

BROOKLYN

Family

www.NYParenting.com

February 2017

FREE



Urban adventure

Making the most of
winter break in NYC

The danger
of mercury

Choosing
childcare



Success starts with thinking one move ahead.

Apply Now at SuccessAcademies.org



Exceptional
public
education.

SUCCESS
ACADEMY
CHARTER
SCHOOLS



NEW YORK Parenting

Brooklyn Family
February 2017

Where every child matters



32



18

FEATURES

- 8 Dental health for kids**
February is National Children's Dental Health Month
BY JAMIE LOBER
- 12 Mercury poisoning**
An advocate lays out the danger to your children
BY TAMMY SCILEPPI
- 18 Childcare bliss**
How to select the right caregiver for your family
BY KRISTEN J. DUCA
- 26 Healthiest you ever**
How to achieve your health goals well into the new year
BY GOLDA SMITH
- 32 Go places**
Discover museum family programs for winter break
BY SHNIEKA L. JOHNSON
- 36 Coping with bullying**
New book that can help parents & kids
BY TAMMY SCILEPPI

CALENDAR

- 38 February Events**

COLUMNS

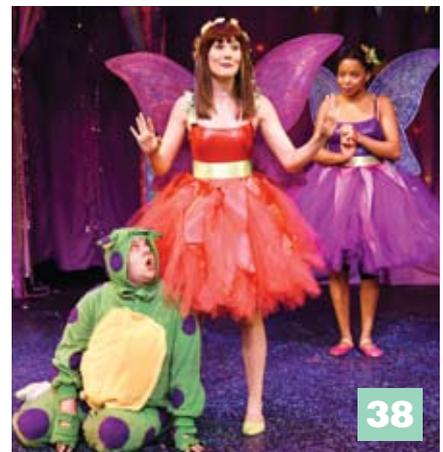
- 6 Healthy Living**
BY DANIELLE SULLIVAN
- 20 Just Write Mom**
BY DANIELLE SULLIVAN
- 22 Family Health**
BY DR. PRAMOD NARULA, MD
- 24 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 28 Behavior & Beyond**
BY DR. MARCIE BEIGEL
- 30 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 34 Divorce & Separation**
BY LEE CHABIN, ESQ.
- 44 Tips for Feeding Kids**
BY DAWN LERMAN
- 46 New & Noteworthy**
BY LISA J. CURTIS

SPECIAL SECTIONS

- 16 Catholic Schools Directory**
- 45 The Marketplace**



28



38

Health coverage

What is health? The word gets thrown around so much that everyone is confused about it. People say health coverage when they really mean “illness care.” Grocery items called health foods are just real foods rather than processed, manufactured pretenders. Health is not only physical, but mental and spiritual, too. To have good health is to be largely without stress, depression, inactivity, and, of course, to have freedom and mobility.



We write a lot about health in these magazines. Every month we have at least two columns from experts in our communities talking about health, and that’s not mentioning the columns we have that give diet, food, and recipe ideas. To me, it all starts with food, and who hasn’t heard the expression “you are what you eat”? As parents, it’s really important that we start

our children off eating right and that we show them that “nutritious is delicious.”

In this issue, our writer Golda Smith talks about achieving health goals for the new year and Tammy Scileppi has contributed an important piece about the dangers of mercury poisoning and how it’s affecting our children. Her interview with Albert Wilking is compelling and informative and a must read.

February is Children’s Dental Health month and we acknowledge this every year. Our writer Jamie Lober tells us how important it is to develop early oral health habits and for children to visit a pediatric dentist earlier than most people might imagine. The baby teeth are just as important as the permanent ones, and care and diet can determine the long range health and appearance of both. Setting an example for your children by taking care

of your own dental needs and decay prevention will go a long way to helping them with their own.

And then there is our intellectual and artistic health, and there is no finer food for that than family visits to our wonderful museums. Family programming tailored to kids is in abundance throughout NYC. We are so lucky! Contributing writer Shnieka Johnson highlights 15 of our finest museums that do just that.

It’s Valentine’s Day month and I’m certain we should love each other as much as possible. We should hug and kiss and hold hands and identify with our neighbors. We should think positive thoughts and stand firm in our commitment to equality and inclusiveness. We should make sure everyone has access to a decent way of life. That would be great for our health in every way.

Thanks for reading!

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

Community News Group

CEO: Les Goodstein
PRESIDENT & PUBLISHER:
 Jennifer Goodstein

New York Parenting

PUBLISHER / EXECUTIVE EDITOR:
 Susan Weiss
PUBLISHER / BUSINESS MANAGER:
 Clifford Luster
OPERATIONS ASSOCIATE:
 Tina Felicetti
SALES REPS: Alexis Benson, Erin Brof,
 Jay Pelc, Stephanie Stellacio
ART DIRECTOR: Leah Mitch
WEB DESIGNER: Sylvan Migdal
GRAPHIC DESIGNERS: Arthur Arutyunov,
 Richard Chance, Gardy Charles, Earl Ferrer,
 John Napoli, Mark Ramos

MANAGING EDITOR: Vince DiMiceli
ASSISTANT EDITOR: Courtney Donahue
COPY EDITORS: Lisa J. Curtis
CALENDAR EDITOR: Joanna Del Buono

Contact Information

ADVERTISING: WEB OR PRINT
 (718) 260-4554
 Susan@NYParenting.com

CIRCULATION
 (718) 260-8336
 Tina@NYParenting.com

EDITORIAL
 (718) 260-4554
 Family@NYParenting.com

CALENDAR
 (718) 260-2523

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

www.NYParenting.com



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

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

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

Join the conversation on Facebook.

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

New York Parenting is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2017



CBE★KIDS Summer Day Camps

Summer 2017

Elementary Day Camp

Entering Kindergarten through 4th Grade

Full Day program. Specialties in on-site swimming, outdoor sports, arts & crafts, nature, gymnastics & music.
Trips in & around NYC.

Movin' On Travel Camp

Entering 4th Grade through 9th Grade

Five days of trips. Two overnights, mature, qualified staff.

Ha'Geemnesia

Entering Kindergarten through 4th Grade

This is our unique Israeli-style Hebrew immersion camp.
Activities related to Israeli culture through art, dance, sports, swim and exciting trips.

Children of All Backgrounds are Welcome

Call Bobbie Finkelstein 718-768-3814 x210
or www.congregationbethelohim.org/camp



Settling into parenthood

An anyone who has ever been a parent knows that one tiny baby can instantly change your life forever. The arrival of your newborn will foster countless wonderful memories, yet, along the way, you will naturally encounter some roadblocks. Part of this is inevitable because babies cry, get sick, and sometimes don't eat. However, distress can build from new parents putting too much pressure (and resulting stress) on themselves.

It's important to remember that learning to become anything takes an adjustment period. You can read everything there is to know about parenting during the pregnancy period, but nothing will ever fully prepare you for the first few nights, weeks, and months at home with your child. Becoming a parent is a trial by fire, but gradually, you will get to know everything you need to know about that delightful little baby.

"Understanding that the transition to parenthood can be challenging and allowing yourself some emotional space to face those challenges is important," says Dr. Deena Blanchard, a mom of three and pediatrician at Premier Pediatrics. Here are Dr. Blanchard's tips to create a positive experience as you transition to parenthood:

You can't control everything

Wouldn't it be amazing if babies came with recipes, and you knew if you just put in the right ingredients and time it would all work out? Being a type-A person myself, coming to terms with the lack of control that parenting brings was really hard for me.

Newborns are often unpredictable. You may do the same thing you did the day before but get a different result. The more you can wrap your head around and accept the randomness of infants, the easier this transition will be.

Plan ahead

While you can't control everything about parenting, there are some things you can plan for that will make your life easier. For example, you can choose your pediatrician before you have your baby. Knowing that you've met with and selected the doctor who will play a key role in helping you transition to parenthood can be very soothing.

Choose a pediatrician who you feel will partner with you and who you feel genuinely cares. Never feel like you are being



rushed or unable to ask all your questions.

Create your village

Previously, when women had babies, they were often near their mothers, aunts, and siblings who would help them. In this global world, we now often need to create our own villages. Join a mom group, whether online or in person. Having friends who are going through the same stages of parenting that you are and that are supportive is priceless. Your village may also include your pediatrician, doula, lactation consultant, and family.

It's your personal village, there is no "right" way to create it. The most important thing is to surround yourself with empathic, supportive, and helpful people. You will be thankful you can transition to parenthood with help from the experts and those who have been through it. This will also allow you to scream for support (to get sleep or even a shower!), or rest easy just knowing it is there for you!

Ask for help

Your family, partner, and best friends may be the most amazing people on earth, but they cannot read your mind. You don't need to "do it all." There is no shame in asking for help. In fact, you will likely be a better and more emotionally available parent for doing so.

Be direct when asking for help. For example, you can ask someone to please bring dinner or do the laundry or hold the baby, so you can shower. You get to decide what



HEALTHY LIVING

DANIELLE SULLIVAN

kind of help you need and ask for it. Taking care of yourself both emotionally and physically is a great gift to your little one.

Best-laid plans can change

It's great to have a plan for how you want to give birth or feed your baby. By preparing with classes and talking to your healthcare providers ahead of time, you will increase the likelihood that these plans will happen. Understand though, that sometimes, no matter how much you want and prepared for something, when dealing with the human body, it may not turn out exactly the way you imagined.

Try to be flexible. Reframe your thinking. If your birth plan didn't turn out exactly as planned, it's okay to feel disappointed but understand it's not your fault. Avoiding self-blame when hiccups or bumps occur on the road of parenting is extremely important.

Baby blues are normal

There is this pressure to always be happy; after all, you just had this adorable baby. The reality is, more than 80 percent of women will have baby blues in the first two weeks after giving birth. Another 30 percent will have a postpartum mood disorders.

Feeling down, sad, anxious, or any other feeling that isn't sheer glee is normal, and there is no shame in it. If you do feel great, that's awesome, but if you don't, please speak up to whomever you feel most comfortable with.

"The First Month" Premier Pediatrics program allows families to have affordable and easy access to breastfeeding, emotional, and parenting support. Learn more at premierpedsny.com.



FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

From school pictures to hundreds of family photos and thousands of selfies, children's smiles brighten our lives.

Let's give them healthy smiles that will shine for a lifetime.

Good dental habits start at a young age and continue as children grow with:

- Regular dental checkups (2x a year)
- Brushing and flossing (at least 2x a day)
- A healthy diet with fruits and vegetables

Smiles — THAT — SHINE



Fidelis Care covers preventive and routine dental care for kids!



FIDELIS CARE®

1-888-FIDELIS • fideliscare.org
(1-888-343-3547) TTY: 1-800-421-1220



@fideliscare

Dental health for kids

February is National
Children's Dental
Health Month

BY JAMIE LOBER

The Department of Health for New York State says that it is important for children to develop good oral health habits at an early age because practicing healthy habits can prevent or reduce tooth decay in infants and children.

"Parents often do not think of the value of what they are doing for their kid's oral health at home until an issue arises," said Dr. Jonathan Shenkin, dentist and spokesman for the American Dental Association.

Teeth tend to appear between 6 to 8 months-old and by age 3, all 20 primary teeth should be in the mouth. Starting around age 6, baby teeth are replaced by permanent teeth, but it's important to remember that both sets of teeth matter.

"When teeth first come they are exposed to saliva and the minerals that exist in the saliva and fluoride that enables minerals to be deposited completely into the tooth," said Shenkin.

You have to give the teeth time to become strong. Diet plays a big role, and soda can be one of the worst culprits.

"If you are continually consuming sugars throughout the day you are constantly reducing the acid level in your mouth making teeth more susceptible to decay processes, so it is about the frequency



and consumption," said Shenkin.

"Poor oral hygiene combined with poor nutrition can cause tooth decay in kids that could be easily avoided."

Set an example of how children should take care of their teeth by taking care of your own.

"If you do not have appropriate behaviors that improve oral health you put your kid at great risk for developing disease," said Shenkin.

To do so you'll need to have the right tools. "A big change we made in the last year and a half is recommending fluoride toothpaste for children as soon as the first tooth erupts in the mouth," said Shenkin. "We used to say age 2 was the first time you would provide fluoride toothpaste, but we changed it based on the amount you use and the age of the child."

And you should know your measurements.

"We recommend at the eruption of the first tooth to start using a piece of toothpaste the size of a piece of rice to help parents visualize the amount, which is extremely small to minimize ingestion. And then at age 3 we recommend a pea-size amount," said Shenkin.

Your child should be brushing twice a day. "Morning and night is imperative and it is not just about putting the toothbrush in

the mouth, it is about removing the plaque on the teeth and the sugars that cause the decay," said Shenkin. "It is important that parents monitor toothbrushing until kids tie their own shoelaces, which is at 6 to 7 years of age, because they do not have the manual dexterity to appropriately remove plaque," said Shenkin.

Sometimes the right toothbrush can make a big difference.

"Electric toothbrushes can inspire children to brush their teeth and they do a better job if they are excited about the process," said Shenkin.

You'll also need a trustworthy dentist who can help with the cleaning.

"We typically recommend at age 1 or within 6 months of the eruption of the first tooth to have the first visit to find out what kind of risk factors exist," said Shenkin. "We recommend seeing the dentist based on your risk level so some kids go once a year and some need to go 4 times a year."

The dentist may have some individualized recommendations that consider your child's needs.

"Parents do not realize the importance of dental sealants at the age of 6," said Shenkin. Evidence shows they work wonders. "The most decayed tooth in the mouth for all of us is the adult first molar on the biting surface and the most effective

way of reducing risk for tooth decay in young kids is to put a dental sealant or a little plastic coating on it to dramatically reduce the incidence of tooth decay," said Shenkin. It is advised to do that on all permanent molars for kids.

If your child wants sugar, it is best with a meal.

"Do not have sugars in between meals because having it with meals would expand the time period that there are higher levels of acidity in the mouth," said Shenkin. "Mistakes parents make are putting kids to bed at night with a bottle with fermentable sugars, juices, or milk because it can result in decay."

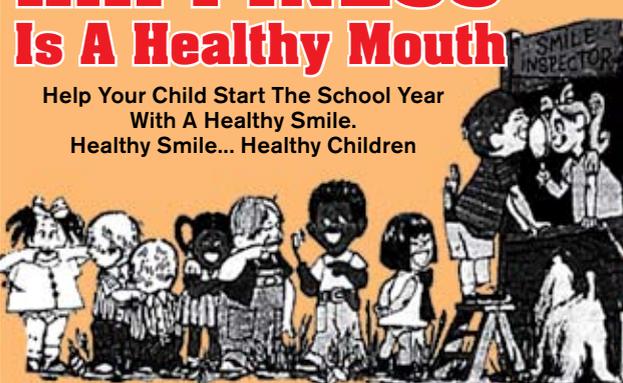
February is National Children's Dental Health month, making it the perfect time to talk with your child about why taking care of his teeth matters. And it may sound basic, but folks easily overlook the importance of dental health.

"The most important thing we have recognized is how kids can come to the dentist earlier to reduce disease levels, educate parents, and redirect behaviors in the household," said Shenkin.

Jamie Lober, author of "Pink Power" (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com. © 2015 Jamie Lober

HAPPINESS Is A Healthy Mouth

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



Dentistry For Children

Your Child's Teeth Are Too Precious To Waste

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

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

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



WINDMILL MONTESSORI SCHOOL

Accredited Preschool, Elementary, JHS & Academic Summer Camp

A PEACEFUL PLACE TO LEARN SINCE 1941
Proudly Celebrating 75 Years of Quality Education

Windmill's environment encourages children to

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

CURRICULUM ADVANTAGES

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

PLUS MORE

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

Happy Learners (ages 23-14) & Happy Campers (ages 3-12)

Call about a Mom & Me program in the Spring.

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

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

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

OPEN HOUSE
Thursday, Jan. 26th
Wednesday, Feb. 8th
Thursday, Feb. 23rd
Wednesday, Mar. 8th
Tuesday, Mar. 21st
Tuesday, April 4th
Wednesday, April 26th
9:00 - 10:30 am



Academic Montessori Summer Camp
for 3-12 year olds
with
Creative Writing for 6-9
and 9-12 year olds
6 week Program
June 29 - Aug. 11

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

Digital CAMP GUIDE 2017



Check it out
on nyparenting.com



NEW YORK
Parenting



NEW YORK
**SPECIAL
CHILD**

LONG ISLAND
**SPECIAL
CHILD**

WESTCHESTER/
ROCKLAND
**SPECIAL
CHILD**

Trusted since 2008

**Informing & enriching
"Special Needs" families
throughout NYC, Long Island
& Westchester/Rockland**

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

Visit us online at

www.NYParenting.com

Like us on our Facebook page, NYParenting



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

New York Parenting/CNG

1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
718-260-4554 • family@nyparenting.com

Where
Happy, Healthy
Smiles Are
Second Nature

We
offer
sedation
and
laughing
gas



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

***We understand the importance of creating a strong foundation for oral health early on,
which is why we focus on making dental care fun for kids!***

***When children enjoy their time here, they're that much more likely to enjoy beautiful,
healthy smiles for life!! By appointment only!!!! Call Today!***

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



PkSlpKidsDental

Mercury poisoning

An advocate lays out the danger to your children

BY TAMMY SCILEPPI

Albert Wilking's "toxic" past was riddled with a series of weird, and at times, "poisonous" experiences. Growing up, he was plagued by relentless illnesses and a puzzling assortment of maladies. But after years of questioning, rigorous self-discovery, and extensive research into harmful toxins, this amazing New Yorker finally found himself in a place of healing and wellness — and knew he had a calling: To educate the public about the dangers of mercury poisoning, with a goal of having all children mercury-free by the year 2020.

Imagine a perfect, toxin-free world in which kids everywhere can live, play, and learn — forever safe and protected from all of the bad stuff that can harm them, such as lead, free radicals, hormone-filled and pesticide-laced meats and produce, as well as genetically modified foods. They'd even be safe from potential mercury poisoning due to leakage from amalgam dental fillings.

What would this awesome, environmentally friendly utopia — where parents don't ever have to worry about what their children consume or inhale — look like?

It's fun to imagine, but let's face it, the harsh reality is that no matter how hard we try to protect them, kids can't live in a bubble. And if they could, they'd break free!

Still, that's the kind of wonderful world wellness expert and mercury-free advocate Wilking, 53, dreams of and hopes for (in theory). Like the hundreds of parents he educates, he's especially concerned

about the potentially harmful effects of mercury in children, but says he can actually imagine a time, in the not too distant future, when moms and dads may worry less about toxins.

His motto, "mercury-free kids," describes a life-long wellness mission that he has embraced since his younger days, after dealing with a wide range of diseases and medical illnesses that he believes were mostly due to mercury poisoning.

The parent of 15-year-old son Felix says when he's not teaching mercury poisoning and recovery, he's studying it, and believes, "It's a tragedy that modern-day healthcare continues to administer to unwitting consumers — mercury in dental fillings, and vaccines, and that much of the 'science' they give us is misinformation."

His website www.mercuryfreekids.org is chock full of helpful information and suggestions based on Wilking's own personal journey and fascinating findings. (Mercury Free Kids and Mercury 101 do not offer medical advice. Parents and caretakers should consult their child's pediatrician and dentist if they suspect mercury poisoning, which may turn out to be something else entirely.)

Wilking's past was often riddled with a series of strange, toxin-related experiences that compelled him to investigate the connection between those and his ongoing health problems. For a while, that past would define him. But in time, he found himself in a much better place, and he knew he wanted to help others.

On his site he writes, "I have a history of living and working in toxic environments. When growing up, my family home had a

photography studio, and a painting studio with toxic artist paints. The family regularly adventured into abandoned factories, industrial sites, and ghost towns. It was exciting but toxic.

"During my middle school years, playgrounds included the town dump and climbing over mounds of brightly covered chemicals at the Middlesex Chemical factory. I played with mercury from broken thermometers, and remember losing the mercury beads into the floor boards of our house. Wounds were occasionally treated with Mercurochrome, and vaccines were administered."

Young Albert had chronic ear infections, severe allergies, and almost constant colds. As a teen, his emotional problems became more apparent.

"As an adult, I regularly worked with toxic paints," he writes. "I soldered copper pipes with lead, refinished furniture with toxic chemicals, and renovated two dentist offices. I had a very expensive sushi habit, was a tuna sandwich junkie, regularly drank Gatorade (bromine), and used cold medicines (bromine)."

"My life-long, severe allergies and emotional instability continued. I cried almost every day of my life until my mid-20s. I could fly into a rage for the smallest of reasons."

Wilking has started an important conversation about this crucial but mostly forgotten issue, mercury poisoning, and in this in-depth interview, provides NY Parenting readers with his valuable input. He says he has consulted with other mercury experts, including dentists, chemists, scientists, and policy experts, like Michael



T. Bender, director of the Mercury Policy Project <http://mercurypolicy.org>.

Tammy Scileppi: Is a mercury-free USA a realistic goal? And what about other countries?

Albert Wilking: My mission has all children mercury-free. I have my work cut out for me to get enough adults educated to protect all of our beautiful babies going forward.

Some countries like Norway and Sweden are mercury-free in dentistry. Unfortunately, countries like the Philippines have a huge problem with mercury from mining.

The U.S. is now allowing coal fly ash to be used in household products like sheet-rock and carpet backing. Another hidden place for mercury is in high fructose corn

syrup. About 20 percent of fructose is mercury tainted. Mercury poisoning isn't going away any time soon. The best thing we can do is to educate ourselves.

I've made a comprehensive list of mercury sources on my website (www.mercurymercuryfreekids.org/hg-poisoning-sources).

TS: Dentists still use fillings with mercury, so how do parents get around that?

AW: Unfortunately, the American Dental Association still requires those on social services, including little children, to have mercury fillings placed, or they will have to pay for services out of pocket. There are dentists that have been in the business for a long time, who claim a small amount of mercury is harmless. You may notice I call amalgam dental fillings mercury fillings, and that's because they are

50 percent mercury. There is only nine to 12 percent silver in the filling, so they should never have been called silver fillings. They should be called what they are, mercury fillings.

TS: So, why is mercury potentially harmful to kids and adults?

AW: Mercury interferes with our proper usage of the essential elements. These elements can protect us from mercury, but only to a certain extent. Our systems and bodies can become deranged in the presence of mercury. To get our systems in top shape, we need to get the toxins out of our bodies by making sure we are flush with needed elements. It's a balancing act.

TS: Regarding those elements, how does your site's two-hour interactive workshop with Q & A sessions work? How can

parents access it?

AW: My current workshop is called “The Building Blocks of Life” and is at www.mercuryfreekids.org/life-building-blocks.

I use lots of easy-to-understand stories and metaphors to explain the essential elements and vitamins we need for survival. Let’s compare a brick building to that of a human body. You may have heard we need lots of calcium. However, most of us have all the calcium we need. If we view calcium as the bricks in our building, what we need more of is the mortar between those bricks to make our walls solid. Magnesium is that mortar. It’s needed in more than 300 of our vital cellular processes. It gives our bones and teeth strength.

Iodine makes the longest bonds known to man. Seventy percent of a thyroid hormone is made up of iodine. Iodine is the architectural plan for our bodies. It tells us where to put our walls, how tall we will grow, what goes in the rooms, and when the garbage is taken out. Without enough iodine, the body loses direction and order. We can see that when the thyroid starts backing up, growing into a goiter. Without iodine, the thyroid starts swelling up with half-baked hormones; it’s as if the service staff in our building has gone on strike.

TS: Talk about your “mercurial” past and your leaky dental filling.

AW: My entire life, I had some kind of constant chronic infection: Lyme disease, conjunctivitis, allergies, constant colds. I was on antibiotics for two years for Lyme disease; I couldn’t get rid of it. Because of that leaking filling, I learned about bacteria and methylate mercury. When the body or the antibiotic kills off the bacteria, the mercury is released, and then the body has to deal with the mercury. So there is this chronic level of inflammation, and the body doesn’t get better. The bacteria will not die off until the mercury is removed. [https://en.wikipedia.org/wiki/Mercury\(II\)_reductase](https://en.wikipedia.org/wiki/Mercury(II)_reductase).

Today, I’m one of the healthiest people I know. My knees and joints had ached since I was a child. No more. You can see a list of my problems, at www.mercuryfreekids.org/about.

TS: How did your “toxic” past define you for a while?

AW: At one time in my life, I had a problem with self-medicating, whether it was drinking too much alcohol, taking a bunch of vitamin supplements, or spending too much money on sushi. Think of these common sayings, “I really tied one on last night” or “he/she really knows how to hold their liquor.” I thought I was fearlessly, heroically approaching life. Now I see it for what it is: ego, and putting myself in a constant state of stress through toxic

Bromine: Toxic and pervasive

Children’s health advocate Albert Wilking claims that some of his health problems stemmed from exposure to mercury and bromine which could be found in his Gatorade and cold medicines. According to the Centers for Disease Control and Prevention, “Bromine works by directly irritating the skin, mucous membranes, and tissues.

“The seriousness of poisoning caused by bromine depends on the amount, route, and length of time of exposure, as well as the age and preexisting medical condition of the person exposed,” states the Centers for Disease Control and Prevention website.

The Centers describe Bromine as “a naturally occurring element that is a liquid at room temperature. It has a

brownish-red color with a bleach-like odor, and it dissolves in water.”

Bromine can be found in a number of places in your everyday world, including:

- Pesticides (specifically methyl bromide, used mainly on strawberries, predominantly in California).

- Bakery goods and some flours often contain a “dough conditioner” called potassium bromate.

- Soft drinks (including Mountain Dew, Gatorade, Sun Drop, Squirt, Fresca, and other citrus-flavored sodas), in the form of brominated vegetable oils.

- Medications such as Atrovent Inhaler, Atrovent Nasal Spray, Pro-Banthine (for ulcers), and anesthesia agents.

- Fire retardants used in fabrics, carpets, upholstery, and mattresses.

ingestion. I think it’s addictive. Mercury poisoning is actually called mercury intoxication.

TS: What about emotional issues stemming from mercury poisoning?

AW: The phrase “emotional lability” was first coined in reference to mad hatters. They were quite common in Danbury, Conn. and Newark, N.J. In the hatting business, mercury nitrate would steam the felts for hats, rise up to the ceiling, condense, and drip back down onto the heads of the workers, staining their hair and skin orange. Johnny Depp played it quite well in “Alice and Wonderland.” Many hatters were off their rockers and their emotions would flip on and off. About 60 percent of the deaths in the industry were men under the age of 30! www.mercuryfreekids.org/mercury101/danbury-shakes.

We all know people who can fly into a rage or start crying over the smallest things. I was one of them. (Emotional lability is also listed as a symptom of acrodynia: <https://en.wikipedia.org/wiki/Acrodynia>)

TS: What should parents do to avoid mercury exposure?

AW: The best way is to be educated on the subject. I have a great page with almost all the sources of mercury possible: www.mercuryfreekids.org/hg-poisoning-sources.

Mercury is 500 times more dangerous than lead. It has an affinity for sulfur, and we are loaded with sulfur. If a thermometer breaks inside a school, the entire school can be closed while men in clean suits do remediation. The amount of mercury in a thermometer is about equal to the amount of mercury in a large dental filling!

Old-school dentists that drill mercury

out of people’s mouths, with very little in the way of safety precautions, are in denial of putting the health of themselves and their patients at risk.

Today, conscientious, educated dentists are using clean-room technology to protect themselves, their staff, and their patients from mercury.

If you go to www.dentalwellness4u.com/layperson/symptoms.html, you can read about holistic, mercury-free dentistry of Dr. Tom McGuire. He has been a mercury-safe, holistic dentist for more than 35 years, and is an innovator and leader in holistic dental wellness, having spent the last 20 years researching mercury amalgam fillings and studying their effects on overall health.

In addition, the doctor’s extensive research into mercury detoxification has resulted in the development of his mercury detoxification program. (Click on, “Mercury Detoxification: The Natural Way to Remove Mercury from Your Body,” to review the book and read chapter excerpts.)

And you can also check out this video: https://www.youtube.com/watch?v=AO_6W-Hnt64.

Once a parent or anyone else sees the safeguards these dentists use in this video, good luck going back to an old-fashioned dentist.

•••

For additional reading, check out this 2014 article on forbes.com about other harmful toxins, titled “11 Toxic Chemicals Affecting Brain Development In Children” www.forbes.com/sites/alicegwalton/2014/02/15/11-toxic-chemicals-affecting-brain-development-in-children/#75c4001e79e3.



LePort Montessori Cobble Hill

INFANT · TODDLER · PRESCHOOL · KINDERGARTEN · SPANISH IMMERSION OPTION

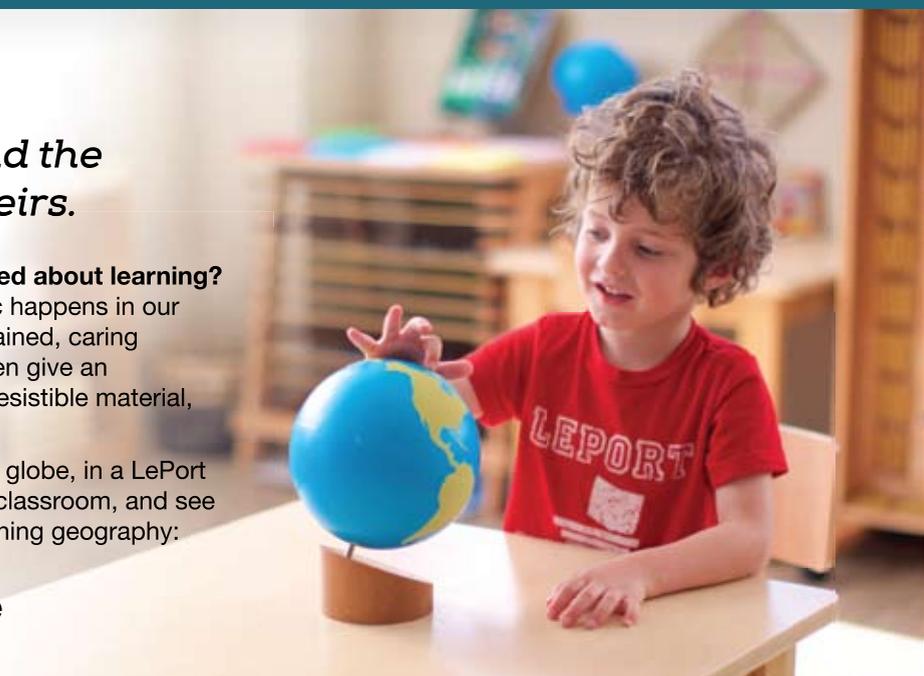
Put continents at their fingertips and the world becomes theirs.

How do you get children excited about learning?

At LePort Montessori, the magic happens in our prepared environment, where trained, caring teachers observe each child, then give an individualized lesson, with an irresistible material, at just the right moment.

Watch a 3-year-old discover the globe, in a LePort Spanish immersion Montessori classroom, and see how we ignite a passion for learning geography:

leport.com/go/globe



Schedule a tour at leport.com/cobblehill/events or call (718) 340-3550

“★★★★★ You can't quite believe what you're seeing.” *The Scotsman*

WATER ON MARS

The future of juggling

Designed for space stations and distant planets
FOR EVERYONE AGES 5+



GUINNESS WORLD RECORD HOLDERS!

Feb 10 – 26

Added Performances for Winter Break

TICKETS START AT \$16



THE NEW VICTORY® THEATER

NewVictory.org 646.223.3010
209 W 42ND STREET, just west of Broadway

Catholic Schools Week

DIRECTORY

Our Lady of Trust Catholic Academy

1696 Canarsie Road - Canarsie 718-241-6633
oltcasocialmedia@gmail.com www.ourladyoftrustca.org

Pre-K 3 (3-year-old program) through Grade 8 instruction. Providing all students with a Catholic faith-based education rooted in the teachings of Jesus Christ. We strive to facilitate each child's optimum growth and development – spiritually, intellectually, and socially. The school fosters and creates an atmosphere of warmth and caring; a place where the development of confident, self-sufficient, responsible, moral human beings may flourish and grow, and additionally provides a safe, nurturing learning environment for each child.

St. Edmund Elementary School

1902 Avenue T – Sheepshead Bay 718-648-9929
www.stedmundelem.org saintedmundelem@gmail.com

Our school is a coeducational elementary school serving students from Nursery through 8th Grade. Our school endeavors to educate the whole child: Spiritually, academically, socially and physically, in order to become responsible moral citizens in today's society. At St. Edmund, we envision our school as an academic center founded upon solid Christian and academic principles which will serve our children and reflect their multicultural backgrounds. St. Edmund Preparatory High School is located next door, and we enjoy a close, ongoing relationship. Many of our graduates go on to high school at St. Edmund Prep.

St. Francis of Assisi Catholic Academy

400 Lincoln Road – Prospect Lefferts Gardens 718-778-3700
www.sfabrooklyn.org office@sfabrooklyn.org
Principal – Danielle Gonzalez

Our school has educated children for more than 103 years in the Catholic tradition of excellence. The school follows the NYS curriculum for the core subjects. Specials include Physical Education, Technology, Music, Art, and Performing Arts. Students are instructed to act as peer mediators, classes include focus on conflict resolution and non-violent behavior and the school's Peace Garden is a continual reminder of our commitment to creating a peaceful society. Students graduate equipped with strong study skills, time-management and note-taking techniques that prepare them for High School and College. Tuition Assistance is available through programs sponsored by the Roman Catholic Diocese of Brooklyn and the SFACA Alumni Scholarship Program.

St. Patrick Catholic Academy

401 97th Street – Bay Ridge
718-833-0124 or www.stpatrickca.org
Principal – Kathleen Curatolo

Intelligent, Spiritual, and Compassionate Catholic Education at its Finest since 1863. Students (Age 3 to Grade 8) are critical thinkers and thoughtful critics; they respect one another and are compassionate. Early Childhood Program students explore, discover, imagine, and learn in nurturing spaces under the watchful of experienced, caring teachers. The curriculum prepares students to reach their goals and meet the challenges of high school and beyond. Early Bird (7AM) and Extended Day (ends at 6PM) programs; Nursery half- and full-day options; Literacy & Laughter Toddler Program.

Xaverian High School

7100 Shore Rd – Bay Ridge 718-836-7100 x117 www.xaverian.org

A Catholic, co-educational, college preparatory school in the tradition of the Xaverian Brothers since 1957. A cutting edge, one-to-one learning environment with iPads for every student. Project and problem-based learning through hands-on classroom experiences within the Michael T. Strianese '74 STEM Program, Xaverian's highly acclaimed Science, Technology, Engineering, and Math curriculum in conjunction with Project Lead the Way. Private bus service is available. Now offering Parent Tour Thursdays or spend a day on our campus as a "Clipper for a Day".



XAVIERIAN

Xaverian now offers
Parent Tour Thursdays.

For more information, contact the
Admissions office at 718-836-7100 x117

VISIT US

Spend a day on our campus as a
"Clipper for a Day" and
experience what life is like as a Clipper

A Catholic, co-educational, college preparatory school in the tradition of the Xaverian Brothers since 1957, Xaverian offers:

- A cutting edge, one-to-one learning environment with iPads for every student
- Project and problem-based learning through hands-on classroom experiences within the Michael T. Strianese '74 STEM Program, Xaverian's highly acclaimed Science, Technology, Engineering, and Math curriculum in conjunction with Project Lead the Way
- College counseling and Internship Program
- College credit opportunities available through

numerous AP, St. John's University, and Syracuse University courses

- College placements at prestigious schools such as Brown University, Columbia University, Cornell University, Georgetown University, Macaulay Honors at CUNY, New York University, Princeton University, University of Notre Dame, University of Pennsylvania, US Military Academy at West Point, and US Naval Academy, with the class of 2016 earning \$36,880,924 in scholarships!
- Unique extracurricular offerings, including the renowned MAX (Music at Xaverian) Program, as well as a competitive athletic program for boys and girls



For more information, please contact Xaverian's Office of Admissions at (718) 836-7100 x117 or admissions@xaverian.org
7100 Shore Road, Brooklyn, NY 11209 | www.xaverian.org/admissions | TACHS #011

Our Lady of Trust Catholic Academy

1696 Canarsie Road Brooklyn, NY 11236
718-241-6633 (ph.) • www.ourladyoftrustca.org

*Come for a
visit to join our family!*

We Provide Catholic Education in Canarsie to grades Pre-K 3 through 8th

Our Early Childhood Program Features:



- Themed units that encourage your child's curiosity, increase confidence, and support self-directed activities
- Observation-based assessments that track your child's progress toward developmental milestones and kindergarten readiness

- Regular teacher family communication, including daily updates to keep you informed
- Mini Computer Labs and Smartboards in every classroom
- SuperKids Reading Program
- GoQuest Web-based system
- Spanish
- Music
- Performing/Fine Arts
- Extended Physical Education Program/Health
- Title I Extension Program
- Speech therapist
- Extended Day - Early Bird: Drop off & After School program
- Common Core Instruction
- Hands-on experience chosen to boost math and science skills



St. Francis of Assisi Catholic Academy

400 Lincoln Road
Brooklyn, NY 11225
www.sfabrooklyn.org

Serving children in Pre K ~ Grade 8

UPK site - FREE Pre K

For Academic Excellence

For a Faith-Based Education

For Creative Arts, Music and Drama

For 21st Century Technology Education



OPEN HOUSE

Tuesday, February 7, 2017
8:30 AM

TOURING TUESDAYS!

Tours, Interviews
& Registrations:
8:30 AM Tuesday mornings
starting in February

Call: 718-778-3700 or Email: office@sfabrooklyn.org

Your child is cordially invited to join
our vibrant school community!



St. Edmund Elementary School

- Preparing our students spiritually, academically, socially and emotionally to greet the future in a safe and nurturing environment
- Newly Installed STEM Science Lab
- Computer Lab
- Interdisciplinary Project Based Learning on All Grade Levels
- 8th Grade Honors Math & Science – Regents Classes
- Spanish, Art, Music Instruction

Nursery to 8th Grade

For registration information or to schedule a tour,
please call 718-648-9229

1902 Avenue T
Brooklyn, NY 11229

Scholarship Information is available at:
www.futuresineducation.org



St. Patrick Catholic Academy

Nursery through Grade 8



INTELLIGENT, COMPASSIONATE, SPIRITUAL
CATHOLIC EDUCATION AT ITS FINEST SINCE 1863

ADMISSION TOURS
EVERY TUESDAY AT 9:30AM

Now accepting applications for 2017-2018

401 97th Street | Brooklyn, NY 11209 | 718.833.0124 |
STPATRICKCA.ORG | ADMISSION@STPATRICKCA.ORG

Childcare bliss

How to select the right caregiver for your family

BY KRISTEN J. DUCA

Selecting a caregiver for your child is one of the most important decisions many families will make. Whether you need childcare because you are returning to work, craving some time to yourself, or spending some time with your significant other, you will want to find the ideal caretaker for your child. Below are a few tips to help you navigate the nanny search:

One size does not fit all

A multitude of childcare possibilities exist for you to consider, and of course

there are pluses and minuses to each of them. Just remember that you are in the driver's seat and can choose the path that best fits your family's needs. Hiring a caregiver to look after your child is a very personal decision. Every family has its own dynamics and unique views on

parenting. Feel secure and confident in your child-rearing decisions.

Be patient

Do not rush the childcare search. Finding the ideal person to take care of your little one will take time and patience. It is important to be prepared and detailed in your search. Finding the ideal caretaker for your child requires a lot of time and hard work. However, if you put the effort into the search up front, you will be rewarded with the result.

Lay groundwork

Laying the foundation toward building the ideal childcare situation is critical.

Formulating a clear description of your childcare needs now will save you loads of future frustration. You can zero in on exactly what type of situation you need to make sure your household runs smoothly and happily.

The ideal or "perfect" childcare situation depends on you and how specific you are in recognizing and expressing your needs, as well as on how your family spends its time. It is important that before you start your childcare search you set aside time to sit down and ponder what it is that you are hiring for and develop interview questions based on your needs.

Interview candidates thoroughly

Always remember to conduct a thorough interview and check references. You will want to conduct interviews (by phone, in person, or via webcam) with potential candidates in order to screen them through a series of questions. You need to ask prospective candidates the right questions in order to narrow down your list and eventually pick a suitable nanny for your family.

If possible, try to interview candidates



in person so you can see their immediate reactions, facial expressions, and overall poise. These interviews do not have to be conducted in your home. You can always meet up at a local diner or coffee shop or get together at another mutually convenient location such as a library or bookstore.

Be reasonable

Be aware of what assistance you are asking for, and make sure it is reasonable. To put it bluntly, if you are not willing or able to do it all, then your childcare provider should not be expected to either.

Childcare providers are not superheroes. They are humans who have strengths, weaknesses, and feelings, just like you. As a rule of thumb, it is generally never a good idea to ask your childcare provider to do tasks that you cannot handle yourself.

Understand that your childcare situation will evolve

As your child changes or your family dynamics change, your childcare needs will change. These childcare needs will constantly evolve as your child blossoms

Finding the ideal caretaker for your child requires a lot of time and hard work. However, if you put the effort into the search up front, you will be rewarded with the result.

through the stages of life. It is important to realize that you are not pigeonholed into the first childcare situation you created at a specific point in time.

A situation that works for your newborn child will likely need to be scrapped, tweaked, or revised as your child starts school. You may have to realize that expecting the unexpected and having the ability to be nimble is crucial to formulating the right childcare situation at any given point in time.

Go with your gut

You may luck out and hire the first nanny you meet, or you might have to interview several candidates. Everyone

has a different experience, but if you are dedicated to the childcare search, you will find the best candidate for your family.

Always go with your gut, and trust your instincts.

Trial

Suggest the nanny candidate you are interested in start working with your family on a trial basis so you can ensure you find the right fit for your family.

A trial period of a few days, a few weeks, or even a month is a good way to find out if your nanny's personality and style fit well with your family's. Remember that a happy child makes for a happy parent!

New York-based working mother Kristen Duca and her husband are the parents of two girls. Duca has worked in the financial services industry for two decades in addition to serving as a contributing writer for New York area publications. She is the author of "Ultimate Nanny: How to Find, Interview, and Manage the Most Important Person You Will Ever Hire – Your Child's Nanny" available on amazon.com now. Get the inside scoop on how develop the right criteria, identify, and select the ultimate nanny.



Your Child is the Center of our World.

No two children are the same. That's why we offer a multidisciplinary approach to meet your child's unique needs. Whether your child is here for one service or a combination of services, our experienced therapists will tailor a plan that inspires your child to progress. We even coordinate with home and school teams to ensure carryover of skills, and ultimately, greater success for your child and family. EBS Therapy of New York is located in Brooklyn, Manhattan, and beyond!

Speech and Language Therapy
Occupational Therapy
Physical Therapy

EBS
THERAPY
—of New York

718-238-0377
info@ebstherapy.com
www.ebstherapy.com

EBS Therapy of New York is an approved provider for the New York City Department of Education for CPSE and CSE services.



What happened to love stories?

I miss romantic movies.

I realized this only recently over Christmas break when I had some downtime. It was the first time in a full year that I had one entire week in which I did not have to get up to the sound of my phone alarm. It was glorious. During that splendid week, once the hustle and bustle was over, I noticed that there were so many movies that I loved on various channels, and I happily indulged (albeit often while checking e-mails, but still).

There was “Prelude To A Kiss,” “Moonstruck,” and “The Family Man.” While none of these are particularly life-changing, they are entertaining and relatable family tales in which one person loves another person. Yes, they have trials. Yes, they have fights. Yes, they question whether they should be together at times. But in the end, they love each other.

Love.

The characters aren’t scouring Tinder for a new hook-up or late-night texting to

plan for a friends-with-benefits situation. They actually found a person attractive — in real life, and (gasp) spoke to them (!), and then essentially got to know them. They fell in love and decided to spend their life with that one person.

I have not been to a good movie in ... wait, let me think ... I honestly can’t even remember the last time I went to a good movie. The theaters now seem packed with action flicks, superhero remakes, and, well, utter crap: trashy material aimed at teens, which ironically attract countless middle-aged people, too.

Where are the true love movies? Where are the stories that show us, especially our youth, that although relationships are tricky, falling in love is possible — that any relationships, romantic or otherwise, require sacrifice and dedication, and that life is more than liking half-naked photos on your phone?

We need to be reminded that relationships are work, whether we are talking about friendships, romantic relation-



JUST WRITE MOM

DANIELLE SULLIVAN

ships, or even work partnerships. Being in any relationship requires us to grow and move beyond our comfort zones. A good relationship will challenge you, but the rewards are immeasurable.

The good thing is that February is the month of love, so the cable networks will be playing all the favorites — get ready for the marathons. While I do love stories, I’ve never seen the one that so many swear by, “The Way We Were.” I know the story, but I want to see it for myself, from beginning to end. Or course, if “The Notebook” happens to find its way to my TV, well, I’ll happily indulge in that, too.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City.



Community
Partnership

A
Beginning
with
Children
School

A Free Public Charter School In YOUR Community!
K-4 @ 241 Emerson Place, Brooklyn NY 11205
5-8 @ 114 Kosciuszko Street, Brooklyn NY 11216

NOW ACCEPTING APPLICATIONS!
Kindergarten – 8th Grade and Beyond!

Join our Lower School! grades K-4

- 25 students per class with two teachers • 2 Classes at each grade level
 - Curriculum tailored to meet individual needs of every student
 - Fully inclusive program for students with special needs
 - Art, Music, P.E., or Technology Classes
 - Frequent Field Labs - learning outside the classroom
 - Partnerships with Dance, Yoga, Swimming, Chess and Robotics
 - Robust After-School enrichment programs
 - A commitment by the "Legacy Network" to support students from high school to university



Join our Middle School! grades 5-8
Our Graduates attend these NYC Public HS & Independent Boarding/Day Schools!

Brooklyn Latin; Bedford Academy; Benjamin Banneker; Medgar Evers College Prep; Urban Assembly for Law and Justice Choate-Rosemary Hall; Little Red School House; Brooklyn Friends

- Small class size and collaborative team teaching
- Nurturing Program with high academic standards
- Field lessons-learning opportunities outside of the classroom
- Robust After School Programs, Partnering with SONYC!
 - A commitment by the "Legacy Network" to support students from high school to university

Lower School

241 Emerson Pl., Brooklyn, NY 11205

Open House

Tuesday, Jan. 24 9am–10am and 5pm–6pm
 Tuesday, Feb. 7 9am–10am and 5pm–6pm

Middle School

114 Kosciuszko St., 3 Fl., Brooklyn, NY 11216

Open House

Tuesday, Jan. 24 9am–10am and 5pm–6pm
 Tuesday, Feb. 7 9am–10am and 5pm–6pm

Visit www.cpcsschool.org and apply today!

For additional information, call: Lower School @ **718.399.3824**
 and Middle School @ **718.636.3904**



RIVENDELL SCHOOL

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

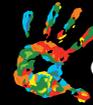


A Montessori inclusion school serving children two to six years old for more than thirty years.

277 3rd Avenue

(bet. Carroll & President Streets)

718-499-5667



CONSTRUCTION KIDS

Old School Tools, New School Learning

Register Now For Summer Camp 2017

Ages 4 to 6:
 Encourage Imagination
 and problem-solving

Ages 7 to 9: ^{New}
 Advanced Camp
 Engineering Challenges and
 Kid Safe Power Tool Lessons



Weekly Sessions

Multiple locations in Manhattan and Brooklyn
www.constructionkids.com • info@constructionkids.com
718-522-2902



Tips on evaluating a sprained ankle

My 8-year-old son is always running, jumping, or climbing on something. I am particularly worried about him slipping on ice. He has twisted his ankle this way before, and I have always been able to treat him at home with an ice pack and a children's pain reliever. When should I be concerned that a sore ankle might be something more, and what are the signs that he needs to go to the emergency room?

Twisted ankles (or sprains) are a very common concern — and can cause much confusion — for many parents. Like you, they want to take the best care of their child without making unnecessary trips to the emergency room.

The rule of thumb for ankle injuries is watchful waiting. Should your son twist his ankle, keep a close eye on the affected area — some symptoms may appear immediately, others may develop over the next hour or two. It is important to pay attention to what he says he is feeling. If a few hours after treating your son with an ice pack and a Tylenol or ibuprofen he is not complaining of pain and feels well enough to play, it is unlikely that any medical attention is required.

However, if symptoms such as pain and swelling persist, you should be prepared take him to his pediatrician or an outpatient clinic or, in the case of a severe sprain, the emergency room.

Sprains are one of the most common types of ankle injuries. They occur when stress is placed on the ankle at an angle it cannot sustain, causing a stretching or tearing of the ligaments, the fibrous tissues that connect bones to each other. At the time of injury, a sprain may cause a popping sound, and cause swelling, bruising, and tenderness in the ankle to develop.

A sprain can range in severity from minor to major. Some ankle sprains just need rest to resolve; others may be very painful, with the ankle unable to bear weight. In cases in which the ligaments are badly torn, the ankle may have severe bruising, increased swelling, and be unable to bear weight without significant pain and may feel slightly unstable. In this case, immediate medical attention is needed, and depending on what facility is most accessible, possibly a visit to the emergency room.

With a physical examination and, al-



FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
NewYork-Presbyterian Brooklyn
Methodist Hospital

most surely, an X-ray, a physician will be able to determine the full extent of the injury and recommend the best course of treatment. Minor sprains can be treated using the RICE method to reduce swelling and pain:

- Rest the ankle
- Ice the area
- Compress the ankle with an ace bandage to keep it stable
- Elevate the ankle when sitting or lying down

These sprains will usually heal within a few weeks. More severe sprains may also require some physical therapy and/or the use of an elastic bandage or a cushioned plastic brace, or even the temporary use of crutches. These more serious sprains may require between six weeks and three months of recovery time.

Some of the symptoms of a sprained ankle, such as swelling and bruising, overlap with those of a fracture. There are some key ways to tell the two apart. A fracture, or breaking of a bone in the ankle, will cause a cracking sound rather than the pop associated with a sprain. Fractured ankles may also appear crooked or otherwise deformed after the event. Additionally, the pain will emanate from the bone itself rather than the area around it. In some cases a sprain and a fracture occur simultaneously. The X-ray will reveal the exact nature of the injury.

You may not be able to stop your son from jumping off tables or sliding on the ice, but you can be prepared to treat the consequences. With luck, they won't require much more than some ice and a hug.



Do you know a 3-8 year old child who has autism? Introducing a 14-week study to see if an investigational medication may reduce symptoms of autism.

autism?

NO PILLS

NO NEEDLES

NO COST

Participants receive:

- Study-related examinations and medication
- Reimbursement for travel

To learn more, please contact:
 Richmond Behavioral Associates
 Phone: (718) 317-5522 x3
 Email: smith@rbany.com
 Website: www.rbany.com



LA CIMA
 ELEMENTARY
 CHARTER SCHOOL

2015 NATIONAL SCHOOL of CHARACTER

All applications must be received by April 1, 2017 for inclusion in the lottery.

*Please visit our website to find out how to apply:
LaCimaCharterSchool.org

For a visit, we invite you to call to schedule a dedicated tour.



Contact
Dai Jiménez

Student Information Manager

P: 718.443.2136

800 Gates Ave, Brooklyn

admissions@

lacimacharterschool.org

*LA CIMA was given the honor by the academy for Character Education in recognition of their dedication to C.A.R.E. principles in promoting joy and unity as a school and community.

FTKny.com

SUMMER STE(A)M ADVENTURE

Science. Technology. Engineering. Art. Math
 for children ages 2-14 years old

Sign up for one week or all nine...the weeks do not have to be consecutive!

7/3 - 7/7	Future Picassos - Artists' Studio
7/10 - 7/14	Ocean Adventure - Marine Biology
7/17 - 7/21	Natural Wonders - Earth Science
7/24 - 7/28	Destination Constellation - Astronomy
7/31 - 8/4	Electrical Engineering - Technology
8/7 - 8/11	Marketing Your Favorite Toy - Economics
8/14 - 8/18	NEW Computer Coding - Technology
8/21 - 8/25	Young Scientists, Old Bones - Archaeology
8/28 - 9/1	Anatomy of Me

Park Slope 150 4th Ave. 718.260.8100	Williamsburg 60 Broadway 347.987.4450	Sheepshead Bay 1605 Voorhies Ave. 718.891.5437	Bay Ridge/Dyker Heights 7612 13th Ave. 718.748.3000
--	---	--	---

www.ftkny.com
347.983.2229

- 2-5** Year Olds Summer Educational Preschool
- 3.5-5** Year Olds Jr. Summer STE(A)M Academy
- 4-8** Year Olds Summer G&T 102: Gifted & Talented Test Prep
- 5-14** Year Olds Summer Tutoring & Enrichment Ages
- 5-10** Year Olds Summer STE(A)M Academy Ages
- 5-12** Year Olds Summer Academic Boot Camp Ages
- NEW** Summer TACHS & SHSAT Test Prep

Call to Schedule a Free Trial Class or a Free Placement Evaluation Today!

Half Day, Full Day, & Extended Day Options Available (full and extended only available for children ages 5-12 years old)
 Children under the age of 5 must be accompanied by an adult



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Out of the freezer

Are frozen veggies as good as fresh?

Frozen. It's how we feel now that we're in the depths of winter. It's the name of a popular family movie. And it's a way to purchase our vegetables and fruits. But is frozen produce as good as fresh?

On the one hand, we're encouraged to purchase whole fresh vegetables and fruits and minimize the processed types. On the other hand, frozen produce is so convenient. At this time of year, family cooks find themselves facing a produce dilemma.

Is it preferable to buy fresh produce out of season, which could have spent days or even weeks in transit and storage before you purchase them from the local grocery store? Or turn to the freezer aisle for a package of berries, broccoli, or Brussels sprouts?

There are numerous benefits to frozen:

- You can take out just what you need, close the bag, and pop it back in the freezer for next time. No washing is required and there's no food waste.
- A variety is available year-round.
- The price is usually quite reasonable.
- Pre-cut mixes of recipe-ready vegetables, such as pre-sliced onions and peppers for fajitas and blends with whole grains and beans, are offered.

Yet, there's a trade-off: The texture

suffers. While it's not a problem for all dishes, the characteristic softness of previously frozen vegetables can be a turn-off. Why does this happen? Well, the water in fruits and vegetables expands during freezing and breaks down the plant cells, resulting in a mushy texture in some vegetable types.

Nutrients

What about the nutrition? Isn't there some nutrient loss during the freezing process?

Not really. Immediately after picking, the veggies and fruit get a quick blast of hot water or steam that blanches them and kills microbes that are present. Blanching stops browning and loss of nutrients.

Several studies, including one published in the *Journal of the Science of Food and Agriculture*, found that fresh and frozen can be nutritionally equal, depending upon how the produce was stored and processed. Another study at the University of Georgia compared nutrients in fresh produce the day it was purchased and after it had spent five days in the refrigerator. The frozen produce packed as many nutrients as the fresh and in some cases — broccoli, strawberries, and green peas — even more than what was kept in the home fridge for five days.

There were even greater levels of se-

lect fat-soluble nutrients — vitamins A and E and lycopene — that were released from their cell structure after being frozen.

Most people don't realize that fresh produce destined for supermarkets is picked early, so it isn't overripe when it arrives at the store. The full spectrum of vitamins and minerals is developed when it is fully ripe. What's in the stores may be lower in nutrients due to early harvesting. As soon as produce is picked, the level of some nutrients begins to decline.

What do I keep in my own freezer? Several types of green vegetables such as spinach, sugar snap peas, corn, plus chopped onion and green bell pepper. And I always keep berries, such as blueberries and raspberries, ready to toss into a smoothie, cottage cheese, or oatmeal.

Cooking frozen peas, beans, and other vegetables is a snap. Place them in a skillet on medium-high heat with a little olive oil, a bit of sliced garlic if you wish, and about two tablespoons of water. Cover the pan and cook until heated through and the moisture has evaporated.

You can also toss frozen vegetables into stir-fries, soup, casseroles, stews, sauces, and lasagna.

While fresh is good, the convenience of frozen vegetables and fruits make it easier to boost your family's recommended servings every day.

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



A place to grow, play, and learn through hands-on, inquiry-based science.

AGES 2.5-5 | Learn more at BrooklynPreschoolOfScience.com

COBBLE HILL
11 Wyckoff Street
Brooklyn, NY 11201
347-844-9699

PARK SLOPE
65 Park Place
Brooklyn, NY 11217
718-622-1203



Welcome to the Laboratory of Fun!

- Birthday Parties
- Summer Camps
- After School Classes
- Toddler Classes
- Field Trips
- Play Groups

GRADES Pre-K-5th | Learn more at CarmeloTheScienceFellow.com

The Cosmic Cove
300 Atlantic Ave
Brooklyn, NY 11201
718.722.0000

Healthiest you ever

How to achieve your health goals well into the new year

BY GOLDA SMITH

This is about the time where the newness of the new year is starting to wear off. The goals you set a month ago still have your undivided attention OR they have started to lose their luster. The best example that I think everyone can relate to is the new-year gym membership. Most gyms are packed in January, and by February the crowd has begun to disappear ... until around May when there is the mad dash to develop the bikini body or get ready for a wedding.

Now, certainly, I am not talking about you. Rather, it's someone you know, like your sister, co-worker, or bestie. If it is you, there certainly is no judgement from me, because I was right there. That's why I would like to share some tips that have helped me, and I think will assist you in remaining consistent with your health goals.

Let's make a plan together. Are you ready for a FIT? No, I don't mean an episode when your child has a complete meltdown in the cookie aisle but a Focused Intentional Transformation.

I'm not talking about the over-used "new year, new you." Instead, let's work towards a better you! In a few steps, I would like to show you how you can easily remain consistent with your health goals once and for all.

The first and most important step is to decide what your core determining motivation is. Really take time to figure this out and dig deeper than the knee-jerk response of "I just want to lose weight" or "I want flat abs," because your response is what will push you to keep going when you are ready to give up.

DO NOT skip this step.

Once you have determined your core determining motivation, the next step is to share it with someone you love. It is one thing to write a goal down or to cut it out and post it on your vision board, but to speak it out loud and

share it with someone else takes it to another level. You have now given your goal life and you have given that person permission to hold you accountable. Scary? Yes, sometimes change can be scary, but if you want something different, you must do something different.

The third stage is to be consistent with SMALL daily steps. You want to know the reason why many people start and then give up on their health goals? Good, because I'm going to tell you. They set themselves up for failure by trying to do too much too soon. For example, they may overhaul their diet or commit to going to the gym five days a week, when, in reality, they may work full time and have small children to take care of. A more realistic goal is to commit to working out three to

four days per week at home or at the gym with a workout plan.

Working on your nutrition? Focus on what you can add instead of what you are subtracting. Let's say your goal is to increase the amount of greens in your diet. Look at your current diet and see where you can add greens. Maybe you can start having a simple green smoothie or adding greens to a morning omelet. You could also commit to having a green salad with dinner at least four or five nights per week. What you will soon discover is that, as you continue to add things, you just naturally stop doing other things.

The next step is to have an easy-to-implement plan. Yeah, I know, you don't like plans, because you're the spontaneous type. Well, how has that worked for you? As I stated before, if you want something different, you must do something different.

Creating a plan will not only create consistency, but will also save time. Do you want to eat better? Decide to begin meal planning and prepping. What day and time will you commit to this activity? Get it on your calendar. Do you want to use your gym membership beyond January? Predetermine what days and times you can realistically commit to this activity, put it on your calendar, and make it a non-negotiable appointment with a very important person. (HINT: That very important person is you.)

These are some simple, yet tried-and-true things you can implement right now to help you remain consistent with your health goals. Remember, the key is consistent, small daily steps and simplicity. I dare you to make this YOUR best year on purpose and become the best version of yourself.

Golda Smith, a mom of two, is a certified personal trainer and health coach living in Brooklyn. She blogs at FitMommyBlog.com





Illuminating young minds

Now accepting 2017/2018 applications for Infants 6 weeks and up, Toddlers, Pre-School

Opening our brand new location in **Prospect Heights** Fall 2017
243 St Marks Ave., Brooklyn

Pre-registration Tuition Discount

RSVP for further details and location on Facebook:

Facebook.com/LightbridgeAcademyOfProspectHeightsNY/events

t: 718.872.8037

e: bnti@lightbridgeacademy.com

w: www.lightbridgeacademy.com



Joe's Music & Dance Academy



MUSIC & DANCE CLASSES FOR ALL AGES

Proudly Serving the Community Since 1998

BROOKLYN LOCATION
550 Remsen Avenue
Brooklyn, NY
718-774-0700

QUEENS LOCATION
114-04 Farmers Blvd.
St. Albans, NY
718-454-3036

www.joesmusiccenter.org

Like us on



or follow us on



Facebook Search: NYParenting

BROOKLYN FENCING CENTER

BROOKLYN'S OLDEST COMPETITIVE FENCING CLUB



REGISTER NOW!

Programs available from beginner to advance
Ages 7 & Up

Group Classes | Private Lessons
Birthday Parties | Camps
Adult Groups | & more

718.522.5822
www.brooklynfencing.com
info@brooklynfencing.com

AUTISM SERVICES

Your insurance pays, we provide.

DIRECT BEHAVIORAL SERVICES

provides customized ABA services and social groups (funded by your health insurance) to children and adults with autism in Manhattan, NYC areas & NJ. No waiting list.

We work on social skills, language, play skills, self-help skills and academic skills at home, school and community. Supervised by a Board Certified Behavior Analyst (BCBA).

Call **347.559.6131** or email directbehaviorservices@gmail.com
www.directbehavioralservices.com

Private pay also accepted.



BECOME THE ARTIST YOU ARE MEANT TO BE

Summer Arts at **BROOKLYN FRIENDS SCHOOL** offers a world of opportunity for children ages 7 to 12 to enhance their talents, learn new skills, stretch their imaginations, and make good friends. Join us for summer-in-the-city adventures, swimming, first-hand arts experiences, field trips, creative workshops, and much more.

Three sessions, June and July 2017



375 Pearl Street in Brooklyn
near MetroTech & Boro Hall

718.852.1029 ext. 248

brooklynfriends.org/summerarts



Go to sleep!

Tips to shorten your nightly routine

You've heard all the standard bedtime behavior strategies: keep walking your child back into bed or let him cry it out. When your child was in a crib, these strategies might have worked, but for your kiddo in a toddler bed, they are useless.

You dread bedtime, not only because the process takes more than 75 minutes, but also because once you say “good-night” and walk out the door, you know it is not the last time you are going to see your small one. In less than five minutes, your child will be in the doorway of your kitchen where you are frantically trying to have dinner while catching up on work e-mails that piled up while you were in the middle of an insanely long bedtime routine.

There's a way out of this mess.

The first step to change any behavior is to handle the most extreme parts first. You want to immediately reduce the yelling, screaming, crying, and fighting. The best way to get rid of these problem behaviors is to preemptively deal with what causes your child to lose control. This could be demanding a glass of water, an extra story, an extra bathroom trip, or an extra five minutes with you. Make sure you give him

all of these, preferably before he asks.

The bedtime routine will still take a long time at this point — but that's okay. The trick is to make all bedtime tasks streamlined and predictable.

Now that the small being knows what to expect, you can start shortening the routine by removing one element at a time. You could, for example, remove the extra book and only read what you say you are going to read. It is important that you only take out one element at a time. If you do too many at once, it won't work.

If you find yourself trapped in the bedroom, waiting for your small one to fall asleep, it is now time to change the routine so you can get out fast. Again, you want to take small steps. Let's say that your small being asks you to lie down next to him while he falls asleep. Your first step would be lying down but not touching his body, or sitting up in his bed. Once you can do that for five or six days in a row without any pushback from your small being, then start sitting on the floor right next to the bed as he falls asleep. Then you might want to move to a chair. Each move gets you closer and eventually outside the door.

Creating an ideal bedtime routine is a



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

slow process that will take time, but once it is in place, you will have a short and efficient bedtime ritual for the entirety of that child's time with you. The extra time up front is minimal compared to that long-term reward!

If you're ready for more proven behavior tips and strategies for a better bedtime, check out the Better Bedtime program here: www.behaviorandbeyond.net/bedtime-package.

Dr. Marcie is a behavior specialist based in Brooklyn. She has worked with thousands of families for more than 20 years and has condensed her observations into her private practice and online programs. Her book “Love Your Classroom Again” was a bestseller. You may have seen her as a guest expert on WCBS and Fox.



I ♥ 2 BOWL

WE THROW THE BEST PARTY IN TOWN

Host your child's next party with us!

AT RAB'S EVERY GUEST IS TREATED LIKE ROYALTY!
2 HOUR PARTY PACKAGES INCLUDE:

- BOWLING OR LASER MAZE
- PRIVATE ROOM OR BEHIND LANE SETUP
- PIZZA & SODA
- BALLOON CENTERPIECE
- INVITATIONS & PAPER GOODS
- USE OF BOWLING SHOES
- USE OF LIGHT WEIGHT BOWLING BALLS
- BOWLING PIN FOR BIRTHDAY CHILD
- BOWLOPOLIS DVD FOR EACH GUEST

Enhance your birthday child's fun by creating the ultimate bowling birthday party... Consider one or more of our party options:

- BOWLOPOLIS TREAT CUP
- COSMIC BOWLING
- COLORABLE BIRTHDAY T-SHIRTS
- LASER MAZE CHALLENGE

KOSHER PARTY PACKAGE UPGRADE AVAILABLE

Spring

YOUTH BOWLING PROGRAMS

NOW FORMING



BEST OF STATEN ISLAND!
VOTED 2016 BEST SPOT FOR CHILDREN'S BIRTHDAY PARTIES BY SI ADVANCE.

REMEMBER HOW MUCH FUN YOU HAD BOWLING AS A KID? CELEBRATE ANY OCCASION WITH US! RAB'S IS STATEN ISLAND'S DESTINATION FOR FUN, FOR ALL AGES!

BOWLING MAKES FOR THE PERFECT FUNDRAISER!

1600 Hylan Boulevard • Staten Island, NY • 10305
718-979-1600 • www.bowlatrabs.com

f t i s @bowlatrabs

Estate planning guide

Minors as beneficiaries to retirement, insurance accounts

How should I name the beneficiary of my retirement accounts? My children are 9 and 5 years old. Should I name them? What happens if I have another child?

Estate-planning clients frequently ask about the proper designation of a beneficiary on their non-probate assets, such as life insurance and retirement accounts. Often, they want their heirs to inherit the non-probate asset. When those individuals are minors, certain issues need to be considered in weighing not only the tax consequences, but other issues such as the ability of the child or guardian to have access to the funds.

Understanding age

The first question is what constitutes the age of “majority” in New York State. The answer: it depends. For the purpose of a Uniform Gift to Minor’s Act or Uniform Transfers to Minors Act, the account terminates, and the minor takes control of the account, at the age of 18 and 21, respectively. The age of termination of the account is not necessarily the same as the age of majority, which refers to the age at which a person is legally competent to sign contracts. Although the age of majority for contracts is 18, for Uniform Transfers Act and also child support purposes, the age of majority is 21.

Insurance contracts are treated somewhat differently. New York Insurance Law deems a minor above the age of 14 years and six months competent to be the owner or donee of a life insurance policy. This means that not only can a parent, grandparent, or anyone else name the over-14 ½ minor directly as a beneficiary, but that the same child is deemed competent to contract for, own, and exercise all rights relating to a life insurance policy. A child below that age lacks the capacity to purchase, own, or be the designated beneficiary of a life insurance policy. Nevertheless, a child under 14 ½ years may be a donee of a life insurance policy pursuant to Uniform Gift Act or Uniform Transfers Act. In order to

effectuate such a designation, the adult may make a gift of the policy indirectly to a child by designating a custodian to receive, hold, and manage the gift on behalf of the child until he reaches the age of majority. A living trust can also be the owner or beneficiary of a life insurance policy and hold that policy for the benefit of any person, including a child under 14 ½ years. Alternatively, the life insurance policy can name a testamentary trust or living trust as a beneficiary, with that trust in turn being for the benefit of any individual, including a minor younger or older than 14 ½.

Using an Uniform Transfers Act means, however, that the child will technically have access to the account when he is 18, which may still not allow a level of maturity necessary to manage a large sum of money.

Retirement accounts

Additional considerations come into play when addressing the disposition of a retirement account (referred to generally herein as an “IRA” although also applicable to ROTH IRAs and 401(k) plans). Certain options would allow the IRA to grow tax-free and avoid a lump-sum payment of income tax. As with life insurance, one option is to name a custodian under an existing or not-yet-created Uniform Transfers to Minors Act account as the beneficiary of the IRA. The named custodian can establish a new inherited IRA in her the name of the custodian for the benefit of the minor, into which the primary IRA is “rolled over.” The IRA owner may also name a living trust or a testamentary trust as the designated beneficiary. However, the trust must have specific language to qualify as a “conduit” or “accumulation” trust in order to be a recognized repository for the IRA that would allow the proceeds to “stretch out” and grow tax-free until withdrawn. If the custodian makes a timely election (on or before Dec. 31 of the year following the account owner’s death), the inherited IRA will stretch over the minor’s lifetime and required minimum distributions (the



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

minimum amount you must withdraw from your account each year) will be calculated on the minor beneficiary’s lifetime.

With a Uniform Transfers to Minors Act account, the custodian will receive the annual minimum distributions as custodian (ideally, to be deposited into a separate bank account). Once that minor reaches the age of majority, he will have full access to the IRA and the bank account, allowing him to continue holding the inherited IRA (the smarter option) or withdraw all remaining funds. This type of unfettered access at the young age of 21 may not be desirable. Accordingly, naming a trust as beneficiary may be the better option.

Terms of the trust

The U.S. Treasury imposes four requirements which must be satisfied for a trust to qualify as a beneficiary of the IRA for tax purposes: (1) the trust must be valid under state law; (2) it must be irrevocable or become irrevocable upon the death of the account holder under the terms of the trust; (3) the beneficiaries must be identifiable from the trust instrument; and (4) the beneficiaries or their representatives must provide to the plan administrator or custo-

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

dian either a copy of the trust instrument or provide a certification that the trust complies with these regulations.

The terms of the trust must comply to establish what is known as a “see-through” or “conduit trust” in order to permit the “stretch-out,” meaning, calculating minimum distributions based on the minor beneficiary’s presumably younger age. The designated beneficiary must be an individual and not an entity because an entity (such as the estate, a charitable organization, or a trust) does not have an actuarial lifespan to determine minimum distributions. If the trust is drafted as a conduit trust, it allows the plan to “see through” the trust to its beneficiaries. If a trust is for the benefit of one beneficiary, his age is used to determine the minimum distributions. If there are multiple beneficiaries, such as in a “sprinkle” or “spray” trust, the minimum distributions are determined by the age of the eldest beneficiary.

If the trust does not meet the requirements, then it is deemed to have no designated beneficiary for the purpose of the “stretch out” and the IRA must be withdrawn within five years (if the participant has not yet reached the age of taking minimum distributions) or based on the owner’s calculation if the owner had been taking the distributions at the time of his or her death.

Distributions

Many trusts for minors are drafted to allow discretionary distributions, with mandatory or forced distributions only at certain ages. This can present problems for the purpose of calculating the minimum distributions. In determining the minimum distributions through a trust, the designated beneficiaries are reviewed as a snapshot upon the death of the original owner. For example, if the trust states that distributions may only be made at age 25, and the minor is currently age 12, the plan administrator must also look at the contingent beneficiaries. In the case of a minor at the age of 12, who has no siblings, although the trust terms may say the contingent beneficiary is to the child’s issue, since the child has no issue at that snapshot of time, the contingent beneficiaries will be that child’s parents and therefore the eldest beneficiary for the purpose of determining the minimum distributions will be one of the child’s parents, thereby losing the intended stretch-out of the IRA. In order to cure this defect, the draftsman might consider naming another younger family member as the contingent beneficiary of the trust; however, in doing so, it may lead to an unintended beneficiary receiving the corpus of the trust.

The better option may be to use a conduit trust. By definition, a conduit trust requires

that all minimum distributions received in the trust must be distributed to the beneficiary or beneficiaries. In the case of a legal minor, they may be distributed to the child’s guardian if the trust instrument allows the trust to distribute funds on behalf of a minor to the guardian. If the child has siblings, particularly if those siblings are older, the draftsman might include terms that allow the minimum distributions to be distributed to and among the minor beneficiary and his or her siblings. In such case the minimum distributions will be calculated by the eldest beneficiary as mentioned above. The key to a conduit trust is that the instrument must require all minimum distributions to be distributed out of the trust to designated beneficiaries, even if the trust accumulates income from other sources.

Some plan administrators will not permit the designation of a trust as beneficiary. They may also require certain terms to be included in the trust instrument, or may prohibit an inherited IRA stretch-out. As always, you should consult an attorney before making any decisions that impact your estate plan or the legal consequences of naming a beneficiary.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., Find her on Twitter @estatetrustplan and on her website at www.besunderlaw.com.

MILL BASIN DAY CAMP
SUMMERS OF FUN & ADVENTURE!

All Activities On Site Campers Grades Pre K - 9 Flexible Registration Schedule Door To Door Air Conditioned Bus Service!

My camp list...

- Friends ✓
- Respect ✓
- Laughter ✓
- Fun ✓
- Teamwork ✓
- Memories ✓
- Awesomeness! ✓

Your Kids Deserve It All!
Bus Pickup

Celebrating Our 20th Year!

In Staten Island!

Attend An Upcoming Open House
or Call Our Office For Information!

Open House February 05 & February 18
11 am - 2 pm

www.millbasindaycamp.com 718.251.6200

All Activities On Site Day Trips & Overnight Trips Hot Lunch & Snack Daily 50+ Activities

Go places

Discover museum family programs for winter break

BY SHNIEKA L. JOHNSON

The New York City public school mid-winter break is fast approaching. If you are looking for ideas on how to fill those days without leaving town, then consider spending time at the city's acclaimed museums, where your children can experience art, history, and have a bit of fun.

A little-known fact is that many museums offer family programming tailored to kids, such as art classes, performances, or special tours. During your next visit to any museum, ask if it offers a family guide, booklet, or pamphlet. Also, keep an eye out for touch carts or teaching carts in the galleries. For example, the Solomon R. Guggenheim Museum has a Family Activity Kiosk where families can request a pack of materials to help navigate the exhibits throughout the space.

Some museums also offer designated spaces for children's exploration of the arts or content on display. From digging for dinosaurs in the Discovery Room at the American Museum of Natural History to drawing in the Uris Education Center at the Metropolitan Museum of Art to building sculptures in the Art Lab at the Museum of Modern Art, families can bring their children to not only see what is on display, but discover it in a multimodal way. All of these spaces are run by trained educators familiar with the content and child development, ensuring your child is engaged and learning.

Need more help figuring out which museums to visit and exhibits to see? Here's a list of 15 museums and their best family-friendly attractions for this exhibition cycle:

American Museum of Natural History

Central Park West and 79th Street on the Upper West Side, www.amnh.org

Suggested exhibit: Cuba! is a vibrant exhibit that offers various pockets of information on the country. From food to sports to nature, your children will enjoy this interactive exhibit that runs through

Aug. 13. The museum also offers an expansive permanent collection and Discovery Room for children.

Brooklyn Museum

200 Eastern Pkwy in Prospect Heights, www.brooklynmuseum.org

Suggested exhibit: Offering a large permanent collection and a full calendar of public and family programs, the museum stays buzzing. Currently on display, Beverly Buchanan — Ruins and Rituals (closing March 5) has around 200 objects on display, including sculpture, painting, photography, drawing, and notebooks of the artist. Take advantage of Creativity Lab drop-in class the first Sunday of the month.

Bronx Museum

1040 Grand Concourse in Concourse, www.bronxmuseum.org

Suggested exhibit: The museum offers a vast permanent collection and various temporary exhibits. For teens, consider *The Neighbors, Part Two*, in *Two Parts: Sanctuary: Andrea Bowers and Home: Andrea Aragón*, which addresses immigration through the work of American artist Bowers and Guatemalan photographer Aragón and closes Feb. 12. Also, take a look at the events calendar to register for *Family Affair*, a hands-on workshop provided on select Saturdays.

Cooper Hewitt, Smithsonian Design Museum

2 E. 91st St. in Carnegie Hill, www.cooper-hewitt.org

Suggested exhibit: Teens may like the current exhibit *Scraps: Fashion, Textiles and Creative Reuse*, an exhibit on sustainability and design, open through April 16. The museum also offers workshops for families, children and teens. Target Family Day(s) will be offered throughout the mid-winter break.

El Museo del Barrio

1230 Fifth Ave. in East Harlem, www.elmuseo.org

elmuseo.org

Suggested exhibit: Teens may enjoy Rotative Repository of Latin American Video Art: *Mono Cana*, which is a collection of works by video artists, on display through April 30. ArtExplorer Activity Cards are available for families and mark the third Saturday of the month for "Super Sabado!" which includes performance, storytelling, and art making.

The Jewish Museum

1109 Fifth Ave. in Carnegie Hill, <http://the-jewishmuseum.org>

Suggested exhibit: Families will enjoy programming offered for various ages. Currently on view is *Masterpieces and Curiosities: Memphis does Hanukkah*, an exhibition of objects closing Feb. 12. Remember, Sundays are for families at this museum. Kids can participate in hands-on activities.

Long Island Museum

1200 Route 25A in Stony Brook, NY, www.longislandmuseum.org

Suggested exhibit: Opening on Feb. 24, *Colors of Long Island* is an exhibit that showcases student work. Check the calendar for Drop-In Days for families, and you can join a Museum Educator for art making and other activities.

The Metropolitan Museum of Art

1000 Fifth Ave. on the Upper East Side, www.metmuseum.com

Suggested exhibit: The expansive permanent collection takes more than one hour to cover everything that you would need to see, especially since the admission includes entry to the Met Breuer, as well as the Cloisters. A current exhibition that may interest young artists and art lovers is the *Velazquez Portraits: Truth in Painting* which includes several riveting portraits of 16th-century children. This exhibit is on display until March 12. Don't forget to ask for information for families and stop by the



Scenes from the American Museum of Natural History. There's plenty for families to see at the city's museums this winter break.

Uris Education Center.

Museum of the City of New York

1220 Fifth Ave. in East Harlem, www.mcny.org

Suggested exhibit: Through April 23, the architecture buff in your family may enjoy the exhibit *Mastering the Metropolis: New York and Zoning 1916–2016* which showcases the formation of the city's neighborhoods. Kids may also like watching "Timescapes," a 28-minute film of the history of New York. Check the calendar for family-friendly workshops.

Museum of Modern Art

11 W. 53rd St. in Midtown, www.moma.org

Suggested exhibit: The extensive permanent collection of the MoMA is enough to fill your day, and a visit to the family-friendly interactive space will make your child's day. Teens may like the current exhibition *Francis Picabia: Our Heads Are Round so Our Thoughts Can Change Direction*, which is open through March 19.

New York Historical Society

170 Central Park West on the Upper West Side, www.nyhistory.org

Suggested exhibit: The DiMenna Children's Museum, housed in the lower level, is a can't miss for families. However, kids and grownups alike will be intrigued by the two Muhammad Ali exhibits currently on display on floor 2. Muhammad Ali, LeRoy Neiman and the Art of Boxing showcase watercolor portraits of the historical

figure. "I Am King of the World: Photographs of Mohammad Ali by George Kalinsky" showcases the famed boxer from his youth to late adulthood, and is open through March 26.

Queens Museum

NYC Bldg – Flushing Meadows Corona Park in Flushing, www.queensmuseum.org

Suggested exhibit: The panorama of the New York City skyline is a favorite for kids and adults alike. Currently on view through Feb. 19 is *Mierle Laderman Ukeles: Maintenance Art*, an exhibit that includes 50 years of the artist's portraits and multimedia works that document the indispensable workers and city agencies that keep our city clean and running smoothly. The exhibit closes Feb. 19. If visiting on a Sunday, families can participate in drop-in art workshops.

Solomon R. Guggenheim Museum

1071 Fifth Ave. on the Upper East Side, www.guggenheim.org

Suggested exhibit: *Visionaries: Creating a Modern Guggenheim* is an exhibit that includes works from artists Vasily Kandinsky and Hilla Rebay. It opens Feb. 10. Just a few weeks later, *Jackson Pollack: Exploring Alchemy*, opens on March 1, and will offer video footage and interactive kiosks related to the famed artist. Don't forget to request a family pack!

Staten Island Museum

1000 Richmond Terrace – Snug Harbor

Campus, Building H, in Snug Harbor, www.statenislandmuseum.org

Suggested exhibit: *Of Human Feelings: Portraits by Warren Lyons* is a powerful series of paintings of figures from American history and the arts, opening Feb. 18. The exhibit features portraits of Frederick Douglass, Dr. Martin Luther King Jr., and Sojourner Truth. The museum offers family workshops on the first Saturday of the month.

Whitney Museum

99 Gansevoort St. in the Meatpacking District, <http://whitney.org>

Suggested exhibit: The Whitney's permanent collection offers opportunities for families to request a copy of the Family Guide to aid children's exploration and interaction with the works on display. Current exhibits will have staggered closings throughout February and the Biennial show opens in March. Keep an eye out for family weekend activities led by educators and artists.

Please remember that stroller policies vary from museum to museum. If applicable, check museum websites to research services for visitors with disabilities or special needs. Contact the museums you plan to visit to arrange access accommodations.

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.shnieka-johnson.com.



Mediation tackles equity distribution

In previous articles, I have written about different stages of a mediation case: The decision to try mediation, and the consultation (Part 1); discussions on parenting (Part 2); and dealing with income and expenses (Part 3). I continue here as the mediator assists Angela and Bill, a hypothetical couple, in regard to their assets and debts, and child support.

Feb. 16th – Session 3

The next session takes place almost a month after the previous one. Meeting earlier hadn't been possible or practical, because Bill and Angela had a lot of financial information to gather in regard to assets and debts.

The mediator asks about what has been happening since the last session. Learning that there haven't been what either party considers significant changes or problems, the mediator asks Angela about the clothing expenses discussed at the last session. Angela gives a new (and lower figure), which Bill accepts as accurate.

With income and expenses taken care of, the mediator works with the couple on their assets, again writing the figures on a flipchart. Angela and Bill both say that the numbers are correct. They quickly agree on how to deal with the bank accounts, retirement money, and other investments. There is a small dispute over the cars they own, which the couple quickly resolves.

The big issue is the house. Angela would like to keep it, but buying out Bill may be impossible. Bill says that Angela can have the house, but she'd need to pay him a fair price. There is some discussion regarding the house.

The mediator asks whether Angela has checked into getting a mortgage. Angela says she hasn't. Bill suggests that since a buyout may not even be possible, maybe it would be best to go on to the next issue; Angela can do some investigating, and then they can come back to the house question. Angela agrees to Bill's proposal.

Having reviewed the asset information, and having reached many tentative agreements, the mediator begins helping them share information on debts and liabilities for the remainder of the session.

Feb. 28 – Session 4

The spouses arrive. They continue sharing information on debts, and then review it with the mediator.

They reach a decision on how to handle the credit cards, the biggest debt, aside from the mortgage on the house. They agree on several other debt-related issues as well.

Angela begins to talk about the house, saying that she would be able to get a mortgage. Discussion continues, and then a disagreement arises concerning the



DIVORCE & SEPARATION

LEE CHABIN, ESQ.

value of the house. Two disagreements, actually, dealing with:

- The fair market value of the house.
- What percentage of that value should go to Bill. (Angela had assumed that they each had an equal share, but Bill is asking for more.)

Angela's surprise quickly turns to anger. The mediator intervenes when it becomes clear that a productive conversation about the matter isn't possible at the moment. He helps the spouses turn their attention to finding out the house's value, a task that both agree is necessary. After a lengthy and heated discussion, Bill and Angela agree on how to have the house valued.

The spouses want to talk about child support. They've managed to discuss this issue on their own and have a plan. The mediator asks for the details, which Angela and Bill share with him.

The mediator tells them about the Child Support Guidelines. (New York State requires parents to learn what amount of child support the guidelines would require, even if parents decide not to follow the guidelines.)

Bill and Angela decide that their own agreement is better for their family than what the guidelines provide.

Next time: Agreements reached and reviewing the costs

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

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

Midwood Montessori



Pre-School & Kindergarten

Summer Program
Transportation Available

2825 Bedford Avenue • 253-3242
at Glenwood Road

www.midwoodmontessori.com

3 fabulous and fun Shabbat programs!

Fridays @ 4

February 3, 10/ March 3, 10, 17, 24, 31
4:00 to 5:00 PM
Guitarist and singer Ora Fruchter will have your preschooler singing and dancing. Of course, we'll welcome Shabbat with challah and grape juice, too!

February 4, 11/ March 4, 11, 18
9:30 to 11 AM
Movement, music, and stories bring Jewish ideas about the world to life for toddlers and preschoolers. First three Saturdays every month.



February 11/ March 18
11:30 AM to 1:00 PM

Join us once a month for a Shabbat experience for children ages 4 to 6, ending with pizza lunch.

Learn about all our activities for kids and adults.
Sign up for emails at info@uniontemple.org



17 Eastern Parkway
Brooklyn, NY 11238

718 638 7600
www.uniontemple.org
info@uniontemple.org

Gazillion Bubble Show

"INGENIOUS BUBBLE WIZARDRY."
-THE NEW YORKER

10th INCREDIBUBBLE YEAR!

Telecharge.com or 212.239.6200
For groups or birthdays call 866.642.9849
New World Stages 340 W. 50th St.
GazillionBubbleShow.com

NEW YORK CITY

14th ANNUAL **May 2-5, 2017**
WYNDHAM NEW YORKER HOTEL

Young Child EXPO & CONFERENCE

Great Speakers. Great Learning.
Helping Young Children Learn & Grow

- Over 100 Speakers • More than 80 Conference Sessions
- Pre-Conference Workshop • Autism Intervention Summit Day
- 40 Exhibitors & Over 1,500 Attendees expected

Great training for all professionals working with all young children (typically developing & autism/special needs) including Teachers, Special Ed Teachers, Psychologists, SW, Speech, OT, PT, ABA, Program Directors/Principals/Administrators, Pediatricians, and Child Care Professionals.

To register go to: www.YoungChildExpo.com
or call **212-787-9700, ext. 333**
Early Bird & Group Discounts Available

Presented by **losniños TRAINING**

Coping with bullying

New book that can help parents & kids

BY TAMMY SCILEPPI

Bullying. It was probably around since youngsters first roamed the planet. And it's universal.

Bullying stops us from being who we want to be, prevents us from expressing ourselves freely, and might even make us feel unsafe, according to the helpful site www.stopbullying.gov.

Children need to be counseled: If you are bullied, say something! If you are bullying, it's not cool!

Unfortunately for the victims, bullying still goes on despite new attitudes and laws, zero tolerance policies in schools, hair-raising news stories, and awareness campaigns. It seems this plague will linger for as long as the human race exists.

These days, it has morphed into rampant cyberbullying. But whatever its form, bullying can wreak havoc in a youngster's life, especially when hurtful rumors are spread over social media or by text. It doesn't take much — just one humiliating comment — for your vulnerable adolescent or teen to believe that her life has been ruined.

Thoughtless, mean-spirited actions can wield destructive power. Both kids who are bullied and who bully others may have serious, lasting problems. In fact, some evidence shows that adults who were frequent victims may still carry emotional scars decades later. For other targets, the consequences can be fatal, as incidents of suicide have increased due to bullying.

What's the best way to deal with those awful tormentors? Ignore them? Give 'em a dose of their own medicine? Report them? Seek vengeance when you and the bully are both adults?

For insight into bullying in high school, teens should read "Englisha and Laurenthina: Best Friends Forever?" by Brooklyn author and educator Michellene Barrett. Her second juvenile fiction book addresses strategies to handle this all-too-common

issue. Young people will enjoy the drama between Englisha and Laurenthina, who were the best of friends. When Laurenthina becomes jealous of Englisha, she tries to make Englisha's senior year a living nightmare. Englisha's best friend has become her worst enemy!

Barrett's thoughtful storytelling will resonate with young readers who may be grappling with a bullying situation.

"After reading my book, many parents have had deep conversations with their child about bullying," said Barrett. "Some children never shared with their parents that they were being bullied before reading my book, so my stories have helped create the necessary conversations."

"So many children are dealing with bullying issues on a daily basis, but some parents will never know," says Barrett, who suffered all through middle school.

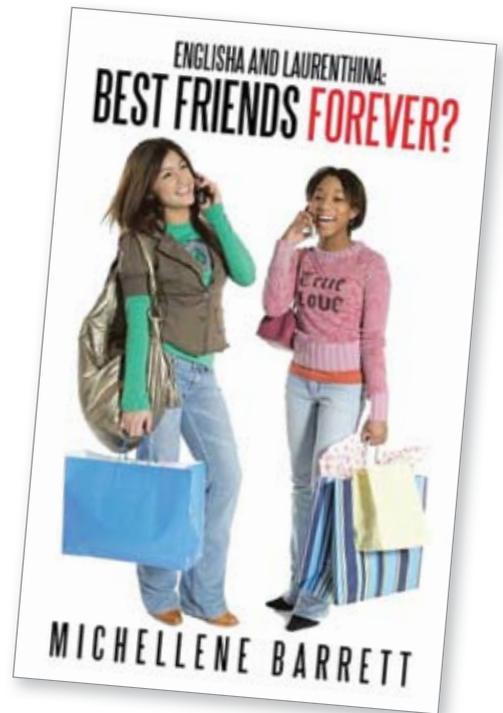
"Some children go home and tell their parents about everything that happened in school, including if someone pushed them in the schoolyard or threw a rock their way. But there are many children who have to be asked numerous questions before they can begin to open up about the details of their day. It just depends on the personality of the child," she explained.

Bullying continues to negatively impact kids and teens of every race, gender, nationality, faith, sexual orientation, and disability.

How do you know if your child is being bullied?

Barrett says some children won't come right out and let you know that there is someone bullying them, so she suggests one of the best ways you can find out is through conversations generated by literature.

The elementary school teacher has been reading several books to her students about bullying, conflict resolution, and positive behavior to create a classroom community, as well as to encourage discussion on the



issues.

"I believe so strongly about the power of literature in motivating children to talk about bullying," she said. "Recently, at my book events/discussions, when I'm reading an excerpt from my new book, 'Englisha and Laurenthina: Best Friends Forever?' there is usually a child who begins to talk about how they can relate to the character in my book because they were bullied. And oftentimes, the parents are in shock, saying, 'I never knew you were bullied!'"

Helpful tip: Opening lines of communication before your child is involved in bullying makes it easier for her to tell you if something happens.

The author says her goal as a writer and educator, "is to encourage children and teens to read by creating engaging text." As a great storyteller, she has indeed accomplished that.

As a high-school senior, the budding author published her first young fiction book, called "Englisha and David's Adventurous Vacation," about two teens who embark on a journey of independence and self-discovery, where they learn the value of love, forgiveness, and living life to the fullest.

Surprisingly, the author started writing the story for her first book during creative writing time in her third-grade class!

"I began to write about what I imagined it would be like to be a teenager. All throughout the day, I kept my creative writing notebook close by, so that I could sneak and write in it. During my afterschool program, I would read my stories to my peers, who would gather around to listen," she recalled. "They would say, 'Michellene, this is good! You should be a published author!'"

From that day on, she was determined to be one. So, as a high school senior, when



Author Michellene Barrett's new book is fiction, but deals with issues that are all too realw.

she self-published that first book, Barrett said the principal allowed her to have a book signing in school, "where my teachers and classmates were able to buy copies of my book."

When she worked at an arts summer camp a few years ago, and started reading her first book to the campers, Barrett remembered, "They were all hooked! Every day, they would ask me to read more and more. They were begging me to write book two. They were so engrossed in the characters' lives that they wanted to find out what would happen to them once they entered senior year."

The author says that in her new book, the characters discuss bullying and try to come up with practical solutions to combat the issue.

"Both girls are running for class president. At the senior-class presidential debates, they are both asked what they would do to stop bullying at their school," she says.

Helpful tip: How to stop bullying on the spot: <https://www.stopbullying.gov/respond/on-the-spot/index.html>

So, what was high school like for Barrett?

"I enjoyed my high-school experience.

I was never bullied in high school, but I was bullied almost every day in junior high," Barrett recalled. "Once I entered the school building, my classmates would check the labels on my clothes and laugh that I didn't wear name brands. A group of boys that were on my school bus spit on me, because I was trying to be friendly and make jokes with them.

"Every day, I knew I was going to be bullied by a girl in my seventh-grade class, who made fun of me because of my weight. She was overweight, and I was underweight at the time. She would laugh and point out all the many places on my body where I was not developed."

Young Michellene would go home and tell her mother what happened, but didn't want her to go to her school and talk to her teacher, because she believed the bullying would just get worse.

"As the holidays came near, I was still very sad about it, and my mother suggested something that changed everything: that I give my bully a gift for Christmas and say kind words to her. I couldn't believe how quickly it worked! The girl who was bullying stopped completely. She hugged and thanked me for the gift. She was kind to me for the rest of the school year."

Even though she isn't a parent yet, Barrett says she has worked closely with parents and families over the years, as an educator.

The author has a bachelor's degree in childhood education from City College of New York. She also received a master's degree in literacy from Columbia University Teachers College.

For more on Barrett, visit www.michellenebarrett.com, follow her on Twitter at @michellenebooks, and check out her blog, chasinguccessblog.wordpress.com.

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

WHAT TO DO IF YOU'RE BULLIED

If you're being bullied at school, www.stopbullying.gov suggests you look at the student bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard. If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too:

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. He can help you

make a plan to stop the bullying.

- Stay away from places where bullying happens.

- Stay near adults and other kids. Most bullying happens when adults aren't around.

Learn more about cyberbullying and how to respond if it is happening to you: www.stopbullying.gov/cyberbullying/index.html

To protect yourself:

- **Always think about what you post.** You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.

Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.

Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.

Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.

School counselors are available to provide counseling services or referrals.

Calendar

FEBRUARY



When your dragon is a real handful

Join Twinkle and friends at On Stage at Kingsborough on Feb. 5 when “Twinkle Tames a Dragon” comes to town.

Presented by the Vital Theatre Company, this production is based on author Katharine Holabid’s book. Twinkle, Pippa, and Lulu have always wanted a pet and are thrilled when Fairy Godmother grants their wish. While Pippa and Lulu get cute little pets, a naughty

pet dragon named Scruffy is NOT what Twinkle had in mind! Can Twinkle tame her dragon in time for Fairy Pet Day?

Meet the cast after the show!

“Twinkle Tames a Dragon” on Feb. 5 at 2 pm. All tickets \$12.

On Stage at Kingsborough [2001 Oriental Blvd. at Oxford Street in Manhattan Beach, (718) 368-5596; www.onstageatkingsborough.org].

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

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 — 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!

WED, FEB. 1

IN BROOKLYN

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

Our kids book buyer Jordan B. Nielsen will host a discussion hour based on "The Green Bicycle" by Haifaa Al Mansour, a powerful debut that tells the story of struggle, solidarity, and optimism. Club members will receive a 15 percent discount on each month's selected books.

THURS, FEB. 2

IN BROOKLYN

Transit Tots: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; 10:15 am to 11 am; Free with admission to the museum.

Stories, games, and surprises for our youngest transportation fans! Free with admission. For ages 2-5 and adult companions.

SAT, FEB. 4

IN BROOKLYN

Garden Story Time: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 11 am to noon; Free with Garden admission.

Read garden-inspired stories alongside BBG volunteers. Drop in anytime during program hours to join in. This is a drop-in program for families with children of all ages.

SUN, FEB. 5

IN BROOKLYN

First Sundays: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 10 am to 2 pm; Free with Garden admission.

A series of pop-up programs inspired by water, in honor of the opening of the Shelby White and Leon Levy Water Garden.



Heinz Kluehneier

Don't miss this circus

Take a trip "Out of this World" when Ringling Bros. and Barnum & Bailey Circus comes to Barclays Center from Feb. 23 to March 3.

Audiences will take the helm to join the circus's Space Fleet on a heroic quest of good versus evil that will let imaginations run wild with unexpected surprises and thrills at every turn. Oh, those daring young men on the flying trapeze, the fantastic women on horse-

back, and so many other awe inspiring acts.

"Out of this World" circus on Feb. 23, 24, 26, 26, 28 and March 1, 2, 3. Showtimes: Tuesdays, Wednesdays, and Thursdays 7 pm; Fridays 11 am 3 pm, 7 pm; and Saturdays and Sundays, 11 am, 3 pm and 7 pm. Tickets start at \$15.

Barclays Center [620 Atlantic Ave. at Pacific Street in Fort Greene, (917) 618-6100; www.barclayscenter.com].

Children have fun with arts and crafts, listening to a story, and taking a nature walk.

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

Children ages 4 to 8 listen to "Adrift," a funny book about unlikely friendship. RSVP requested.

"Twinkle Tames a Dragon": On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; www.onstageatkingsborough.org; 2 pm; \$12.

Based on the book by "Angelina Ballerina" author Katharine Holabird, Twinkle, Pippa, and Lulu have always wanted a pet and are thrilled when Fairy Godmother grants their wish. While Pippa and Lulu get cute little pets, a naughty pet dragon named Scuffy is not what Twinkle had in mind! Can Twinkle tame her dragon in time for Fairy Pet Day? Meet the cast after the show!

THURS, FEB. 9

IN BROOKLYN

Transit Tots: 10:15 am to 11 am. New York Transit Museum. See Thursday, Feb. 2.

FRI, FEB. 10

IN BROOKLYN

"Singin' in the Rain, Jr.": The Actors Fund Arts Center, 160 Schermerhorn St. between Smith and Hoyt streets; www.brownpapertickets.com/event/2791114; 6:30 pm to 9:30 pm; \$15.

The Ensemble Middle School kids are opening their umbrellas and putting on the beloved musical, "Singin' in the Rain, Jr."

SAT, FEB. 11

IN BROOKLYN

Science Discovery workshop: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Engage in fun science experiments and

games to learn about the wonders of nature. Experiments will be enjoyable for all ages and all equipment will be provided.

"Coyote's Dance" from Treehouse Shakers: Kumble Theater at Long Island University, DeKalb and Flatbush avenues; (718) 488-1624; www.brooklyn.liu.edu/kumbletheater; 2 pm; \$15.

"Coyote's Dance" is a whimsical, interactive children's show follows the exploits of Coyote, the trickster character from the folklore of many North American Indian Nations. Using narration, puppetry, live and recorded music, Native American-influenced costumes, and beautifully choreographed movement, the performers of Treehouse Shakers will take families on a delightful and humorous journey of deceit and adventure. Recommended for ages four and up.

"Singin' in the Rain, Jr.": 3 pm and 6:30 pm. The Actors Fund Arts Center. See Friday, Feb. 10.

MON, FEB. 13

IN BROOKLYN

"Under the Tangle": Gelsey Kirkland Arts Center, 29 Jay St.; (212) 715-1914; www.treehouseshakers.com; 11 am; \$20-\$35.

Presented by Treehouse Shakers, this original dance-play about an adolescent girl who becomes ensnared in a labyrinth after the sudden loss of her parents. Throughout her journey, she twists along the brambling pathways being confronted with obstacles, finding numerous clues and meeting many unusual characters in this metaphor for adolescence. For children 8 years and older.

TUES, FEB. 14

IN BROOKLYN

"Under the Tangle": 11 am. Gelsey Kirkland Arts Center. See Monday, Feb. 13.

THURS, FEB. 16

IN BROOKLYN

Transit Tots: 10:15 am to 11 am. New York Transit Museum. See Thursday, Feb. 2.

SAT. FEB. 18

Free Family Day: The Wyckoff House Museum, 5816 Clarendon Rd.; (718) 629-5400; programs@wyckoffmuseum.org; wyckoff-museum.org/events/family-days; 11 am; Free.

History comes alive as you explore a new theme in the garden or historic farmhouse each month. Educators assist you and your family to explore what life was like in rural Brooklyn and investigate clues to the past. Touch old artifacts, examine the historic architecture, and get to know one of Brooklyn's first families, the Wyckoffs. Come back



Teens 'Singin' in the Rain'

Put on your tap shoes, open up the umbrella, and enjoy the production of "Singin' in the Rain, Jr" on Feb. 10 and 11 at the Actors Fund Arts Center.

The ensemble middle school kids in the Brooklyn Acting Club will be singing, taping, and sloshing through one great musical number after another to such favorites as "Singin' in the Rain,"

"Make 'Em Laugh," and "Good Morning."

"Singin' in the Rain, Jr" Feb. 10 at 6:30 pm and Feb. 11 at 3 pm and 6:30 pm. Tickets are \$15.

The Actors Fund Arts Center (160 Schermerhorn St. Between Smith and Hoyt streets in Brooklyn Heights; www.brownpapertickets.com/event/2791114).

each month to try out new hands-on or seasonal activities such as seed planting, candle making, or butter churning. The activities are best suited for kids ages 4 through 10. Children must be accompanied by an adult.

SUN, FEB. 19

IN BROOKLYN

Winter wildlife: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Our Urban Park Rangers are skilled in the techniques and development of diverse outdoor skills. Learn how to identify animals tracks to understand animal behavior. All programs are family friendly, but are recommended for ages 8 years and older.

"Bon Voyage, Charlie Brown" screening: BAM Rose Cinemas, 30 Lafayette Ave. between Lafayette Avenue and Hanson Place; (718) 636-4100; www.bam.org; 2 pm; \$7 (\$10 or adults).

The patented Peanuts charm is on full display as Charlie Brown, Snoopy, Woodstock, and the gang head to Europe in this gently humorous children's classic, which features plenty of scene-stealing Snoopy moments along the way. 1980, approximately 75 minutes.

MON, FEB. 20

IN BROOKLYN

February Discovery Days: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 11 am to 1 pm; Free with Garden admission.

Explore exotic habitats from around the world and have some hands-on science fun during the midwinter school break. Families can learn together at Discovery stations inside BBG's Steinhardt Conservatory as kids use their senses to investigate plants and objects firsthand and find out how plants survive in environments from deserts to rainforests.

Mid-Winter Recess: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Noon to 4 pm; Free.

Bundle up and find out what your favorite park animals are doing this winter. Join Alliance naturalists for the Great Backyard Bird Count, a nation-wide conservation effort established in 1900 and much more! In Discovery Pack, from noon to 3 pm, the Prospect Park Alliance invites you to get inspired by nature with Discovery Packs, ready-to-go

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

kits filled with nature activities for families. Blooming Naturalist, 1 pm, learn how to identify birds and use binoculars and field guides. Participants can create a customized naturalist button. Great Backyard Bird Count, 2 pm, join Alliance Naturalists in this fun, nation-wide Citizen Science project. Each checklist submitted helps researchers learn more about the health of birds and how to best protect them! Animal Encounter, 3 pm, join Alliance Naturalists in learning more about the animals in the Audubon Center's collection.

Maps and Compasses: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Navigate your way through Marine Park. Learn how to use a map and compass for safe hiking, then try out your skills on an orienteering trail.

TUES, FEB. 21

IN BROOKLYN

February Discovery Days: 11 am to 1 pm. Brooklyn Botanic Garden. See Monday, Feb. 20.

Mid-Winter Recess: Noon to 4 pm. Prospect Park Audubon Center. See Monday, Feb. 20.

History & Colonial Games: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm to 2:30 pm; Free.

Step back in time and play some colonial games. The history of Fort Greene Park provides the perfect backdrop as we experience what Colonial-era kids played during their free time.

Shelter Building: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Learn tips and tricks from the Urban Park Rangers that will enhance your knowledge of the natural world, and might just save your life. Do you have what it takes to survive in the wilderness? Develop skills that will help you create a shelter from natural and man-made objects.

WED, FEB. 22

IN BROOKLYN

February Discovery Days: 11 am to 1 pm. Brooklyn Botanic Garden. See Monday, Feb. 20.

Mid-Winter Recess: Noon to 4 pm. Prospect Park Audubon Center. See Monday, Feb. 20.

Nature Games: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Bring the kids and enjoy the day with the Urban Park Rangers in Marine Park as we enjoy games inspired by nature.



Christopher Duggan

Adventure in the labyrinth

The newest dance play by Treehouse Shakers, "Under the Tangle" will be performed at the Gelsey Kirkland Arts Center on Feb. 13 and 14.

Visually vibrant, the production is the original dance-play about an adolescent girl who becomes ensnared in a labyrinth after the sudden loss of her parents.

Throughout her journey, she twists along the brambling pathways being confronted with obstacles, finding numerous clues, and meeting many unusual characters: a flock of birds, the haunting labyrinth guards, and the

Queen of the Lost perched upon a grim tower. As a metaphor for adolescence, this visual and artistic adventure is a journey of obstacles, relationships, and discoveries, which strengthen the heroine's character, and eventually set her free from the labyrinth. Recommended for children ages 8 and older.

"Under the Tangle" Feb. 13 and 14 at 11 am; \$20 to \$35 (group and school rates available).

Gelsey Kirkland (GK) Arts Center [29 Jay St. between John and Plymouth streets in Dumbo, (212) 715-1914, www.treehouse-shakers.com]

FURTHER AFIELD

Winter Break Animals in Winter: Vanderbilt Mansion Museum, 180 Little Neck Rd., Long Island; (631) 854-5539; www.vanderbiltmuseum.org; 10 am to noon; \$20 (\$18 members).

Pre-schoolers with an adult will explore the museum to find animals that live in cold climates, then make a polar bear-print snow-globe in the workshop to take home. Pre registration is required.

THURS, FEB. 23

IN BROOKLYN

February Discovery Days: 11 am to 1 pm. Brooklyn Botanic Garden. See Monday, Feb. 20.

Mid-Winter Recess: Noon to 4 pm. Pros-

pect Park Audubon Center. See Monday, Feb. 20.

Build a Bird Feeder: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm to 2:30 pm; Free.

Urban Park Rangers connect children with nature to encourage active exploration of the natural world. Join the Rangers for an afternoon of fun. Learn how to build a bird-feeder for your own backyard.

Birds of Prey: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Join the Urban Park Rangers for an afternoon and learn about eagles, hawks, and owls, and the important role they play in nature.

Calendar

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

FRI, FEB. 24

IN BROOKLYN

Mid-Winter Recess: Noon to 4 pm. Prospect Park Audubon Center. See Monday, Feb. 20.

Knot Tying: Salt Marsh Nature Center, 3302 Avenue U; (718) 421-2021; 1 pm to 2:30 pm; Free.

Do you know how to tie a square knot? How about a bowline knot? If you would like to learn, come join the Urban Park Rangers and find out how to tie these knots and more.

FURTHER AFIELD

"Seussical Jr.": Bronx House Auditorium, 990 Pelham Parkway South, The Bronx; (718) 792-1800; www.bronxhouse.org; 7 pm; \$10.

In collaboration with the Riverdale Children's Theater, Bronx House presents this fun musical where Dr. Seuss's fantasies come to life on stage. Selections include "Horton Hears a Who." The play includes a cast of more than 30 children. Recommended for families with children 3 years and older.

SAT, FEB. 25

IN BROOKLYN

She's on Point: Sunset Park Recreation Center, 43rd Street and Seventh Avenue; (718) 965-8942; nycgoparks.org; 11 am to 3 pm; Free.

Join NYC Parks for a celebration of girls and women in sports. Includes sports demonstrations and clinics for girls and women to participate in. All ages welcome.

Natural Fiber Workshop: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm to 2:30 pm; Free.

Learn how to extract fiber and dyes from natural plants and try your hand at tying and weaving techniques using cordage made from plant fiber. Registration is required to participate in this program. To register, please visit our Urban Park Rangers' program registration page. Registration starts on Wednesday, Feb. 8.

FURTHER AFIELD

"Seussical Jr.": 2 pm and 7 pm. Bronx House Auditorium. See Friday, Feb. 24.

SUN, FEB. 26

IN BROOKLYN

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

Author Lori Richmond shares her story "Pax-Blue."

FURTHER AFIELD

"Seussical Jr.": 2 pm to 3:30 pm. Bronx House Auditorium. See Friday, Feb. 24.



Fun with Charlie and company

"You're a Good Man, Charlie Brown" is live at Gallery Players, Saturdays and Sundays, now through Feb. 19.

The Peanuts gang we all know and love: Charlie Brown, Sally, Linus, Lucy, Schroeder, Snoopy, Pig Pen, Violet, and Frieda make their way to Park Slope to entertain kids young and old with songs and tales for the whole family.

"You're a Good Man, Charlie Brown," now through Feb. 19, on Saturdays at 2 pm, and Sundays at noon and 3 pm. Tickets are \$19.

Gallery Players [199 14th St. between Fourth and Fifth avenues in Park Slope, (212) 352-3101; www.galleryplayers.com].

LONG-RUNNING

IN BROOKLYN

Ice Skating: LeFrak Center at Lakeside, 171 East Drive at Ocean Avenue; (718) 462-0010; www.lakesidebrooklyn.com; Mondays - Thursdays, 10 am to 6:30 pm, Fridays, 10 am to 9 pm, Saturdays, 11 am to 9 pm, Sundays, 11 am to 9 pm, Now - Tues, Feb. 28; \$6 (\$9 weekends: Skate rentals extra).

Lace up those skates and get sliding across the ice.

Craft Room: Jewish Children's Museum,

792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; Sundays - Thursdays, 12:30 pm to 2:30 pm, Wed, Feb. 1 - Tues, Feb. 28; Free with museum admission.

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

Metro Measure: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; Wednesdays - Saturdays, 1:30 pm to 2:15 pm, Now - Sat, March 18; Free with admission to the museum.

How many people can squeeze into a subway car? Is a subway station as long as a football field? Can a giraffe fit in a subway station? Take to our Platform level with tools and measuring instruments in hand to make numerical discoveries about subway cars and stations. For ages 4 and older.

"You're a Good Man, Charlie

Brown": Gallery Players, 199 14th St. between Fourth and Fifth avenues; (212) 352-3101; www.galleryplayers.com; Saturdays, 2 pm, Sundays, Noon and 3 pm, Now - Sun, Feb. 19; \$20.

The Peanuts gang we all know and love — Charlie Brown, Sally, Linus, Lucy, Schroeder, Snoopy, Pig Pen, Violet, and Frieda — make their way to Park Slope to entertain kids young and old with songs and tales for the whole family.

Train Operator Workshop: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; Saturdays and Sundays, 3:30 pm o 4:30 pm, Now - Sun, Feb. 26; Free with museum admission.

Drop by our Computer Lab to take control of a subway car and operate it over virtual miles of track, using some incredibly realistic software! Space is limited, recommended for children 10 years and older.

Touch Tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 3:30 pm to 4:30 pm, Now - Sat, March 4; Free with museum admission.

Meet and touch real, live sea creatures like starfish and sea urchins.

Live Animal Adventure: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 4 pm to 5 pm, Now - Sun, Feb. 26; free with museum admission.

Learn about and touch live animals, including snakes, turtles, lizards, and other reptiles from the museum's living collection.

Sensory Room: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Sundays and Mondays, 2 pm, Now - Mon, Feb. 27; Free with museum admission.

Inclusive space where children of all abili-

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

ties can explore their senses. Welcoming environment for children with autism spectrum disorder.

Block studio and lab: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Mondays, 10 am, Now – Mon, Feb. 27; free with museum admission.

In the museum's second floor studio, which focuses on art and architecture, visitors of all ages develop their engineering skills as they engage in open block play with large Imagination Playground blocks and table top-sized Kapla Planks and Magnatiles, as well as artist James Paulius' house-shaped wooden blocks and pegs from his installation Sky Village.

Totally Tots studio: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Mondays, 10 am, Now – Mon, Feb. 27; Free with museum admission.

Children make inspired artwork. Learn about Kehinde Wiley, Titus Kaphar, Alma Thomas, and Ebony Patterson.

"Sweeney Todd: The Demon Barber of Fleet Street": The McKinney Chapel – 1st Unitarian Congregational Society, 116 Pierrepont St. between Clinton Street and Monroe Place; www.ter2020.com; Friday, Feb. 10, 8 pm; Saturday, Feb. 11, 8 pm; Sunday, Feb. 12, 4 pm; Thursday, Feb. 16, 8 pm; Saturday, Feb. 18, 8 pm; Sunday, Feb. 19, 4 pm; Friday, Feb. 24, 8 pm; Saturday, Feb. 25, 8 pm; Sunday, Feb. 26, 4 pm; Thursday, March 2, 8 pm; Friday, March 3, 8 pm; Saturday, March 4, 8 pm; Sunday, March 5, 4 pm; Thursday, March 9, 8 pm; Saturday, March 11, 8 pm; Sunday, March 12, 5 pm; \$40 (\$30 seniors and students).

Theater 2020 is presenting the Stephen Sondheim musical thriller. Older teens will experience the magnificent score and lyrics up close and personal in a wonderfully intimate gothic setting that provides comfortable cushioned seating! Space is small, reservations highly recommended.

"Out of This World" circus: Barclays Center, 620 Atlantic Ave. at Pacific Street; (917) 618-6100; www.barclayscenter.com; Thursday, Feb. 23, 7 pm; Friday, Feb. 24, 11 am; Saturday, Feb. 25, 11 am; Sunday, Feb. 26, 11 am; Tuesday, Feb. 28, 7 pm; Wednesday, March 1, 7 pm; Thursday, March 2, 10:30 am; Friday, March 3, 7 pm; Starting at \$15.

Audiences will take the helm to join the Ringling Bros. and Barnum & Bailey Circus's Space Fleet on a heroic quest of good versus evil that will let imaginations run wild with unexpected surprises and thrills at every turn.

"Teknopolis": BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; www.bam.org; \$15 daytime, \$25 evening.

A digital arts playground designed to inspire creativity, connect with the future, and



'Sweeney Todd' on stage

The Stephen Sondheim thriller "Sweeney Todd: The Demon Barber of Fleet Street" will be performed at the McKinney Chapel on select Thursdays, Fridays, Saturdays, and Sundays from Feb. 10 through March 12.

Teens and adults will enjoy the Theater 2020 presentation of the musical thriller and experience the magnificent score and lyrics up close and personal in a wonderfully intimate gothic setting that provides comfortable cushioned seating! Space is small, and reservations are highly

recommended.

"Sweeney Todd: The Demon Barber of Fleet Street" show times are at 8 pm on Thursday, Friday and Saturday; and 4 pm on Sundays. Tickets are \$40 for adults, and \$30 for students and seniors.

Performance dates are: Feb. 10, 11, 12, 16, 18, 19, 24, 25, 26; March 2, 3, 4, 5, 9, 11, 12.

The McKinney Chapel at First Unitarian Congregational Society (116 Pierrepont St. between Clinton Street and Monroe Place in Brooklyn Heights; www.ter2020.com).

imagine new possibilities through interaction with technology.

FURTHER AFIELD

Wonders of the Arctic: American Museum of Natural History, Central Park West at West 79th Street, Manhattan; (212) 769-5200; tcoppens@amnh.org; www.amnh.org; Daily, 10:30 am; Now – Thurs, March 2; \$27 (adults), \$22 (students/seniors), \$16 (children); Member Discount: \$13.50 adults; \$8.50 children.; Free for Voyager-level Members and above.

This exhibit tells the story of survival in one of the most unforgiving environments on earth. Through compelling stories told by scientists and Inuit leaders, viewers will discover the impact of ice on the Arctic's inhabitants, both animals and humans.

"Sesame Street Live": The Theater at Madison Square Garden, 4 Pennsylvania Plaza, Manhattan; (212) 465-6741; www.box-officetickets.com/madison/new-york;

Thursdays – Mondays, call for times, Thurs, Feb. 16 – Sun, Feb. 26; \$15–\$147.

Celebrate the universal joy of friendship in this fun-filled, interactive live stage show! Sing and dance along with your favorite characters — Elmo, Grover, Abby Cadabby, and Big Bird and their Sesame Street friends — as they welcome Chamki, Grover's friend from India, to Sesame Street.

The Orchid Show: Thailand: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road, The Bronx; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am to 6pm, Sat, Feb. 18 – Sun, April 9; \$20 (\$8 children).

The show features thousands of orchids in a classic Thai garden setting. The grand centerpiece of the design will be the façade of a sala, a traditional pavilion used for shade and relaxation, with a signature sweeping gabled roofline festooned with exquisite orchids.

Teaching savvy snacking



TIPS FOR FEEDING KIDS

DAWN LERMAN

In the comfort of our kitchens, it can be easy to serve an assortment of veggies with dips and homemade snacks. On the go, it is slightly more daunting. While running from school, to sports practices, and to other enrichment activities, we are constantly bombarded with flashy boxes and bags that call our kids' names. To keep temptation and non-nutritious choices at bay, teach your little ones to be savvy snackers with these tips.

Find the 'yes' snacks

Point out all the beautiful colors of fruit at the farmers' market, let kids choose their favorite nuts to make their own creamy spreads, or let them determine if

they like hard or soft cheeses.

By encouraging your kids to make their own decisions about what to eat from an assortment of healthy options, they start learning to take responsibility for their nutrition.

Teach them to be label detectives

Even before kids can read, you can have them compare labels to find the one with the fewest ingredients. And when they can identify words, have them detect the sugar grams, or the ingredients with the hard-to-pronounce names.

Educate them on what foods are good for their bodies. Pick a plain yogurt, and

in a bowl and mix well.

Take a spoon and scoop mixture onto a cookie sheet lined with parchment paper and place in the freezer for 30 minutes.

Melt chocolate in a double boiler or a microwave safe bowl.

When the chocolate starts melting a little, add the milk of choice to thin the chocolate. Remove from heat, stirring rapidly.

Take your nut butterballs out of the freezer and carefully dip each one in the chocolate until they are fully coated. Then place them back onto the parchment paper and place in the refrigerator.

Chocolate-covered peanut butter truffles

Yield: 8 truffles

INGREDIENTS:

3/4 cup of unsweetened peanut butter, almond butter, or sunflower butter

1/4 cup of oats

1 tbs of maple syrup

1 tbs^o of nutritional yeast

1/4 bag dark chocolate chips

Splash of almond, soy, or coconut milk

DIRECTIONS: Place first four ingredients

toss in some dried fruit. Or go to the bulk section of a grocery store and make your own trail mix. Make friends with the people at the deli counter, and ask them to roll up a couple of turkey slices. Even Starbucks is touting a snack box with a hard-boiled egg and nitrate-free jerky. Also, stick to drinks such as water, herbal teas, and unsweetened milks of choice.

Don't ban sweets

Having a no-sweets rule is an invitation for cravings and overindulging when given the chance. Instead, have a weekly outing to a delicious bakery or a local ice cream parlor. Make these days extra special and differentiate a special treat from a snack.

And at home, bake muffins and cookies with superfoods like flax seeds and chia seeds, or try making your own candy with organic dark chocolate, protein-rich almond butter, and fiber-filled oats.

Snacking provides needed fuel between meals, both super charging kids' immune systems and stabilizing their moods. Involving children in the shopping and cooking not only helps to create smart snackers, but it also helps increase self-esteem and math and reading skills. It also fosters a sophisticated palate, so you will not have to be a short-order cook.

Dawn Lerman, also known as the Snacking Mama, is a top Manhattan nutritionist, founder of Magnificent Mommies, and the author of the best selling book, "My Fat Dad: A Memoir of Food, Love, and Family, With Recipes." Follow her on Twitter@DawnLerman

theMarketplace

COUNSELING SERVICES

Judith A. MacDowell, LCSW
 Counseling Services • Behavioral Plans
 Children • Families • Adults

Autistic Spectrum • Parenting • Anxiety • Depression
 Over 20 Years Experience with Special Needs and
 Goal Oriented Treatment with Children, Families and Adults
 26 Court Street, Brooklyn Evening, Weekend Hours
 1 Block from Subway Certified Teletherapy Provider
(929) 278-5980
Call now for a complimentary consultation

DANCE

BBT THE SCHOOL OF RUSSIAN AMERICAN BALLET
 WWW.BRIGHTONBALLET.ORG

WE OFFER YEAR ROUND DANCE
 CLASSES & ONGOING REGISTRATION

**SCHEDULE YOUR FREE TRIAL
 DANCE CLASS NOW**

FOR MORE INFORMATION
 CALL: 718-769-9161



MEDICAL

Got Unpaid Medical Bills?
 We can help with past or current
 Medical bills that exceed \$400

**Contact:
 LILLIAN BOWMAN
 BENEFITS CONSULTANT**

877.447.9567 • www.ahealthyou.net
 Employer/Employee Groups Welcome

AMERIPLAN Making
 Family Healthcare
 Affordable



MUSIC LESSONS

**Piano Lessons
 For Everyone**

135 Eastern Parkway
across from the Brooklyn Museum

Experienced, friendly teacher with MA in Music
 Student recitals twice a year • Six foot concert grand piano
Near 2, 3, 4 & 5 Subways

*Call me and let's talk about
 what you or your child would like to learn*

**Call Beth Anderson-Harold: 718-636-6010
 or Email: beth@beand.com**



MUSIC LESSONS

SOUNDS OF MUSIC
 Seasoned Performing Musicians with
 Extensive Teaching Experience

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

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

718-232-2703 • Cell 646-752-7973
 Daniel & Diana Barkan • daniel_barkan@hotmail.com
 www.soundsofmusicarts.com



PARTY PLANNERS

Best Clowns

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

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

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

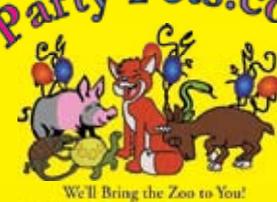
www.bestclownsnyc.com



PARTY PLANNERS

Party Pets.com

We'll Bring the Zoo to You!
Call today 516-766-1100
Party Pets of New York
 Experience hands on learning about animals from around the world!



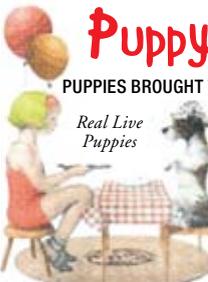
PARTY PLANNERS

Puppy Parties
 PUPPIES BROUGHT TO YOUR NEXT BIRTHDAY...

*Real Live
 Puppies* **Really, Really Fun**
Totally Interactive
 Great for ages 1½ to adults

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

See the puppies at
www.PuppyParadise.com



**To place an ad
 in our line of
 family
 publications,
 please call
 718.260.4554**

Stay Connected

To advertise with us please call 718-260-4554



New & Noteworthy

BY LISA J. CURTIS

Eat your heart out

CucinaPro's Heart-shaped Waffle Maker makes it possible for you to bake a ticker-warming, photo-worthy Valentine's Day breakfast. To me, serving warm, heart-shaped waffles to children on a chilly winter morning is pretty much the epitome of the recent craze for "hygge" (pronounced hoo-guh), the Scandinavian love for cozy things. If you're — understandably — not willing to cut short your beauty sleep to wow the kids with a heart-shaped breakfast, that's OK, because with the help of a Pinterest recipe (just search for "red velvet waffles"), you'll be cranking out dessert waffles in no time! Or bake chocolate waffles with a recipe included in the instruction manual (which can be downloaded from <https://cucinapro.com/product/classic-heart-waffler/>). CucinaPro's waffle maker is stainless steel on the outside and has non-stick baking grids on the inside. Bake your waffles just the way your kids love them with the help of the adjustable browning control. Measuring 7.75-inches wide by 10.75-inches deep by 4.5-inches high, this waffle maker serves up five hearts at a time, making it even easier to share the love.



Heart-shaped Waffle Maker by CucinaPro, \$39.95, www.crateandbarrel.com.

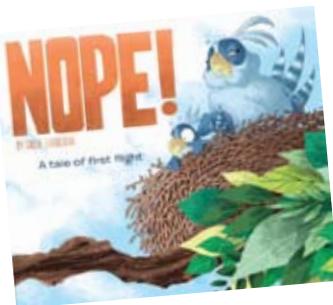
Say 'Yes' to 'Nope!'

In his new picture book "Nope!," cartoonist Drew Sheneman tells the story of a young bird who resists leaving the nest. The fledgling is frightened by the idea of flying and what might be waiting for him. His mother remains steadfast, positive, and reassuring... until she finally gives him a kick out of his comfort zone.

The story, which is told with very few words, will delight children ages 3 to 5, but it's also a poignant graduation gift for kids transitioning from pre-K to elementary school and even those leaving the cocoon of college for The Real World.

The amusing book illustrates how natural fear of new experiences can be, and how empowering loving encouragement from a parent can help a child take wing.

"Nope!" book by Drew Sheneman, \$17.99, www.amazon.com.



Flower power

I first discovered Cicely Mary Barker's whimsical, lush illustrations of flower fairies when I was looking for inspiration for handmade Valentines. But British poet-illustrator Barker (1895–1973) and her winged magi-



cal creatures have been capturing the imaginations of generations who appreciate and collect her illustrated books of poetry, since 1923's "Flower Fairies of the Spring."

With the new "Flower Fairies Coloring Book" — which Warne released on Jan. 31 — colorists of all ages can employ pens, crayons, markers, or colored pencils on 96 pages of Barker's intricate line art illustrations. These drawings can be traced or photocopied and incorporated into your family's handmade Valentines. Whether your aspiring artist is a fan of fairies, flowers, gardening, fantasy, or magical worlds, this is an enchanting gift that's sure to delight and inspire.

"The Flower Fairies Coloring Book" by Cicely Mary Barker, \$14.99, www.barnesandnoble.com.

Savoring his memories

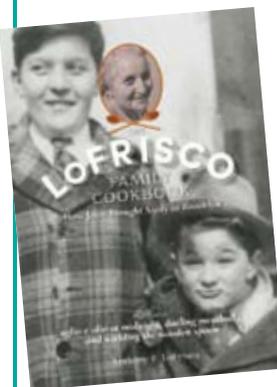
In "The LoFrisco Family Cookbook," Brooklyn native Anthony LoFrisco shares the recipes of his favorite dishes, collected from his family, friends, and his own adventures in dining.

Sandwiched between the recipes for "stuffed cherry tomatoes," "stuffed mushrooms," and "stuffed fried olives" (are you detecting a trend here?) are the octogenarian's "intermezzos," his anecdotes about growing up in Dyker Heights.

LoFrisco's recipes are quite personal — and one even comes with a curse! If you dare boil eggplant (rather than saute it in oil) when making his beloved "caponatina" recipe, he threatens, "all of the descendants of your maternal grandmother will grow hair on their

chest"! One of the most endearing pages is a montage of photographs of his grandchildren, when they were very young, grappling with spaghetti, their faces and hands covered in sauce. LoFrisco's cookbook is a moving tribute to his mother who employed thrift, ingenuity, and love to create meals and memories that continue to delight the very newest generations of her family.

"The LoFrisco Family Cookbook" by Anthony F. LoFrisco, \$39.95, www.amazon.com.



THE PARK SLOPE DAY CAMP



TRADITIONAL DAY CAMP

CIRCUS CAMP

SPORTS ACADEMY

ON WHEELS TRAVEL CAMP

LEADERSHIP EXPERIENCE

OPEN HOUSE

Saturday, February 11 | 339 8 Street

Presentations at 1:00 & 2:30 PM

PRESIDENTS' DAY MINI CAMP

February 20-24

Grades Pre-K - 6



718-788-7732 | www.parkslopedaycamp.com

Bay Ridge | Carroll Gardens | North Slope | Park Slope | Windsor Terrace



Summer 2017!

Brooklyn Bridge Park

at St. Francis College

Early Start Imagination Camp

ESIC • Specialized Programming for Pre-K campers ages 3-5

- 8:30am - 5:30pm with extended hours available
- Beautiful outdoor & air-conditioned indoor space
 - Sports, games & outdoor adventure
 - Visual arts, crafts & performing arts
 - Special events, theme days, carnivals & all traditional camp activities
 - Red Cross Swim Instruction.
- Healthy hot lunch & transportation available (A/C)
 - Low ratios with mature staff
 - Flexible enrollment for 2-8 weeks

(Traditional Day Camp (ages 6-11), Teen Travel (ages 12-14) & CIT/LIT Program (ages 14-16) also available)

Info Sessions at St. Francis College
(180 Remsen St., Brooklyn, NY 11201)
Feb. 25, 2017 at 11:00 am - Room 3402

Visit us online for 2017 info session dates & locations!
www.oasischildren.com • (646)-519-5069

