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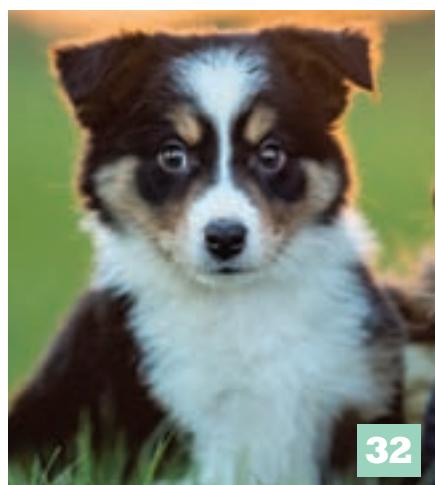
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LETTER FROM THE PUBLISHER



Share your holiday recipes

Share with us your favorite holiday recipe!!

As soon as late October I'm already thinking about the Thanksgiving Day meal. I guess that's what November means to many of us. It also means the days having grown shorter, the school session back in full swing, and the holiday season gearing up toward the new year.

It's a rare family that doesn't love Thanksgiving? It's such a special opportunity to share and enjoy the culinary company and togetherness of friends and family. It's also an opportunity to bring the kids into the kitchen and have the multi generational reality be instructional to the younger family members.



I myself learned to cook by being in the kitchen with my grandmother, mom and uncles. Yes, there were men in my family who were also cooks. It wasn't just women's turf, and in putting a feast together, and exchanging recipes and styles, all were brought closer.

Next month we're going to do a special focus on sharing food ideas for the holidays and I'm hoping that many of you are going to send us some of your favorite recipes. It can be a main course, a side dish or a dessert. Whatever you feel is special and that kids can learn too! We're going to print our favorites.

The best way to get it to us is to email it to family@nyparenting.com. Please give

us your first name, your borough and your email address so we can contact you in return. There will be prizes for the most popular recipes.

I'm really looking forward to seeing what our readers send as well as trying to make some of them in my own kitchen. Have a Happy Thanksgiving and a safe holiday in every way. Good appetite!

Thanks for reading.

Susan Weiss-Voskidis,
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A note of thanks

Take special care when expressing gratitude



BY CAROLYN WATERBURY-TIEMAN

After months of helping sort through my parents' belongings, I vowed to simplify and downsize my accumulation of worldly possessions. No drawer, cupboard, closet, and shelf was safe from being culled for items not used or worn in over a year. The amount of stuff I was able to donate, and yet still have everything that is necessary, was embarrassing. It served as a stark reminder of the economy of artificial need that characterizes our society. An economy that depends — indeed, thrives upon — a basic dissatisfaction with one's circumstances lending to a perpetual state of want, intentionally clouding the distinction between want and need. Driven by the desire to acquire more and more, we have become

consumed with making a living at the expense of living a life.

Recent tragic events, that have occurred both nationally and internationally, vividly attest to the precarious nature of life. Attempts to make sense, for our children, and even for ourselves, of the inexplicable devastation, caused by both natural and human forces, seems futile.

But if there is any redeeming value in tragedy, it is that it may force us to recognize all we have been taking for granted. Perhaps with the perspective gained, we can redirect our focus toward adopting gratitude as a lifestyle. Realizing we don't need more to be thankful for, we simply need to be more thankful, transforms the seasonal practice of giving thanks during the holidays into a way of life.

There are multiple benefits associated

with embracing an attitude of gratitude. Individuals characterized as grateful report being happier and less depressed. They are found to be more resilient, have higher self esteem, and more satisfying relationships.

Apparently, focusing on what we do have contributes to an increased sense of contentment and gratefulness that translates into generosity toward others, creating what has been described as a cycle of virtue. On the contrary, when we focus on what we don't have, we are inclined to become self absorbed and selfish.

We can engage our children in the experience and practice of expressing gratitude by:

- **Defining gratitude.** Provide a definition of gratitude that is age appropriate for the members of the family. Give examples of when you have felt grateful,

how you have expressed gratitude, and of when others have expressed gratitude to you. Describe how you felt. Ask each member of the family to do the same. Have each person share something they appreciate about the member of the family sitting next to them. Have each member share something they are thankful for about the family as a whole. Talk about the benefits of being grateful and the family expectations for demonstrating gratitude.

- Making gratitude tangible.** Have each family member find or create a gratitude container to keep in their room. It might be a box, basket, jar, or sock that can be decorated to taste. Encourage them to write on a slip of paper something they are thankful for and what they did to express their gratitude, at least once a day, and add it to their container. Parents or older children can do the writing for younger members. Continuing this practice throughout the year provides each member with a record of their growth in recognizing and expressing gratitude. Make it a Thanksgiving tradition to invite everyone to share their favorite example.

- Writing a note.** The art of writing thank-you notes is in danger of extinction. They are being replaced with rapid-

Realizing we don't need more to be thankful for, we simply need to be more thankful, transforms the seasonal practice of giving thanks during the holidays into a way of life.

fire, impersonal e-mails or, better yet, reduced to a two-character text, "Ty," possibly accompanied by an emoji. However well-intentioned, nothing replaces the age-old tradition of taking the time to put pen to paper to express appreciation for a gift or act of kindness. Teach children how to write a heartfelt thank-you note. Be sure they include an appropriate salutation, a statement of exactly what they are thankful for, how they felt upon receiving the gift or act of kindness, their appreciation for the giver's thoughtfulness and generosity, and a genuine closing. Have them deliver the note in person or by snail mail.

- Modeling gratitude.** The best teacher

is a good practitioner. Verbally express appreciation to your spouse and children. Let them see you add thank-yous to your gratitude container. Put notes of appreciation in their lunch box, leave them on the bathroom mirror or their pillow. Let them see you write and send thank-you notes to others. Write thank-you notes to them from their room ("Thank you for keeping me clean and organized."), their toys ("Thank you for playing with me, keeping me picked up, and taking care of me."), their pets ("Thank you for giving me food and water and walking me."), and from you ("Thank you for bringing so much joy to my life."). Who doesn't enjoy receiving a note of thanks?

Whether it's noticing the natural world, delighting in simple pleasures, or honoring extraordinary acts, gratitude enriches our lives and the lives of those with whom we share it. Happiness is found in choosing to want what we have and realizing the things to be most grateful for aren't things.

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

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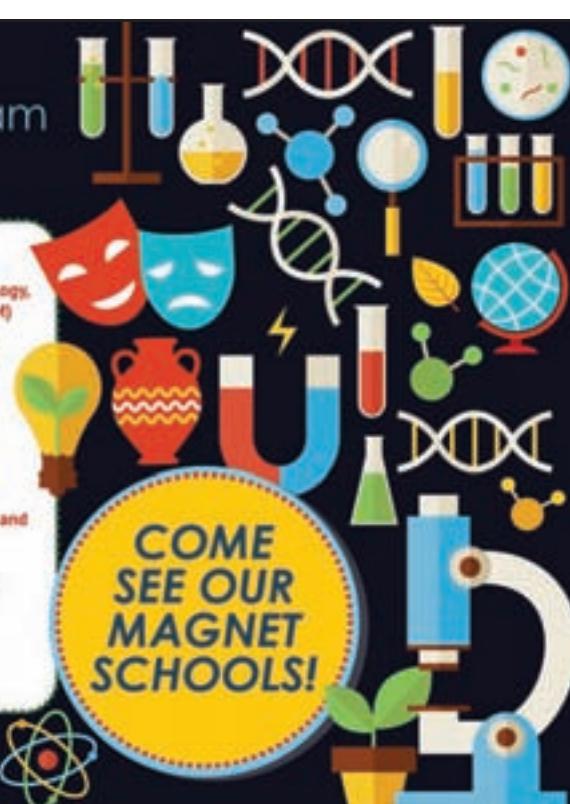
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Children can show gratitude

As November begins, I always start to think about my early Thanksgivings. Before we could eat, my dad always made a sappy speech about how thankful he was. He would go on and on about us all being together, and healthy, and joined around a full table of food. He then made each person at the table share what they were thankful for. I always giggled at his speeches and rolled my eyes a bit when I had to share, annoyed that I had to wait before I could dig into the mashed potatoes.

As an adult, I look back on those moments, and it warms my heart. What a gift my dad gave me. Talking about the good, pointing out the positive, and occasionally shedding a tear at how good life can be. This is a gift that every child needs and every parent can give — ideally, more than once a year. In order for your children to be grateful, you need to model gratitude.

The exciting news is that gratitude is a behavior! Yup, with just three consistent actions, you can teach your children how to feel grateful.

First, talk about things that you are grateful for every day. Make it part of your casual conversation, just like you would the weather. At least three times a day make a

comment, “Wow, I am so grateful we made it to school on time” or “This picture is amazing. Thank you for showing it to me.”

Second, ask your small ones what they are grateful for just once a day. Make this a habit, and ask them at the same time each day. Perhaps you want to start dinner out with this question or it becomes part of your bedtime routine. Doing it at the same time each day helps you remember to ask the question. If your child does not have an answer (as sometimes they say they don’t), simply wait. Let them know you will wait for them to find their answer, because you know they have one.

Third, when your child acts ungrateful (throws a tantrum because you said “no dessert” or carries on when you won’t buy them a new toy), do not get into a long conversation about how good their life is. In this moment, just listen and restate your decision (i.e. “No dessert tonight”). There is no big conversation to remind them of all the sweets they already ate today. This moment, when they do not see how amazing their life is, you simply listen. No argument, no commentary, no convincing. You know that later that day or the next, you will find out what they are grateful for. You know they are learning the skills to



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

be thankful. So in this moment of problem behavior, you can be patient. Now, that is something to be grateful for!

Dr. Marcie Beigel is a behavior specialist based in Brooklyn with more than 20 years of experience. Her book “Love Your Classroom Again” was a bestseller, and her new book, “Love Your Family Again,” is available for purchase at Amazon.com on Nov. 15. Visit DrMarcie.com/freegift.

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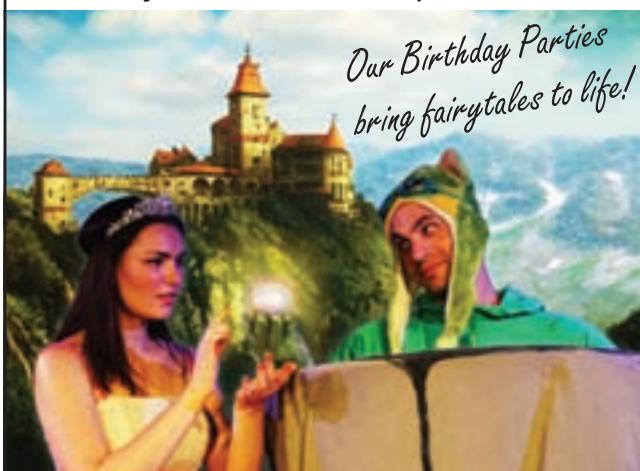
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The science of calming tantrums

Tantrums can rattle even the calmest of parents. Your child is screaming, overwhelmed, and in anguish, and he or she may be acting out toward you directly. Nothing you are doing is helping. If you are in public, you might feel even more compelled to quiet this storm inside your child, and that combination of pressure and helplessness on both your part and theirs is the perfect brew for you to lose your temper. Who among us hasn't lost it when their child just would not stop screaming?

The first thing we need to do is forgive ourselves, and then we have to try to understand exactly what is happening inside our child when a tantrum overtakes them.

In "The Science of Parenting: How today's brain research can help you raise happy, emotionally balanced children," author Margot Sunderland explains how what a child needs the absolute most in that flurry of emotion is patience and understanding, not time outs. Tantrums, and distress tantrums in particular, are a biological function.

"Distress tantrums happen because essential brain pathways between a child's higher brain and his lower brain haven't developed yet," writes Sunderland. "These

brain pathways are necessary to enable a child to manage his big feelings. As a parent, your role is to soothe your child while he experiences the huge hormonal storms in his brain and body.

"If you get angry with a child for having a distress tantrum, he may stop crying, but this may also mean that the fear system in his brain has triggered, overriding his separation system. Or he may simply have shifted into silent crying, which means his level of the stress chemical cortisol will remain sky-high. As we have seen throughout brain research, uncomforted distress can leave a child with toxic levels of stress hormones washing over the brain."

No one wants his or her child to suffer emotionally, yet we all want to help ease our child out of the tantrum as soon as possible, too. Here are five things you can do to help your child in the heat of the moment:

Remain calm

This is the most important thing you can do and it has nothing to do with your child. It is up to you to set the tone, and it's vital that you not inflame the already stressful moment with yelling or anger.



HEALTHY LIVING

DANIELLE SULLIVAN

Stay with your child

Do not walk away to leave all the building emotions toppling over by themselves. You can offer a soothing hug, if they will let you, or you can simply sit next to them, which allows them a certain amount of freedom if they need it. Every child and every tantrum is different. Take their cue.

Allow choices

If the tantrum is centered on wearing a piece of clothing or eating a certain food, calmly offer them an option, instead of demanding them to do as you say. Even very young children need to feel they have some control over their body and wishes.

Educate yourself

Read about the science of tantrums even if your child is not currently having them. The more you can understand the biology behind the behavior, the easier it will be to adopt a clear and calm approach when they occur.

Take it seriously

Remember that he or she needs you to help him or her calm down. A child's frontal brain lobes are not yet fully developed. When they are, your child will be able to control their emotions, but right now, they need you to show them the way and be their safe place to fall.

"It is important that you take a genuine distress tantrum seriously and meet your child's pain of loss, frustration, or acute disappointment with sympathy and understanding," says Sunderland. "When you do this, you will be helping your child to develop vital stress-regulating systems in his higher brain."

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.



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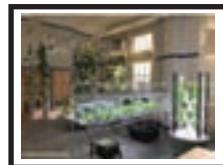


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BROOKLYNFAMILY

Why can't my child read?

BY JAN PIERCE

One of the most basic benchmarks in your child's academic development is learning to read. And reading is the skill that opens the doors to all other learning. So what can you do when it becomes apparent that your child is struggling to become a good reader?

Never too late

It's never too late to add read-alouds to your daily life. Kids love stories, and there are endless choices for topics. If you've "failed" to read to your kids, begin today. In short order, you'll find you enjoy reading together as much as your children do.

And the more time children spend in reading activities, the easier it is for them to become readers, too.

Aside from lack of exposure to reading experiences, there are many reasons why children do not learn to read easily. These can range from simple understandings about letters and sounds to processing problems that may require professional interventions.

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

Some basic reading problems

Letter sound awareness: In order to read, children must have the understanding that words are made up of smaller bits called phonemes. Phonemes are the sound chunks made by letters. For example the word cat has three phonemes: the k sound of c, the vowel a, and the t sound of t. While a child hears the word cat as a whole, it's important to be able to break the word into sound chunks for the purpose of learning to read.

Decoding: Decoding is the process of seeing the letters and then "saying" the sounds aloud. (Of course silent reading comes later.) Decoding is a complex skill

that requires knowing all of the alphabet sounds plus the combinations they make, plus understanding reading rules such as a silent e at the end of "bike."

Vocabulary: A healthy, growing vocabulary is one of the best indicators of success in learning. Knowing the meaning of words and being able to learn new words regularly is a great plus in becoming a fluent reader. The more a child reads, the bigger the vocabulary.

Fluency: Once decoding skills are developed, we expect children to be able to read aloud fluently. A strong reader should sound as if he or she is talking naturally with the proper ups and downs in tone, and with the impression that there is strong understanding.

Comprehension: It is fairly common for children to read as if they understand, but upon further questioning, it becomes apparent that they really haven't made sense of the words. Comprehension is more than just remembering facts; it's being able to discuss the information in meaningful ways. For example the color of Cinderella's ballgown isn't nearly as important to know as the fact that she's leaving her scullery position to capture the heart of the prince.

Other issues

Auditory or visual processing: These problems require specific testing by professionals and therapy to help the brain identify sounds or visuals correctly and be able to interpret them.

Attention problems: Children with significant attention problems find it difficult to focus on reading skills long enough to be successful.

Memory: Some children have difficulty remembering the shape of a letter or the sound it makes. They require extra practice to become successful in learning.

Second language: For the child learning English as a second language, it is important to know that it takes approximately six years to become fluent in English speaking and reading skills.

Vision problems: Some children have difficulty with focusing on words even though they may test 20-20 on basic reading tests. If there is blurring or double vision, or difficulty in "tracking" along the lines, children can be helped by reading therapies.

It's extremely important for parents to request testing by their school if reading difficulties are evident. The stigma that develops when a child is placed in a "slow" reading group or the self-confidence problems that arise when the child knows he "can't do it" are detrimental to learning in themselves. Early diagnosis and intentional interventions can make all the difference for a struggling reader.

What parents can do

Your home and the life you live with your family is your child's first and most important school. There are many ways



you can support your struggling reader at home.

Have fun with books, leading your child to an appreciation of the printed word. Find books, comics, or any other printed material that your child loves and read them together.

Develop awareness of letters, sounds, and word parts in daily life. Notice the stop sign at the corner and the McDonald's sign as you buy your Happy Meal.

Learn the alphabet in many ways such as magnetic letters, by singing songs, using letter blocks, reciting the alphabet as you climb stairs, doing dot-to-dots, tracing the letter in cornmeal.

Build word awareness. Teach your child to recognize and write his or her name, and then expand known words such as the names of siblings, common food items, color words, etc.

Play rhyming games and sing songs to-

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

gether. Play "I'm thinking of a word that begins with the letter b."

Sound out words and learn word patterns. "Let's think of all the -ill words we can."

Take time to talk about and reflect on the meaning of the stories you read. "Why do you think Goldilocks went into the Three Bears' house?" "Why does Curious George get into so much trouble?"

Finally, there is no substitute for lots and lots of reading. Enjoy old favorites, and find exciting new titles. Even struggling readers will work hard to succeed if they're motivated. Make the most of your child's current interests. If dinosaurs are

the new topic of interest, be sure to find lots of books about them.

An excellent resource for all things related to reading and reading success is the website www.readingrockets.org.

Reading is a very complex skill, and there is no "one size fits all" when it comes to solving reading problems. Be sure to contact your child's teacher and the school's professional staff to diagnose and begin to solve your child's reading issues.

*Jan Pierce is a retired teacher and reading specialist. She is the author of *Homegrown Readers* and *Homegrown Family Fun: Unplugged*. Find Jan at www.janpierce.net.*

A helping hand

Online parent training gets A+ for convenience, results

BY MIKE CIVELLO

Ask any parent to name their biggest child-rearing challenge and nine times out of 10, you'll probably get the same answer — managing behavior.

All children have behavior issues — whether it is adhering to morning routines like brushing teeth, getting dressed, and getting out of the house in time for school, or playing cooperatively with their siblings, doing their chores without complaint, or even just sitting quietly in a chair throughout an entire special event. All can be wearing on parents.

Identifying triggers

The behavior challenges for children with special needs like autism can be significantly more difficult for parents and caregivers to manage. Children with developmental disabilities often have trouble navigating the basic mechanics of daily living and can often struggle with even simple social interactions and tasks. Breakdowns happen, as they do with any child, but for children with special needs, they likely happen more often or are sparked by a host of unpredictable triggers.

Key, of course, is understanding that children with developmental disabilities rarely act out to simply garner parental attention or as a strategy to secure more video game time. More likely, outbursts are triggered by frustration — the inability to clearly communicate basic needs and desires, or by environmental prompts like moderate to extreme sensitivities to light, sound, or even touch.

Parents and caregivers typically are caught in the crosshairs. Moreover, because an individual child's behavior triggers can be hard to identify and even more complicated to manage (or which require adaptation on the part of a caregiver), successfully navigating these situations can take enormous time, creativity, and patience. And the situations often feel overwhelming.

Training vs. education

Every parent and every caregiver has moments of feeling overwhelmed — and isolation. Parents of children with special needs, in particular, often feel like they



are the only one struggling to bail a sinking ship.

The good news is that training to develop productive strategies does help. A recent study of parents of children with developmental disabilities reports that parents who received training in behavioral intervention techniques saw a 57 percent decline in problem behaviors associated with their special needs child compared to a parent who was simply educated about interventions. Trained parents, the study reported, have more than 20 percent better outcomes in managing their child's behavior than those without training.

The challenge, however, is that training parents of children with disabilities can be very expensive and resources — such as skilled and geographically convenient behavioral therapists — are quite scarce. Support systems do exist, but may not be easy to identify or be readily accessible. Finding a quality behavior therapist for your child can be — and often is — a seemingly insurmountable challenge for many

parents in the US and globally.

Do the numbers

According to the Centers for Disease Control, one in every six children (or nearly 450 million worldwide) is diagnosed with a developmental disability. However, even in the U.S. and in large metropolitan areas like New York City, getting the right support — even when covered by an employer's benefit plan — is a challenge.

With only 18,000 board certified Behavior Analysts worldwide, finding an expert provider to treat your child — not just in smaller, or non-urban locales, but even in New York, the city that never sleeps, the city with everything — is, at best, extremely difficult. Finding someone willing and able to go above and beyond to train you consistently to reinforce and manage behavioral plans in the home is nearly impossible.

Technology matters

Technology — not robots, but videos, chat rooms, online guides, etc. — is step-

ping in to fill the void for millions of parents seeking the tools, resources, and skills to implement basic behavioral intervention therapy and help their children. Technology is addressing the problem of how to serve so many children by too few behavioral experts by making it possible to cost-effectively and cost-efficiently scale parent-training resources and tele-consultative services to parents wherever they live.

Increasingly companies (and their employees) are rethinking the delivery of (and access to) effective behavioral intervention and caregiver-support services and looking to the cloud to turn the behavioral therapy delivery model on its head.

Rather than bemoan the one (therapist) to many (children/families) ratio, employers, educators, and healthcare providers are leveraging technology to deliver support services to enable many (families) to benefit from a single evidence-based resource.

These services can include instructional e-learning videos offering step-by-step training to help parents teach their child the art of daily living and human interaction, develop daily routines like brushing teeth independently, or socialization strategies, like making eye contact when prompted, or develop such long-term life skills as how to help the child prepare for a job interview.

Parents of children with special needs often feel like they are the only one struggling to bail a sinking ship. The good news is that training to develop productive strategies does help.

Companies like Amazon and Pfizer are tapping into low- or no-cost (to employees) third-party services to deliver needed support and training to their employees caring for children with special needs. Altruism aside, employers benefit from improved productivity (reduced stress, greater focus, less absenteeism) and greater employee loyalty. The unspoken understanding is that your best interest is in their best interests.

Stepping forward matters

Human resources and benefits executives, who want to do more to help employees care for their children with disabilities, also understand how crucial this support can be to bolstering employee morale. But to make the cost-benefit case to management, they need to know how many employees are impacted. At issue is that few parents with special needs children are brave enough to step forward. Many fear

stigmatization or lack of employer support that could jeopardize their careers, so most human resources departments have only anecdotal evidence to evaluate.

Managing challenges at home along with the fear that promotions will be held back and projects will be passed on to other colleagues is not a healthy approach to work. And employers may not know the cause, but they do notice when productivity suffers. So step forward. Let them know you (and your unique family) exist. And don't just ask for help. Ask for training.

Mike Civello (mike@rethinkfirst.com) is vice president of employee benefits for Rethink Benefits (www.rethinkbenefits.com), a leading global online solution delivering a comprehensive video-based treatment program, behavior intervention planning tools, training for caregivers, individualized assessments, and online skills-based activities for individuals caring for those with developmental disabilities.



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Choosing your words carefully

Taking a closer look at how we speak to our children

BY ALLISON PLITT

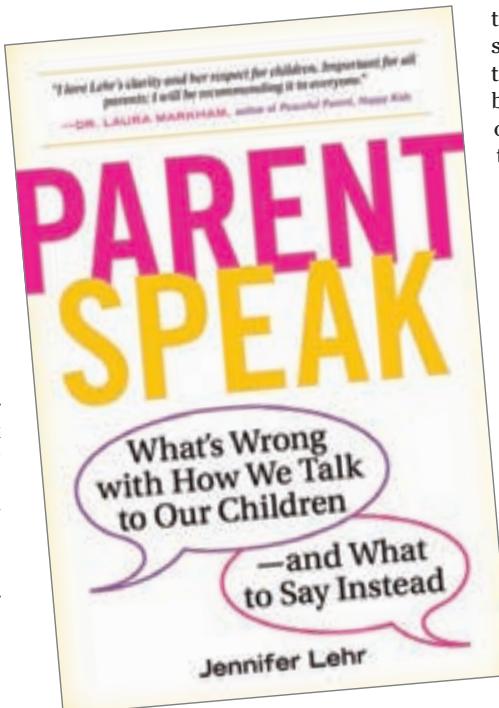
When was the last time you were at a neighborhood playground and heard a father yell to his 3-year-old son, "Share!" Then you turn around and see a mother tell her 4-year-old daughter, "Say 'thank you.'" Two minutes later, you spy a 5-year-old hitting another child and his nanny telling him, "Behave yourself."

These are all familiar scenes of how adults are speaking to and interacting with children in their communities, schools, and homes across the country. According to author Jennifer Lehr and her book "Parentspeak: What's Wrong with How We Talk to Our Children — and What to Say Instead," these sayings, no matter how well-intended, can have a negative impact on children.

Lehr writes that although neuroscientists argue that children's "brains aren't fully developed" until their mid-20s, kids are human beings whose thoughts and feelings should be respected by the adults who care for them. Clarifying that children are not subservient underlings who should do what they are told to all the time, Lehr writes that kids have the right to speak up for themselves when they are feeling overwhelmed or uncomfortable.

One word Lehr thinks should be eliminated from our vocabulary is "misbehavior." She believes that when parents tell their children, "behave yourself" that this phrase is inappropriate to describe children's actions.

Instead, Lehr believes every child has essential needs and when they are not being met, the child acts in the most effective way possible to get what he needs. Lehr explains, "In the 1960's, [American psychologist] Marshall Rosenberg developed a method of communicating and solv-



ing conflicts known as nonviolent communication that relied on identifying the underlying need or needs driving our behavior in order to find more mutually acceptable ways to meet the need."

Citing a real-life example in the book that Lehr remembered from one of her parenting classes, she shares the story of a father who would feed his baby breakfast at the table in the morning. Every time the father fed the baby, his 3-year-old son would stand up on the table and bang the chandelier with his hands.

Instead of punishing the child, the father asked his son to explain why he was acting the way he was. The father found out that the older child felt excluded from the breakfast scene. Once the father iden-

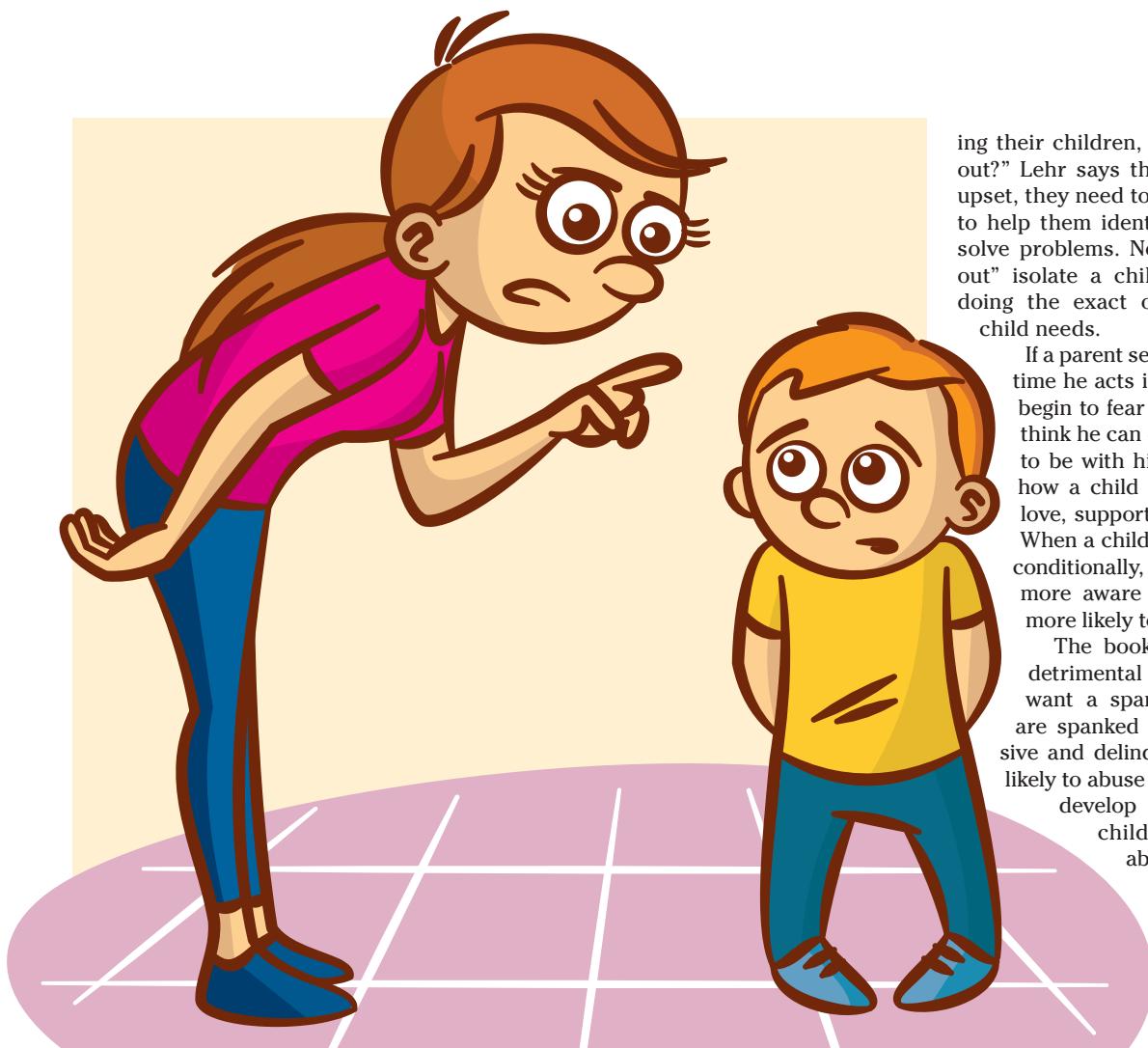
tified the problem, he and his son brainstormed together to figure out that when the 3-year-old helped his father feed the baby, he felt included. Coincidentally, the older son also stopped climbing up on the table to hit the chandelier.

Furthermore, Lehr thinks that parents use phrases with their children about ideas that they are not yet able to comprehend. When a father tells his three-year-old son to "share" his toy drum every time another child wants it, he is not only ignoring his own child's right to play with his toy in the time he needs, but the parent is expecting the toddler to feel empathy — a concept most children don't develop until they are 6 or 7 years old.

Another phrase quoted in the book is when parents tell their kids to say "thank you" every time something is given to them. Instead of getting upset when such phrases aren't being used, the parent can tell their child that they don't feel they are being appreciated when spoken to in such a demanding manner. Lehr also has the adults examine how they speak to their children since most kids model their behavior after their parents' actions.

The most overused expression is probably "good job," says Lehr, which parents can apply to anything their child does that pleases them. She recounts when she observed a 4-year-old girl who didn't want to put her coat on to go outside. Instead of asking her child why she didn't want to wear her coat, the mother told her daughter "good job" four times — after every successful effort the girl made to put on her coat.

Not only can parents use the phrase "good job" to manipulate their kids to do things they want, it has a harmful effect on children as they learn to do only



things that please their parents. Later on in life, these children will become adults who continue to people-please and never grasp a true sense of their own genuine thoughts, feelings, or needs.

Instead of constantly “good jobbing” every developmental milestone a child makes, sometimes it is best to just stay silent. Another way parents can avoid saying “good job” is by simply stating what they are observing. Lehr says she complimented her son on his fort-building project by saying, “This is so elaborate ... This is your longest construction ever! What a lot of work.”

Lehr also recommends adults respect their children’s efforts at creating physical boundaries. She describes tickling as a manipulative way for a parent to get a sad child to smile. It can also turn into a nightmare for some children who cannot express their desire to have the tickling stopped while the parent presses on.

Lehr says adults should never tickle children who cannot speak. If parents tickle older children, they should discuss

together a signal the child can give the adult to have the tickling stopped. Although tickling seems like innocent play, Lehr reminds us, “If a child is taught as a toddler that ‘no’ or ‘stop’ just means someone will force you into their arms or keep tickling you or kiss you anyway, what do we expect from them as teens and adults?”

Another illustration of this is when relatives come to visit, the parents automatically tell their children, “Give Grandma a kiss.” Again, disregarding how their children are actually feeling, parents expect children to kiss or hug relatives on command. Some children need to warm up to adults they have not seen in a while before making physical contact.

Parents, of course, want their visitors to feel welcome in their home. If parents and children brainstorm together, they can find alternative ways to initially welcome family members such as the child taking a coat, offering a beverage, or drawing a picture for the guest.

Another faux pas parents make is ask-

ing their children, “Do you want a time-out?” Lehr says that when children are upset, they need to be with their parents to help them identify their feelings and solve problems. Not only does a “time-out” isolate a child, but the parent is doing the exact opposite of what the child needs.

If a parent sends a child away every time he acts inappropriately, he will begin to fear abandonment. He will think he can only act in certain way to be with his parents. No matter how a child acts, the parent must love, support, and help their child. When a child knows he is loved unconditionally, he feels more secure, more aware of his emotions, and more likely to take healthy risks.

The book ends with the most detrimental phrase of all: “Do you want a spanking?” Children who are spanked become more aggressive and delinquent as well as more likely to abuse drugs and alcohol and develop mental illness. When children are physically abused, Lehr writes that “the prefrontal cortex of their brains” is affected, which lowers their IQ.

While there are 50 countries that have outlawed corporal punishment of children, the United States is not one of them. In fact, Lehr writes, “A 2013 Harris Poll tells us that 81 percent of Americans believe it’s acceptable to ‘spank’ a child.”

While 100 countries worldwide have banned corporal punishment in schools, Lehr adds that the United States does nothing to physically protect students from their teachers in classrooms.

“Estimates from the federal Department of Education during the 2012-2013 school year alone” show thousands of children across the United States receiving corporal punishment in classrooms.

“A disproportionate number of those children were boys and African-Americans,” Lehr writes, “And even more tragically, many suffered from disabilities.”

Lehr ends her book on this sad note, perhaps hoping that these facts will provoke us, as a country, into action to advocate for our children’s mental and physical wellbeing.

Allison Plitt is a frequent contributor to NY Parenting and lives in Queens with her 11-year-old daughter.



Reasons to be thankful

For many of us, November ushers in the frenzied start of the holiday season. It's a time of preparation and mass hysteria for so many ... including myself. Just the thought of all the cooking, preparing, shopping, wrapping, and hosting is enough to make me pull the covers over my head and dream of Jan. 2.

Still, Thanksgiving is a good opening act if you ask me (slightly less if you're hosting). It's a time when we gather around the table just to be with the people we love — no presents, no pressure, nothing to do but sit there and enjoy each other's company — and try your best to avoid pulling out your phone, and actually talk.

With all of the horrendous happenings in our world, taking one day to just enjoy each other is a blessing. Most of us, including our children, keep up such a hectic daily pace that the majority of the days can easily become a series of chaotic to-do lists.

Yet the things I am most thankful for are the stark opposite, in fact.

I'm thankful for the times we share our

day over a pizza or talk about our frustration, which then turns into a much-needed release and hopefully a smile. I'm thankful for the days when one of us is struggling and the rest of us come together to help and comfort. Life is filled with challenges, but when you have a loving support system, you can get through it all.

I'm thankful for snuggling up with my loving Lab, Django, on cold nights after busy days. I'm thankful for Saturday afternoons with my parents when they joke and laugh and love my kids. I'm thankful each and every night when we all get home and are together again. I'm thankful for the never ending hearty laughs that make our eyes tear when something unexpectedly happens. Those are the memories we will carry with us.

When you think of what fills your heart, it is never going to be the new phone, jewelry, or car. It's not even going to be the big party or fancy vacation. It's just not.

Our most special moments lie in the common, everyday occurrences.

Jack Pearson on the popular show,



JUST WRITE MOM

DANIELLE SULLIVAN

"This Is Us," played by Milo Ventimiglia, perhaps said it best: "I am thankful for my family. I'm thankful that we're all safe, and there's no one in the world that I'd rather be too hot or too cold with."

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.



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Truly happy

To keep the holidays enjoyable, reinvent them

BY MYRNA BETH HASKELL

The holidays are approaching, and you are curled up by the fire envisioning a cozy celebration with your fledgling, nuclear family — two toddlers and a baby on the way. The thought of long-distance travel has you exhausted just thinking about it. You would rather visit with family when things are a little less hectic — perhaps a day or two after the holiday, because you have your own low-key celebration in mind, one which centers around toddlers tearing open gifts and you lounging in PJs all afternoon. You'll snuggle with your children and read classic stories, such as "How the Grinch Stole Christmas." Afterward, you'll dine on a take-out holiday dinner, because you will be too wiped out to deal with meal preparation and a massive cleanup. There

will be no dressy outfits to don, no adverse road conditions to navigate, and you'll have two more days to wrap everyone else's gifts. Sheer bliss!

Uh-oh. What will they say if you don't come? Will Nana have a fit and write you out of the will? Will your sisters tell you that you've got a lousy temperament, one that rivals Ebenezer Scrooge?

There are diplomatic ways to ensure that your holiday celebration suits your immediate family without alienating the rest of your clan. After all, you love them all dearly and don't want to put a crimp in everyone else's plans, or worse yet, cause long-lasting hurt feelings.

Stress on Young Families

The holidays can be a stressful time under normal circumstances. Busy families are already on overload. Add shop-

ping, wrapping, concerts, and travel to the mix, and you've got a recipe for disaster. Of course, you also have the stress of fitting in time with both sides of the family. However, expectations can be the biggest stressor of all. Everyone seeks the Norman Rockwell version, where children are awestruck, and adults are playful and relaxed. In a quest to make the perfect celebration, many families combust under the pressure, and age-old quarrels and tempers take center stage. Mix in several children who haven't napped, and — bingo — even the adults are in meltdown mode.

Take a deep breath and consider your ultimate goal. Do you want to spend stress-free time surrounded by the ones you love? Generally, low-key celebrations are better for young children who tend to unravel when exposed to long hours, erratic schedules and lots of unfamiliar people. So, racing from Grandma's to Cousin Jim's, and then somehow squeezing in Aunt Lucy's before bedtime, will only cause exhaustion and resentment. Perhaps it's time to reinvent the holidays.

According to an article posted by the Mayo Clinic — "Stress, Depression and the Holidays: Tips for Coping" — parents should remember that the holidays don't have to be perfect. "As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones." If travel is out of the question, "Find new ways to celebrate together, such as sharing pictures, e-mails, or videos. Saying 'yes' when you should say 'no' can leave you feeling resentful and overwhelmed."

"Don't give in to guilt," cautions Christina Hibbert, a clinical psychologist, author of "This is How We Grow" (Oracle Folio Books), and host of Motherhood Radio and TV (www.motherhoodtv.com). "Guilt isn't a good reason to do anything, unless it is the type of motivational guilt you need after you've actually made a mistake. Most guilt is the depressive kind and only drags us down. Remember that saying 'no' to something is saying 'yes' to something better. Remind yourself of what you're saying 'yes' to, and then let the guilt go."

Hibbert explains that parents have to remember to prioritize their nuclear family needs, especially in times of major life

Traveling with young children

Whether a trip to grandma Mary's is a long drive or a flight away, traveling with young children can produce myriad stressors if parents aren't prepared. Here are some tips for a safe and stress-free journey:

General:

- Avoid busiest travel dates and times
- Leave extra time for mishaps and weather-related delays
- When possible, plan to travel during hours your child sleeps
 - Pack healthy snacks and water
 - Bring toys and reading materials (add something new — activities with magnetic pieces are convenient while traveling)
 - Pack medications (infant Tylenol, inhaler, etc.) and first aid kit in accessible bag
 - Don't forget your child's comforter (Teddy bear or blanket)
 - Stick to children's meal schedules

By car:

- Check tires, oil, etc. Inspection up to date?

- Safety equipment: flashlight, reflector warning triangles, blanket, jumper cables, water, etc.
- Bring USB charger for cellphone
- Check ahead of time for rest stop locations — stretch, use bathroom, throw a ball
- Take turns driving to avoid fatigue

By plane:

- Explain airport security to little ones ahead of time
- Check latest rules on banned items and carry-on restrictions
 - If possible, book a non-stop flight — less chance for delays, loss of luggage, etc.
 - Check bag weights and size restrictions — particularly for carry-ons
 - Dress in layers: plane temperatures vary in the air and on the ground
 - Pack essentials in carry-on (diapers, bottles, extra clothing, etc.)
 - It's safer for children under 2 to fly in a car seat. Check the Federal Aviation Administration website for approved car seats and harness-type restraints: www.faa.gov/travelers/fly_children/



stress or duress (e.g. after the birth of a baby or during a time of grief). "During a particularly rough season of my family's life, we had to do this. We told our [extended family], as kindly as possible, that we just needed to be 'us' for this one year. Though there was some fallout, it didn't last. It showed our children that their needs — and ours — are important," Hibbert shares.

Broaching the subject

Deep down you know that you have to talk to your family about making some changes, but you don't want to upset anyone. It's always best to start with the truth and an empathetic attitude.

Hibbert counsels, "Honesty is always the best policy. Too often, we go along with extended family plans simply because we don't want to hurt any feelings, when all it really does is prolong the inevitable. If we ignore or fail to honestly explain our feelings and desires for our own young family during the holidays, we end up feeling resentful and frustrated." Hibbert recalls, "I remember traveling with all six of our kids the first year we had our large family and feeling so wiped out I couldn't even

enjoy the holidays. It was a wake-up call for me." She suggests using "I statements" (e.g. "I feel exhausted and overwhelmed when...") because then you take ownership of your situation.

Nicki Nance, a licensed psychotherapist and assistant professor of human services and psychology at Beacon College in Leesburg, Fla., advises parents to help family members understand their predicament while making it clear that extended family relationships are important. She suggests bringing up the topic by saying, "We want our visits with you to be special, but this year the kiddies are just too little for that to happen. We want to be part of the holiday, though, and hope you will be willing to use Skype so we can still share in real time." If you explain your concerns in detail, but suggest another way of connecting, the discussion may go more smoothly than you imagined.

Be sure to tell your loved ones how much you cherish your own childhood memories and that you want your kids to have special memories of the holidays, too — both new traditions and those that are shared by visiting grandparents and other relatives.

Alternatives and solutions

Make an effort to spend time with your relatives, even if it differs from what you've done in the past. This will go a long way toward keeping the peace.

If location is not an issue, plan ahead to ensure both a peaceful morning with just your spouse and kids, followed by a road trip to Grandma's later in the day. However, pack ahead of time and load gifts in the car the day before to avoid a frantic exit.

Some families choose to spend the evening before the holiday with their nuclear family, so they can start their own traditions, such as making festive popcorn balls and watching classic holiday movies or caroling at the local firehouse.

"Very young children have no expectations," Nance explains. "Make ornaments, sing songs, open gifts and call it a celebration." Then, the next day's focus is on the rest of the family.

Hibbert recalls, "Several years ago, I wanted a more meaningful Christmas Eve for my nuclear family, and we started a 'Christmas Jar' tradition. All year, we collect money in our Christmas Jar, and on Christmas Eve, we pile in the car to find a person in need to receive the jar. My parents and siblings heard about this and wanted to join in." Hibbert's extended family now gathers each year to deliver their jars on Christmas Eve and share a traditional breakfast the next morning. Afterward, all families head home for their individual celebrations.

Having a "special date" for your family celebration can also work (e.g. the weekend before the holiday every year). Be sure to make a big deal about it to all of those involved. A visit before the holiday could involve going to a special concert together or attending a tree lighting ceremony before spending some quality time. Some families opt to bring in the New Year together as an alternative.

Nance suggests a holiday-go-to theme. "Meet somewhere in-between at a theme park, resort, or campsite. Fees to attend can be given as gifts."

"Remain open to changing needs as your family grows. You may find that, a few years down the road, what worked for your young family doesn't work so well for your not-so-young family. If you speak your needs kindly and honestly and are willing to keep others' perspectives in mind, you will find that you can reinvent the holidays as often as needed, and everyone will benefit," Hibbert says.

Myrna Beth Haskell is an award-winning author (www.myrnahaskell.com). She is also co-founder and managing editor of Sanctuary (www.sanctuary-magazine.com).

Protecting digital data after you die

I have all of these digital online accounts, between my Apple ID and music, e-books, my Facebook account, and Google Photos. What happens to all of that data when I am disabled or die?

A newly adopted law in New York State offers fiduciaries a tool to access online digital assets of another person who has done their estate planning documents. The law says that if a user has used an “online tool” to administer digital assets, the online designation will have control even over a Will or Power of Attorney giving a contrary directive.

So take the following example: Oscar is a 32-year-old basketball player with a wife and two children. He does all of his banking online, has an Instagram account with 342,000 followers, a Facebook account for his public likeness and a more private one within his inner circle of 1,000 close friends and family, a Flickr and Google Photos (formerly Picasa) account where he stores all his photos (no backups), and, of course, a Twitter feed.

He was playing “War of the Worlds” on his iPad tablet and ranked third on the game board, and was at level 1,107 in Candy Crush. His password-protected laptop is in his home office when he suddenly dies in a boating accident. Can his wife legally access his computer and online accounts? Can his attorney? Probably not. What’s more, depending on what steps Oscar took before he died when he set up his personal settings, a lot of that material might not be recoverable.

But many services now offer the ability to store passwords in a “vault” and designate a person to have access if something happens to the user. Last Pass, Legacy Locker, and Entrustenet are a few examples. Giving someone your passwords or leaving a list is not a viable solution. First of all, most people are uncomfortable leaving a printed list or a computer list of all their passwords. Also, everyone changes their passwords frequently — usually be-

cause they forgot the password in the first place — so a list of that sort doesn’t usually help.

Services like Last Pass will update the password and save it in your designated devices. There is a blog called “The Digital Beyond,” that maintains a list of online services that are designed to help users plan for their digital death and afterlife or to have loved ones memorialize them after their death.

Here are some of the options on the most popular sites:

Facebook: Facebook devotes an entire page to the topic of “Here’s what happens to your account when you die.” You can designate a “legacy contact.” And Facebook really does have an app for that: Facebook offers an app called “If I die,” that you can set up at any point before your death to help put your social accounts in order and send out a last message if you wish. Instagram allows you to memorialize an account.

Google: Google allows you to “plan your digital afterlife” by allowing you to select “trusted contacts” to receive data from Gmail or Google. It also offers an “Inactive Account Manager” feature that lets you designate up to 10 trusted contacts to be notified if your account goes inactive, and gives them access to your data with your permission.

Apple: In a recent case, a widow was unable to use her late husband’s iPad because she did not know his Apple ID password, and Apple refused to reset it even with the death certificate. Of all passwords, the Apple ID is probably the most critical: It contains a lifetime’s collection of music, books, and other material.

Hotmail lets relatives order a CD of all the messages in a deceased user’s account if they provide a death certificate and proof of power of attorney.

Flickr will keep an account up and mostly open to the public, but if a user had marked any photos as private, the site won’t let family or friends into the account.



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

There are other services like Ghost-Memo — which allows you to prepare messages to be sent to loved ones with videos or just documents. After a set period of inactivity, the service sends a “proof of life” link to reset the timer; if there is no response, the service sends out your messages. With the service Afternote, it allows you to designate one or more digital “trustees” who report your death to the service, after which they are given access. The password savers offer encrypted space to store passwords and other account information to give to designated recipients after a user dies. Each site has a system in place to verify a user’s death before distributing any digital assets.

US Trust put out a Wealth and Worth Study in 2013 that found that 45 percent of high-net worth people it polled had not organized passwords and account info for their digital lives in a place where heirs or executors would find them, although 87 percent said they had a will and knew where their important documents were. While it is not exactly the way anyone wants to spend their Saturday, it is worth devotion of a few hours to organize your digital life and explore the options many of these services offer for doing so.

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

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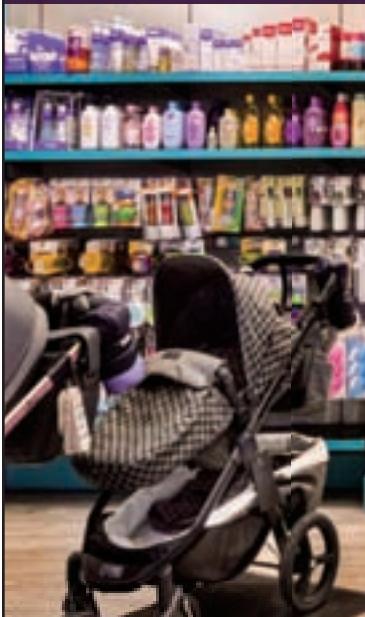
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Walk this way

Mom has advice on raising girls in the age of social media

BY TAMMY SCILEPPI

Concerned about your daughter's need for 'likes' and her addiction to her smart phone?...I've got the antidote," says author, educator, and girls' leadership guru Laurie Wolk, who is a Westchester mom raising young teens — two daughters and a son.

She advises parents on how to speak with children about the do's and don'ts of social media, and her new book — "Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness" — is a back-to-basics approach to parenting in the digital age.

"Parents want help. Raising kids in the iGeneration is totally new. We have no role models, because nobody has been here before," says Wolk. "And even though many of us already know which valuable life skills we want our kids to learn, and we're aware of those old-school parenting techniques, we're often too busy with our day-to-day lives to implement them!"

Did you know that an average 12- to 15-year-old sends over 40 texts a day? And that 78 percent of teens check their mobile device hourly?

Wolk's goal is to help parents like you "reclaim the power in their homes away from social media, the uninvited guest, and go back to the basics of creating a stable and loving home, accepting and encouraging their daughters and gently nudging them to take risks and experience real accomplishments."

And she hopes that parents can "step (back) into their roles as mentor and guide and stand side by side with their daughters, helping them unwind and decode the different messages that social media is sending them." As this begins to take shape in the home, Wolk predicts that social media "will start to blend into the background, allowing the things that matter most to stand front and center — your daughter!"

Wouldn't it be nice if families went back to a simpler time — when "like" meant that you were really liked — and not by 155 strangers? And feelings were expressed with an actual hug or kiss ... and not by texting cute emojis? That said, perhaps

parents should look at devices and social media through a less gloomy and more positive lens, so they can learn to embrace today's digital reality and teach their children how to monitor themselves and stay safe online.

"It's important to speak with your children about what is appropriate and safe to post ... and how to become a good digital citizen," says Wolk.

As a proactive parent, she also feels that other parents shouldn't get distracted by their own devices and busy lifestyle, but knows it's easier said than done.

Building a healthy family connection takes work. And Wolk is hands-on when it comes to her brood. Her book helps parents with powerful communication and leadership skill lessons, providing real-life examples. Hopefully, your efforts will yield confident, capable young women (and men) who can communicate and interact with different people effectively ... in the real world (despite opposing views, for example).

With an increase in teen anxiety, protecting them from the harsh realities of life may not be the best way to go. In a scary, unpredictable world, Wolk believes "we must expose our kids and ourselves to the hard stuff. Not easy, I know," she admits.

As parents, we shouldn't underestimate the power of social media ... and the media for that matter. So, when you're ready for action and want to take your power back, you'll find helpful templates, exercises, and worksheets that you can use as valuable tools to deal with your device-addicted teen, who may be somewhat brainwashed by what she has been exposed to via screens.

In her roles as educator and motivational speaker, Wolk helps parents and young girls learn how to communicate and connect with themselves, each other, and the outside world. She works directly with companies, schools, organizations, and individuals on building confidence and leadership skills.

She points out that girls are learning "valuable life lessons from mentors like the Kardashians and Instagram 'stars,' whose heavily edited photos and videos leave them feeling badly about themselves and second-guessing their own lives.

"Physical and psychological changes in her adolescent brain mixed with the impact of the media, most importantly social media, has girls feeling lackluster about themselves and uncomfortable communicating in real life," she explains.

Wolk works hard to get the word out about raising balanced kids in our madcap — and sometimes dangerous — digital age.

Tammy Scileppi: So, how did your timely book come about?

Laurie Wolk: From the day I was told, "It's a boy and a girl," — yes, twins! — I told myself I was going to build a better me because of them. I felt that with unconditional love, strong values, and my hard-won life experiences, my kids would grow up to be a confident, capable, and kind young man and woman.

Up until my kids were eight, everything was going pretty much according to plan. Sure, the preschool and early elementary school years had their challenges, but nothing notable to speak of.

During those early years, I was a life coach and girls' leadership educator, working with parents and kids. I attended conferences, took advanced certification classes, and pored over parenting books into the wee hours of the night. I tested out everything I was learning in real time on my children and my clients.

And then the world of iPhones, Instagram, Netflix, and Snapchat came a-knockin'. Instead of feeling like I had this whole "parenting" thing down, I had a pervasive feeling of fear, doubt, and powerlessness. Quite often, I felt paralyzed and incapable of taking any kind of action at all. These screens that had innocently come into our home had slowly taken over our lives.

I began talking about social media, and its influence on family life with my clients and their children in my workshops. I began researching the effects of social media and digital devices on our brains and development. I noticed that everyone focused on the doom and gloom aspect of social media, but nobody offered any tools or advice on what to do.

So, I set about finding the antidote, and I did, [and it] informs my book. It's all about clear rules, family connections, and teach-



Laurie Wolk advises parents on how to speak with children about the dos and don'ts of social media. Her new book — "Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness" — is a back-to-basics approach to parenting in the digital age.

ing life skills to our kids.

TS: So, how do parents raise confident girls amidst the social media madness?

LW: We parents and society give our girls (and boys) mixed messages, and we need to pay closer attention to our actions and our words. We tell them to be leaders, but we call them out for being "bossy." We tell them that they are capable and strong, but then we jump in and solve their problems for them. We encourage them to be assertive, but then we inundate them with our pleas to be nice and respectful. We tell them to take risks and make mistakes, but then we mitigate their failures, so they don't feel the hurt.

We need to teach our kids not to rely on the external world for validation. Sure, good grades in school or being on an elite sports team offer confidence boosts during those early years, but research shows that these are not enough to sustain a feeling of true confidence in one's whole self. It's the same for social media. Those

online "likes" and comments aren't going to give them the same happiness that an in-person compliment or a true "real life" connection would.

Having report cards that are covered with A's alone is not doing our girls justice. In fact, along with those A's, we want to be focusing on a whole lot of C's, too: Communication, collaboration, contribution, character, and creativity.

TS: How do we teach our children to be brave and use their voices?

LW: Being able to share freely how you feel in exchange for the opportunity to make change in your world (or a situation) is freedom. Freedom is the ability to share your truth, knowing that you will be okay whatever the outcome is. Intimacy comes when you share how you feel — that's how relationships get stronger. And relationships are the cornerstone of happiness.

Sharing how you feel also brings the truth to the surface. Even if your true feelings are not as well-received as you

would've liked, you'll still find you feel relief in having expressed them. When feelings are kept inside and not voiced, that's when we see unhealthy and problematic behaviors develop. Those "hurt" feelings often get buried, and later in life (whether in work or in relationships), we tend to see that people fail to speak up yet again, having carried with them this default way of being. This can come at tremendous personal cost to their careers, marriages, and friendships.

That feeling of confidence that we all so desperately want for our kids is only created from the inside, and it's hard-earned. No parental life lesson, academic achievement, social media stardom, empowerment rally, or brilliant ad campaign can give it to her. That confidence starts with girls learning to speak up and ask for what they want and need. It takes courage, but it's a skill they (and even we adults) can learn with experience.

TS: Parents want to help their anxious teens, but many feel that it means protecting them from life's challenges. That said, how can these kids deal with bumps in the road head on? Share your recipe for raising balanced kids in a digitally-obsessed world.

LW: One-half cup — Firm boundaries (set around the behavior you expect from them as well as their use of digital devices)

One-quarter cup — Understanding that social media and technology are here to stay and that it's a way of life for kids today

12 heaping spoonfuls — Unconditional love

Continuous role modeling of the behavior you want to see in your kids, like kindness, respect, clear communication, taking risks, making mistakes, and bouncing back

Sprinkle throughout — Opportunities to practice the important life skills that they aren't necessarily learning due to a busy after-school lifestyle and digital distractions

These types of skills — like being brave, caring, resilient, organized, honest, and creative — are what they need to find lasting happiness.

Knead repeatedly — This last step can be accomplished through a method I call "Life Skill Lessons From Your Living Room" in which you regularly allow your kids to cultivate these skills by planning things, volunteering, negotiating, taking risks, and more!

Part 2 will appear in our December issue.

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



Battle nut allergies — with peanuts

It's not often that a health organization makes a complete 180-degree turn with a long-standing recommendation. But the National Institute of Allergy and Infectious Diseases did just that earlier this year with their advice about preventing peanut allergies.

Rather than avoiding peanuts, the new guidelines recommend exposing infants to peanuts early — as young as four to six months of age — to prevent or reduce the chance of developing a peanut allergy later.

"This is a significant change in practice, as parents were previously told to avoid peanuts until age 3," says Rachael Costello at Rachael Costello Nutrition.

The landmark study that influenced the reversal, "Learning Early About Peanut Allergy" clinical trial, showed that introduction of peanut products into the diets of infants at high risk of developing peanut allergy is safe. Not only that, but the study showed that early peanut introduction reduced later development of peanuts allergy by a whopping 81 percent.

The trial was the first and only large, randomized prevention trial for peanut allergies. Its findings are considered definitive.

Peanut allergies affect fewer children than most people suspect: only two percent of kids in the U.S. Peanut-allergic chil-

dren, their parents, and caregivers must be constantly vigilant against even a trace of peanut exposure. It is thought as many as 20 percent of children will outgrow their peanut allergy.

Three risk categories

In order to reduce the risk of peanut allergy in high risk infants, introduce peanuts as early as 4 months of age. But don't wait too long. Your baby could develop peanut allergies at 6 months. Sure, it can be scary for a mom to introduce these foods when peanut allergies run in the family.

The specific timing depends upon which of the three risk categories your infant falls under.

Group 1: This group is the smallest percentage but has the greatest potential for peanut allergy. The infant suffers from severe eczema, egg allergy, or both. Start introducing peanut at four to six months of age. Parents should discuss how to introduce peanut with their pediatrician; the infant may need to have a supervised feeding in the medical office.

Group 2: This group has mild to moderate eczema but no egg allergy. Introduce peanut-containing foods around the age 6 months.

Group 3: Everybody else; no eczema or any known food allergy. Introduce peanut-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

containing foods any time after 6 months.

The panel's recommendation is to introduce peanuts by mixing 2 teaspoons peanut butter or powdered peanut butter into a food the child is already eating. You can add it to applesauce or infant cereal or even thin it out with formula or breast milk. In all cases, infants should start other solid foods before they are introduced to peanut-containing foods.

When introducing peanuts, always keep safety top of mind. Whole peanuts are a choking hazard even if the child has teeth.

Prevention tips:

In order to prevent peanut allergies, are there guidelines for peanut consumption for an expectant mother? Costello says there are no recommendations to restrict peanut intake while pregnant as there is no strong evidence to support avoiding peanuts will prevent an allergy. Ditto for breastfeeding.

"Waiting to start solids until 4 to 6 months and exclusive breastfeeding up until that time have shown to reduce food allergy development in children," adds Costello.

With early introduction there are no guarantees we can prevent peanut allergies in every child. But we will see a lot of reduction in the next five to 10 years. Be sure to always discuss your child's diet with your health provider.

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

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Learning about juvenile arthritis

My 8-year-old niece has just been diagnosed with juvenile arthritis, which is a condition that I don't know much about. Is the disease related to genetics? If so, what signs should I look for in my own children? I would also like to know more about what my niece is experiencing and how the disease will be treated.

Juvenile arthritis is an umbrella term that describes many autoimmune and inflammatory conditions that can develop in children ages 16 and younger. Juvenile arthritis affects 300,000 children in the United States but no exact cause is known. Researchers believe juvenile arthritis may be related to genetics, certain infections, and environmental triggers.

Juvenile idiopathic arthritis is one of the most common forms of juvenile arthritis. Symptoms of juvenile idiopathic arthritis include the swelling of one or more joints for six weeks or longer, muscle and soft tissue tightening, bone erosion, joint misalignment, and changes in a child's growth.

There are several types of juvenile idiopathic arthritis; the most common is called oligoarthritis. Forty percent of children with juvenile idiopathic arthritis have

oligoarthritis, which involves inflammation of four or fewer joints. The inflammation causes pain in about 75 percent of patients, but mostly inhibits range of motion. Oligoarthritis is more common in Caucasian children and girls, and is associated with causing uveitis, or eye inflammation. It typically develops at around age 6 with an inflamed leg joint, usually in the knee or the ankle.

Polyarthritis affects about 25 percent of the children diagnosed with juvenile idiopathic arthritis and involves inflammation of five or more joints within the first six months. Like oligoarthritis, polyarthritis is more common in girls, but it can occur at any age and can affect small and large joints, including the neck and jaw, making it difficult for a child to chew.

Systemic arthritis affects the entire body, beyond the joints, and impacts about 10 percent of children with juvenile idiopathic arthritis. Symptoms, such as stubborn fever, mild rash, and inflammation of the spleen, usually occur in elementary school age children.

Finally, enthesitis-related arthritis typically affects boys more often than girls and involves the inflammation of the enthesis, sites where the tendon attaches



FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
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to the bone. The most common affected areas are the knees, heels, and bottom of the feet. As a result, children with enthesitis often report heel, foot or knee pain, with or without swelling.

Other, less common, non-juvenile idiopathic arthritis types of juvenile arthritis include juvenile lupus and juvenile psoriatic arthritis.

Identification of the particular type of arthritis to be treated determines whether a nonsteroidal anti-inflammatory drug, which relieves pain, or a disease-modifying anti-rheumatic drug, which prevents joint damage, or a different approach, is most appropriate.

Exercise often loosens stiff joints, strengthens muscles, and improves range of motion. In general, moderate exercise such as swimming, family walks, and bike rides can help keep the symptoms of juvenile arthritis in check. Physical therapy can restore motion and increase flexibility in joints, while occupational therapy can keep children active in school and extra-curricular activities. Diet and nutrition is especially important, as children with arthritis need to maintain a healthy weight — every extra pound places additional pressure on knees, hips, and ankles.

While there is currently no cure for juvenile arthritis, there are many available treatment options and lifestyle choices that can provide relief from pain and inflammation, and keep a child where he or she most needs to be: in school.

Dr. Pramod Narula is chairman of the Department of Pediatrics, NewYork-Presbyterian Brooklyn Methodist Hospital.

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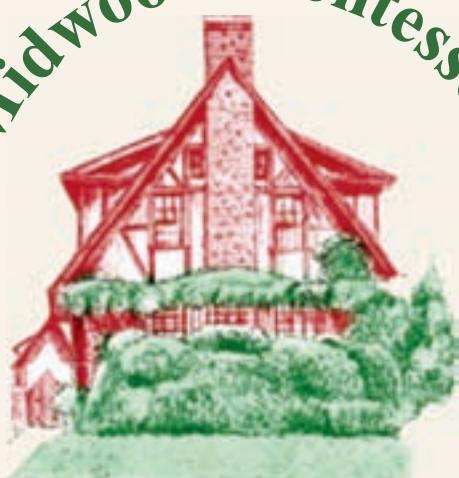
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Should women wait to collect Social Security?

In my previous column, I discussed how Social Security benefits can be an important part of a person's retirement income. Determining what age to claim your Social Security benefits should be determined by age, health, and amount of other savings earmarked to retirement income, among other factors. This is especially important for women planning their retirement.

Some of the reasons are demographic. Women tend to live longer than men, and according to AARP, are more likely than men to be widowed and single when they are older. According to the Department of Health and Human Services, in 2012 only 45 percent of women over 65 years old were married, compared with 75 percent of men.

Another factor to consider is that women tend to take time out of the workforce to care for children or aging parents, and historically have earned less than men, on average. This combination could lead to lower overall career earnings and savings when compared to men of similar age.

Therefore, it's important for women to ensure they receive the most they're able from Social Security. Here are some things to keep in mind when making these decisions.

It can pay to delay. Although people can start receiving reduced benefits at age 62, it might be wise to wait until your full retirement age — ages 65 to 67 depending on your birth date — if you're able to.

If you take Social Security benefits before your full retirement age (FRA), the amount of your monthly benefit payment will be reduced. If you delay collecting benefits beyond your FRA, the amount of your monthly benefit will increase until you reach age 70. Factors such as health and other retirement savings should be considered when deciding what age to claim benefits, so it's always best to consult a financial advisor before making these permanent decisions.



You can collect Social Security even if you are still working or earning self-employed income — but of course, there are a few rules to remember. If you collect before your full retirement age, your benefits will be decreased by \$1 for every \$2 you earn over \$16,920 (the 2017 limit). The year after you reach full retirement, there is no penalty for working and claiming Social Security at the same time, and your benefits will not be adjusted for earned income. Social Security earnings rules can be very complicated, and again, consulting a financial advisor before making these decisions is recommended.

Social Security may not cover all of your needs in retirement. Historically, Social Security benefits compose half of the total income of unmarried women — including widows — age 65 and older. And according to the same study by the Nationwide Retirement Institute working with a financial advisor helped most women better prepare for their retirement. Only 13 percent of women say they received advice on Social Security from a financial advisor. However, 86 percent of



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

women surveyed — who worked with an advisor — say their Social Security payment was as expected or more than they expected.

Make an informed decision on when to retire. According to the same Nationwide Retirement Institute study, 80 percent of retired women currently collecting Social Security benefits took those benefits early, locking in a lifetime of lower income. That may not be the best financial decision for them longer term. Working a few extra years until FRA could translate into thousands of extra dollars over the course of a person's retirement. Delaying Social Security benefits until age 70 would mean even more income during the remainder of your life. Consider working longer if you're able, and consult a professional about your best Social Security claiming strategies.

A careful review of Social Security regulations, your financial situation, and any health considerations you may have are crucial to developing a strategy to maximize income during retirement. Taking the time to review your options and making an informed decision can help you maximize your monthly retirement income and Social Security payments. It can make a dramatic difference in the long run.

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

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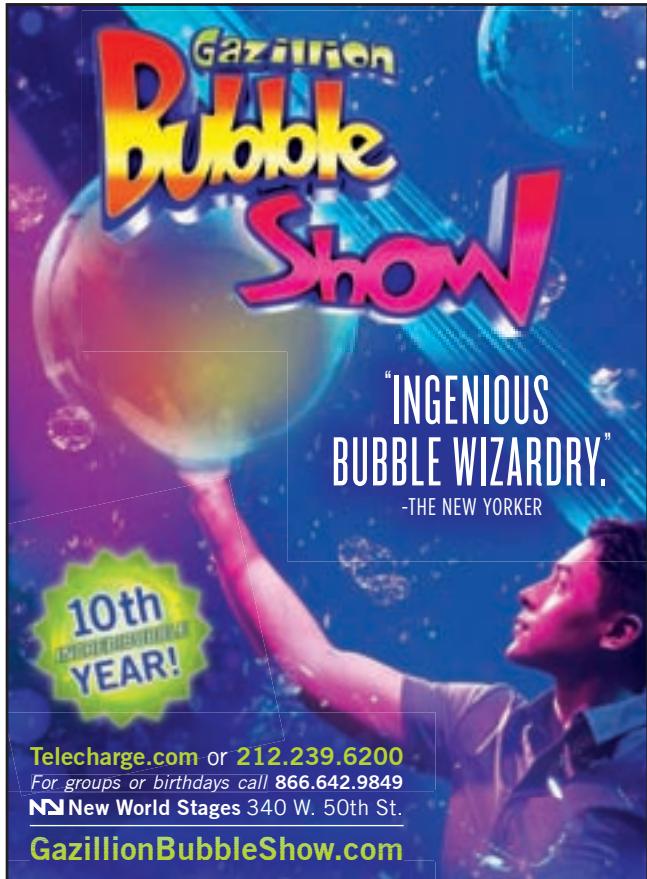
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Perfect puppy

Avoid heartbreak and find a dog to fit your family's lifestyle

BY KIMBERLY BLAKER

Every year, thousands of dogs are turned over to animal shelters because they were given as a gift without first consulting the gift recipient, or families discover they brought home a biter, barker, digger, or jumper. When pets are given away, the pets, their owners, and children all suffer. So before selecting a dog, do your homework. With a little pre-planning, you can find the dog that most closely fits your family's lifestyle:

Variety of dogs, variety of nuisances

Dogs can create many nuisances, some of which are more common in particular breeds:

Barking: A barking dog helps protect against intruders. But excessive barking can become a problem. Some breeds known for their barking include the Alaskan malamute, American water spaniel, bassett hound, Finnish spitz, fox and other terriers, Great Pyrenees, and miniature schnauzer.

Hyperactivity: A playful, energetic puppy can make a great playmate for your child. But as your puppy grows, that hyperactivity could become overwhelming. High-strung dogs often jump on people and tear through the house. Certain breeds tend to maintain that high energy level well into their adult-size bodies. Such breeds include Airedale terriers, boxer, Brittany, cocker spaniel, Dalmatian, golden retriever, Irish setter, Jack Russell terrier, Labrador retriever, pointer, and schnauzer.

Digging: Dogs dig for many reasons — to bury a bone, to escape from a fenced yard, to keep cool, or out of boredom. A torn-up yard can be the last straw for many dog owners. Diggers include fox and Norwich terriers, and Petit Basset Griffon Vendéen.

Aggression: Dogs can be aggressive for a variety of reasons. Poor breeding, physical abuse, and even disease can cause aggression in a dog. And certain dominant breeds can tend toward aggressiveness if not handled properly. These dogs should be chosen with caution and the understanding they require strong leadership: Akita,

American pit bull terrier, bulldog, bullmastiff, chow chow, Doberman pinscher, German shepherd, Rottweiler, schnauzer, Shih Tzu, Siberian husky, and Weimaraner.

Grooming: While it may sound painless, the upkeep of certain breeds can be overwhelming. In addition to keeping claws trimmed and an occasional bath, some dogs require lengthy daily brushing to remove tangles or trapped fur in double coats. High maintenance breeds include the American Eskimo, cocker spaniel, collie, Great Pyrenees, Lhasa apso, Old English sheepdog, poodle, schnauzer, and terriers.

Traits to look for in a family dog

Finding a dog that will be easy for your child to handle and assist in training will reduce many unforeseen problems. Easy trainers include American water spaniel, Australian shepherd, Bichon Frise, cocker spaniel, Irish setter, Italian greyhound, Maltese, and Shetland sheepdog.

Calm, gentle breeds are important for families with small children. Keep in mind that size doesn't dictate these traits. Gentle breeds you might consider are bassett hound, beagle, bearded collie, Chinese crested, Great Dane, Great Pyrenees, Newfoundland, and mastiff.

Playful and energetic puppies work well for older children who won't feel threatened by the dog's full-grown size. These breeds include American Eskimo, bloodhound, Brittany, Dalmatian, golden retriever, Irish wolfhound, Labrador retriever, pointer, poodle, Saint Bernard, and schnauzer.

There are many other traits to consider in choosing a new dog. Before bringing home your puppy, read a book or articles about the breed that interests you to determine if he'll fit your family's lifestyle. For personalized assistance in choosing a breed, go to <http://www.selectsmart.com/DOG/> or one of the many other breed selection sites. You'll be guided through a series of questions and receive a free personalized list of matches.

Special considerations

The Centers for Disease Control and Prevention estimate that 800,000 people,

mostly children, are bitten annually severely enough to require medical attention. Infants and small children shouldn't be left alone with a dog. It may be difficult to picture your lovable Fido as capable of hurting your child; however, even the gentlest dogs have been known to bite.

Little ones sometimes get too close to a dog while he's eating or chewing a bone, or startle a dog while she's sleeping. Sometimes, small children hang on dogs, pull their tails, or threaten a dog's safety.

In addition, dogs view their family as part of its pack. A properly trained dog should view adults and older children as alpha (top dog). However, a dog isn't likely to view a small child in this light and may wield his authority when no one's around.

Apartment living is another consideration. The size dog you choose is important to both your dog's well-being and to maintaining your sanity. High energy and medium to large breeds generally need large areas to romp. Without it, your apartment could become a round-the-clock racetrack. Planning regular walks for these dogs may not be sufficient. You'll tire long before your dog, and there will be occasions when you just won't be able to accommodate your puppy's need to exercise.

The costs of pet ownership should also be weighed out. First, there are the obvious costs such as purchasing pet food and annual vaccinations. Other expenses include licensing, monthly heartworm pills, chew toys, damaged belongings, fencing, training, veterinary expenses, grooming, kenneling, and more.

If your family has members with bad allergies or asthma, check with your doctor before bringing any furred, feathered, or finned pet into your home.

Finally, keep in mind that no matter how sincere your child's intent to care for his new pet, it's a big responsibility, and ultimately, parents take the brunt of the work. The holiday season may not be the best time of year to bring home a new puppy, according to Marta Diffen of the Michigan Humane Society. Families are generally too busy during the holidays to give a new pet the attention it needs. Choose a season when you'll be able to spend plenty of time with your new dog as she adjusts to her new home.



Where to find your dog

The Humane Society, an animal shelter, or an accidental litter of pups is a great place to find your dog at an affordable price. Giving a home to a dog that might otherwise be put to sleep or caged indefinitely and not contributing to the over population of dogs are good reasons to go this route.

Furthermore, you'll find mixed breeds, which are less likely to inherit the diseases and disabilities often common in pure breeds. Keep in mind, however, sometimes these dogs are strays or weren't properly cared for by their original owner. If a dog didn't receive proper vaccinations, it could be at risk for disease. A dog that was abused by its previous owner could also pose risks. Ask the animal shelter what is known about the dog's history.

Another way to find your new puppy is through a breeder. Taking home a puppy whose history is known and hasn't been exposed to a poor environment is a plus. However, caution should be used even when buying from a breeder. While most are in the business for their love of the breed, there are exceptions.

Some breeders are only interested in profits and have little knowledge or concern for good breeding and proper car-

ing of pups. This can lead to dogs with poor temperaments, genetic disorders, or disease. Ask plenty of questions, request references, and ask to see the puppies in their normal environment.

According to the American Kennel Club, some things to watch for when selecting your puppy include: a runny nose, watery eyes, fever, or disease in the litter. If any of these conditions are present, look elsewhere.

Avoid a puppy that trembles and is shy or one that shows a bad temper. Furthermore, understand that a kennel designated "AKC Reg." doesn't mean it has the American Kennel Club's stamp of approval. It simply means the dogs have been registered.

Finally, keep in mind that puppies shouldn't be removed from their litter before 6 weeks of age, and preferably 8.

Training tips

No matter how careful you are in selecting your pet, chances are, your puppy will develop a problem or nuisance behavior. Prevention is the first step. Around 6 months, your puppy will be old enough for an obedience course. Teaching your puppy the basics will make it easier to manage problem behaviors. If you can't take a class, purchase a dog-training man-

ual and stick with it.

If your dog shows signs of aggression, talk with a professional trainer or your veterinarian. Depending on the cause, there may be a simple solution. But if your child's safety becomes an issue, your only option may be a new home for your pet.

Whether your dog ends up with a new owner or in a shelter, make sure you explain the reason for giving your dog away so it ends up in the proper environment.

For other problem behaviors, there are several good books to help tame your dog. "When Good Dogs Do Bad Things" by Mordecai Siegal and Matthew Margolis offers many helpful techniques. Contrary to popular belief, never hit, kick, or swat a dog with a newspaper. This can lead to aggressiveness or increase already aggressive behavior.

Most importantly, try to understand and accept your pet's imperfections and adjust your home accordingly to reduce aggravations. In time, your dog will accept the household routine and become a part of it.

Kimberly Blaker is a realtor and an 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.



Learning from disaster

Bad news can be a teachable moment: Show kids how to help

BY SHNIEKA L. JOHNSON

The 2017 hurricane season caused unprecedented damage. Communities in Texas, Florida, Puerto Rico, the United States Virgin Islands, and other islands throughout the Caribbean suffered great devastation. When Hurricane Maria made landfall on the island of Puerto Rico, it measured as a Category 4 hurricane — the strongest to ever hit there — and it destroyed much of the island, killing over a dozen people and knocking out the power grid, flooding streets, and contaminating drinking water.

It left more than one million people without power and limited phone access. Many families went days without being able to contact extended family members outside the island. Many New Yorkers with close ties to Puerto Rico scrambled to help family and friends on the island. Weeks after Hurricane Maria hit Puerto Rico, many problems still existed, including closed hospitals, little fuel for generators, and feet of standing water. Local government officials have called it a “humanitarian disaster.”

A natural disaster like Hurricane Maria can be hard to explain to children. How-

ever, they can more easily cope when they know that there are people working to help communities recover — familiar entities like the police, fire department, paramedics and military personnel. If your children have watched media coverage of Hurricane Maria (and other natural disasters), be sure to answer their questions and help them process the information they are receiving. Also, try to engage your child in a discussion about the events by asking questions. What questions or concerns do they have?

Your children may be fearful, especially if they have close family or friends affected by storms. Let them know that it is okay to be upset, but they have adults to support them and willing to give them opportunities to help.

There are many ways to aid families and children in Puerto Rico affected by Hurricane Maria. If you are looking to make a monetary donation, there are humanitarian organizations that provide emergency kits that include water filtration systems, such as UNICEF, Worldvision, and Save the Children. There are also large organizations like the Salvation Army, the Red Cross and the Hispanic Federation that have volunteers on the ground in Puerto

Rico to assist with the recovery, and donations to these organizations can be impactful.

Funds have also been established on the local and state levels in New York. Gov. Cuomo created the “Empire State Relief and Recovery Effort for Puerto Rico” with the goal of providing necessary goods and services, as well as money, to relief organizations working with the island’s 3.5 million residents.

Mayor DeBlasio has the Mayor’s Fund, which supports aid and relief efforts to areas impacted by Hurricanes Harvey, Irma, and Maria. The city’s Office of Emergency Management has set up a distribution center and is collecting and sending supplies to Puerto Rico.

Sizeable monetary donations from businesses and large companies like the Long Island City-based airline JetBlue not only provide shipments of drinking water, meals, and generators to the island, but also fund transportation for dozens of emergency workers, police, and fire department personnel to the island as well. The donated supplies they bring will be given to emergency relief and local organizations, then distributed to families and individuals directly af-

fected by Hurricane Maria.

You and your family can donate items like baby food, diapers, feminine hygiene products, first-aid kits, or batteries. It is important that we support Puerto Rico's recovery from Hurricane Maria. The supplies will help families and children keep clean, safe, and healthy during this difficult time. It could still take more weeks before power is restored and months of rebuilding.

Remember that all donated items must be non-perishable, brand new, and cannot contain any liquids. If items are open or unsealed, the donation will not be accepted. There are drop-off locations accepting donations across the five boroughs. You can donate at the nearest participating firehouse or EMS station. See list below:

Manhattan

Engine 91: 242 E. 111th St. (East Harlem)
Engine 95-Ladder 36: 29 Vermilyea Ave. (Inwood)
Engine 28-Ladder 11: 222 E. 2nd St. (Lower East Side)
Engine 54-Ladder 4: 782 8th Ave. (Times Square)
Engine 53-Ladder 43: 1863 3rd Ave. (East Harlem)

Bronx

EMS Station 26: 1264 Boston Road (Morrisania)
EMS Station 55: 3134 Park Ave. (Melrose)
Engine 64-Ladder 47: 1214 Castle Hill Ave. (Castle Hill)
Engine 83-Ladder 29: 618 E. 138th St. (Mott Haven/South Bronx)
Engine 73-Ladder 42: 655 Prospect Ave. (Melrose)

Queens

Engine 316: 27-12 Kearney St. (East Elmhurst)
Engine 289-Ladder 138: 97-28 43rd Ave. (Corona)
Engine 307-Ladder 154: 81-17 Northern Boulevard (Jackson Heights)
Engine 294-Ladder 143: 101-02 Jamaica Ave. (Woodhaven)

Brooklyn

Engine 271-Ladder 124: 392 Himrod St. (Bushwick)
Engine 277-Ladder 112: 582 Knickerbocker Ave. (Bushwick)
Engine 201-Ladder 114: 5113 4th Ave. (Sunset Park)
Engine 228: 436 39th St. (Sunset Park)
Engine 218: 650 Hart St. (Bushwick)
Engine 255-Ladder 157: 1367 Rogers

Ave. (East Flatbush)

Staten Island

Engine 153-Ladder 77: 74 Broad St. (Staten Island)
Engine 157-Ladder 80: 1573 Castleton Ave. (Port Richmond)
Ladder 79: 1189 Castleton Ave. (Port Richmond)
Engine 155-Ladder 78: 14 Brighton Ave. (Tompkinsville)

Please note: Before you go, verify that the listed locations are still accepting donations, by calling 311. Donations will be accepted during the hours of 7 am through 9 pm. FDNY members at these locations may not be present during drop-off hours if they are responding to an emergency.

Links:

www.nyc.gov/office-of-the-mayor
www.hispanicfederation.org/
www.redcross.org
www.savethechildren.org/
www.unicefusa.org
www.worldvision.org

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

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Feeling grateful

Having a child changes a lot of things, but it doesn't need to change everything.

A picnic in the park might sound like an unpredictable and challenging outing — intimidating enough to keep everyone home. And taking the family on a trip? That can feel more like work than play!

Austlen™ Baby Co. believes that baby gear should allow parents the ability to go and do, and that's what their products have been designed for — to give parents more freedom to live in the moment. This new #fabULyss stroller is perfect for taking the little ones Thanksgiving food shopping and more. You will love the extra storage and want to take this stroller everywhere. www.austlen.com

•••

"Coach Parenting: Raising Teenagers with Advice from Pro Football's Greatest Head Coaches" by Erika Katz is a #Divamomsbookclub must-read book. Did you ever wonder why your teenagers listen to their coaches and not to you? It's because their coaches hold them accountable! Show up on time or get benched! If you want to turn your family into a championship team, take a page out of the playbook of the NFL's greatest head coaches and start parenting like a coach!

Between the constant texting, the crazy sleep habits, the insatiable appetite, and the pushback at every turn, it's easy to wonder how you're going to raise your sons and daughters to be responsible young adults. Grab your clipboard,

because Katz has sought the advice of Super Bowl-winning head coaches John Harbaugh, Tom Coughlin, and Jimmy Johnson, Hall-of-Famers Troy Aikman and Howie Long, and so many more! Katz took their coaching advice and developed a parenting technique that is life-changing for parents of teenagers.

Katz's unprecedented access to these renowned coaches provides parents with a guide to commanding the respect of their home and getting the whole family to work toward common goals! Through entertaining anecdotes and easy-to-follow tips, Coach Parenting gives parents the tools they need to put their teenage sons and daughters on the path to success! Every parent raising a tween today should read this book.

www.amazon.com/Coach-Parenting-Teenagers-Footballs-Greatest/dp/1632991438/ref=asap_bc?ie=UTF8

•••

Carried Away brings the finer points of dining to everyday meals while making your life easier, healthier, and more #deLyssious. Your chef creates custom menus from seasonal ingredients tailored to your family's taste buds, comes to your house to prepare the meals, and leaves you with wholesome food to enjoy throughout the week. With the hustle and bustle of NYC, the ultimate goal of this service is to get families back to the dinner table to enjoy a convenient, affordable way of eating together.

They take the stress out of mealtime. They make it easy and enjoyable to eat



FABULYSS FINDS

LYSS STERN

healthier, stay fit, and keep control of your diet. Busy New York City parents will love having Carried Away Chefs come into their apartments. Focus on the family! You'll have more time to sit down for a meal with your loved ones after a long day without the hassle of menu planning, grocery shopping, cooking, and cleaning. For more information, visit www.carriedawaychefs.com

•••

I wish everyone a very happy, healthy Thanksgiving filled with lots of #DeLyssious food. If you are cooking, taking your kids to the Macy's Thanksgiving Day Parade, or watching it on TV, make sure to spend quality time with your loved ones.

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

Chocolate-Maple Pecan Tart

For many, the Thanksgiving holiday wouldn't be the same without pecan pie. In this recipe, Martha Stewart adds a delicious twist to the tradition by adding chunks of chocolate to the crust and maple sugar to the filling.

www.marthastewart.com/1133582/chocolate-crusted-pecan-tart

CRUST:

Five tablespoons unsalted butter, room temperature

3 tablespoons granulated sugar

2 large eggs, separated

1 cup plus 2 tablespoons all-purpose flour

1 teaspoon coarse salt
3 ounces bittersweet chocolate, finely chopped (1/2 cup)

FILLING:

One-half cup granulated maple sugar

1 tablespoon all-purpose flour

1/2 teaspoon coarse salt

2 large eggs, plus 2 large egg whites (reserved from yolks used in crust)

2 tablespoons unsalted butter, melted

1/4 cup light corn syrup

1 1/2 cups pecan halves, toasted

DIRECTIONS:

- Crust: Preheat oven to 325 degrees. Combine butter and granulated sugar in a medium bowl. Stir in yolks, then flour and salt until mixture resembles coarse meal and holds together when pinched. Fold in chocolate. Press evenly into bottom and up sides of a 13-by-4-inch, fluted tart pan with a removable bottom. Refrigerate until firm, about 20 minutes.
- Bake crust until golden and set, 25 to 30 minutes. Let cool completely on a wire rack. Increase oven heat to 350 degrees.
- Filling: Whisk together maple sugar, flour, and salt in a medium bowl. Whisk in eggs and whites, butter, and corn syrup until smooth. Place crust on a parchment-lined, rimmed baking sheet. Scatter pecans evenly onto crust. Slowly pour in filling. Bake tart until puffed slightly and set, 25 to 30 minutes. Let cool completely on a wire rack. Remove from pan; serve.

and salt until mixture resembles coarse meal and holds together when pinched. Fold in chocolate. Press evenly into bottom and up sides of a 13-by-4-inch, fluted tart pan with a removable bottom. Refrigerate until firm, about 20 minutes.

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Running towards friendship

In the new book "Finding Gobi" by Dion Leonard, if you're a lucky jogger, you may run across a new best friend.

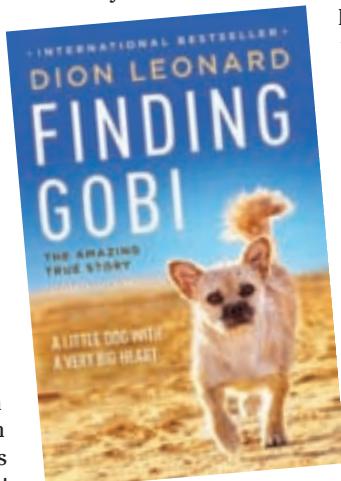
Dion Leonard loved to run.

Unfortunately, the ultra-marathon runner didn't feel like he was good at it anymore. Still, he'd signed up to run 70 miles through China. Maybe that old joy would return.

And then Leonard saw the dog.

She was kind of scruffy, with a funny-looking tail and hair around her nose that made her look like she had a beard. He patted her and sent her off, but when the race started, she started running right next to him! Leonard didn't give the dog much thought, but she paced him until that night at runner's camp, then she curled up next to him in his tent.

The next day, the little dog again ran alongside Leonard. She never got tired, and he started to like having this companion on the marathon. At the end of the day, he made arrangements to get her across



the most dangerous part of the race; those little paws simply wouldn't be able to make it across the Gobi desert.

By the end of the marathon, in which Leonard did exceptionally well, he had

fallen in love with the little brown dog and vowed to take her home to Scotland. That was easier said than done; there was yards of paperwork, all kinds of tests, quarantine, and several airplane rides.

Hand your child this book and she may immediately know that its ending won't be sad, because the outcome is practically on the front cover — and yet, "Finding Gobi" is too charming to pass up.

Who can resist a tale of determination against all odds, cost, and logistics, when it comes to the love of a dog? Few could, that's for sure. Be prepared for the questions that this child's version of a grown-up book will launch: author Leon-



THE BOOK WORM

TERRI SCHLICHENMEYER

ard writes subtly of his own issues at the beginning of the race, of a non-dog-loving culture, and of fame that turns strangely threatening. Because this is a young reader's edition, full explanations are lacking; also, language is pretty advanced.

The best solution to those issues is to read "Finding Gobi" along with your 8-to-12-year-old. You won't be sorry. As much as you love your dog, you'll "get" this book, so make a run for it.

"Finding Gobi: Young Readers Edition: The True Story of One Little Dog's Big Journey," by Dion Leonard [208 pages, 2017, \$14.99].

A treat for tweens and teens

Sight, sound, smell, taste, touch are your five senses and the writers of "Ripley's Believe It or Not! Shatter Your Senses" really do what they promise here.

Find out why people eat the witchetty grub (yum?). Read about the Canadian man who's traveled to more than 50 countries just to dine at McDonald's. Or shiver at the article about blood-eating bats.

Get a whiff of this: in Guangdong Province, China, the villagers sell bags of air to tourists. Plus, would you wear urine-powered socks? Or imagine standing next to this: on July 5 of last year, it got so hot in New York that a pile of horse manure spontaneously caught on fire.

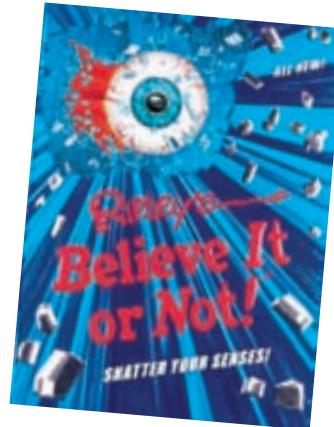
Stick your fingers inside this book and see double-sided cowboy boots and a repurposed statue. Take a look at a touching photo of a chicken and his monkey friend. Think about more than a dozen scorpions sitting on your arms. And if you had "an extremely rare skin disorder" like the Bangladeshi man in this book, you'd be happy to be able to touch anything!

Feast your eyes on flowers that appear to be animals. See spiders at war — if you dare! Peep amazing undersea patterns that male pufferfish make to lure the ladies. Get a load of the pink hippo, and read about the giant hamster you can actually ride.

Can emojis become songs? If Sir Paul McCartney gets ahold of them — yes! Find out what deadly coincidence befell the rock group Jefferson Airplane. Then check out The Isolator, a sensory-deprivation device invented in the 1920s.

Five minutes. That's all the time your teen has between school, homework, friends, sports, band practice, and the 1,000 other things going on in his life. And yet — he still has time to read, especially if he's got this book.

The Ripley's you loved in your childhood has been reimagined and updated for an all-new audience: there are more pic-



tures in today's books, and fewer cartoons. The feats and weirdness are more modern and less historic. Without a lot of "interactive" clutter, this book is easier to use, too, because it doesn't require anything but intrigue, curiosity, and, sometimes, a strong stomach.

What more could a young reader want? Um, maybe something to share, because you can enjoy this book right along with your 12 to 18 year old. You'll both eat it up. Its trippy cover is one you'll want to touch. Yeah, "Ripley's Believe It or Not! Shatter Your Senses!" looks good.

"Ripley's Believe It or Not! Shatter Your Senses," by Ripley's folks [256 pages, 2017, \$28.95].

Terri Schlichenmeyer has been reading since she was 3 years old. She lives on a hill with two dogs and 12,000 books.

Calendar

NOVEMBER



Jazzing up a music series

BAM opens its BAMkids Music series with two performances by Jojo and the Pinecones on Nov. 4 at the BAM Peter Jay Sharp Building.

The local group brings jazz to the family audience. Known for its distinctive “jazzed-up pop and popped-up jazz” style, the kindie jazzsters perform playful, swinging tunes centered around Joelle Lurie’s bold, smooth vocals.

The concert includes selections from

their first kid-focused album, “Night and Day,” which comprises original songs and reimagined jazz standards structured around the course of a day. Encouraging mindfulness and gratitude. For children 4 to 8 years old.

Jojo and the Pinecones, Nov. 4, 10:30 am and 2:30 pm; tickets are \$10.

BAM Peter Jay Sharp Building [30 Lafayette Ave. between Ashland Place and St. Felix Street in Clinton Hill, www.bam.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!

THURS, NOV. 2

IN BROOKLYN

FLY Dance Company: Kumble Theater at Long Island University, DeKalb and Flatbush avenues; (718) 488-1624; www.kumbletheater.org; 10:15 am and noon; \$10.

Following their mission to mold, empower, and direct today's youth through positive life choices, the self-proclaimed "gentlemen of hip-hop" will wow students with their amped-up choreography, rockin' energy, and messages of positive social impact. Grades: 2-8.

Kids' Discovery Stations: 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.

Explore plants and use real science tools alongside Discovery Docents at our hands-on activity stations throughout the Discovery Garden. This is a drop-in program for camp groups and families with children of all ages. All programs are outdoors and canceled in inclement weather. Check this webpage for updates.

The Ed Center: Brooklyn Bridge Park, Pier 2, Joralemon Street at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; 3 pm to 5 pm; Free.

The Ed Center is open for free, drop in hours four afternoons a week! Get to know Brooklyn Bridge Park with our 250 gallon aquarium filled with critters from the East River, a 10' scale model of Brooklyn Bridge Park, crafts, a reading corner, and much more!

FRI, NOV. 3

IN BROOKLYN

Kids' Discovery Stations: 10:30 am to 12:30 pm. Brooklyn Botanic Garden. See Thursday, Nov. 2.

SAT, NOV. 4

IN BROOKLYN

JoJo & The Pinecones: BAM Peter Jay Sharp Building, 30 Lafayette Ave. between



Brave girl takes on wolf

It's a new season of family classics at On Stage at Kingsborough. "Petra and the Wolf" premieres Nov. 5.

Lionheart Youth Theatre company presents "Petra and the Wolf," a captivating performance inspired by the Prokofiev classic "Peter and the Wolf".

Featuring large-scale puppetry and live music, meet the granddaughter of the fabled Peter, the mischievous but fearless Petra, whose adventures

become a showcase of bravery and compassion after a wolf threatens her home. Meet and greet the cast post-show.

For children or the young at heart.

"Petra and the Wolf," Nov. 5 at 2 pm; all tickets \$12.

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

Ashland Place and St. Felix Street; www.bam.org; 10:30 am and 2:30 pm; \$10.

The local group brings jazz to the family audience. Known for its distinctive "jazzed-up pop and popped-up jazz" style, the kindie jazzsters perform playful, swinging tunes centered around Joelle Lurie's bold, smooth vocals. The concert includes selections from their first kid-focused album, *Night and Day*, which comprises original songs and reimagined jazz standards structured around the course of a day. Encouraging mindfulness and gratitude. For children 4 to 8 years old.

Celebrate Twain Read-A-Thon: Books are Magic, 225 Smith Street; (718) 246-2665; <https://booksaremagic.net/?q=h.ca-levents>; 11 am; Free.

Join us in celebrating the release of Mark Twain's never-before-published *The Purloining of Prince Oleomargarine*. In addition to celebrating Twain's previously unfinished fairy tale, which was brought to life by author Philip Stead and illustrator Erin Stead, this will also mark the 150th anniversary of Twain's very first book, "The Celebrated

Jumping Frog of Calaveras County and Other Sketches."

Treehouse Shakers 20th Birthday Party

Party: BAM Fisher, 321 Ashland Pl. between Hansen Place and Lafayette Avenue; contactus@treehouseshakers.com; www.bam.org; 11 am; \$15.

Enjoy storytelling, dancing, art activities, prizes, cake, balloons, face painting, and more at the Birthday Party! For 20 Years, Treehouse Shakers has been a leader in creating innovative performances, workshops, and more for young people and their grown-ups. Join us to celebrate with the creators, designers, and performers who make Treehouse Shakers a magical place that inspires imagination.

The Ed Center: 1 pm to 5 pm. Brooklyn Bridge Park, Pier 2. See Thursday, Nov. 2.

The Longer Subway: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; 1:30 pm to 2:15 pm; Free with admission to the museum.

Calendar

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

Join us in the Triplex, New York's extra-long subway car from the past and examine the prototype for the articulated subway trains of the future. Craft and decorate your own model, too! For children ages 4 and older.

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.

Family Fun: African Dance: Mark Morris Dance Group, 3 Lafayette Ave. between Nostrand Avenue and Bedford Avenue; (718) 624-8400; info@mmdg.org; www.markmorrisdancegroup.org; 4:30pm -5:30pm; \$25 / Family of 2-3 \$30 / Family of 4-6.

Explore traditional African folklore and rhythms through movement and music.

FURTHER AFIELD

School Fair: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X353; www.nyscience.org; 1 pm to 3 pm; Free.

Middle school students (Grades 6 – 8) and their parents explore high schools and the various opportunities offered. Students get to talk with representatives from the schools about the application process, deadlines and requirements.

SUN, NOV. 5

IN BROOKLYN

Back 2 Back: Lisa Desmini and Andrea Tsunami: Books are Magic, 225 Smith Street; (718) 246-2665; <https://booksaremagic.net/?q=h.calevents>; 1 pm; Free.

The Society of Children's Book Writers and Illustrators presents a new series, Back 2 Back, which features children's book veterans with new talent. This week we welcome Lisa Desmini (The Fleatastics) and Andrea Tsurumi (Accident!) to read from their books and host a fun story time.

The Longer Subway: 1:30 pm to 2:15 pm. New York Transit Museum. See Saturday, Nov. 4.

"Petra and the Wolf:" On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; www.onstageatkingsborough.org; 2 pm; \$12.

Lionheart Youth Theatre company presents "Petra and the Wolf," a captivating performance inspired by the Prokofiev classic Peter and the Wolf. Featuring large-scale puppetry and live music, meet the granddaughter of the fabled Peter, the mischievous but fearless Petra, whose adventures become a showcase of bravery and compassion after a wolf threatens her home. Meet the cast post-show. For children or the young at heart.

Girls Read for Girls Read-A-Thon: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000;



Historic Flatbush holiday

Hold on to your sleigh bells and learn how families prepared for Winter on a Flatbush Farm at Lefferts Historic House on Nov. 26.

Children will learn all about life on a winter farm and discover life in the olden days. Dutch treats and cookies add to the get-ready-for-winter workshops as children did in the 19th century farming village of Flatbush. Children make a candle, watch a master spinner spin wool thread, and enjoy Dutch treats made in an outdoor hearth

from a Lefferts family recipe.

An added treat has St. Nicholas visiting at 3 pm. Have you been naughty or nice? Only St. Nicholas knows for sure. Little children get the chance to visit with him and find out what goodies wait in store.

"Winter on a Flatbush Farm" on Nov. 26 from 1 to 3 pm. \$3.

Lefferts Historic House [452 Flatbush Ave. between Empire Boulevard and Eastern Parkway in Flatbush; www.prospectpark.org]

www.brooklynmuseum.org; 3pm to 5 pm; Free with Museum admission.

Celebrate the Girls Read for Girls read-a-thon! Girls and boys from grades K-8 read and raise money for the Malala Fund, which works to secure the rights of girls to a minimum of twelve years of education. Register for the read-a-thon today and bring your final pledge form to the culminating celebration, which includes speakers, performances, and readings. Free and open to the public, but registration is required to participate.

Creativity Lab: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; 4 pm to 5:30 pm; Free with Museum admission.

Welcome to the Lab! Drop by our studios and explore your creative side. In this drop-in workshop for all ages, take inspiration from our galleries and get messy, experiment with

materials, and learn artistic techniques with a new project each month. Bring the whole family and stay as long as you'd like!

WED, NOV. 8

IN BROOKLYN

"The Winter's Tale:" Brownsville Recreation Center, 1555 Linden Blvd. (718) 345-2706; <https://www.nycgovparks.org/events/2017/11/04/arts-culture-fun-the-public-theater-mobile-unit-the-winters-tale>; 11:30 am to 1:30 pm; Free.

Dire misunderstanding changes the course of destiny when King Leontes becomes convinced that his wife is pregnant with his friend's child. The maligned wife perishes, the accused friend flees, and the cursed infant is left to die alone on the shore. But from the depths of tragedy, wondrous things can occur. What's lost is found, false identi-

Calendar

ties lead to true love, and the miracle of forgiveness brings new life to the world in one of Shakespeare's most treasured romances. Space is limited, so please RSVP. For older teens.

FRI, NOV. 10

FURTHER AFIELD

Veterans weekend!: New-York Historical Society, 170 Central Park West at 77th Street, Manhattan; (212) 873-3400; nyhistory.org; 10 am to 8 pm; General museum admission (Free for all on Veterans Day).

Visit the Museum to remember the service of veterans past and present! Each day immerses you in the history of African Americans serving in different wars throughout American history, as portrayed by Living Historians. Listen to stories about life on and off the battlefield throughout American history, discover uniforms and equipment, or try out an army drill! (11/10) - Join the 1st Rhode Island Regiment in the struggle for Independence! The 1st RI portrays the Continental Army's historic "Black Regiment," which was formed in part by African or First Nation slaves when they reinforced a dwindling Continental Army in 1778. (11/11) Fight for the Union with the 6th Regiment of Infantry, United States Colored Troops! The 6th USCT honors African Americans who joined the Army, like many others, after Abraham Lincoln's Emancipation Proclamation in 1863. (11/12) Jump into the trenches with the Ebony Doughboys! You might know them as the 'Harlem Hellfighters,' but the Ebony Doughboys portray the real 369th Regiment U.S. Infantry. They originally named themselves 'the Rattlers' and shipped out to France in 1917—100 years ago! And don't forget to explore more recent military service by checking out The Vietnam War Exhibition Family Guide (recommended for ages 11+), available daily through the run of the show.

SAT, NOV. 11

IN BROOKLYN

Sing along Shabbat: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; office@brjc.org; www.brjc.org; 10:45am.

Experience Shabbat morning with singing, guitar, puppetry and musical prayer. Families with children infant to 5 years olds, siblings and caregivers participate in a playful setting and form friendships. Followed by challah and grape juice with the BRJC Community.

Jancee Dunn: I'm Afraid Your Teddy is in Trouble Today: Books are Magic, 225 Smith Street; (718) 246-2665; <https://booksaremagic.net/?q=h.calevents>; 11 am; Free.

Have you ever wondered what stuffed animals do while their companion humans are at school? What if a teddy bear invited all his stuffed animal friends over? We are pleased to welcome Jancee Dunn, author of the



Animated delight at BAM

The BAMKids Movie Matinee series concludes with "Ernest & Celestine" on Nov. 26 at BAM Rose Cinemas.

This animated charmer — about the surprising friendship between a gentle bear and an imaginative mouse — spins a captivating tale of tolerance and acceptance.

BAMKids curates a selection of international, independent, and classic movies perfect for film-loving families. With programming geared toward a range of

ages from silent film to 3D and everything in between, BAMkids gives young cinephiles and parents an enriching, entertaining alternative to the standard multiplex kids' fare.

"Ernest & Celestine", Nov. 26 at 2 pm; tickets \$10, \$7 members and children 12.

BAM Rose Cinemas [30 Lafayette Ave. between Lafayette Avenue and Hanson Place in Fort Greene; (718) 636-4100; www.bam.org]

smash hit How Not to Hate Your Husband After Kids, in launching her new picture book I'm Afraid Your Teddy Is in Trouble Today. As adorable as it is raucous, Dunn's whimsical tale of freedom and fun comes to vibrant life in Scott Nash's colorful illustrations.

Brooklyn Children's Book Fair: Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue; (718) 638-5000; www.brooklynmuseum.org; 11:30 am; Free.

Over 50 Brooklyn authors and illustrators, plus book readings, illustrator demonstrations, and hands-on art-making activities.

The Longer Subway: 1:30 pm to 2:15 pm. New York Transit Museum. See Saturday, Nov. 4.

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

Timeless: Kumble Theater at Long Island University, DeKalb and Flatbush avenues; (718) 488-1624; www.kumbletheater.org; 7

pm; \$25 (\$20 students with id).

This program is filled with riveting Afro-Modern and Contemporary movement and features choreography that celebrates soul music. Aside from the company, the evening will feature a group of young pre-professional dancers from the New York area who have worked with members of Ntrin-sik Movement in various public schools and dance studios.

FURTHER AFIELD

Veterans weekend!: 10 am to 6 pm. New-York Historical Society. See Friday, Nov. 10.

SUN, NOV. 12

IN BROOKLYN

Fall Flea Market!!: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; office@brjc.org; www.brjc.org; 9 am.

Calendar

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

Over 50 vendors sell gifts, collectibles, toys, jewelry & more. Come to the flea market that everyone loves. Mingle, eat, shop & have a great day. Something for everyone! Refreshments available.

The Longer Subway: 1:30 pm to 2:15 pm. New York Transit Museum. See Saturday, Nov. 4.

"Long Way North:" BAM Rose Cinemas, 30 Lafayette Ave. Between Lafayette Avenue and Hanson Place; (718) 636-4100; www.bam.org; 2 pm; \$10 (\$7 members; \$7 children under 12).

A fearless young girl embarks on a courageous quest to reach the North Pole in search of her grandfather in this rousing adventure, a treasure box of gorgeous, hand-drawn animation.

FURTHER AFIELD

Veterans weekend!: 11 am to 5 pm. New-York Historical Society. See Friday, Nov. 10.

TUES, NOV. 14

IN BROOKLYN

Herbs for Kids and the Adults Who Love Them

Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway; (718) 623-7220; www.bbg.org; 6 pm to 7:30 pm; \$24 (\$27 non member) plus \$9 materials charge.

Elderberry honey is a delight if your child has a sore throat; lemon balm popsicles will help soothe a fever; and slippery elm bark is a sore tummy's best friend. Learn ways to comfort your kids (and yourself) as the weather changes. Discover how to make plants our herbal allies for good health and happiness. This class is primarily for adults, but children are welcome to sit in with supervision. Registration is required.

FRI, NOV. 17

IN BROOKLYN

Musical Shabbat: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; office@brjc.org; 6:30 pm; Free.

Get ready to sing and clap to the beat of the music and prayers of our heart. All ages welcome.

SAT, NOV. 18

IN BROOKLYN

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

SUN, NOV. 19

IN BROOKLYN

Team Charlotte and Friends Present a Concert for Autism Speaks: The Leif, 6725 Fifth Ave. at 67th Street; [https://www.facebook.com/events/109](https://www.facebook.com/events/10989452968097/)



Where magic is in the air

Come and experience the magic at the Books are Magic book shop through November.

Celebrate the release of the previously unfinished fairy tale of Mark Twain, "The Purloining of Prince Oleomargarine" on Nov. 4 at 11 am, with an all day read-a-thon. The tale was brought to life by author Philip Stead and illustrator Erin Stead. The day also marks the 150th anniversary of Mark Twain's very first book "The Celebrated Jumping Frog of Calaveras County and Other Sketches."

On Nov. 5 at 1 pm The Society of Children's Book Writers and Illustrators presents a new series, Back 2 Back, which features children's book veterans with new talent. Nov. 5 welcomes

Lisa Desimini and Andrea Tsurumi, who will read their books and host a fun story time.

Jancee Dunn launches her new picture book "I'm Afraid Your Teddy is in Trouble Today" on Nov. 11 at 11 am Jancee answers the question, "Have you ever wondered what stuffed animals do while their companion humans are at school?" The adorable story is a whimsical tale of freedom and comes to life in Scott Nash's colorful illustrations.

All the events are free, open to the public, and are suitable for all ages. RSVP is requested.

Books are Magic [225 Smith St. in Gowanus; (718) 246-2665; <https://booksaremagic.net>

[899452968097/?acontext=%7B%22ref%22%3A%224%22%2C%22action_history%22%3A%22null%22%7D; Noon; \\$10 at the door.](https://www.jcm.museum/907-8833/?acontext=%7B%22ref%22%3A%224%22%2C%22action_history%22%3A%22null%22%7D; Noon; $10 at the door.)

Join Team Charlotte and friends for a family friendly day of music, raffles, and fun to support Autism Speaks. Featuring Back From Zero, Out of the Blue, Rock Farm, The Canny Brothers Band, and The Social Zoo. Benefits Autism Speaks.

THURS, NOV. 23

IN BROOKLYN

Game Show: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; 1:30 pm; Free with museum admission.

Everybody loves a quiz show. At the Jewish Children's Museum, visitors can compete against each other to answer questions on Jewish life in a sounds-and-lights-filled game show setting. Duration: Approximately 30 min.

Olive Oil workshop: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; 2:30 pm; Free with museum admission.

Pick, press, pour, and explore the art of olive oil making in a fun and interactive workshop. Duration: Approx. 30 minutes.

FRI, NOV. 24

IN BROOKLYN

Tot Shabbat: Bay Ridge Jewish Center,

Calendar

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8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; office@brjc.org; www.brjc.org; 5:30 pm.

Families with children infant to 5 years old, siblings and caregivers experience Shabbat with songs, stories, instruments and dancing. Journey through a Shabbat experience that will excite your children and develop Jewish Community. Tot Shabbat concludes with challah and grape juice and lots of smiles!

SUN, NOV. 26

IN BROOKLYN

Winter on a Flatbush Farm: Lefferts Historic House, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 1 pm to 3 pm; \$3.

Get ready for winter as they did in the 19th century farming village of Flatbush. Learn how to make a candle, watch a master spinner spin wool thread, and enjoy Dutch treats made at our outdoor hearth from a Lefferts family recipe. St. Nicholas will visit at 3 pm.

Olive Oil workshop: 1:30 pm and 2:30 pm. Jewish Children's Museum. See Thursday, Nov. 23.

"Ernest and Celestine:" BAM Rose Cinemas, 30 Lafayette Ave. between Lafayette Avenue and Hanson Place; (718) 636-4100; www.bam.org; 2 pm; \$10 (\$7 members; \$7 children under 12).

This animated charmer—about the surprising friendship between a gentle bear and an imaginative mouse—spins a captivating tale of tolerance and acceptance.

Creativity Lab: 4 pm to 5:30 pm. Brooklyn Museum. See Sunday, Nov. 5.

LONG-RUNNING

IN BROOKLYN

Totally Tots studio: Brooklyn Children's Museum, 145 Brooklyn and St. Marks avenues; (718) 735-4400; www.brooklynkids.org; Wednesdays, Thursdays, Saturdays and Sundays, 10 am to noon, Wed, Nov. 1 – Thurs, Dec. 21; Free with museum admission.

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

Craft room: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; Sundays – Thursdays, 1 pm to 3 pm, Wed, Nov. 1 – Thurs, Nov. 30; Free with museum admission.

Get creative with a variety of Jewish themed crafts to choose from! (Closed 9/20 and 9/21 for Rosh Hashanah).

Music Room: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; Sundays – Thursdays, 1 pm to 3 pm, Wed, Nov. 1 –



Hip-hop's positive energy

Soar into hip hop with FLY Dance Company on Nov. 2 at Kumble Theater at Long Island University.

Following their mission to mold, empower, and direct today's youth through positive life choices, the self-proclaimed "gentlemen of hip-hop" will wow students with their amped-up choreogra-

phy, rockin' energy, and messages of positive social impact. Grades: 2 – 8

FLY Dance Company, Nov. 2 10: 15 am and noon; tickets \$10 each.

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

Mon, Nov. 27; Free with museum admission.

Kids can discover the music within at this hands-on exhibit at the Jewish Children's Museum. Little music-makers of all ages are encouraged to experiment with a range of instruments, including a finger chime and a giant xylophone. They'll particularly enjoy making all the noise they want (without fear of disturbing the neighbors) in the percussion center. Appropriate for all ages.

Transit Tots: New York Transit Museum, Boerum Place at Schermerhorn Street; (718) 694-1600; www.nytransitmuseum.org; Thursdays, 10:15 am to 11 am, until Mon, Jan. 8, 2018; 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.

Brooklyn Block Lab: Brooklyn Children's Museum, 145 Brooklyn and St. Marks avenues; (718) 735-4400; www.brooklynkids.org; Thursdays, 2 pm to 5:30 pm, Fridays – Sundays, 10 am to 1 pm, Thurs, Nov. 2 – Thurs, Dec. 21; free with museum admission.

Visitors of all ages are invited to design and build with an array of blocks including Magna-Tiles, Imagination Playground, Kapla Planks, and more. Block play supports critical social and cognitive skills in early childhood-

everything from team building, creative thinking and problem solving to spatial reasoning and pre-engineering concepts. Different scales of blocks enable hands of all sizes to build and be challenged.

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, Thurs, Nov. 2 – Thurs, Dec. 21; 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 BCM's Educators. The program might include story time, a song session, parachute play, or meeting one of the Museum's live animals. This room was created with an advisory committee of scholars and professionals with experience serving children with Autism Spectrum Disorders (ASD). All are welcome in this space, please let the Educator present know if your child has particular needs or sensitivities.

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

Calendar

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

pm, until Tues, Jan. 16, 2018; Free with museum admission.

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

Nature Exploration: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Saturday, Nov. 4, Noon to 4 pm; Sunday, Nov. 5, Noon to 4 pm; Tuesday, Nov. 7, Noon to 4 pm; Saturday, Nov. 11, Noon to 4 pm; Sunday, Nov. 12, Noon to 4 pm; Saturday, Nov. 18, Noon to 4 pm; Sunday, Nov. 19, Noon to 4 pm; Saturday, Nov. 25, Noon to 4 pm; Sunday, Nov. 26, Noon to 4 pm; Free.

Join Prospect Park Alliance for fun nature activities each weekend, and also participate in our 150th anniversary species count for special prizes. Discovery Pack, 10 am-12 pm: get inspired by nature with our new Discovery Packs, ready-to-go kits filled with nature activities for families. Blooming Naturalist, 10 am: So you think you are a naturalist? Investigate the natural world by learning how to use tools and guides used by biologist. This activity leads you through activities to discover the Audubon Center and Prospect Park. Nature's Helpers, 11 am: Learn how to keep Prospect Park healthy by cleaning up the lakeshore, spreading mulch or removing invasive species. This activity is led by Alliance staff and all materials are provided.

Quilt show: Lefferts Historic House, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, 1 pm to pm, Sat, Nov. 4 – Sun, Nov. 26; \$3.

Join Prospect Park Alliance to see the wonderful work of The Brooklyn Quilters' Guild while their quilt exhibit is on display at the Lefferts Historic House. This year's exhibit is themed "A Trip Around the World". These original creations range from traditional to contemporary to mixed media fiber art. While you are here try your hand at making your own paper quilt collage or add to our community paper patchwork quilt.

FURTHER AFIELD

Drones: Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th St. and 12th Avenue), Manhattan; www.intrepidmuseum.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Dec. 3; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5; Ret. & Active Duty Military, Free).

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.

Treetop Adventures: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx;



Carol Rosegg

Critter with an appetite

The Very Hungry Caterpillar Show will be making its debut at the DR2 Theater in Union Square now through Feb. 2, 2018

The production of the Very Hungry Caterpillar show features 75 puppets and adapts four of Eric Carle's stories, "Brown Bear, Brown Bear," "10 Little Rubber Ducks," "The Very Lonely Firefly," and "the Very Hungry Caterpillar." The show is suitable for children of

all ages.

The Very Hungry Caterpillar Show, Now through Feb. 2, 2018; Thursdays, 10 am, Fridays, 10 am and noon, Saturdays, 10 am, noon, 2 pm and 4 pm, Sundays, 10 am, noon, and 2 pm; Tickets range from \$25 to \$100.

Reservations not required.

DR2 Theater (Union Square) [103 East 15th St. in Union Square; (800) 982-2787]

(718) 220-5103; www.bronxzoo.com; Daily, appointments between 10am-5pm; until Sun, Dec. 31; Climb: \$64..95; Zip: \$34.95 (plus admission).

There are two new exciting experiences to be had at the Bronx Zoo, and both are part of the Treetop Adventure Program. One experience — called Climb — is an aerial adventure course consisting of rope bridges, rope walks, ladders, wobbly bridges and swinging elements. There are various levels of difficulty. The other adventure offered is Zipline, allowing guests to zip across the Bronx River 50 feet up in the air. Both adventures require a ticket in addition to an All Experience Ticket and there are participation requirements (some of which are: weighing between 50 and 75 pounds, and being able to reach 5'6" from flat feet). Check website for more information. Tickets are sold by time and appointment.

Discovery room: American Museum of Natural History, Central Park West at West

79th Street, Manhattan; (212) 769-5200; www.amnh.org; Mondays — Thursdays, 1:30 pm to 5: 10 pm, Free with museum admission.

Families, and especially children ages 5-12, enjoy an interactive gateway to the wonders of the Museum and a hands-on, behind-the-scenes look at its science. Children, accompanied by adults, can explore an array of artifacts and specimens, puzzles, and scientific challenges. Hunt for animals in a majestic two-story replica of an African baobab tree filled with specimens of birds, insects, reptiles, and small mammals. Create your own collection of minerals, skulls, or arthropods from a cabinet full of fascinating specimens. Gather around an authentic Kwakiutl totem pole carved at the Museum in 1992. Assemble a life-sized cast skeleton of *Prestosuchus*, a 14-foot long reptile from the late Triassic Period and handle real fossils. Track real-time earthquakes anywhere in the world on a three-drum seismograph and explore the natural world with sophisticated microscopes.

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New & Noteworthy

BY LISA J. CURTIS



Flex their creativity

The new, wearable kit from Wowwee's Magnaflex enables kids to learn through play as they follow the instruction booklet to make a necklace, bracelet, bow tie, and more with these unique, flexible, magnetic pieces. It's a winning combination of form and function with its contrasting aqua and red pieces that make a satisfying "snap!" when they attract each other. Kids can follow along with the booklet of ideas or exercise their imaginations and assemble their own creations from the 14-piece set which includes eight Magnaflex strips, two big connectors, and four small connectors.

The flexible pieces can connect in other ways, too, and they can be combined with other Magnaflex kits. When removed from their packaging, they can easily fit in a small, sandwich-size bag for play on road trips or in a restaurant. Recommended for kids ages 3 and older, this is a magna-ficent gift idea.

Magnaflex Wearable kit by WowWee, \$19.95, www.barnesandnoble.com.

'Seek' laughter

When you need an icebreaker to help shy cousins put away the screens and interact with each other this Thanksgiving, check out Mattel Games's scavenger hunt card game, Card 'N' Go Seek. Fun for kids ages 7 and older, this game can even be enjoyed by younger kids who have a designated reader. The deck has green, blue, and orange cards, and the winner is the first player to get one of each color—or three of the same color. The cards describe a type of item the players must find. The dealer puts a number of cards on the table that is one less than the number of players, like musical chairs. The players count to three, then make a break for it. Speed helps. The first player to get back with the correct object—or animal—wins the matching card. There are some additional rules to keep the game interesting, and there's lots of room for negotiation when bringing back a grandmother to match a card that says "sparkles" or a spoonful of mashed potatoes to match "bumpy texture." When the whole clan is laughing and talking, all the players will feel like winners.



Card 'N' Go Seek card game, \$7.99, www.walmart.com.



Kudos for kids

Kudo Banz are a wearable, mobile reward system that can be used to reinforce good behavior whether you and your unruly tot are in the supermarket or at home, attempting toilet training or getting ready for school. The Kudos are attachable charms that the parent adds to the child's rubber wristband each time they achieve the sought-after behavior. When the child earns his third Kudo, he scans it with the free app, and watches as the charm—embedded with an AR code—unlocks their customized reward wheel, so the child can earn an easy—yet special—perk like extra time outside or an additional story at bedtime.

The starter pack includes: two wristbands; six Kudo charms (four stars and two scannable charms; "The Adventures of Drago and George" book; and a carrying pouch for the charms and bands.

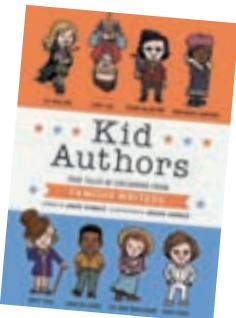
Recommended for kids ages 3 to 10, the Kudo Banz set rewards kids for conducting themselves well, and helps parents replace yelling and time-outs with encouragement.

Kudo Banz Starter Pack, \$29.95, www.kudobanz.com.

Type cast

Brooklyn biographer David Stabler has penned a collection of inspiring "true tales" drawn from 16 renowned writers' childhoods that just might inspire budding authors to put pen to paper, too.

Each chapter of "Kid Authors: True Tales of Childhood from Famous Writers" (Quirk Books) is devoted to a single scribe—from the recently famed Jeff Kinney ("Diary of a Wimpy Kid") to Mark Twain ("The Adventures of Huckleberry Finn").



"Kid Authors" is sure to be a riveting read for ages 8 to 12—and anyone that loves children's literature.

The color illustrations by Doogie Horner add humor to the entertaining book. And even if a "Kid Authors" reader doesn't feel compelled to pen the next "Anne of Green Gables"—like featured novelist Lucy Maud Montgomery—she will certainly be spurred to seek out the books written by these former kids.

"Kid Authors: True Tales of Childhood from Famous Writers" book by David Stabler, \$13.95, www.amazon.com.



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