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Brooklyn Family
August 2017

Where every child matters



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Mid-summer musings

We're halfway through the summer already! How fast it goes. It's hard to believe, but only a few weeks are left of summer camp/summer programs for our kids. That said, the end of August seems to be one of the most popular times of the year for families to be traveling and I'm sure this year will be no exception.



One of the miracles of this time of year are all the fabulous fruits and vegetables that are now in season. Whether you're getting them at your local market, a farmer's market, a farm-stand on Long Island or upstate or in Jersey, the available produce is breathtaking. Corn, peppers, tomatoes, all kinds of greens, berries, melons, and more are presenting a color palette that any artist would find arresting.

This month, in addition to Christine Palumbo's regular Healthy Eating column,

we also have two interesting pieces on the importance of food in maintaining good health. Vegetarian blogger Kathyne Taylor has shared all kinds of healthy recipes and writer Sharon Zarabi has contributed an article on healthy snacks during your pregnancy. Sharing this kind of information is an integral part of our editorial policy. We have no doubt that you are what you eat. Planning meals and snacks for the family is a job with the highest priority and nothing to be taken lightly. Present and future health depends on it.

Summer is a time when lots of parents are confronting the challenge of finding quality day care. Not only for parents returning to work after childbirth, but also for the many new families who move into our communities over the summer months. Our writer Allison Plitt has a review of an excellent book, "Dear Daycare Parent" by

authors Jackie Rioux and Jo-Ann Parylak, that she says is a must read for every parent about to navigate the maze of options.

I would like to say that once again New York Parenting is a proud partner of Volunteers of America-Greater New York's Operation Backpack. In past years we have been instrumental in helping to put out the word about this organization's drive to outfit children living in homeless and domestic violence shelters with a new backpack and other academic necessities. We hope once again that we will be able to impact their success through our readership's generosity.

Thanks in advance and thank you for reading.

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Kid clothes for less

Finding today's children's fashion at an affordable price

BY KIMBERLY BLAKER

The end of the summer season marks the excitement of back-to-school shopping for kids — and back-to-school shopping battles for many parents. Because fashion is an important part of a child's self image, a new wardrobe often comes at a high cost.

But with advance planning, your kids can still get their look at a price you can afford:

Out with the old?

Keep costs down by making the most of your child's current wardrobe. Eliminate outgrown or outdated articles, and save basic or classic pieces that still fit.

Inspect these pieces and replace missing buttons, mend seams, patch tears, and remove stains.

If shoes still fit, increase their life by replacing worn heels, broken eyelets, and dingy shoelaces. Then freshen them with a good shoe cleaner and brightener or polish.

Style is important, so create new, fashionable outfits by pairing an old basic shirt with a new pair of jeans and stylish belt. Or mix a pair of old-but-good jeans with a shirt in one of this fall's new colors.

Determine what garments have something to match and which are incomplete, then carry a list of needs when you shop.

Secondhand savvy

Today, families in all income brackets are reaping the benefits of secondhand shopping. Depending on your child's age and personality, you may need to alleviate her fears and objections. Be sure your child understands no one will know the clothing is secondhand unless she discloses it. Also, point out the savings could result in a bigger, and possibly better, wardrobe.

When you shop secondhand, inspect clothing thoroughly for stains, tears, broken zippers and snaps, frayed pant cuffs, and other damage. Check for body odor and mildew smells that are unlikely to wash out.

And try on clothing before taking it

home because it may not be returnable.

Secondhand clothing can be found at garage sales, thrift stores, consignment and resale shops, and even online. Prices vary, so explore all the options in your area. Children's shirts typically range between \$2 and \$10 and jeans between \$4 and \$15 depending on size, condition, label, and the particular store.

A no-cost option is to form a back-to-school swap with several friends and neighbors. Each person should label the boxes of clothing according to size. Then get together for the exchange, and watch your child's new wardrobe grow.

Scouting for deals and other retail tips

Begin by changing old thinking patterns. The mark of the new school year is not always the most practical time to replenish your child's wardrobe.

If your kid didn't hit a growth spurt over the summer, wait until winter to shop after last year's clothing is fully outgrown.

The best back-to-school prices are found a couple of weeks later or beyond into the new school year. Since the beginning of the school year is often too warm

Clothes that last

Make your kid's new wardrobe last by following these tips:

Pay attention to washing instructions. This is especially important for teen girls' clothing. Some fabrics will shrink beyond recognition if not laundered correctly.

Boys are especially hard on knees. Give pants extra wear by sewing a fun patch on each knee (after you make sure your child is okay with it).

Have your kids approve all pur-



chases. That is, unless you're shopping for the less-choosy younger set. Otherwise, the duds will hang in the back of their closet.

Go up a size for some items. Purchase articles such as rain gear or dress shoes that will get seldom use one-half to a full size larger to get through an extra season. Regularly worn shoes should fit properly, though, for the sake of your child's feet. When selecting rain gear in this manner, choose a style that will not cause your child to trip or obstruct her view.

for the new fall wardrobe, your child's summer clothing — along with a couple of last year's pieces — should suffice until the best sales hit.

Before you shop, go over your list and explain the budget to your kids. If designer label battles start, offer your kids the option to pay the difference above what has been budgeted for that particular item.

Avoid buying clothing sets; instead,

select versatile pieces.

Look through flyers that come in the weekend edition of your metropolitan area newspaper. Learn what's on sale and compare store prices before heading out.

Kimberly Blaker is a realtor, author, and freelance writer. Her articles have appeared in more than 200 newspapers, parenting and women's magazines, and other publications throughout the U.S.

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Healthy snacks for pregnancy

Move over pickles and ice cream, there are better things to eat!

BY SHARON ZARABI

Healthy babies begin with a nourished fetus, so what you choose to feed yourself can significantly impact fetus growth and have long-term nutritional implications. So, what to do when cravings hit? If only it was normal to binge on pints of Ben and Jerry's with pickles on top and still maintain a size 4 waistline.

Pregnancy cravings are no joke — an estimated 50–90 percent of U.S. women experience cravings for specific foods during pregnancy. It is no surprise to learn that some of the most commonly reported cravings were for sweets, pizza, or chips.

The reality is that most of these cravings usually leave baby still crying for nourishment because the processed “snacks” are void of any vitamins or minerals needed for development.

To snack or not to snack?

Snacks are defined as a small meal eaten between regular meals. Think of them as some extra fuel in between your meals, and when you find yourself going for that sweet-and-salty mixture, be creative with your choice of energy and keep it as close to nature as possible.

Ask yourself, what is my body really craving? Am I thirsty, or is it something salty, something sweet, or is it something

with a creamy texture? Maybe what you ate for lunch didn't contain the right balance of nutrients, so what you are actually seeking is nourishing calories, also known as “energy.” So when that overwhelming desire for a hamburger hits, it could be the body asking for more protein.

In times like this, outsmart the crav-

ing by finding a healthier version of that same food. Satisfy your craving and get the nutrients you and your baby need by keeping these three key nutrients in mind:

Protein

Usually found in animal products such as meat, fish, chicken, eggs, or vegetar-



When that overwhelming desire for a hamburger hits, it could be the body asking for more protein. Outsmart the craving by finding a healthier version of that same food.

ian sources including beans, nuts, veggie burgers, and tofu. Protein, like fiber, takes longer to be digested. It keeps you fueled for longer and also assists with hormonal balance, enzymatic activity, wound healing, and hair, skin, and nail growth.

When it comes to which proteins to choose, it's important to note that the recent U.S. Dietary Guidelines encourage a shift to fish for all Americans because of its health benefits and the fact that it's lower in saturated fats than some other animal protein sources. Seafood is especially important for pregnant and breastfeeding women since it is high in omega-3 fatty acids, which are critical for brain and eye development. I've included a tuna fish wrap recipe below that packs a powerful punch of protein and omega-3s.

Fiber

Fiber is the non-digestible part of plants that usually takes longer to be

broken down and helps you feel full longer. It also helps clean out the pipes by maintaining a normal flow through the digestive tract. Think dark, leafy green vegetables, fruits with a thick skin, seeds, nuts and cereals made from bran or oats.

Calcium

Calcium is needed to maintain mother's bone development, but even more so, baby's heart muscles, nerves, teeth and bone formation. Good sources of calcium include milk and other dairy products like Greek yogurt and cottage cheese, along with dark, leafy green vegetables and sardines. Try to opt for 1,300 mg of calcium daily taken in separate doses.

Below are a few of my favorite go-to snack options that will help satisfy cravings as well as keep baby happy:

Tuna fish wraps: We know that seafood will help with baby's brain and eye development. As an added bonus, using

canned tuna is a convenient, affordable way to help you reach your two-to-three-seafood-meals-a-week goal. Grab a can of tuna, mix in a quarter of an avocado for a double dose of healthy fats, a few sliced cherry tomatoes, and wrap in lettuce. Here you get a blend of salty, crunchy, and refreshingly good dose of vitamins without the guilt.

Fruit parfait: Not only great for a quick and easy breakfast, but the combination of berries and cottage cheese will help satisfy that sweet tooth and give you a healthy dose of antioxidants, which can help ward off disease. The calcium from dairy can assist with strengthening bones.

Almond butter and carrot sticks: Nut butters are a versatile spread that are chock full of healthy fats and a great source of protein. Try two teaspoons of your favorite nut butter with carrots or apples.

Sharon Zarabi is a registered dietitian, certified dietitian nutritionist, and certified personal fitness trainer whose love of food was born as a child surrounded by a large family who would gather on a regular basis for dinner. As the Bariatric Program Director of Lenox Hill Hospital, she consults with patients looking to better their lives through healthy eating.

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Sibling age gap

The challenges — and benefits! — of having children far apart in age

I wouldn't change a thing about my kids. I love them each for the quirky, complicated, beautiful people they are. I've been a mother for more years than I have not been a mother, because I had my first daughter very young. My second daughter was born five years later, and my son was born five years after that. My mother-in-law joked after my son was born that in five years, I better take a long trip unless I wanted a fourth child.

The funny thing is that I didn't plan to have five years between each of my children — in fact, only my second daughter was strategically planned, and my other two kids were wonderful surprises. I know everything worked out exactly the way it should have. Yet, if I had to do it all over again, I would make one minor adjustment: I would have had my children closer in age.

Here's why:

Sleepless nights

My first baby was a breeze. When she napped, I did. That all changed with my second. Once I finally got her down to sleep, I either had to take my firstborn to school, pick her up, help with homework, or get her to a practice.

This only increased exponentially with my last-born. I would get a baby down to sleep only to be woken up by a scared preschooler, then get back to sleep and be abruptly awakened by a screaming baby. Feed baby, get him to sleep, and a few minutes later, the sun would come up, my alarm would rattle my brain, and I'd have to get my older kids to school, bleary-eyed and utterly exhausted.

Had they all been very young or a little older, their sleep cycles would have likely synced, and they would either all be in the baby or toddler stage — or blissfully out of it.

Incompatible activities

Having to juggle big-kid birthday parties with a baby on your hip is no fun at all. And neither is attending Mommy and Me classes with a preteen. As they grow, an age discrepancy means trying to find activities for teens and school-age children,



which is a very difficult thing to do.

Different schools stress

Having to drop your kids off at different schools each day and adhere to different (often opposing) schedules just ups the chaos of the week. I have repeatedly thought how much easier it would be to have all my kids in the same school.

Also, from kindergarten to high school, it helps siblings to know their big sister or brother is there, too. The upside is that there was not much sibling rivalry, as they all had their own set of friends and activities.

Potty training

I always thought that I couldn't deal with two (or god forbid, three) kids in diapers at the same time, *but* if that had happened, I would have had them all potty trained around the same time, instead of rationing out unending potty training sessions every five years.

Different versions of me

My oldest daughter (who I had when I was practically a child myself) got the mom with most patience, for sure, but she also got the mom who was just learning to know herself and stand up for herself.

My youngest got the version with much



JUST WRITE MOM

DANIELLE SULLIVAN

more experience and confidence, but less time. My daughter in the middle got a mix of the two.

The age gap

There is a 10-year difference between my oldest (Millennial) and youngest (Gen Z).

Many times, my son will look to my oldest daughter as out of touch with his world and my daughter will forget how she felt at his age as she mentally shakes her finger and thinks this youngin' is just too much. But other times, they are two peas in a pod, happily playing Pokémon with vigor and camaraderie.

My 20th straight school year

Yes, 20 years of homework, projects, parent-teacher meetings, school plays, bake sales, and uniforms!

My oldest has graduated college and my youngest is in high school. I still have three years to go until high school is done, and (gasp) seven more until college is over for all of my kids. If they were in the same age bracket, they would have all finished and I'd have three young working adults (and extreme college loans!).

• • •

On a positive note, the big upside to having had a child even five years was that I always had a lot of special time with each new baby while the older kid(s) went to school. I also enjoyed a prolonged era of always having a baby in the house. Spacing out children — and even having children at all — is a deeply unique experience and one that I truly believe works out just the way it should be, in the end.

Danielle Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



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Day-care maze

Better navigate it with tips from these experts

BY ALLISON PLITT

Are you considering returning to work but need advice on how to pick the right day care for baby? Have you ever wondered what really happens in a day-care center after you drop off your child, or what you could do to create a better relationship with the people who care for him?

In their book, "Dear Daycare Parent," authors Jackie Rioux and Jo-Ann Parylak combine their firsthand experiences as day-care staff with additional research about this country's day-care system to provide valuable tips on how parents can reap the most benefits from day care for themselves and their children.

The day-care system is growing exponentially: there were 740,000 childcare facilities operating in the United States in 2007, which is four times the number that existed 20 years earlier. Authors Rioux and Parylak maintain that pre-kindergarten childcare has many positive effects on children: "Children who attend high-quality preschool enter kindergarten with better pre-reading skills, richer vocabularies, and stronger basic math skills than those who do not."

Yet, with all of this convincing information about the benefits of quality pre-K at our disposal, our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers. According to the authors, inadequate day care affects our economy; \$3 billion is lost annually, because of "employee absences due to lack of child care."

Running a day-care center is a costly endeavor with only 46 percent of services provided in their own buildings. Child-care facilities held in churches and other places of worship account for the other 20 percent of buildings where day-care programs are run.

"Dear Daycare Parent" reads like a numbered list of things parents should be aware of when choosing a day care and collaborating with its teachers. The book has amusing illustrations as well as a recommended reading list of children's and parenting books. Don't let the cute



pictures fool you, though. These two authors, who have both worked in early childhood education programs for more than 20 years, give invaluable advice for any parent who is about to embark on the journey of enrolling her child in a day-care program.

The book's pervasive theme is for parents to keep the communication open between themselves and all the people at the center who are looking after their child. Before starting the program, parents are encouraged to visit with their child to take a look around, learn the caregivers' names, and let them know anything important about you or your child that will make their day run easier.

For example, if the center needs to administer medication to a child, bring it in a Ziploc bag with your child's name and instructions on it. If your child has an allergy, the authors suggest bringing in a picture of your child with his name and a list of his allergies under it, and post it in an area of the center where all of the day-care workers will be able to view it.

If there is separation anxiety initially, the authors suggest the child bring in a blanket or stuffed animal from home to ease the transition. If the child cries when the parent drops him off in the morning, do not linger. Say something positive to your child and leave. If the center provides an enriching curriculum for its students, the child will eventually stop crying at morning drop-off.

It is important for parents to create a calm and reassuring routine every morning when they arrive at the center for drop-off. Likewise, when they come to pick their child up later in the day, the parent should not dawdle. They should tell their child to clean up their toys and assertively take their child by the hand and lead them out of the center.

If your child is having problems sleeping at home, let the teachers know, so at nap time, they can observe your child and his behavior. Sometimes children will mention something to a day-care worker, such as the child overheard something scary being said at home, so then the teacher can advise the parent of the possible cause of the sleeping problem.

Since toddlers do not have advanced communication skills, they will not give parents a detailed description about their day. Some parents would like to know what their child does on a daily basis. In this case, the authors suggest putting a notebook in the child's backpack where the teachers can write what happened at the school each day and how their child behaved.

Any change going on in the home environment should be reported to the day-care center immediately. If parents are separating or there are parents who are legally not allowed to see their child, the day-care center should be aware of this. All too often, these children's grandparents will be standing outside the center photographing their grandchild, so the parents are still able to see how their child is doing.

If you want to introduce new foods to your child (to see if she has an allergic reaction to anything), let the teachers know, so they will only feed your child the food you provide for her. It is easiest for the day-care center workers if parents cut up the child's foods at home, and if anything needs to be heated, place it in a microwavable container.

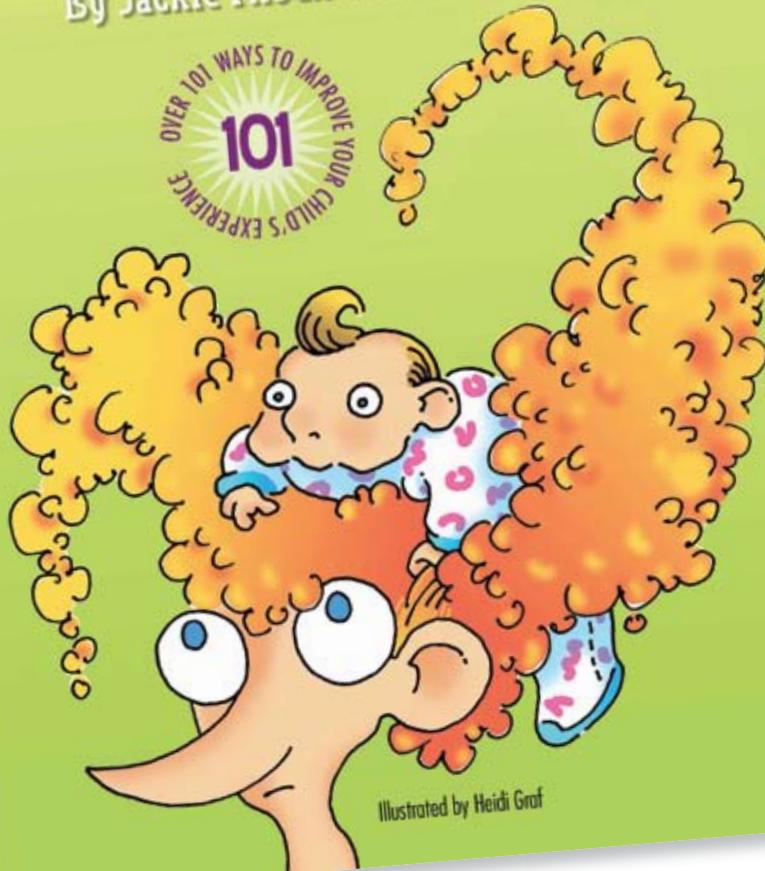
To avoid any confusion about the children's belongings, it is important to label everything your child brings into the center, which includes clothing and food containers. Since children at this age have not socially progressed to sharing

THE MUST-HAVE GUIDE TO DAYCARE FOR WORKING PARENTS

Dear DAYCARE PARENT

By Jackie Rioux and Jo-Ann Parylak

OVER 101 WAYS TO IMPROVE YOUR CHILD'S EXPERIENCE
101



their belongings, the authors recommend that children do not bring their toys to a child-care center. Instead, they recommend bringing in books and CDs which an entire group of children can enjoy.

Many child-care centers are on a tight budget, so if parents want to help out, the authors advise donating adult clothing because children love to play dress-up. Parents can also give the day-care center planting soil, pots, and seeds. Toddlers enjoy putting their hands into soil, planting seeds, watering them, and watching them grow, which provides the additional benefit of being an educational experience.

Day-care centers focus on the importance of toddlers playing with materials like clay for the development of their fine motor skills. Don't bring your child to day care in expensive clothing, because they will get stained in the course of an action-packed day. Instead, dress them in comfortable play clothes. If your child is learning to use the bathroom, make sure he is dressed in sweatpants, rather than pants with buttons, snaps, or zippers, to make it easy for him to use the bathroom.

The authors share their experience working in child-care centers, and those stories offer parents a valuable opportunity to understand the caregivers' point of view. Accounts of parents' indiscretions range from the believable to the

Our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers.

laughingly implausible. Sometimes parents take these teachers' services for granted and do not follow the day-care center's rules.

If the day-care facility has a sign-in policy, parents should sign-in their children every morning (especially since the authors say these sign-in sheets have been used in court cases). It is equally important to telephone the facility and let them know if your child will not be at school that day.

Usually, most centers have bulletin boards with important information concerning the rules of the center as well as upcoming events. If you or your child misplace a message placed in his cubbyhole, the day-care center will usually have the information posted on the bulletin board. If it's a day to dress-up as a pirate at the center, and your child is dressed in his typical landlubber attire, he could feel left out.

Of course, parents bring sick children to day care, because they don't have a back-up plan if their child becomes sick. If the child is running a fever or gets sick at school, the parent typically has at least one hour to come and pick up their sick child.

Most importantly, do not yell at a day-care staff member in front of the children. If you need to speak to the teacher, find a mutually agreed upon time and place to talk.

If you are impressed with how much your child is learning at the center, let the director know, and if possible, give one of the teachers a recommendation. Since day-care workers put in long hours and are usually underpaid, they would appreciate receiving positive feedback about their job performance.

To join the online community of parents using day-care services, visit the book's website, www.deardaycareparent.com.

Allison Plitt lives in Queens with her daughter and is a frequent contributor to this magazine.

Training for life

How to keep your body moving and stay healthy

BY CAROLYN WATERBURY-TIEMAN

During summer vacation, three years ago, we rented bikes. I had not been on a bicycle for more than 20 years. Fortunately, the old adage “it’s just like riding a bike” held true. Indeed, I remembered how to ride, but I’d forgotten the exhilaration of pumping the pedals, getting into a rhythm, body and machine working in synchrony. Nostalgia returned me to the day I learned to ride, and the hours spent cycling up and down our steep, quarter-mile long, gravel driveway. I rediscovered an activity that combined pleasure and exercise.

Upon returning home, I found a bike with a comfortable seat and started riding regularly. Uncertain of my ability to maneuver in traffic, I decided to stick with laps around the neighborhood park. Over several weeks, I incrementally increased the distance and resistance to a level I could maintain for the time set aside to bike. It felt fantastic!

Neighbors started calling out the number of laps as I went past. After a few more weeks, they started asking, “What are you training for?” Surprised that they automatically assumed I was training for an event or competition and unsure how to respond, I simply smiled and kept going. After hearing that question repeatedly, I started saying, “Old age,” which got a lot of laughs.

Then after my older son got married, I changed my response to, “Grandparenthood,” which prompted more laughter. But lately, having considered the benefits gained from being physically active throughout the years, I cheerfully reply, “I’m training for life!”

Reactions to that statement were completely unexpected. People flag me down to ask what I mean. Anxious to be obliging and neighborly, I tell them. My body is made to move. In order for it to function optimally, it needs to be exercised. Since I want it to continue working well, I take it out and exercise it every day. I vary the activity so that none of the muscle groups are ignored. I use fuel that allows my body to work smoothly and prevents blockages that could clog its systems. I attempt to maintain a weight that it does not find taxing. I make sure it gets the rest it needs.



In order to do all the things I want to do, my body has to be healthy. Keeping it healthy is my responsibility. Since I want to continue being able to do things with my husband, my kids, and eventually, with any luck, my grandkids, I keep moving. That’s what I mean when I say, “I’m training for life.”

This explanation has resulted in some lengthy, fascinating sidewalk conversations. So often, people will begin by making excuses for why they are not physically active. They don’t have a bike. They don’t have the right shoes. They can’t afford to take the time. They don’t feel like it.

They are surprised when I counter their excuses with: You don’t have to bike, you could walk. You don’t have to have special shoes, they just need to be comfortable. You can’t afford not to make time to take care of your body. There are all kinds of

ways to add physical activity into your day, no matter what you are doing. (Having an exercise psychophysicologist for a husband comes in handy when making suggestions.) And doing anything is better than doing nothing. There are lots of times I don’t feel like walking, working out, biking, swimming, or whatever, but I do it anyway. Over the years, I’ve discovered that doing it feels so much better than not doing it. Usually, just getting started is all it takes.

If we want our children to adopt lifestyles that contribute to long, healthy lives, guess what? You got it. It starts with us. So:

Get ready. Evaluate your current fitness level. If necessary, get a physical to determine your readiness.

Adopt an activity. The possibilities are endless. Choose an activity that you are most likely to stick with and make it a part of your daily routine.

Find a partner. Becoming physically active can be a challenge, but having an ally can be motivating for both parties.

Start slow. Every January I see new faces out running — red-faced, breathing hard, struggling with every step. By the second week of January, they are nowhere to be seen. Set realistic goals and ease into the new routine.

Think of food as fuel. A college friend told me, “I eat to live. I don’t live to eat.” Establishing a practical attitude toward food can be empowering.

Focus on health benefits. Increased energy, improved sense of well being, and reduced stress are all associated with physical activity. These aren’t measured on a scale or reflected in a mirror.

Normalize exercise. Make physical activity as routine as brushing your teeth. Commit your family to training for life!

If you won’t take my word for it, perhaps you’ll listen to Dick Van Dyke who, at 90, goes to the gym every morning whether he feels like it or not. According to Van Dyke, when it comes to the body, you use it or lose it. Bottom line — keep moving!

Carolyn Waterbury-Tieman has been married for 29 years and has two sons. For 15 years, she worked as a family therapist and parent educator, and she has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.

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Keep it positive

Teaching children to focus on the good

Whining, complaining, and arguing are the languages some children seem to be fluent in. Ask them to talk about something good and they are at a loss. Do you find that when you ask your small being what his favorite part of the day is he has a hard time finding an answer, but can list countless problems?

This is a behavior, and I strongly suggest you take the time to address it *now*.

When your small ones are young, they are learning what conversations get attention and what conversations do not. Make a conscious choice to teach them that they get more attention and focus from you when they tell you things that are amazing versus when they tell you things that are problems.

This does mean letting your own curiosity take a back seat. When your child comes home from camp and says,

“Johnny got in trouble at school today.” Most parents ask, “What happened?” This only teaches your child that you like to hear about problems.

Instead, let your curiosity take a back seat and respond with, “Oh. I want to hear something great that happened today.”

This will teach your child that sharing negative news does not keep the conversation going. Yes, it is hard to not know exactly what happened in camp with Johnny. Trust that if it was relevant to your family, the counselor would have called you.

Ask yourself, is it more important to know why another child got in trouble, or teach your child to have a positive perspective on life?

Hands down, your child outweighs another person’s child every time.

So, say to your child, “Tell me something great that happened today.” When



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

he hesitates or says he can’t think of anything, wait. Tell him you will wait while he thinks of something great. Then, actually wait.

Don’t get distracted or talk to another one of your children. Don’t check your phone or go get dinner started. Wait until he says something that was great.

When he does, follow it up with lots of questions. This is how you show your child that you are interested — give lots of attention and focus on this great thing.

You can then follow up by telling him something great about your day. Many parents only ask their children questions about their day. They don’t share about their own. Share with your children great things about your day, too. They do want to know!

If you ask your child what was great about his day and share what was great about yours every day, do you know what happens? He starts to automatically talk about things that are great in his life.

One simple question, asked every day, will teach your child to look for the great things in his day and in his life. This is how you create a positive perspective! It is not something that people are or are not born with, it is created.

Next time your child shares about his day, consider what perspective you are creating in him.

Dr. Marcie Beigel is a behavior specialist based in Brooklyn, who has worked with thousands of families for more than 20 years. Her book “Love Your Classroom Again” is a bestseller, and she is a guest expert on WCBS and Fox. Find out more at DrMarcie.com.



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What to do with that old 401(k)

In my July column, I discussed steps I take with clients and prospects to plan for their retirement. To review, the steps were:

- Calculate how much income you will need during your retirement years.
- Calculate how much must be saved to replace your employment income.
- Implement, monitor, and adjust the plan as necessary. Following those simple steps can greatly increase your chances of reaching your retirement goals.

My experience with clients and prospects, however, is that once the initial steps are implemented, there is a tendency to forget to adjust the plan as circumstances change. This is especially true when people change jobs. Changing or leaving a job can be an emotional time. You're probably excited about a new opportunity — and nervous, too. And if you're retiring, the same can be said. As you say "goodbye" to your workplace, don't forget about your 401(k) or 403(b) with that employer. You have several options, and it's an important decision. Besides derailing a well-crafted retirement plan, if done incorrectly, you might be liable for taxes and penalties.

First, you can leave your account with your former employer's retirement plan. If your account balance is more than \$5,000, many companies allow you to keep your retirement savings in their plans after you leave your job. This option takes no action on your part, and most often people choose this option because it is easiest. Not transferring your 401k isn't always a matter of procrastination, sometimes there are valid reasons to consider leaving your retirement plan where it is. For instance, you might be more comfortable with the funds you are invested in and your current asset allocation may complement your overall investment strategy. And in some cases, an employer-sponsored retirement plan may offer participants access to institutional share class mutual funds and lower cost index funds.

Experience shows it can be easy to pay less attention to or forget about your old retirement account once you are no longer making additional contributions to the account. A second option is to transfer your



old 401(k) into your new employer's retirement plan. Choosing this option will avoid penalties and taxes if you make a direct, trustee-to-trustee transfer between the two plans. For simplicity, transferring old 401(k) assets to your new plan could make it easier to track your retirement savings.

You may also be able to borrow from your 401(k) if your new retirement plan permits participants to take loans against their accounts. Each plan has different rules for borrowing, but a common borrowing limit is 50 percent of your vested balance up to \$50,000. Transferring money into your new 401(k) increases the value of the account and the amount you may be able to borrow.

A third option is transferring the assets in your 401(k) into an individual retirement account. Choosing this option allows you to continue growing your funds on a tax-deferred basis, and if done correctly, you will avoid taxes and penalties on the transfer. In many instances, you will have more control over your assets in an IRA Rollover account, and you may also have a broader range of investment choices.



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

A final option, which might be very costly, is to cash out your 401(k). This option should be avoided unless the need for cash is critical. Besides upsetting your carefully crafted retirement plan, there are substantial penalties and taxes involved when taking a cash-out distribution. If you withdraw from your 401(k) before age 59-and-a-half, the money will generally be subject to both ordinary income taxes and a potential 10 percent early withdrawal penalty. You might also move into a higher tax bracket since the taxable portion of the withdrawal will be added to any other taxable income you have during the year.

So, if you're considering moving on to a new job — or have already made the move — review all of your options to make an informed decision about what to do with the retirement funds you left behind. Be sure to consider all of your available options and the applicable fees and features of each before moving your retirement assets. Because your 401(k) may be a big chunk of your retirement savings, it's important to weigh the pros and cons of your options and find the one that makes sense for you.

Anthony N. Corrao is an independent advisor with Corrao Wealth Management. For more than 25 years, he has helped families by developing financial, educational, and retirement planning strategies. He can be found at www.corraowm.com.

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How to make brag sashes

A fun and creative way to celebrate your amazing kid

BY JESSICA LIGHTLE

Looking for a special way to celebrate a special school year? The Girl Scouts have the right idea: Nothing says “I rock” more than a brag sash. This activity is the perfect way to celebrate your child’s achievements and take a look back on all of the progress she has made throughout the year. These sashes are easy to make, and your child can personalize hers however she likes.

What you need:

- Sturdy fabric, about 1 yard (old jeans or cords are great for this)
- Scissors
- Needle and thread, or fabric glue
- Sturdy card stock or cardboard
- An extra-large hole punch or scissors able to cut out a circular shape



- Markers (or any other supplies used for decoration)
- Fabric glue

Directions

To make the sash, cut two strips of fabric, each about 6-inches wide, making

the length of each strip long enough to fit around one half of your child. These are Girl Scout-style sashes that go over one shoulder and underneath the other arm down to about the waist, so the sash will go all the way around the front and the back of your child’s torso.

Stitch or use fabric glue to connect the two pieces together in a large oval. Each strip of fabric should lay flat across your child’s body.

To make the badges, cut out lots of circles from the card stock, each roughly 2–3 inches in diameter.

Help your child come up with a list of accomplishments — learning the ABCs, mastering fractions, getting a ribbon in the school science fair, reading a great book, etc. The list will depend on what grade your child is in, but it should still be long and fun.

Then, let your child decorate the card stock circles, each representing one of her many accomplishments.

When you’ve finished making your badges, let your child glue her accomplishment badges onto her brag sash.

Wear with pride!



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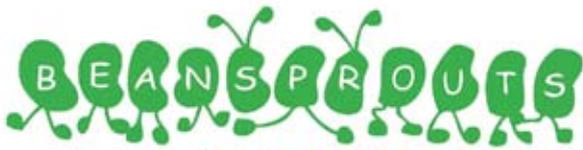
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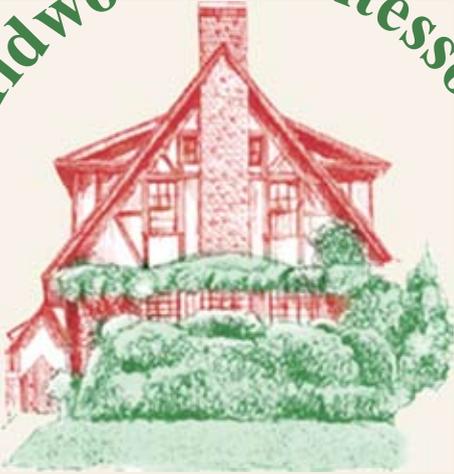
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Continued from page 22

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Fresh delights

Healthy recipes even picky eaters will love

BY KATHRYNE TAYLOR

Parents of picky eaters, take heart! I was the pickiest of eaters when I was young. I went through a peanut butter sandwich phase — no crust, hold the jelly, white bread only. I would only eat canned green beans — certainly not my grandmother’s garden-fresh beans. I always loved pizza, and still do, of course. Fortunately, my mom always offered salad and fresh fruit at the dinner table. I’m pleased to report that my palate has expanded exponentially since I left for college.

The fresh ingredients on the table back then generally came from the produce section of a grocery store. These days, I enjoy picking up my produce at farmers’ markets whenever possible. I like to talk to the vendors and find out more about the food they’re selling. It’s also fun to watch kids find their favorites and ask questions about fruits or vegetables they haven’t seen before. They’re more likely to try new foods when they’ve helped pick them out!

My parents never would have guessed that I would grow up to become a food blogger and write a cookbook.

If you’re wondering what to cook up with your surplus farmers’ market finds, here are a few of my favorite recipes from my new cookbook, “Love Real Food: More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body.”

Kathryne Taylor is the personality behind the hugely popular blog Cookie and Kate (<http://cookieandkate.com>), named after her crumb-catching dog, Cookie. In six years, the vegetarian and all-natural food blog has grown from a hobby to a full-time project, and now garners more than two million visits per month. Her cookbook “Love Real Food” is published by Rodale.



Roasted strawberry basil and goat cheese crostini

Makes about two dozen crostini

INGREDIENTS:

- 4 to 5 ounces goat cheese
 - 1 pound strawberries, hulled and cut into bite-size pieces
 - 2 tablespoons honey
 - 2 tablespoons extra-virgin olive oil
 - 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
 - Small handful of fresh basil leaves, torn into little pieces
 - Freshly ground black pepper
- Tip: If you don’t love goat cheese, alternatives include mascarpone, cream cheese, or ricotta.

DIRECTIONS: Preheat the oven to 350-degrees Fahrenheit with racks in the

middle and upper third of the oven. Line two large, rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.

On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapsing on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.

Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.

Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Green goddess hummus

Makes 1¾ cups

INGREDIENTS:

- ¼ cup tahini
- ¼ cup lemon juice (from 1 1/2 to 2 lemons)
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 clove garlic, roughly chopped
- ½ teaspoon fine sea salt
- ½ cup lightly packed, fresh, flat-leaf parsley (some stems are okay)
- ¼ cup lightly packed, fresh, tarragon leaves, basil, or cilantro
- 2 tablespoons roughly chopped, fresh chives or green onions
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- Chopped fresh herbs (whatever you have left), for garnish

DIRECTIONS: In a food processor or high-powered blender (i.e., Vitamix or Blendtec), combine the tahini, lemon juice, olive oil, garlic, and salt. Process for about 90 seconds, pausing to scrape down the sides as neces-

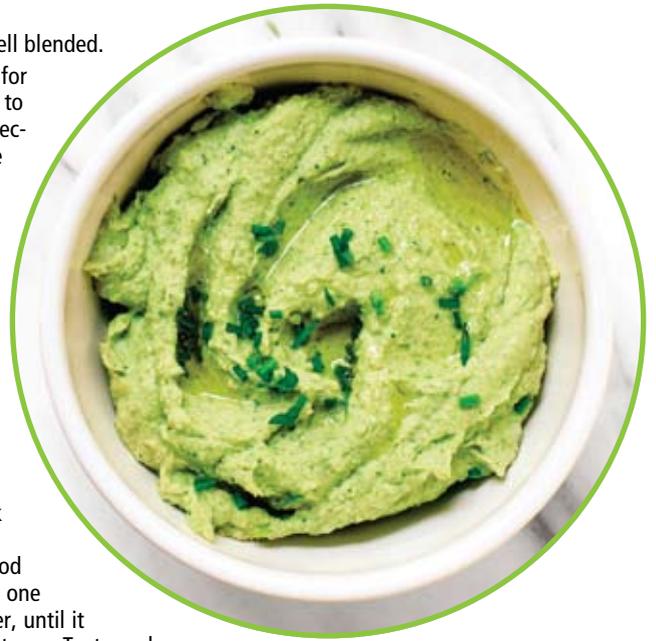
sary, until the mixture is well blended.

Add the herbs and process for about one minute, pausing to scrape down the sides as necessary, until the herbs have blended into the mixture and the mixture is nice and smooth.

Add half of the chickpeas to the food processor and process for one minute. Scrape down the bowl, then add the remaining chickpeas and process until the hummus is thick and quite smooth, one to two minutes more.

If your hummus is too thick or hasn't yet blended into creamy oblivion, run the food processor while drizzling in one to two tablespoons of water, until it reaches your desired consistency. Taste and season with additional salt, if necessary.

Scrape the hummus into a small serving bowl. Lightly drizzle olive oil over the top and



sprinkle with some chopped herbs. Leftover hummus keeps well, chilled, for four to six days.

Almond-Blueberry Cake

Makes one loaf cake (about eight slices)

INGREDIENTS:

- 2 cups (8 ounces) plus 1 tablespoon packed almond meal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt

- ¼ teaspoon ground cinnamon
- 4 eggs
- 2/3 cup maple syrup or honey
- ¼ cup extra-virgin olive oil
- ½ teaspoons grated lemon zest (from two medium lemons, preferably organic)
- 1 cup blueberries (6 ounces), fresh or frozen
- Lemon-Maple Glaze
- 2 tablespoons lemon juice
- 2 teaspoons maple syrup or honey

DIRECTIONS: Preheat the oven to 325-degrees Fahrenheit. Generously grease a 9-by-5-inch loaf pan, and dust it with almond meal to prevent sticking.

In a large bowl, combine two cups of the almond meal, the baking powder, baking soda, salt, and cinnamon. Whisk to blend.

Crack the eggs into a medium bowl and beat with a whisk until the yolks and egg whites have blended together.

Add the maple syrup, olive oil, and lemon zest and whisk to blend. Pour the wet ingredients into the almond meal mixture and stir

until there are just a few clumps remaining. In a small bowl, toss the blueberries with the remaining one tablespoon almond meal. (This helps prevent the blueberries from sinking to the bottom of the cake.) Gently fold the blueberries into the batter.

Scrape the batter into the prepared pan. Bake until the cake is deeply golden brown, the center is firm to the touch, and a toothpick inserted in the center comes out clean, about one hour and 10 minutes to one hour and 15 minutes.

Meanwhile, to make the lemon-maple glaze: In a small bowl, whisk together the lemon juice and maple syrup until blended. (If you're using honey and having a hard time blending it into the lemon juice, place the bowl on top of your stove to warm it up while the cake bakes, or warm it briefly in the microwave until you can whisk them together.)

Once the cake is out of the oven, place the cake, pan and all, on a cooling rack. While the cake is warm, use a pastry brush to brush the glaze over the top of the cake. It should soak right in. Let the cake cool for at least 30 minutes before carefully inverting it onto a serving plate or cutting board. Carefully flip it back over, then use a bread knife to cut it into 1-inch-thick slices.

Store any remaining cake in the refrigerator, covered, for up to four days.

Time warning: This cake is very simple to make, but requires about one hour and 45 minutes combined baking and cooling time.





Spider bite signs and treatment

My family and I enjoy the outdoors, and we often go hiking and camping on the weekends and over school breaks. This last camping trip, my daughter was repeatedly bitten by a spider in her tent. She was okay, if a bit uncomfortable. However, I realized that I should learn more about spider bites, and how to avoid them. How can I keep the spiders away from my children? And, if one of my children is bitten, how do I know if it's serious?

There are about 3,000 different kinds of spiders in the U.S. alone, but the majority of these bugs aren't poisonous. Reactions to spider bites often cause acute swelling, redness, discomfort, and mild itching.

For reactions such as these, a simple home remedy is all that is necessary to ease the discomfort of a spider bite. For relief, try applying an ice pack on and off for 10 minutes at a time, elevating the bite area, giving your child an over-the-counter children's antihistamine, and covering the wound with antibiotic ointment. Symptoms should subside within 24 hours.

If you find that the condition doesn't

improve, or the redness, swelling, or pain has become more intense, call your child's pediatrician.

One of the greatest risks from a spider bite is an allergic reaction. Seek immediate medical attention if you note any of the following symptoms, as these could indicate a severe allergic reaction: hives, trouble breathing, passing out, or swelling of the throat, mouth, lips, or tongue.

There are really only two spiders in the U.S. that anyone needs to worry about: the black widow and the brown recluse. Black widow spiders are completely black, except this breed displays a red hourglass shape on their stomachs. A bite from a black widow might produce symptoms including pain that spreads to other parts of the body, abdominal cramping, fever, nausea, and excessive sweating.

As the name suggests, brown recluse spiders are brown with a distinctive, violin-shaped marking on their heads. These bites can develop ulcerations around the site, and pain from a brown recluse bite may take up to eight hours to develop.

If you suspect that you or anyone in your family may have been bitten by either



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DR. PRAMOD NARULA, MD
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a black widow or a brown recluse spider, seek treatment immediately.

There are some preventative measures you can take to reduce your child's chances of coming in contact with a spider. Apply insect repellent on your children before they go into the woods, and ensure that your kids wear long-sleeves and pants while exploring the great outdoors.

When on the trail or the camp site, avoid rocky formations or wood piles, as those are popular places for spiders to gather. You can also take precautions by eliminating any spider webs you may see at home.

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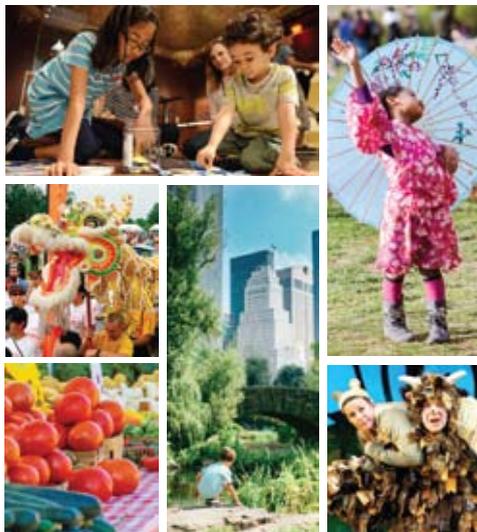
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Operation Backpack

Annual drive outfits kids with supplies and confidence

BY JAMES HARNEY

Ready ... or not?

The start of a new school year is quickly approaching, and hundreds of thousands of New York City schoolkids will soon shop for a new backpack — and the pencils, pens, notebooks, binders, and other must-have supplies that go in it.

But thousands of others won't.

More than 22,000 children — most of them school age — live in homeless and domestic violence shelters across the city, and right now, they don't know if they will be ready with a new backpack and other academic necessities on the first day of school. That's where Operation Backpack comes in.

Now in its 14th year, the community service initiative of Volunteers of America–Greater New York aims to outfit every child living in a city shelter with a new, high-quality, school-supply-filled backpack in time for the start of the school year. The organization's immediate goal: to collect 20,000 donated backpacks at 15 drop-off sites around the city — and another four in New Jersey — by Aug. 4.

"The sad fact is that more than 20,000 homeless children, right here in New York City, cannot afford even the most basic school supplies. This puts them at a devastating disadvantage," says Volunteers of America–Greater New York vice president Rachel Weinstein, the founder of Operation Backpack. "This campaign is helping prepare these deserving kids for success in school. With help from everyday New Yorkers, they will walk into the classroom with a fully stocked backpack, just like their classmates, ready to face the school year with hope and dignity and without the stigma that comes with being a child in need."

Weinstein said that through donations from individuals, corporations, schools, and houses of worship, Operation Backpack has given backpacks to more than 140,000 students in pre-K through 12th grade living in shelters across the city — including 19,000 last year alone.

"The average cost to fill a backpack is \$87, an expense very few families in shelters can afford," she said. "The younger the child, the less expensive the backpack; the older the student, the higher the cost, as their backpacks include a USB drive, geometry kit, scientific calcu-



A happy little girl is beaming after choosing a colorful backpack full of school supplies from a pile of hundreds collected in the Volunteers of America-Greater New York Operation Backpack drive.

lator, full-size dictionary and thesaurus, and student planner along with all of the usual supplies."

Corporate donors such as HSBC, Walgreens–Duane Reade, and JPMorgan Chase have signed on to contribute to this year's Operation Backpack effort, but Weinstein encouraged private individuals and families to participate by going online to www.OperationBackpackNYC.org to find lists of drop-off sites and grade-specific items to put inside donated backpacks. Financial donations

can be made at www.crowdrise.com/OperationBackpackNYC.

"A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all," Weinstein said. "It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them."



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Our thoughts can impact our health

How do you react to negative situations?

Some say it is not what happens to you but how you look at what happens that determines happiness and fortitude. No one goes unscathed in this life, and each of us inevitably experience heartbreak, disappointment, and stress.

We all know those people who lose their minds when their train is late, they find themselves on a long line, or forget something. Similarly, we all know those who face down a scary medical crisis or a heartbreaking loss and somehow manage to keep a positive outlook, and not take down everyone in their path with their fraught disposition.

Late author and motivational speaker Wayne Dyer said, “If you change the way you look at things, the things you look

at change.” If you see doom and gloom in every circumstance, you will not only place unnecessary stress — not to mention health risks — on yourself, but in all likelihood, you won’t find much peace or happiness.

Let’s face it. Happiness is an inside job. We all know it, but we all forget it. Life will throw everyone curve balls, and whether we let those annoy us, destroy us, or empower us is solely up to us.

But how do we get there? Here are some actionable tips:

1. Keep it positive. When we find ourselves heading down the negative trail, change course. Remember that words matter. What we say to ourselves creates our reality, so try to keep your thoughts positive. This includes avoiding gossip



HEALTHY LIVING

DANIELLE SULLIVAN

and joining in the circle of friends who endlessly complain.

2. Sleep. Yep, sleep. It is incredibly easier to look at the world along with all of its challenges in a better light when we feel sufficiently rested. Being recharged also enables us to tackle problems more efficiently. Sleep helps our bodies repair and rewires our cells for strength and stamina. Make it a priority.

3. Delegate. We don’t have to fix everything ourselves. In fact, by off setting tasks to our partners, employees, and children, we are helping them feel included. In the case of our kids, we are teaching them responsibility and the value of hard work, along with the idea that mom does not have to do it all alone. So instead of doing it all and feeling resentful, delegate away, and enjoy some downtime.

4. Check your health. Sometimes moodiness, restlessness, and depression can signal a thyroid problem, hormonal imbalance, or other medical issue. If you find yourself feeling unlike your normal self for several weeks, see your doctor. And don’t forget to schedule your own regular check-ups.

Many times, having and maintaining a good attitude comes down to self-care. When we take care of ourselves, especially as busy parents, we help build up the strength necessary to deal with life’s problems, big and small.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney’s Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



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Teaching your kids to fight fairly

BY MYRNA BETH HASKELL

Conflicts seem to invariably arise when you are in the middle of making dinner or completing a presentation for work. The scenario might unfold like this: You hear your kids arguing over who gets to choose the next game on the Nintendo console. This doesn't seem to be a big deal to you, but it is definitely a big deal to them. Their voices escalate, they're wrestling for the control stick, and calling each other names. Perhaps you didn't hear, but a few minutes prior, one of your children bragged about being champion of all games while his sibling called him an ugly snot nose.

Even adults find it difficult to stay calm during a heated argument, and often allow disagreements to cause long-term rifts in relationships. Parents need to examine their own behaviors when it comes to arguments with their spouse or other adults, because ultimately, they are their children's strongest role models.

Teaching children to have healthy disagreements should be taught at a very early age. This will help them navigate both personal and professional conflicts in the future.

Dealing with conflict

Dealing with conflict can be a daunting process for children, because they are impulsive and egocentric. The first step is for children to be able to state what the problem is and to be forthcoming about what has transpired. Therefore, children need to feel safe about expressing their feelings.

Dr. Alice Sterling Honig, a licensed psychologist specializing in parenting and child development and professor emerita of child development at Syracuse University, advises, "Teach children how to solve their own problems. Give power to them to understand what they are feeling, and the dignity to say how they feel about it."

Honig says that parents should avoid putting those involved in "time out" as a quick solution.

"Instead, parents should create an environment where children feel safe to talk to you about it," she urges.

Teaching communication skills and empathy

The Peace Rose Method of Problem Solving (a Montessori method): Allows children to express their feelings while still respecting another's. When a conflict arises, one child holds the "Peace Rose." While holding the Peace Rose, the child can express his opinion about the conflict. When he is done, he passes the rose to the other child.

Emotion charades: Write down "feeling" words on pieces of paper. Children take turns picking a slip of paper and acting out the feeling (e.g. anger). This teaches an understanding of body language and facial expressions.

Staying on topic: Pick a theme (like happiness), then ask kids to think of a word that fits that theme starting with A and continuing throughout the alphabet.

For more social skills activities similar to above, browse friendshipcircle.org.

The Name Game: Teach young children to get someone's attention before they speak. Children sit in a circle. One child is given a ball, then asked to name someone in the circle and roll the ball to that child once she makes eye contact.

Additional games to play with children and teens to teach communication, connection, and empathy: Parentingscience.com.

Parents should then help children work through the process of evaluating what caused the conflict in the first place.

Dr. Linda S. Lucas, a licensed psychologist and assistant professor in the department of human services at Beacon College in Leesburg, Fla., urges parents to start early.

"Preschoolers are learning how to regulate their emotions, so this is a critical period for parents to use teaching opportunities when conflicts arise. Parents need to teach moral reasoning, how to identify the wrong behavior and what is wrong about it, and the impact it has on others."

Lucas also instructs parents to allow children to voice their feelings and to cope with the problem.

"Teach children to use their words to express what they believe the problem is. Parents need to listen to the child's perspective and help the child understand the conflict involved. The key to a child's problem-solving is the development of their coping responses."

Let cool tempers prevail

Arguments get out of hand in the adult world all of the time — even some political leaders need to learn a thing or two about keeping disagreements civil. So, teaching children at an early age to fight fairly and with respect for another's feelings is an important life skill.

If parents use derogatory slurs when they have disagreements, children will pick up on this and use the same tone — or language — when they have a conflict.

"It has never worked for parents to think that they can tell their children to do what they say if it is not consistent with what they do," Lucas reminds.

Licensed social worker Katie Hurley, a child and adolescent psychotherapist, parenting expert and author of "The Happy Kid Handbook" asserts, "Kids don't enter this world equipped with conflict resolution skills. I encourage parents to help children learn to cope with conflict as it arises. Don't solve the problem for them; help them hit the reset button and figure out what to do.

"In my house, we have a simple 'fight fair' rule. We talk about our feelings and discuss why we're hurting so that we don't repeat the same hurtful behaviors."

Empathy first

First and foremost, children need to learn to put themselves in another's shoes. This will not only help them become a caring adult, but will also help them understand both sides of an argument.

Honig points out that you have to teach empathy to children starting in preschool. She advises parents to help children see another point of view and perspective by asking, "How would you feel if this happened to you?"



Hurley counsels, “Kids often get stuck in their own personal needs and forget to think about the other person. It’s important for kids to learn that we all make mistakes, and sometimes we hurt others because we’re not empathizing, but we can learn from those experiences and make better choices the next time.”

Honig recommends that parents read stories about kindness, loyalty, and caring to children on a regular basis, such as “Horton Hears a Who” by Dr. Seuss. “Good News, Bad News” by Jeff Mack and “The Invisible Boy” by Trudy Ludwig are also good choices. (Browse Common Sense Media for other books that teach empathy: www.common sense media.org/lists/books-that-teach-empathy).

No name calling

Calling someone an idiot is not an appropriate debate tool. It doesn’t get your point across. It only escalates the conflict. Children stoop to name calling, because they are frustrated and don’t know how to express their feelings.

Hurley advises, “The first step is to help kids calm down. When emotions run high, kids tend to hyper-focus on their own needs and fail to tap into reasoning skills. Encour-

aging three deep breaths to calm the physical and emotional response in their bodies is a great first step. Next, teach ‘I statements,’ such as ‘I feel sad...’ This reduces the tendency to blame, which fuels arguments.”

She also says “teaching the stoplight is useful for little kids, too.”

Here’s how it goes:

Red = STOP: Take a break from the action and breathe.

Yellow = THINK: Consider the other person’s feelings. Choose your tone and words wisely.

Green = ACT: Share your feelings without blaming and talk about solutions.

Listening skills

“I always teach kids to listen for the sake of listening, not to craft a retort,” Hurley reports. She recommends making a listening skills cheat sheet to post on your fridge:

Eyes: Look the talker in the eyes.

Ears: Listen to what the talker is saying.

Mouth: Ask follow-up questions or statements to show that you understand.

She also suggests that a squeeze ball works well for young children. Each child squeezes a ball while listening to the other person’s point of view.

Focus on the this conflict

Have you ever brought up previous conflicts to make a point? I know that I do it quite frequently with my husband. However, bringing up old disagreements does not keep the focus on the problem at hand. Parents need to remind children that they are not fighting about past grievances and that the current problem is the one that needs their attention.

“If you and your partner bring up old hurts every time you argue, your kids will learn to do the same,” Hurley cautions. She suggests that parents ask kids to restate the problem from both sides to clarify.

“Then, ask each child to think about the problem for five minutes (set a timer) and come back with three possible solutions.”

Conflict resolution

Children need to be taught how to formulate solutions and how to forgive if the situation has turned ugly.

Lucas explains that parents should discuss possible solutions and give children the opportunity to create a better way to solve the conflict without anger or aggression.

If siblings are fighting over who gets to sit in the front seat of the car, Honig suggests asking, “How do you feel? Can you think of a way you both get to sit in the front seat?” She then instructs parents to wait for an answer. Honig says it’s imperative to avoid describing a child’s idea as stupid or wrong. Instead, a parent should ask, “Can you think of a different way to solve the problem?” Parents should keep asking questions until an agreeable solution is reached.

Hurley recommends role playing. Ask the children to come up with scenarios that are typical problems they have with one another, such as whose turn it is to set the table. Scenarios are chosen at random.

“Practice solving the problem for five minutes, then switch roles. The more kids practice and verbalize their feelings, the better they are at accessing these skills when conflict arises.”

Hurley also proposes using a white board for brain storming.

“Kids tend to think of one solution and get stuck there. If a child comes up with a solution, he might truly believe it’s the only possible solution. Using a whiteboard to brainstorm helps kids visualize different ideas and solutions.”

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of “Sanctuary” (www.sanctuary-magazine.com).

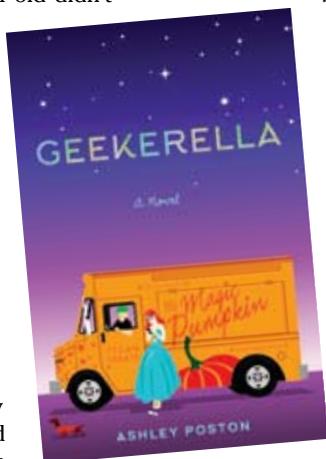
Contemporary Cinderella story

In “Geekerella” by Ashley Poston, dreams can — and do — come true.

When Elle Wittmer’s father died and left her with a Stepmonster and two ugly-inside stepsisters, the 16-year-old didn’t have much say in how things were run.

Stepmonster Catherine could use up Elle’s free time with chores, but she couldn’t take away Elle’s memories. Catherine couldn’t erase the time Elle spent with her dad or their love for the show “Starfield.” And certainly Catherine couldn’t throw out Elle’s memories of ExcelsiCon.

Yep, Elle was practically born a “Starfield” fan, and because her dad started ExcelsiCon, most of her childhood was spent with its actors and other fans. She knew every episode by heart, which is why she was angry that the directors of the new “Starfield” movie hired Darien Freeman, a teen soap opera star, to play the handsome Carmindor.



He was totally wrong for the part! Fuming, Elle blogged about it before she went to work at The Magic Pumpkin, a vegan food truck where life didn’t stink as bad as it did at home.

But Darien didn’t really want stardom. He longed for his old life, when fancons were fun, fans were nice, and people didn’t blog bad things about him. He told his manager, Mark (who was also his father), that he didn’t want to attend ExcelsiCon, but once it was announced on national television, he was stuck. All he could do was hope that his text-crush would be there.

He’d “met” her while looking for the phone number of someone at ExcelsiCon who could release him from that ridiculous obligation. He’d never seen her face-to-face, but he somehow knew her heart.

Remember how captivated you were by “Cinderella?” That classic tale has grown up now, and “Geekerella” is pretty cute.



THE BOOK WORM

TERRI SCHLICHENMEYER

Poston gives her heroine a fairy godmother with green hair and a carriage that smells like grease, but the romance is still here: teen readers will be thrilled by a dashing, geeky prince, and they’ll love to hate the evil, beautiful stepmother.

Best of all, there’s a predictably Happily Ever After here that will make you smile. If a just-right ending is just-right for you, put “Geekerella” in your basket. Go ahead. You know you want it.

“Geekerella,” by Ashley Poston [320 pages, 2017, \$18.99].

Singing out for a better world

Born nearly 100 years ago, Pete Seeger loved to “toot, shake, and bang” on every musical instrument his mother owned. Pete absolutely loved music!

During his boyhood, life was wonderful. Although his parents divorced, Pete had a happy home, a boarding-school education, hobbies, and plenty to read, and he had his music. He enjoyed singing with his father and brothers, and he even bought his own banjo with his savings.

He was content, but he clearly saw that other people weren’t so well-off. During the Depression, many workers lost their jobs and folks went hungry. Pete’s family got by — but just barely; unluckier folks coped with hardship by pulling together, and by singing songs about their lives.

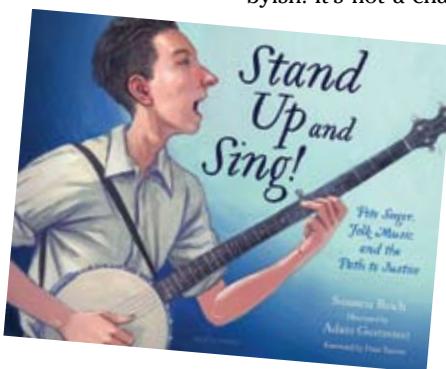
That impressed Pete a lot, and it made him think. He focused his life on the issues of the day, and he lost his college scholarship, so he took up his banjo and played on the street for coins. Soon, he was playing for crowds of workers and their wives, then for students, then for paying audiences.

After serving in World War II, Pete “threw

himself into the ‘singing union movement.’” He loved making a difference, but it wasn’t easy: because of his music, some people questioned his loyalty to America. Still, he never stopped singing about Civil Rights, worker’s rights, intolerance, hatred, and unfairness. He never stopped trying to make the world a better place.

There’s a lot to like in “Stand Up and Sing!” by Susanna Reich, illustrated by Adam Gustavson.

Kids who’ve marched in recent rallies or who are mature enough to see injustices will appreciate the story of Seeger, who dedicated his life to creating change. Children who love to sing will see how it can be more than fun — it can be beneficial, too. And kids will be delighted by Gustavson’s illustrations.



Those are the best parts of what you’ll get inside this book; indeed, Reich tells a good tale. At issue is that it appears to be a picture book for small children, which it absolutely isn’t: Reich’s story is pretty advanced for kids under 12, but children over that age may find its format too babyish. It’s not a chapter book, and half of it consists of pictures. The over-12 set may resist.

Still, if you can entice an older child to try it, “Stand Up and Sing!” is a great introduction to folk music and the history of protest.

“Stand Up and Sing! Pete Seeger, Folk Music, and the Path to Justice,” by Susanna Reich, illustrated by Adam Gustavson, foreword by Peter Yarrow [48 pages, 2017, \$17.99].

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



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Calendar

AUGUST



Brooklyn Botanic Garden / Caroline Voegen Nelson

How does your garden grow?

Discover the joys of gardening at Discovery Garden, now through Aug. 23 at the Brooklyn Botanic Gardens.

Drop in and hone your skills alongside Discovery Docents in the Hamm Children's Learning Courtyard inside the Discovery Garden.

Water and weed fruit and vegetable beds, plant a seed, and learn about what's growing!

This is a drop-in program for families with children of all ages. All programs are outdoors and canceled in inclement weather.

Discovery Garden on Wednesdays, 10:30 am to 12:30 pm, now through Aug. 23. Free with general admission.

Brooklyn Botanic Garden [1000 Washington Ave. at Eastern Parkway in Crown Heights, (718) 623-7220; www.bbg.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!

TUES, AUG. 1

IN BROOKLYN

First Discoveries for Toddlers: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 9:30 am – 11:30 am; Free with general admission.

Calling all explorers 2 to 4 years old (and their caregivers)! Plant a seed, touch a wriggly worm, and nestle into a meadow nook to read a story, or create a unique nature craft at special Discovery Garden activity stations designed for toddlers.

Night Out Against Crime: Fort Greene Park, DeKalb Avenue and Washington Park; Noon to 7 pm; Free.

Join members of the 88th Precinct and the 88th Precinct Community & Youth Council and enjoy a safe street rally. Free rides, food, and information.

Young Dancemakers: Kumble Theater at Long Island University, DeKalb and Flatbush avenues; (718) 329-7300 X 3358; aliceteirstein@gmail.com; www.kumbletheater.org; 1 pm; Free.

Teens from city public high schools will perform a concert of their original choreography plus an excerpt from Limon's "A Choreographic Offering," taught by Kristen Foote. Reservations recommended.

Night Out Against Crime: Brooklyn Bridge Park, Pier 5 Picnic Peninsula; (718) 875-6850; 5 pm; Free.

Join members of the 84th Precinct and the 84th Precinct Community Council and enjoy a safe street rally with performances by the Blenman Steel Sounds, the Gowanus Wildcats Drill Team, and Kay Sublime.

Night Out Against Crime: Service Area 3 in Bushwick Houses, 24 Humboldt St. (718) 386-4537; 5 pm to 8:30 pm; Free.

Meet and greet your neighbors and make your community strong. There will be food, career education, and safety information provided.

Night Out Against Crime: Grand Army Plaza, Park Slope; (718) 636-6411; 6 pm to 8 pm; Free.

Make your neighborhood strong, come out with the members of the 78th Precinct and council.



All aboard for train fun

Choo, choo! All aboard for train fun at Transit Tots at the New York Transit Museum through Sept. 7.

It's stories, games, and surprises for the youngest transportation fans! Suitable for children 2 to 5 years old with an adult companion.

Transit Tots on Thursdays, now through Sept. 7 from 10:15 am to 11 am. Free with general admission.

New York Transit Museum [Boerum Place at Schermerhorn Street in Brooklyn Heights, (718) 694-1600; www.nytransitmuseum.org].

WED, AUG. 2

IN BROOKLYN

Music in the Grove: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 10 am to 11 am; Free.

Jon Samson is featured at this perennial favorite among young families in the neighborhood, the park's Music in the Grove: Kids Concerts series returns for its seventh season!

Discover Gardening: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 10:30 am to 12:30 pm; Free with general admission.

Drop in and practice gardening skills alongside Discovery Docents in the Hamm Children's Learning Courtyard inside the Discovery Garden. Water and weed fruit and vegetable beds, plant a seed, and learn about what's growing!

Summer reading: Pier 3 Greenway Terrace at Brooklyn Bridge Park, Furman Street and the Promenade; (718) 514-7359; www.brooklyn-bridgepark.org/park/pier-3-greenway-terrace; 11 am; Free.

Enjoy storytime with librarians from the Brooklyn Heights branch of the Brooklyn Public Library who read fun stories from their summer reading list and more.

"Cinderella Samba": Maria Hernandez

Park, Irving Avenue and Starr Street; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2; 11 am to 2 pm; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnaval gala and dances the samba with Prince Paulo himself.

Brooklyn Cyclones v. Tri-City Valley Cats: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; \$10.

Double Dutch: Brooklyn Bridge Park, Pier 2, Joralemon Street at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; 7 pm; Free.

Join Double Dutch Empire for Open Ropes, a weekly double dutch jump rope session. Open Ropes is free and open to everyone of any age, skill, and jump style.

THURS, AUG. 3

IN BROOKLYN

"Cinderella Samba": Underwood Park, Waverly Avenue and Lafayette Avenue; www.cityparksfoundation.org/event/cityparks-pup

Calendar

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petmobile-presents-cinderella-samba-2; 10:30 am to 11:30 am; Free.

"9 to 5": Habor View Lawn, Pier 1, Furman Street at Old Fulton Street; www.brooklyn-bridgepark.org; 6 pm; Free.

Enjoy a screening of the movie, set to the backdrop of the New York City skyline! Music and food vendors open at 6 pm, and the movie begins at sundown.

Journey to the Stars: Brooklyn Bridge Park, Pier 1, Old Fulton Street at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; 8:30 pm to 10:30 pm; Free.

On Thursday nights in July and August, members of the Amateur Astronomers Association of New York will set up hi-powered telescopes for stargazing sessions that are free and open to the public. Weather permitting.

FRI, AUG. 4

IN BROOKLYN

"King Fun Panda 3:" WNYC Transmitter Park, West Street and Kent Avenue; (347) 987-2765; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Bring a picnic, blanket, friends, and family to see this living large and loving life Panda, Po (Jack Black) and all he has a lot to learn if he's going to fulfill the next challenge from his beloved instructor (Dustin Hoffman).

Coney Island Fireworks: Coney Island Boardwalk, W. 10th Street and W. 15th Street; 311; www.nycgovparks.org; 9:30 pm to 10 pm; Free.

Watch the fireworks illuminate the sky at Coney Island Beach and Boardwalk. For the best view, locate yourself on the Boardwalk or beach between W. 10th and W. 15th streets.

SAT, AUG. 5

IN BROOKLYN

Discovery weekends: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 10:30 am to 12:30 pm; Free with general admission.

Experiment, learn, and play together in the Discovery Garden. Hands-on stations throughout the garden's meadow, woodland, and marsh habitats and in the vegetable garden encourage families to explore nature together. Create a nature-based craft, artwork, or invention with Discovery Docents.

Music in Motion: Fulton Ferry Landing, 1 Water St. at Furman Street; www.bargemusic.org; 4 pm; Free.

Bargemusic presents a family concert of chamber music on its floating barge. The hour-long concert is followed by a discussion with the artists.

Brooklyn Cyclones v. Lowell Spinners: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 6 pm; \$10.

Join the Cyclones for the fourth-annual Seinfeld Night at MCU Park! Ballpark-goers will re-

Celebrate Jamaican heritage

D'Oro Dance Ensemble celebrates Decades of Excellence and Jamaica's 55th Jamboree at the Kumble Theater on Aug. 5.

The event is a night of dancing, singing, storytelling, poetry, and special guests.

Come and experience Jamaica's rich cultural heritage displayed through dance, music, poetry, and storytelling. It features special guest performances from the Braata Folk Singers, Black River High, Green Island High, Portmore Dance Theatre Company, and Seaview ECL.

Decades of Excellence on Aug. 5 at 8



pm. Tickets are \$25.

Kumble Theater at Long Island University [DeKalb and Flatbush avenues in Fort Greene, (718) 488-1624; www.kumbletheater.com].

turn home with a "soup Nazi" bobble-head.

Astronomy: Owl's Head Park, 68th Street and Narrows Avenue; www.scandinavian-museum.org/events.html; 8 pm to 9:30 pm; Free.

Astronomy programs feature the use of telescopes and binoculars to observe specific astronomical events.

SUN, AUG. 6

IN BROOKLYN

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

Read garden-inspired stories alongside volunteers. Drop in anytime during program hours to join in.

Kayak Polo: Brooklyn Bridge Park Boathouse, End of Pineapple Street and Furman Street; www.bbpboathouse.org; 12:30 pm to 1:30 pm; Free with admission to the museum.

These games are open to the public and totally free! Your level of experience doesn't matter, and nothing will improve your kayaking skills as quickly as playing this game.

Discovery weekends: 1 pm to 3 pm. Brooklyn Botanic Garden. See Saturday, Aug. 5.

Brooklyn Cyclones v. Lowell Spinners: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 4 pm; Starting at \$12.

MON, AUG. 7

IN BROOKLYN

"Cinderella Samba": Marion Hopkinson Park, Bainbridge St. and Rockaway Avenue; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2; 11 am to noon; Free.

Brooklyn Cyclones v. Lowell Spinners: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

TUES, AUG. 8

IN BROOKLYN

First Discoveries for Toddlers: 9:30 am – 11:30 am. Brooklyn Botanic Garden. See Tuesday, Aug. 1.

WED, AUG. 9

IN BROOKLYN

Discover Gardening: 10:30 am to 12:30 pm. Brooklyn Botanic Garden. See Wednesday, Aug. 2.

Double Dutch: 7 pm. Brooklyn Bridge Park, Pier 2. See Wednesday, Aug. 2.

THURS, AUG. 10

IN BROOKLYN

"42:" Habor View Lawn, Pier 1, Furman Street at Old Fulton Street; www.brooklynbridgepark.org; 6 pm; Free.

Enjoy a screening of the movie, set to the backdrop of the New York City skyline! Music and food vendors open at 6 pm, and the movie begins at sundown.

Journey to the Stars: 8:30 pm to 10:30 pm. Brooklyn Bridge Park, Pier One. See Thursday, Aug. 3.

FRI, AUG. 11

IN BROOKLYN

Coney Island Fireworks: 9:30 pm to 10 pm. Coney Island Boardwalk. See Friday, Aug. 4.

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SAT, AUG. 12

IN BROOKLYN

Discovery weekends: 10:30 am to 12:30 pm. Brooklyn Botanic Garden. See Saturday, Aug. 5.

Music in Motion: 4 pm. Fulton Ferry Landing. See Saturday, Aug. 5.

FURTHER AFIELD

Book signing: American Girl Place, 609 Fifth Ave. at E. 50th Street, Manhattan; (877) 247-5223; www.americangirl.com/retail/new_york.php; 1 pm to 3 pm; Free.

Inspire your girl's imagination by introducing her to the authors who brought American Girl's newest characters to life! Girls will have a chance to meet Teresa E. Harris and Jen Calonita.

SUN, AUG. 13

IN BROOKLYN

Kayak Polo: 12:30 pm to 1:30 pm. Brooklyn Bridge Park Boathouse. See Sunday, Aug. 6.

Discovery weekends: 1 pm to 3 pm. Brooklyn Botanic Garden. See Saturday, Aug. 5.

WED, AUG. 16

IN BROOKLYN

Discover Gardening: 10:30 am to 12:30 pm. Brooklyn Botanic Garden. See Wednesday, Aug. 2.

Brooklyn Cyclones v. Aberdeen Ironbirds: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; \$10.

Double Dutch: 7 pm. Brooklyn Bridge Park, Pier 2. See Wednesday, Aug. 2.

THURS, AUG. 17

IN BROOKLYN

"Mad Max: Fury Road:" Habor View Lawn, Pier 1, Furman Street at Old Fulton Street; www.brooklynbridgepark.org; 6 pm; Free.

Older teens may enjoy a screening of the movie, set to the backdrop of the New York City skyline! Music and food vendors open at 6 pm, and the movie begins at sundown. Rated R.

Brooklyn Cyclones v. Aberdeen Ironbirds: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

Journey to the Stars: 8:30 pm to 10:30 pm. Brooklyn Bridge Park, Pier One. See Thursday, Aug. 3.

FRI, AUG. 18

IN BROOKLYN

Brooklyn Cyclones v. Aberdeen Ironbirds: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 6:40 pm; Starting at \$12.



Swimming with a view

Pop on over to the Pop-Up Pool at the Brooklyn Bridge Greenway, now through Sept. 4. The heat got you beat? Come on over to the Pop-up Pool for a dip, a play area, refreshing food and drinks from Lezzmonade, and even a

sandy beach to sink your toes in.

Pop-up Pool, daily, now through Sept. 4, 10 am to 6 pm. Free.

Pier 2 (Brooklyn Bridge Greenway and Pier 2 Promenade in Brooklyn Heights, 311; www.nycgovparks.org).

Coney Island Fireworks: 9:30 pm to 10 pm. Coney Island Boardwalk. See Friday, Aug. 4.

ing. See Saturday, Aug. 5.

SAT, AUG. 19

IN BROOKLYN

Discovery weekends: 10:30 am to 12:30 pm. Brooklyn Botanic Garden. See Saturday, Aug. 5.

Free Family Day: The Wyckoff House Museum, 5816 Clarendon Rd. (718) 629-5400; programs@wyckoffmuseum.org; wyckoffmuseum.org/events/family-days; 11 am - 3 pm; 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.

Traveling in the City of Tomorrow: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; 1:30 pm to 2:30 pm; Free with Museum Admission.

All ages will enjoy this workshop where transportation alternatives of the future will be explored and then use craft materials to design vehicles for the next century.

Music in Motion: 4 pm. Fulton Ferry Land-

SUN, AUG. 20

IN BROOKLYN

Kayak Polo: 12:30 pm to 1:30 pm. Brooklyn Bridge Park Boathouse. See Sunday, Aug. 6.

Discovery weekends: 1 pm to 3 pm. Brooklyn Botanic Garden. See Saturday, Aug. 5.

Traveling in the City of Tomorrow: 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, Aug. 19.

TUES, AUG. 22

IN BROOKLYN

First Discoveries for Toddlers: 9:30 am - 11:30 am. Brooklyn Botanic Garden. See Tuesday, Aug. 1.

Brooklyn Cyclones v. Hudson Valley Renegades: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; \$10.

WED, AUG. 23

IN BROOKLYN

Discover Gardening: 10:30 am to 12:30 pm. Brooklyn Botanic Garden. See Wednesday,

Calendar

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

Aug. 2.

Brooklyn Cyclones v. Hudson Valley Renegades: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; \$10.

Double Dutch: 7 pm. Brooklyn Bridge Park, Pier 2. See Wednesday, Aug. 2.

THURS, AUG. 24

IN BROOKLYN

Outdoor movie public vote: Habor View Lawn, Pier 1, Furman Street at Old Fulton Street; www.brooklynbridgepark.org; 6 pm; Free.

The public will vote between "Footloose," "Dear White People," or "Network." Music and food vendors open at 6 pm, and the movie begins at sundown.

Brooklyn Cyclones v. Hudson Valley Renegades: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

Journey to the Stars: 8:30 pm to 10:30 pm. Brooklyn Bridge Park, Pier One. See Thursday, Aug. 3.

FRI, AUG. 25

IN BROOKLYN

Coney Island Fireworks: 9:30 pm to 10 pm. Coney Island Boardwalk. See Friday, Aug. 4.

SAT, AUG. 26

IN BROOKLYN

Traveling in the City of Tomorrow: 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, Aug. 19.

Music in Motion: 4 pm. Fulton Ferry Landing. See Saturday, Aug. 5.

Brooklyn Cyclones v. Staten Island Yankees: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 6 pm; Starting at \$12.

Join the Cyclones for Star Wars Night at MCU Park!

SUN, AUG. 27

IN BROOKLYN

Traveling in the City of Tomorrow: 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, Aug. 19.

MON, AUG. 28

IN BROOKLYN

Brooklyn Cyclones v. Vermont Lake Monsters: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

Be a real hero

Kids to the Rescue comes to the Jewish Children's Museum now through Aug. 31.

Get into high gear and play the part of your favorite safety hero in an emergency! Fight the fires, help the injured, and keep everyone safe in an interactive and exciting exhibit. Learn what you can do in a real-life emergency as you call 9-1-1, crawl under smoke, plan your escape, and more!

Recommended for children ages 3-7.

Kids to the Rescue, Mondays through Thursdays, 12:30 and 3 pm and Sundays 10 am to 5:30 pm. Tickets \$13 for adult and children, \$10 for seniors with ID.



Jewish Children's Museum [792 Eastern Pkwy. at Kingston Avenue in Crown Heights, (718) 907-8833; www.jcm.museum].

TUES, AUG. 29

IN BROOKLYN

Brooklyn Cyclones v. Vermont Lake Monsters: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

Brooklyn Cyclones v. Vermont Lake Monsters: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; \$10.

Brooklyn Cyclones v. Vermont Lake Monsters: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

WED, AUG. 30

IN BROOKLYN

Brooklyn Cyclones v. Vermont Lake Monsters: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; \$10.

Double Dutch: 7 pm. Brooklyn Bridge Park, Pier 2. See Wednesday, Aug. 2.

THURS, AUG. 31

IN BROOKLYN

Brooklyn Cyclones v. Lowell Spinners: MCU Park, 1904 Surf Ave. at W. 17th St. (718) 449-8497; www.brooklyncyclones.com; 7 pm; Starting at \$12.

LONG-RUNNING

IN BROOKLYN

Pop-Up Pool: Pier 2, Brooklyn Bridge Greenway and Pier 2 Promenade; 311; www.nycgovparks.org; Daily, 10 am to 6 pm, until Mon, Sept. 4; Free.

Take in the sunshine and cool water at the Pier 2 Pop-Up Pool! It includes a sandy beach and play area with refreshing food and drinks from Lizzmonade.

Kids' Discovery Stations: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; Tuesdays, Thursdays and Fridays, 10:30 am to 12:30 pm, until Fri, Aug. 25; Free with general admission.

Explore plants and use real science tools alongside Discovery Docents at our hands-on activity stations throughout the Discovery Garden.

Play Streets & Basketball Clinics: www.palnc.org; Weekdays, 11 am to 4 pm, until Thurs, Aug. 10; Free.

- Fox Playground, 5324 Avenue H at E. 53rd Street
- Howard Playground, 60 Glenmore Avenue at Pitkin Avenue
- Ingersoll Houses, 120 Navy Walk at Tech Place
- Bushwick Houses, 372 Bushwick Avenue at Cook Street

Children are provided a safe space to play in the Police Athletic League designated closed streets.

The Ed Center: Brooklyn Bridge Park at Pier 6, Atlantic Avenue at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; Tuesdays and Thursdays, 3 pm to 5 pm, Saturdays and Sundays, 1 pm to 5 pm, until Wed, Aug. 30; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, a 10-foot scale model of Brooklyn Bridge Park, the reading corner, and so much more.

Basketball clinics: Basketball Courts at Brooklyn Bridge Park, Pier 2 Promenade; www.brooklynbridgepark.org/pages; Tuesdays and Thursdays, 4 pm, until Thurs, Aug. 31; Free.

Improve basic basketball skills with the Big

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

and Little Skills Academy on Pier 2. Each clinic will include either yoga to enhance flexibility or flag football for agility training. For children 8 to 17 years old.

Sumer Safety-Kids to the Rescue: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; Mondays – Thursdays, 10 am to 4 pm, Sundays, 10 am to 5:30 pm, Wed, Aug. 2 – Thurs, Aug. 31; \$13 (\$10 seniors).

Get into high gear and play the part of your favorite safety hero in an emergency! Fight the fires, help the injured, and keep everyone safe in an interactive and exciting exhibit. Learn what you can do in a real-life emergency as you call 9-1-1, crawl under smoke, plan your escape, and more! Recommended for children 3 to 7 years old.

Transit Tots: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; Thursdays, 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.

Sensory Room: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Thursdays, Saturdays and Sundays, 2 pm to 5:30 pm, until Sun, Oct. 29; Free with museum admission.

An inclusive space where children of all abilities can engage with their peers and explore their senses. Sessions in the space are balanced between self-guided exploration of the space and a facilitated program by one of the museum's educators.

Kayaking: Brooklyn Bridge Park Boathouse, end of Pineapple Street and Furman Street; www.bbpbboathouse.org; Thursdays, 5:30 pm to 6:45 pm, Saturdays, 10 am to 3 pm, until Sat, Aug. 26; Free.

Paddle in the East River. Children under 18 must be accompanied by an adult guardian.

Train Operator Workshop: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; Fridays and Saturdays, 1:30 pm, Free with museum admission.

Drop by our Computer Lab to take control of a city 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.

FURTHER AFIELD

Angry Bird's Universe – The Art and Science of Global Phenomenon: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Aug. 27; Free with general hall admission.

This U.S. premiere of the exhibit uses hands-on activities to explore mass, energy, simple machines, architecture and other science topics.

Drones – Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street

Summer fun in the streets

Beat the heat, play games, and stay fit at the Police Athletic League Play Streets offered throughout the borough now through Aug. 10.

Play streets and basketball clinics provide a safe space to play in the Police Athletic League-designated closed streets.

Children will have the opportunity to exercise and follow a healthy living lifestyle, with a focus on combating childhood obesity, through citywide fitness challenges. The league's nutrition education program teaches participants about healthy food choices and alternatives while encouraging them to log their daily water consumption for a site-based challenge.

Basketball clinics take place Monday through Thursday and are open to boys and girls ages 5-17. The clinics are split into three levels: biddies/pee wee, novice/junior, and varsity. Biddies/pee wee clinics are available for children ages 5 to 8 and focus on basic fundamental skills such as footwork, layups, dribbling and passing. Novice/junior clinics are open to children ages 9-12 and focus on skills taught in the biddies/pee wee clinic along with defense strategies, rebounding, and advanced concepts. Varsity clinics are for children ages 13-17 and incorporate high-level team concepts, advanced



drills, and age-appropriate skill focus. Competitions, including three-point and free-throw contests and fitness obstacle courses, will also take place. Additionally, special themed five-on-five basketball tournaments are held every Thursday.

Play Streets, 11 am to 4 pm; now to Aug. 10. Free. Visit www.palnyc.org.

• *Fox Playground (5324 Avenue H at E. 53rd Street in Flatlands)*

• *Howard Playground (60 Glenmore Ave. at Pitkin Avenue in East New York)*

• *Ingersoll Houses (120 Navy Walk at Tech Place, Downtown)*

• *Bushwick Houses (372 Bushwick Ave. at Cook Street in Bushwick)*

and 12th Avenue), Manhattan; www.intrepid-museum.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Thurs, Aug. 31; \$33 (\$31 seniors; \$24, children 5-12; Free for children under 5 and retired and active-duty military).

The exhibit explores pilotless aircraft and the history of drone technology. Visitors can fly actual drones and explore the use of drones in police and fire departments, fashion, and art.

Nature Trek: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Weekdays, 10 am to 5:30 pm, Saturdays and Sundays, 10 am to 4:30 pm, until Mon, Oct. 23; Included in the Total Experience Ticket: \$36.95 (\$26.95 children 3-12; \$31.95 seniors over 65).

This new event at the zoo is a fully-netted bridge-and-tower course and nature play area geared toward children and families. Coca-Cola is the presenting sponsor Nature Trek as well as dedicated educational programming encouraging the exploration of the natural world through play.

"The Princess, The Emperor, and the Duck": Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm, until Sun, Sept. 17; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen "The Princess and the Pea," "The Emperor's New Clothes," and "The Ugly Duckling." For children ages 3 to 9.

Art Island Outpost: Governors Island, New York Harbor, Manhattan; (212) 274-0986; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, until Sat, Sept. 30; Free.

The open outdoor space of the Free Arts Island Outpost beckons you to come collaboratively create! Young artists will be inspired and challenged to explore big projects utilizing found objects and traditional mediums. This is a space to invent, adapt, and transform your relationship to art and the art making process. Hosted by the Children's Museum of the Arts.



Eating right to protect your sight

Back-to-school season can be an important time for enhancing the quality of a child's diet. While an abundance of research supports the critical role of good nutrition in brain development and academic achievement, little is said about nutrition and a child's eyesight.

Do you recall the joke, "Have you ever seen a rabbit wearing glasses?"

Certainly carrots — rich in beta carotene — help promote good vision and healthy eyes.

But rabbits don't maintain their glasses-less face on a diet of only carrots. There are other delicious, nourishing foods that help maintain healthy eyes both now and over a lifetime.

No surprise, the same diet that helps maintain optimal vision also helps keep the cardiovascular system in tip-top shape. A diet low in saturated fat and rich in fruits, vegetables, and whole grains can keep not only your heart in good shape, but also your peepers.

Consider these tips:

Eat leafy green vegetables

They're rich in the nutrient lutein. Lutein protects the eye by forming pigments in the macula, which lies in the center of the retina. The pigments help with vision by filtering out harmful blue light wavelengths that can damage the eye.

The best greens are kale, spinach, romaine lettuce, dandelion greens, collards, and turnip greens. If the kids balk at these, throw some baby spinach or kale into a

smoothie. They don't need to consume much; just one teaspoon of green leafy veggies with a bit of fat raise blood lutein levels by almost 90 percent, according to a study in the *American Journal of Clinical Nutrition*.

'Process' your veggies

While you've undoubtedly heard that food processing is undesirable, chopping, pureeing, and cooking actually help the body absorb veggies' nutrients. Cooking them in oil or serving them with fat (think dip or dressing) in the meal also boosts nutrient absorption.

Go fish

People who eat fatty fish — such as salmon, sardines, mackerel, sardines, halibut, or tuna — just once a week have only half the risk of developing age-related macular degeneration compared to those who eat fatty fish less than once a week.

Age-related macular degeneration is the leading cause of adult blindness in the U.S. Fatty fish is rich in DHA, which scientists believe help protect the macula or center of the eye with its antioxidant and anti-inflammatory properties. Having adequate levels of DHA is also linked to preventing dry-eye syndrome.

Seek out vitamin C

A diet high in vitamin C — citrus fruits, kiwi, berries, peaches, bell peppers, and tomatoes — helps eyes function properly. It also reduces the risk of developing age-re-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

lated macular degeneration down the road.

Eat foods with a low glycemic index

People who do have the lowest risks of age-related macular degeneration. Food with a lower glycemic index include vegetables, fruits, and whole grains. Many "white foods" such as white bread, mashed white potatoes, white rice, and white flour are higher on the glycemic index scale.

Get zinc

In addition to lean red meat, poultry, and fortified cereal, zinc can be found in legumes of all kinds. These include black-eyed peas, kidney beans, lima beans, and peanuts.

Zinc is an essential trace mineral that's found in high concentration in the eyes and may help protect them from the damaging effects of light.

Run and play

For every hour kids play outside in natural light with far-away horizons, they reduce their risk of nearsightedness by two percent, according to researchers at the University of Cambridge.

And what about those carrots? Along with sweet potatoes, mangoes, apricots, cantaloupe, and pumpkin, carrots are rich in beta-carotene — a precursor to vitamin A — a nutrient that helps you see in the dark.

Find more healthy vision tips from the National Eye Institute at NEI for Kids, <https://nei.nih.gov/kids>.

Christine Palumbo is a Naperville-registered dietitian nutritionist. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

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New & Noteworthy

BY LISA J. CURTIS

H2O to go

It can be a struggle to get kids to heed your refrain of “Stay hydrated!” during the summer, but your heatstroke worries can be laid to rest with Bowhead Technology’s Gululu, an interactive container recommended for kids ages three and older.

The sturdy bottle features a screen that displays the antics of an encouraging, animated virtual pet. When she drinks from the bottle, which holds 13.5 ounces, the pet gains new abilities and makes progress toward returning to its home planet.

When kids get home after an outing, the bottle uses you WiFi to communicate to the app and let parents know how close their



child came to glug-glug-glugging her hydration goals. (When kids return to school, you can set the bottle to school mode, so the screen isn’t a distraction.) If your child’s friend has a Gululu, both children can shake their bottles near each other and their pets become friends, too.

As kids use the bottle, they quickly intuit how to do more with the its touch-sensor panels, and their pet becomes more fun to play with.

Each bottle comes with a charging dock, USB cable, two spouts, and a cap. Also included are decorative decals and alphabet stickers your child can use to personalize their bottle and affix their name or monogram.

Bottoms up!

Gululu interactive water bottle, \$129, Amazon.com.

Game night

Beyond Tablet is a “smart” electronic board game that can bring the family together for a jolly game night of music, memory challenges, or trivia.

The “Beyond Screen” senses the player’s touch and responds with encouragement, and occasionally, comic groans of frustration.

When we took on “Play Do Re Mi” piano mini-keyboard game, we progressed far enough to earn the cat symbol reward. Not knowing what to expect, we began touching the piano “keys” and they meowed! Longer pressure on the keys produced hilarious caterwauling. And there we were, parent and child together, truly belly laughing.

You can also download an app on your smart phone to unlock more features.

Beyond Tablet and five games, \$199.99, Amazon.com. www.BeyondScreen.com.



Eclipse-ready

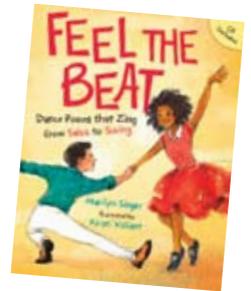
The celestial event of the year is on the horizon!

On Aug. 21, 2017, a total solar eclipse will be visible in the city for the first time in decades, and if you plan on viewing always remember: safety first! The American Optometric Association recommends wearing glasses with International Organization for Standardization-certified filters, like these solar eclipse glasses from ThinkGeek. Printed with the date of the eclipse on the front, these glasses filter out ultraviolet and infrared rays with their 2-millimeter thick, scratch-resistant polymer lenses. The reverse side of the glasses is printed with instructions.

Solar Eclipse Glasses, \$9.99 for a 5-pack, ThinkGeek.com. For more information on viewing safely, visit <https://eclipse2017.nasa.gov>.

Got rhythm

“Feel the Beat: Dance Poems that Zing from Salsa to Swing” is a new collection of poems from Brooklyn author Marilyn Singer that celebrates dance from around the world. Singer’s poetry is matched with joyful, kinetic illustrations by Kristi Valiant. In “Bhangra,” Singer writes, “Sister, sister, beautiful bride, we dance for you,” and Valiant depicts beaming wedding guests enjoying this Punjab dance.



Singer’s poems celebrate the Jewish hora, American hip hop, Latin-American merengue, carnival’s samba, and many others. But what really brings this concept to life is the audio CD featuring Singer reading each poem to the music that her stanzas are inspired by. Her performance helps the little listener — ideally, ages 5-8 — to hear how the poem’s meter cleverly mimics each dance’s particular rhythm.

“Feel the Beat” is a welcoming window into the city’s many cultures.

“Feel the Beat: Dance Poems that Zing from Salsa to Swing” CD and book by Marilyn Singer, \$17.99, BarnesAndNoble.com.



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