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Letter from the publisher

Parenting choices all month long

Who in New York isn't ready for a change in the weather? When those first pussy willows come up and we see some buds, we will be much happier. In the meantime, the days are growing longer and the quality of light will tell us that spring is just around the bend.



Our March issue offers a look ahead at Summer Programs & Camps as well as at Charter School tours. With April registration dates looming, now is the time to begin doing the research necessary to select choices for further investigation. One great thing about being a parent in New York is that there is an abundance of choice. Finding out your options and then going on tours is part of the responsibility of parenting. One needs to be a strong advocate for one's children, although it's a balancing act

every day in every way between being a working parent and working as a parent. I know from first-hand experience.

Although I didn't set out to be a single parent, it turned out that way, and the responsibilities I had combining a very necessary career with raising my child were daunting to say the least. Somehow, however, in spite of the full load, I managed to become the head of our school's parent body, drive my daughter to soccer games all over Long Island for two years, while also managing to take trips, visit museums, and go to the theater and ballet with her.

We are enormously fortunate to have so much intelligent stimulation around us and that we owe it to our children to participate with them in the myriad of possibilities that will further enhance their education and

well being. I argued with teachers sometimes (while being fully respectful of their objectives and priorities) that no, my daughter had not done her homework because we had gone out the night before to the ballet, or had seen a play. I considered us very lucky to have that even as an option, so saying no to the invite would have been nuts. That's what life in New York means to me and why I came here long ago from Chicago.

I believe in the enhancement of a total education that does not always take place in a classroom, but is found on the road on a family trip, in a museum, in front of PBS quality television programming, hearing music, seeing a family show, or reading a book together. Family time used well and fully is an integral piece of life and creates a foundation that is profound.

That said, please make use of our Calendars, both in print and online

at our helpful and informative website, www.NYParenting.com. Our Calendar Editor Joanna makes a big effort to put together an exciting and full monthly guide to great events around the five boroughs. Speaking of our website, there is more information and helpful and provocative articles on our site than we are able to offer in print. If you like what you read here in the magazine, you will love the site. If you need any help in navigating to find what you're looking for, give us a call.

Have a great month. Watch for the signs of spring. It's definitely around the bend. Thanks for reading.

Susan Weiss-Voskidis,
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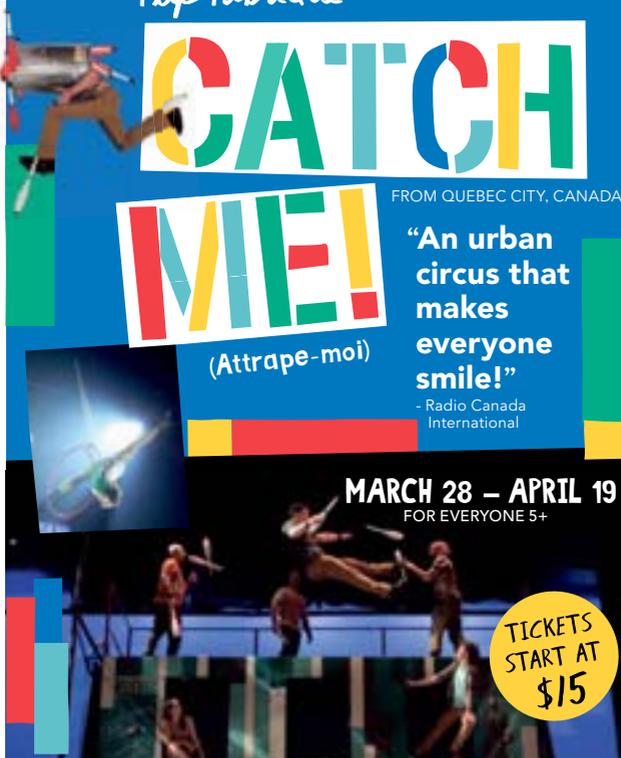
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Teacher's tips

Advice for
students taking
the Common
Core English
Language Arts
exam in third
through eighth
grades

BY ALLISON PLITT

My daughter is enrolled in the third grade at a Queens public elementary school. For the past two years, she has come home with report cards saying she performs above grade level in writing. Since I work as a writer I have been trying to help her formulate her ideas into words and then into coherent sentences. Although my daughter is conscientious about doing her homework, I have found she is not receptive to listening to my advice when it comes to helping her compose sentences and essays.

This year I finally made the decision to hire a tutor to help her place her words onto paper. I found a woman through an online tutoring service who had been teaching English Language Arts to middle school students at a Brooklyn public school for 11 years. The New York City Department of Education's English classes are comprised of speaking, listening, vocabulary, reading comprehension, grammar, and writing.

The tutor, Lisa Quercia, also prepares her own students for their yearly state exam, and last year was the first time she taught test preparation for the New York State Common Core Standards English Language Arts exam.

"This is the second real year for the Common Core Exam because the first year is really transitional," she observed.



The Common Core Standards English Language Arts exam for grades three through eight is a three-day test on April 14, 15, and 16. It is comprised of the same types of questions for all six grades. Students are given three booklets: one to complete each day of the test. On the first day, there will be reading passages and multiple-choice questions. On the second day the test booklet is comprised of reading passages, multiple-choice questions, short-response questions, and one extended-response question. The third day's booklet will have reading passages, short-response questions, and one extended-response question.

Students in grades five through eight will have an hour and a half

each day to respond to all the questions in their booklet. Students in grades three and four will have an hour and 10 minutes each day to respond to the questions.

"There is just so much information packed into the English Language Arts testing booklet, so timing is important," Quercia advises.

The night before the exam, Quercia tells parents to make sure their children get enough sleep.

"It's also important to build confidence in your children, so tell them to do the best they can do," she says. On the day of the exam, Quercia advises that students eat a healthy breakfast. "If students eat any sugary foods or drinks for breakfast, then they get tired in the middle of the exam," she observed.



The reading passages are separated into four categories: expository (explanatory), argumentative, instructional, and narrative. Creating a seven-step guide for answering the multiple-choice questions, Quercia says, “I always tell my students to read the directions first. Then, take a look at the title of the piece and also see if there are any pictures to scan over. Sometimes the directions might give them a hint. They might say ‘read this article,’ then you know it’s non-fiction and you’ll probably learn something. If the directions say ‘read this story,’ then you know you’re going to have characters, settings, problems, and solutions.”

Another tip Quercia tells her students is to preview the question before reading the passage.

“I tell them to read the questions first because it gives you an idea about what the passage is about and an idea about what you should be concentrating on,” she said.

After the students preview the questions, Quercia recommends that they read the passages actively.

“Students should be looking for key details from the questions as they read. They can bring and use highlighters on the exam and highlight information that is part of the answer later, but they shouldn’t get carried away with highlighting because it can slow them down.”

As far as answering the multiple-choice questions, Quercia encourages students to use process of elimination. Encouraging students to go back to the passage to find the an-

swers, she says, “They can flip back as much as they need to.” Because an electronic machine scores the multiple-choice part of the test, she says it is important that children fill in all of the bubble for their answers.

As Quercia has proctored the test for many years, she has seen every possible problem happen.

“Every now and then I would catch a kid just answering in the test book and then waiting to transfer the answers to the answer sheet. That can be a disaster if the student puts one answer in one wrong spot — then the whole test is wrong. It’s important that students put their multiple-choice answers on the answer sheet right away.”

In regards to leaving answers

blank, Quercia advises, “Never leave multiple-choice questions blank. The teacher will give you a two-minute warning at the end of the test. With two minutes left, finish the question you’re working on and then you might be able to start one more. Bubble in answers if you have five blank answers left. Just guess. Bubble in ‘C, C, C’ or ‘A, B, C, D.’ There’s no penalty for guessing.”

In regards to the extended-response questions, Quercia uses a formula that her school has been using for years called RAFT. As she explains, “R stands for ‘restate the question.’ A is ‘answer the question’ or parts of the question. F stands ‘for example.’ That’s where you give, for example, your text details. Students can quote the text details or paraphrase them. T is to ‘tie it together,’ to conclude it. Tie your conclusion back to the topic sentence in the introduction. Use summary type phrases like ‘as you can see.’ Those four steps should give you a good solid essay.”

Quercia warns about a part of the exam where students are asked to read two passages on the same topic.

“There will be a paired passage in one of the test booklets. It’s probably the third day. It’s two passages on a similar topic. You’ll read the passages and then there will be questions only about the first passage. Then there will be questions just about the second passage. Then there might be a short-response question about both. Then you write an extended-response question and you must include details from both passages as it says it in the directions.”

Since teachers from other schools will grade the short- and extended-response questions, Quercia says handwriting should be neat and legible.

“I’ve scored the test for the city and you’re sitting in this room with all of these other teachers reading test after test after test. Once you come across that test that’s sloppy, you really have to keep deciphering it. You can ask the other teachers to come over and have this whole group discussion about this one test book because you can’t read it. The truth is the test is easier to grade when it’s legible.”

To obtain more information about the New York State Common Core Standards exams, educators, parents and students can visit the website www.engageny.org.

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



Dos & don'ts at the doctor's office

BY DR. MATTHEW WEISSMAN

As every parent knows, children, especially younger children, spend a lot of time at the doctor's office. Whether it's for a check-up or a sick visit, it seems like you and your child are in and out of the doctor's office on a regular basis.

Your child's routine doctor visit is the time to check up on growth and development, get up-to-date on vaccines, and raise any health-related questions or concerns. But, with all the information out there and different options for different tests, a visit to the doctor's office

can quickly become confusing. So, what should parents always do? Never do? Be cautious about?

As an internist, pediatrician, and a father of three, I've seen healthcare in a lot of different forms. Here's my advice on what parents should stick to and what they should question or avoid:

Do this:

Get vaccinated. It is important to vaccinate young children and adolescents from potentially life-threatening diseases. Schools require certain vaccinations for attendance, and that's a great thing.* You may have recently heard about

the HPV vaccine, which helps protect children from human papillomavirus — a virus associated with multiple types of cancer. It's recommended for all children and young adults between the ages of 9 and 26, and children need to get three doses over the course of six months. I highly recommend that you add this to your child's list of vaccinations. (You may want to update your own vaccines, including hepatitis A and B, influenza, tetanus, and pertussis.)

Ask for the flu shot. Younger children are at the top of the list, along with the elderly, for high risk of hospitalization from the flu. The

Center for Disease Control reports that approximately 20,000 children under the age of 5 are hospitalized with the flu every year. The New York City Department of Education now requires the flu shot for all children, so be sure to get your child vaccinated. The flu shot is never 100 percent effective, but you should still get it 100 percent of the time. Most healthy children over age 2 can get a nasal spray flu vaccine, so needles are not even required.

Find out Body Mass Index (BMI). This simple number that measures body fat based on height, weight, age, and gender will reveal whether or not your child is at a healthy weight. If your child's Body Mass Index falls into the "overweight" or "obese" category, she is at greater overall risk for high blood pressure, high cholesterol, breathing problems, and serious health problems as she gets older.

Check up on vision and hearing. Medical researchers have estimated that one in eight Americans over the age of 12 have some degree of hearing loss in both ears, and approximately 12 million adults in the US who are in need of vision correction are not using any. It's important to screen children regularly for hearing and vision impairment, as problems can come to the surface from early on.

Talk with your child's doctor about developmental milestones — and get anticipatory guidance. You need to make sure that your child is developing at the proper rate. And, since young children grow so quickly, they should be visiting the doctor much more often during their first few years, where someone can assess whether they are meeting their milestones. After that, a child should see the doctor at least once annually, not just to check her development, but also to talk about what to expect over the coming year, and how to best prepare.

Skip this:

Annual blood test. Healthy children typically do not require a regular blood test, as long as they maintain a balanced and nutrient-rich diet. An exception should be made for children with certain risk factors such as a personal or family history of medical problems or deficiencies.

Annual urine test. Unless a

child is showing potential symptoms of a urinary tract infection — such as pain while urinating, the frequent urge to urinate without urination, or a fever or abdominal pain, or has particular family or personal risk factors — there is likely no need for a urine test.

Annual tuberculosis test. Tuberculosis has become less common with time, and most children are at very low risk of having the infection. A child's risk for developing it is heightened if she has HIV or another condition that leads to a weakened immune system, if she lives with an adult with tuberculosis, and if she was born in or is visiting a country where the infection is prevalent. Tuberculosis testing (through a skin test or blood test) should be reserved for those at highest risk.

EKG or chest X-ray. Radiation exposure is linked to increased risk of cancer, so it is important to limit the amount of X-rays a child receives to only what is necessary. While the risk from a single X-ray is low, cumulative radiation exposure should be avoided. If your child has not demonstrated any risk factors associated with heart problems or heartbeat irregularity, a routine EKG is not necessary or recommended. In general, unnecessary screening tests can drive up medical costs and lead to more invasive testing down the road.

Finding out your blood type. For many children, this is part of the birth and vaccine record. If not, there is generally no need to do a blood test just because someone "wants to know." Save your child the blood draw and she can find out her blood type if and when it really matters.

For more information:

- New York State Immunization requirements chart: www.health.ny.gov/publications/2370.pdf

- For information on what vaccines are required or recommended for school children by New York State, visit www.health.ny.gov/prevention/immunization/childhood_and_adolescent.htm

- For other avoidable tests for children, check out www.choosingwisely.org/doctor-patient-lists/american-academy-of-pediatrics/

Dr. Matthew Weissman is the chief medical officer at Community Health-care Network.

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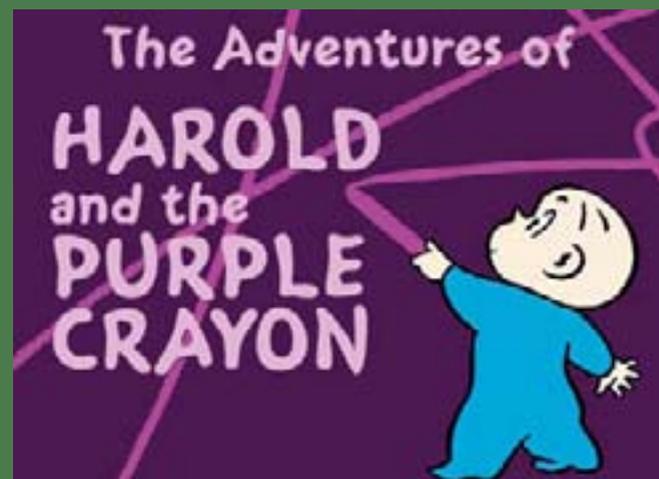
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Under their skin

When acne is spotted, these tips can help

BY JAMIE LOBER

According to the American Academy of Pediatrics, acne is one of the most common skin conditions in children and adolescents. We all remember the feeling of embarrassment and self-consciousness that comes with a pimple — and we wish it would clear up over night. But the American Academy of Pediatrics said that it can take three to six weeks or longer to see a change, and 12 weeks for maximum improvement. However, with time and intervention from a dermatologist, your child's skin can improve.

"We wish that patients realized that we are generally going to treat acne rather than cure it and that it takes time to do so," said Dr. Seth Orlow, chairman and professor at the Ronald O. Perelman Department of Dermatology at NYU Langone Medical Center. "Even the most effective treatments work slowly, so you need to stick with them to see the benefits."

Acne can be part of growth and development.

"Adolescent acne is a skin condi-

tion of puberty when the body is producing increased levels of hormones called androgens, which in turn cause increased production of oily sebum and increased blockage of the oil glands facilitating the growth of acne bacteria," said Orlow.

When the oil gets trapped, you have acne inflammation.

"Some individuals are more susceptible to this problem and that is why some have worse acne than others," said Orlow.

Remind your child that nobody is to blame for the acne.

"It has little if anything to do with cleanliness, and you cannot scrub it away," said Orlow. Some kids are at higher risk than others.

"In women, irregular periods, excess facial hair, and obesity may be linked to acne," said Orlow. Time is the best medicine.

"Red marks that are left as inflamed acne lesions go away with continued treatment, so please do not pick at your acne lesions because we want to avoid scarring, and not foster it," said Orlow.

When it comes to treatment, peo-

ple usually start with over-the-counter medications for mild acne.

"I suggest something that contains benzoyl peroxide, which helps prevent the formation of acne pimples, or salicylic acid, which helps open up the clogged pores," said Orlow.

If over-the-counter treatments don't seem to work, make an appointment with a dermatologist. Prepare for your appointment by making a list of "everything you used before, and try to recall what worked and what did not," said Orlow.

Be an active participant in your healthcare.

"Do not be afraid to ask questions like how much to put on, exactly how to use the medications, and if something seems so impractical that you cannot make it work, let your doctor know rather than just not using it," said Orlow. Topical retinoids are often prescribed to help, or, oral antibiotics may be given for moderate to severe cases.

Patients failing to comply with treatment regimens are one of the biggest obstacles that dermatologists face.

"Too often, patients become frustrated with slow progress, and as a result, lose interest in following recommendations," said Orlow.

While there are always new remedies, the idea behind treatment is the same as it was years ago.

"The focus is on three key factors: preventing dead skin cells from blocking the oil glands, reducing excessive oil production, and reducing acne-causing bacteria," said Orlow.

While most over-the-counter medications take care of skin cell shedding and acne bacteria, they do not all attack the excessive oil production. Finding a doctor that you trust can make a difference as well.

"Board-certified dermatologists are well-trained to treat even the most severe acne, but you need a doctor with whom you feel comfortable and who can serve as both quarterback and cheerleader simultaneously," said Orlow.

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

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Open communication

Actions speak
louder than
words when
families try to
understand
one another

BY CAROLYN WATERBURY-
TIEMAN

A common complaint in couples and families is “we don’t communicate.” Whether it is between spouses or parents and children, the typical description is, “I keep talking, begging for a response, and he just refuses to communicate with me!” There was a time when I would have accepted this statement and assumed the uncommunicative party just needed to be more communicative. Then I realized that all behavior, both verbal and nonverbal, is communication and conveys a message. So the issue is not whether or not you’re communicating, but what you are communicating and how well you are communicating it.

When people experience others as not communicating with them, it is often because the receiver is not responding in the manner that the sender desired, so the sender assumes the receiver didn’t “hear” the message. Some individuals assume that if the receiver doesn’t agree with the message, the receiver must not have heard or understood correctly. These people tend to confuse lack of agreement with misunderstanding. The confusion may be intensified if the receiver does not know how to effectively express their disagreement.

Then there are those individuals who send incomplete or hidden messages that are supposed to be decoded by the receiver who may not even realize a message has been sent. These message senders tend

to subscribe to the misguided notion that if someone really loves you, they will automatically be able to read your mind.

We sabotage our communication, and ultimately our relationships, in so many ways. It is amazing how well we have learned to communicate poorly. One can only wonder what would happen if we put as much energy into learning to communicate effectively as we put into avoiding it. Some of the practices that get in the way of effective communication are:

Failure to match verbal and nonverbal cues. Communication involves more than just the words we speak (studies have actually shown that we pay the least amount of attention to the words). It includes tone of voice, facial expressions, and body language. When the cues from these don’t match, the likelihood of miscommunication is significantly increased.

The filters we are listening through. Perhaps you weren’t aware that there are tiny, invisible — and yes, metaphorical — filters in our ears. They begin developing at birth and are shaped by the significant communications we participate in as children. These filters determine how we hear the messages others send. Sometimes they create static that interferes with messages so that we hear criticism, threats, doubt, mistrust, or personal attacks whether or not any was intended. Our filters tend to reflect our level of self-esteem.

Our emotional vulnerability. One of the primary reasons we feel

vulnerable is that we give other people the power to determine our self worth. We forget that at the same time we are protecting ourselves from pain and disappointment, we are also robbing ourselves of the opportunity for deeply satisfying relationships with our spouses, children, relatives, and friends.

Now that we know all behavior is communication, how can we communicate more effectively with our children, and teach them to do the same? Here are a few suggestions:

Learn and model open, honest communication. Take the time and make the effort to accurately identify your feelings before speaking. Are you really mad, or are you actually hurt or disappointed? Are you really angry, or are you actually scared, embarrassed, or exhausted? You are much more likely to get the response you desire if you are honest about how you feel.

Be sure the message you are sending is the one intended. Attempt to match your words with a tone of voice, facial expressions, and body language that clarify (rather than confuse) the message you are trying to convey. Tacking on the phrase, “I love you,” after a scathing comment or while focused on a computer screen doesn’t feel like love to the receiver. For words to mean anything, actions have to match them.

Check your filters and replace accordingly. If you have faulty filters, do something about it. Clean them out and replace them with filters that allow you to listen freely and keep your sense of self-worth



intact. Remember, the way others communicate with you says more about them than about you. Be sure the way you communicate with others reflects the kind of person you are, or perhaps, the kind of person you want to be.

Be quick to listen, slow to speak.

Listen with your eyes as well as your ears. (Remember: listening does not mean approval, acceptance, or automatic permission. It just means you are listening.) Listen for the feelings behind the words and behavior, the feelings that are motivating the person to speak and behave in the way you are observing. Restate what you think you heard them say and check for accuracy before formulating a response. Take the time to consider what you want your words to accomplish before delivering a reply. Our communication must convince our children that we care enough to listen and respond thoughtfully.

Talk “with” rather than “at” your children. While nagging, criticizing, cajoling, threatening, lectur-

ing, questioning, evaluating, and advising may be done with the best of intentions, these tactics tend to diminish rather than enhance communication. If we expect compliance, cooperation, honesty, and respect from our children, they are much more likely to exhibit these when we communicate clearly, consistently, honestly, and respectfully with them. I know I respond much more favorably to someone who speaks to me in this manner. How about you?

Use open-ended questions. Instead of asking, “Did you have a good day?” ask “What was good about your day?” The former requires a simple yes or no response. The latter is an invitation to become engaged in meaningful conversation.

For every complaint you have about a child, find five things you appreciate about him. Be sure you are doing as good a job expressing the latter as the former. It’s easier to comply with, “Thank you for remembering to put your dishes in the dishwasher.” “I really appreciate you getting right in on your homework.” “When you finish, would you please pick up the dirty clothes in your room and put them in the hamper? I need to do laundry,” than “Your room is a mess,” “You are such a slob,” or “Get in there and pick up your dirty clothes this minute!”

The next time you find yourself about to let them “have it” or give them a piece of your mind, ask yourself, “How would I respond to what

I’m about to say?” You might want to find a different way to say it.

We can either encourage or discourage our children’s enthusiasm, curiosity, and willingness to communicate with us by the way we listen and the things we say. Since the relationship we establish with our children is the foundation for every other relationship they will ever have, the model for communication we provide has implications for their relationships with their peers, their spouses, and eventually, their children. If we can’t not communicate, why not invest the time and effort necessary to do it well? Talk may be cheap, but effective communication is priceless!

Carolyn Waterbury-Tieman has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator. To contact her, e-mail parentlife@yahoo.com.

How to be a better cheerleader for your young athlete

What mom and dad can do to support their kids' athletic endeavors

BY DENISE YEARIAN

Children who participate in sports programs can maximize their potential physically, mentally, emotionally, and socially. But it doesn't just happen. Although good coaching and league administration are important, nothing can replace knowledgeable, interested, and supportive parents. So how can moms and dads make the most of their athletic endeavors? Here are 10 tips:

Recognize game rules. The more you know about the sport your child is playing, the calmer and more at ease you will be. Some rules for a given sport may have been modified due to age and developmental level. So when you sit on the sidelines, it will help you know why a call was or wasn't made.

Assess developmental milestones. Be aware of the developmental milestones for the activity, so you can ascertain if your child is physically and mentally ready to take on the sport (see below).

Assist with goal setting. Help your child set realistic goals for himself. Just make sure they are goals he can own for himself. The more personal goals he sets and achieves, the more successful he will be and the more fun he will have.

Collaborate with the coach. Coaches may be a good source for providing drill pointers, but collaborating with them has even greater value. Know who's coaching your

kids and make sure he is in a safe environment and is being instructed in appropriate ways — that the coaches aren't too tough on him and are giving lots of positive reinforcement.

Volunteer to help. One of the best ways to know your child's coaches is to volunteer. Ask if the team needs an assistant coach or administrator, offer to spearhead a fund-raising event, or sign up to bring snacks for the kids after the game. Or volunteer to be the team journalist. Bring your camera and take pictures of the kids at practices and games. Then create an online photo album for the entire team. This can encourage communication and unity among team members, their families, and coaches.

Communicate a life lesson. Communication is a key role in sports parenting, especially when it comes to talking with your children about life lessons such as winning well, dealing with defeat, cooperation, perseverance and the like. For example, talk about how players have to work together to protect the goal, and how it's important to pass the ball, particularly if another player is near the goal. Also, discuss the need to be patient with everyone, because we all make mistakes.

Listen up. Listen to your child's frustrations and excitements. Sometimes he doesn't want you to solve his problem, he just needs you to listen.

Maintain proper nutrition. For children who are involved in rigorous athletics, it is particularly impor-

tant to have proper nutrition and hydration. An appropriate diet includes getting adequate complex carbohydrates, a lean protein source, and plenty of fruits and vegetables. During dinner, your child's plate should have 50 percent fruits and vegetables, 25 percent whole grains, and 25 percent protein. Think ahead on how you can provide healthy food options in the car. Also, make sure your child is staying hydrated. If the team isn't taking a water break during practice, speak up.

Live it out. Be a good role model for your kids, so your words and actions align. Workout on a regular basis and eat healthy, and encourage your kids to do the same. When you are in the stands, keep a positive attitude and cheer everyone on, even the other team if it has made a good play.

Be a good cheerleader. Make it to as many games and practices as you can, offer encouragement and support, and look for little ways to let your child know you are his greatest fan. After weekend game days, do something special — get a bite to eat, take in a movie, or go swimming. In everything, let him know you are his biggest fan.

Developmental milestones for children in sports

Preschool. Many children at this age are beginning to get involved in organized sports. To see if your child is ready, assess his basic skills such



as running, throwing, and tracking objects in motion. Also consider his attention span. Is he focused enough to learn from group instruction? Most children aren't ready to participate in organized sports until they are around 4 or 5. Even then, practices should be short and allow time for free play. Programs should focus on the fundamentals of skill de-

velopment and emphasize fun over competition.

Early elementary. By now, most children have had at least one experience with an organized sport. The emphasis should continue to be on skill development and having fun, not on competition. This is a good time to analyze what you want your child to get out of sports participa-

tion. Ask him and he will more than likely say to have fun, be with his friends, and learn a new skill. Make sure this philosophy lines up with your child's coach and league's instruction. Let him sample different sports activities until he finds one he truly enjoys.

Late elementary. At this age, children are beginning to get a grip on

coordination and have a better concept of team effort. This is also a time when relative age factor comes into play and those who mature physically and mentally may seem to have an advantage. If not handled properly, it may put extra pressure on the mature child to perform, which could lead to burnout.

Children who mature later may have to work harder on skill development and may not initially get their coaches' attention, but given time and encouragement they often catch up with their counterparts. Because children mature at different rates, it is important to continue to emphasize the process, not the results, and to praise effort instead of outcome. This is especially important as competition elevates. Look for programs that adhere to this philosophy and make sure the entire team has an opportunity to participate in play, regardless of skill level.

Middle school. This is a time when children are beginning to master skills and techniques. This can also be a time when league politics, controlling parents, and abusive coaches may dominate an activity, though it happens earlier. If the child feels as if he has lost control over his activity or is being pressured by others, he may be in danger of burnout.

Kids at this age are better able to understand and handle the pressure of competition, but performance and self-esteem issues are closely tied now and can affect how youth feel about themselves in other facets of life. They may also need encouragement and information to deal with the awkwardness of changing bodies and minds.

Resources for parents

Books:

"Home Team Advantage: The Critical Role of Mothers in Youth Sports" by Brooke de Lenche

"How to Win at Sports Parenting: Maximizing the Sports Experience for you and your Child" by Jim and Janet Sundberg

"101 Ways to be a Terrific Sports Parent: Making Athletics a Positive Experience for Your Child" by Joel Fish and Susan Magee

Websites: www.sportsparenting.org, www.momsteam.com, www.nays.org

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



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

A solid foundation for better behavior

In the midst of a crisis, we are all ready to ask for help, jumping in with two feet to the closest resource to get out of the crisis as quickly as possible. Behaviorally, there are lots of quick fixes to get out of crisis behavior. To truly avoid those situations in the first place, however, you need to jump in with two feet to change behavior during the good times.

Positive behavior from your child does not happen without a solid foundation. Challenging behaviors will not transform without putting in effort throughout the entire day. The trick to creating a solid behavioral foundation has two parts: consistency and focusing on the small stuff.

Consistency is important for lots of reasons! Let's focus on how consistency helps change a sassy kid into an angel. To be consistent, you have to think of how you want to respond before the situation occurs. You need a plan. It does not have to be a big, elaborate or written plan, although writing it down is helpful. Simply knowing what you will do and say each time your kiddo has a specific behavior will change the entire dynamic. Being prepared leads to less of an emotion in your response, which is great!

How you decide to respond is not as important as the repetition of your response each time she, let's say, asks for candy. The consistency in your response also means that you won't change your mind based on your child's reaction (aka behavior). Quickly, she will learn that you are not changing your answer simply because she yells louder, argues more, or throws herself on the floor. Your word will start to have a strong meaning to her — and that is powerful!

Here is the trick: Be consistent in the face of good behavior as well as bad.

Let's say that the plan for candy is that it is only allowed after dinner. One day you're at the park for



a lovely afternoon, and everyone is happy and getting along. Your daughter politely asks for candy. You want nothing more than to say "yes"! Also, you're worried: what if saying "no" ruins the nice afternoon? Even in this tempting moment, please, be consistent with the rule. This helps set the foundation for your child knowing that you mean what you say.

The second part of the solid foundation is focusing on the small stuff. The small moments, like being at the park and saying "no" to candy even though you all wanted it, demonstrate to your small beings that the rules you have created are not arbitrary. The structure you have created is thoughtful and intentional.

Often, kids cannot yet understand the logic behind our decisions. So,

don't expect them to understand. What you can teach them to understand is that you are looking out for their best interest. You teach them this by being consistent with your word and rules. The small moments when you remain consistent are so powerful! These are the moments when your child is aware and can understand the message you provide. During a crisis, it is hard for them to understand the underlying point.

Set a solid foundation in your family, by being consistent through all moments, big and small!

Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. She has worked with thousands of families for more than 15 years and has condensed her observations into her practice and programs. For more on her, visit www.BehaviorAndBeyond.net.

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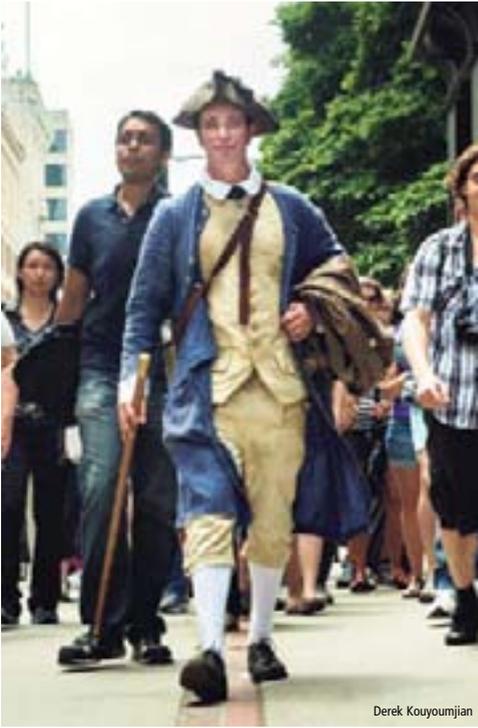
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Derek Kouyoumjian



Museum of Fine Arts / Laise Jones

Family-friendly BOSTON

BY SHNIEKA L. JOHNSON

One of the oldest cities in our country, Boston, has a rich history. Serving as a port and manufacturing hub, Boston was an integral part of the American Revolution. Many historic events, such as the Boston Massacre, the Boston Tea Party, and the Battle of Bunker Hill, took place in the city. Now the City on a Hill is a destination for arts, sports, and American culture, with attractions suited for all ages.

For the sports fan Boston has a number of professional teams. The city is home to hockey's Boston Bruins, basketball's Boston Celtics, and baseball's Boston Red Sox and, of course, the most-recently crowned Super Bowl champions, the New England Patriots, have their home, Gillette Stadium, shortly outside the city.

During the warmer months, the Cradle of Liberty offers a range of outdoor recreation for the whole family. There are many opportunities for family fun, from fishing and kayaking to whale watching.

If visiting in March, you can take your family can participate in "Dine Out Boston," and enjoy the many restaurants that the Hub has to offer. The two-week event, which provides an opportunity to experience area restaurants at special prices, happens twice a year and is sponsored by the Greater Boston Convention and Visitors Bureau, in partnership with American Express. Participating restaurants offer prix-fixe menus for lunch and dinner, at one of three price options: lunch for \$15, \$20, or \$25 and dinner for \$28, \$33, or \$38 (please note that prices are per person and do not include beverages, tax or gratuity). Whether it is a trendy restaurant, a

local spot, or a chain, your family can dine out on a variety of cuisine from Boston and Cambridge to the suburbs north, west, and south of the city.

Overall, you can easily fill your days visiting a number of attractions and sites in Boston. Here's a list of my favorite things to do in the city. Kid friendly of course!

Boston Children's Museum

[308 Congress St. at Sleeper Street, (617) 426-6500, www.bostonchildrensmuseum.org]

This museum is truly for the kids, boasting a multistory climbing structure, art studios, and a hands-on construction zone. Highlights include a full-size replica of "Arthur the Aardvark."

The Boston Tea Party Ship Museum

[Congress Street Bridge between Dorchester Avenue and Harborwalk, (617) 531-6241, www.bostonteatpartyship.com]

Boston Tea Party Ships and Museum will transport you and your kids on an incredible journey back in time. You will feel a part of the famous event that changed the course of American History.

Boston Pops

[301 Massachusetts Ave. between Huntington Avenue and St. Stephen Street, (617) 266-1492, www.bso.org]

The Boston Symphony Orchestra

was founded by Civil War veteran and musician Henry Lee Higginson. It's hard to believe that the orchestra gave its first concert in 1881. The organization performs in both formal and informal setting and hosts a series of family concerts.

Faneuil Hall, Quincy Market

[4 S Market St. between Chatham Street and S. Market Street, (617) 523-1300, www.faneuilhallmarketplace.com]

More than 70 retailers occupy the 200,000 square feet of space at this mixed-use marketplace. Customers enjoy local shops, restaurants, and are entertained by street performers and musicians along the cobblestone promenades.

Freedom Trail Visitor Information Center

[139 Tremont St. between Cufflin Street and Ricker Road, (617) 357-8300, www.thefreedomtrail.org]

Download the app and take the kids to explore the 2.5 mile Freedom Trail, the brick-lined route that leads you to 16 historical sites. The trail starts at the front door of the Boston Common Visitors Center and ends at the USS Constitution in the Charlestown Navy Yard.

Your kids can further their experience by doing a little research first and downloading the "Junior Ranger" activities provided by the National Park Service. A great tip that I've received is to reverse the path and end at Boston Common.

Museum of Fine Arts

[465 Huntington Ave. between Museum Road and Forsyth Way, (617) 267-9300, www.mfa.org]

This museum holds nearly 450,000 works of art and welcomes around a million visitors each year. Take your family to experience art from ancient Egyptian to contemporary, special exhibitions, and innovative educational programs.

Museum of Science

[1 Science Park at Monsignor O'Brien Highway, (617) 723-2500, www.mos.org]

One of the world's largest science centers, the Museum of Science is the most attended cultural institution in the Boston area. The museum offers programming for all ages as well as interactive exhibits.

New England Aquarium

[1 Central Wharf at Old Atlan-

tic Avenue, (617) 973-5200, www.neaq.org

Give your children a real feel for marine life and visit this aquarium. There are engaging activities included in your admission to this space, like exhibits that include touch tanks. For a fee, you can schedule in-the-water animal encounters and behind-the-scene tours. For those interested, the aquarium also organizes whale-watching trips to Stellwagen Bank from April to October.

Public Art Walk at the Mayor's Office of Arts, Tourism & Special Events

[Boston City Hall Room 802, Congress Street at North Street, (617) 635-3245, www.publicartboston.com]

Artworks, both permanent and temporary, from traditional to new media are on display throughout Boston. The public art pieces, paintings, murals, statues, bas-reliefs, sculptures, monuments, fountains, arches, and other permanent structures offer meaningful engagement with art throughout Boston's neighborhoods.

Zoo New England, Franklin Park Zoo

[1 Franklin Park Rd. at Columbia Road, (617) 541-LION, www.zoone-wengland.org]

The Commonwealth Zoological Corporation is the non-profit that operates Franklin Park Zoo in Boston and Stone Zoo in Stoneham, MA. Franklin Park Zoo is the larger of the two, a 72-acre site. The zoo was founded in 1912 and with more than a century of service continues to be a destination for families.

Additional info:

Dine Out Boston, spring: March 1-6, 9-13

Greater Boston Bureau: www.bostonusa.com

American Express: www.americanexpress.com

NPS Junior Ranger program: www.nps.gov/bost/forkids/beajuniorranger.htm

Freedom Trail App: www.thefreedomtrail.org/book-tour/smartphone.shtml

Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: www.shniekajohnson.com.



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New York International Children's Film Festival

The country's largest film festival for kids and teens is happening right here in New York City

BY SHNIEKA L. JOHNSON

Rather than just taking your kids to the movies, take them to experience a film festival just for them. The country's largest film festival for kids and teens happens right here in New York City. Established in 1997 New York International Children's Film Festival serves as an Oscar-qualifying event for live-action and animated short films. The four-week event takes place Feb. 27 to March 22, showcasing more than 100 films from around the world. Throughout the festival, there are filmmaker question and answer sessions, filmmaking workshops, and audience voting. Best of all, it's all kid friendly!

With more than 3,000 short film entries, selected films are organized by the following categories:

- Shorts For Tots (Ages 3 to 6)
- Short Films One (Ages 5 to 10)
- Short Films Two (Ages 8 to 14)
- Flicker Lounge: For Teens & Adults Only (Ages 12 to adult)
- Heebie Jeebies: Spooky, Freaky & Bizarre (Ages 10 to adult)
- Girls' POV (Ages 10 to adult)

The festival ends with a fun, culminating event, the Closing Night Celebration, where award winners are announced and there is a screening of the "Best of the Fest" short films.

The festival itself is a non-profit organization that offers year-round engagements. If you have a future filmmaker on your hands, investigate the workshops for kids that take place during public school mid-winter and spring breaks as well as summer camps.

The 2015 Festival's schedule of films, many of which your kids will surely enjoy, is detailed below.

"Ballet Boys" – Kenneth Elvebakk

Documentary, Norway. In Norwegian with English subtitles.

"Ballet Boys" takes us through four years in the lives of three young dancers. The only boy dancers in a world of girls, they strive to get into Norway's most prestigious ballet

academy. Beautifully constructed, slow-motion dance sequences, and life-altering auditions provide a pulse of drama throughout their journey, but the film is ultimately the story of their friendship, disappointments, victories, first loves, dreams, and doubts.

Recommended ages: 9 to adult

"Belle And Sebastian" – Nicolas Vanier

Live action, France. In French with English subtitles.

A story of friendship, courage, and loyalty set against the jaw-dropping scenery and alpine panoramas of the Haute Maurienne-Vanoise region of France. Sebastian lives with his grandfather, César, in a vertiginous mountain village, where he crosses paths with a giant and dirty Pyrenean Mountain Dog who the locals have dubbed "the Beast" for allegedly killing their livestock. But Sebastian sees something good in the misunderstood canine and befriends the animal, renaming her "Belle." Their budding friendship is put to the test when Nazis march into town looking to root out a band of resistance fighters who are guiding Jewish refugees to neighboring Switzerland.

Recommended ages: 7 to adult

"Hocus Pocus Alfie Atkins" – Torril Kove

Animation, Norway. In English.

Academy Award-winning director Torril Kove's first feature film is a refreshingly warm and intimate tale based on beloved children's book character Alfie Atkins. Seven-year-old Alfie dreams of owning a dog, but his father insists that he is too small for such a big responsibility. Undaunted, Alfie finds an unlikely ally in George, a kindly magician who performs tricks for the neighborhood kids and has just adopted a puppy of his own. Lovingly animated with thoughtful, honest character interactions, "Hocus Pocus" offers an emotionally and visually rich cinema experience for audiences of all ages.

Recommended ages: 3 to 8

"Jellyfish Eyes" – Takashi Murakami

Live action and animation, Japan. In Japanese with English subtitles.

Pop art superstar Takashi Murakami makes his feature film debut with a campy, genre-defying adventure that mixes lo-fi Japanese disaster movie, new kid-on-the-block coming-of-age story, and Pokémon-style anime with a delirious abundance of wonderfully imagined magical creatures. Setting Murakami's fantastical animated designs in an otherwise live action film, "Jellyfish Eyes" tells the story of Masashi, a young boy who moves to a sleepy town in the Japanese countryside in the wake of a natural disaster.

Recommended ages: 9 to adult

"Landfillharmonic" – Brad Allgood and Graham Townsley

Documentary, USA. In Spanish with English subtitles.

The world generates more than a billion tons of garbage a year, much of it ending up in poor rural communities like Cateura, Paraguay, where more than 2,000 families survive by separating garbage for recycling. When a teen music program there can't afford new instruments, a garbage picker named Cola fashions a violin from an empty oil tin — thus inspiring the Recycled Orchestra. The film follows the young musicians as they reach even greater heights, performing concerts in the US, Europe, and Asia — even sharing the stage with heavy metal super-group, Metallica.

Recommended ages: 8 to adult

"Lou!" – Julien Neel

Live action, France. In French with English subtitles.

Twelve-and-a-half-year-old Lou lives alone with her absurdly immature mother, Emma. Her mom has been in a funk lately, eating junk food in her pajamas, playing video games, and generally behaving more like a teen than her on-the-cusp-of-adolescence daughter. But all this changes with arrival of the new bohemian neighbor, Richard, who ignites her goofy mother's romantic



(Above) A still from "Ballet Boys." (Left) "Mune" is a contestant in this year's festival.



the heir apparent is passed over, and the title Guardian of the Moon is bestowed on the waif-like Mune, a small and frightened forest faun who seems wholly unprepared to take on such a weighty responsibility.

Recommended ages: 5 to adult

"Satellite Girl And Milk Cow" – Chang Hyung-yun

Animation, South Korea. In Korean with English subtitles.

Festival award-winning "Wolf Daddy" director Chang Hyung-yun has created a wholly original, exuberantly outrageous, sci-fi love story unlike anything before it. An orbiting, out-of-commission female satellite picks up a lovelorn pop song on its radio antenna and descends to Earth to try to discover who could be the source of such heartfelt emotions. On the way, it is transformed into the titular Satellite Girl, complete with Astroboy-like rocket shoes and weapon-firing limbs, while the balladeer in question — a loser 20-something playing at an open mic in a coffee shop — meets the fate that befalls all broken-hearted lovers: he is turned into a farm animal (albeit one who can walk around in a poorly-fitting human suit).

Recommended ages: 8 to adult

"Secrets Of War" – Dennis Bots
Live action, Netherlands. In Dutch with English subtitles.

Netherlands, 1943. Best friends Tuur and Lambert spend their time dreaming up adventures and discovering secret passages in the caves and forests that surround their close-knit village. Homemade wooden pistols serve as props in their playful war games, as they make light of the conflict that is building all around them. When new girl Maartje enters their social circle, the boys' friendship faces a challenge typical of adolescence — and Lambert begins to feel more and more like the third wheel. "Secrets of War," with its lush backdrops and strong emotional performances from three young leads, expertly balances the universality of shifting young friendships with the moral complexity of war.

Recommended ages: 9 to adult

"Wolfy, The Incredible Secret" – Grégoire Solotareff and Eric Omond

Animation, Belgium/France. In English.

Though they're from opposite ends of the food chain, Wolfy and Tom (a wolf and rabbit, respectively) are best friends. Wolfy has always believed he was an orphan, until one day a gypsy tells him that his mother is still alive in the distant dynasty of Wolfenberg, Land of the Wolves. Despite his fear, Tom agrees to accompany his friend as they venture far from their peaceful countryside home. They arrive in the midst of Carne Festival — a grand meeting of the world's most renowned carnivores — and Wolfy's quest for self-discovery quickly turns into Tom's quest for survival. This beautifully animated film is based on the wildly popular French children's book series "LouLou" from writer and director Grégoire Solotareff.

Recommended ages: 5 to 10

Additional information:

New York International Children's Film Festival, Feb. 27–March 22. Schedule: www.gkids.com

Locations: DGA Theater [110 W. 57th St., (212) 258-0800, www.dga.org]

IFC Center [323 Sixth Avenue, (212) 924-7771, www.ifccenter.com]

Scholastic Theater [557 Broadway, (212) 343-6215, www.scholastic.com]

SVA Theatre [333 W. 23rd St., (212) 592-2980, svatheatre.com]

Village East Cinema [189 Second Ave., (212) 529-6998, www.villageeast-cinema.com]



Shnieka Johnson is an education consultant and freelance writer based in Manhattan.

interests. Neel has turned the French comic and animated TV series into a quirky, mom and daughter buddy movie, with vibrant and brilliantly kitschy bubble-gum production design and plenty of cringe-worthy, awkward comedic situations.

Recommended ages: 8 to adult

"Moomins On The Riviera" – Xavier Picard

Animation, Finland/France. In English.

Sixty years ago, when Finnish author and illustrator Tove Jansson launched the Moomin comic strip, little did she know it would reach 20 million daily readers in more than 40 countries. In celebration of her 100th birthday, French director Xavier Picard brings Jansson's carefree and adventurous Moomin family to life, with delicately animated characters set within beautifully designed and

colored backgrounds, and the comic's traipsing storylines translated to the screen with just the right amount of absurdity and humor.

Recommended ages: 5 to 10

"Mune" (3D) – Alexandre Heboyan and Benoît Phillippon

Animation, France. In English.

A world of wonder, magic, and mythology is the setting in this sumptuously animated CGI adventure about a land divided between the realms of day and night. As legend has it, the first Guardian of the Sun threw a harpoon into the cosmos and roped the sun to bring light and warmth to all of humanity. Then the Guardian of the Moon lured the moon to the Land of Darkness to provide a balance to the sun and supply the world with dreams. At a momentous ceremony to appoint the two new guardians, an accident seems to occur;



FABULYSS FINDS

LYSS STERN

A memorable March

Making plans for a cold month with a hint of spring

I can finally see the signs of spring ahead. And boy, am I looking forward to “springing” ahead. What a cold winter we have had! I don’t know about you, but I am ready to pack the ski boots, jackets, gloves, and hats away.

March is a very special month to me because — not only is it my birthday month — it’s also National Women’s History Month. I know my boys are learning about this in school; however, it gives me a reason to open up a deeper conversation with them about amazing, historical women. To me, all of us moms are making history!

Yes, March is still a very cold month, and moms are always asking me for fun things to do close to the city. Recently, my family visited Medieval Times in New Jersey. As we drove up to the castle, I knew we were in for quite the experience. The unique combination of a medieval banquet and thrilling jousts between knights on horseback captured the imagination of all ages, especially that of my boys and husband. Medieval Times is an exciting, family-friendly dinner attraction inspired by an 11th-century feast and tournament. Guests are served a four-course banquet (and, yes, you eat with your hands) and cheer for one of six knights competing in the joust and other tests of skill. It’s a super fun experience and only eight miles outside of the city. Your kids will thank you for taking them on this fun adventure.

Medieval Times [149 Polito Ave. in Lyndhurst, NJ, (866) 543-9637, www.medievaltimes.com]

I always love to tell you about exciting new openings around the city. I recently was introduced to the new preschool on the Lower East Side, Evolution Enrichment Center. Not only is the Lower East Side one of the coolest neighborhoods to go out in at night, the neighborhood has really become very popular with families. The brand-new school is geared toward children ages 2 to 5. It has its own enrichment program and after-school program for children up to age 14. It also has wonderful partner-



ships with the non-profit Russian-American School of Ballet, as well as Krav Maga Center of America. Children get an introduction to everything from science to art within the sprawling 15,000-square-foot space. Your kids can learn Mandarin, chess, yoga, and ballet, as well as many other amazing activities.

Evolution Enrichment Center [38 Delancey St. #2, between Forsyth and Elridge streets on the Lower East Side, (212) 375-9500, www.evolutionenrichment.com]

There’s a new book that’s taking parents by storm: “The Opposite of Spoiled: Raising Kids Who are Grounded, Generous and Smart about Money” by Ron Lieber (personal finance columnist for The New York Times). This new #FabULySS book explores how money smarts can be a helpful tool in raising good kids. Parents everywhere are buzzing about it.

Please join the #DivaMomsBookClub on Tuesday, March 3 for this very important book signing and reading with Lieber. I promise that you will leave this event more knowledgeable and feeling good about starting conversations about money with your children.

Book Club meeting on March 3, from 6:30 to 8:30 pm. RSVP@Divamoms.com and visit www.divamoms.com for more

location information when available. “The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money” is available at www.amazon.com.

Join the #DivaMomsBookClub at Kumon, the world’s largest after-school math and reading program, for another #FabULySS event with Tova Klein, the director of the Barnard College for Toddler Development and associate professor of Psychology. We will have a book signing and question-and-answer session with Klein about her amazing book that is now in paperback, “How Toddlers Thrive.” She’s distilled these decades of experience with parents and children ages 2 to 5 into a book that gives you the tools you need to enjoy your interactions with your toddlers, and at the same time, sow the seeds for a lifetime of success.

Tova Klein book signing and Q & A at the Midtown East Kumon Center (962 First Ave. between E. 53rd and E. 52nd streets in Midtown East, www.divamoms.com, www.howtoddlersthrive.com). March 4, 6:30 to 8:30 pm. rsup@DivaMoms.com

As the weather starts to get warmer, parents are always asking me about amazing sports programs for their children. One that both of my boys personally loves is the NY Sluggers, teaching baseball the right way, that has the most #FabULySS after-school baseball programs. Every Friday afternoon starting in April in Central Park children ages 5 to 8 will learn the game of baseball as they teach them the proper throwing and hitting mechanics, fielding positions, catching, and base running. I promise your boys will love this baseball program! Best baseball coaches in New York City!

NY Sluggers. For more information, call Coach Brett at (917) 301-4295 or e-mail bhb425@me.com. www.nysluggers.net.

Have a #FabULySS March! I cannot wait for the flowers to start blooming in Central Park. Spring is one of my favorite seasons.

Lyss Stern is the founder of DivaLyssious Moms (www.divamoms.com).



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PARENTS
HELPING
PARENTS

SHARON C. PETERS, MA



Dear Sharon,
We have a 3-and-a-half year old and are having some difficulty getting him to toilet train. Do you have any words of wisdom?

Toilet-training tips

Dear Parents,

Strong-willed 3 year olds can make toilet training challenging. Here are some strategies that can help.

Before tackling toilet training, it is important to sort out when children (and their parents) are ready for toilet training. Even when a child is a little older than usual there may be underlying factors that need to be taken into consideration. If a child is having a hard time at school, getting used to a recent move, adjusting to the birth of a new sibling, working through complex developmental delays, or handling other challenges, then it might make sense to wait for an easier time to begin training. It is often wise to delay things if parents are overwhelmed or busy as well.

When you are ready to tackle training, find a relatively pressure-free time to focus on the project (probably at least a week). Pick a period when it is possible that all adults involved can stay focused on the “mission” and able to avoid distractions — social occasions, work pressures, extended family obligations, etc.

It can also help to involve children

in the planning process. Encouraging your child to help decorate a potty chair, select training pants, or talk through other details that can help him feel part of the project rather than the subject of someone else’s plan.

Concrete rewards can increase the chances of success as well. Parent and child can create a rewards chart together and choose the prize for completing the goal. If there have already been a series of failed attempts at toilet training it can help to offer small rewards for each accomplishment along the way rather than just working towards a “super duper” prize when “accidents” are over. (Three-and-a-half year olds who have avoided training for a while often need a “super duper” reward and motivator to lower their resistance.)

Before starting, many parents agree on a “plan of action” with their partner. As every child has his own unique personality, the specifics of plans may greatly vary. I know of families who have found it useful to have their child go pantless through this period while others have visited the bathroom every 30 minutes. Moms and dads should sort through an approach that could work for their little one.

Probably the most important part of any plan is an agreement to sup-

port each other to stay calm and clear throughout the process. Although difficult, parents who can stick to their plan and stay calm in the face of their child’s mistakes or upset usually are more effective.

It can also help to tell a child ahead of time that the end of diapers is coming. Use a confident, calm, and succinct tone to explain your ideas to the child — he’ll be more likely to believe that change is on the way. Of course, children often complain if given advance warning, but having a chance to “get ready” and let off steam beforehand can help the actual process go well.

Toilet training is much harder to do when everyone involved is tense or upset. It can be useful to get some especially exciting games or toys to play with during the process. The family can play together, take a break for toilet time, and then resume playing until the next break is needed.

Parents often inform their child’s school of their efforts so that teachers can encourage and reinforce their efforts. An “all hands on deck” approach can make a bigger impact.

Even if this is not the best time for your son to finish toilet training, I guarantee that he will eventually get the hang of it, probably much sooner than it feels to you right now.

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

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

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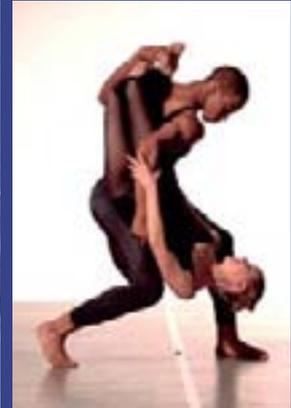
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HEALTHY LIVING

DANIELLE SULLIVAN

Debating vaccines

If your pediatrician sent you a letter that said if you didn't follow his vaccination schedule, your child could no longer be a patient, would that bother you? Or would it upset you more to know that your newborn was sitting next a family of children who weren't vaccinated ... ever? The recent measles outbreak confirmed by the Health Department has sent not only a flurry of angst to an already overfilled and angry internet, but also poses real questions that parents and even doctors are mulling over. As with many hot parenting debates, there is no easy answer that will appease all groups.

A couple of years ago, even before the current measles outbreak was top news, eight pediatricians at a Chicago pediatric office informed their patients by mail that they will "no longer see children whose parents refuse to follow the childhood immunization schedule developed by the Centers for Disease Control and Prevention and the American Academy of Pediatrics."

Dr. Scott Goldstein, one of the pediatricians who participated, explained why: "All of the available research shows that the safest and most effective way to vaccinate children is on the schedule set by the CDC and AAP. To go against that schedule goes against proven scientific research and puts patients who do follow the schedule at risk."

"I would want my pediatrician to refuse unvaccinated patients. It is for the safety of all children in the practice," says mother of two, and Staten Island resident, Christina Colombo. "If parents choose not to vaccinate, then they will have to do the legwork of finding a doctor who will take them despite them not following medical advice."

It seems that more pediatric offices are following suit. In addition, the Wall Street Journal reports that, "In a study of Connecticut pediatricians published last year, some 30 percent of 133 doctors said they had asked a family to leave their practice for vaccine refusal, and a recent survey of 909 Midwestern pediatricians found that 21 percent reported discharging families for the same reason."



But the question to do so is not simple. Pediatricians are called to care for the children, even the children (or perhaps, especially the children) whose parents have difficult views, or ill-fitted opinions. Pediatrician Dr. Sydney Spiesel discusses the difficulty of the situation in a recent Slate article:

"On the one hand, we profoundly believe in the value and importance of vaccines. On the other hand, we profoundly believe in the value and importance of caring for all children who need us, and some of those children have parents who refuse to vaccinate."

Emily Patterson, who lives in the West Village and is a mom to a 2-year-old who has just finished up his set of scheduled shots, says that she would not want to go to a pediatrician that turned away children who need help.

"I choose to vaccinate my chil-

dren, so they are protected. If the parent sitting next me chooses not to, that's her business. I highly doubt the whole office will be infected just from taking in patients that haven't been vaccinated. I mean, think about how many people you encounter on the subway, or coffee shop, or plane. Can you safely say that everyone you come into contact with has been vaccinated?"

Does your pediatrician mandate that you must follow the vaccination schedule? Would you leave his practice if he did? Does it bother you to think your child is sitting next to an unvaccinated child? Have you ever thought about it at all?

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.

What to know about hand, foot, and mouth disease

This virus is a pain for preschoolers

BY ALEXA BIGWARFE

Not to be confused with hoof and mouth disease, a very nasty disease that affects cattle, hand, foot, and mouth is a virus that your toddler or preschooler (and sometimes even older children) may contract this spring. You'll want to be on the lookout for a variety of symptoms, of which your child may experience some or all. Be prepared for your

children to have completely different symptoms.

What exactly is hand, foot, and mouth disease?

Hand, foot, and mouth disease is a highly contagious viral illness most prevalent during the spring and fall seasons. It usually affects infants and children younger than 5 years of age. It has a wide variety of symptoms, including fever, sore throat, vomiting, reduced appetite, sores, and red bumps. The child may have a variety or all symptoms, or may carry and pass the virus with no symptoms at all. There is currently no vaccine to prevent it, and not much that can be done once the child has it, beyond keeping them comfortable and waiting it out.

How serious is it?

It's more gross than serious, and the itching can be extremely irritating. It can cause high fever, and a large concern for many is the child becoming dehydrated and not eating if the sores in their mouths and throat hurt too badly. (In rare cases, they can develop some very scary, fatal complications — like brain inflammation and polio-like diseases.)

A week or two after the virus is gone, your child may lose his fingernails and toenails and may also have the skin peel off of his hands and feet.

How does it spread?

It is highly contagious and can be passed through mucus,

saliva, the blister fluid, and feces. You are most contagious for the first week. Children can get it by:

- Close contact, such as kissing, hugging, or sharing cups and eating utensils.
- Coughing and sneezing.
- Contact with feces, for example when changing a diaper.
- Contact with blister fluid.
- Touching objects or surfaces that have the virus on them.

How long should your child stay home from school?

Follow all fever rules — don't send them to school within 24 hours of the fever.

Watch the blisters. If they have oozing blisters that can't be covered, keep them home.

For little ones, keep them home until it's cleared up, if that's possible. There's no need to infect other children.

Treatment:

It's a virus, and, unfortunately, just has to run its course. However, the pain and discomfort can be treated with over-the-counter, age-appropriate fever reducers and pain relievers.

Prevent dehydration with plenty of fluids.

Ice cream, Jell-O, and Popsicles can soothe sore throats.

Can it be prevented?

To prevent the spread of hand, foot, and mouth disease, follow the same protocol as you would for preventing flu or any other virus:

- Wash hands frequently with warm, soapy water.
- Avoid contact with infected people.
- Disinfect surfaces regularly if someone has been sick.

Will my child get this more than once?

Very generally speaking, once your child has had it, he should build an immunity.

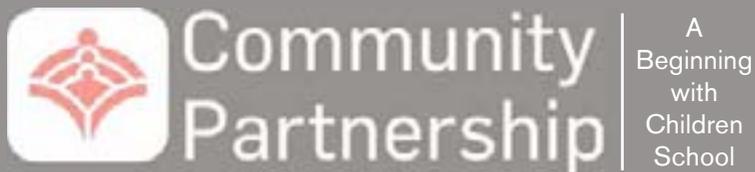
However, there are multiple strains, and it is possible that your child could become ill again with a different strain.

Visit the Centers for Disease Control and Prevention, www.cdc.gov, for all you could possibly want to know about hand, foot, and mouth disease.

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



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For additional information, call: Lower School @ **718.399.3824**
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Charter School

DIRECTORY

Citizens of the World Charter School

Williamsburg, Community School District (CSD) 14 at JHS 126, 424 Leonard Street, Brooklyn, NY 718-384-1386 or www.cwc-williamsburg.org or Email: enroll.wb@cwc-newyork.org

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718-305-4199 or Email: info@icsnyc.org

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This fall we will serve 155 kindergarten and 1st graders, and expand by one grade a year until we are a k-5 school. Families of children with learning disabilities and for whom English is not their first language are encouraged to apply.

Information about enrollment and dates of parent information sessions is available at www.icsnyc.org or contact Ferrugia Sothonax, Director Of Operations.

La Cima Elementary Charter School

800 Gates Ave, Brooklyn 718-443-2136 or www.lacimacharterschool.org

La Cima Elementary Charter School is a New York State School of Character located in Bedford-Stuyvesant. We earned the title in recognition of our C.A.R.E. principles and commitment to creating change-makers in our communities. Our students learn through Art, Music, Spanish, Physical Education and a Community Garden partnership. Teachers also use an inter-disciplinary Common Core-aligned Humanities curriculum that uses writing and literacy to introduce history and promote the building of analytical skills.

Please, visit our website, come for an Open House session, or schedule a school tour to learn more about our scholars and staff!!

Continued on page 30

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OUR MISSION

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SCHOOL TOURS

Wednesdays 9–10 am

March 4th, March 11th, March 18th, March 25th

Thursday 5:30–6:30 pm

March 12th

TECCS is co-located with PS 297 at
700 Park Avenue, 3rd Floor
Brooklyn, NY 11206



Charter School

DIRECTORY

Continued from page 28

Launch Expeditionary Learning Charter School

1580 Dean St, 3rd Floor

718-604-6910 or www.launchschool.org

Launch Expeditionary Learning Charter School, serving Bed-Stuy/Crown Heights and surrounding neighborhoods, is part of the Expeditionary Learning (EL) network, a proven model implemented in 150 schools nationwide balancing academic rigor and character development through experiential, project-based learning. Students participate in Learning Expeditions, long-term studies of a real-world topics that engage students and teach them critical life skills. Additionally, students present in three public presentations annually: Student-Led Conferences, a reflective presentation by students to their parents on their academic and character progress; Exhibition Night, a public presentation of student work; and Presentations of Learning, an end-of-year presentation of their learning to a panel of parents, peers, teachers, and community members. Students can choose from a wide range of electives and after-school activities to augment their core academic studies, and participate in a daily advisory that focuses on developing character and life skills through the lens of our Habits of Heart and Mind.

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Uncommon Schools is a network of free charter public schools serving grades K – 12. There is no cost to apply or attend an Uncommon School. Apply today online or in person at an Uncommon School in your community!

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- Thursday, March 26 at 5:20pm

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CONTACT

Dai Jiménez
Student Information Manager

P (718) 443-2136
800 Gates Ave, Brooklyn
lacimacharterschool.org
admissions@lacimacharterschool.org

In 2015, La Cima Elementary Charter School was named a New York State School of Character by the Academy for Character Education in honor of its C.A.R.E. principles.



LAUNCH

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Thursday, March 12

Thursday, March 26

9:30 – 11:30 am

FAMILY INFO SESSION

Wednesday, March 18

6:30 – 8:30 pm

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JUST WRITE MOM

DANIELLE SULLIVAN



Congrats! It's a ...

Think parents no longer care about their baby's sex?

Consider this: If you had no kids and could theoretically only have one, would you want a boy, a girl — or would the gender not even matter?

Depending on how you answered, you might be surprised by the results of a recent Gallup poll that asked the same question. Or you may not.

The Gallup polling agency recently asked 1,020 Americans whether they'd prefer to have a girl or a boy if they could only choose one.

Forty percent said they would want a boy, 28 percent said they would choose a girl, and the remaining participants didn't mind either way or weren't exactly sure.

Surprised? What may be even more startling is that back in 1941, Americans who were asked a similar question had nearly the same results: 38 percent preferring a boy, 24 percent wanted a girl, and the rest had no preference. Through-

out the years, the same question has been posed at least eight times and the answers remain relatively the same (and what does this say in 2015 about the value of women and the women's movement?).

I have two girls and a boy. Back when I was pregnant with my first daughter, I immediately felt that I didn't care at all if the baby would be a boy or a girl. And I felt the same way with each subsequent pregnancy. The idea that gender would greatly impact the value of the baby was absurd. My husband felt the same way; never feeling pressured to have a son.

Even President Obama said himself that he is fully blessed with his two girls and has no plans to try for another to see if it might be a boy. Yet, I know many men who not only want a son, but they want a firstborn son to be the protector and a daughter second. Some say they want to carry on the family name, which is nonsensical be-

cause many women choose to retain their maiden names when marrying. Others simply want a son because they want to raise a boy who is like them, just as a woman might want a daughter, and that is understandable.

Yet, I still can't see a family truly needing a son to arrive ahead of a daughter, or even instead of one. My two older girls will teach my son how to be a caring man, and a sensitive husband. They are the oldest in our family and just as capable, creative, and smart as a male child might be. And they can take care of themselves — and each other.

Did you want a boy to be the first child in your family? Did the baby's gender even matter?

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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Baby teeth & big problems

The importance of kids' oral health

A friend of my mother's told us that our infant's dental health is crucial. But we always assumed that baby teeth are going to fall out anyway — it's the permanent teeth that will matter. Is there any real reason why oral hygiene is truly important for babies and toddlers? What steps should we take?

On the surface, your assumption seems logical; in most cases, children will have all 20 of their baby (primary) teeth by the age of 3. By the age of 6 or so, those teeth will start falling out naturally to make way for the permanent teeth (a process that is generally complete by the time a child reaches his teenage years.) Why prioritize oral health until the permanent teeth come in? Unfortunately, that's where logic ends. Baby teeth are especially vulnerable to decay, since the enamel that covers the exterior of the tooth is soft when it first breaks through the gums. If a child gets a cavity — a hole that starts in the surface of a tooth

due to decay — simply waiting for it to fall out is not a solution. Whether a cavity is in a primary or permanent tooth, it can lead to severe pain or even abscess — an infected pocket of puss accumulating in the cavity and spreading to the gums and nerve tissue. Pulling a baby tooth with a cavity in it is not the answer either. Baby teeth fall out naturally when a permanent tooth is ready to start growing in. Prematurely removing a baby tooth leaves a gap towards which the other teeth can drift, misaligning the teeth in the rest of the mouth.

These are just a few of the pitfalls of ignoring the dental hygiene necessary to maintain healthy primary teeth, but the good news is that preventing these problems does not require a parent to obtain a degree in dentistry. Here are some steps that will go a long way toward avoiding tooth decay and cavities in infants and young toddlers.

To start, even before an infant has any teeth (the first teeth gener-

ally start to come in when a baby is 3 months old), the gums should be wiped twice a day — once after breakfast and once after the last meal in the evening. The best way for a parent to do this is to wrap a two-inch square of gauze around her index finger, then gently wipe the gum pads of the child's mouth. If an infant is bottle-fed, pediatric dentists suggest that the best kind of bottle to use is one fitted with a nipple that most closely mimics the process of breast-feeding, which naturally exercises the muscles in the baby's mouth that support the primary teeth. Parents should avoid letting their child suck on an empty milk or juice bottle as a pacifier, because excessive exposure to the naturally occurring sugar in these drinks can dramatically increase an infant's chances of tooth decay.

Children should make their first trip to the dentist as they enter their toddler years. By the time they have all their primary teeth, they should be in the habit of regularly brushing their teeth, using fluoride toothpaste, with the assistance of a parent, until they develop the dexterity to brush, rinse, and spit on their own.

Just because a child's baby teeth are "temporary" does not mean that improper oral hygiene cannot have permanent effects. There's no time too early to start taking the steps that will prevent dental issues from occurring.

A whale of a tale

KIDS FIRST! FILM CRITIC

If you enjoy seeing a documentary movie that will educate, inspire and amaze you, then you will love MacGillivray Freeman's "Humpback Whales."

I learned more about the humpback whale from "Humpback Whales" than if I had studied this unit in school for a month!



This 40-minute, large-format documentary on humpback whales tags along with leading whale researchers using new methods to see what the whales do when no one's watching them.

The documentary follows the whales to the tropical kingdom of Tonga, to summertime in Alaska and then to the warm waters of Hawaii. The audience has a chance to follow the cetaceans' migration,



while experiencing their incredible songs and underwater acrobatics.

One unique thing among humpback males is the singing that they engage in. In fact, the recordings of whale songs are what helped save the mammals from extinction as people became interested in the animals who could make these beautiful and unique sounds.

The humpback whales do cooperative food gathering known as "bubble net fishing," in which they work together to release bubbles and loud "feeding calls" to herd and trap herring. This makes it easier for them to gulp down the herring or krill in large quantities — because they can eat up to two tons of food a day.

My favorite part of the movie was seeing and learning about the different researchers who have spent their lives studying the humpback whales. One scene showing the males cir-

cling a female whale in an effort to mate is usually seen once every 10 years. Nobody has ever seen the humpback whale actually mate, so there are many unanswered questions surrounding this aspect of the marine mammals.

Ewan McGregor narrates with a sense of wonder that inspires us to want to know as much as possible about the humpback whales. The upbeat music throughout the movie peaks our interest and curiosity about these extraordinary creatures.

The film teaches us to admire and appreciate the complexities and sheer beauty of the humpback whales. We also see how a whale is rescued when it becomes entangled in life-threatening fishing gear. This rescue requires a lot of skill and understanding of how to free the whale while the rescuers stay safe. We learn the important things we must ensure so that they do not become extinct. We must never again have a whaling industry, have safer fishing gear, less trash in the ocean and take precautions not to have collisions between ships and whales.

I give this movie 5 out of 5 stars and recommend it for ages 5 to 18.

— Adam C., age 9

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DEAR
DR. KARYN
DR. KARYN GORDON

Fifty ways to spark your relationship

Dear Dr. Karyn,

I'll be honest, I really look forward to reading your column each month, and what I love the most is that you give simple little ways for us as families, parents, and couples to reconnect! Each year, I set goals for myself and my husband to be closer, but as the weeks go by in the new year, I find myself going back to old patterns. Do you have any simple ideas for what couples can do to refresh? Reboot? Rekindle? Any tips are appreciated! Life is so busy, so any simple suggestions would be great!

Thank you for your honesty, and yes, a lot of readers I'm sure can connect with what you are saying! Yes, relationships require work and time! The average couple spends only four minutes of connecting each day — that's sim-

ply not enough! Just think about when you were fully engaged with your partner. How did it change your mood? Communication? Parenting?

As a relationship expert for nearly 20 years (and being a wife myself for nearly 14), I see it! When we invest in our relationship (and it is truly an emotional and time investment) — there are huge returns. We are more relaxed, patient, happier, loving, productive, encouraging, playful, and overall the best version of ourselves!

So how can we move from a “surviving” relationship to a thriving one? My number one recommendation is to focus on small baby steps! There are thousands of ways to start making progress, but here are 50 suggestions compiled from dozens of men and women (from Twitter, Facebook, friends, and clients) summarizing what they have done to rekindle their relationship!

Enjoy!

- Make family dinners together (and eat together)
- Never stop trying to woo your partner
- Don't stop dating. Set aside a night
- Family activities
- Trips
- Have a sense of humor
- Spontaneity with family outings
- Play hockey together
- Support each other in everything
- Sing along while cooking dinner
- Have fun together
- Laugh
- Sacrifice
- Be active as a family
- One annual vacation without kids
- Give each other time off to do your own hobbies
- Fun (and sexy) text messages throughout the day
- Put little notes in each other's lunch bags
- Reminisce about fun times
- Go on short holidays together
- Talk about everything
- Fight and make up (that is the fun part)
- Be a happy face for each other to come home to
- Pick and choose your fights
- Sex, sex, and more sex
- Talk and listen
- Surprise gifts
- Forgive easily after a fight
- Help each other with chores
- Go out for coffee and date nights (even if it's just 20 minutes)
- Give each other free time
- Retire together
- Have the kids move out
- Go for long walks
- Join a club or sport together
- Spend time with friends
- Relax together (cuddling, watching television)
- Always speak kindly of each other (face-to-face) and behind each other's backs
- Hire a sitter, so you can enjoy a quiet night together
- Daily compliment
- Get back in shape after kids
- Communicate about day-to-day events
- Take care of yourself. (Look good)
- Make an effort with the in-laws
- Be comfortable with the other doing their own things
- Be honest and open, even though it may hurt
- Be unplugged (without technology)
- Praise
- Hold hands
- Be curious with one another.

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.



Be a **petal** pusher

Celebrate Plant A Flower Day every day

BY SARAH YALE

National Plant a Flower Day is this month! But Plant-a-Flower-Day activities can continue throughout March, adding brightness and anticipation to an in-between time of the year. Children will learn about and appreciate our natural treasures, explore their creativity, develop feelings of accomplishment, make memories, and have fun. Since Plant a Flower Day is March 12, here are 12 ways to celebrate flowers and make March fun:

1. Take the kids to a greenhouse, botanical garden, flower show, or the floral department at the supermarket. Encourage them to discover flower varieties and colors. Bring sketchbooks and pencils for drawing and

note-taking. Ask the children to share their findings with you on the way home.

2. Buy some seeds to start now. Visit a garden center or the local discount store's garden section. Pick up potting soil and plastic pots, or use containers from your recycling bin. Follow seed packet instructions for starting plants indoors. Children can record the growth and development of the plants in their own hand-decorated flower journal. The journal can be a store-bought notebook with cover artwork created by the kids. Inside, they can make notes, draw pictures, attach seed packets, create collages from seed catalog pages, and more.

3. Contact your state or local cooperative extension service (through your state university) to learn about local endangered species of wildflowers. Find out when they flower and where you can go to see them at a nature preserve. Mark your calendar and make plans to go when they are in bloom.

4. Kids can design and color their own version of a seed package on an 8.5-inch by 11-inch sheet of paper. Have them create and name a new flower, or draw an existing variety.

5. Learn more about your state flower on www.statesymbolsusa.org. Notice the leaves and plant shape, as well as whether it grows in sun or shade. Maybe the children have seen it growing wild. Plan to go exploring for it on a spring hike before it comes in bloom. You can revisit it during the summer when it has flowers.

6. Children will enjoy decorating cupcakes with colorful, creative flowers. Supply them with candy, sprinkles, and squirt tube icing for active fun and delicious treats. Round and flower-shaped cookies are also great for decorating.

7. Three-dimensional pom-pom tissue paper flowers are fun to make and can be grouped to fill a centerpiece bowl. Look for packages of multicolor tissue paper at the dollar store.

8. Host an indoor, floral-themed party on a cold afternoon. Tell your kids to dress in bright floral colors so they can be the flowers. No matching outfits required.

Turn on all of the lights to make it sunny inside. Ask them to sway like flowers in the breeze while they sing a favorite song together. Let them make up a flower story to perform or have them read flower poems aloud. Do some floral crafts and decorate some floral treats for added fun. Remember to take lots of photos to share with friends and family far away.

9. Make "Spring Is Coming" cards with flower designs to send to the relatives, to give to elderly neighbors, or to a nursing home.

10. Have the children pick out books at the library about flowers and gardening. Encourage them to design and color a garden or choose flowers to plant after the last frost. Find out when the last frost is in your area. Mark your calendar to start planting outdoors. The kids will look forward to it with excitement.

11. Take a walk through your neighborhood to see if any flower bulbs have pushed up through the remaining snow or cold ground. Have the children draw what they see or make notes in their journals. Look up spring bulbs in your gardening library books. Snowdrops, crocus, and daffodils are some varieties of early blooming spring bulbs. The bulbs you see in your neighborhood may be available in several different colors. Mark your calendar and make plans to plant spring bulbs in the fall, so you can look for them next spring.

12. Make a seed packet display to hang in a window or doorway. Have the kids use a stick from your yard, a wrapping paper tube, or a wooden spoon for the hanger. The children can punch a hole in the top of the seed packets to hang them from the stick, tube, or spoon using different lengths of yarn, string, or fishing line. Use another piece of yarn to hang their display from the window or doorway.

Children can have fun now and plan activities to look forward to later in the spring, summer, and the fall. You will have encouraged the budding botanist in them, along with the nature lover, the artist, and the explorer.

Sarah Yale is a mom and a writer whose children love flowers, exploring, learning, and creating. Our shared activities always grow great memories.



When Mom & Dad have **camp anxiety**

Terrified about sending your child away?
Here's how to ease those fears

BY DR. HEIDI SMITH LUEDTKE

If your kids are going to sleep-away camp this summer, you may be wrestling with worries and what-ifs:

- What if he wets the bed?
- What if the other kids are cliquish or mean?
- Will the camp director call me if she's miserable?

Why parents worry

"Much of our anxiety as parents stems from the fact that there are so many things we cannot control in our children's lives," says Dr. Paul Donahue, a clinical psychologist and author of "Parenting Without Fear."

You may worry that without structure, kids won't be able to handle routine tasks like showering, brushing teeth, or getting dressed. One mom I know felt so sure her son wouldn't change clothes at camp that she packed his items — one pair of underwear, shorts, shirt, and socks — in gallon-size Ziploc bags, labeled with the days of the week.

Because parents focus so much on kids' needs, it's hard

Ultimately, parents want kids to become self-reliant, and building self-reliance requires parents do less — not more — for their kids. Camp builds competence and independence. Give your kids time to stretch beyond their comfort zones.

to step back. Coverage of natural disasters and child predators makes the world seem scary.

“Concern about the safety of children has become something of a national obsession,” Donahue observes. Even though our protective instincts keep us on edge, sometimes we have to trust others to care for our kids, and trust our kids to look out for themselves.

Fear of letting go can also be driven by our own uncertainty about who we are without our kids and what we’ll do while they’re away. Without baseball practice, piano lessons, bedtime routines, and movie night, our lives would be slower and saner and ... emptier.

How to stop it

Don’t let worries weigh you down. Use them as an opportunity to confront your own needs for safety, control, and closeness. Here’s how:

Step back. Anxieties have a way of sucking you in. Your thoughts and emotions may be swirling like a tornado around you. Get out of the eye of the storm and reflect on your feelings. What (exactly) are your worries? Write them down, so you can face them head on.

Question your assumptions. Fears may be fueled by irrational beliefs. Kids don’t suffer serious malnutrition from week-long candy binges. And wearing dirty clothes won’t kill them either. Concerned your temperamental child won’t fit in socially? Allow for the possibility she’ll find buddies to hang out with all on her own. Don’t let your beliefs limit kids’ potential.

Keep goals in mind. Ultimately, parents want kids to become self-reliant, says Donahue, and building self-reliance requires parents do less — not more — for their kids. Camp builds competence

and independence. Give your kids time to stretch beyond their comfort zones.

Have a plan. Keep anxieties in control by making a plan for how you’ll use your “time off.” Schedule special time with siblings who aren’t going camping. Plan a romantic date or overnight getaway with your spouse. Learn something new or catch up on your favorite shows. Stay busy (but in a good way). You deserve a change of pace, too.

Share stories. One sure-fire way to break out of anxiety is to remember and share the fun times you had at camp with your kids. Tell them where you went and what you did. The time you flipped your canoe over and got sopping wet in the lake shouldn’t be a secret. Kids love to hear about parents’ camp adventures.

Stay connected. The kids will be gone but not forgotten. Find fun postcards, print pictures of family pets, and collect care-package items to send. Getting mail from home makes kids feel special. Resist the urge to check in every day: kids need space. Don’t forget to send supplies so your kids can send letters home. They’ll want to share their experiences and you’ll treasure their letters forever.

Anxiety is understandable, but it shouldn’t stop you from sending kids off to camp. It’s likely that many of your cherished childhood memories involve nature, new friends, and time to explore on your own — summer camp offers all these opportunities and more.

It’ll be okay if they stay up too late, eat burned marshmallows, or lose their swim goggles in the lake. Really.

Heidi Smith Luedtke is a personality psychologist and mom of two adventurous kids. She is the author of “Detachment Parenting.” Learn more at HeidiLuedtke.com.

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CBTB Dance Academy is the official school of Covenant Ballet Theatre of Brooklyn, a professional, non-profit dance company founded and directed by accomplished dance instructor and choreographer, Marla Hirokawa. The school also offers a 10 month student program, adult classes and special workshops throughout the year. The Academy incorporates the ABT® National Training Curriculum for the school's Primary through Level 3 ballet classes.

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Continued on page 42



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- Brooklyn Sonics Competitive Team
- Ages 2.5 through 10

• TRADITIONAL DAY CAMP

Outdoor, fun, stimulating programs for campers ages 3.5 to 14 in addition to specialty programs:

• CIRQUE d'ETE

Acrobatics, circus skills, clowning and more for campers entering grades Pre-K-5

• SPORTS ACADEMY

Specializing in soccer skills for campers entering grades 1 - 5

• ON WHEELS

Travel camp featuring daily and overnight trips for campers entering grades 6 - 8

• LEADERSHIP EXPERIENCE

for teens entering grades 9 - 10

Very flexible registration, extra long season and accomodating hours, free morning transportation from most Brownstone Brooklyn neighborhoods, door to door transportation available for most other Brooklyn locations, air-conditioned buses



@psdcbk



parkslopedaycamp

718-788-PSDC (7732)

www.parkslopedaycamp.com



Poly Prep Summer 2015

Swimming Lessons for children 2 and up
Camp Programs for children ages 4-16

Bus Service Available



Programs from June 15 – August 21, 2015:

DAY CAMP

SPORTS CAMPS

VISUAL ARTS CAMPS

PERFORMING ARTS CAMP

ACADEMIC ENRICHMENT

SAT/PSAT PREP CLASSES

SCIENCE AND TECHNOLOGY CAMPS

OPEN HOUSES FOR ALL PROGRAMS

Saturday, February 28th, 10 AM-12 PM

Saturday, March 7th, 10 AM-12 PM

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

Poly Prep Country Day School

9216 Seventh Avenue, Brooklyn, NY 11228

www.polyprep.org/summer2015

Camp

DIRECTORY

Continued from page 40

ConstructionKids Inc. Summer Camps

718-522-2902 or www.constructionkids.com

Located throughout Brooklyn and Manhattan

ConstructionKids' Summer Camps are known for the dynamic projects campers build. Imagine what happens when you combine a kid's love of building, a bunch of friends, and a week of time to explore their imaginations. Campers 4 to 8 years old, work on individual and group projects with real tools and materials that are scaled and selected for small hands. We teach safe, appropriate tool usage, along with drawing and painting. Creativity and problem solving are encouraged. Our goal is to foster each child's confidence and self-assurance so that their skills at designing, making, repairing, and revising are unlimited—like their imaginations. Summer camp is about having fun, making new friends, bonding with staff, and building really cool stuff.

The Cosmic Cove Summer Program

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

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

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

FasTrackKids Summer

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

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

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

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

Garden Explorers At The Old Stone House

336 3rd Street
718-768-3195 or www.theoldstonehouse.org

One Week Workshops This August
For Ages 6 – 11

Discover the world of plants, gardening and food in our beautiful gardens. Gather and plant seeds; explore soil, worms, and insects; use garden tools; play; make paper, paints and dyes from plants; use a solar oven. Get dirty!

Workshops take place at the Old Stone House and in the beautiful gardens of Washington Park.

9 am – 3 pm Monday – Friday

Workshops Aug 10 - 14, Aug 17 – 21, and Aug 24 - 28

Just Wee Two Summer Program

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

Is geared for kids 14 months to three-and-a-half years, directed and taught by early childhood teachers trained to work with young children. Just Wee Two is a place where children and grownups learn and play together. Class sizes are small, allowing for individualized attention. All classes are one-and-a-half or two hours to allow for a relaxed, comprehensive atmosphere. Mothers meet other mothers, developing life-long friendships while their children grow.

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

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

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

Children from pre-K to grade 7 enjoy computers, art, music, movement, and drama. Professional caring staff and junior counselors are enthusiastic and attentive. Limited group size allows for a more fulfilling experience. All activities are on-premises. Two snacks

Continued on page 44

A SUMMER ADVENTURE

for students ages 2-10

2-3.5
Year Olds

FasTrackKids Explorers*

Educational, gradual separation class for the young ones.
Sign up for any number of weeks 1-10!

Activities include:

Group sing & play, circle time, science lab, cooking together, fun academics, reading together, fun arts, & goodbye friends!

Themes

July - Let's Play, August - Out & About

Schedule:

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

3-3.5
Year Olds

FasTrackKids Discoverers*

Fun and challenging enrichment for the young mind.
Sign up for any number of weeks 1-10!

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

Themes

See FasTrackKids Enrichment Themes Below.

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

4-14
Year Olds

Eye-Level Classes – Stop the Brain Drain, all year round!

Children come 1 or 2 times per week plus do homework. Children focus on developing their Math (Critical Thinking and Calculation skills) as well as their English (Reading, Writing, and Reading Comprehension skills)

3.5-7.5
Year Olds

G&T/ERB Summer Test Prep Course

7 weeks / 14 Sessions

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

10% Discount off of Fall Rates!!!!!!

(*Summer Sessions must be used up in July & August)

5-10
Year Olds

Academic Tutoring & Enrichment Camp

Sign up for any number of weeks 1-10!

Children come Monday through Friday where they have a 1 hour Eye-Level session each day, then they have fun with computers (games, arts and crafts, board-games, puzzles, play and socialize with their classmates each day.

Eye Level is a skill based math & literacy enrichment program.

Children are given individualized instruction based on their academic level to improve their mental math, critical thinking skills, reading comprehension and writing ability.

Schedule:

1/2 Day Option (from 12pm to 1pm-April)

Full Day Option - Ages 8 & Up only (from 9am - 4pm) if combined with FasTrackKids Enrichment Program

Early and Extended Day Options Available (7:30am-6:30pm)

6-10
Year Olds

FasTrackKids Enrichment Camp

Sign up for 1 week or all 10!

Trip Around the World Part 1 (6/29-7/3)

FasTrackKids will travel to various regions of the world and learn how children in those countries live. Visit the FasTrackKids International Expo at the end of the week. This summer we will explore China, India, Mexico, and Australia.

Biology (7/6-7/10)

Children discover the wonders of plant, animal and human life through activities and scientific experimentation. Children take a "virtual" trip to the Amazon, the Sahara and Antarctica to learn about their unique ecosystems.

Artists Studio (7/13-7/17)

Join Ana Paula in the FasTrack art studio and be inspired by the works of famous artists such as Van Gogh, Monet and Picasso while creating unique pieces of art! Students will enjoy creating their own cartoon story, interacting with digital art on the Learning Station, making several sculptures and illustrating books.

Astronomy (7/20-7/24)

Explore our galaxy and the concepts that hold it together.

Natural Science (7/27-7/31)

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

Trip Around the World Part 2 (8/3-8/7)

All aboard the FasTrack Supersonic Exploring Airplane! Ages and FasTrackKids will fly to different countries across the world while learning games, famous landmarks and delicious foods found in those countries. The countries explored are Italy, Brazil, Egypt and the USA.

Earth Science - Geology (8/10-8/14)

The Earth reveals its wonder and variety as children explore climate, geology, and forces of nature. Activities and games on the Learning Station allow the children to take imaginary world journeys to examine and understand the composition of the earth from its surface to its core.

Anatomy (8/17-8/21)

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

Archaeology (8/28-8/28)

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

Creativity (8/31-9/4)

Children learn to see and appreciate creativity in themselves and others. Through stories and activities, they learn about different cultural styles, creativity and imagination in music, art and dance. Individual and team problem-solving skills are developed through various interactive activities.

Schedule:

1/2 Day Option (1pm-4pm) / Full Day Option - Ages 6 & Up Only!

9am - 4pm if combined with Academic Enrichment Program

Early and Extended Day Options Available (7:30am - 6:30pm)

COUPON

10% off

- +10% Early Bird Discount Available if you register by April 15th, 2015
- +10% Sibling Discount Available
- +10% if you enroll for 5 weeks or more

Park Slope
150 Mt. Ave.
718.388.8100

Williamsburg
60 Broadway
347.987.4456

Shoreshore Bay
1405 Woodbine Ave.
718.891.5437

Bay Ridge/
Dyker Heights
7612 13th Ave.
718.766.3000

Charleston
4323 Ave. C, #103
718.494.1822

Grosswile
1481 W. 4th St.
718.331.7333

*seats first, they are promised at all times.

www.ftkny.com

SUMMER DAY CAMP

at the Shorefront Y!



Licensed Camp | June 29 - August 21 | Ages 3 - 14

What will your child remember?

- Exciting Day & Overnight Trips in New Air-Conditioned Buses
- Open Field Sports
- Swim Lessons with the Shorefront Y Lenny Krayzelburg Swim Academy
- Making Lifelong Friends
- Art, Music, & Science Activities
- Fun on the Beach
- Team Competitions
- Delicious Kosher Lunches & Snacks

SHOREFRONT

YM-YWHA OF BRIGHTON - MANHATTAN BEACH, INC.

718.646.1444 ext. 335 | info@shorefronty.org

www.shorefronty.org/summer-camp

3300 Coney Island Avenue, Brooklyn, NY 11235

Camp

DIRECTORY

Continued from page 42

provided daily. SCAMP hours are 9a.m.-3p.m. with "Early bird" care (8am) and "Late Bird" care (5pm) for additional fees.

Summers With Mathnasium

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

Summer Hours (July and August): Mon-Tue-Wed-Thurs: 11:00 AM - 5:00 PM, Sat 10:00 AM - 1:00 PM. Friday and Sunday: Closed

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

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

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

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

Midwood Montessori Summer Program

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

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

Mill Basin Day Camp

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

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

tions. Call or come in for a personal tour of the facility.

Oasis in Brooklyn Bridge Park Summer Program

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

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

PAC KIDS Summer Camp

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

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

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

The Park Slope Day Camp

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

PSDC = CAMP SPIRIT, COMMUNITY AND FRIENDSHIP.

Welcoming, stimulating, lively, diverse, safe, professionally managed outdoor camp for ages 3.5 - 14. Exciting travel camp for grades 6 - 8; fantastic Leadership Experience for grades 9 & 10. Specialized Sports Academy and Circus program. Swim, sports, arts, gymnastics, horseback riding, lots of special events, trips. Very flexible registration; extra long season and accommodating hours. Transportation.

Continued on page 46

Come Join our Spring Production 2015
Classes Start 5th April - June 21st

25th Anniversary

SPRING SEASON BEGINS APRIL 9TH

Early Bird Specials July & August

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

Weekend and Weekday Classes Available
Sibling Discounts and Limited Class Sizes

ALL TEACHERS ARE PROFESSIONAL PERFORMERS FROM BROADWAY

SUMMER CAMPS with Broadway Performers

Please visit our website for questions and registration details
Call Beth: 718 - 852 - 3208

StageCoach the World's Largest Part Time Theatre Arts Schools

SING! DANCE! ACT NOW!

Stagecoach Theatre Arts Schools
www.StageCoachSchools.com

Brooklyn College

The Preparatory Center for the Performing Arts

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

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



Summer 2015

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

Suzuki Programs 2015-2016 for Violin, Cello, & Flute: Information sessions & interviews

Please call **718-951-4111** for further information on summer and school year programs, classes and private instruction. Visit our website www.bcprecenter.org



Winston Preparatory School Summer Program

Education for the Individual

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



June 26 – July 24, 2015

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

Leif Ericson Day School

1037 - 72nd Street • 718-748-9023

Nursery - Grade 8

- Small Class Size
- Professional Staff
- Safe, Caring Environment
- Comprehensive Curriculum
- Music & Performance Education
- Project-based Computer Technology including Robotics & Claymation

Call for a
Personal Tour
Anytime



REGISTER NOW!
**Summer Creative Arts
& Music Program**
for Children 3-12 years old
June 22 - July 31, 2015

Building a Culture of Peace  <http://ledsny.org>

BROOKLYN FRIENDS SCHOOL



We're ready for summer.

► THINGS TO
LEARN THIS
SUMMER AT
FRIENDS –
Swimming
Cooking
Building
Math & Science
Chess
Woodworking
French
Spanish
Theater
Dance
Singing
Songwriting
Printmaking
Penciltopia
Drawing
Sculpture
Photography
Metal Collage
Making Great
Friends

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

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



Sessions from
June 17 - July 24, 2015

718.852.1029 x 248

BROOKLYNFRIENDS.ORG/SUMMER

Camp

DIRECTORY

Continued from page 44

An experienced, creative, stable staff, second to none!

Piper Theatre Workshop at the Old Stone House

336 3rd Street
718-768-3195 or www.pipertheatre.org

For Ages 7 – 17 June 29 – July 25

Piper Theatre Workshop Children spend their days rehearsing under the guidance of professional artists, culminating in fully staged and costumed performances outdoors at the Old Stone House & Washington Park. This season's productions include Puppetry, Shakespeare, One Flew Over The Cuckoo's Nest, Hands-On Film, The Music Man and more!

Ages 7-11 One and Two Week Workshops

9 am – 3 pm Monday – Friday

Extended day available

Ages 11-17 Four Week Workshops

9 am – 5 pm Monday – Friday

Programs take place in the Old Stone House and MS 51, with lots of outdoor time in Washington Park and JJ Byrne playground.

Poly Prep Summer Camp

9216 7th Avenue
718-836-9800 x 322 or www.polyprep.org

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

Preparatory Center For The Performing Arts at Brooklyn College Summer Program

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

The Preparatory Center for the Performing Arts at Brooklyn College offers music, theater and dance classes and private lessons for children of all ages and levels. We also welcome adult students for private instruction in musical instruments, voice, and composition. Registration is currently underway for our summer semester. Offerings for the summer include a Creative Play program for ages 3-5, dance and theater classes, and private

and group music study. Informational and placement interviews are currently being held. Suzuki program in violin, cello, and flute, as well as for our other music, theater, and dance classes. If you are interested in learning more about the Preparatory Center, you can access information from our website or call our office.

Prospect Park Zoo / NY Aquarium Summer Program

800-433-4149 or www.wcs.org/summer-camps

Summer Camps at the Wildlife Conservation Society provide a unique chance for children to get up close & personal with animals from around the globe without traveling far from home. The Bronx Zoo, Prospect Park Zoo, Queens Zoo, & New York Aquarium will introduce your child to wildlife & wild places through exciting investigations, animal encounters, hands-on science activities, & crafts. The Zoos & Aquarium offer programs for 2 & 3 year olds with their caregiver & drop-off day camps for children in Pre-K (must be at least 4 years old) through High School. Teens can learn what it takes to be a zoo keeper, design an exhibit, & more in our 3-week Teen Internship! For details & registration visit www.wcs.org/summer-camps or call 800-433-4149.

Shorefront YM-YWHA Day Camp

718-646-1444 ext. 335 or www.shorefrontny.org/camp

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

Stepping Stones Nursery School Summer

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

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

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

Continued on page 48



Join us for Garden Explorers this August
 One Week Workshops for Ages 6 to 11
 Register Today



Workshops
 Aug 10 - 14
 Aug 17 - 21
 Aug 24 - 28
 Monday - Friday
 9 am - 3 pm

at the Old Stone House & Washington Park in Park Slope | theoldstonehouse.org | 718-768-3195

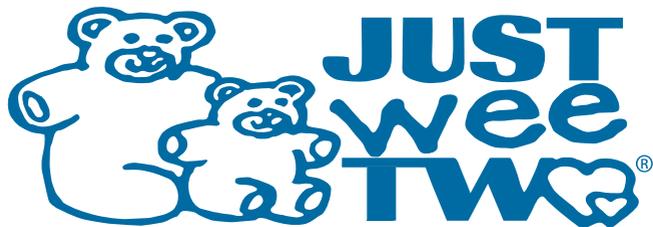
MILL BASIN DAY CAMP
 SUMMERS OF FUN & ADVENTURE!
 5945 STRICKLAND AVE, BROOKLYN, NY 11254 718.251.6200 FAX 6.251.3600 WWW.MILLBASINDAYCAMP.COM

Open House
 Saturday, March 15, 22 & 29
 11:00 am - 2:00 pm

Friends... Family... Fun...
 All Activities & Facilities On Site!

As Voted By You!
 SPECTATOR **BEST of the BORO**

Mill Basin Day Camp
 FAMILY OWNED CAMP ONLY FACILITY



where children and grown-ups learn and play together

For 8 months – 3½ years

Register Now for Spring & Summer!

Brooklyn Heights Location
Our Lady of Lebanon Church
111 Remsen Street (off Henry)

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

Join Us For Fun

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

We Offer

Parent/Child Classes
“Just For Me”

Separation & Partial Separation Classes

Wee Step Up – Pre-Nursery Program

Infant Classes and ABC Enrichment Classes also available

For information call 1-800-404-2204 or 516-433-0003

Or log onto our website: www.justweetwo.com

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

Midwood Montessori



Pre-School & Kindergarten

Summer Program
Transportation Available

2825 Bedford Avenue • 253-3242
at Glenwood Road

www.midwoodmontessori.com

Camp

DIRECTORY

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safe surface playground. Call for more information.

StageCoach Theatre Arts School Summer Program

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

Stagecoach Theatre School in Brooklyn Heights is excited to offer summer Performing Arts camps for children aged 4-16 years for an intensive week of acting, singing and dancing. Students will have workshops with Broadway artists during the week as well as working on a show! Each week explores a different theme and campers work on a new Musical.

Week 1: July 20th-25th

Week 2: August 3rd-8th

Week 3: August 10th-15th

All classes divided age. All abilities welcome.

This is a fantastic week for children who would enjoy an intensive and fun filled week of acting, singing and dancing. Camp locations in Cobble Hill, Carroll Gardens and Brooklyn Heights. Reasonable rates as well as sibling discounts! Please call Beth Kent or visit our website for more information.

Windmill Montessori Summer Camp

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

Registration is beginning now for Windmill's 2015-2016 School Year and our Academic Montessori Summer Day Camp and Creative Writing Program for 3-12 year olds. Windmill offers a nurturing place where the children make friends and learn through the Montessori Method, while having lots of fun. Spacious enclosed yard with playground and pool lets campers safely participate in outdoor activities, all with highly qualified and caring

staff's guidance. Local trips, weekly themes, arts & crafts, computers, singing, group games, and pool activities are enjoyed. Olympics and carnival are highlights. Four to six week programs are offered, as are sibling discounts. Door-to-door bus service is available. Call for individualized appointment.

Winston Preparatory School Summer Program

126 West 17th Street
646-638-2705, ext. 688 or www.winstonprep.edu

The Summer Enrichment Program at Winston Preparatory School provides students with the unique opportunity to participate in an individually designed program to enhance academic skills and performance. Students in grades 4-12 attend four academic classes each day as well as art, music, and gym classes from 9:00 am to 1:30 pm, from June 26-July 24. Students are grouped by learning style and skill level in classes no larger than eight individuals in order to facilitate greater learning and maximize individualized instruction. The program develops decoding and encoding, reading comprehension, critical-thinking skills, memory retrieval, organizational skills, written language expression, self-advocacy, mathematical computation, time-management skills, test preparation, and expressive language skills within a nurturing, academic environment. From 2:00-3:30 pm, students may also enroll in optional one-on-one classes to target specific skill development and/or engage in after-school activities such as digital photography, art, acting, cross-training, music, zumba, and computing basics. Students may also enroll in one-on-one sessions from August 3-20. Students from private, public, and parochial schools from New York City and abroad participate in the program. Scholarships are available. For further information, brochures, or applications, please call or e-mail.

Digital
CAMP GUIDE
2015

Check it out on nyparenting.com

SUMMER Arts Program

DANCE | THEATER | VISUAL ART | TUMBLING | MEDIA | CIRCUS

June 29 – August 14, 2015

9:00am–3:00pm

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

For children entering grades K-6

Register for one week, mix-and match,
or register for all seven.

**Register in person,
by phone or online.**



Brooklyn Arts Exchange

arts & artists in progress

421 Fifth Avenue, Park Slope, Brooklyn | 718.832.0018

YOUTH.BAX.ORG/SUMMER



**REGISTER NOW FOR
SUMMER CAMP**

BRONX ZOO ■ NEW YORK AQUARIUM ■ PROSPECT PARK ZOO ■ QUEENS ZOO

WCS.ORG/SUMMER-CAMPS
(800) 433-4149

Wildlife Conservation Society

Julia Larson Miller © WCS



Join Piper this July for our
15th Anniversary Year of Summer Theatre Workshops
Ages 7 - 17 | June 29 - July 25
Register Today

At the Old Stone House & Washington Park and MS 51



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



A LETTER FROM COLLEGE

AGLAIA HO

A new leaf in winter

My college has provided me many amazing academic opportunities thus far that have broadened my intellectual horizons. One purpose of a liberal arts education is to truly engage in a subject matter that is unfamiliar and new. During my year and a half at Williams, I have always been encouraged to explore all academic and creative fields, regardless of my major. Unfortunately, embracing this new perspective on learning never came easily to me. I was apprehensive about taking different classes and definitely concerned about the grade payoff. However, this winter, I finally had the chance and the courage to take a class that was not only outside of my comfort zone, but was a unique and unusual experience.



During the month of January, between fall and spring semesters, my school offers a transitional mini-semester known as Winter Study. This is a month-long period where students take only one-class on a pass-or-fail basis. The goal is to allow students to study in-depth a specific subject and explore new skills. My freshman year, I cautiously chose a Winter Study class that dealt with material I was very comfortable with. Unfortunately, I felt I got so little out of the experience and the lack of challenge and learning really took a toll on the entire tone of Winter Study. Given this experience, I decided, this year, to choose a course that I knew

nothing about: stained-glass tiling.

To start off with, I am not an artist. I have little natural-born artistic ability, and I have never taken a studio art class in my life. Nevertheless, I can and do appreciate art, especially stained glass. When I was young, my parents took me to the Queens Museum of Art to view its Tiffany lamps exhibit. I enjoyed the beautiful shining glass so much that I begged my parents to buy a stained-glass window for our living room. While they definitely did not have the cash to purchase a stunning panel for our home, they did compromise by buying a cheaper Tiffany-inspired chandelier for our foyer.

To me, it seemed like an incredible and ambitious idea for me to learn this craft and be able to create some beautiful glass pieces of my own. Furthermore, the course would be taught by a professional stained-glass artist, Debora Coombs, who has several stunning windows hanging in churches across America and England. To learn from someone who is passionate and truly knows her craft would be a once-in-a-lifetime experience. It was exciting, although I really doubted my ability to create anything impressive. Well, thankfully, it was a very long winter!

The course was really a test of my patience and perseverance. I had to quickly pick up new skills, from scoring and breaking glass, to accurately measuring pieces, to soldering the pieces together.

The majority of our time was spent working on our final projects, which was a stained-glass piece of our choosing. I decided on a panel inspired by the beautiful Berkshire autumns. I would show a bunch of leaves as they transitioned from summery greens to brilliant and rich fall tones of gold, orange, and red.

Although my project was, by relative, not the most complicated or complex in the class, it was a challenge for me. I struggled from the very beginning, trying to cut out my irregularly shaped tiles. The personal battle would only continue, as my lack of artistic skills would make painting each tile a tedious experience.

Our instructor was inspiring and her guidance was invaluable. Her encouragement and advice often got

me over stumbling blocks throughout the month. She helped me overcome my perfectionism and fear of dissatisfaction by coaxing me to embrace the imperfections and “mistakes” in my piece. With a portrayal of nature, uniformity is not as important as maintaining the naturalness of the scene. Hence, the jagged edges or cut-off bits of my leaves could be seen as the irregularity of nature’s own hand. This new perspective truly helped me appreciate my piece, along with all the time and work that went into creating it.

Watching my project, “Nature’s Imperfections,” move through all the stages of the stained-glass tiling process was incredible. I documented my own journey through a series of pictures I sent to my parents daily (mostly, seeking compliments and “wows”). Every day brought its own set of challenges and new lessons to be learnt. My classmates and I provided each other with support and company as we often worked full days in the studio together. Watching other projects come together was almost as meaningful as seeing my own transform. Each of our victories and successes were a triumph for the entire class. We never compared works, because we all developed our own styles and each piece was beautiful and special in its own way.

With a winter study class so involved as stained-glass tiling, the winter passed by quickly. The miserable weather did not affect my mood as it did the year before. It was rewarding to learn a skill that was so unique and to come away with a piece of artwork that is, might I say, rather impressive. The meaning of winter study finally made sense to me with this class. There was so much excitement, pride, and satisfaction with learning such a unique skill and walking away with a project that reflects a month of hard work. Now, if only I can get my parents to knock out a window at home and install my new piece of art!

You can learn more about my stained glass window and my winter study journey at my blog.

Aglaia Ho is a sophomore at Williams College and a native New Yorker. She also writes for her own blog at www.aglaiaho.weebly.com.

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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Divorce after age 50

Danny DeVito and Rhea Perlman, Tipper and Al Gore, Arnold Schwarzenegger and Maria Shriver. What do these couples have in common? In addition to fame and fortune each of these couples ended their respective marriages when the spouses were 50 years of age or older. Such splits — couples who divorce after age 50 — are referred to as “gray” divorces. The number of gray divorces is growing, and not only among the rich and celebrated.

A 2013 study “The Gray Divorce Revolution: Rising Divorce among Middle-aged and Older Adults, 1990 – 2010,” authored by Susan L. Brown and I-Fen Lin, both in the sociology department of Bowling Green State University, found that the divorce rate among adults ages 50 and older doubled between 1990 and 2010. Roughly one in four divorces in 2010 occurred to persons ages 50 and older, and the rate of divorce was 2.5 times higher for those in remarriages versus first marriages, while the divorce rate declined as marital duration rose.

There are many factors and circumstances that may contribute to gray divorces. The study says

some of them are directly related to “the unique events and experiences characterizing” the “life course stages” of middle age (50-65) and older adulthood (65+). During these stages, “many couples confront empty nests, retirement, or declining health, which can pose considerable challenges for marital adjustment. These turning points can prompt spouses to reassess their marriages, ultimately leading them to divorce,” write Brown and Lin.

Other findings include:

- Middle-aged adults are experiencing a higher rate of divorce than older adults.
- Men and women 50 and over are divorcing at very similar rates (9.8 divorced men per 1,000 married persons; 10.3 women divorced per 1,000 persons).
- There is some racial and ethnic variation in the risk of divorce among those ages 50 and older, with 20.5 divorced blacks per 1,000 married persons, 11.3 divorced Hispanics per 1,000 married persons, and nine divorced whites per 1,000 married persons).
- The divorce rate also differs by economic resources — including education.

• Those with a college degree experience a considerably smaller risk of divorce compared to those with lower levels of education.

• The rate of divorce is highest among the unemployed.

• Older adults who are not in the labor force (presumably because they are retired) have the lowest divorce rate.

In addition to the study’s findings — of which there are even more — the authors discuss the “implications for individuals, their families, and society at large.”

It says it is likely that divorce has “negative consequences, particularly for those who did not want the divorce or who are economically disadvantaged or in poor health.”

“Divorced older adults no longer have a spouse on whom to rely and are likely to place greater demands on their children,” write the authors. These children may be asked to serve as caregivers in lieu of the absent spouse:

“The strain of such intense obligations may weaken inter-generational ties ... Adult children are particularly unlikely to provide care to their divorced fathers.”

“Some older adults may not have children available nearby to provide care,” and so “the rise in later life divorce may place additional burdens on society at large, as divorced individuals will be forced to turn to institutional” assistance rather than look to the family for support.

The study, which the authors acknowledge has limitations, is somewhat alarming.

But having this information will surely help society deal with the consequences of gray divorce, which are likely to become more apparent over the coming years.

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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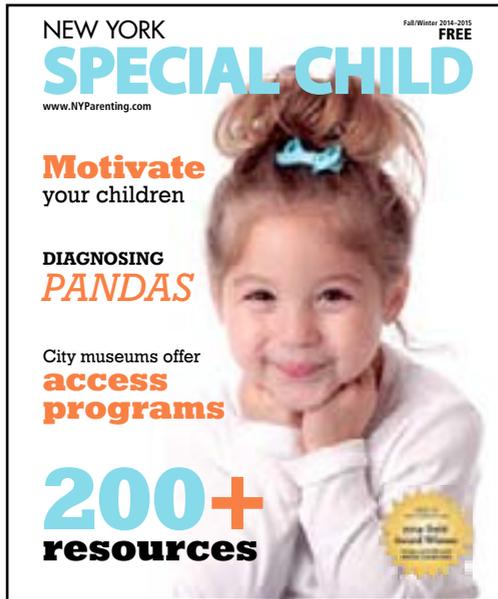
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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

Death, the law, and stored sperm & eggs

I stored my eggs and have fertilized embryos stored at a reproductive fertility clinic. What happens to my genetic material if I get sick or when I die?

The advancement of assisted reproductive technology has transformed the meaning of parenthood and biological relationships in a “family.”

Many states have struggled with the complex legal issues presented by children who are conceived before a parent’s death, but born after the parent’s death. Even more vexing is the question of children who were conceived after a genetic parent’s death using that parent’s genetic material.

State law dictates inheritance rights, Gov. Cuomo recently signed a law to address the issue of inheritance rights of a posthumously conceived child in New York. The legislation allows New York to join 20 other states that have addressed this thorny issue revolving around reproductive technologies.

Children conceived before a parent’s death but born after her death inherit in intestacy from that genetic parent as if they were born in her lifetime. The law also states that “posthumous children are entitled to take in the same manner as if living at the death of their ancestors,” if “a future estate is limited to children, distributees, heirs or issue...” The only case in New York dealing with the issue arose in 2008 and addressed whether a provision dealing with out-of-wedlock children encompassed posthumously conceived children. In that case, a person created seven trusts in 1969. He died in 2001 survived by two of his three children. His predeceased son had left behind preserved semen for his wife’s use. His wife later gave birth to two sons. The grantor’s trusts provided for his descendants to be beneficiaries of the trusts. The case



grappled with whether a child conceived by in vitro fertilization with sperm of a predeceased child fell within the class of persons contemplated by the trust. The court held that the children born with a parent’s consent is entitled to the same rights as a natural-born child. Accordingly, held the court, the after-born child was included in the class of beneficiaries of the trust.

Gov. Cuomo then enacted a second law under which a posthumous child of a genetic donor (called a “genetic child” in the statute) will be recognized as a distributee of the genetic parent if one of four conditions are met:

- The genetic parent expressly consents in writing to the use of the genetic material for posthumous conception and authorizes a specific person to make decisions about its use.
- The parent must give notice to the personal representative of the estate within seven months of the issuance of letters.
- The authorized person must record the consent-authorization with the Surrogate’s Court within seven months of the genetic parent’s death.
- The child must be in utero within 24 months of the genetic parent’s death or born no later than 33 months

after the genetic parent’s death.

The statute includes various prerequisites for the writing and provides a sample form that would behoove anyone to follow closely. It also provides mechanisms for revoking the consent.

A related bill is working its way through the New York Legislature to address this issue in the context of marital relations (more particularly, divorce proceedings). The bill would amend the Domestic Relations Law and enact provisions relating to the execution of written forms, prior to assisted reproductive technology services, for consent and directives for the transfer, use, and disposition of cryopreserved embryos or gametes. It would provide for notice prior to the implementation of the terms of such directives. As of Jan. 28 the bill was referred to the judiciary.

This new legislation will help guide the courts in addressing the needs of children, parents, donors, and other beneficiaries of the estate, as well as preventing abusive use of genetic material to improperly gain access to an estate’s assets. That said, it remains unclear how the new legislation will impact a specific bequest in one’s last will and testament of such genetic material; or whether such a bequest would be deemed to comply with the bills. It also does not address posthumous use of cord blood, which can be used to treat certain conditions. It is still critical to consider your genetic material and take steps to ensure that your intentions are carried out.

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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A St. Patrick's to remember

What to learn from a holiday picnic

CHERISH THE MOMENTS

BY PATRICK HEMPFING

Prior to St. Patrick's Day last year, my 9-year-old daughter, Jessie, came home from school and asked to have a picnic. Jessie loves picnics.

We tossed two blankets in the

yard and placed two lawn chairs on top of them. I relaxed in one of the chairs while Jessie prepared our picnic. She likes to be in charge of the menu and entertainment. About 10 minutes later, Jessie called for assistance. She carried the basket of snacks and a few sheets of paper. I grabbed the crayons and markers.

Of course, Sadie, our dog, joined us; it wouldn't be a picnic without Sadie. A few seconds later, Jessie's feet were free of socks. We munched on pretzels and raisins and shared a can of Orange Crush soda a friend gave her for Valentine's Day.

My future third-grade teacher (her current career aspiration) then distributed my first assignment, a St. Patrick's Day maze. She had downloaded the maze from a teaching website and printed copies for each of us. We raced to see whose leprechaun would reach the pot of gold first. Jessie won.

My second assignment involved a coloring sheet that pictured a pot of gold. I like to color; however, my aspiring teacher gave me the following writing prompt, "If I saw a leprechaun, I would ..." Instead of coloring the pot of gold, Jessie asked me to write my answer inside the pot. My writer friends know I'm not a big fan of writing on demand. I was ready to object, but noticed Jessie had already started to write on her copy, so I hastily began my assignment.

Jessie finished well ahead of me. She wrote, "If I saw a leprechaun, I would ask him nicely to give 1,000 million dollars to help fund a cure for cancer."

Jessie's answer clearly beat mine, but for writing on demand, I did okay. "If I saw a lep-

rechaun, I would say, 'Hi, my name is Patrick. No, St. Patrick's Day was not named after me, though I'm a kind and loving man. I already found my pot of gold. I have a beautiful wife, daughter, and dog. I'm a blessed man.'"

Jessie then handed me my third assignment, a coloring sheet with the words "Happy St. Patrick's Day!" surrounded by green clovers. Finally, my chance to color. I searched for a green crayon.

Teacher Jessie had a different lesson plan. She gave me the writing prompt, "If I found a pot of gold, I would spend it on ..." with my answer to be written on the back of the paper. I wanted to raise my hand and ask for a bathroom pass, but I knew my request would be denied. Like before, Jessie finished well before me. She chewed on a pretzel stick and waited patiently.

Jessie's been campaigning for another dog, so her answer didn't surprise me. "If I found a pot of gold, I would spend it on one more dog. It would be a Havanese. I would spend the rest on books."

I've been campaigning for a man cave, a quiet area to focus on my writing. I wrote, "If I found a pot of gold, I would spend it on building a man cave. It would be a luxurious man cave with all the amenities a famous writer would have. I'd have state-of-the-art office equipment. I would install a bell on my desk. I would ring it to have my assistant bring me a snack or whatever else I need. For now, I'm happy with my man chair."

As I reflect on our St. Patrick's-themed picnic, these thoughts stand out. Jessie will make an outstanding teacher. Her best chance for a Havanese is to find a pot of gold; they're expensive little puppies. I'm getting better at writing on demand, though I still don't enjoy it. Wouldn't it be wonderful if Jessie found a leprechaun who could fund research to cure cancer?

Finally, I need to accept that my luxury man cave, with assistant, is not likely to happen. But hey, with the extra writing practice, maybe I'll become a famous author and can upgrade to a man sofa.

Until next month, remember to cherish the moments.

Patrick Hempfing had a 20-year career in banking, accounting, and auditing before he became a father at age 44. He is now a full-time husband, stay-at-home dad, and writer. Follow him at www.facebook.com/patricklhempfung and on Twitter @PatrickHempfung.





THE BOOK WORM

TERRI SCHLICHENMEYER

Prisoners of love

The Case for Loving: The Fight for Interracial Marriage” by Selina Alko, illustrated by Sean Qualls and Selina Alko, is an important book for children — and adults — who are too young to remember Loving v. Virginia.

Falling in love was very easy for Richard Loving and Mildred Jeter, and it didn’t take long for them to decide that they wanted to get married.

But there was one problem: Richard was white. Mildred was “colored.” They didn’t think that was a big deal, but in Virginia in 1958, it was illegal for them to get married.

So Mildred and Richard went to Washington, D.C. and tied the knot there. The Lovings “couldn’t wait” to start their new lives back home.

Not long after they were back in Virginia, though, the police came in the middle of the night and said that the Lovings’ marriage certificate was no good. They put Richard and Mildred behind bars.

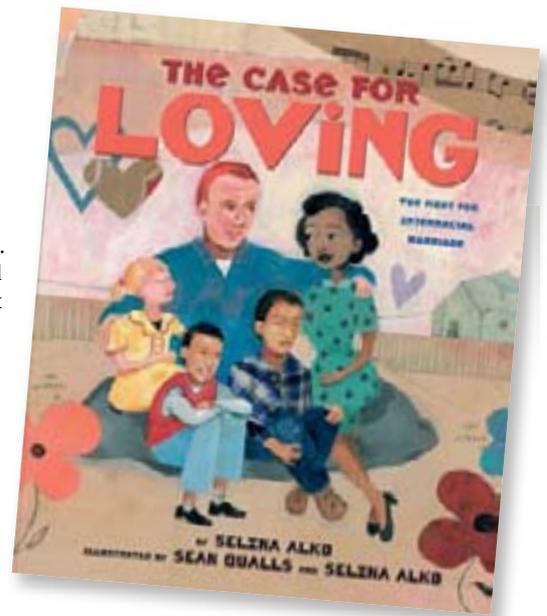
In order to stay out of jail for good, Richard and Mildred had to move to

another state.

In Washington, D.C. again, the Lovings tried to settle in. Richard got a job. Mildred had three children. But the city wasn’t a good place for the Lovings. They missed their families. They weren’t happy, so nine years after that late-night visit by the police, they hired lawyers to fight for the right to live in their beloved Virginia.

“The Case for Loving” is a very informative, eye-opening book. Author Alko says in her notes that, as a Jewish white woman, she finds it “difficult to imagine” that her marriage (to illustrator Qualls, an African American) might have been illegal 50 years ago. Kids might find that notion to be almost “unbelievable,” too, given that they’ve never known a world like the one described here.

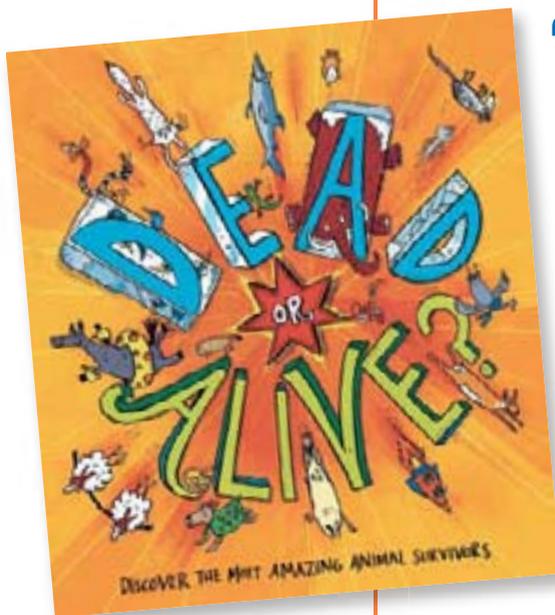
What parents will want to under-



stand, however, is this: for its 4-to-8-year-old target age group — particularly for those on the younger end — this book could be scary, especially the jail part.

Still, if you’re prepared to explain and you keep the youngest audience members in mind, this could be a great read-aloud book.

“The Case for Loving: The Fight for Interracial Marriage” by Selina Alko [40 pages, 2015, \$18.99].



‘Dead or Alive?’ is pure fun

Even though your children quarrel, they still love each other, and nothing dangerous happens—unlike with the creatures in the new book “Dead or Alive?” by Clive Gifford, illustrated by Sarah Horne.

When an animal in the wild gets hungry, there aren’t a lot of options. They have to catch their supper, and while nature has given them speed and

claws, potential meals have a few tricks on their side, too.

Take, for instance, opossums and hognose snakes.

When opossums and hognoses are threatened, they act dead, they smell dead, they look dead, and are very unappetizing to predators. That allows them to play dead another day!

On the other hand, though, what about those critters that gotta eat?

They can pretend to be rocks, like an alligator or snapping turtle, and lure their lunches straight to their mouths. Or, like the anglerfish, they might use bioluminescence to invite other creatures to dinner. Or, like orange barnacles, they could turn their prey into zombies and wait until snacktime.

Mayflies have mouths, but they don’t use them, because mayflies “don’t live long enough to get hungry.” Scientists think there’s a possibility that the Antarctic volcano sponge might live for up to 10,000 years! A 4-month-old puppy in England accidentally got flushed down the toilet and survived, and a cat in Boston fell 19 stories and lived. Extinct animals have been discovered alive, and scientists are trying to figure out how to bring other animals back from extinction.

Anybody can spout information about cats and dogs. Many kids know things about horses and cows. But who knows about tardigrades

and thylacines? Your child, that’s who, once he’s got “Dead or Alive?” in his hands.

Inside this book, there are creatures that crawl, walk, run — and are eaten. There are animals that fly, swim, wiggle — and are hunters. And, of course, author Clive Gifford includes critters that have uniquely adapted to survive in ways that your child will find fascinating, maybe a little icky. And if icky isn’t enough, there’s fun to be had in Sarah Horne’s colorful, informative, but cartoon-like illustrations, too.

This book is perfect for kids ages 7 to 12, and I think even adults could learn a thing or two by paging through it. If you’ve got a young biologist or animal lover around, look for it. Getting him to read “Dead or Alive?” shouldn’t be much of a fight.

“Dead or Alive,” by Clive Gifford [48 pages, 2015, \$14.99].

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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Calendar

MARCH



Timbalooloo

Dress up for Purim

Celebrate the Purim holiday with fun activities at Hannah Senesh Community Day School on March 1.

Children 2 to 10 years old can enjoy the whole Megillah, starting off with a special performance by Orin Etkin of Timbalooloo, followed by a reading of "The Wonderful Wizard of Oz," and then an interactive performance with home-made props, sets, and cos-

tumes.

Everyone is invited to make a crown and mask, have their faces painted, and dress up to the nines in costumes.

Step into Purim on March 1 from 9 am to noon. Admission is \$5.

Hannah Senesh Community Day School [342 Smith St. between First and Second places in Carroll Gardens, (718) 858-8663, www.hannah-senesh.org].

Submit a listing

This calendar is dedicated to bringing our readers the most comprehensive list of events in your area. But to do so, we need your help!

Send your listing request to brooklyncalendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

SUN, MARCH 1

IN BROOKLYN

Gull walk: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 8 am–9 am; Free.

Hike with the rangers and discover how many types of gulls reside in the park.

Step Into Purim: Hannah Senesh Community Day School, 342 Smith St. between First and Second places; (718) 858-8663; iklein@hannahsenesh.org; www.hannahsenesh.org; 9 am–noon; \$5.

Celebrate Purim and enjoy the whole Megillah starting off with a special performance by Timbalooloo, followed by a reading of "The Wonderful Wizard of Oz," and then an interactive performance with home-made props, sets and costumes. Children 2 to 10 years then make a crown and mask, have their faces painted and dress up to nines.

Winter Bird Stroll: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 10 am–11 am; Free with garden admission.

Fun for the whole family to spot where the winter birds are.

"Little Laffs Kids Show with the Good Ms. Padgett": Jalopy Theatre, 315 Columbia St. between Hamilton Avenue and Woodhull Street; (718) 395-3214; lynette@jalopy.biz; www.jalopy.biz; 10:30 am; \$5 kids, \$10 adults, \$25 family, kids under 2 free.

Variety show for kids ages 3–9, including juggling, balloon art, music, comedy, and more.

"Teatre Tre": BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; www.bam.org/visit/buildings/bam-fisher; 10:30 am and 1:30 pm; \$12.

Sweden's oldest troupes present a physical comedy created especially for



Violet Brill

Take a foraging tour

"Wildman" Steve Brill hosts Spring Forage 2015 on March 1 at Prospect Park.

Celebrating 33 years of foraging and the third anniversary of public foraging tours, "Wildman" Brill leads fellow naturalists on a four-hour tour to search for field garlic, wild spring greens, roots, goutweed, chickweed, and wild mushrooms that grow in the park.

Children will learn all about the common, renewable, and medicinal wild plants that grow right in their own backyard, as well as how to properly identify, collect and prepare the edibles.

younger audiences, (3–7 years old). Clowns use blocks to build, break and rebuild relationships to space and each other.

Nature Playtime: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; 10:30 am – 12:30 pm; Free with zoo admission.

Creative play for the entire family — make nature-inspired art projects, insect observation, play with snow and more.

Purim carnival: Kings Bay YM-YWHA, 3495 Nostrand Ave. at Avenue V; (718) 648-7703 X 224; atinfo@kingsbayy.org; 11 am–1:30 pm; Free.

Enjoy an entire day filled with festivities including song, dance, children's rides, sand art, face painting, carnival games, and a costume contest. Free

Bring a plastic bag for the veggies and herbs, paper bags for the mushrooms, and plastic containers for berries, a water bottle, lunch, work gloves, notepad, and a whistle, as well as a digging tool. Check the weather and wear appropriate clothing.

Spring Forage 2015 on March 1 at 11:45 am. The cost is \$20 for adults and \$10 for children under 10. Please RSVP 24 hours in advance to reserve a space.

Grand Army Plaza [Union Street between Flatbush Avenue and Prospect Park West, in Prospect Heights; (914) 835-2153; www.wildmanstevebrill.com].

hamentashen cookies and raffles.

Cosmic creations: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11:30 am and 2 pm; Free with museum admission.

Learn about astronomy and the planets, stars, and space with Dr. Neil Degrasse Tyson, a contemporary African-American astrophysicist. Make a shooting star to take home.

Spring foraging: Grand Army Plaza, Union Street between Flatbush Avenue and Prospect Park West; (914) 835-2153; www.wildmanstevebrill.com; 11:45 am; \$20 (\$10 for children under 10).

"Wildman" Steve Brill celebrates another spring of foraging for edibles in the park. The 2015 search begins with hunting for field garlic. Searchers will locate wild goutweed and chickweed.

The walk is approximately four hours. RSVP 24 hours in advance.

Drop-in Drawing: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 1 pm to 3 pm; Free with garden admission.

Visitors are invited to tour the gallery and then sketch what they see. No reservations necessary and suitable for all ages.

TUES, MARCH 3

IN BROOKLYN

Toddler Tuesdays: LeFrak Center at Lakeside, 171 East Dr. at Ocean Avenue; (718) 462-0010; www.lakeside-brooklyn.com; 9:30 am–noon; \$15 (one child and one adult).

Morning consists of 60 minutes of instructor-led skating, ice skate rentals and helmet rental, plus snacks. Children 2 to 5 years old with a caregiver.

THURS, MARCH 5

IN BROOKLYN

Moonlight walk: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 6–8 pm; \$10 (\$30 for a family of four).

Families are welcome to take a stroll and enjoy an evening of stargazing and hiking. Then wrap up the night with a cup of hot cocoa and s'mores.

SAT, MARCH 7

IN BROOKLYN

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

Children join in for a sing-a-long, featuring songs, stories, skits, movies and more.

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 celebrate Black History Month and learn all about famous African Americans and their contributions.

"Once upon a Cloud": Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; www.barnesandnoble.com; 2 pm; Free.

Hear a fun story with the new Picture Book of the Month. In "Once upon a Cloud" Celeste wants to give her mother something special, but what? Join Celeste on her journey to find the perfect gift!

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Calendar

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

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The Beauty of Ballet: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; Free.

In collaboration with the School of American Ballet, join students and faculty in this program illustrating the process of developing into classical ballet dancers.

"Pilobolus Rules!": BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; www.bam.org/visit/buildings/bam-fisher; 2 pm and 6 pm; \$12.

The renowned troupe offers children and parents a behind-the-scenes look at the creative process, with audience engagement and hands-on demonstrations as dancers unpack four of the company's best-loved pieces live on stage. For children 6 to 11 years old.

"The Barber of Seville": Our Lady of Perpetual Help auditorium, 5902 Sixth Ave. at 59th Street; (718) 259-2772; www.reginaopera.org; 3 pm; \$25 (\$20 seniors; \$5 teens; free for children).

The Regina Opera Company presents the Rossini classic, with English super-titles.

FURTHER AFIELD

Mike Carbo's Big Apple Con: Penn Plaza Pavilion, 401 Seventh Ave. at 33rd Street, Manhattan; www.nycbm.com; 10 am - 6 pm; \$20 (\$10 children).

Celebrate the 20th anniversary of the city's longest-running comic book sci-fi/fantasy convention where collectors and enthusiasts will find hundreds of vendor tables, top comics, celebrities, pro wrestlers, dealers, panel discussions, costume contests, and more.

SUN, MARCH 8

IN BROOKLYN

Purim Carnival: Congregation Beth Eloheim, 274 Garfield Pl. at Eighth Avenue; (718) 768-3814; www.congregationbethelohim.org; 9:30 am-11 am; \$15 (\$10 member) each session.

Grab a costume, eat, play games and listen to the Megillah, then partake of the Purim tradition and assemble gifts for the need in the community. Registration required.

Nature Playtime: 10:30 am - 12:30 pm. Prospect Park Zoo. See Sunday, March 1.

Family Access Program - Animal Yoga: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 11 am; Free with museum admission.



Puppet show for kids

The magic of "Sleeping Beauty" comes to life at Puppetworks Inc. now through March 29.

The classic story, based on the 1697 Perrault's Faery Tale, is performed by the wonderful puppetry of marionette artist Nicolas Coppola and is suitable for children 4 years and older.

"Sleeping Beauty," now through March 29 with showtimes on Saturdays and Sundays, at 12:30 pm and 2:30 pm. Tickets are \$9 and \$10 for adults, group rates available.

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

Young yogis, what is your favorite animal? Explore movement as we stretch like a cat, pose like a baby cobra, and even go upside-down for downward facing dog. This program welcomes children with special needs and offers a fun, engaging activity for the entire family. Space is limited. RSVP required.

Pilobolus Rules!: 11 am and 2 pm. BAM Fisher. See Saturday, March 7.

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

Woody Guthrie's Wonder

Wheel Tour: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 3 pm; \$30.

The Klezmatics perform tunes that harken us back to 1940s Coney Island. The group infuses the passion of Wood Guthrie's poetry with a shot of klezmer, Celtic, Afro Caribbean and folk flavors.

"The Barber of Seville": 3 pm. Our Lady of Perpetual Help auditorium. See Saturday, March 7.

TUES, MARCH 10

IN BROOKLYN

Toddler Tuesdays: 9:30 am- noon.

LeFrak Center at Lakeside. See Tuesday, March 3.

WED, MARCH 11

IN BROOKLYN

Latin Fusion: Kumble Theater at Long Island University, DeKalb and Flatbush avenues; (718) 488-1624; www.brooklyn.liu.edu/kumbletheater; 7:30 pm; \$15 (\$10 students and seniors).

Celebrate the rhythms sounds and vibrations of Latin-American music.

FRI, MARCH 13

IN BROOKLYN

Ice skating party: LeFrak Skating Center in Prospect Park, 171 East Dr.; (718) 462-0010; 6 pm to 8 pm; \$30 (plus \$2.49 fee).

Skate with old friends and make new friends, admission helps support Brooklyn Ice Free After-school Ice Skating Program for "at-risk" Brooklyn students and includes skates bag check, use of the party room, and admission to the rink.

SAT, MARCH 14

IN BROOKLYN

Family Bird Watching: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718)

287-3400; www.prospectpark.org/audubon; 10-11 am; Free.

Learn to use binoculars and identify the 250 species of birds residing in Prospect Park.

Handmade History: Brooklyn Historical Society, 128 Pierrepoint St. at Clinton Street; (718) 222-4111; www.brooklynhistory.org; 11:30 am; Free.

After visiting one of the Brooklyn Historical Society's galleries, participants take part in an art-making project that they can take home.

"Mustache Baby" storytime: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; www.barnesandnoble.com; 2 pm; Free.

It's a fun-filled storytime featuring Mustache Baby — aka Baby Billy. Activities to follow.

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

Dance along to music from the Garifuna community, descended from the Arawak, Carib, and West African peoples who currently live throughout the Americas. This Garifuna arts program is led by Brooklyn's own Garifuna artist, James Lovell!

The Golden Dragon: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; \$25 (\$12.50 children under 12).

Young children will be spell-bound as the award-winning acrobats spin, leap and twirl on stage.

"The Barber of Seville": 3 pm. Our Lady of Perpetual Help auditorium. See Saturday, March 7.

SUN, MARCH 15

IN BROOKLYN

Nature Playtime: 10:30 am - 12:30 pm. Prospect Park Zoo. See Sunday, March 1.

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

Children's book author Kirsten Hall discusses her book "The Jacket," the tale of the companionship and comfort a young girl finds in the pages of a book.

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

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

You're in luck! Children will explore Irish traditions, including St. Patrick's Day. Then create a rainbow mobile to hang at home.

Brooklyn St. Patrick's Day: Kick Off, Prospect Park West and 15th Street; 1 pm; Free.

Come on down to the parade and celebrate the 40th anniversary of everything green.

"The Barber of Seville": 3 pm. Our Lady of Perpetual Help auditorium. See Saturday, March 7.

TUES, MARCH 17 IN BROOKLYN

Toddler Tuesdays: 9:30 am–noon. LeFrak Center at Lakeside. See Tuesday, March 3.

St. Patrick's Day: 11:30 am. Brooklyn Children's Museum. See Sunday, March 15.

FURTHER AFIELD

St. Patrick's Day Parade: Kick off, 44th St. and Fifth Avenue, Manhattan; 11 am; Free.

Come on down to the world-famous parade, kick up your heels, listen to the bagpipes and be Irish for the day.

FRI, MARCH 20 IN BROOKLYN

Stamping workshop: Brownsville Recreation Center, 1555 Linden Blvd. at Hegeman Avenue; (718) 485-4633; Noon–2pm; Free.

Sonomi Kobayashi, member of the Art Student League, teaches participants how to use everyday objects as stamps. For older children.

Hakani: BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; www.bam.org/visit/buildings/bam-fisher; 7 pm; \$12.

A single dancer moves within a cube, interacting with the images projected on its walls, tracing arcing parabolas and sine waves with hands and feet. For children 8 years and older.

SAT, MARCH 21 IN BROOKLYN

College fair: First Baptist Church of Crown Heights, 450 Eastern Pkwy. at Rogers Avenue; (917) 826-4123; 10 am–3 pm; Free.

Students welcome to learn about career and college opportunities.

Handmade History: 11:30 am. Brooklyn Historical Society. See Saturday, March 14.

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

Imagine in 'purple'

Come along with Harold and have a great adventure in the Target Storybook Series, "The Adventures of Harold and the Purple Crayon" on March 29 at the Center for the Performing Arts at Brooklyn College.

Enchantment Theater Company performs this story of a young boy who creates worlds to explore, using his limitless imagination and his trusty purple crayon. Harold travels to Mars, joins a circus, and meets a king in the enchanted garden. The theatre company uses a multimedia approach incorporating life-size puppets, masks, music, and lots of magic. Recommended for children 4 years and older.

"The Adventures of Harold and the Purple Crayon," on March 29



Michael Zinn

at 2 pm. Tickets are \$9.

Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd., between Amersfort Place and Kenilworth Place in Midwood; (718) 951-4500; www.brooklyncenteronline.org]

www.brooklynkids.org; 11:30 am; Free with museum admission.

What do people and animals need to live and grow? Discover the life cycles of people, animals, and plants using pictures and objects from the museum's collection. Then make a yummy and nutritious snack to help you grow healthy and strong!

National Developmental Disabilities Awareness Month

Event: Pacplex Sports Recreation and Educational Complex, 1500 Paerdaget Ave. at Paerdaget 13th Street; (347) 831-5688; ajones.dtbe@outlook.com; www.daretobeextraordinary.org; 12:30–3 pm; \$25 adults, \$15 kids, free for kids 6 and under.

Dare to be Extraordinary offers games, entertainment, and photo shoots with Olympic gold medalist and TNA professional wrestler Kurt Angle, and motivational speakers bringing awareness for children with special needs.

Fire-making skills: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm; Free.

Let the urban rangers teach you the techniques and skills to improve your knowledge of the natural world and that just might save your life. For children 8 years and older.

Storytime: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; www.barnesandnoble.com; 2 pm; Free.

Edmund Unravels. Edmund is ready to discover the wonders of the world

and go on new adventures. Activities to follow.

Hakani: 7 pm. BAM Fisher. See Friday, March 20.

National Dance Theatre Company of Jamaica: Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place, in Midwood; (718) 951-4500 www.brooklyncenteronline.org; 8 pm; \$36–\$75.

Premier dance company in the Caribbean, the group performs traditional music and folklore from Jamaica, Africa, and the American South.

SUN, MARCH 22 IN BROOKLYN

Nature Playtime: 10:30 am–12:30 pm. Prospect Park Zoo. See Sunday, March 1.

"A Line Can Be..": powerhouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; www.powerhousearena.com; 11:30 am; Free.

Children 4 to 5 years old listen to this story by Laura Ljungkvist. RSVP requested.

Growing big: 11:30 am. Brooklyn Children's Museum. See Saturday, March 21.

Historic New York: Grand Army Plaza, Union Street between Flatbush Avenue and Prospect Park West; (718) 421-2021; 1 pm; Free.

The rangers lead a fascinating walk through the park and explore the architecture and design of old New York. Recommended for teens.

St Patrick's Day Parade: Kick Off Stand, Third Ave. at Marine Avenue; www.bayridgestpatricksdays.com; 1 pm; Free.

Kick off and celebrate your Irish at this annual event.

Yo Re M: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; 3 pm; Free with museum admission.

Imagination Celebration is a wild ride around the world and beyond using our bodies, voices and imaginations! Through a unique combination of yoga and music, we will journey to exciting destinations, learning about animals, cultures and languages along our way. No yoga experience required.

National Dance Theatre Company of Jamaica: 3 pm. See Saturday, March 21.

Emerging company performances: The Actors Fund Arts Center, 160 Schermerhorn St. at Smith Street; (347) 719-0719; www.brooklyn-dancefestival.org; 3 pm and 6 pm; \$25 (\$20 seniors & children).

The Youth Company performs.

Hakani: 6 pm. BAM Fisher. See Friday, March 20.

MON, MARCH 23 IN BROOKLYN

Coney Island on Ice: LeFrak Skating Center in Prospect Park, 171 East Dr.; (718) 462-0010; 8 pm; \$30 (plus fee).

The event showcases the talents and progress of the Brooklyn ice students and special guests.

TUES, MARCH 24 IN BROOKLYN

Toddler Tuesdays: 9:30 am–noon. LeFrak Center at Lakeside. See Tuesday, March 3.

WED, MARCH 25 IN BROOKLYN

Opening day: The Carousel, Enter the Flatbush Avenue and Lincoln Road entrance; www.nycgovparks.org; Noon–5 pm; \$2 per ride (\$9 for book of five rides); free for Prospect Park Alliance Members.

Celebrate the start of spring with the first ride on the iconic 1912 carousel.

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Calendar

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

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THURS, MARCH 26

IN BROOKLYN

Carousel opening: Children's Corner (Willink entrance), Flatbush Ave. at Empire Boulevard; (718) 965-8951; info@prospectpark.org; www.prospectpark.org; Noon-5 pm; \$2 per ride (\$9 for book of five rides); free with Alliance Family Plus membership.

Celebrate the start of spring with a ride around the 1912 carousel.

FRI, MARCH 27

IN BROOKLYN

Carousel opening: Noon-5 pm. Children's Corner (Willink entrance). See Thursday, March 26.

SAT, MARCH 28

IN BROOKLYN

Storytime: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; www.barnesandnoble.com; 11 am; Free.

New York Times bestselling children's author Tad Hills shares his "Duck & Goose" stories, leading into a special story time with Duck and Goose and fun activities.

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

Enjoy a day of exploration, a treasure hunt of the building, and dance with Together in Dance.

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

Learn about the roles of different community helpers by examining the tools that they use! Create a picture that shows what you want to be when you grow up.

Carousel opening: Noon-5 pm. Children's Corner (Willink entrance). See Thursday, March 26.

SUN, MARCH 29

IN BROOKLYN

Nature Playtime: 10:30 am - 12:30 pm. Prospect Park Zoo. See Sunday, March 1.

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

Learn about the roles of different community helpers by examining the tools that they use! Create a picture that shows what you want to be when



Yellow Sneaker

Yellow Sneaker concert

Enjoy a concert and puppet show when Yellow Sneaker visits the Museum of Jewish Heritage on March 22.

Brooklyn band Yellow Sneaker and its puppet pals nurture family bonds and bridge connections to Jewish life and traditions through

performances.

Yellow Sneaker on March 22 at 10:30 am. Tickets are \$10, and \$7 for children under 10.

Museum of Jewish Heritage [36 Battery Pl. at First Place in Battery Park, (646) 437-4202; www.mjhnyc.org]

you grow up.

Junior Volunteer Corps: Prospect Park, Ninth St. and Prospect Park; (718) 965-8951; www.prospectpark.org; 1:30-3:30 pm; info@prospectpark.org.

Families and elementary-aged youth groups are invited to pitch in and get the park ready for spring by raking leaves and other activities. Refreshments provided. Register online.

"Harold and the Purple Crayon": Brooklyn Center for the Performing Arts at Brooklyn College, 2900 Campus Rd., between Amersfort Place and Kenilworth Place; (718) 951-4500; www.brooklyncenteronline.org; 2 pm; \$9.

As part of the Target Storybook Series, Enchantment Theater Company performs this story of a young boy who creates worlds to explore, using his imagination and his trusty purple crayon. Recommended for children 4 years and older.

Emerging company performances: 3 pm and 6 pm. The Actors Fund Arts Center. See Sunday, March 22.

TUES, MARCH 31

IN BROOKLYN

Toddler Tuesdays: 9:30 am-noon. LeFrak Center at Lakeside. See Tues-

day, March 3.

LONG-RUNNING

IN BROOKLYN

"From Here to There": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays - Sundays, 10 am-5 pm, Now - Wed, June 10; \$9.

The Brooklyn Children's Museum explores transportation with "From Here to There," consisting of 12 interactive exhibits, helping kids explore transportation by land, sea, and air, and the mechanics that go into it.

Ice skating: LeFrak Center in Prospect Park, Parkside and Ocean avenues; (718) 594-7439; info@brooklynice.org; www.brooklynice.org; Tuesdays - Thursdays, 11 am-6 pm, Fridays, 11 am-8 pm, Saturdays, 10 am-9 pm, Sundays, 10 am-6 pm, Now - Tues, March 31; \$6 (\$8 on Sat. and Sun) plus \$6 skate rental.

Families have a great time twirling and skating and enjoying the rink.

Nature playtime: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; Sundays, 10:30 am-12:30 pm, Now - Sun, April 26; Free with zoo admission.

The workshops are designed to help

families explore nature through play, activities include nature inspired arts and crafts, insect observation, playing with snow and more. Children receive a nature play activity guide to the park. Each workshop is led by a trained teen discovery guide.

Circus Xtreme: Barclays Center, 620 Atlantic Ave. at Pacific Street; (917) 618-6100; www.barclayscenter.com; Friday, Feb. 27, 10:30 am; Saturday, Feb. 28, 7 pm; Sunday, March 1, 11 am; Monday, March 2, 11 am; \$15-\$65.

Ringling Bros. and Barnum & Bailey presents its new circus show, featuring BMX riding tricks, high wire acts, and animals from around the world.

Arty Facts: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; Sundays, 11 am, Now - Sun, May 17; Free with museum admission.

Children are invited to imagine and create new worlds and explore the museum.

"We the People: The Citizens of NYCHA in Pictures and Words": Brooklyn Historical Society, 128 Pierrepont St. at Clinton Street; (718) 222-4111; www.brooklynhistory.org; Wednesdays - Sundays, Noon-5 pm, Now - Sun, March 8; \$10.

This collection exhibits candid photographs and interviews with African Americans and Latinos residing in New York City Housing Authority housing, taking a different look at the stereotypes surrounding them.

Craft room: Jewish Children Museum, 792 Eastern Parkway; (718) 907-8833; www.jcm.museum; Sundays - Thursdays, Noon-5 pm, Now - Tues, March 31; Free with museum admission.

Get creative with a variety of Jewish-themed crafts to choose from!

"Sleeping Beauty": 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, March 29; \$9 (\$10 adults).

The classic fairy tale is brought to life through the wonderful puppetry of marionette artist Nicolas Coppola. Recommended for children 4 years and older.

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

Join in with staff and make a small sampler and play board games.

Movie Matinees: BAM Rose Cinemas, 30 Lafayette Ave. between

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Lafayette Avenue and Hanson Place; (718) 636-4100; www.bam.org; Sundays, 2 pm, Now – Sun, June 7; \$7 children (\$10 adults and \$9 for members)).

Curated by BAMcinematek, the series offers families an introduction to the classic films and new indie selections. From Charlie Chaplin to Walter Lang.

"The African Drum": PS 3 The Bedford Village School, 50 Jefferson Ave. at Franklin Avenue; (212) 724-0677; www.shadowboxtheatre.org; Wednesday, March 4, 10:30 am; Thursday, March 5, 10:30 am; Friday, March 6, 10:30 am; Monday, March 9, 10:30 am; Tuesday, March 10, 10:30 am; Wednesday, March 11, 10:30 am; Friday, March 13, 10:30 am; \$10 in advance (\$15 at the door; \$8 group rates).

Listen to the wit, wisdom, and humor of traditional folk tales and learn how the turtle got its shell, and three more African fables woven into an interactive shadow puppet adventure of little Kjana and her animal friends. Presented by the Shadow Box Theatre.

Babies and Books with Reading is Fundamental: Gerritsen Beach

Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; Thursdays, 10:30-11:30 am, Now – Thurs, May 14; Free.

Books, songs and rhymes for babies to 18 months.

Ken Siegleman's Poetry outreach: Barnes and Noble, 267 Seventh Ave. at Sixth Street; (718) 832-9066; www.barnesandnoble.com; Thursdays, 6:30 pm.; Free.

Anthony Vigorito hosts a night of poetry featuring guest poets each week. For teens and adults.

Toys, Games, and Puzzles: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; Fridays, 10:30 am-11:30 am; Free.

Playtime for kids aged infat to 5.

Art Kids: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Fridays, 11:30 am and 2:30 pm, Now – Fri, March 6; Free with museum admission.

Children explore a new style of art and discover the artistic process while

developing artistic skills.

Reading is Fundamental: Gerritsen Beach Public Library, 2808 Gerritsen Ave. between Bartlett Place and Gotham Avenue; (718) 368-1435; www.brooklynpubliclibrary.org; Fridays, 2 pm; Free.

Kids receive a free book when they sign up, on their birthday, and every third week if they checkout two books per week.

Game On! Board Games: Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; www.brooklynpubliclibrary.org; Fridays, 3:30-5 pm; Free.

Kids play games such as Connect 4, Uno, Clue, and Monopoly.

Tween Teen Tech Time: Sunset Park Public Library, 5108 Fourth Ave. at 51st Street; (718) 965-6533; www.brooklynpubliclibrary.org; Fridays, 3:30-5 pm; Free.

Twens and teens enjoy books, Nintendo and Playstation videogames, and music, while participating in Reading is Fundamental.

FURTHER AFIELD

Science Playground: New York Hall of Science, 47-01 111th St.,

Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm; \$5plus 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., Queens; (718) 699-0005 X 353; www.nyscience.org; 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!

"Galapagos - Nature's Wonderland in 3D": New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 11 am & 2 pm, Saturdays and Sundays, 1 & 3 pm.; \$6 adults; \$5 children.

In this 3D movie, travel to the Galapagos archipelago to meet giant half-ton tortoises and marine iguanas that spit sea-salt from their noses, hunt fishes with the colorful blue-footed boobies, and swim with tiny penguins.

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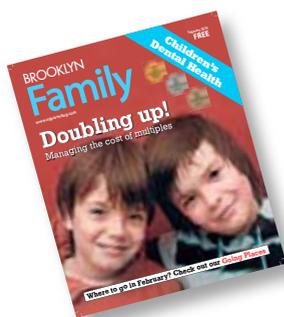
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New & Noteworthy

BY LISA J. CURTIS



Dino-mite surprises

If the Easter Bunny needed a sugar-free idea to help fill a basket, he should check out Safari Ltd.'s new set of four baby dinosaurs, each in its own crackable egg. All four of the different dinosaurs — Tyrannosaurus rex, Brachiosau-

rus, Stegosaurus, and Triceratops — are hand-painted, and at just two-inches long, are super cute.

They are certain to make a memory that will go down in prehistory. *Baby Eggs Set by Safari Ltd, \$14.99, www.safariltd.com.*

This game's a lava riot

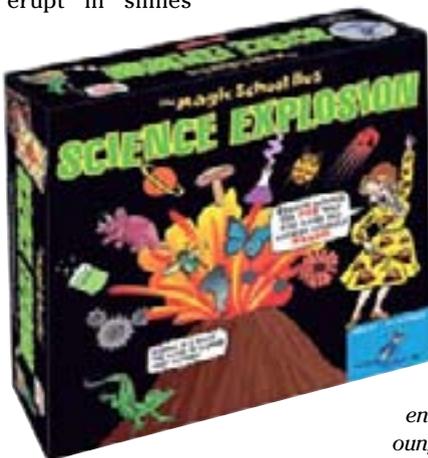
The Magic School Bus Science Explosion game has kids on the edges of their seats as they compete to be the first to set off the volcano in the center of the board. Along the way, they learn about scientific fields of study.

The players can't help but erupt in smiles

when they see the illustration of the exuberant science teacher Ms. Frizzle, a familiar character from Scholastic's Magic School Bus book series penned by Joanna Cole and Bruce Degen.

Recommended for kids ages 5 and up, Science Explosion is really two-games-in-one, with more reading required in one version of the game and matching and strategy applied in the easier version. The set includes a laminated, two-sided board; volcano; bowl; measuring cups; and game cards — for two to four players. You supply the baking soda and vinegar, for lots of good, clean fun.

The Magic School Bus Science Explosion, \$29.99, www.TheYoungScientistsClub.com.

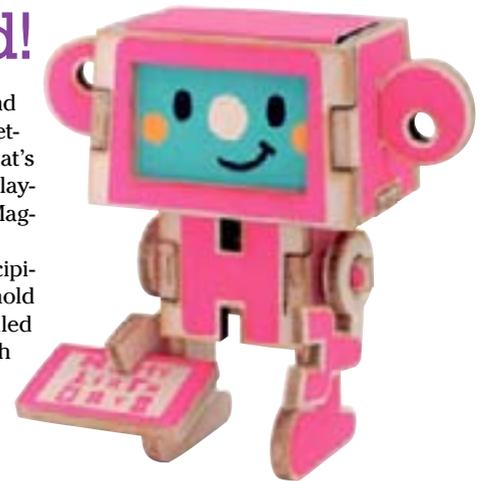


What a card!

Sometimes, you want to send a very special birthday greeting to that great kid. And that's when you'll want to pull out a Play-Deco wooden birthday card by Magnote.

The letters pop out (by the recipient) and make a robot that can hold the mini message card that you filled out and mailed with the 8.5-inch by 6.5-inch board. (Note: It's not for children ages three and younger, because of the small pieces.)

This 3-D puzzle — available in pink, green, or orange — will have your pen pal saying "Domo arigato, Mr. Robot-o" in no time.



Play-Deco Happy Birthday Greeting Card by Magnote, \$7.95, www.store.magnote.com.

Ranging near and far

There are a mountain of reasons to love Marianne Berkes' "Over on a Mountain: Somewhere in the World," which features

"Over in the Meadow" (easily found on Google for those of us who can't read music), incorporates counting to 10 and a rich vocabulary.

mountain ranges from around the globe, depicted in amazing collages by Pratt Institute grad Jill Dubin. Berkes's rhyming text, which can also be sung to the tune of the traditional song

Recommended for kids ages 3–8, the book offers a fun challenge for older readers: finding the creature hidden in each illustration, a great way to introduce the concept of camouflage.

"Tips from the Author" offers ideas for parents and educators on how to further explore the book's themes.

"Over on a Mountain: Somewhere in the World" book by Marianne Berkes, \$8.95, www.dawnpub.com.



Admit fun!

Movie night will be more fun when the kids are selling tickets, running the projector, and narrating the show with Moulin Roty's new Cinema Box (Au Cinema Ce Soir) — a portable movie theater that can be stored on a bookshelf when the show's wrapped. Moulin Roty has expanded on the idea of the classic View-Master with this set, but instead of one person enjoying a disc of pictures, the child — ideally ages 4 and older — uses the flashlight to project a disc of illustrations onto the white screen



under the lid of the box.

It is then up to the child to invent the script for the five discs of slides.

Cinema Box by Moulin Roty, \$40, www.bonjourpetit.com.

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CHRISTINE M. PALUMBO, RD

Boning up on health

As long as their children are growing normally, most parents are largely unconcerned about the health of their kids' bones. After all, osteoporosis is for old people, right?

Not so fast. According to a recent report by the American Academy of Pediatrics, osteoporosis may have its roots in the bone mass acquired in childhood and adolescence.

Lifestyle factors — consuming enough calcium and vitamin D, plus weight-bearing activity — all factor in.

It's no secret that physical activity has changed for many children compared to a generation ago. Recess is short, physical education is often weak, and kids don't necessarily walk to school or play outside with their friends.

The Academy report urges kids to exercise to strengthen their bones. Jumping, skipping, running, and dancing are some enjoyable weight-bearing exercises. Some sports that include these are rowing, tennis, volleyball, karate, soccer, basketball, gymnastics, and cheerleading.

Nutrition

Today's parents are increasingly



choosing plant-based milk beverages in lieu of dairy milk because of perceived health benefits, milk allergies, or lactose intolerance.

And this has Debra Barone

Sheats, director of dietetics programs at St. Catherine University in Minnesota, concerned.

"Many parents think they're equivalent, but they're not equal at all," says Sheats. "Dairy milk contains nine essential nutrients. The white beverages made with plant sources don't necessarily contain these nutrients."

Children who drink alternative milks are twice as likely to have low vitamin D levels, according to a new study published in the Canadian Medical Association Journal.

"In Canada, as well as the U.S., vitamin D levels vary in non-cow's milk beverages," says Dr. Jonathon Maguire of the University of Toronto.

Vitamin D is a fat-soluble hormone necessary for calcium absorption and utilization. Without it, only 10 to 15 percent of dietary calcium is absorbed.

Another nutrient of concern to Sheats is calcium.

"Often, these milk substitutes have calcium added. But there's a fair amount of data that the form of calcium is not absorbed as well as dairy milk. It probably has to do with the fact that milk has lactose and vitamin D. Often, these milks are lactose free."

The pediatricians' report does not recommend calcium supplements.

Other nutrients of concern highlighted in the report include protein and sodium. Diets too low in protein or too high in sodium tend to reduce the body's retention of calcium.

Finally, caffeine, found in energy drinks, colas, and coffee drinks, is also linked to decreased bone mass, the study found.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. She's grateful she did plenty of weight bearing activity as a kid. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

I beg your parsnips

Serve these matchstick fries as a super tasty and healthy alternative to French fries. They're fun to eat and packed with flavor.

Serves 2 (1/2 cup per serving)

INGREDIENTS:

Olive oil cooking spray
1 large parsnip (about 9 inches long, 5 ounces), peeled
Cracked black pepper
Salt to taste

DIRECTIONS: Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. To make "matchsticks," cut the parsnips into



long, thin strips, using a very sharp knife, or a mandoline if you have one. Spray the parsnip sticks with

olive oil and lay them on the baking sheet. Lightly sprinkle with cracked pepper on both sides. Bake the fries for about 25 minutes, flipping them over halfway through. They are ready when they are cooked completely, crispy, and slightly brown. As you allow them to cool, sprinkle with pepper and salt to taste.

NUTRITION FACTS: 50 calories, 0 g total fat and cholesterol, 7 mg sodium, 12 g carbohydrates, 3 g dietary fiber, 3 g sugars, 1 g protein. Percent Daily Value: Vitamin C 19 percent, calcium 2 percent, iron 2 percent.

Used with permission from The Nutrition Twins' Veggie Cure by Tammy Lakatos Shames, RDN & Lysie Lakatos, RDN.



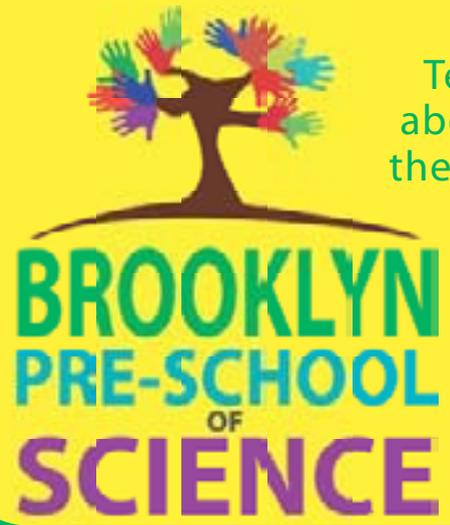
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