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# Family September 2016



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# Screen time, families, and children

I get in the elevator in my office building and I'm the only one not looking down at my smart phone. I drive the streets of our city and narrowly avoid pedestrians looking down at their screens instead of looking where they're going. I've seen moms crossing streets with strollers and simultaneously looking down at their device. No matter how often the dangers of driving and texting are pointed out, we still have people ignoring the warnings and inviting accidents and possible death. We are screen people without a doubt.

I've been asking the question about how all of this is affecting our children. It seems that most American children actually spend more



time consuming electronic media than they do in school, according to Common Sense Media. Anya Kamenetz did a wonderful piece on this topic for NPR that caught my ear the other day and prompted me to download it.

Some of the facts she pointed out are that tweens log 4 1/2 hours of screen time a day, seven days a week, 52 weeks a year. For teens, it's even higher; nearly seven hours a day. And that doesn't include time spent using devices for school or in school.

Digital devices are more integral every year, with research available to support both the benefits as well as the dangers. Anya writes that the American Academy of Pediatrics

plans to update its guidelines on media use later this year. Current recommendations are to avoid all screens for children under 2, and to allow a maximum of two hours per day of high-quality material for older children. I would like to repeat that line about avoiding all screens for children under 2. How often I've seen tablet devices propped up in front of babies in restaurants, apparently to pacify them into silence so the parents can enjoy their dinner.

Parents have to set the example and, personally, one sees far too many parents concentrating on their own screens rather than on their children. It used to be they were merely talking on the phone, now they are also scrolling and texting. This kind of distraction takes away precious time for focus on the children and supervision/guidance.

It's something for us all to consider. Are we reading books anymore? Are we engaging in enough physical activity or are we sitting in front of some kind of screen? Are our kids getting enough exercise or are they also sitting on their backsides too much? If those hours logged are correct, then they certainly are not. We need to address that quickly, especially as school begins and new patterns emerge after the summer vacation.

Thanks for reading.

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# A quiet problem



## Ten tips for parents with shy children

BY DENISE YEARIAN

**C**hildhood shyness is a common concern among parents, who fear their youngsters may lack self-confidence and lag behind in social development. But with preparation, practice, and patience, most reserved children can learn how to successfully navigate social situations and build meaningful relationships with peers. Here are 10 tips to help:

**1. Start small:** Expose your child to a variety of non-threatening, positive peer interactions from an early age. When he starts day care or school, begin with a small class or group size until he is ready to transition to a larger one. As group size grows, consider adult-child ratios to encourage positive peer interactions and reduce the chance of negative behaviors such as bullying, exclusion, and name calling.

**2. Scope out settings:** If possible, take your child to a new academic or extracurricular program before classes begin, so he can meet the teacher and get acquainted with the setting and routine.

**3. Rally support:** Let the teacher or caretaker know about your child's shyness, and stay in touch throughout the year to address problems that arise.

**4. Home field advantage:** Encourage at-home play dates to empower your child to take social risks and open up to his peers. Invite one friend over several times until your child feels comfortable interacting with him. Gradually increase the number to two or three children. Also, encourage your child to go to friends' houses to play.

**5. Set the scene:** Prepare your child for social gatherings to alleviate anxiety and fear of the unknown. This is particularly helpful with random events such as birthday parties and family reunions. Talk about what he will see and do, so he's well

informed. Present it in story form: "Tomorrow [child's name] is going to..." and tell your child the whole story, inserting his name. Then ask, "What other things might he see?" "What else might he do?"

**6. Dress rehearse:** Role play different scenarios, such as meeting a new peer at school. Switch roles so your child can act out both situations. Or use dolls, action figures, or puppets, if you choose. Talk about how they are feeling. Repetition will build confidence.

**7. Reach for resources:** Read books to your child about others who overcame shyness and fear. These include, "Shy Charles" by Rosemary Wells, "Let's Talk About Being Shy" by Marianne Johnston, and "Little Miss Shy" by Roger Hargreaves, to name a few. Talk about the lesson in the story and how it applies to your child.

**8. Listen up:** Take time to listen to your child and understand his feelings and fears. Don't assume you know how he feels. He may be upset

because the setting is too loud, there are too many people, or it's too chaotic. You'll never know unless you listen. Validate his concerns and ask open-ended questions to encourage dialogue.

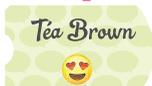
**9. Get professional help:** If your child's behavior persists past six months or increases, talk with your pediatrician to differentiate between temporary shyness and social anxiety disorder, which prevents children from normal social development.

**10. Stay positive:** When your child does engage in social scenes, offer positive reinforcement. Affirm his character and personality, and avoid chastising, teasing, or embarrassing him about his shy behavior. Remember, he may always be somewhat timid, but with preparation, practice, and loving patience, most children can learn to successfully navigate social situations.

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

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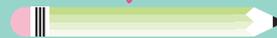
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# Homework star

Ten tips  
for parents  
to make  
homework a  
home run

BY DENISE YEARIAN

**H**omework is an important component to a child's educational experience. To help families make the most of homework time, consider these tips:

## 1. Time it right

To find the best time to do homework, consider your schedule and your child's temperament and personality. Some kids need a break when they get home. Others lose steam if they don't do their assignments right away.

Try doing homework at different times to see where you have the greatest success. Then create a consistent routine based on what works best for your child.

## 2. My space

Children need an distraction-proof area for doing homework. And for some, that may not be a bedroom where familiar toys could divert their attention or a kitchen table situated around household hubbub.

Find a consistent place away from distractions but still central to a parent so the child can be monitored if

he has questions or needs help staying on task.

## 3. Tuned in or turned off?

Some children enjoy listening to music while studying, but parents need to consider their child's learning style and the type of media he's tuning in to. A small percentage of children do better with a little background noise, but the majority need it quiet.

If your child insists on having something on, refrain from TV or familiar tunes that might distract his thinking. Choose instead unfam-

---

Find a consistent place away from distractions but still central to a parent so the child can be monitored if he needs help staying on task or has questions.

---

miliar songs without words such as soothing, classical music.

#### 4. Aid and ally

Parents should be there to lend support and provide guidance when needed. Read together, help with directions and spec out the first few problems to make sure your child understands the concepts. Then let her work independently while remaining available for questions. Follow up by checking for quality. If you see several mistakes, encourage your child to make corrections. But don't fix it for her. Teachers would prefer the work come back wrong rather than having a parent make needed corrections.

If the work is replete with errors, let it go, and send a note to the teacher saying your child didn't understand the work. Another thing that may help is a homework buddy. Encourage your child to partner with a classmate, so they can be in contact with one another if either has trouble while completing an assignment.

#### 5. Rapid review

Reviewing previous lessons is beneficial in refreshing a student's memory, particularly with subjects like math where one concept builds upon another.

Look at a couple of past lessons and have your child briefly explain the concepts to you. But keep it short, so he's still alert for the current day's assignment.

#### 6. Tarry and toil

If your child is working for an extended period of time, consider the cause. Is she tired? Unfocused? Dawdling? Not understanding the material? If she's procrastinating, set a timer or offer an incentive for completing the assignment on time.

If, however, your child is diligent and still not finishing in a reasonable amount of time, have her stop. Then let the teacher know how

long she worked.

#### 7. Pay attention to patterns

If you find your child frequently saying he doesn't understand the work, it may be a clue he needs extra school support or a tutor. Likewise, if he effortlessly whips through his assignments day after day, it may be an indication he's not being challenged.

Homework isn't supposed to be overly difficult, but students should have to put some time and thought into it. Look for patterns that something is happening, either good or bad. Then communicate with the teacher and ask for her suggestions.

#### 8. Relegate responsibility

Encourage your child to take on the responsibility of starting and finishing homework by creating a system such as a check-off list. When she starts to receive long-term projects, help her map out the work by using a calendar, so she learns good time-management and organizational skills.

Break down large projects into the smallest components of what needs to be done each day — reading "X" number of pages, for example. Then check with your child periodically to make sure she's staying on task.

#### 9. Scope out sick days

If your child is going to be out for more than a few days, contact the teacher and let her know. If he has to stay home due to a minor illness, the teacher may want to send a few things your way.

But if your child is truly sick and needs to rest, she'll probably suggest letting him recover and catching him up on the work when he returns.

#### 10. Constantly communicate

Find out early on the best way to contact your child's teacher — either by phone, email, note, or other. Then if an issue arises, don't wait to discuss it. Small problems can escalate if not addressed right away.

Even if things are going well, occasionally touch base to make sure you're both pleased with your child's progress.

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

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## HEALTHY LIVING

DANIELLE SULLIVAN

# When back-to-school time sparks anxiety

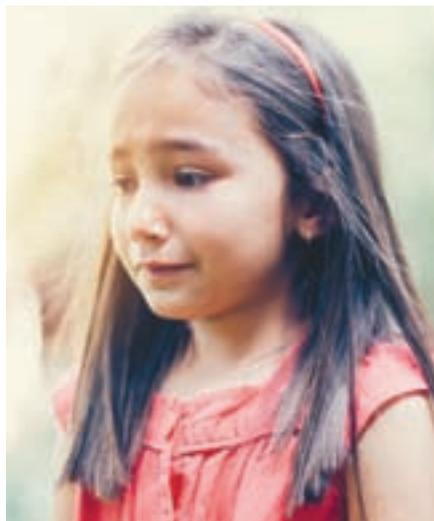
**B**ack to school is a wonderful time for most children, not to mention parents. There are new teachers and classrooms, new experiences, and friendly faces. Most kids are eager to make friends and join the fun, even if they aren't exactly thrilled about the work. But there is a small population of kids, from preschoolers to teens, who absolutely dread school because they suffer from anxiety.

For these kids, it is not as simple as jitters before the first day. The American Academy of Pediatrics advises parents to not discount a child's fears. "Because anxious children may also be quiet, compliant, and eager to please, their difficulties may be missed," it says.

Anxiety can manifest itself in a number of ways — as physical ailments, outbursts, depression, or even anger. It can arise, seemingly out of the blue, in a child who was once previously happy and calm.

Children with anxiety disorder experience physical symptoms, some disabling, which inhibit them from being able to just shake it off. So telling a child he has no reason to be afraid may not help. In many cases, the child already knows that he shouldn't be scared of the test or the teacher or one of many things that stresses him out, but he doesn't know how to stop doing so.

Alternatively, understanding and validating a child's feelings does help. That's not to say parents should let their children avoid every anxiety-provoking situation. On the contrary, children need to go to school and find ways to be successful despite their anxiety. They also need to know that they can overcome it with help. Parents need to be their kid's biggest support and cheerleader. Children who know that their parents are there to support and fight for them and are with them, who know their troubles are being taken seriously,



and who know they are not alone, have a much better chance of overcoming anxiety long-term.

It is quite distressing to see your child suffer, but there are ways parents and teachers can help. The Anxiety and Depression Association of America offers the following tips for parents:

- Pay attention to your child's feelings.
- Stay calm when your child becomes anxious about a situation or event.
- Recognize and praise small accomplishments.
- Don't punish mistakes or lack of progress.
- Be flexible, but try to maintain a normal routine.
- Modify expectations during stressful periods.
- Plan for transitions. (For example, allow extra time in the morning if getting to school is difficult).

In some cases, anxiety in children is severe enough to impact their ability to attend school. The Association advises parents to "reach out to school personnel about any accommodations that may help your child succeed in the classroom. You have the right under the Individuals with Disabilities Education Act to request appropriate accommodations related to your child's diagnosis."

Some of these include:

**Safe person:** This could be a counselor, nurse, teacher, or any adult that the child feels comfortable with whom the child can go to during anxious moments. This person can talk to the child for five to 10 minutes, help calm him down, and return to his normal school day. Often just knowing there is someone who understands and will help him is just the bit of reassurance and support a child needs.

**Cool down pass:** This allows the child to leave the classroom when he is feeling anxious to put some cool water on his face or wash his hands, restore himself, and return to class less nervous.

**Seating:** An anxious child will do better sitting in the most quiet spot in the room, away from louder and unruly students. He will also often benefit from being seated near the door. Parents can also request that their child be moved to a smaller class.

**Testing conditions:** The child can be allowed to take tests in a quiet room or have extra time to finish. Often knowing that they have extra time to finish allows their minds to settle down, and they often do not need to use the extra time.

Many schools are willing to help these children and their families, but many are not. Once a child is diagnosed with anxiety, a parent can fill out a 504. Section 504 of The Rehabilitation Act of 1973 requires public schools to provide medically compromised students reasonable and appropriate accommodations, so they may participate fully in school. This will protect the child by ensuring that his medical needs are addressed and also that accommodations will be provided. Parents are the first and strongest advocates for their child.

*For more information on children and anxiety, 504s, and school accommodations for children with anxiety visit, [worrywisekids.org](http://worrywisekids.org).*

*Danielle Sullivan, a mom of three, is a writer and editor living in New York City. She is a rare species called a Brooklyn native and very proud of the fact.*



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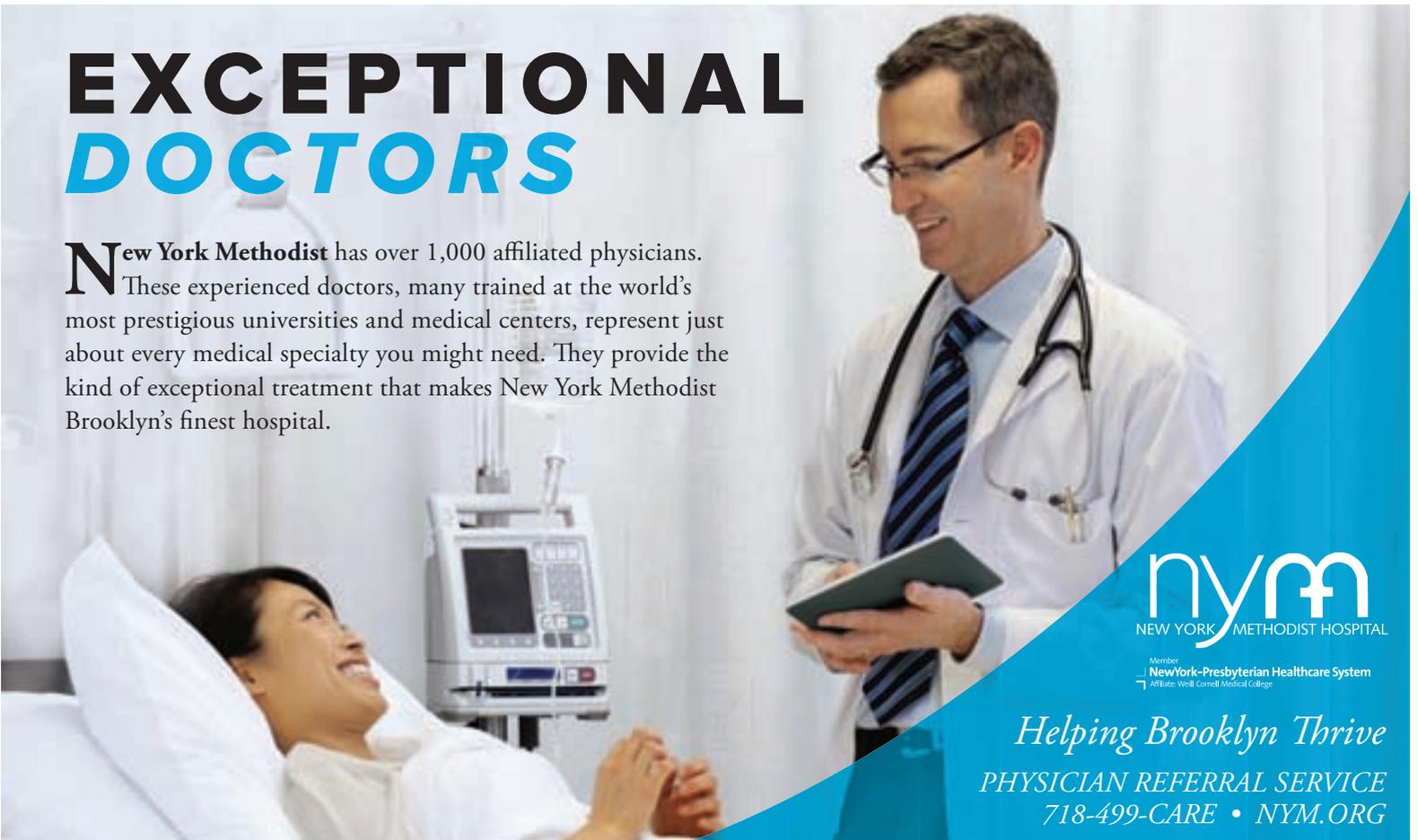
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*Continued on page 14*



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Financial Aid  
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[youth.bax.org/fall-open-house](http://youth.bax.org/fall-open-house)

## Classes and Enrichment

### DIRECTORY

*Continued from page 12*

experience. The semesters reflect the seasonal themes of the Jewish calendar, and each class session incorporates age-appropriate lessons in religion, Hebrew language and Jewish culture/ heritage. The approach to religious learning is progressive, with an emphasis on core Jewish values of charity, environmental responsibility, and social justice. New for 2016-17: In addition to the core curriculum, Fig Tree will be offering a year-long Hebrew language only class! Scroll for more info, or read the class description, here.

### DANCE

#### April's Dance-N-Feet

3-Locations

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(Bet. Schenectady Ave. & E. 46th St.)

718-692-4809

9409 Avenue L

(Bet E. 94th & 95th Sts.)

718-272-1813

9411 Avenue L

(Bet E. 94th & 95th Sts.)

718-272-1813

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

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Bensonhurst /

Bay Ridge

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718 256 5320

9110 5th Ave.

718 333 5767

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

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There is a strongly committed staff dedicated to developing technical skills for beginner through advanced levels. Caring teachers with extensive performing and teaching experience who hold college degrees in dance and are certified by Dance Educators of America make up this staff. A yearly recital showcases the student's talents plus an opportunity for serious and devoted dancers to perform with our award winning competition team is provided. Please call or email for further information.

#### Mark Morris Children and Teen Program

Fort Greene

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718-624-8400

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

Offering year-round, community-based dance and music programming in a fully inclusive and nurturing environment, located in the heart of the Brooklyn Cultural District. The School's diverse and professional faculty provides progressive and non-competitive instruction with all of our classes accompanied by live music. Though we are a non-recital school, there are opportunities for students to perform and for parents to see their dancers in action.

Committed to bringing the joy and benefits of dance and music to special needs students, our classes are kept small to allow for a more intimate learning experience and optional parent participation. These weekly classes are accompanied by live music.

The Special Kids Dance program is a partnership with Extreme Kids & Crew.

#### Vicky Simegiatos Performing Arts Center

Sunset Park /

Bay Ridge

5312 5TH Avenue

718-492-2279

7110-12 Third Avenue

718-680-0944

(weekdays after 5:00 p.m. -

*Continued on page 16*

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Thursday, September 1st and  
 Friday, September 2nd  
 3:00 P.M. - 7:00 P.M.

Saturday, September 3rd  
 12:00 noon - 4:00 P.M.

Tuesday, September 6th through  
 Friday, September 9th  
 3:00 P.M. - 7:00 P.M.

Classes begin  
 Saturday, September 10th

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

The dancers pictured here are students at the Vicky Simegiatos Performing Arts Center

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# Classes and Enrichment

## DIRECTORY

Continued from page 14

all day Saturdays)  
[www.vspac.com](http://www.vspac.com)

In business for over 40 years, offering the finest education in all styles of dance, music and musical theatre for boys and girls of all ages, from pre-school to adult. With two Brooklyn locations, the VSPAC boasts a faculty of top flight professionals. Students have been accepted to elite schools and have gone on to enjoy successful careers. The national award winning competition teams have performed at the Joyce Theatre, Alvin Ailey Theatre and Madison Square Garden. Scholarship workshops are offered for young students who want to dance in our company's presentation of The Nutcracker, a full length ballet. Classes are offered year round and students are welcome to enroll at any time, although September registration will achieve the ultimate results

### of Music

Bedford Stuyvesant  
1368 Fulton Street,  
3rd Floor

718-230-4825  
[www.noelpointer.org](http://www.noelpointer.org)

Offering extracurricular activities for After School Programs in violin, viola, cello, piano and theory to elementary, middle and upper school students. The daily program runs Monday-Friday, 9 a.m. to 3 p.m. In addition, there is an extended program for working parents. The school is offering this valuable training to the youth of the city to encourage and nurture creativity and musical literacy in children who might otherwise not have the opportunity or exposure. Learning to play a string instrument is a wonderful activity that opens up a whole new world for children. Join us this fall for a world of musical fun.

### Preparatory Center for the Performing Arts at Brooklyn College

Midwood  
234 Roosevelt Hall  
2900 Bedford Ave.  
718-951-4111

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

Over 30 years of music, theater, and dance instruction for children age 3 and up.

MUSIC – Beginner to advanced instrument and voice lessons, group classes, Suzuki study in violin, cello, and flute for very young children

DANCE – classes for age 3 and up, ballet, contemporary dance, combo classes in ballet, jazz and tap, tap, hip hop

THEATER – classes begin at age 4 Theater classes and musical theater workshops

Please call for a registration consultation or visit our website for complete course listings.

### PERFORMING ARTS

#### BAX | Brooklyn Arts Exchange

Park Slope  
421 Fifth Avenue  
718-832-0018

[www.youth.bax.org](http://www.youth.bax.org)

Providing expert instruction in building technical skills in dance,

Continued on page 18

### LEARNING

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718-351-7333  
[www.fastrackkids.com](http://www.fastrackkids.com)

Since 1998, programs around the world have been providing children unique educational experiences to thrive in the 21st century. The programs stimulate children's natural curiosity, developing skills for critical thinking, creativity, communication, collaboration and confidence. The goals are for your child to learn HOW to think, not WHAT to think, while creating a lifelong love of learning. An engaging curriculum creates a dynamic 21st century learner. All children deserve the opportunity to develop their potential for a successful future.

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THEATER SCHOOL

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Our programs feature a dynamic project, created by children individually, with a focus on safe, appropriate tool use, respect for the workshop, materials and peers.

ConstructionKids' programs are about having fun, interacting with friends and

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[www.mathnasium.com/bayridge](http://www.mathnasium.com/bayridge)

# April's Dance-N-Feet

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23<sup>rd</sup> Year

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2 classes,  
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- Tap
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- Competition Classes

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FREE dance and fitness classes for the whole family, a performance by Mark Morris Dance Group, plus opportunities to dance and engage with the company.

## Classes and Enrichment

### DIRECTORY

Continued from page 16

tumbling, and theater with an emphasis on cultivating creative expression. Working with professional performing arts faculty, students develop improvisation, original choreography, and performance skills, working independently and in collaboration. Youth classes embody the overarching mission to provide the space and support for "artists-in-progress" to explore, hone, and share their unique voice. Here's a recent quote from a parent: "It's wonderful that she has enjoyed her classes from day one (18 months of age) and still does now (over a decade later). She has an outlet to express herself, and all of her teachers have encouraged her individual style. Her dad and I see self confidence that we attribute to her BAX experience."

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#### Youth Arts Academy

At Bedford Stuyvesant Restoration Corporation  
Bedford Stuyvesant  
1368 Fulton Street  
718-636-6995

[www.restorationart.org/education](http://www.restorationart.org/education)

Join a dynamic multi-disciplinary educational setting of dance, theater and drumming instruction to take children ages 3 – 18 through world-class educational experiences in the studio and beyond. A 32-week curriculum of intensive

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### THEATER

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Brooklyn Heights /  
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718-928-3779

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

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Continued on page 20

# Brooklyn College

The City University of New York

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#### Dance

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#### Theater

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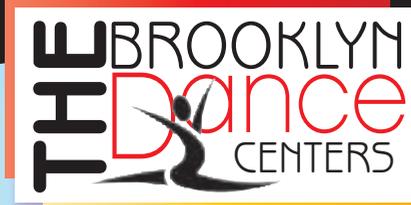
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**Dance Lessons:**  
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[www.joesmusiccenter.org](http://www.joesmusiccenter.org)

JoesMusicAndDance

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## Classes and Enrichment

### DIRECTORY

*Continued from page 18*

by experienced child development program directors and incorporates a balanced whole-child approach with activities to support what your child is mastering right now and what he or she will aspire to later. Classes are designed in 6-month increments to meet a child's unique interests and abilities. From birth to age 5, there's always something special awaiting you and your child at Gymboree Play & Music.

Tutoring is offered for children in first through 12th grade. Included is help with algebra, geometry, trigonometry and college calculus. Specially trained math instructors will teach your child how to understand math in an individual setting – the unique approach will effectively explain math concepts and lend a helping hand to every student. Tutors foster a caring, encouraging environment that helps kids thrive and learn! The instructors will also set aside time to provide homework help. Kids will be helped to understand the homework assignment so they feel better prepared to complete the work at home – underscoring their understanding of concepts and transforming homework frustration into a welcome challenge. The expert math staff is passionate about helping kids in our community improve and excel in math through both our year-round and summer math programs.

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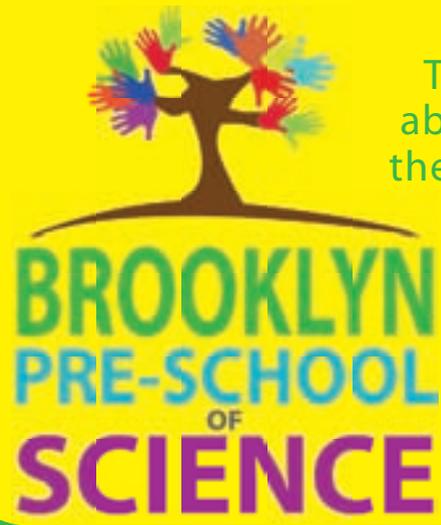
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# Finding her shtick

## A Brooklyn comedian's journey to mommyhood

BY TAMMY SCILEPPI

**S**uper-funny stand-up comedian Ophira Eisenberg is an avid storyteller. She shares her personal stories with strangers wherever she performs — and loves it! The popular host of NPR's hit trivia comedy show, "Ask Me Another," took the city's comedy scene by storm in 2001, when she arrived here from her native Canada to pursue her calling.

At 43, the newbie Brooklyn parent thinks she has that mysterious work-life balance stuff all figured out, and declares, "There's probably no such thing!"

When the budding funny gal dropped anchor in New York City she was hell-bent on making a name for herself in the cut-throat world of stand-up comedy. In her gut, she knew that standing out from the crowd meant having your own style, as well as your own shtick. And she had plenty of style. Finding her shtick, well, that would come with time. Ask any comedian, and they'll tell you the key is to keep working at it and trying out new material in front of different audiences to see what gets the most laughs.

After all, that's what comics live for — getting laughs.

When she started her "finding myself" journey, Eisenberg didn't want much out of life. Just to make a living and get lots of gigs, and hopefully find a New York apartment that was bigger than 300 square feet, so she could actually walk around her bed. Oh, and there was one other thing: she dreamed of owning a wine fridge. That was her definition of success.

Later on, life got a bit more complicated, as it always does. When the practicing New Yorker would meet up with her 30-something friends, who seemed like ticking biological time bombs (and rightly concerned about their aging eggs), it got her thinking. All that talk about pregnancy and stuff, combined with their collective yen for "gnawing on pudgy baby thighs," made the rising comic wonder why she wasn't experiencing that odd craving as well.

She would joke: "Every time I held someone's baby, it screamed and cried like they had slipped it into the



Photo by Anelle Garnet

The new mom has embraced mommyhood, despite her past disinterest in having kids. She says her son Lucas, now 6 months old, is her greatest achievement.

arms of an ice sculpture!

"I figured whatever came naturally to everyone else, just didn't come to me," she added. "On one hand, I felt bad about not being maternal. But I also liked it. It was okay that I wasn't put on this earth just to raise children and clean the house. I could focus on building my career. Plus, who would torture a child by raising it in New York City? You'd have to have the last name Rockefeller to get a place with closets, let alone a backyard."

Feeling stressed out, she just cavalierly shrugged off the whole mommyhood thing. After all, her career was finally taking off. And besides, she and husband Jonathan were having fun sans kids.

But it became increasingly difficult to ignore those "annoying" swirling thoughts of pushing strollers and bedtime stories.

"Then I turned 40. That year, things finally started to gel for my career: I was performing and traveling a ton, and I wrote a book. I had a job at NPR. For one nanosecond, I felt satisfied, but was still entirely ambivalent about having kids. So I ordered a wine fridge," Eisenberg recalled.

But the stork wouldn't have any of it!

When the stand-up comedian found out she was pregnant at 43, she immediately brought it to the stage.

By the time she was 34 weeks pregnant, she was exploding with new material about what it was like being a "prego," and her impending motherhood. She says she is still grateful for having so much more to riff on during her sets. When the expectant mom performed her fabulous show "Inside Joke" last year, at a Brooklyn venue with a snake-like Snoogle body pillow wrapped around her protruding, low-slung belly, the audience couldn't get enough of her self-described "clueless and unprepared" comments and complaints.

"It's funny how my act progressed. It was always autobiographical, but I have talked and written a lot on dating, relationships, marriage, and now on being a mom," Eisenberg said. "I joked that I was both high risk and an inspiration, that finding out was somewhere in between a surprise and a mistake, like a 'wow' with a 'holy crap' in it. Because I was older, I didn't have to worry about ruining my life, because now I'd be ruining someone else's life."

The comic said audiences lapped up these irreverent one-liners, but they also accomplished something larger: "The jokes made me feel safe. They distanced me from my intense fears and allowed me to partially rewrite my own story."

And that was something she definitely needed, after being to hell and

back prior to her pregnancy with her son.

### Tragedy and comedy

It was shortly after she got her beloved wine fridge that everything changed.

“The next nanosecond, a sledgehammer smashed through my house of cards,” she wrote in her book “Screw Everyone: Sleeping My Way to Monogamy.”

After a routine test, she was diagnosed with breast cancer.

“Talk about a ‘wow’ with a ‘holy crap’ in it — just forget the ‘wow.’ To be clear, it was early stage breast cancer, but as you can imagine, there is no such thing as lucky cancer. And thus started a year of hell. I didn’t take to Facebook and ask for thoughts or prayers.

I didn’t live-tweet it. I was destroyed by it. I could barely hold myself up as I went through one, and then unexpectedly two, surgeries, hundreds of tests, 30 days of radiation, and endless hours of trying to figure out what I did to deserve this.”

Somehow, Eisenberg got past it and is now okay. But fate had other plans in store for her when she took an at-home pregnancy test and discovered it was positive.

“The word ‘pregnant’ showed up in the little digital window. I called my husband and told him. Then I experienced my first actual pregnant pause,” she wrote.

Soon after, though, she miscarried.

It was when she got pregnant with her son Lucas, who is now 6 months old, that everything came together for this Park Slope mom. She’s so happy to finally have a chubby little guy of her very own. The family now lives in a decent-sized flat in the Brooklyn neighborhood.

### Working mom

Eisenberg says she has found mommy bliss in her community.

“My mommy group is on the third floor of my apartment building, as there are four babies born the same year as Lucas, four other kids between 1 and 4, and one pregnant couple,” Eisenberg said. “These are the people that dropped off food, water, and clothing when I came home from the hospital. True neighbors! On some weekdays, all the kids pour into the hallway and we just stand around the chaos and talk. It’s



Photo by Mindy Tucker

quite wonderful.”

But triple-checking two baby cams and drowning in doo-doo and diapers can be exhausting — even for a celebrity — so, baby in tow, Eisenberg recently fled back to Canada for a family visit and some downtime.

The host of “Ask Me Another” — described as “pub trivia meets a variety show,” the rambunctious program is jam-packed with a mash-up of trivia, word games, music, puzzles, and celebrities — says she’s getting better at prioritizing, but has also realized that it’s best not to sweat the small stuff.

“Hey, guess what? If I don’t reply

to that e-mail, because I’m too busy with my son and working, nothing really bad happens!” she says.

She has also realized why raising kids is more challenging today than ever before.

“I’m saying nothing new here when I say that the amount of information you have access to can be really confusing when it comes to figuring out how to raise your baby. On one hand, it’s amazing to have all of this information just one desperate 3 am Google away, but you can also fall down a deep hole of contradictory ideas, and of course, terrible conclusions to simple problems. (You



Ophira Eisenberg is a stand-up comedian and host of NPR’s hit trivia comedy show “Ask Me Another.” (Above) Eisenberg telling jokes at eight-and-a-half months pregnant, with her bedazzled Snoogle.

Google, ‘My baby smiles so much,’ [and] you get an article that says it could be a brain tumor.’”

And she’s not worried that she had her child later in life.

“I’m enjoying the new perspective I have on life, and even though I’m one of the older moms, at least I don’t have to worry about feeling like I’m missing out on the party life, because guess what — I’ve done it!”

See Eisenberg in action! Her home spot is Gotham Comedy Club. She performs there several times a month. You can also see her at Union Hall and The Bell House in Brooklyn. Recently, she teamed up with New Yorker cartoonist and author of “Mama Tried” Emily Flake for a comedy show, where all the acts talk about parenting.

“Sh!t Show” at Union Hall [702 Union St. between Fifth and Sixth avenues in Park Slope, (718) 638-4400, union-hallny.com] Sept. 8, 7:30 pm.

Eugene Mirman Comedy Festival at the Bell House [149 Seventh St. between Third and Second avenues in Gowanus, (718) 643-6510, thebellhouse.com] Sept. 17, 6:30 pm.

The new season of “Ask Me Another” is here! Listen to it on iTunes. For tickets to a live taping, visit [www.nprpresents.org/organizer/ask-me-another](http://www.nprpresents.org/organizer/ask-me-another)

Ophira Eisenberg has also released her second comedy album “BANGS!” on Comedy Dynamics, [www.comedydynamics.com](http://www.comedydynamics.com).

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to *New York Parenting*.

# Stitching together character

Lessons from a childhood sewing contest — and my mother's words of wisdom

BY CAROLYN WATERBURY-TIEMAN

One day in 1969, the county extension agent came to my fourth-grade class to tell the girls about a 4-H sewing contest. She gave us a list of rules and a registration form. I had watched my mother expertly transform piles of shapeless material into exquisitely crafted garments with her magic machine. Now I was going to make some magic of my own. I could not wait to get home and get started!

Ignoring my mother's warnings, I selected a material far more suitable for a party dress than an apron: pale, lavender organdy covered with delicate daisy appliqués. It was the most beautiful cloth I had ever seen.

Anxious to begin, I was disheartened to discover all the preliminary steps necessary to sew. Ironing the material, trimming the pattern, ironing the pattern, fitting the pattern to the material, pinning the pattern to the material, cutting the material according to the pattern, matching up the pieces and pinning them together — it was like assembling a limp puzzle. With pinpricked fingers, tired and sore from

heavy, pinking shears twice the size of my hand, I was finally ready to sew.

Having supervised my clumsy efforts through the preparatory measures, my mother cautiously introduced me to her prized Singer sewing machine.

Her fear that I might pierce

with the needle or sew a few inexperienced digits together was not lost on me. Nevertheless, she proceeded to instruct me on the process of inserting the bobbin, threading the needle, and gently pressing the lever that controlled the speed of the needle with the right knee while smoothly guiding the material under the tension foot to create an even seam. Describing this is so much easier than doing it!



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Fortunately, my mother did not succumb to the temptation to protect me from possible disappointment by doing the work for me.

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Hunched over the Singer cabinet, feet planted on the rung of the chair (so my knee would reach the lever), tongue placed firmly between my lips, eyes fixed on the pieces of material about to be joined, I made my first tentative stitches. A few days and some tears later, I completed my first sewing project. While recognizable as an apron, it was nothing like the exceptional creations my mother produced.

My initial enthusiasm for the contest was replaced by dread at the prospect of judges seeing those imperfect, wavy seams and that uneven hem. Sensing my weakening resolve, my mother carefully tied the freshly ironed apron around my waist. As I stood scrutinizing the reflection in the mirror, she tenderly shared her thoughts. Her exact words are lost to me now, but the gist of the message was this: Having the courage to try something new is more valuable than the outcome of a contest. If you are going to do something, do your best. Learning to do something well takes time and practice. Strive to make your best better as you go.

"You can be proud that you gave this your best effort, and that it's your work," she reassured me.

Fortunately, my mother did not succumb to the temptation to protect me from possible disappointment by doing the work for me. Nearly every generation of parents wants a better life for their children. They want to provide opportunities and advantages they did not have. Unfortunately, the word "better" often becomes confused with "easier." Making things easier can actually stifle development of desirable qualities. The challenge — to learn, to improve, to meet the

next challenge — propels us toward realizing our potential.

We can prepare our children to meet the challenges they will face with courage, enthusiasm, and determination:

**Find tasks they can do.** Children want to be useful. They feel valued when given opportunities to be helpful. Encourage their initiative by finding age-appropriate ways to include them in everyday tasks.

**Take time to teach.** Show them how to do what they are expected to do. Merely telling them is not sufficient. Give them a standard to work toward, but have realistic expectations for their early attempts.

**Appreciate effort and recognize improvement.** Express appreciation for their efforts to perform the task at hand. Provide assistance when necessary. Expect mistakes and offer guidance in correcting them. Keep examples or take pictures of their early attempts, so they can see their improvement over time.

**Find the fun.** Make the work environment pleasant. Listen to music, chat, tell jokes, share stories, sing while you are working. Remember this wise advice from Mary Poppins, "you find the fun, and snap, the job's a game!"

**Strive for excellence.** Discuss what excellence means and how to recognize it. Demonstrate or supply examples of excellence. Practice makes excellence. Help them recognize when they are doing their best and have achieved excellence so they can become their own best critic.

**Learn something new.** Let your children see you struggle. Let them see your progress. Don't be afraid to let them see you sweat!

My apron received the blue ribbon, primarily because the judges could tell a 9 year old made it. The ribbon has long since been misplaced, but I saved the apron along with the lessons my mother taught me. They have served me well in every facet of life.

*Carolyn Waterbury-Tieman is a resident of Lexington, Ky. She 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 and has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.*

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# From **A** to **ZZZs**

Important  
info linking  
shut-eye to  
great grades

BY MALIA JACOBSON

**W**ant kids to bring home an A? Start with more ZZZs.

According to sleep experts and numerous new studies, lost sleep hurts learning and hinders school-day success. That's bad news, because today's kids get about an hour less sleep each night than they did 30 years ago, says New York Times bestselling author

Po Bronson in his book "NurtureShock: New Thinking About Children." This lost sleep comes with a steep price tag — impaired learning and academic success.

How does sleep boost learning? Researchers believe it has to do with the way the brain processes information during sleep. In fact, Michigan State University researchers found that children can even learn while they're asleep as the brain integrates new information and memories. Researchers from University of Florida discovered that newborns learn in their sleep, and new research from the American Academy of Sleep Medicine shows that sleep helps students perform better on tests.

Read on for age-specific information on how sleep impacts learning — and how to help kids get a better night's rest:

## **Early school years, 3–8**

For sleep-deprived kids, school trouble starts early: 10 percent of kids in early education suffer from sleep disturbances that disrupt learning, according to a German study. The American Professional Sleep Society reports that sleep deprivation significantly worsens inattentiveness and hyperactivity in young children, leading to attention deficit hyperactivity disorder-like symptoms (known as "faux" ADHD).

Even modest sleep deprivation is enough to hinder learning. Ac-

## **How much sleep does your child need?**

Is your child getting enough rest? Check these guidelines to be sure:

- Ages 3 to 6:** 10–12 hours per day
- Ages 7 to 12:** 10–11 hours per day
- Ages 13 to 18:** 8–9 hours per day

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Parents must maintain firm school-year bedtimes and choose after-school and evening activities that end at least an hour before kids need to wind down for bed.

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cording to a study published in the journal "Sleep," a mere hour of lost slumber is enough to bring on inattentiveness and hyperactivity in young children. A 2011 study of 6 and 7 year olds shows that language skills, grammar, spelling, and reading comprehension suffer when kids get less than nine hours of sleep per night.

**How to help:**

Sleep-deprived children may not appear sleepy, says Dr. Shelby F. Harris, director of the Behavioral Sleep Medicine Program at Montefiore Medical Center in New York. In fact, they may act hyper and goofy. But preschoolers and school-age children don't outgrow the need for a consistent bedtime and bedtime routine. Establish an age-appropriate bedtime that allows your child to rest for 10 to 11 hours each night.

**Tween years, 9-13**

During the late elementary- and middle-school years, academics become more challenging and sports more competitive. But when increasingly busy schedules start cutting into sleep, kids retain less of what they learn, says Dr. Mark Splaingard, director of the Sleep Disorders Center at Nationwide Children's Hospital.

"Long hours spent on sports practice or math problems are counterproductive, if these activities keep kids up late at night," he notes.

Kids will learn more and perform better — whether on the field or in the classroom — with sufficient shut-eye.

**How to help:**

Parents need to understand sleep's importance and guard kids' sleep hours zealously, says Splaingard. That means maintaining firm school-year bedtimes and choosing after-school and evening ac-

tivities that end at least an hour before kids need to wind down for bed.

**Teenage years, 14-18**

Teenagers are Splaingard's most sleep-deprived patients, a fact that doesn't surprise him. During high school, after-school jobs, extracurricular activities, sports, socializing, and homework simply don't leave enough time for sleep. Most teens need more sleep than parents think — more than nine hours a night — and chronic sleep deprivation hurts learning at a time when kids need lots of mental energy for tough subjects from chemistry to calculus.

But teens' busy schedules deserve only part of the blame for their sleep deficits: cellphones and laptops keep teens up late, often into the wee hours. When teens finally power off their computers and go to bed, round-the-clock access to phones disrupts sleep. A new study reports that sleeping near cellphones puts teens at risk for so-called "sleep texting:" waking up and firing off text messages during the night without any recollection of having sent the texts the next morning. All this sleep disruption adds up to bleary mornings and bleak report cards.

**How to help:**

Protect teens' precious sleep hours with a media curfew — shut down all electronics an hour before bed and establish a "charging station" outside the bedroom where teens leave their electronics overnight. This important step keeps bedrooms free of sleep-disrupting cellphones and computers, says Harris.

"The bedroom should be a place for sleep," she notes. "It's not a spot for homework, watching TV, or surfing the internet."

When it comes to learning, tutors, cutting-edge gadgets, and hours of homework can't compensate for hours of lost sleep. When parents prioritize kids' sleep needs, learning comes more naturally, says Splaingard.

"We think we're helping make kids more successful with more activities and more homework. But what they really need is more sleep."

*Malia Jacobson is a nationally published journalist and mom of three. Her latest book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*

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# School Choices

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

**Principal – Maura Lorenzen**

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empower students as scholars and citizens so they may lead fulfilling academic, personal, and professional lives. In 2016-17 over 400 students will be in grades 6-9. Over the next four years, growth will continue until full size is reached with approximately 700 students in grades 6-12. In the spring of 2020 the founding class will proudly graduate!

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### PRESCHOOL

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109 Nassau Avenue, 718-389-9004  
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### Brooklyn Pre-School of Science

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65 Park Place, 718-622-1203  
[www.brooklynpreschoolofscience.com](http://www.brooklynpreschoolofscience.com)

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*Continued on page 30*

### CATHOLIC HIGH SCHOOL

**Xaverian High School**

Bay Ridge  
7100 Shore Road, 718-836-7100 x127  
[www.xaverian.org](http://www.xaverian.org)

A private, co-educational, Catholic, college preparatory school for grades 6 – 12, established in 1957, it is one of thirteen schools nationwide sponsored by the Xaverian Brothers. Students are given the opportunity to grow in their faith, intellect, leadership skills, musical passions, and athletic talents.

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## School Choices

### DIRECTORY

*Continued from page 28*

#### **The Williamsburg Neighborhood Nursery School**

**Williamsburg**  
54 South 2nd Street, 718-782-4181  
[www.wnns.org](http://www.wnns.org) [info@wnns.org](mailto:info@wnns.org)  
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##### **Christian Heritage Academy**

**Flatlands**  
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[info@cha-ny.org](mailto:info@cha-ny.org)  
[www.cha-ny.org](http://www.cha-ny.org)

Committed to developing the full potential of each student in a disciplined, caring, non-denominational Christian environment, the school's vision is to implement this goal through a multicultural, technology-based curriculum. Taught by highly qualified Christian educators who cater to individual differences and learning styles, the fulfillment of this vision also depends on parents and guardians also being highly involved in their children's education. With everyone working together; students will be fully equipped to excel in their chosen fields. The goal, in fostering the pursuit of excellence in all students, both spiritually and academically, is to prepare students to fulfill their responsibility as

*Continued on page 32*



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# School Choices

## DIRECTORY

*Continued from page 30*

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

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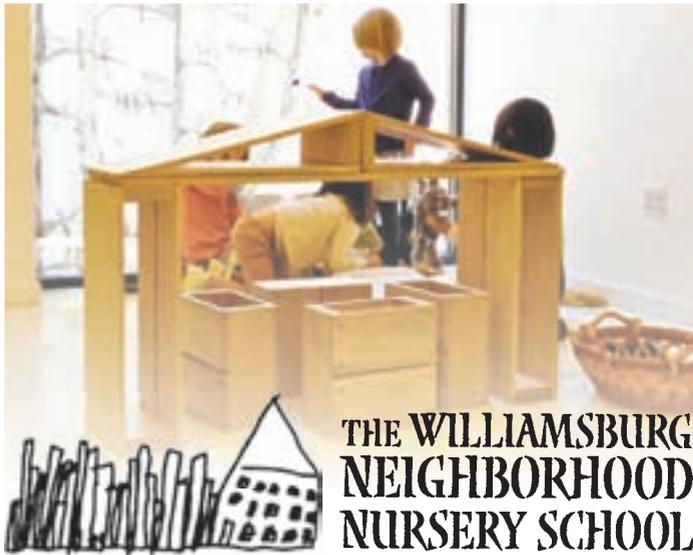
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*Continued on page 34*



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## School Choices

### DIRECTORY

Continued from page 32

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# Time to read

This whole family is going to hit the books

BY LISA A. BEACH

**B**ack when my two boys were younger, we read books every single day. Reading was as much a part of our daily rhythm as eating. We'd snuggle on the couch to read picture books. We'd read during breakfast if we were eating by ourselves. We'd read on the back porch and in the car and even in the pool.

We filled bookshelves in almost every room with mysteries, classic literature, poetry, trivia books, biog-

raphies, historical fiction, and lots of non-fiction catered to the boys' ever-changing interests. And we practically lived at our public library during our homeschool years, borrowing dozens of books a week to feed our voracious book habit.

But then, technology slowly crept in and almost killed our passion.

One by one, screens sneaked into our lives, transfixing our attention with videos, GIFs, games, apps, memes, social media, and e-mail. Screen swipes replaced page turns. Bite-size online content replaced in-

depth magazine articles and real books.

And then I read a blog post by an author lamenting her lost love affair with books and how she's going to right that wrong this year. She decided to designate an entire day once a week to reading. This inspired me.

I love her idea and decided to steal it for our family, with a bit of a twist. As a busy family with work, school, homework, soccer, band, and more, we could never devote a whole day to reading as she does. But we could devote 30 minutes one night a week. If we could make time for an episode of "Modern Family" each week, we can surely squeeze in the same amount of time for reading.

With school back in session, it seems like the perfect time to institute Reading Night with our two boys. I can already envision the grumbling and eye-rolls when I tell them we're all (my husband and myself included) going to shut off our screens a little early one night a week to (gasp!) read a real, turn-the-page book. But as a parent, I know I've got to power through the typical resistance to get us back on the bookworm track.

I plan to start with a trip to the bookstore, so the boys could pick out a new book. (We've all got Kindles, but I want to go totally old-school.) My husband and I will probably choose from the many nonfiction books we own but haven't yet gotten around to reading. If all goes well, maybe we can even read and discuss the same book, like we did years ago with "Harry Potter and the Sorcerer's Stone." (A mom can dream, can't she?)

For our first official Reading Night, I also plan to weave in a little post-reading treat, like popcorn or ice cream. I can get my boys to tolerate just about anything if there's a promise of junk food at the end.

But I'm up for the challenge because reading for pleasure is a habit worth fighting for in this technology-saturated world.

*Lisa Beach is a freelance writer and recovering homeschool mom who lived to write about it. Read more of Lisa's articles at [www.LisaBeachWrites.com](http://www.LisaBeachWrites.com) and check out her humor blog at [www.Twee-niorMoments.com](http://www.Twee-niorMoments.com).*



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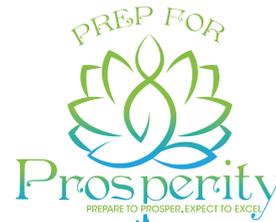


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# Every morning can be a good morning

**S**tarting school can put many children in a bad way. There are increased time pressures and more expectations for productivity. School mornings are certainly not the same as summer mornings when all they had to do was go to camp!

There is also the chance that your small being isn't affected by the schedule change and is behaving badly simply because she woke up on the wrong side of the bed. Sometimes from the moment your little one rises, you know the kind of day it is going to be for her. You feel like there is nothing you can do to change the doom that is headed your way.

You don't have to live with this awful feeling anymore! You can make sure that your small being wakes up ready to start the day off with a smile and enthusiasm! All it takes is a bit of positive momentum on your part. The payoff will be exponential.

Here's how you do it:

When you go to wake up your sweet, sleeping angel, make sure you have a solid five minutes. If you don't have five minutes, wake up a few minutes early. You will use this time to give your small being undi-

vided attention. The results will be worth it!

Wake up your child and talk about how great the day is going to be, how wonderful she is, and all the fantastic things that are to come. For example, "Good morning my love, you are the best dancer I have ever seen, and today in dance class you will have so much fun learning a new routine. Before that, we are going to get dressed in an amazing dress for school with sneakers, since you have gym today. Breakfast is going to be delicious cereal, and today is going to be fabulous."

Yes, you need to intentionally exaggerate your enthusiasm. Even if you have a hard time believing that cold cereal for breakfast is delicious, fake it. Your small being will follow your lead. If you are happy and see the greatness of the day, your small one will follow your lead.

There are two reminders you need before starting this:

1. Do not respond if your small being starts arguing with you that the day will not be great. Keep going with your amazing story. Let her have her opinion, but keep stating your positive one. This push back is more of a habit than a

child's true feeling. If you say dance is going to be super fun, and your small one says, "No, I hate dance," then say something like "oh" or "ok" and keep going with your discussion of other exciting things for the day.

2. This might not work the very first day you try it. Initially, your small one might give some resistance and still have a rough morning. Commit to this strategy for at least two weeks to see the long-standing difference it will make! The ongoing consistency of the positive morning will result in your small one participating in this new way of starting the day.

Yes, it can feel a bit cheesy — but that is the point. To parent a happy child, you are going to need to amp up the positivity on a regular basis! The worst thing that will happen is that you will have a more positive mindset, too. And there is no harm in that!

For a special gift especially for New York Parenting readers, please visit: <https://drmarcie.leadpages.co/quick-video-for-ny-parenting>

*Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. For more on her, visit [www.BehaviorAndBeyond.net](http://www.BehaviorAndBeyond.net).*

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Carl Zisman

# Get every kid into the parks

This is a great time to explore the outdoors

BY SHNIEKA L. JOHNSON

**S**ummer has come to an end and back-to-school events are in full swing, but that does not mean that a family road trip is out of the question. Whether it is a weekend outing or a longer excursion during a school break, families have the opportunity to get out and explore new, exciting, and educational sites this fall. We are well into the National Park Service's centennial year, and families are encouraged to participate in the milestone by attending programming focused on recreation, conservation, and preservation.

Is your child a fourth grader? The latest initiative, Every Kid in a Park, allows fourth graders throughout the country to receive a pass for free entry to locations with the National Park Service. The pass is not only for them, but their families as well — giving them all access to more than 2,000 federally-managed lands and waters nationwide. Fourth graders will be able to learn about their heritage, history, and culture while connecting with nature. The pass is valid for an entire year, starting Sept.

1 and going until Aug. 31, 2017.

According to the National Park Service, this initiative is part of President Obama's commitment to protect our nation's outdoor spaces. The program, established in 2015, aims to ensure that Americans — especially young Americans — have the opportunity to visit the country's national parks.

Children can benefit from this opportunity in so many ways — by not only engaging in a unique setting for family time, but also using the parks as a supplement to in-class learning. These “living classrooms” (i.e., outdoor places and historic sites) provide hands-on, real-world opportunities to develop critical skills and learn about history and the environment around them. Parents can find links to additional information on parks and nearby public lands just by visiting the website ([www.everykidinapark.gov](http://www.everykidinapark.gov)). Bring your family to spend the day outdoors!

This initiative showcases historic sites, federal lands, and waters, giving children an opportunity to connect to the outdoors — a nice change from screen time on phones,

tablets, and computers. The initiative is slated to continue with each year's group of fourth graders — encouraging them to visit the sites, parks, and public lands in their own backyards.

However, it is not completely tech-free, because the fourth-grade students must go to the Every Kid in a Park website to receive their pass. The pass admits the fourth grader and additional passengers in a personal vehicle (or up to three more if the park or site charges a per person fee).

The Every Kid in a Park initiative also serves as a call to action. Fourth graders — between the ages of 9 and 11 — are at a prime stage in development, which is just shy of the adolescence phase. This initiative is an effort to build a new generation of environmentalists, historians, and outdoor stewards. To embrace this highly influential time, children and families are invited to discover the national parks and become enamored by them. So, try boating, hiking, fishing, or camping with your children! Or, learn more about our nation's history, plants, and wildlife.

If your schedule during the academic year is packed with activities, consider taking a single day to visit or volunteer at nearby park, site, or public land. On Sept. 24, groups and individuals can celebrate Public Lands Day (which is in its 23rd year and sponsored by Toyota) by volunteering to help preserve public lands consisting of thousands of parks and millions of acres nationwide. On this day, fees are waived — making parks more accessible to those that want to visit or want to lend a helping hand in their neighborhood parks, local beaches, and national parks. The National Park Service wants to encourage use of public lands for education, recreation, and general health. Take this day to enjoy the great outdoors!

*Fourth graders can visit the “Get Your Pass” section of [www.everykidinapark.gov](http://www.everykidinapark.gov), complete an online activity, and download a personalized voucher for print and unlimited use at federal lands and waters locations for one year. The paper voucher can also be exchanged for a more durable, Interagency Annual Fourth Grade Pass at certain federal lands or waters sites. The website offers information on how to obtain a voucher and pass, tips for trip planning, and how parents and educators can get involved.*

*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](http://www.shniekajohnson.com).*



# Cutest Pet Contest

*We are looking for  
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1. Visit CNG's online contest page
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3. Readers vote for the cutest pet

FREE TO  
ENTER!

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GREAT  
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*The pet with the most vote wins!*

To enter/vote and view prize details visit:

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NEW YORK Parenting

WHERE EVERY FAMILY MATTERS



## TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

# Back-to-school eats

**W**e all knew it was coming: the new school year has finally arrived! As we settle into our new schedule, we are forming new routines and rituals. This is a great time to establish weeknight family meals within those routines. Here are a few tips to create simple, fun meals to be shared together.

### Stock up on your kids' new favorites

Over the course of the summer, our kids have had a chance to try new things. Through play dates, camp, traveling, and staying over with family, new flavors and types of cuisine have probably been introduced. I like to take the kids to the store or market and let them show me some of the foods they have been trying when we were away from each other — maybe even a new fruit or vegetable!

You can experiment with new recipes in the kitchen together, giving kids a sense of confidence about the exciting foods they are trying.

### Take advantage of ripe September tomatoes

While canning your own tomatoes is a fantastic way to preserve the late harvest tomato bounty, few of us have the time and resources it takes to perform such a task. Another way to keep those sweet ripe tomatoes at your fingertips long after the final harvest has passed is to make soup or sauce out of it and then freeze that in quart containers for weeknight meals.

You can either quick boil (30 seconds) or roast the tomatoes on high for a few minutes to remove the



tomato skins. Use the skinless tomato flesh in marinara sauce, tomato soup, or simply freeze the peeled tomatoes as they are and add them to recipes later in the year. There are few meals as satisfying on a rainy, cold fall evening as grilled cheese and tomato soup. With summer's last sweet tomatoes sitting in your freezer, this delightful meal comes together in no time!

### Create a noodle bar

Noodle bowls are a great way to please the whole family as everyone can add in whatever they like. Make a rich broth on the weekend, along with vegetable garnishes such as fresh corn cut off the cob, bok choy, and charred scallions.

If you're using meat such as chicken or pork to create the broth, remove the meat from the broth, portion it, and keep it in the fridge

for later. Just before dinnertime during the week, heat up the broth and warm the cooked vegetables and portioned meat in the broth. Once warmed up, put each garnish separately into little bowls.

Choices for quality noodles abound. Simply boil your favorite type, lightly dress with vegetable oil to avoid sticking, and put into a large serving bowl. Soft boil, poach, or fry eggs and put onto a serving platter.

At the table, let everyone customize their own bowl with broth, vegetables, meat, noodles, and eggs. Don't forget your favorite condiments such as toasted sesame oil, chili paste, and kimchi.

These types of meals are perfect for families that have some vegetarians. Just keep the broth veggie, add tofu as a choice, and keep the meat separate or don't serve at all.

### Stock up for the weekend

Busy back-to-school schedules may prevent us from getting a chance sit down together to share meals during the week. I like to keep the pantry stocked with ingredients for my families' favorite brunch dishes, so we can all catch up with each other on the weekend. Whether it is pancakes (recipe follows), oatmeal, or scones, something freshly made on the weekend is extremely comforting. Round out the meal with fresh fruit and yogurt — or if you are like us, some jam and maple syrup from summer travels!

### Don't over complicate the weeknight meal

Weeknight meals should be about togetherness, connecting over food. Simplify your offerings if it means that dinner gets served and does not cause the cook anxiety. When we sit down together and share a meal, we are supporting each other and learning healthy eating habits for a lifetime!

*Joanna DeVita is executive chef at Léman Manhattan Preparatory School. She loves nothing more than spending time with her family outdoors and sharing with them her love and respect for nature, good ingredients, and the joy of cooking.*

### Whole-wheat blueberry pancakes

Serves: 2 to 4

#### INGREDIENTS:

1 cup white unbleached all purpose flour  
1/2 cup whole wheat flour  
1 tbs baking powder  
1 tsp salt  
1 tbs maple syrup, agave syrup, honey, or granulated sugar  
1 1/4 cup milk (maybe more,

depending on the flour)

1 egg  
4 tbs melted, lightly browned butter  
1 tsp vanilla extract  
1/2 cup frozen wild blueberries or 3/4 cup cleaned, fresh blueberries

**DIRECTIONS:** Measure the flours, baking powder, salt, and sugar (if using) into a medium-sized mixing bowl. Mix lightly with a whisk and set aside. In another mixing bowl, add: milk, egg, melted butter, vanilla, and syrup

(if using).

Add the dry ingredients into the wet. Mix gently with a rubber spatula until batter just comes together. Do not over mix. Allow batter to sit for 20 minutes if you have the time. Thin the batter slightly with extra milk if needed.

Gently fold in the blueberries, taking care not to mix too much and turn the batter purple.

Griddle pancakes using fresh butter to grease the pan before every batch. Enjoy!



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Getting back on the nutrition track

**I**t's back-to-school time again and many families have prepared their children with new supplies, backpacks, and school clothing to ensure a successful new academic year.

But one of the most important tools to share with your kids is healthier eating. After all, the links between nutrition and school performance are clear. If the kids don't receive the quality fuel they need, their ability to concentrate falls short in today's competitive school environment.

The problem that often stands in the way of home cooking is planning, or rather, the lack of it. Organizing for the school year goes beyond slapping a planner on the wall or updating your Google calendar. Many parents are too busy trying to get through their work day to even think about dinner until they are on their way home. Once they get to the grocery store, they are too rushed to make smart decisions. Sound familiar?

Here are eight ways to help bring those better eating intentions to reality:

**1. Get your kids' feedback.** It will make your life easier for the entire school year. Sit down with your children and have them make a list of their 10 favorite lunches and dinners. By rotating those menus throughout the school year, you can provide ample variety while simplifying the weekly shopping.

**2. Identify the meals your family will need each week.** These include breakfast, lunch, and dinner, plus snacks. In addition to planning, involve the kiddos in shopping and cooking as much as possible.

**3. Avoid purchasing food at the last minute.** You may end up just buying whatever is available instead of stopping to think of what foods are nourishing.

**4. Keep your kitchen stocked with healthy staples.** Start by making lists of essential ingredients you can use for most meals and work from there.



Once you have established an inventory of your standard items, you can organize a spreadsheet that helps you keep track as they get used up and need replenishing.

**5. Teach the kids to keep track of supplies.** Encourage the children to note when you're getting "low" on a particular item, not just when you're "out" of it.

**6. Maintain the ingredients for three dinners you can serve for those days.** Everyone has days that are too stressful or busy to get to the store. For example, spaghetti with jarred red sauce and grated cheese could be one. Risotto made with Arborio rice, a package of frozen asparagus, and grated cheese could be another. A third could be quesadillas made with tortillas, shredded cheese, and jarred salsa. Round out these meals with carrot or celery sticks, a simple tossed green salad, or frozen veggies. Serve canned fruit

for dessert in an attractive bowl.

**7. Network with the parents in the neighborhood.** Find out what they are feeding their kids. You may grab some great ideas for your child's breakfast, lunchbox, or dinner.

**8. Consider a meal delivery program for a few weeks.** They can remove some of the barriers to healthier eating such as time, planning, and lack of culinary skills.

The beginning of school signals parents to get back on the nutrition track. By creating nourishing "lesson plans," your offspring will be prepared for academic success! Who knows, maybe you, too, will benefit by improved performance at work?

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



## JUST WRITE MOM

DANIELLE SULLIVAN

# The politics of ... politics

I consider myself a very tolerant person. Actually, I'm accepting almost to a fault, and I can usually see all sides of an issue. I will definitely listen to everyone's side of an issue. This trait has helped me in parenting, managing a staff, and getting along with friends of all beliefs. I generally don't mind what anyone thinks or does, as long as he or she is not hurting anyone, of course. To each his own is a good rule of thumb.

However, I began to feel ruffled a few months ago when I would go on my social media accounts and see disparaging remarks about so many people who I like and respect. It felt unsettling. As the months progressed, it only worsened. Now, I don't expect any of us to endorse the same po-

litical candidate or have the exact same beliefs, but it seems that Facebook and Twitter, and even Instagram, have become a playground for people to be hateful, vengeful, and outright insane, mirroring the road this current election has taken.

When I was growing up and learned that people should not discuss politics or religion in public, I never quite understood why. As I grew older, I realized that the myriad opinions among any given group of people could be colossal and opposing. In addition, when those opinions are threatened, they can trigger a deep sensitivity that hovers around the person's beliefs on love, life, family, and patriotism. Unfortunately, not everyone can keep a rational head when triggered.

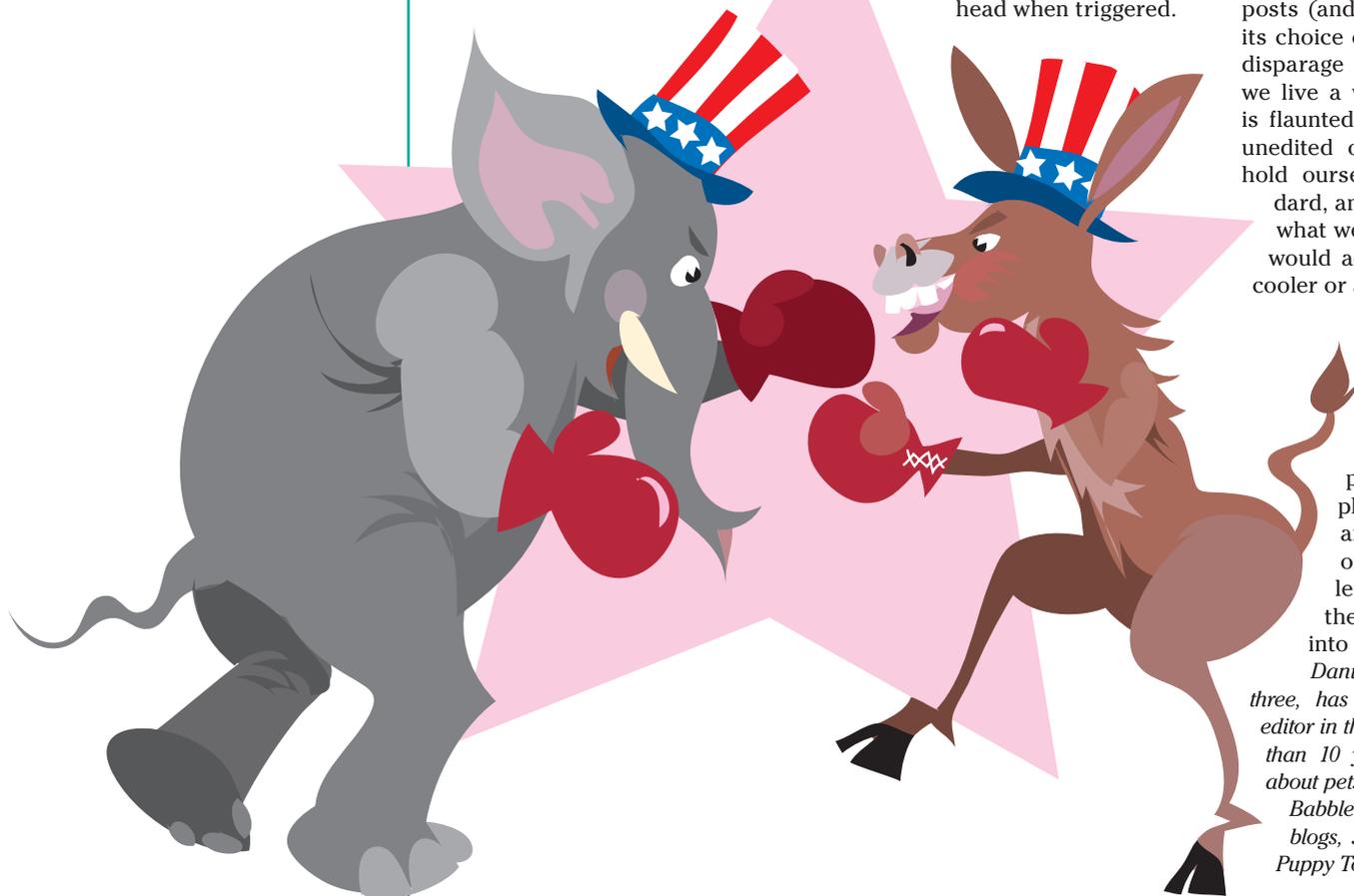
Everyday, I see people — many that I liked and respected — act like unruly 5-year-olds as they diligently fight to defend their view. Even worse, I see those same people spew poison with the ease of a black widow spider. I can't imagine that these people would intentionally want to display their worst selves to the world, or even worse, to their own kids ... and in writing.

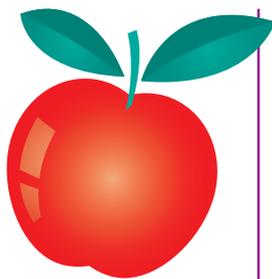
As parents, our kids are intently watching how we behave, and reading what we put out there, or saying to a spouse, neighbor, or friend. How can we tell our kids not to bully others and then go on hateful rants as easily as we take a breath? I respect that everyone has their own ideas on how we can make this world better, but change can only come from working together with clear, rational minds and open hearts.

It comes to mind that another old saying still rings true, "If you don't have something nice to say, don't say anything at all." Of course, we all have the right to free speech, but that doesn't mean we have to choose the lowest form of ourselves to put on display. I much prefer the posts (and campaigns) that praise its choice of candidate rather than disparage the other. Even though we live a world where everything is flaunted, often disgustingly and unedited on Twitter, we need to hold ourselves to a higher standard, and consider how much of what we write online is what we would actually say at the water cooler or at a party.

Words are things. That's something that Maya Angelou, the great poet and writer, always said. Words have the power to bring people down or lift people up, deflate or inspire, and instigate vengeance or call out for peace, so let's commit to choose them with care as we head into November and beyond.

*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.*





## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# Helping children to succeed in math

**Dear teacher,**

I always dreaded math classes and quit taking math courses as soon as possible, but I want my children to be successful in the subject. Can you help?

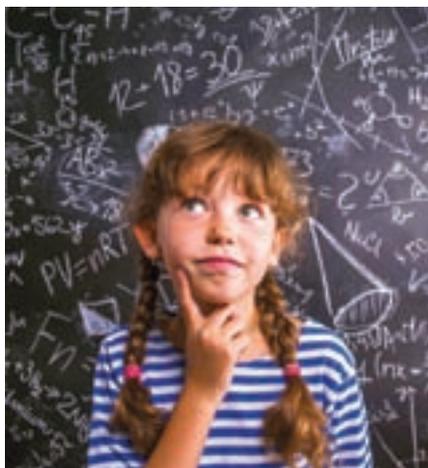
**Dear parent,**

Parents can definitely contribute to making sure that their children develop math skills. One of the best ways to do this is by helping them develop and keep a keen interest in math.

All young children start out being interested in math. They love to count objects and line them up in groups, like putting two ducks and three bears together to get five. They also love to play games in which they are throwing the dice and counting the number of squares that they can move.

Parents need to encourage this almost automatic interest in math. According to Jo Boaler, a professor of mathematics education at Stanford University, the best encouragement comes from providing a setting in which children's mathematical thinking is validated and encouraged. When parents give children a set of pattern blocks or Cuisenaire rods, they will do all sorts of mathematical things with them. This is the time for parents to marvel at the shapes or repeating patterns that the children have created.

Besides providing a setting that fosters mathematical thinking, children should be given puzzles and problems to solve. Then parents and children can work on them together. This does not have to be a nightly ritual, but it can be done at the dinner table from time to time. It is important for parents to ask questions about how children are trying to solve a problem, and for children to get in the habit of asking questions as they talk over how they will solve a problem. Children will gain enthusiasm for math through solving challenging problems. If parents



can't think of any to share with their children, they can search online for classic math problems.

There is one no-no in encouraging children's interest in math. Parents must not share their own negative experiences.

Visit our Dear Teacher website, [DearTeacher.com](http://DearTeacher.com), and you can find under "Math Skill Builders" ways to introduce mental math to your children. You will also find on the website a list of children's books with mathematics themes that will let them enjoy and learn math while reading interesting stories. There are also intriguing and challenging math riddles and puzzles.

## Look for these signs of vision problems

**Dear teacher,**

My children always pass the vision screening at school. Beyond this, are there any signs of possible vision problems that I should be looking for?

**Dear parent,**

Vision plays an extremely important role in childhood development academically, socially, and athletically, according to Dr. Kara M. Cavuoto of the Bascom Palmer Eye Institute. She encourages parents to take advantage of any vision screening opportunities that may be available to them.

According to the Institute, parents

should be aware of complaints and signs that may indicate a child has an eyes or vision problem:

- Does your child hold objects close to the face when trying to focus or sit close to the television?
- Does your child have frequent headaches?
- Is there an unusual appearance to the eyes?
- Is there frequent blinking or eye rubbing?
- Is there unusual sensitivity to light?
- Does your child close or cover one eye?
- Do one or both eyelids droop, or does one eyelid tend to close?
- Is the iris (colored part of the eye) different in color in the two eyes?
- Do the eyes tend to "dance" or show to-and-fro movements (nyctagmus)?
- Do the eyes appear to turn in, out, up, or down, or tend to intermittently drift off center?
- Is there a head tilt or turn, particularly when concentrating on objects at a distance or near?
- Does your child complain of seeing double?
- Does your child lose his or her place when reading?
- Does your child have difficulty remembering what he or she reads?

Parents should keep vision in mind when equipping their children with all of the necessary tools for a successful school year. If there is a family history of significant pediatric eye or vision disorders or a potential eye or vision problem is detected during a screening examination, the child is usually referred for a comprehensive eye examination by a pediatric ophthalmologist or an eye care specialist appropriately trained to evaluate and treat pediatric patients.

*Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists' website at [www.dearteacher.com](http://www.dearteacher.com).*

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## A LETTER FROM COLLEGE

AGLAIA HO

# Uncover your family's past

**F**or children, teens, and young adults, being aware of your family history is a must. Its significance extends beyond merely trying to find out who you resemble (which is cool to know) or what health issues may run in the family (which is crucial to know). Spiritually, exploring your family's past allows you to recognize the journey your ancestors have taken and the sacrifices they have made and thus, fully discover and appreciate who they are and even more importantly, who you are. It is also a process that you can share with present-day family members, and it can bring you

even closer together.

Visiting gravesites is a good starting point for families looking to delve deeper into their personal histories. It is a physical experience that people of all ages can actively participate in. It can also lead to meaningful discussions about ancestry and roots. Every spring, my family gets together to go to the cemetery and visit the graves of those we have lost. Each visit sparks new stories about my grandfather, who is buried in New York, and his journey and life here. The experience also connects my cousins and I — all of us born in America — to our heritage.

Honoring your ancestors is the keystone of Chinese culture. We still partake in the ancient rituals of laying out food for our ancestors, burning paper representations of money, and decorating the grave with fresh flowers.

Even if the grave does not belong to a member of the family, it can still be a fantastic opportunity to piece together a family story. One grave my family visits on trips to the cemetery belongs to a friend of my grandfather. I was always confused about why we went out of our way to stop at his grave. It turned out that this person was a key player in my mother's family's immigration to America. He helped them out tremendously when they first arrived and provided moral and financial support. Slowly, through discussing this friend, I learned

more about my mother's past and the people who first welcomed her to this country.

If you, like many, do not have ancestors buried nearby, photo albums can promote interest in your family's past. The old saying goes that a picture is worth a thousand

words. Viewing photos as a family can be a valuable way of interacting with your personal history. For the older generation, this can be a touching experience and can draw out old memories, which can be shared with kids. For the next generation, seeing those who came before us as captured in a photograph can be extremely powerful and a reminder that our ancestors are real people who were once young like us. If possible, try to get multiple perspectives. Parents, aunts, uncles, godparents, grandparents, and cousins may all tell different stories from the same photograph.

Building a family tree is another good exercise for families to trace back their lineages. For young kids, it is a visual representation of how many different families came together to create one. For teens and young adults, this can be very educational and test your sleuthing and research skills. See if you can draw out your family tree by asking family members for information.

Lastly, with all of the complexities of familial relationships these days, it is possible that your family's history may be a mystery. If this is the case, there is no reason to feel discouraged, for there are plenty of ways to research your ancestors. The New York Public Library and Ellis Island have divisions for genealogy research. Even the internet has websites that allow you to find gravesites or ancestry material. You may even have to track down friends of old relatives as a starting point. Although this may become a wild goose chase and you may not be able to compile a full history of your family, this exploration can bring different generations together and improve familial relationships.

However, understanding your family's past is not about having a complete play by play of your ancestor's whereabouts and lives. It is about opening conversations about where you come from. Do not fret if your family histories are not drawn-out sagas. What we gain from our history are stories — stories that may be special to only us. Preserving these memories is preserving who we are and seeing where we fit within this world.

*Aglaia Ho is a senior at Williams College and a native New Yorker. She also writes a blog, [www.aglaiaho.weebly.com](http://www.aglaiaho.weebly.com).*





## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# Choosing a guardian

*I have a Last Will and Testament that states who should become the guardian of my young children if my husband and I die, but I have heard that probate can be a long and drawn-out proceeding. Is there something I can do to protect my children in an emergency situation?*

**A** Last Will and Testament is the document that nominates a guardian for your minor children when you die. If you die without a Will, a two-step process is required to administrate your estate. First, someone needs to petition the guardianship part of the Surrogate's Court to be appointed guardian, and then that person or another person with standing can petition to be appointed the administrator of your estate (it is usually the guardian). The person petitioning to be guardian might not be the one you would have chosen if you had properly completed the right documents.

A guardian ad litem — someone the court appoints to investigate what solutions would be in the “best interests of a child” — will likely be appointed to protect the interests of the child. The guardian would also need to account for any assets that come into the guardianship estate, and would need to petition to withdraw funds for the benefit of the child.

In contrast, if you nominate a guardian in your Will, the administration of the estate for the benefit of your children is somewhat smoother. First, the nomination is just that: a nomination. Ordinarily the court defers to the parents' nomination, but can decline to appoint that person if the person is not fit to serve as guardian. This is why it's important to name successor guardians. In addition, the person you nominate might decline to serve.

The second role to consider is the minor's trustee. This is effectively the guardian of the property — the person or persons who will manage the money for the benefit of your child, and distribute assets pursuant



to the terms of any minor's trust in your Will. He would also be responsible for making payments for the benefit of the child.

Some people wish to have the guardian be the same person as the minor's trustee. It is often a good idea to have a co-trustee serve if the guardian will be a trustee. The co-trustee is a good second set of eyes to help protect against mistakes or, even worse, someone who improperly uses assets, whether intentionally or negligently.

We also prepare for our clients a document known as a Designation of Standby Guardian. Another similar document is a Designation of a Person in Parental Relations. This is effectively a power of attorney for your child, empowering someone to make decisions for your child in your absence, or if you are incapacitated or cannot be reached, or even in the event of your death until a permanent guardian can be appointed. It does not necessarily allow someone to access your assets for the benefit of a child; that can only be done by a power of attorney that you execute appointing someone to handle your assets under certain circumstances.

With respect to a Designation of Standby Guardian, in the event of your incapacity or death, the designated person can act immediately to take care of your minor's needs. That person must then file a petition for guardianship in the Surrogate's

Court within 60 days of acting as the standby guardian.

The proceeding for appointment of guardian can be brought by any person who has an interest, or by the child him or herself if he or she over the age of 14. Notice of the proceeding must be given to the person with whom the minor resides at that time regardless of relationship, the nearest adult family members who live in the State of New York, and any other relatives the court determines, whether or not they are within the state.

Make sure your appointed standby guardian has all of that information. You may include an informational sheet with the document that you can update when necessary, or make sure your attorney has the information. It is also helpful to have available a copy of the minor child's birth certificate and any relevant documents such as adoption papers or medical information.

The court determines the appointment of guardian based on the “best interest of the child” standard, and the designated guardian by the parent is important in making such a decision. This is especially important if who you choose to take care of your minor children is not a family member, but instead may be a close family friend. Don't allow the court to make the decision for you, make your choice known and execute a Designation of Standby Guardian to help protect your minor children.

An estate planning attorney can help you identify a proper fiduciary and prepare these documents. By preparing and executing these documents, it can save your family time and expense in emergency situations, and help streamline the process to make it as smooth as possible.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists parents in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties with their estate planning needs. You can find her on Twitter @estatetrustplan and on her website at [www.besunderlaw.com](http://www.besunderlaw.com).*

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DEAR  
DR. KARYN  
DR. KARYN GORDON

# Tips for keeping the family business going

**T**he succession stats for family-owned businesses are dismal! They represent 80 percent of the world's economy, but very few survive more than a few generations. According to Harvard Business Review, only 30 percent survive into the second generation, 12 percent into the third, and just three percent into the fourth generation! Everyone reading this is either part of a family business or knows someone who is in one and can admit to the fact that family businesses are tricky, complex, and face unique challenges.

I've had the privilege of working with families and businesses for the last 20 years, and in recent years I've seen a shift as mom-and-pops increasingly recognize the need for training in emotional intelligence tools as they try to navigate issues surrounding boundaries, decision-making, and overall communication. I have found this work exciting, dynamic, and extremely productive, since emotional intelligence is 100 percent learned! So what do people involved in family businesses need to know to be successful? Here are six tips:

## Interview and hire family

It is a common myth that family businesses should never hire their own family members. Indeed, many businesses today actually have policies in place that specifically discourage this practice. Like many things, however, these trends tend to go from one extreme to the next — neither of which is healthy! Despite the potential pitfalls, research tells us that family members are often some of the best leaders, and their presence builds what is called “family gravity” — they are more invested because it's their business!

The key is making sure that who you hire is qualified and competent. Hiring someone who is unqualified just because he is family will predictably be a disaster. But if the family member is qualified, it's very likely



he could be one of the best future leaders for the business!

## Talk money and expectations

One of the keys for a successful family business is remembering the boundary between family and business.

Yes, your employee may be a relative, but the pay and expectations need to be consistent with those of other non-familial workers within the business.

One big mistake I've witnessed is when kin are over-compensated and office rules are blurred for them (example: a 16-year-old daughter who gets paid \$30 per hour for simple administration tasks and shows up late for work).

This creates many problems — other employees will really start to resent this unfairness, creating a poor work culture, and it's not teaching the daughter the reality about how the real world works (yes, I'm sounding like my mother, but it really is true!)

## Start from the ground up

When parents ask me how to make sure their kids are not entitled like many other young people they see, one of my most common answers is “Don't make life too easy.” If we make life too easy, giving them

what they want, preventing them from experiencing failure, paying for everything, cushioning them from disappointment, giving them “easy” jobs without them earning it, we are creating a recipe for entitlement!

Part of the reason that the first generation of any family business was successful is likely because they worked for it! Successful family business owners make sure their kids start from the ground up (sweeping floors, cleaning washrooms, assisting managers in whatever needs to get done). This builds resilience, character, and more of a realistic understanding not only of how the business works, but also how life works! Children will appreciate it more when they get a better role and they will be more respected by their fellow employees.

## Start thinking ahead

Many business owners love the idea of passing on their company to their children and the next generation. Research tells us that 70 percent would like to see this happen — but only 30 percent will actually be successful!

Start talking openly with your kids and family about the business. Who would be interested to be involved in it? In what capacity? What role? Try not to take it personally if they are not interested.

This can be a difficult conversation, but it's extremely important to discuss! It may be better for the sake of your family (and the business!) to hire non-family members as the future leaders. Or, if they are interested, start developing great family talent early and investing in them.

*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](http://www.dkleadership.org) and on Twitter: @DrKarynGordon.*



## DIVORCE & SEPARATION

LEE CHABIN, ESQ.

# Talking tough topics before the big day

**S**tephen and Natalie (not their real names) are engaged to be married. They have been dating for more than a year, enjoy the same music, both like sports, and have many of the same views about politics. Each has met the other's parents, and the families have met and like each other.

Natalie and Stephen are obviously in love, and are looking forward to spending their lives together. From what they had initially shared with the mediator, there were no problems looming.

But, there were many important questions, such as about money and having children, that they hadn't seriously discussed with each other — until coming to mediation.

Many couples don't have these serious conversations before marriage. Why not? Some partners assume that, because they're getting along, they must agree on all the issues that matter to them. Others don't give the future much thought. There are also "avoiders" who fear conflict.

Natalie and Stephen, as happy as they were, sensed that a lot had been left unsaid between them. Not knowing how to proceed on their own, they decided to try a premarital mediation session.

As in a divorce, a mediator can work with couples before marriage. He can:

- Help each partner to talk about what he and she wants and needs.
- Help them both have a constructive conversation, even when tensions rise.
- Guide the discussion so that hidden differences come to light.
- Assist the couple in addressing any issues.

In a premarital session with a young couple, a discussion about children might follow questions such as: Do you want kids? How many? When? Do you imagine one of you staying home with them (and would you be able to afford to)? Is the home you'll be living in to start with big enough? What have you discussed



about religion and raising children? Private school or public? And many more, each a potential springboard to significant issues.

Stephen and Natalie learned, among other things, that there are differences in how they view and feel about money.

"Our talking here was revealing," Stephen said after the session. "I found out how Natalie feels about money. [While] dating, it didn't come up. I did notice that she felt a little uncomfortable when we went to an expensive restaurant. But I had no idea that Natalie worries about money, about always having enough."

Asked how this knowledge might impact on their future, Stephen offered:

"Me, I kind of like the idea of having a really nice car. But knowing [now] how Natalie feels about money, well, let's say we need a car, I'll be fine with a cheaper one, if that'll make Natalie feel better. What we save could go in the bank, or whatever. We'll talk and figure it out."

Natalie was almost beaming, knowing that her fiancé understood her feelings; feelings that she hadn't clearly expressed to him before.

"I don't like talking about money," Natalie said. "Growing up, there were

a lot of arguments. But this was great. It means a lot to know that Stephen is so understanding about something that really concerns me. I wasn't exactly worried, but I think that money was more on my mind than I realized. I'm so happy that he is willing to work together to save money, even though it isn't as important to him. I'll feel more secure, financially, and in our relationship."

Talking about what is important to you, and what your respective values are, won't guarantee a happy marriage. But such discussions will increase understanding, and likely help you resolve problems that otherwise might eventually lead to divorce.

Try having a conversation on your own. It can be difficult, but don't give up. If necessary, outside help (such as from a mediator) is available.

*New York City and Long Island-based lawyer and mediator Lee Chabin helps clients to express their needs, better understand one another, and reach decisions that benefit each of them. Contact him at [lee\\_chabin@lc-mediate.com](mailto:lee_chabin@lc-mediate.com), (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at [www.facebook.com/lchabin](http://www.facebook.com/lchabin).*

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.

# Calendar

SEPTEMBER



## Discover the original Breukelen

Come to the Breukelen County Fair on Sept. 24 at the Wyckoff Farmhouse Museum.

Join the Wyckoff Farmhouse museum for a day-long extravaganza of crafting, creating, and hands-on fun celebrating Breukelen's agricultural roots! Get a tour of the house and learn about games and activities of by-gone times.

Events include local growing, hands-on homesteading, games, crafts, local food, music, demonstrations, and family-friendly workshops led by Brooklyn-based partners. And children 13 and under

can take a tour of the farm on a pony ride!

Get your hands in the dirt, plant some seeds, press some cider, or have your face painted. Learn about colonial and urban homesteading with demonstrations of fiber arts, wampum making, and much more!

Breukelen County Fair, Sept. 24 from 1 pm to 5 pm. Free.

*Wyckoff House Museum [5816 Clarendon Rd. in Canarsie, (718) 629-5400, [education@wyckoffmuseum.org](mailto:education@wyckoffmuseum.org), [wyckoffmuseum.org/breukelen-county-fair](http://wyckoffmuseum.org/breukelen-county-fair)].*

## Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. [NYParenting.com](http://NYParenting.com)

# Calendar

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

### THURS, SEPT. 1

#### IN BROOKLYN

**Summer Sports:** McDonald Playground, McDonald Avenue and E. First Street; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Children 7 to 17 play street hockey. For all levels.

### SAT, SEPT. 3

#### IN BROOKLYN

**Seaside Wildlife:** Canarsie Park, Seaview Avenue and Remsen Avenue; (718) 421-2021; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

The rangers will guide you to the best wildlife viewing spots for seaside creatures.

### SUN, SEPT. 4

#### IN BROOKLYN

**Observing the new moon:** The Hollows, 151 Bedford Ave.; (917) 587 7176; [laramckinneyrossler@gmail.com](mailto:laramckinneyrossler@gmail.com); [hollows.info](http://hollows.info); 9 pm; Free.

Observe the night sky with help from expert volunteer astronomers. The 30-minute program is followed by viewing of the new moon. Total program lasts approximately one hour. We encourage anyone wishing to bring a telescope or binoculars to do so, but it is not required. You are more than welcome to look through ours. Weather permitting.

#### FURTHER AFIELD

**Storytelling festival:** Governors Island in Nolan Park, Building 10, Manhattan; (347) 425-7770; [www.brooklynartery.com](http://www.brooklynartery.com); 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features world renowned storytellers, puppet theater and more. Families can get the ferries to the island at 10 South St. in Manhattan or Brooklyn Bridge Park, Pier 6 in Brooklyn.



File photo by Tom Callan

## Don't miss the antics on Atlantic

Atlantic Antic Festival is back on Sept. 25 — and bigger and better than ever.

The mile-long corridor between Hicks Street and Fourth Avenue will be transformed into a boulevard of culinary delights enough to satisfy any foodie, along with entertain-

ment provided by DJs and live acts. Children won't be bored with all the activities planned — they can hop on rides, listen to storytelling, play games, or have their faces painted.

Come on down and celebrate the end of summer, Brooklyn style, at the Atlantic Antic, the bestest

street fair ever.

Atlantic Antic Festival, Sept. 25 from 1 pm to 8 pm. Free

*Atlantic Antic [Atlantic Avenue between Hicks Street and Fourth Avenues in Brooklyn Heights, (718) 875-8993, [www.atlanticave.org](http://www.atlanticave.org)]. Sept. 25 from 1 pm to 8 pm.*

### FRI, SEPT. 9

#### IN BROOKLYN

##### Goodnight Goddess Parties:

Tykes in the Heights, 663 Vanderbilt Ave. at Park Place; [www.mischiveousgoddess.com](http://www.mischiveousgoddess.com); 5:30-7:30 pm; \$40 per child, including dinner.

Drop off the girls and go on a date! Incorporating mindfulness with imaginative play and creativity, each party will be inspired by a unique and inspiring theme. For girls ages 5-8, and includes storytelling, meditation, craft activity, and supper.

**Book Fair:** Brooklyn Expo Center, 72 Noble St. at Franklin Street; [mgetman@bookandpaperfairs.com](mailto:mgetman@bookandpaperfairs.com); 6 pm to 9 pm; \$7-25.

The third annual Brooklyn Antiquarian Book Fair features almost 100 antique book and ephemera

dealers as well as a jam-packed agenda of special highlights, including interactive performances, a vintage photography exhibit, book signings, and hands-on workshops, among others.

#### FURTHER AFIELD

**"Peace On Your Wings":** John Jay College Gerald Lynch Theater, 524 W. 59th St., Manhattan; [jcovner@jagpr.com](mailto:jcovner@jagpr.com); [ohanaarts.ticketleap.com](http://ohanaarts.ticketleap.com); 7:30 pm; \$35, \$25, \$15—students with identification.

The uplifting new musical is based on the true story of Sadako Sasaki, a young girl who survived the Hiroshima bombings and went on to inspire an international peace movement. The presentation is by an all youth cast.

### SAT, SEPT. 10

#### IN BROOKLYN

**TEAL Walk and 5K Run:** Prospect Park, Ninth Street and Prospect Park West; (917) 310-4835; [info@tealwalk.org](mailto:info@tealwalk.org); [www.tealwalk.org/brooklyn](http://www.tealwalk.org/brooklyn); 8 am-1 pm; regular registration (July 15-Sept. 2), \$35; late registration (day of event, not recommended), \$40.

The annual Brooklyn TEAL Walk/Run, they city's largest event spreading awareness and raising money specifically for ovarian cancer, takes place every September, which is Ovarian Cancer Awareness Month. Participants include survivors, caregivers, families, friends, and the general public who come together to raise awareness of and promote a cure for ovarian cancer. Throughout the day, there is entertainment along

*Continued on page 52*

**Continued from page 51**

with educational booths and fun activities for the whole family. The 2.5 mile walk is non competitive, but the 5K run is timed so that winners can be announced. This event is rain or shine!

**Brooklyn Bike Jumble:** Old Stone House—Washington Park, 336 Third St. between Fourth and Fifth avenues; [www.nybikejumble.com](http://www.nybikejumble.com); 10 am to 4 pm; Free to browse.

New York's only bicycle flea market returns to Park Slope. Find a used or new bike, accessories, and more! Bike prices start around \$50 and go up from there.

**Kite Festival:** Pier 1 in Brooklyn Bridge Park, Old Fulton Street and Furman Street; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 3 pm; Free.

Watch your favorite kite soar above the skyline. Kites will be available for purchase or you can bring your own.

**Book Fair:** 11 am to 7 pm. Brooklyn Expo Center. See Friday, Sept. 9.

**FURTHER AFIELD**

**Labor Day Parade:** Parade Route, 44th Street and Fifth Avenue, Manhattan; (212) 604-9552; [LDP@nycccl.org](mailto:LDP@nycccl.org); [www.nycccl.com](http://www.nycccl.com); 10 am; Free.

Join Parade Grand Marshal James Callahan and Henry Garrido as they march with hardworking men and women for the 2016 NYC Labor Day Parade.

**"Peace On Your Wings":** 2 pm and 7:30 pm. John Jay College Gerald Lynch Theater. See Friday, Sept. 9.

**SUN, SEPT. 11**

**IN BROOKLYN**

**Birding:** Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 10 am to 11:30 am; Free.

The rangers take you through the park and help you identify the fine-feathered friends that live there.

**Book Fair:** 11 am to 5 pm. Brooklyn Expo Center. See Friday, Sept. 9.

**Sunday Story Time:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 11:30 am; Free.

Listen to Sergio Ruzzier (creator of "This is Not a Picture Book"), read from his sweet picture book about the joy and power of reading. RSVP requested.

**Sunset TankerTime:** Portside NewYork, Pioneer Street at Bowne



Lisa Hannus

## Brooklyn Book Fair for Children

It's back — the Brooklyn Book Fair for Children on Sept. 17, held in the square of MetroTech Commons.

Children's favorite authors include Eric Luper, Brendan Wenzel, Michelle Knudsen, Rita Williams-Garcia, Christian Robinson, Peter Brown, Mike Curato, Vanessa Brantley Newton, Adam Gidwitz, Michael Hearst, Il Sung Na, Ruth Chan, Raúl Colón, Rebecca Stead, and many others.

Children 2 to 11 years old can enjoy a full day of literary activities featuring authors, story time where they'll hear authors read and discuss their books, workshops — with topics ranging from bookmaking and Stem to reading maps and writing stories — and an "Artspot," where children create projects with authors.

At a competitive illustrator draw-off, illustrators create original drawings in response to

prompts from the children in audience, and the theatre group TADA will perform adaptations of books by Ezra Jack Keats. Books by participating authors and other new and beloved children's books will be on sale along with author book signings.

Book Fair on Sept. 17 from 10 am to 4 pm. Free

*MetroTech Quad [Myrtle Avenue and Jay Street in Downtown, [www.brooklynbookfestival.org](http://www.brooklynbookfestival.org)].*

Street; (917) 414-0565; [www.portside-newyork.org](http://www.portside-newyork.org); 5-10 pm; Free.

Bring a picnic, take-out dinner, bottle of wine, your sketchbook, your kids, your main squeeze for a quiet and relaxing sunset at the end of your weekend on Red Hook's main dock. Selections from the maritime library will be available for reading on site.

**TUES, SEPT. 13**

**IN BROOKLYN**

**Musical Shabbat:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; [office@brjc.org](mailto:office@brjc.org); [www.brjc.org](http://www.brjc.org); 10:45am; Free.

Join young families with singing, guitar, puppets, and creative prayer in a playful setting. Families with children infants to 5 years old and older siblings welcome.

**Community Education Council District 20:** PS 205, 6701 20th Ave.; (718) 759-3921; [cec20.org](http://cec20.org); 6 pm to 7:30 pm; Free.

Monthly meeting and the appointment of PS 205 principal and PS 186 assistant principal.

**FRI, SEPT. 16**

**IN BROOKLYN**

**Musical Shabbat:** Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718)

836-3103; [office@brjc.org](mailto:office@brjc.org); [www.brjc.org](http://www.brjc.org); 6:30 pm; Free.

Join young families with singing, guitar, puppets, and creative prayer in a playful setting. Families with children infants to 5 years old and older siblings welcome.

**"The Addams Family":** Ft. Hamilton Army Base Theater, Poly Place and Seventh Avenue; (718) 482-3173; [NCT@NCTheaterNY.com](mailto:NCT@NCTheaterNY.com); [www.NarrowsCommunityTheater.com](http://www.NarrowsCommunityTheater.com); 8 pm; \$25 (\$20 seniors and students; \$15 children under 12).

They're curious and kooky, all together spooky, the Addams Family. Coming live to the stage, the musical is based on the cartoons of Charles Addams and the TV show. The mad-

# Calendar

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cap musical is presented by the Narrows Community Theater. Photo ID required for admission to the base.

## SAT, SEPT. 17

### IN BROOKLYN

**Brooklyn Book Fair Children's Day:** MetroTech Quad, Myrtle and Jay streets; [www.brooklynbookfestival.org](http://www.brooklynbookfestival.org); 10 am to 4 pm; Free.

Children 2 to 11 years old can enjoy a full day of literary activities featuring authors, story time where children hear authors read and discuss their books, workshops with topics ranging from bookmaking and STEM to reading maps and writing stories, and an Artspot where children can create projects with authors.

**Celebrate Red Hook:** Erie Basin Park, 1 Beard St. and Otsego Street; [www.Star-Revue.com](http://www.Star-Revue.com); Noon to 9 pm; Free.

The third annual celebration is in partnership with IKEA and will once again offer a full day of music, food, fun, and lots of activities.

**Dahlicious Delights:** Ample Hills, 305 Nevins St. and Union Street; (347) 725-4061; [www.roald-dahl.com/usa](http://www.roald-dahl.com/usa); Noon to 4 pm; Free.

Come and celebrate the 100th birthday of late children's author Roald Dahl with a free sundae bar, Dream Jar game, dress-up and crafts corners, and readings from Mara Wilson (star of the movie "Matilda."), and more.

**Raak the Block Party:** Raaka Chocolate, 64 Seabring St.; [raaka-chocolate.com](http://raaka-chocolate.com); 2 pm; Free.

Raaka Chocolate, is hosting a day of fun for all members of the Red Hook community with food, beverages, and entertainment provided mostly by local vendors and producers. We will have local vendors such as Steve's Key Lime Pie, Hometown Bar-be-que, Baked, and Pizza Motto. There will be performances by School of Rock Brooklyn and A. Rex and J. Rex. There will also be children's activities such as jump rope, bubbles, and face painting.

**Brooklyn/Queens Pageant:** The Brooklyn Music School, 126 St. Felix Street; [MissQueensOrg@gmail.com](mailto:MissQueensOrg@gmail.com); [www.eventbrite.com/e/miss-queens-and-miss-brooklyn-pageant-tickets-23731901757](http://www.eventbrite.com/e/miss-queens-and-miss-brooklyn-pageant-tickets-23731901757); 5 pm; \$25.

The 2017 Miss Queens and Miss Brooklyn Pageant Scholarships will be awarded to the several incredible young women competing for the title and a new Miss Queens will be crowned!



Photo by Arthur De Gaeta

## Let's go fly a kite!

Go fly a kite to the highest height at the Kite Festival at Brooklyn Bridge Park on Sept. 10.

No matter the color or the shape — there's the diamond, box, winged box, sled, delta, and power kite — they will all be flying high at Brooklyn Bridge Park.

Families can bring their own, purchase one at this fun annual event, or just watch others' soar high.

Kite Festival on Sept. 10 from 11 am to 3 pm. Free.

*Brooklyn Bridge Park, Pier 1 (Old Fulton and Furman streets in Brooklyn Heights; [www.nycgovparks.org](http://www.nycgovparks.org))*

**"The Addams Family":** 8 pm. Ft. Hamilton Army Base Theater. See Friday, Sept. 16.

## SUN, SEPT. 18

### IN BROOKLYN

**Brooklyn Heart & Stroke Walk:** Brooklyn Bridge Park, Pier 6, Atlantic Avenue at Furman Street; (718) 222-9939; [alissa.kawahara@heart.org](mailto:alissa.kawahara@heart.org); [www.brooklynbridgepark.org](http://www.brooklynbridgepark.org); 9 am; Registration fees apply.

The three mile walk and run is designed to promote physical activity and heart-healthy living.

**Sunday Story Time:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 11:30 am; Free.

Shana Corey (author of "Secret

Subway") reads from this fascinating and little-known true story of New York City's first subway. RSVP requested.

**The ShopUp by Babyccino Kids:** 501 Union, 501 Union St. between Bond and Nevins streets; [www.facebook.com/BabyccinoKids](http://www.facebook.com/BabyccinoKids); Noon-6 pm; Free.

More than 25 independent children's boutiques from around the world under one roof! A one-stop-shop for the most original and creative toys, gifts, stylish clothes and accessories, home decor, and everything in between. You also have the opportunity to reserve a limited addition tote bag to pick up at the event.

**Wondercrump weekend:** Brooklyn Public Library's Central branch, 10 Grand Army Plaza, between East-

ern Parkway and Flatbush Avenue; (718) 230-2100; [www.brooklynpubliclibrary.org/branch\\_library\\_detail.jsp?branchpageid=265](http://www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265); 1:30 pm to 4 pm; Free.

Come celebrate the 100th birthday of Roald Dahl, with Phizz-whizzing activities, screenings, and readings by Michelle Schusterman ("I Heart Band"), Tim Miller ("Snappys the Alligator"), Cassie Beasley ("Circus Mirandus"), and Adam Gidwitz ("The Inquisitor's Tale"), a Roald Dahl trivia contest, a screening of "Matilda," and more.

**"The Addams Family":** 2 pm. Ft. Hamilton Army Base Theater. See Friday, Sept. 16.

## MON, SEPT. 19

### IN BROOKLYN

**The ShopUp by Babyccino Kids:** 10 am-5 pm. 501 Union. See Sunday, Sept. 18.

## FRI, SEPT. 23

### IN BROOKLYN

**"The Addams Family":** 8 pm. Ft. Hamilton Army Base Theater. See Friday, Sept. 16.

## SAT, SEPT. 24

### IN BROOKLYN

**"Project Kid - Crafts That Go!":** Court 16, 526 Baltic St.; 10 am to 1 pm; Free.

The latest book by Amanda Kingloff is chock full of inventive craft projects for parents to make with and for their children! At this event we will host food, drinks, a live arts and crafts session with the author featuring a craft from the book, and a Stories Bookshop + Storytelling Lab booth where you can buy your very own copy.

**Bruekelen Country Fair:** Wyckoff House Museum, 5816 Clarendon Rd.; (718) 629-5400; [education@wyckoffmuseum.org](mailto:education@wyckoffmuseum.org); [wyckoffmuseum.org/bruekelen-country-fair](http://wyckoffmuseum.org/bruekelen-country-fair); 1 pm - 5 pm; Free.

Join the Wyckoff Farmhouse museum for a day-long extravaganza of crafting, creating, and hands-on fun celebrating Bruekelen's agricultural roots!

**Americana Music Festival:** Pier 6 in Brooklyn Bridge Park, Furman Street and Joralemon Street; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 8 pm; Free.

The Manhattan skyline serves as the backdrop for this weekend's music festival. The Brooklyn Ameri-

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# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

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cana Festival returns with more original and traditional country, folk, roots, blues, old time, and bluegrass artists.

**Rockapella:** On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; [www.on-stageatkingsborough.org](http://www.on-stageatkingsborough.org); 8 pm; \$32 to \$37.

The award-winning group of five guys without instruments does the impossible — provide fabulous harmonies and great music, a capella style!

**"The Addams Family":** 8 pm. Ft. Hamilton Army Base Theater. See Friday, Sept. 16.

## SUN, SEPT. 25

### IN BROOKLYN

**Sunday Story Time:** powerHouse on 8th, 1111 Eighth Ave. between 11th and 12th streets; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 11:30 am; Free.

From author Elanna Allen (creator of "Poor Little Guy"), what do you do when you're so tiny that the bigger creatures in the ocean think you might even taste adorable? There's just one solution — keep a HUGE surprise up your sleeve! RSVP requested.

**Atlantic Antic Festival:** Atlantic Avenue from Fourth Avenue to Hicks Street; (718) 875-8993; [atlanticantic@atlanticave.org](http://atlanticantic@atlanticave.org); [www.atlanticave.org](http://www.atlanticave.org); 1 pm to 8 pm; Free.

Spanning 10 blocks through four neighborhoods on Atlantic Avenue in the heart of Downtown, this 42-year-old street festival is the largest and most celebrated street festival in New York City.

**Americana Music Festival:** 2 pm to 8 pm. Pier 6 in Brooklyn Bridge Park. See Saturday, Sept. 24.

**"The Addams Family":** 2 pm. Ft. Hamilton Army Base Theater. See Friday, Sept. 16.

**Kids Book Launch:** PowerHouse Arena, 28 Adams St. at Water Street; (718) 666-3049; [www.powerhousearena.com](http://www.powerhousearena.com); 3-5 pm; Free.

A family-friendly event with author Jack Challoner discussing his book, "Maker Lab: 28 Super Cool Projects," which details 28 awesome experiments that encourage kids to build, create, invent, and discover using objects found around the house.

### FURTHER AFIELD

**Ecology Sail:** Schooner Pioneer,



Photo by Ari Scott

## Dahlicious Delights!

Celebrate the 100th birthday of author Roald Dahl at Ample Hills with the best ice cream in town on Sept. 17.

Dahlicious Delights honors the author with a free sundae bar, Dream Jar game, dress-up and crafts corners, and readings from Mara Wilson (pictured, star of the movie "Matilda" and debut author of "Where Am I Now?"), Paul Griffin ("When Friendship Followed Me Home"), Abby Hanlon ("Ralph Tells a Story"), and

John Marciano Bemelmans (the Madeline series).

A portion of the proceeds of all the Dahlicious Delights is going to Partners in Health, which brings high-quality healthcare to poor communities around the world. It was co-founded by Roald's daughter Ophelia Dahl.

Dahlicious Delights, Sept. 17, noon to 4 pm. Free.

*Ample Hills [305 Nevins St. and Union Street in Gowanus, (347) 725-4061, [www.roalddahl.com/usa](http://www.roalddahl.com/usa)*

Pier 16, Manhattan; <https://web.ovationtix.com/trs/pr/961826>; Noon to 3 pm; \$45 (\$40 children).

Come aboard the schooner Pioneer and set sail past Governors Island for the fishing grounds of Bay Ridge. We'll set a trawl net and participants will haul it in, bringing up a variety of creatures from blue crabs

to flounder. Children and adults help raise the sails so we can continue our exploration the old fashioned way. The sail is recommended for children aged 5 and up. Reservations required.

**The Edible Academy Family Garden Picnic:** New York Botanical Garden, 2900 Southern Blvd. at

Fordham Road, The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 12:30 pm to 4:30 pm; \$125 per adult (\$75 per child).

This festive celebration of organic vegetable gardening and cooking is set in the Ruth Rea Howell Family Garden. The food-filled afternoon of outdoor discovery will welcome back special guest chef Carla Hall, co-host of ABC's "The Chew," who will take guests on a culinary adventure through hands-on cooking workshops and a delicious picnic.

## WED, SEPT. 28

### IN BROOKLYN

**Fall foraging:** Pier 1 in Brooklyn Bridge Park, Old Fulton Street and Furman Street; [www.nycgovparks.org](http://www.nycgovparks.org); 6:30 pm; \$10 (\$5 members).

Families join with author and forager Marie Viljoen on a botanical stroll, then learn how to use the edibles in the kitchen and how to plant their own home gardens.

## LONG-RUNNING

### IN BROOKLYN

**Summer Sports:** Sunset Park Recreation Center, 43rd Street and Seventh Avenue; (718) 972-2135; [www.nycgovparks.org](http://www.nycgovparks.org); Weekdays, 9 am to 4:30 pm, Now - Sat, Sept. 17; Free.

Program for children 2 to 5 years old.

**Summer Sports:** Sunset Park Recreation Center, 43rd Street and Seventh Avenue; (718) 972-2135; [www.nycgovparks.org](http://www.nycgovparks.org); Weekdays, 9 am to 4:30 pm, Now - Sat, Sept. 17; Free.

Program for children 8 months to 3 years old.

**Quests program:** Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; [www.prospectparkzoo.com/quests](http://www.prospectparkzoo.com/quests); Wednesdays - Sundays, 11 am to 3 pm, Now - Mon, Sept. 5; Free with zoo admission.

Visitors learn about wild life in scavenger hunt format and embark on a nature adventure to identify local birds, discover ways to reduce pollution, learn about ocean and other aquatic habitats, and more.

**Educational Center drop-in hours:** Pier 6 in Brooklyn Bridge Park, Atlantic Avenue at Furman Street; (718) 222-9939; [www.brooklynbridgepark.org](http://www.brooklynbridgepark.org); Tuesdays, Thursdays, Saturdays and Sundays, 3 pm to 5 pm, Now - Tues, Nov. 22; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, the reading

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corner, and so much more.

**Kayaking:** Pier 2, Clarke Street; [www.nycgovparks.org](http://www.nycgovparks.org); Thursdays, 5:30 pm to 6:30pm, Now – Thurs, Sept. 29; Free.

Children under 18 must have a guardian or parent present. No experience necessary.

**Religious services:** No Limit Beulah Sabbath Pentecostal Church, 5417 Ave. N between E. 54th and E. 55th streets; (718)241-8100; [www.nolimitbeulah.org](http://www.nolimitbeulah.org); Thursdays, 7:30 pm; donation.

Bible study.

**Religious services:** No Limit Beulah Sabbath Pentecostal Church, 5417 Ave. N between E. 54th and E. 55th streets; (718)241-8100; [www.nolimitbeulah.org](http://www.nolimitbeulah.org); Saturdays, 11 am; donation.

Sabbath school for children.

**Community Farmer's Market:** Hatie Carthan Garden, Lafayette and Nostrand avenues; [www.nycgovparks.org](http://www.nycgovparks.org); Saturdays, 9 am to 3 pm, Now – Sat, Nov. 19; Free.

Fresh fruits, health foods, activities, and educational program.

**Museum Highlights:** New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); Saturdays and Sundays, Noon and 3 pm, Sat, Sept. 3 – Sun, Nov. 27; Free with admission to the museum.

Join expert museum educators on a dramatic journey through the building of New York's subway system, the evolution of the city's surface transportation, and priceless collection of vintage subway and elevated cars dating back to 1904.

**Educational Center:** Pier 6 in Brooklyn Bridge Park, Atlantic Avenue at Furman Street; (718) 222-9939; [www.brooklynbridgepark.org](http://www.brooklynbridgepark.org); Saturdays and Sundays, 1 pm to 5

pm, Now – Sun, Nov. 20; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, the reading corner, and so much more.

**Bargemusic Concert:** Bargemusic, Fulton Ferry Landing, Old Fulton Street and Furman Street; (718) 624-2083; [www.bargemusic.org](http://www.bargemusic.org); Saturdays, 4 pm to 5 pm, Now – Sat, Sept. 24; Free.

Walk across the gangplank of a renovated coffee barge for a one-hour, family-friendly concert. Doors open 15 minutes before the performance; no reserved seating is available.

**Magic at Coney:** Sideshows by the Seashore, 1208 Surf Ave. between W. 12th Street and Stillwell Avenue; (718) 372-5159; [www.coneyisland.com](http://www.coneyisland.com); Sundays, noon, Now – Sun, Sept. 4; \$10 (\$5 kids).

A magical variety show featuring illusionists, escape artists, mentalists, and close-up magicians.

**First Discoveries:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); Tuesdays, 9:30 am, Tues, Sept. 13 – Tues, Oct. 25; Free with garden admission.

Calling all explorers from 2 to 4 years old to plant a seed, touch a wriggly worm, and hear a story by the meadow nook.

**Family Discovery Weekends:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); Saturdays, 10:30 am to 12:30 pm, Sundays, 1 pm to 3 pm, Sat, Sept. 17 – Sat, Oct. 29; Free with general admission.

Experiment, learn, and play together in the Discovery Garden. Hands-on stations throughout the garden's meadow, woodland, and

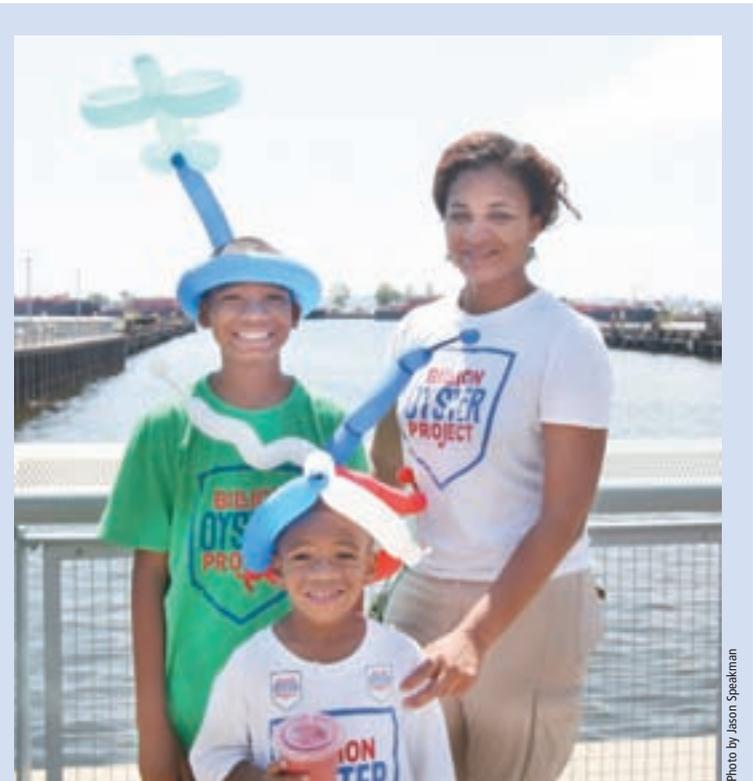


Photo by Jason Speakman

## Get Hooked on fun

Enjoy a day out in the sunshine and celebrate Red Hook on Sept. 17. The third annual celebration is in partnership with IKEA and offers a full day of live music, games, rides, face paintings, chil-

dren's activities, and more.

Red Hook Celebration, Sept. 17, from noon to 9 pm. Free.

Erie Basin Park (1 Beard St. and Otsego Street in Red Hook, [www.Star-Review.com](http://www.Star-Review.com)).

marsh habitats, and in the vegetable garden encourage families to explore nature together. This is a drop-in program for families with children of all ages. All programs are outdoors and canceled in inclement weather.

**Garden Story Time:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; [www.bbg.org](http://www.bbg.org); Sundays, 11 am to 1 pm, Sun, Sept. 18 – Sun, Oct. 30; Free with general admission.

Read garden-inspired stories with volunteers. All programs are outdoors and canceled in inclement weather.

### FURTHER AFIELD

**Mario Batali's Kitchen Gardens:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road, The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 1:30 pm to 6 pm, Now – Sun, Nov. 20; included in All Garden Pass Admission.

Garden beds are filled with plants featured in the favorite recipes of the chefs from Mario Batali's restaurants. Kids can explore the gardens to solve Mario's Menu Mystery.



## It's the Bike Jumble

The Brooklyn Bike Jumble is back on Sept. 10, at the Old Stone House at Washington Park.

Families will have a great time at this annual bicycle flea market and fair where they can gear up for back-to-school season, test out a new ride, or buy early holiday gifts.

The flea market offers new and used bicycles, accessories, collectibles, clothing, and other treat-

ments. Bike prices start around \$50 and go up from there.

Bicycle non-profits will be there to help you test-ride bikes before you buy.

Brooklyn Bike Jumble, Sept. 10 from 10 am to 4 pm. Free to browse.

Old Stone House in Washington Park (336 Third St. between Fourth and Fifth avenues in Park Slope, [www.nybikejumble.com](http://www.nybikejumble.com)).



## THE BOOK WORM

TERRI SCHLICHENMEYER

## Drawing inspiration

Ever since you can remember, your child has loved to draw. Lots of kids do, but while not every kid grows up to be a great artist, in his new book “Kid Artists,” author David Stabler points out that every great artist starts out as a kid.

When America entered World War I, young Theodore Geisel was teased and bullied for his German last name and because his grandfather was an immigrant. Ted never let that bother him, though: he continued to draw and play with words, which made him famous. You probably, in fact, know him by the name on the cover of his books: Dr. Seuss.

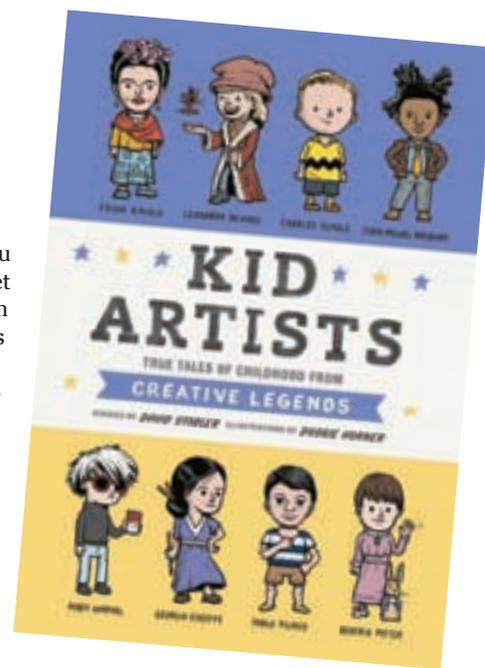
“Sparky” Schulz’s father loved the “funny pages,” and so young Sparky grew up with that same appreciation of the comics. Sparky was kind of a shy teen, until the day he sent a drawing of his dog to the editors of “Ripley’s Believe It or Not!” and his cartoon was printed. That launched Schulz’s career with a round-headed kid named Charlie Brown and a danc-

ing beagle named Snoopy.

What happens when you give a kid a crayon? You get a drawing, of course, and in “Kid Artists,” the picture is clear: genius isn’t easy.

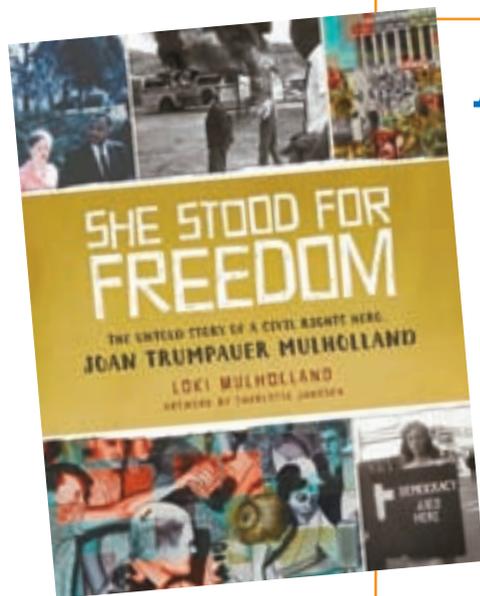
Using the word “artist” to denote creativity, Stabler profiles 17 people who didn’t just become well-known artists overnight. For them, practicing their passion was a lifelong journey, and along the way, they were just like any average kid. Some were bullied, some moved around a lot, others overcame poverty or deprivation, and a few bucked convention to do what their hearts told them to do. Kids will appreciate accompanying artwork by Horner, and the fact that these short stories are guilt-free, skippable, and browse-able, if needed.

That adds up to an interesting,



attention-holding collection of mini-biographies that any 7- to 14-year-old can enjoy for fun or for a school project. Or, if they need inspiration to persevere with their own creative genius, “Kid Artists” is a great book to draw from.

“*Kid Artists: True Tales of Childhood from Creative Legends*,” by David Stabler [208 pages, 2016, \$13.95].



## Adding her story to history

In the new book “She Stood for Freedom,” author Loki Mulholland encourages readers to stand up for themselves, and others, too.

Growing up in Virginia in the 1940s and ’50s, Joan Trumpauer knew about segregation. It was the law in most parts of the South, but Trumpauer’s parents were split on the issue: her father was a Northerner who believed in equality for all, while her mother was a Southerner who demanded racial separation.

When she was still a girl, Trumpauer learned who was right: on a dare, she went to a neighborhood that her mother had forbidden her to visit. There, she saw a tumble-down school for black children, and it shocked her. Treating people differently wasn’t fair! She became determined to do something about it.

Trumpauer went to college, where she was invited to join a demonstration. That was something new for

her, but she sensed that it would anger her parents. Still, how could she not go?

In 1960, Trumpauer joined the Civil Rights Movement, to stand with others in equality. She participated in sit-ins, where people literally sat at lunch counters until the stores closed or the police came. She picketed a segregated Maryland amusement park that summer, and helped her black friends gain admittance. People warned her family that she was making trouble, but Trumpauer didn’t care.

When she had a chance to be one of the Freedom Riders, she seized it. It was dangerous, and it eventually landed Trumpauer in prison, but that didn’t stop her. Even as an adult with children of her own, Joan Trumpauer Mulholland continued with her efforts for equality. Today, she continues to remind people that you don’t have to change the whole world. You just have to change your corner of it.

Remember how it felt to think that your one small voice wasn’t going to make a dent in anything important?

“She Stood for Freedom” proves otherwise.

Starting when his subject was roughly the same age as his intended readers, author Loki Mulholland tells the little-known story of his mother, Joan, and the unsung work she did for the civil rights movement. I found that to be the most interesting aspect of this book — that one woman did so much for the movement, but her name is rarely mentioned in any history books. To read Mulholland’s story, in fact, is like focusing on one spot of a painting — enhanced here by Charlotta Janssen’s illustrations.

There is a version of this book out there for preschoolers, so be careful which one you choose. This version of “She Stood for Freedom” is meant for 8- to 12-year-olds, and it can stand alone.

“*She Stood for Freedom*,” by Loki Mulholland [64 pages, 2016, \$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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# New & Noteworthy

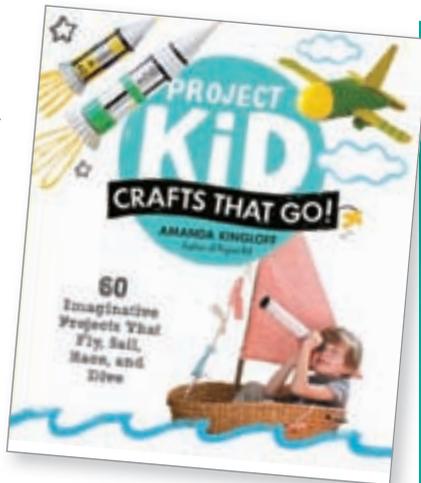
BY LISA J. CURTIS

## Crafting 101

On Sept. 6, Amanda Kingloff's inspiring new transportation-themed craft book, "Project Kid: Crafts That Go!", screeches into bookstores. It's divided into chapters based on themes that children obsess over: cars, trains, farming vehicles, boats, construction equipment, planes, and space. The how-to manual is crammed with DIY ideas for adorable playthings, such as a portable road system made from square coasters that can be used over and over again in a multitude of configurations.

In the "sky" chapter, Kingloff details how you can "say it in skywriting," creating a decorative piece that would be a charming addition for a nursery wall or the bedroom of a third grader who's honing his cursive skills. You form the child's name in cursive using floral wire, attach white pom-poms to it, then attach the last letter to a brightly colored paper airplane.

The book has easy-to-read instructions, gorgeous photographs,



and a "resources" chapter where Kingloff, a veteran crafter, shares the contact information of the companies where she gets her supplies (seashells, jewelry findings, and more); although, many of the components are household items that she cleverly upcycles. This is a book that parents will use to bust boredom, decorate playrooms, and create clever playthings.

*Project Kid: Crafts That Go!* book by Amanda Kingloff, \$19.95, [www.artisan-books.com](http://www.artisan-books.com).

## Stamp out lost stuff

When I was preparing my son's stuff for camp this summer, I was dismayed every time I had to write his name sloppily with a permanent marker into a brand new shirt or bathing suit. Luckily, for the start of the new school year, I have found a much neater — and fun! — solution,

the Minestamp personalized label system. Inventor Paco Navarez bundles his self-

inking stamp — akin to one you might use to put your return address on a letter — with tweezers and a set of letters and numbers that you use to customize up to three lines of text.

After you insert your text (such as your child's name, phone number, classroom, e-mail address, or phone number) into the stamp, you're ready to click it onto anything that might go missing: backpacks, hoodies, lunchboxes, books, and more. The wash-resistant textile ink leaves behind legible text, unlike my attempts with the marker. And if you need to label a dark-colored item, the kit includes a white ribbon which can be stamped and placed onto the dark fabric.

*Minestamp personalized label stamp*, \$17, [www.thegrommet.com](http://www.thegrommet.com).



## Quality is in-grained

Ease your student's back-to-school burden with a backpack that combines comfort with retro style. Recommended for children ages 10 and up, LL Bean's new Wayfarer Pack features a fantastic *faux bois* pattern. That's French for "false wood," but this backpack is a true find. You'll want to go with



the grain because it has a padded back panel and two side water-bottle compartments. Add a little *je ne sais quois* by monogramming it with your child's initials or a single letter, for an additional cost of \$8.

*Ooh-la-la. Wayfarer Pack*, \$49.95, [www.llbean.com](http://www.llbean.com).

## Take note

For notebooks that will stand out from the crowd, check out the Museum of Modern Art's gift shop. Their Hidden Pencil Notebooks have *trompe l'oeil* covers which feature a scatter of colored pencils or tidy yellow pencils lined up in a row. A real pencil nestled in the middle of each cover's composition! The colored pencils notebook has 144 pages of blank paper, and the yellow notebook has 144 pages of graph paper inside. Both notebooks measure 8.5 inches high by 6 inches wide. Best of all, purchasing this clever, utilitarian



notebook from MoMA helps to support the museum's work, too.

*Hidden Pencil Notebooks in colored or yellow*, \$14.95 each, [www.moma.org](http://www.moma.org).

## Lunchbox must-have

It's back-to-school time, and for many of us parents-of-food-snobbs, that means that school lunches are shunned in favor of meals packed at home.

So it's another round of hectic mornings that entail making back-to-back meals at breakneck speed. And there are high expectations for breakfast and lunch; they both have to be delicious and nutritious.

Happily, Stonyfield has released new, uber healthy products — organic, grass-fed whole milk yogurt in cups and organic whole milk yogurt in pouches — which will help parents serve up



A-plus meals quickly and with considerably less guilt than the time we served up chocolate croissants for breakfast! (Hey, it was June!)

The pouches — in truly delicious, rich flavor combinations of strawberry-beet-berry and pear-spinach-mango — can be frozen, so when they're unpacked at lunchtime, they'll be a chilly treat. These little pouches pack a punch by delivering calcium, vitamin D, and 13 mg of omega 3s, DHA and EPA.

*Stonyfield Organic Whole Milk Pouch*, \$1.49, [www.whole-foodsmarket.com](http://www.whole-foodsmarket.com).



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