$25.

Authentic Brazilian fun: typical deli-

cacies, forró, quadrilha, games, raffles, etc.

Puppet shorts: BAM Kids, 30 Lafayette Ave. at Ashland Place; (718) 636-4129; www.bam.org; 2 pm; \$9 (\$8 club members; \$7 children under 12).

Partnered with the Jim Henson Foundation, the program features a selection of shorts for kids.

Book launch: PowerHouse Arena, 37 Main St. at Water Street; (718) 666-3049; www.powerhousearena.com; 3-5 pm; Free.

"Wreck This Journal Everywhere" by Keri Smith makes it debut and asks all to scribble, doodle, write, color, stomp and best of all to destroy a gigantic book. Crayons, markers, chalk, stickers, and other fun wrecking tool will be provided. RSVP requested.

FURTHER AFIELD

Macy's Sunday Story Time:

11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

Lost Arts Series Presents Quilting:

New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; 2 pm; \$15, \$12 (members).

Visitors will explore the quilts in the exhibition "Homefront and Battlefield: Quilts & Context in the Civil War" then create their own quilt pattern.

Genealogy Workshop: Queens Historical Society, 143-35 37th Ave.; (718) 939-0647 X 17; kmooney@queenshistoricalsociety.org; 2:30-4:30 pm; \$5-8.

Wilhelmena Rhodes Kelley and the Daughters of the American Revolution give a genealogy discussion and workshop. The Queens chapter of Daughters of the American Revolution is one of the first in the organization's history that was started by a black woman: Wilhelmena Rhodes Kelly.

TUES, JUNE 10

IN BROOKLYN

Tree Care Tuesday: Study location, Manhattan Avenue at Metropolitan Avenue; (917) 727-9761; info@humanimpactsinstitute.org; 10 am-noon; Free.

Children learn how we humans impact the health of our trees. Children under 18 must be accompanied by a guardian. Bring a water bottle, sunblock, a hat and other personal items. Tree study supplies will be supplied.

Storytime en Espanol: Barnes and Noble, 106 Court St.; (718) 246-4996; www.barnesandnoble.com; 11 am; Free.

Event includes reading, word prac-

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tice and activities.

THURS, JUNE 12

FURTHER AFIELD

Cross-Stitch Circle: 3:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, June 5.

SAT, JUNE 14

IN BROOKLYN

Birthday Bash: New York Transit Museum, Boerum Place and Schermerhorn Street; (718) 694-4952; 51281.blackbaudhosting.com/51281/subway-birthday-bash; 9-11 am; \$55 (\$30 children; Free for children under 2).

The New York City subway system is celebrating 110 years of service. Ride historic trains, meet costumed interpreters, do craft projects and enjoy live entertainment.

Bird watching: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 10 am; Free.

Families with children 8 years and older enjoy observing and identifying the some 200 species of our fine-feathered friends that pass through the park. Binoculars and bird guides provided.

Mighty Dads: Barnes and Noble, 106 Court St.; (718) 246-4996; www.barnesandnoble.com; 11 am; Free.

Join in celebrating hardworking dads with stories and activities.

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.

Urban glass: Park Slope PS 321, 180 Seventh Ave. between First and Second streets; (718) 499-2412; Noon-3 pm; Free.

Watch an artist make glass beads over an open fire. Live demo includes narration of making glass beads and hand-made jewelry. Presented by PS 321 on Seventh Avenue.

Craft workshop: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 1-4 pm; \$31 (\$28 members includes \$8 materials fee).

Make your own journal using nature's materials; then explore the gardens and collect specimens for your book. Pre-registration required.

Father's Day storytime: Barnes and Noble, 267 Seventh Ave.; (718) 832-9066; www.barnesandnoble.com; 2 pm; Free.



Photo by T.A. Smith

Wolves, frogs, ducks

The summer season begins at Puppetworks with a special one-hour performance featuring three tales — “Peter and the Wolf,” “The Frog Prince,” and “The Ugly Duckling” — now through Aug. 17.

Narrated for marionettes by Nicolas Coppola, “Peter and the Wolf” is the story of a boy who captures a wolf with the help of his animal friends, while “The Frog Prince” tells the tale of a princess who kisses a frog and finds her prince, and “The Ugly

Duckling” is the timeless yarn of the little swan.

The program is approximately one hour and suitable for children 3 years and older.

The puppet show is presented on Saturdays and Sundays, now through Aug. 17. Performances are 12:30 pm and 2:30 pm; Tickets are \$8 for children, \$9 for adults and \$7 for groups of 20 or more.

Puppetworks [338 Sixth Ave. at Fourth Street in Park Slope, (718) 965-3391; www.puppetworks.org].

com; 2 pm; Free.

Children enjoy a special story time with dad.

Father's Day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 2:30 pm; Free with museum admission.

Celebrate the daddy in your life, listen to jazz music, and make a great gift to dear-old dad. For children under 5 years old.

FURTHER AFIELD

Family Camping: Central Park, Near 79th Street Transverse, Manhattan; www.nycgovparks.org/events/2014/06/14/family-camping; 6 pm; Free.

Camp out with your family in Central Park! Tents are provided, par-

ticipating families will be chosen by lottery.

SUN, JUNE 15

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.

Staff member Amy reads to children. RSVP requested.

Block Party: 11:30 am. Brooklyn Children's Museum. See Saturday, June 14.

Urban glass: Noon-3 pm. Park Slope PS 321. See Saturday, June 14.

Saltwater fishing: Shore Park, Bay

Ridge Avenue and Shore Road; (718) 421-2021; www.nycgovparks.org; 2 pm; Free.

Catch-and-release method is a fun way to get outdoors and learn about our waterways. Mandatory safety review led by park rangers; suitable for children 8 years and older. All materials provided.

Father's Day: 2:30 pm. Brooklyn Children's Museum. See Saturday, June 14.

FURTHER AFIELD

Macy's Sunday Story Time: 11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

THURS, JUNE 19

IN BROOKLYN

Celebrate Haiti: 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.

What would you eat if you lived in a place surrounded by water? What would you wear? Children discover the wonder of Haiti by viewing art forms like Drapo flags. Little ones — 5 years and younger — make a craft inspired by the Haitian art.

FURTHER AFIELD

Cross-Stitch Circle: 3:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, June 5.

SAT, JUNE 21

IN BROOKLYN

Jamaica!: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Caribbean-American Heritage Month continues with an exploration of the island nation of Jamaica. Discover the rich culture by sampling Jamaican buns, desserts, and snacks. Children 2 and a half to 5 years old chew on sweet sugar cane, then wash it down with Jamaican Punch.

Mark Morris Dance Company: Park Slope PS 321, 180 Seventh Ave. between First and Second streets; (718) 499-2412; Noon - 3 pm; Free.

Back-to-back open level class that is appropriate for all ages. Presented by PS 321 on Seventh Avenue.

Barolosolo Cirkus Company: Pier 1, Middagh Street and Furman Street; (347) 268-0023; www.brooklynbridgepark.org; 3-7 pm; Free.

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Calendar

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It's a mixed-up, mashed-up fusion of physical theater, aquatic poetry, and music. In association with Summer-Stage. Kids presented by Disney.

Krik Krak, storytelling: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 4 pm; Free with museum admission.

Celebrate Haitian art and culture with songs and stories that tell the oral history of the island.

SUN, JUNE 22

IN BROOKLYN

"Little Red's Hood": Pier 6, Columbia Street and Furman Street; www.nycgovparks.org; 11 am; Free.

An updated, modern version with a twist. Little Red Riding Hood will never be the same.

Jamaica!: 11:30 am. Brooklyn Children's Museum. See Saturday, June 21.

Barolosolo Cirkus Company: 3-7 pm. Pier 1. See Saturday, June 21.

FURTHER AFIELD

Macy's Sunday Story Time: 11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

TUES, JUNE 24

IN BROOKLYN

Tree Care Tuesday: Study location, Manhattan Avenue at Metropolitan Avenue; (917) 727-9761; info@humanimpactsinstitute.org; 10 am-noon; Free.

Children learn how we humans impact the health of our trees. Children under 18 must be accompanied by a guardian. Bring a water bottle, sunblock, a hat and other personal items. Tree study supplies will be supplied.

"Five Little Monkeys Jumping on the Bed": Barnes and Noble, 106 Court St.; (718) 246-4996; www.barnesandnoble.com; 11 am; Free.

Special event with those zany simians, includes reading and activities.

THURS, JUNE 26

IN BROOKLYN

Fishing clinic: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 6-8 pm; \$5 (per person, cash only).

Learn how to tie a fishing knot, how to rig a rod and reel, and how to cast a line. Suitable for children 8 years and older. Reservations required.

FURTHER AFIELD

Cross-Stitch Circle: 3:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, June 5.

FRI, JUNE 27

IN BROOKLYN

Superhero day: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 10 am-2:30 pm; Free with museum admission.

Celebrate the Man of Steel and other comic book legends by making a fun cape, honing detective skills, and for the ladies, make the lasso of truth with Wonder Woman. Children who come dressed as their favorite character get half off admission. Children also sing "Happy Birthday" and create a craft to take home. For all ages.

SAT, JUNE 28

IN BROOKLYN

Puppetry Arts Festival: Festival site, Fourth Street and Fifth Avenue; (718) 768-3703; 11 am-3 pm; Free.

A life-sized walking T-rex and adorable tiny tigers, what more can you ask for? Children get to meet Tuffy Tiger, from "That's What Tuffy Tigers Do," along with tap dancing cats, sing-alongs and fun for all ages.

Flax harvest: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 1-4 pm; \$3.

Try your hand at linen production, flax crop processing, and take a photo on the farm wagon.

"River Songs of America": The Waterfront Museum, Lehigh Valley Barge No. 79, 290 Conover St. at Pier 44; (718) 624-4719; www.waterfrontmuseum.org; 2-4 pm; Free.

The Jeff Newell's New-Trad Quartet presents this concert featuring our nation's songs and history.

SUN, JUNE 29

FURTHER AFIELD

Macy's Sunday Story Time: 11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

Reading into History: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; 3 pm; Free with museum admission.

"A Diamond in the Desert" by Kathryn Fitzmaurice explores the incredible history through the life of the fictional

Tetsu, an 11-year-old baseball fanatic living in an internment camp with his family. Best for ages 9-12.

TUES, JULY 1

IN BROOKLYN

Tree Care Tuesday: Study location, Driggs Avenue and Monitor Street; (917) 727-9761; info@humanimpactsinstitute.org; 10 am-noon; Free.

Children learn how we humans impact the health of our trees. Children under 18 must be accompanied by a guardian. Bring a water bottle, sunblock, a hat and other personal items. Tree study supplies will be supplied.

LONG-RUNNING

IN BROOKLYN

Art Kid: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Fridays, 11:30 am, Now - Fri, May 30; Free with museum admission.

Children 5 years and older explore a new style each week.

Blooming naturalist: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Thursdays and Fridays, Noon-4 pm, Now - Fri, Aug. 29; Free.

Children use fun games and activities to learn what makes birds so special.

Blooming naturalists: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Thursdays and Fridays, 1-2 pm, Now - Fri, July 25; Free.

Play games and activities and learn all about birds.

Nature on the Go: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Thursdays, 2-3 pm, Fridays, 2-3 pm, Now - Fri, Aug. 29; Free.

Explore the flora and fauna in the park and discover nature all around.

Animal encounter: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Thursdays and Fridays, 3-4 pm, Now - Fri, Aug. 29; Free.

How did Snappy get its name? Find out in this fun event.

"The Seeds of Abraham: Part Two of the Prophet's Cycle": Billie Holiday Theatre, 1368 Fulton St. between Marcy and Brooklyn avenues; (718) 636-0918; www.thebillieholiday.org; Thursdays and Fridays, 8 pm, Saturdays, 3 pm, 8 pm, Sundays, 4

pm, Now - Sun, June 29; \$15-\$25 (children and seniors \$12-\$15).

Family drama for teens and up, written by Angelica Chéri.

Little Kids, Big Stars: MCU Park, 1904 Surf Ave. at W. 17th Street; (718) 37-BKLYN; info@brooklyncyclones.com; www.brooklyncyclones.com; Now through Sunday, June 7. Free.

Baseball is back and the Cyclones want the little ones to experience the game. Coaches of little league and softball leagues throughout the boroughs can nominate one player their team to be named Little Kids, Big Stars of the week. For boys and girls between the ages of 5 and 14 years old. The child should have a passion for baseball/softball, serve as a leader to the team and be helpful to the coaches. The winners will receive an invitation to a baseball clinic with the Cyclones a chance to throw out a first pitch and a commemorative T-shirt.

Kids' Discovery Stations: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; Tuesdays and Saturdays, 10:30 am-12:30 pm, Now - Fri, June 6; free with admission to the grounds.

Each week children explore different topics.

Touch tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. 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, Aug. 31; 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 - Sun, Aug. 31; Free with museum admission.

For children with autism spectrum disorder and their families. Space limited, first come first served.

The Art of Math: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 12:30 pm, Now - Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

Summer Series puppet theater: 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, Aug. 17; \$8 (\$9 adults; \$7 groups of 20 or more).

Our online calendar is updated daily at www.NYParenting.com/calendar

Prokofiev's orchestral adventure including "Peter & the Wolf," "The Frog Prince," "The Comedians," and "The Ugly Duckling." Recommended for children 3 years and older. Total running time is approximately one hour.

Art therapy: The Carmine Carro Community, 3000 Fillmore Ave. at Marine Parkway; (718) 869-0100; Saturdays, 1-2:30 pm, Now - Sat, June 28; Free.

All ages are welcome to express their feelings through art. Every other Saturday.

Urban gardening: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 1:30 pm, Now - Sun, June 1; Free with museum admission.

Children 4 years and older learn about seeds, planting, and how to make a garden more efficient.

Wonderful Warblers: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, 2 pm, Now - Sun, July 27; Free.

Nature on the go is for young ones to explore the park and learn about birds.

History workshops: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, 2-4 pm, Now - Sun, July 27; \$3.

Fleece fun is offered weekly — children learn how to use wool and make a felt ball to take home.

Pier Kids: Pier 6, Joralemon St. and Columbia Street; (347) 268-0023; www.brooklynbridgepark.org; Sundays, 11 am, Sun, June 1 - Sun, Aug. 3; Free.

Sing, act, dance, and draw. Each week activities will be accompanied by an outdoor pop-up reading room presented by the Uni Project.

Pop-Up Audubon: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturdays and Sundays, Noon-5 pm, Now - Sun, Aug. 24; Free.

Children enjoy fun programming, Nature on the Go, Nature's Helpers, and Family Bird Watching.

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; Sun-



Photo by Lois Greenfield

Young dancers take flight

Ballet Tech Foundation presents Kids Dance for five performances at The Joyce Theater from June 12 to 15.

Forty talented dancers, ranging in age from 9 to 14, will dance three works of Elliot Feld, an amazing

choreographer and dancer who started at the age of 11 himself. "KYDZNY," "A Stair Dance," and "Apple Pie" are all designed to showcase the innate talent of the Ballet Tech students.

June 12-15, Thursday at 8 pm,

Friday at 7 pm, Saturday at 2 and 7 pm, and Sunday at 2 pm. Tickets are \$10-\$39.

The Joyce Theater [175 Eighth Ave. between W. 18th and W. 19th streets in Chelsea, (212) 242-0800, www.joyce.org].

day, June 15, 12 pm; \$10.

Competition improvisational show for children of all ages.

FURTHER AFIELD

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more — weather permitting.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$6 (adults,) \$5 (children and seniors,) plus

museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

Dinosaur Safari: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronx-zoo.com; Weekdays, 10 am-5 pm, Saturdays and Sundays, 10 am-5:30 pm.; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl. The 40-foot T-Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

"Bessie's Big Shot": Swedish Cottage Marionette Theater, 79th Street

and West Drive, Manhattan; (212) 988-9093; Tuesdays - Fridays, 10:30 am and noon, Saturdays and Sundays, 1 pm, Now - Sun, June 29; \$10, \$7 (children under 12).

It's a bird, it's a plane, no — it's Bessie the cow! Based on the PuppetMobile show of the same name, this popular production is making its debut at the Swedish Cottage Marionette Theatre.

Little New Yorkers: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Tues, June 3 - Fri, June 27; Free with museum admission.

This program introduces New York and American history to the littlest New Yorkers with weekly age-appropriate themes and engaging hands-on activities. Best for ages 3-5.



THE BOOK WORM

TERRI SCHLICHENMEYER

The story of the little lost cat

It happened in a minute. You're out with your child and he lets go of your hand to look at something. It took just a minute, but when you looked back, he was gone. Being lost was scary for you both, but when your son asked a grown-up for help, it all turned out fine. Now imagine what would happen if he couldn't talk, then read the new book "My Name is Bob" by James Bowen and Garry Jenkins, illustrated by Gerald Kelley.

Bob is a cat who lived on the streets, but it wasn't always that way. Once upon a time, he was a very loved, very pampered cat who lived with an old lady in a cozy house. He had toys and music and he thought he was the luckiest little cat in the world.

But then, the lady got sick and when Bob tried to follow the ambulance, he got terribly lost. Nothing looked familiar and he was scared.

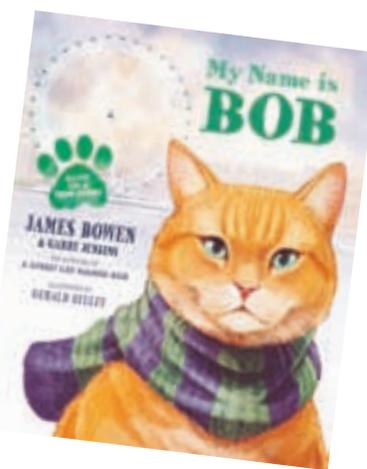
He was also hungry, but when he tried to eat from a garbage can, some bigger cats chased him away. When he tried to find a place to sleep, a man hollered "SCRAM!" A pizza-maker yelled at Bob.

Parents didn't want their children to pet him or play with him because Bob looked dirty. Nobody wanted to be friends with him.

Bob was sad. But with winter coming, he knew he had to do his best to stay warm. Soon, it was spring and Bob was still a street cat. One day, though, he heard music, and since he'd always loved music, he followed his ears and saw a man with a guitar. The man looked just as sad as Bob felt. Bob knew the man needed a friend, so he followed the man home and waited. But before he could learn anything more, Bob was hurt. He was too hurt to move much, and so he sat against a building, hoping that the man might be kind and helpful. Did the "luckiest little cat in the world" finally run out of luck?

Of course, you know the answer. And once you've found this book, you'll know that good fortune extends to the kid who has "My Name is Bob."

Authors James Bowen and Garry Jenkins take the adult version of their bestseller about a "street cat" who adopts a human, and make it accessible to the smallest cat lov-



ers, which can be a mixed bag. The theme in this younger version might, at first, make the story a bit scary for sensitive children — getting lost, after all, is terrifying. Be aware of this, but don't let it stop you from pushing forward with a read-aloud: the sympathetic, heart-tugging illustrations by Gerald Kelley and the wonderful happy ending will ultimately win over even the most fearful kids.

Meant for 3-to-6-year-old readers, I think slightly older children may enjoy this book once or twice. If they're cat lovers, especially, "My Name is Bob" is a book they'll get lost in.

"My Name is Bob," by James Bowen and Garry Jenkins [32 pages, 2014, \$16.99].



Tame your little monster's tantrums

Making a scene. Making a mess. Playing outside. Brushing those wobbly little baby teeth. Your toddler puts up a fight over everything.

Tired of those tantrums? Maybe knowing that little monsters also have to do these things

will change her tune. Yep, your preschooler will find out who else does those things when you read "Even Monsters..." by A.J. Smith together.

Let's say you don't like to get up in the morning. You're grumpy and you roar about it. You know that monsters make ferocious roars, too, but did you realize that even monsters have to get out of bed? They also have to put on clean clothes every day, they have to eat nutritious meals, and they have to clean up and comb their, um, fur.

Leaving the house in the morning

might make you snarl, so imagine if you were a monster! Yep, even they have to go to school, of course, because how else would they learn monster things? Somebody has to teach a monster his ABCs, drawing, math, science, and manners.

All this — getting up, getting ready, playing nice — makes you grumble, but you're quiet compared to a monster.

Everybody knows monsters grumble, but monsters also know how to have fun. For instance, did you know that after school is a monster's favorite time of day?

Monsters also understand that they must clean their plates and eat what's in front of them. And when their mothers tell them it's time for bed — guess what else? When the lights are out and it's time for sleeping, monsters have a great big secret.

Yes, there's something that even monsters don't wanna...

Tantrum time should be tamed

when toddlers have this book in their hands because Smith speaks to the hearts of the littlest readers. Accompanied by an almost-hidden cootie in each scene, Glubb and Skeebu (the creatures' names, if you look closely) are mischievous and cuddly, pretending to be fierce, though they're really not. That means that these monsters won't cause nightmares for sensitive children.

Best of all, if you're the adult reading this book aloud, Smith didn't forget you: nearly each page has details that will make you smile, too, and lots of grown-ups-will-notice jokes. And that, of course, makes "Even Monsters..." a book you and your 2-to-5-year-old will wanna read.

"Even Monsters..." by A.J. Smith [32 pages, 2014, \$16.99].

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



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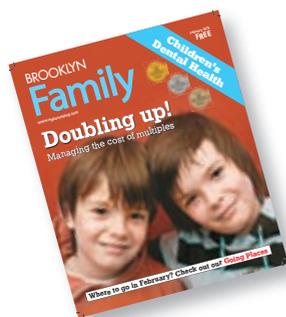
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CHRISTINE M. PALUMBO, RD

Get your mojo back

Your child is thriving and hitting all his developmental milestones. But what about you? Are the demands of motherhood taking their toll?

The way many of us cope with stress is by loading up on caloric, nutrient-poor foods (hello, big ice cream bowl!), drinking too much alcohol, or consuming too much caffeine. But that often exacerbates stress, make us feel worse and sabotaging our health and spirit.

"In order to make any successful changes in how you cope, moms need to first identify how stress affects them and their food, fitness, and lifestyle habits," says Elisa Zied, MS, RDN, author of "Younger Next Week."

For example, does stress make you go to the nearest drive-through for fast food? Do you reach for a sleeve of cookies or have one too many cocktails? Do you skip your workout or spend more time watching television or surfing the internet? Do you sleep less (or worse) because you have too much to get done or your mind races?

Once you realize how stress affects your personal habits, work towards tweaking one or two of these behaviors at a time to get back on track, Zied says. For example, set an alarm every hour to remind you to take 10 minutes to stand, stretch, take a short walk or



climb some stairs if physical activity is lacking.

Zied is a fan of snacking on nuts.

"I especially love nuts for moms because they're portable and pair well with so many other nutritious foods such as whole-grain cereals, yogurt, and dried or fresh fruit." Eating a small amount of nuts may protect against weight gain. "They can fill you up and help your body burn more calories during digestion," she says.

Nutrient-rich plus a treat

"Mad Men" viewers were shocked by the scene of a pregnant Betty Draper smoking and enjoying a glass of wine. Yet, two generations ago, women's lifestyles were healthier in other ways than they are now. A Mayo Clinic Proceedings study found today's mothers are less physically active than mothers in the 1960s. Today's moms need to eat 175 to 225 fewer calories to prevent weight gain than the "Mad Men" era moms.

You know the drill. Focus on a dietary pattern that includes fruits and vegetables, protein-rich foods, low-fat dairy, whole grains, and healthy fats.

What about treats? Zied says to give yourself permission to include small amounts of chocolate, cookies, wine, or even some French fries daily.

"Not every calorie moms consume has to be nutritious. As long as most of the foods and beverages are power-packed, a few items that don't fall into basic food groups can fit in just fine."

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Peanut butter fruit Napoleon

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVES: 4

INGREDIENTS:

- ½ cup nonfat plain Greek yogurt
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 Granny Smith apple
- 1 pear
- ¼ cup creamy peanut butter
- ¼ cup seedless raisins, plus 4 teaspoons for garnish

DIRECTIONS: In a small bowl, com-

bine the yogurt, honey, cinnamon, and nutmeg. Quarter the apple and pear and remove the core. Slice each quarter into 4 thin slices. To build the napoleon, lay 4 pear slices onto each of 4 plates. The pear slices should be facing in the same direction and touching each other to create the bottom layer of the napoleon. Top with 1 tablespoon of peanut butter and, using the back of a spoon, spread evenly to coat. Sprinkle over 1 tablespoon of the raisins. Layer 4 apple slices over the peanut butter and raisins. Spoon over 1 tablespoon of the yogurt mixture and, using the back of a spoon, spread evenly to coat. Sprinkle 1 teaspoon of the raisins over the yogurt to garnish.



Serve immediately.

NUTRITION FACTS: (per Napoleon): 218 calories, 34 grams carbohydrate, 4 g fiber, 8 g fat (2 g saturated), 7

g protein, 0 mg cholesterol, 91 mg sodium

Source: Toby Amido for the National Peanut Board



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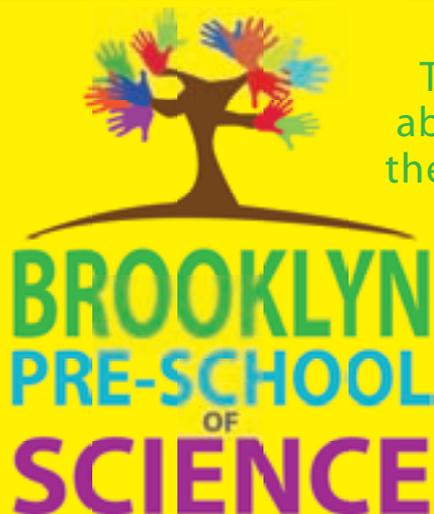
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