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Kid power

In the past few weeks we have watched an incredible groundswell of passion, commitment and determination from kids across this nation. A few weeks ago, I myself watched the 10 am walkout of three schools in Brooklyn in memory of the 17 dead in Parkland, Fla. Not just the high school, but also the middle school a block away and a local elementary school (upper grades) who also had organized a planned commemoration.



However divided adults might be about guns, violence, the Second Amendment and a person's right to bear arms, the fact that there have been thousands of young victims of gun violence just since Sandy Hook cannot go unaddressed, and these young activists are determined to see that

it doesn't.

How can any of us not be proud when we see teens behaving with such integrity and fervor? There's powerful energy in this movement and as of this writing the March For Our Lives is just days away.

For the younger children, to see their big sisters and brothers or cousins or neighbors engaged so intently in sociological organization and protest, is a lesson impossible to teach in a classroom.

The impact of this movement is bound to change much of this generation just as The Civil Rights Movement, the Anti-War Movement, and the Women's Movement did, and as the "Me Too" Movement is doing at this very moment.

Someone recently commented that the

protests of the past are not powerful in the way they used to be. I strongly disagree. In fact, the power of protest in the past year and a half has been awe-inspiring and parents throughout the city and country should be overwhelmed with pride at the young voices leading this particular movement.

Apathy is the frightening factor. It is natural that, along with youth, should be visions of the future. Not a future of what is, but visions of a future that might be.

Thanks for reading.

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DESIGN:

- GOLD** – *Bronx/Riverdale Family* – Front Cover: Use of Stock Photo – September Issue

- SILVER** – *Brooklyn Family* – Front Cover: Use of Stock Photo – March Issue



Norwalk, CT (March 2, 2018) —The Parenting Media Association (PMA) announced the winners of its editorial and design competition at a banquet held at the conclusion of its annual meeting in St. Petersburg, FL on Friday, March 2, 2018. “Our awards recognize the best work done in our industry,” said PMA President Mary Cox. “Our member publications engage with families throughout the United States, Canada and Australia, be it through print, websites, email, social media and events. Our collective goal is to making parenting easier – after all, it’s the most important job in the world – and even more of a fun ride.”

Short Stuff

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Products to help prevent sexual assault

The month of April is nationally recognized as Sexual Assault Awareness and Prevention Month. Join Sabre, makers of pepper spray and personal safety products, in the prevention of potential victimization and help support survivors against sexual abuse.

Sabre has partnered with Rape, Abuse & Incest National Network, the nation's largest anti-sexual assault organization. Proceeds from the RAINN Key Case Pepper Spray with quick release key ring and the Red Personal Alarm with key ring are used to advocate against sexual violence and help to protect survivors, according to the Network.

People between the ages of 12 to 34 are at the highest risk of sexual violence, accounting for 54 percent of all victims, according to the Network. Carrying pepper spray or other safety devices decreases the likelihood of an attack or abduction.

To learn more about Rape, Abuse & Incest National Network, visit www.rainn.org.



Plant-powered nutrition for infants

Sprout Foods, the largest independent infant nutrition company, was the first brand to launch baby food in a pouch.

Plant-powered products are more than just a hot trend ... they're here to stay! With more and more parents seeking alternative sources of protein for their children, and an eagerness to introduce vegetables early on when young palates are just developing, Sprout saw an opportunity to offer plant-powered products to satisfy a variety of diet choices, including purees that are dairy-free and vegan-friendly.

"More people are interested in feeding their families a nutrient-rich, whole foods, plant-based diet as a way to lighten their load on Mother Earth, and instill healthful nutrition habits that can have a life-altering impact. Research shows that kids who eat healthful plant-based diets have a lower risk for obesity and chronic diseases later in life. Sprout's creative, delicious, plant-based purees and snacks offer wonderful options for family's dedicated to this healthful lifestyle," Sharon Palmer, The Plant-Powered Dietitian, a leading plant-based food and nutrition expert and author.

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Photo by Rosalie O'Connor

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Behind the behavior

When schools understand trauma, they can save lives

BY LAURA DEINNOCENTIIS

Ben arrives late to school almost every morning. When he enters his second-grade classroom, his teacher asks for his homework. He slaps classmates on the backs of their heads and knocks books off their desks. His teacher tells him to sit down in a loud, annoyed voice. Ben continues walking around the room distracting other students. The teacher raises her voice and points a finger at Ben, ordering him to sit. Ben kicks his chair and spins around the room. "That's it! I am calling your mother!" the teacher threatens, but Ben does not hear her. He has run out into the hallway. The teacher picks up the phone and dials the main office to alert the principal.

How would you handle this situation if you were Ben's teacher? Do you agree with the steps she took to try and manage his behavior? Is there anything you would do differently?

Ben's story: A snapshot

Ben saw his father get hit by a car last summer. After the fatal accident, his mother stopped working due to severe depression and the family eventually lost its home. For the past three months, Ben, his mother, and his two younger sisters have been living with relatives in a two-bedroom apartment in another borough. It takes Ben almost two hours to commute to and from school each day, which is why he is consistently late. (His aunt drops him off on the way to work, after getting her own kids to school.)

When Ben arrives home in the evening, he finds his mother sleeping or watching television on the couch. She does not think to ask him about school or his homework, which is impossible to do in such an overcrowded, noisy space. He is exhausted and often falls asleep without eating dinner. Since he shares a bed with three other children, he does not get adequate rest. He stays up most of the night listening to his mother and uncle fight. Ben often leaves for school without brushing his teeth and wearing the same clothes from the day before. No one at school has ever noticed, except for a few classmates who make fun of him.

Does knowing Ben's story alter the way you would approach the situation? How

Suggestions for teachers

What can teachers do to help students who have been impacted by trauma?

- Ask students how you can help them; let them know you care.
- Understand students' needs and be flexible to accommodate them.
- Explain how stress affects the body and mind, and teach students strategies to help reduce or control their reactions.
- Offer alternatives if students are uncomfortable in a situation.
- Model positive, affirming language to replace students' inner critics.
- Provide consistency and predictability; transitions are difficult because the unexpected can trigger a stress response.
- Build and encourage meaningful relationships so students feel supported.
- Set short-term, achievable goals to ensure success.
- Create quiet, safe spaces for students to de-stress and calm down.
- Listen to students; show them their voice matters.

does this new information inform your understanding of his behavior? Is engaging in a power struggle and implementing negative consequences the most effective way to create change?

Ben is one of 35 million children who have experienced significant trauma. Traumatic experiences include physical, sexual, and verbal abuse as well as physical and emotional neglect. Many possible scenarios exist within these categories, including living with a parent with a mental illness or substance abuse issues, witnessing domestic violence, losing a parent to abandonment or divorce, or having a family member in jail. School and community violence, natural disasters, terrorism, and refugee trauma are other issues that children face today.

The impact of trauma depends on a number of variables and protective factors. The severity and duration of a traumatic experi-

ence does not always correlate with the outcome. Children's personalities, cognitive abilities, and genetic dispositions play a role in how trauma affects them. Resilience also largely depends on a cohesive family environment that will provide ongoing support. Considering trauma often occurs within families, community advocacy is critical to provide children with opportunities to connect with others in meaningful ways. Children's well-being and success lies in the power of resilience.

What this means for schools

With an estimated one out of four children coming to school with a trauma history, teachers and staff need to become aware of the symptoms and educated in trauma-sensitive practice. On average, students spend 35 hours a week with their teachers. This is a significant period of time in which educators can positively impact the lives of their students.

Typically, if a student acts out in class, the teacher will attempt to redirect the behavior, as in the scenario with Ben. If that strategy is unsuccessful, the child may face punishment or removal from the learning environment. For children who have not been impacted by trauma, these behavioral interventions may work. So, why did the same techniques backfire on Ben?

The brain's response to trauma affects its development and can lead to physical, emotional, social, and cognitive impairment. Experiencing chronic stress and anxiety is overwhelming and exhausting. Regular coping skills cannot manage the intensity of emotions that flood children with a trauma background. In fact, a reactive stance exacerbates inappropriate behavior.

Living in a constant state of fear makes children hypervigilant. When they feel threatened, a fight-or-flight response activates, releasing stress hormones throughout the body. Some children may freeze or shut down when they are triggered. Others use anger as a powerful and protective shield to fend off what they perceive to be danger. The difficulty they have in responding to authority figures is often viewed as a sign of disrespect and defiance when it is actually an automatic response to stress, which reinforces the trauma cycle.

This heightened level of alertness also



noticing and caring build trust and resilience. Teachers need to learn how to read their students' behaviors. If a child throws a book across the room, he is expecting a reaction: power struggle or abandonment. Neither reaction provides what the child needs. Receiving reprimands and repeated rejection destroys a child's hope for building genuine relationships and leaves him feeling alone, terrified, and worthless. The fight-or-flight response kicks in and the cycle continues.

A teacher can offer an alternate trauma-informed response by observing the student's behavior and recognizing it as an expression of his inner turmoil: "It is not safe to throw books in the classroom. Here's a stress ball to release some of that tension. Take it over to the quiet area and listen to some music on the headphones until you are ready to join the class."

The response is delivered firmly, objectively, and without judgement. Acknowledgment of the underlying issues with an unexpected solution will not provoke a stress response, and as a result, the child will slowly become calmer and more centered.

Trauma-sensitive teaching is not a one-size-fits-all approach. It requires sensitivity, creativity, and trial and error. It is a slow and steady process that demands patience. Traumatic experiences can have a lifelong impact, and rigorous measures to counteract their effects must be constant. When children receive encouragement and support within a safe and stable learning environment, there is potential for growth.

A paradigm shift needs to happen in our schools. Strength-based approaches to education engage students and help them learn. They lead to improvements in academic performance and behavior as well as the development of social-emotional skills and self-esteem. When children feel that others understand them, they become empowered. They are more comfortable and better equipped to self-regulate and focus on their work. These changes will also contribute to the overall success and safety of the school. Trauma-informed practice is not easy, but its rewards are life-changing.

Talk to your children's schools about trauma-informed approaches to teaching.

For more information, contact The National Child Traumatic Stress Network (<http://www.nctsn.org/>) and The National Center for Trauma-Informed Care (<https://www.samhsa.gov/nctic>).

Laura DeInnocentiis has been teaching and writing for the past 25 years. Currently, she is working toward her Masters in social work at Columbia University's School of Social Work. DeInnocentiis's creative literacy program, Literartsy, supports young writers in her Brooklyn community.

interferes with developing positive relationships with peers. Students impacted by trauma struggle to express and control their emotions. Some may isolate while others may dominate or bully others. They crave meaningful interactions, but often misinterpret social cues when trying to build a relationship, which can trigger inappropriate reactions. Consequently, these children often remain alone, friendless, and misunderstood.

They cannot make sense of the internal contradictions they experience: longing for friends but not having the social-emotional skills to make them; yearning for peace and quiet when their stress response signals the brain to run and scream; desperately wishing for someone to notice their indescribable pain instead of the number of times they were suspended. These personal challenges breed increased feelings of frustration, powerlessness, and hopelessness.

Supportive adult relationships serve as protective factors to buffer the impact of trauma-related stress. Teachers who take

the time to develop and foster meaningful alliances with their students gain a deeper understanding of why children act out. Trauma-informed adults who consistently model healthy self-regulation, social-emotional coping techniques, conflict-resolution strategies, and effective communication skills are training children to use them so that with practice they will gradually internalize them. This is where healing begins.

All children want to succeed in school. When they are not doing well, something is getting in their way. Teachers must rigorously observe and ask questions until they figure out what the obstacles are. Sometimes it may be as simple as a student needing glasses. Other times, it can be a case of complex trauma, which requires more attention and more work. Regardless, teachers have a responsibility to problem solve, with the help of the child, until an effective plan is put in place.

The process begins by acknowledging children's experiences with empathy, compassion, and respect. The simple acts of



Steps to ensure your child is safe online

BY JUDITH MCLEAN

The internet is a fantastic tool that has changed the world in many great ways; however, as with many things in life, the web has a sinister side. The unfortunate truth is that your child is never more than a few clicks away from content with adult themes, or sites with far more worrying motives.

Not only is ominous content a concern, but cyber bullying is a modern plague in our society, too.

Electronic devices and the rise of social media have allowed group bullying to be-

come a common issue.

Therefore, as a parent, it's more important than ever to be aware of the warning signs and offer support before your child has the courage to ask, since, so frequently, children struggle to trust anyone when the abuse is coming.

In order to ensure your child is never exposed to these dangers, here are some tips to bear in mind:

1. Monitor their online activity

Just as you would keep a careful eye on your child playing outside with friends and

do your best to make sure he wasn't taking unnecessary risks in the playground, you ought to do the same when he is on the web.

Even though it can seem tedious after looking at the millionth YouTube video, being by your child's side is the best way to ensure he has a positive experience online. GetNetWise.org has produced a very comprehensive online safety guide that's worth a read.

2. Make your expectations clear

Before your children start to use elec-

tronic devices to browse the internet, make your expectations clear to them. Determine how much time you want them to be online each day and which sites you find acceptable, by making it clear you can be sure there will be no misunderstandings.

This is also a good time to outline the potential consequences for breaking the rules.

Additionally, it's a good idea to make a list of sites they are allowed to visit without permission and make it clear that if they want to visit any not on the list, they must seek your approval beforehand.

3. Educate them on privacy protection

In recent years, it's been very apparent that many youths haven't been aware of the consequences of revealing their personal information. Therefore, by teaching your children about the potential dangers, you can be assured that they will hopefully make the right choices. The best way to do this is to make it 100 percent clear that:

- They should never provide their personal details including name, address, password, or photographs without asking you first.
- They should never open or respond

to e-mails from unknown e-mail addresses.

- They should never arrange to meet up with anyone online.

4. Take advantage of parental controls

Many parents begin researching for software to help keep their kids safe online without realizing their internet service provider probably already provides free parental control software. Some providers offer controls that allow you to restrict the access your child has to certain websites. They also allow you to filter by age, time, and category, ideal for busy parents who want some additional peace of mind.

5. Ensure your child can trust you

It's important to let your child know that if she ever sees anything online that makes her feel uneasy, she can seek your support without prejudice. Of course, you need to ensure she knows the consequences for actively seeking out sites you don't approve of. However, equally, she needs to know she can trust you to not overreact in the event that she stumbles on something by mistake. Therefore, reassure your children and make it

clear that they can approach you in such events without fear of repercussions.

6. Restrict device use to an appropriate location

By isolating device use connected to the internet to an appropriate location, like the living room, you can easily monitor what your kids are up to on the web. It's never a good idea to leave children unattended online; therefore, consider disconnecting the internet from computers in their room or places where it's more difficult for you to monitor their online activity.

7. Consider limiting use to kid-friendly sites only

For young kids, it's a good idea to limit the websites they can visit and only allow them to use those designed specifically with a child audience in mind. That way not only do you know they're safer, but they are actually benefiting from content designed for them; some popular sites include Yahoo!igans, KidRex and FunBrain.

Judith McLean is a mother of four and an educator, who has written extensively on the topic of parenting. Find more of McLean at MomBible.com.



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Best ways to research camp



BY JESS MICHAELS

Thinking about camp but don't know where to start? Here are a few ways to research a camp program and find out which one will be right for your child:

Ask friends and neighbors

Asking your friends where their child goes to camp is a good starting point for your research, but remember, each child is different, so a camp that is the right fit for one might not be best for another.

Make sure to do your own research according to who your child is and what your family's values are.

Talk to the camp director

Call the director and ask some key questions to find out about a camp's philosophy and if it matches your own.

Get to know the camp director through phone calls and correspondence. You want to feel comfortable with the director and feel that you can partner with him or her to ensure your child has a successful summer experience.

Camp tours

When possible, schedule a tour for the summer prior to the one in which your child is going to go to camp.

Touring allows you to see the camp in action and will give you a good sense about the camp program and culture. Take the time to ask questions about the camp, see the facilities, and meet the director.

Home visits

Often times, the camp director will come to your home to meet with you and your child. Ask him or her about the camp's mission statement and what type of child is successful at their camp.

The more open families are with the directors, the better informed they will be when it comes to making a decision. A director can help guide you and deter-

mine the most appropriate fit.

Camp fairs

Camp fairs allow parents to meet representatives from dozens of camps all in one day. It's a great chance to find out about a few different programs, all within an hour or two. Both day and sleepaway camps attend these fairs and give families an opportunity to ask the director key questions about the program.

Open houses

Many camps have open houses in the spring and fall that offer families a chance to see the camp facilities and get a feel for the camp. These events are a good opportunity for families to get to know the director and ask questions about the camp philosophy and program while in the camp setting. Check with the camps you are interested in to see if they will host any open houses.

Look at websites, videos, and brochures

Parents and campers can look over a camp's website, social media, brochures, and video. They will give families a sense of what a particular camp is like. Most camp websites have photo slideshows, videos, virtual tours, and maps that will give parents and children a glimpse of the camp and the program.

Many also include a sample daily schedule, so families can see what a typical day at camp is like.

Camps will also send you a DVD (upon request), so you and your child can view the camp and see campers and counselors engaged in activities.

Jess Michaels is the director of communications for the American Camp Association, New York and New Jersey, a not-for-profit organization dedicated to enhancing the summer camp experience. Parents looking for a camp for their child can contact the organization for free, one-on-one advice in finding a camp at (212) 391-5208.

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**Downtown Brooklyn
718-852-1029**

www.brooklynfriends.org

Our summer programs take the best of the school year experience and make the light shine even brighter! Every day offers new opportunities for children to grow, to learn, and to develop their talents and interests. Summer Camp for 3 to 8 year olds and Summer Arts for 8 to 12 year olds are distinguished by their outstanding faculty and favorable teacher-student ratio.

Camp Maritime

Sheepshead Bay

718-332-4859

campmaritime.com

NYC first and only all water kids adventure camp provides an academically sound youth development and leadership program, blending nautical activities, science, wellness, nutrition, and fun. Campers will learn to sail, kayak, stand up paddle board, fish, sail, windsurf, motorboat and more! Discovery learning is taught in small groups by responsible educators, US Coast Guard Licensed Captains and Seaman and Certified Lifeguards.

CBE KIDS Summer Day Camp

Park Slope

718-768-3814

congregationbethelohim.org

Offering campers a summer of new experiences! The Elementary Day Camp ages 4 1/2-9 includes swimming, sports, music, gymnastics, arts and crafts, nature, and circus arts. Movin' On, Travel Camp 4-9th grades, uses the Temple House as a base for daily trips in and around NYC; two overnights are included with a mature, qualified staff. Ha'Geemnasia, a unique Israeli-style Hebrew immersion camp offers native Hebrew-speaking counselors; and activities related to Israeli culture through art, dance, sports, swim and exciting trips. Children of all backgrounds are welcome.

The Co-op School

347-721-3408

thecoopschool.org

Create and Explore! Summer Camp at the Co-op School for kids age 2 to 6 is full of music, movement, science, fine arts, crafts, games, and of course fun. We integrate creative arts with literacy and science -- we foster curiosity! This summer our half day morning program for two year olds is back with movement and music. Come forth explorers for our Field Trip Camp for six year olds. Explore a different theme of trips each week! Choose from five one week-long sessions from July 9th through August 10th. To find out more, visit: thecoopschool.org/camp.

Elite Minds Montessori Summer Carroll Gardens

347-916-1433

elitemindsmontessori.com

A French bilingual early childhood preschool for children ages 2 1/2 -5 year old. With a strong focus on arts, our full day Summer Program will include not only traditional Montessori activities and learning but an emphasis on creativity, movement and music. We will frequent Brooklyn Bridge Park and Mother Cabrini Park daily and also focus on arts and Montessori play. The summer program will run from July 9th through August 17th from 8am-2pm An Early Bird Discount is offered through April 30.

FasTrackKids Summer

In 3 Locations

718-748-3000

www.fastrackkids.com

Designed for children ages 3-7. Sessions last for one week at a time. A full day program is offered that includes enrichment classes, math, reading, and writing and other activities. From 9am-4pm with extended hours available. The camp offers a fast-paced, fun and fully interactive setting; learning adventures captivate and entertain as they deliver truly meaningful lessons. This is the summer adventure children will use for life.

Camp Gan Israel Chamah

Manhattan Beach

347-495-3918

brooklynjewishcamp.org

Catering to Jewish boys and girls

Continued on page 16

BROOKLYN FRIENDS SCHOOL

All Aboard for Summer with Friends



Brooklyn Friends School summer programs take the best of the school year experience and make that light shine even brighter! Every day offers new opportunities for children to grow, to learn, and to develop their talents and interests. **Summer Camp for 3 to 8 year olds** and **Summer Arts for 8 to 12 year olds** are distinguished by their outstanding faculty and favorable teacher-student ratio. The experience for kids is fun and energizing, just as summer should be.

Sessions from June 20- July 27 with extended day and sibling discounts

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8/13 - 8/17	Plant Scientist
8/20 - 8/24	Structural Engineer
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- 5-12 Year Olds Summer Academic Program*

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Williamsburg: 60 Broadway 347.987.4450
Sheepshead Bay: 1605 Voorhies Ave. 718.891.5437
Bay Ridge/Dyker Heights: 7612 13th Ave. 718.748.3000

ftkny.com/summer



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Ages 2 to 7 years old

WEEKLY CAMP

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 Camp times 9-11am or 1-3pm

www.joesmusiccenter.org
 Email: info@joesmusiccenter.org

114-04 Farmers Blvd.,
 St. Albans, NY 11412
718-454-3036

550 Remsen Ave.,
 Brooklyn, NY 11236
718-774-0700



2018 Summertime Fun

DIRECTORY

Continued from page 14

ages 4 - 12. The children are guided in organized activity and play by a loving, patient and caring staff. Our camp offers your child a full program of sports, games, trips, crafts, dramatics and other enriching camp activities. Our experienced and dedicated staff work to develop skills, confidence and a sense of fair play within each child. Camp Gan Israel is the largest and fastest growing network of Jewish day camps in the world, enjoying a well-earned reputation as a trendsetter with innovative ideas, creative programs and new activities.

iD Tech
1-888-709-8324
www.idtech.com

The world's #1 summer STEM program for ages 7-18 held at 150 prestigious universities including NYU, NYIT, Marymount Manhattan College, Columbia University, Kean University, Queens College. With world-class instructors and innovative courses in coding, game development, robotics, and design, our programs instill in-demand skills that embolden students to shape the future.

**Joe's Music Center:
 Music FunTime Camp**
 East Flatbush
718-454-3036 **www.joesmusiccenter.org**
info@joesmusiccenter.org

Our Summer Music FunTime week-long camp sessions will be offered to children aged 2-7 years in morning or afternoon sessions. Campers may register for any one week during July 9 and July 27. Expert musical instruction for all ages is available, with instrumental, vocal, and dance education in all genres as well as musical theater. Music FunTime is our innovative, structured early learning program. Our progressive curriculum is derived from Johns-Hopkins research exploring the magical connection between math & science through music for children 18 months thru 7 years of age. Children learn to read music notation and symbols, eventually, learning to play instruments.

Little Thinkers

Montessori Summer
148 Clinton Avenue
347-996-2688
718-858-8961
littlethinkersmontessori.com

Offering a Summer Program with full or ½ day sessions running for 6 weeks. Activities include, Gardening, Science, Art, Yoga, Music, Dance and outside play. Children learn through the academic and experiential process, developed by Dr. Maria Montessori, and influenced by the culturally diverse atmosphere of Brooklyn. The primary goal of our Montessori program is to use the "whole-child" approach to help each child reach their full potential in all areas of life. Please visit our website or contact us to learn more about our programs.

Mark Morris Summer Dance Camps
Ft. Greene
718-624-8400
markmorrisdancegroup.org/dance-center/the-school/Dance-Camps

Ages 6-9 Spend your summer dancing, creating and performing in this well-rounded, multi-disciplinary, and fun summer dance camp. Each session combines the study of a variety of daily technique classes including ballet, modern, tap, hip-hop, and jazz with the exploration of other art forms including visual, theater, music, and stagecraft inspired by Mark Morris' repertory. Classes feature live musical accompaniment. Sessions 1 and 2 offer the same curriculum. Students may enroll in one or both sessions. You do not have to be a current student at The School to attend.

Midwood Montessori Summer Program
One block from Brooklyn College
718-253-3242
midwoodmontessori.com

The rich Montessori setting that attracts children to our school influences our summer camp - a nurturing, creative environment providing a wide variety of activities for children ages 2.9 - 6 years. These include indoor play in our centrally air conditioned building, three outdoor play areas, daily water play, garden-

Continued on page 18

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www.littlethinkersmontessori.com

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9am to 12pm

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The NYC Experience

Offers a fun and exciting way for your daughters to discover the city, take part in community activities, and participate in drama exercises, led by actors from a local theater group.

**Trip schedule will be emailed at the beginning of June.*

For more info visit cheznous.org/summer-camp
or email abadv@cheznous.org 212-620-5575

2018 Summertime Fun

DIRECTORY

Continued from page 16

ing, picnics, barbecues, music, arts & crafts, weekly field trips and theme days, all of which are supervised by our caring and experienced year-round staff. Transportation is available. Our hours are 9 AM - 3 PM (8 AM drop-off available).

Mill Basin Day Camp 718-251-6200

www.millbasindaycamp.com

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

Notre Dame Summer Camp

West Village - Manhattan
212-620-5575

www.cheznous.org

Our Camp is open to all girls from sixth through ninth graders. The English, Math, Art, Coding, Design Squad and 20th Century American music courses provide an opportunity for student enrichment. The New York Experience offers a fun and exciting way for your daughters to discover the city by taking part in community activities, unique field trips and participating in drama exercises, led by actors/actresses from a local theater group.

The Park Slope Day Camp

Bay Ridge, Carroll Gardens,
North Slope, Park Slope,
Windsor Terrace
718-788-7732

www.parkslopedaycamp.com

We know that the summer camp experience is one that stays with a child long after the final swim, camp song or friendship circle. In our 26 years of experience, we've watched our campers gain confidence, build leadership skills and approach their daily lives with a newfound sense of adventure and excitement. Our programs are for

children ages 3.5-14. We offer flexible registration, an extra long season, transportation and accommodating hours.

The Stage Theater School Summer Camps

Cobble Hill – Carroll Gardens –
Brooklyn Heights
718-928-3779

thestageschoolbrooklyn.com

The stage offers fun filled Performing Arts camps for children ages 4-16 years. Campers receive daily workshops with Broadway artists from shows such as 'Hamilton' 'Wicked' 'The Lion King' 'Matilda' 'Aladdin' and more! Campers also work on a Musical each week to perform for family and friends at the end of the week. All classes are divided by age, and all abilities are welcome. Sibling discounts & multi week discounts available. Early morning drop off free of charge. This is an ideal camp for children who would enjoy an intensive and fun filled week of acting, singing and dancing. Our camps help develop confidence, creativity and imagination!

USDAN Summer Camp for the Arts

Wheatley Heights
631-643-7900

www.usdan.org

For over fifty years Usdan has brought world-class teachers and visiting artists – actors, directors, playwrights, painters, sculptors, musicians, composers, dancers, poets and novelists – to teach and collaborate with our campers ages 4 to 18. Our camp is set on an idyllic 140-acre woodland campus in Long Island, dotted with open-air studios and performance spaces designed to inspire creativity, collaboration and experimentation. We are unique in bringing together the rigor of artistic practice and the playfulness of a classic summer camp, with places to swim, play sports, and practice yoga and archery.

Windmill Montessori Summer Camp

Sheepshead Bay
718-375-7973 or 4277

www.windmont.org
admissions@windmontsch.org

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the **YMCA**

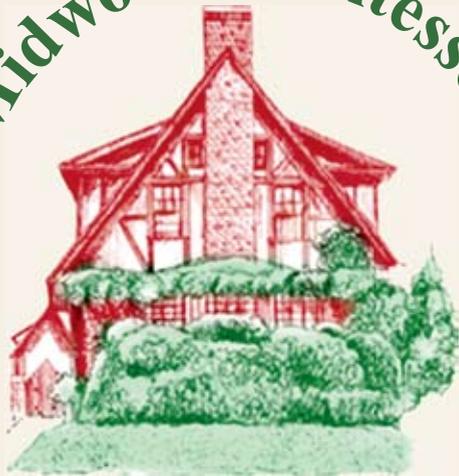
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**6 Week Full Day Summer Program
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on Saturday, May 12th from 2-4pm

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Digital CAMP GUIDE 2018

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- Reach their natural potential
- Find and develop their own interests
- Get the individual attention needed to thrive
- Develop interrelationships, community and leadership skills, and promote understanding

Our Montessori curriculum and environment encompasses:

- The Montessori Method, Language, Humanities, Culture, Geography, Mathematics, Sciences, Technology, And Computers
- French, Yoga, Music, Art

OPEN HOUSE
Thursday, April 12th
Tuesday, April 24th
Tuesday, May 8th
Wednesday, May 23rd
Monday, June 4th
9:00 - 10:30 am



Academic Montessori Summer Camp
for 3-12 year olds
with
Creative Writing for 6-9
and 9-12 year olds
6 week Program
July 2 – Aug. 10

- ★ Group Games
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- ★ Age-appropriate Trips
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718-375-7973 • 718-375-4277

admissions@windmontsch.org | www.windmontsch.org

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

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2018 Summertime Fun

DIRECTORY

Continued from page 18

Registration is beginning now for our Academic Montessori/Creative Writing Summer Day Camp for 3-12 year olds. Windmill offers a nurturing place where the children make friends and learn through the Montessori Method, while having lots of fun. Spacious enclosed yard with playground and pool lets campers safely participate in outdoor activities, all with highly qualified and caring staff's guidance. Local trips, weekly themes, arts & crafts, computers, singing, group games, and pool activities are enjoyed. Four to six week programs are offered, as are sibling discounts. Door-to-door bus service is available. Call for individualized appointment.

YMCA of Greater NY Day Camps

Bedford-Stuyvesant YMCA,
718-789-1497

ymcanyc.org/bedstuy
Coney Island YMCA,
718-215-6900

ymcanyc.org/coneyisland
Dodge YMCA,
718-625-3136

ymcanyc.org/dodge
Flatbush YMCA,
718-469-8100

ymcanyc.org/flatbush
Greenpoint YMCA,
212-912-2260

ymcanyc.org/greenpoint
N. Brooklyn/12 Towns YMCA,
212-912-2230

ymcanyc.org/northbrooklyn
Park Slope Armory YMCA,
212-912-2580

ymcanyc.org/parkslopearmory
Prospect Park YMCA,
718-768-7100

ymcanyc.org/prospectpark
At YMCA summer camps, children learn leadership skills and develop self-confidence in a safe, accepting, and stimulating environment. They also build robots, go on field trips, shoot hoops, learn to swim, make new friends, and laugh all summer long!

Xaverian HS Summer Sports Camps

7100 Shore Road
718-836-7100

www.xaverian.org

Our Sports Camps provide boys and girls, who will be entering the 2nd to 9th grades (basketball) or entering 5th to 9th grades (baseball) in Fall 2018, with a wonderful opportunity to develop their individual skills, appreciation for team play, and general fitness by attending instructional camps in Basketball and Baseball, running Mondays through Fridays. The program directors and staff are Xaverian's own, highly accomplished coaches, alumni and players, all of whom have experience at the High School, AAU and Collegiate levels.

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Under the radar

Yes, autism affects girls, too

BY SALLY J. PLA

When I tell friends I was recently diagnosed with autism, some of them scoff and call it nonsense. They say I function fine — that I smile, laugh, and socialize. I'm a mother who is active in the lives of my three sons, I have published two novels, and have spoken publicly at conferences and schools across the country.

In sum, I don't fit the preconception.

I can understand where they're coming from. Many, when they think about autism, picture an awkward teenage boy who has trouble making eye contact and is obsessed with gaming.

But, as the old saying goes: If you've met one person with autism, you've met one person with autism.

When I was little, I felt like I watched the world from inside a glass box. It never occurred to me to try to connect with what was happening outside of it. I didn't really

think of myself as having any sort of role to play. I was just a set of eyes and ears.

Time passed, however, and by the age of 10 or 11, I started to want to connect. I observed more carefully. I studied others, their body language, their laughter.

For the most part, my mimicry was unconscious. Other times, it was deliberate. For example, a certain teacher had this bright, happy way of saying "Hi!" that made you feel good inside. I remember deliberately deciding to say "Hi!" to everyone I knew in that same happy way.

Sometimes, I'd get things wrong and be bullied — even by "friends," which was tragic and bewildering. I desperately wanted the world to be a decent, clear, golden-rule-following sort of place. Of course, I learned it wasn't.

Eventually, I more or less shed the glass box. I grew up, got a job, got married, and had three wonderful sons. One of them was diagnosed with Asperger's at age 11.

It took me until my kids were practically full grown in order for me to get it — to look back on my life with a clearer lens,

and realize that it might not be just my son who was bringing the joys and challenges of autism into our family.

I started to figure it out while I was writing "The Someday Birds," my first novel. It's about an autistic boy on a long journey in search of his father, and how he learns to feel more at ease in the world. At first, I thought I was writing as a heart-gift for my son. But I soon realized that the voice emerging from the pages sounded an awful lot like that little girl from long ago.

So-called "higher-functioning" autistic women are relatively rare birds. And the reason for this, I think, is that we remain undiagnosed. We fly under the radar, we blend in.

Growing evidence is telling us that autistic women are sometimes deeply empathetic, and eager to be involved in the world. We observe social cues more carefully than men. We camouflage our symptoms.

We don't fit stereotypes. We can be champion chameleons.

But life as a chameleon can be exhausting.

I need a lot of downtime in which to "detox" from public events. I jump with panic when my phone rings — then take a deep breath, and answer so calmly, you'd never know. Trips to the store often end with me heading home because I can't take the sensory overload.

That's just a very few of the daily surface challenges. But I love connecting out in the world, so I go, and do. I've just got to find the right balance, to learn when to push, and when to recoup.

It's not always easy.

The only one who wasn't surprised by my recent diagnosis was my mother. She took my hand and said, "I always suspected it was something like that." My mom is an extremely sensitive introvert who also had issues as a child. Between you and me, I suspect she also might be somewhere on the spectrum.

But here's the thing: It's a wide spectrum. Autism takes as many different forms as the people it affects. Autism is a human condition, emphasis on the word "human." I hope we can learn to expand our definitions of all the various, beautiful, different, and challenging ways that autistic brains work in this world. To accept them, and make room for them all.

Sally J. Pla is an award-winning author of two middle-grade books. Find out more about her work at sallyjpa.com.



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Photo: Courtesy of Dallas Children's Theatre

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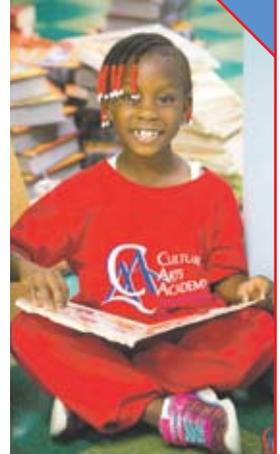
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OUR MISSION

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Enrollment 2018



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Let kids get dirty for good gut health

This month we celebrate Earth Day, a day to honor the good earth and all it does for us. Our food — from grocery stores, farmers markets, and perhaps our own gardens — grows in its soil, teeming with microbes. Some of these microbes can provide health benefits. But how?

Microbes are an ancient and vital part of human physiology. Yet never before have children grown up so “clean.” Recent changes in our lifestyle — a Western diet, over-sanitization, the excessive use of antibiotics — have altered the specific microbes within our digestive tract.

Establishing good gut health in our children is important and can have lifelong consequences. In addition to a strong immune system, a healthy mix of bacteria within our digestive tract can lead to less inflammatory disease such as allergies, asthma, and inflammatory bowel disease. Sadly, these conditions are being diagnosed more frequently in children.

Thousands of microbial species — the microbiome — thrive in the human intestine, helping people digest fiber and make vitamins and other molecules. The right mix of microbes can even affect our metabolism.

While what we eat alters our micro-

biome, the microbiota appears to influence what we eat. The wrong mix of gut microbes can trigger cravings for less than stellar foods.

Eating a variety of natural foods is the best way to increase microbial diversity, and there’s no better time to do this than during the first few years of life. For example, rather than feeding your baby only rice cereal for weeks until the package is empty, offer a variety of grains, including barley, rice, oats, and quinoa.

Think of dietary fiber as food for your gut microbiome. But not from a drink or pill. Eat a diverse array of fibers from a lot of different plant materials. Whole grains are better than refined ones.

Leafy green vegetables contain an enzyme that’s been found to feed good bacteria while limiting bad bacteria. Protein-rich legumes — such as lentils, beans, and peas — have lots of fiber and can be easily mashed for tiny mouths. Try starchy veggies such as parsnips, sweet potatoes, or cassava (tapioca) rather than just sticking to low-fiber veggies. As children get older, add fermented foods such as yogurt, buttermilk, kefir, kimchi, miso, sauerkraut, and pickled vegetables.

Serve your family less sugar, animal fat,



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

and refined grains.

Here are some other ways to boost your child’s diversity of gut bacteria:

1. Encourage your children to get at least 30 minutes of physical activity on most days. Research in mice suggests that physical activity, especially early in life, may help promote a beneficial gut microbiota.

2. If it is safe to do so, encourage the kids to spend time outside. At least one study shows that people who are regularly exposed to natural settings have a more diverse microbiota, suggesting a little dirt may be good for us.

3. Spend some time in a rural area.

4. Take the kids to a petting zoo.

5. Get a dog.

6. Give your child a probiotic, especially when your child is taking an antibiotic.

7. Grow foods or herbs in a garden. This could even be a container garden on your balcony. Let the kids poke around in the dirt.

8. Avoid antibacterial soap.

We are only beginning to scratch the surface of the importance of the microbiome for human health. The good news is that we can influence the compatibility of these microscopic, single-celled houseguests by altering our environment and our diet. Indulge your children’s natural impulse to get good and dirty.

Christine Palumbo is a Naperville-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She suspects her childhood, largely spent outdoors, may have helped her avoid allergies. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.

Build a bookworm

My third-grade daughter absolutely hates reading. Getting her to sit down and do her 30 minutes of required school reading is a struggle every night. Is there anything I can do to instill a love of reading in my daughter?

It only takes one! This statement is true about many things in life, and it applies to reading as well. Once your daughter reads a book that she absolutely loves, her perception of reading will change for the better.

In order to help your daughter find “the one,” bring her to your local library or bookstore. Having her pick out the books she is reading will give her a feeling of ownership and make reading feel like less of an assignment. Librarians are a great resource, and they can sit with your daughter and talk to her about her interests to help her pick out the right book for her.

Exposing her to different genres of books could help, too. Many times young



TIPS FROM A TEACHER

LAUREN ROSEN

children are reading a lot of fiction, when non-fiction may be more exciting to them. It may take some time to find a book that your daughter really loves. Reading books aloud to her can help to get her to be open to the story being told so that she is able to find her “one.”

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The hot new topics in estate planning!

What cryonics and Bitcoin mean for you

This month I'm addressing two hot topics in estate planning — cryonics and Bitcoin!

What is cryonics?

Cryonics — having your body cryogenically frozen — seeks to keep either your head (neurocryopreservation) or full body suspended until medical technology advances to the extent that there is a method to revive you in the future. Cryonics vendors already exist and have a price tag on the process itself as well as standby (end-stage care of the human body) and long-term storage. This makes us wonder: what happens when you are actually revived? Will you have the means to have necessary medical procedures performed? The funds or currency to live in an economy of the future? And what happens to your estate after cryonics?

Enter “Cryonic Estate Planning.” (Yes, this is apparently a thing.) Cryonic Estate Planning will use a Personal Revival Trust that lasts in perpetuity, until the grantor is awakened. The market has had to overcome a couple of obstacles, however, in order to make these valid. Many states have a rule against perpetuity, meaning you cannot suspend ownership indefinitely into the future. For example, perpetuities are illegal in some states, except when they support a charitable cause, although many states have recently repealed these laws. There have also been arguments that a trust is invalid without a beneficiary. A common workaround is to name the cryonics vendor as a beneficiary who will be paid from the income of the trust. Or, the cryopreservation company may be named as a beneficiary in a life insurance policy.

So now that there is a way of retaining assets for when you are revived, the question is: how much is going to be enough? And what does “revival” actually mean? Does this include any standard of care



afterwards? Transitional services that will acclimate you to future society? Perhaps the very wealthy among us will be able to let us know far, far into the future!

What about Bitcoin?

When people die without an organized account of their assets, it leaves the family trying to piece together clues from paper trails. Now, as a larger and larger portion of our financial lives becomes managed online, assets could be lost in the cosmos if they're not documented and accounted for.

Let last year's cautionary tale of the man who lost \$127 million in Bitcoin be a lesson — if he can't get to his Bitcoin when he's still alive, how are you going to advise family members how to find yours from the grave?

While the Fiduciary Access to Digital Assets Act, which has been passed in 36 states, extends the rights of fiduciaries to digital assets, individuals still need to communicate they have them, or else the investment accounts or cryptocurrency may never be discovered. Furthermore, with assets like Bitcoin, knowing about their existence isn't enough. Private keys are the only way to access cryptocurrency, and those need to be passed on in some way.

Step 1: Take stock. While things like in-



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

vestment accounts and Bitcoin may cause the greatest concern, your executor will need access to all of your digital accounts, from utilities to mortgages to telecommunications, in order to get your estate in order. You may be surprised to realize how many digital accounts you have.

Step 2: Communicate and document your wishes. You will want to include the distribution of your monetary assets in your Will, but you should also leave your executor with instructions on how to deal with other digital assets, such as social media, e-mails, or files — including photos — stored in the cloud.

Step 3: Keep your records up to date. Set a twice-a-year calendar reminder to revise and update your digital account access notes. Passwords change, accounts are added and deleted, banks are acquired. Staying on top of changes more frequently will make updates much quicker. Don't forget to give your executor access to your password manager. If you do not use a digital password manager like Keeper or Dashlane, make sure your written list is locked in a safe — which your executor will also need the access code to!

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrustplan and on her website at www.besunderlaw.com.

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Learn the market

What first-time investors need to know

BY AVI LELE

You've finally decided to take the plunge and invest in the stock market. Here are five important things you should consider when investing in the market for the very first time:

1. Take the long view: Despite booms and busts, remember that over the last 100-plus years, the stock market has historically performed better than bonds and real estate, and certainly better than cash sitting in a bank account. Investing \$1,000 in 1900 would have been worth close to \$20 million in 1999! A one-plus year time horizon can help you keep perspective and weather the ups and downs of the market.

2. Invest at your comfort level: If you're considering an investment in the stock market, make sure you're only putting in an amount that you can afford to lose. Remember, that during one week in September 2008, the market plunged 18 percent and on Black Monday of 1987, the market

fell more than 22 percent in a single day.

3. Diversify your investments: It's tempting to put all your money in one investment, but diversification is an important principle in any portfolio you decide to build. Not sure which set of companies are right for you? Consider an investment in an index fund, such as the S&P 500. This allows an investor to have exposure to a wide variety of the largest stocks.

4. Actively follow your investments: Have you invested in individual companies? If you have, you should follow the news as well as the quarterly and annual reports of these companies, which are all available online. You can also listen in on the earnings calls of these companies and hear how management teams respond to some of the hard-hitting questions asked by professional investors. You'll learn a lot in the process, and it will help you hone your investment skills and help you in your future investment decisions.

5. Invest as consistently as you can: No-body really knows what will happen in the



future — it's very hard to be successful by timing the markets. If you can set aside 10 percent regularly from your paycheck for investment, you'll be way ahead of most people and that cushion will add up over time.

Avi Lele is the co-founder and CEO of Stockpile, a company whose mission is to make the stock market accessible to everyone in an easy and affordable way.

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Sharing safely

How parents can share milestones with less risk

BY TAMMY SCILEPPI

Last month we talked about the possible dangers of parental oversharing on social media platforms, and how parents can control themselves. Here's more on the important topic.

Tips to stay safe

Michael Osakwe is a NextAdvisor.com writer covering technology. He offers helpful tips on how to stay safe on social media, as well as valuable information about the dangers that lurk there, so parents can share responsibly and avoid potential problems that could put their families at risk.

Tammy Scileppi: Many parents out there are probably still wondering, if Facebook is all about sharing, and everybody's doing it, how can too much of it turn into a bad thing? What's your view?

Michael Osakwe: Parents who overshare or partake in what's called "sharenting" run the risk of either embarrassing their child, or compromising their child's or family's privacy. Aside from these concerns, the information that parents are sharing about their children, who are too young to consent or know what's posted about them online, is potentially disre-

spectful and harmful to their children's self-esteem. For example, a story about your child's failed attempts to potty train may be funny to you, but it could scar your child's reputation when they're older. Finally, considering that the internet never forgets, it's possible that one day, "sharented" materials could be seen by future dates and employers Googling a child's name.

TS: What should parents keep in mind, so they can avoid cyber predators, identity theft, and more?

MO: If parents choose to share information about their child, they should make sure to turn off geolocation on all of their social media accounts, use the highest privacy settings online, and ensure that any posts containing images of their children include as little identifying information as possible.

For good measure, they should remove the Exif metadata from their photos if they haven't turned off geotagging on their phones. Exif data includes information like the device the photo was taken with, as well as the exact coordinates where a picture was taken. When photos are uploaded to most major social media sites, Exif data is removed, but in the instance a photo is simply shared through traditional file-

sharing means, like e-mail or Dropbox, the photo will retain its metadata. In a worst-case scenario, a photo retaining Exif data can be copied and shared numerous times by friends and family, or uploaded to sites that don't wipe this information.

TS: According to an informative NextAdvisor blog: Everything from social media apps to the photos you take and store in your phone uses geolocation data, and most people tend to breeze straight through screens informing them when an app is requesting permission to use their location. The best thing you can do is slow down when installing new apps and pay attention to the permissions screen that pops up informing you what data or features the app will be accessing.

TS: What's behind many parents' need to overshare?

MO: The motivations behind parental oversharing are likely the same as any other type of social media sharing — pride, desire of approval, or to bond over shared experiences. Sharing is healthy in controlled amounts, but parents need to be careful. Overuse of social media isn't just harmful for privacy reasons; it can be psychologically unhealthy for both parents and children.

Internet tips for teens

- Be smart about what you post on the web and what you say to others. The web is a lot more public and permanent than it seems.
- Provocative and sexy names and pictures can draw attention from people you don't want in your life.
- Be careful what you download or look at, even for a laugh. Some of the images on the internet are extreme, and you can't "unsee" something.
- Going to sex chat rooms and other sex sites may connect you with people who can harass you in ways you don't anticipate.
- Free downloads and file-sharing can put pornography on your computer that you may not want and can be hard to get rid of. Any pornography that shows children or teens under 18 is illegal child

pornography and can get you in big trouble.

- Adults who talk to you about sex online are committing a crime. So are adults who meet underage teens for sex. Some teens think it might be fun, harmless, or romantic, but it means serious trouble for everyone. It's best to report it.
- Don't play along with people on the web who are acting badly, taking risks, and being weird. Even if you think it's harmless and feel like you can handle it, it only encourages them and may endanger other young people.
- Report it when other people are acting weird and inappropriately or harassing you or others. It's less trouble just to log off, but these people may be dangerous. Save the communication. Contact the site management, your service provider, the CyberTipline, or even

the police.

- Don't let friends influence your better judgment. If you are surfing with other kids, don't let them pressure you to do things you ordinarily wouldn't.
- Be careful if you ever go to meet someone you have gotten to know through the internet. You may think you know them well, but they may fool you. Go with a friend. Tell your parents. Meet in a public place. Make sure you have your cellphone and an exit plan.
- Don't harass others. People may retaliate in ways you don't expect.
- You can overestimate your ability to handle things. It may feel like you are careful, savvy, aware of dangers, and able to manage the risks you take, but there are always unknowns. Don't risk disasters.

Source: Crimes Against Children Research Center



TS: How do bad people use photos to do their dirty work?

MO: The act of posting a photo online from a personalized social media account provides all the information a would-be predator needs to commit identity theft, stalk children, or engage in other scams. For example, if your account is hacked (or that of a friend's), it doesn't matter if the photos don't have any information about the child, because simply having access to one of these accounts puts the photos in context for a predator or hacker.

But even without infiltrating people's accounts, a predator's job is made easy by the fact that many social media accounts tend to have poorly configured privacy settings. In a recent example, US Military personnel unwittingly revealed the locations of secret bases through a popular fitness app. To be fair, though, in this case and many others, companies tend to make security settings very obfuscating, and most of the default settings these services offer tend to be a privacy nightmare. Furthermore, as these services grow and update, many users assume their settings remain the same, which isn't always the case.

With regards to social media, those

most versed in understanding its effects, especially on children, tend to be psychologists and cyber security experts who disseminate information from their research through media appearances and discussions.

Most recently, the Campaign for a Commercial-Free Childhood, which consists of a coalition of privacy advocates, psychologists, doctors and parents, wrote a letter to Facebook to ask the company to discontinue its Messenger Kids app. The controversial app would allow children as young as 6 to have a limited presence on social media. We conducted our own investigation into the app, which you can view at www.nextadvisor.com/blog/2017/12/12/facebook-introduces-messenger-kids-is-it-safe-for-your-child.

TS: Why is social media's hold so powerful?

MO: The short answer is because it's a product that was designed to be addictive. Some former Facebook executives have been recently quoted in the media talking about the deliberate design choices and implementations that promote user retention but might be bad for society as a whole.

TS: What does the future hold?

MO: It's difficult to tell, but with growing awareness of social media's psychological effects and the need for personalized cyber security practices, it's possible that companies might start creating less harmful platforms that engage users organically while promoting safety and security. Even if this doesn't happen, I'm optimistic that knowledge about the effects of these platforms will spread among consumers who can make informed decisions about how they will choose to use (or disuse) them.

• • •

Whenever sharing, parents ought to remember the golden rule: Avoid sharing and posting anything about your children that you wouldn't want shared about yourself. And be careful about who you give personal information to. It's just common sense.

And here's a friendly reminder for everyone: Every post — whether it's on Facebook, YouTube, Twitter, or Instagram — is forever preserved in cyberspace.

You can look at this way: In fashion, less is more. On social media, less is best.

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



Getting relief from menstrual cramps

Karen Tyson became accustomed to being in pain two or three days out of each month when her regular menstrual cramps would ensue. Most of the time, she could find relief with a hot water bottle and some Motrin. But every third month or so, the pain became intolerable.

"I would do whatever I could to make the pain go away: take over-the-counter medication, lay down, walk around, but nothing helped," said Tyson. "I would just hold my stomach and double over in pain at times, sometimes having to leave work."

She visited her gynecologist, had a sonogram, and blood work, and everything came back normal: no cysts, no fibroids, nothing out of the ordinary.

"It was good and bad, because on one hand, I was so happy that nothing major was wrong, yet at the same time, I couldn't stand the pain," explains Tyson. She was determined to find relief

and started taking vitamins, cleaned up her diet, and began a regular exercise program, along with drinking plenty of water.

"Within a month, I started to notice a change in how I felt, and then I noticed my period was not terrible that month. The following month it was even better."

Tyson can't say exactly what caused her pain to subside, but believes "it was the vitamins that helped more than anything," and says that when she doesn't take them and doesn't eat well, she can feel the difference. Now she has mild cramps and says they are nothing like they used to be, and she can tolerate them without any change in her daily schedule and without taking any medication.

Dr. Prudence Hall, a gynecologist and practitioner of integrated medicine, has successfully treated thousands of women with severe cramps. Dr. Hall covers the



HEALTHY LIVING

DANIELLE SULLIVAN

topic in her most recent book, "Radiant Again & Forever," and offers her suggestions for relieving menstrual cramps. Dr. Hall says that painful menstrual cramps are a major cause of time lost from work or school for women in their teens and 20s, and there are more natural remedies that can help rather than just taking Motrin round the clock.

Here are Dr. Hall's five alternative solutions:

Magnesium: Take a magnesium supplement at night. Women who experience the most severe menstrual cramps typically have low levels of magnesium.

Bath time: Take a warm bath with Epsom salts. These also contain magnesium.

Sex: Although it may sound counterintuitive, having sex — and orgasms — will definitely help relieve pain due to the hormones released into the body.

Oxytocin: Ask your doctor to prescribe oxytocin, a natural hormone (the same one that is released when women nurse). It has the effect of decreasing menstrual cramps and general body aches, while also producing an overall feeling of well-being. What's not to like about that?

Omega 3: Omega 3 can also be very helpful, as it helps to relieve inflammation.

Of course, Dr. Hall cautions that extreme pain should never be ignored and advises that all women check with their physicians to eliminate the possibility of such issues as endometriosis, sexually transmitted diseases, or uterine fibroids.

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



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Prepare your child for a sibling's arrival



My husband and I are preparing to tell more people that we are expecting our second child, but first we need to break the news to our 3-year-old daughter. I'm about 14 weeks along, so my daughter has some time to get used to the idea before the baby arrives, but how should we go about telling her the big news? Also, we are hoping to have one or two more children in the future — should we change our approach to breaking the news when that time comes?

It's important to talk with your children about what to expect when you're expecting. As children change, mature, and develop their personalities, your approach to equipping them for siblinghood should change as well. Getting your older children ready for the arrival of a new baby — even if you have done so before — can be different with each new addition to the family.

The first step is letting your children know there is a baby on the way.

For some children, this conversation might be simple to initiate, but, for others, it is okay to hold off on the conversation until they are curious about mommy's growing belly. Your child may have a hard time imagining that there's a baby growing inside you if your body still looks the same.

Talk to your child at a time when he or she is relaxed and not dealing with any other stressful changes — like starting school or getting over a cold. If possible, have both



FAMILY HEALTH

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

parents there and find a calm period when your child will have time to process the news and ask questions. When you're ready to tell your child about the pregnancy, keep the language positive, simple, and straightforward. Remember that the information you give to children should be age appropriate. Children do not need to hear more than they can understand.

Depending on your children's questions, breaking the news may only take an evening, or you may be fielding questions over the course of several weeks or months. Listen to your children's responses and adjust your approach accordingly to make sure they understand that a baby is joining the family.

When a newborn is brought home, everyone's roles, routines, and responsibilities are affected. The way you prepare children for these changes can color their attitudes toward becoming older siblings. It's natural for them to show enthusiasm, resentment, or indifference to these new developments.

Get your child involved with the preparations for her new sibling to shift her energy in a positive direction. Include older children in shopping trips or have them brainstorm baby names to foster excitement about having a younger brother or sister. Your eager anticipation of the baby can easily transfer to your older children.

To schedule an appointment with a pediatrician affiliated with NewYork-Presbyterian Brooklyn Methodist Hospital, please call (718) 499-2273 or visit www.nyp.org/brooklyn.



Why replace praise for a punishment

If you have been following my column, you know that I am big on reinforcement. Positive yelling and happy dances are regular tools that I teach parents to use daily.

Yet, time and time again I am asked, “Doesn’t there need to be a consequence for negative behavior?” Parents seem stuck on making sure their kids are punished.

Let me clear this up once and for all: Punishment does not need to be part of a successful parenting equation.

You do not need to punish your child after he makes a mistake for him to learn it was a mistake. I teach parents in my private practice to never talk about their child’s problem behavior after the moment is over. There is no lasting behavior

change that comes from these conversations.

Look at experience to see if this is true: How many times have you prompted your child to say “please” when asking for a snack? Yet, how often does he independently add in “please?” How many times have you explained that listening the first time you ask him to brush teeth makes bedtime much more fun? Yet, tonight, won’t you have the same fight you had last night?

Punishment or a negative consequence for challenging behavior does not lead to the changes you want. Your small one still does not know what to do differently next time. That is where change comes from!



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

Just highlight when he makes a good choice. Over and over again, point out the right choice, the good behavior, and the amazing actions. This will lead your child to make these choices more and more.

Each time your son asks for a snack and says “please,” do a happy dance, and then give him the snack. When your daughter does brush her teeth easily, do some positive yelling about how amazing she is. This will bring out the behavior you want!

Let me give you an example: When you were a child, how did you learn that $2 + 2 = 4$? Did your teacher tell you all the things it was not? “ $2 + 2$ is not 2,” “ $2 + 2$ is not 3,” “ $2 + 2$ is not 5,” ... and on and on. Or, did your teacher repeatedly say “ $2 + 2$ is 4,” over, and over, and over again? Then when you repeated it back, you got a gold star. This is behavior teaching at its best.

This is the model for how to change all behavior. No need to point out all the ways your child is wrong. Just point out what he does well. He will then start doing more and more great things! Then, without you even noticing, the challenging moments decrease because you and your children are so focused on doing good things.

Dr. Marcie Beigel is an international speaker and trainer. She brings realistic ideas to real-life behavior that results in lasting changes for families, schools, businesses, and relationships. She is the best-selling author of “Love Your Classroom Again” and “Love Your Family Again.” She is the founder of Behavior and Beyond, a company dedicated to behavior change. Visit DrMarcie.com/freegift.

Charge it?

Please think twice before putting these things on your credit card

BY ISMAT MANGLA

You can use a credit card to pay for just about anything, but that doesn't mean you should. Here are five purchases to keep away from the plastic, no matter how tempting those rewards points might be:

1. Your taxes

It's tax season, and if you owe Uncle Sam money, you may be tempted to stick the bill on your Visa or Mastercard and call it a day. Resist the urge. Sure, it's perfectly legal, but the Internal Revenue Service will charge you merchant processing fees for the transaction, typically anywhere between 1.8 and 2 percent.

If you use third-party software to file your taxes, you'll likely pay even more. What's more, you don't want to incur interest charges on your tax bill, which can get out of hand if your bill is large and takes a while to pay off.

If you owe a lot of money and need some help, consider asking the IRS to put you on an installment plan. You'll have to pay a small amount of interest — usually around .5 percent a month — but it's still a better deal than your card.

A short-term personal loan may also be an option, because you'll likely be able to get a much better deal in terms of interest rates.

2. Your college tuition

Education isn't cheap. But paying for it with a credit card is never a good solution. If you do need to borrow to pay for tuition, the interest rates on student loans will almost always be lower than the ones charged by your credit card.

What's more, large charges like tuition will almost certainly increase your credit utilization ratio (the amount of credit you use in relation to the amount of credit you have available to you), resulting in a hit on your credit scores. And most colleges and universities will add a two to three percent processing charge for paying with a credit card, which is a lot of money on a typical tuition bill of several thousand dollars.

3. Your mortgage

Paying your mortgage with a credit card is also not a good idea — especially because most lenders won't let you do it. There are third-party companies that will eagerly help you with the transactions though — along with a hefty “convenience” fee, of course.

What's more, you'll compound your debt with steep interest rates if you don't pay the balance off at the end of the month. (And since your mortgage is likely one of your biggest expenses each month, it's going to eat up a lot of your available credit, thus affecting your credit scores.)

4. Big-ticket items you can't immediately pay off

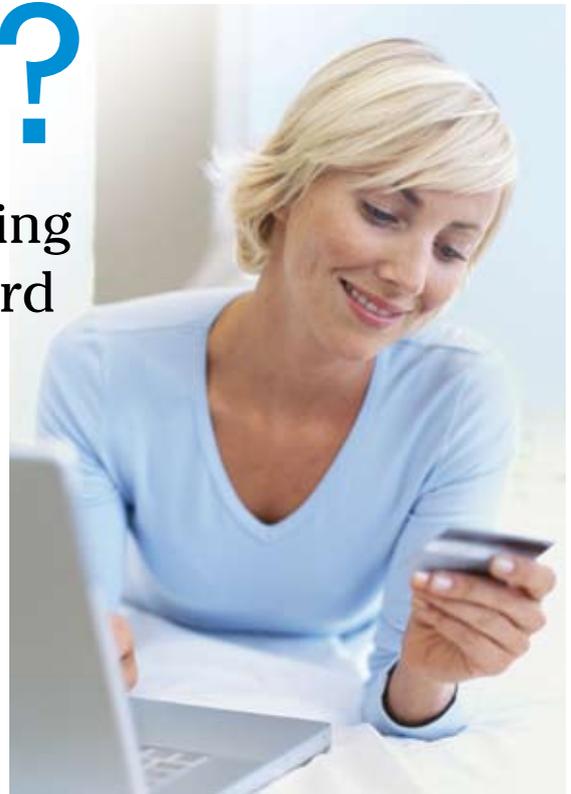
It's tempting to charge a vacation or that new big-screen HD television to your card and worry about the details later. But unless you're 100 percent certain you can pay that bill at the end of the month, don't do it.

The interest charges on a big purchase multiply quickly, which means you'll end up paying significantly more money for the item. And large purchases will also bring your credit utilization ratio up, dragging your credit scores down.

Sometimes when making a big purchase, you'll be tempted to pay for it with a new credit card that offers a zero percent introductory rate for a certain period, like six to 18 months. Only go for this option if you can afford to open a new account.

Remember, hard inquiries on your credit report typically cause your credit scores to take a temporary dip. And be certain to pay the purchase off in full during the introductory period, or you'll be charged steep interest rates once that period ends.

In fact, divide the debt by the number of months you have to pay it off and schedule automatic monthly payments for that amount until the balance is zero.



5. Medical bills

Healthcare costs continue to skyrocket, and sometimes you have to undertake treatment that isn't covered in full by your insurance. But if you can't afford a medical bill, charging it to a credit card is not your only option.

Most medical providers will be willing to work with you pay off medical bills in installments, often at little or no interest at all.

Such arrangements are beneficial not only because you'll save more money than if you use a credit card, but also because your credit score won't suffer.

You can also call a hospital or medical provider to negotiate a lower payment amount. These providers are often interested in coming to a solution with the patient rather than having to write the debt off altogether.

Bonus items: stocks and other investments

It's a bad idea to use credit to pay for stocks, which can be very high in risk. (It's also pretty difficult to do so, but people find workarounds, like using credit cash advances or focusing on certain eligible trades.)

Case in point: A financial analyst in Vancouver tried to take advantage of February's dramatic stock market tumble by investing \$10,000 on his credit card.

Tips sourced from Experian.



How to slow down and enjoy parenting

We've all heard the reminder to enjoy parenting, because children grow up so fast. Never before has that simple saying proved to be more true than watching my son — my adorable, sweet, 6-foot-1, 15-year-old baby — acquire an insanely deep voice and trot off to high school each morning. There are countless times a week when I just look at his face and see the beautiful, smiling toddler he used to be — in what seems like just yesterday.

What haunts me sometimes is the thought that I have spent, no, wasted, so much time stressing over completely inconsequential things. I squandered days working too much instead of enjoying the day with my kids, worrying over things that never ever happened, and overpreparing for things I didn't need to in

the first place.

If I could go back, I would press the rewind button, and then slow down and enjoy parenting so much more. That's what I fully intend to do for the remainder of my boy's teen years.

If you find yourself relating, follow these simple tips:

Slow down ... literally! Stop rushing to cram in more tasks than you can easily manage each day. This only creates stress, which trickles down to your kids. It's one of the quickest ways to create a chaotic home environment.

Repeat this small word: "No." For such a tiny word, we sure have a hard time uttering it, and yet it can be the most freeing thing we do. By intentionally choosing to not overcommit, we are putting precedence on enjoying our lives (and



JUST WRITE MOM

DANIELLE SULLIVAN

our kids!) more.

Do the same for your children. Give your child recreational activities, but don't sign him up for so many obligations that he has no downtime after school and on weekends. Children need time to recharge, as well as opportunities to do nothing. This is how creativity is cultivated. It's also how children learn to restore themselves and learn to be who they are.

Enjoy the little things. You know how you were rushing to get to school or work, but your toddler wanted to look at the beautiful flower in the neighbor's yard or the ants gathering on the piece of candy on the ground? These seemingly insignificant things can become some of the most-cherished moments. Humans were not made to live life at a frenetic pace. Ever notice how when you are at a beach or in a park, or somewhere else enjoying nature, that your stress levels decrease? Our children are very good at this. Take their lead.

Enjoy leisurely activities together. Schedule art time or story time and then be fully present during these special moments. Turn your phone off. Don't half-listen. Be thoroughly and fully engaged.

Don't rush milestones. So what if your friend's baby can speak in full sentences or is potty trained? Stop worrying about when or if your child will do certain things and just let him be. Every single human on earth is different, and we need to embrace this. Our child's unique ways should be respected and celebrated.

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

Misbehaving kids?

Dr. Marcie Beigel's new book could be the solution

BY ALLISON PLITT

Do you have a child with a behavioral problem that you have been unable to change? Perhaps you have a child that has a habit of hitting. Maybe you have a kid who constantly whines. Or possibly, you have child who has trouble answering questions and acts apathetic when asked for an opinion.

If these frustrating scenarios sound familiar to you, it would be worth your while to read "Love Your Family Again: The Guidebook for Becoming the Parent of Your Dreams," by best-selling author Dr. Marcie Beigel, whom NY Parenting readers know for her monthly column Behavior Therapy. With a specialty in "behavior," Beigel is a board-certified behavior analyst-doctorate, and has two master's degrees as well as a doctorate from Teachers College, Columbia University.

Beigel sees her book as a reference guide for families whenever misbehavior arises. In it, she provides three essential keys "to unlock solutions for behavioral problems:"

- Speak with purpose, as words matter.
- Do more, as actions count.
- Choose honey, as perspective is powerful.

Although Beigel knows her book "cannot replace individualized supervision, counseling, and personalized support," she believes parents will find it useful because "the strategies are general and the concepts broad." Beigel also reminds her readers that she uses the term "small beings" when referring to children "to remind us that we are all human and deserve respect."

Speak with purpose, words matter

Beigel thinks children know when parents do not follow through on their word, so it is important that caregivers only give instructions when they are "ready to enforce compliance." If you tell your children what actions you want to see, then they can clearly follow directions.



Dr. Marcie Beigel

As an example, Beigel outlined a scenario of a 4-year-old boy who had a habit of hitting, which she describes as a "defensive instinct." Recommending that parents stop constantly telling a child to not hit, she suggested the parents keep track of when and where the hitting was occurring. With this information, the parents could then recognize a behavioral pattern and intervene at appropriate times to prevent their child from hitting in the future. Beigel also presented various reasons for why a child misbehaves.

In the first instance, every time the child hit, he received individualized attention from adults. By tracking that the boy was alone for a while before he started hitting, it became obvious that he was misbehaving for attention. As a result, the parent was able to time when it was necessary to intervene and give the boy the attention he needed before he started to hit.

The second reason for misbehavior was if the child was hitting to escape. Beigel gives an example of a birthday party that became too chaotic for the child. Before the child had the chance to hit, the parent would intervene and give the child a break

from the scene.

Sometimes a small being hits because he likes the feeling of the pressure against his skin. In this instance, the parent must let the child know "that hitting is never fun, funny, or playful." Parents can teach their kids to hit a ball or engage in clapping games to demonstrate when hitting is appropriate.

Do more, actions count

Beigel gives an example of a small being who whines because "he is not in a calm mental state." The child whines often "as a regular form of communication because it works for him." If the boy does not get what he wants quickly or at all, he may find that whining will get him attention and even control.

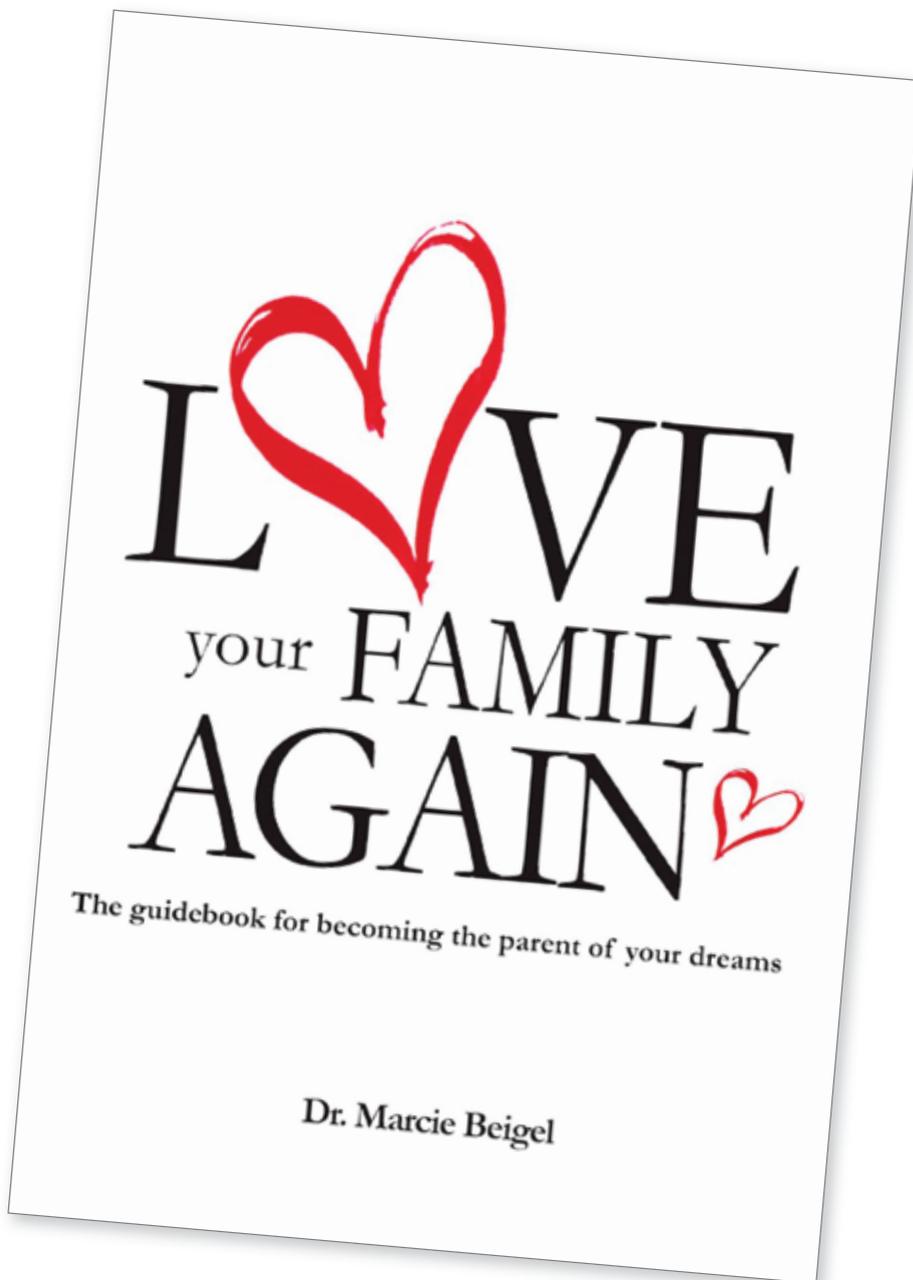
To correct this small being's behavior, Beigel recommends parents stop providing the child with attention for whining and "start providing attention for good behavior (proper, kind, polite, appropriate) communication."

With a plan in place, parents should let their child know that he needs to speak "in a full, beautiful voice." They will not respond to him if he whispers, whines, or yells. If the child does not meet these expectations, the parents can ask the child to repeat his sentence until he speaks in a regular voice.

This new way of speaking is called replacement behavior. Parents should remind their child of this new replacement behavior about three times a day. If a parent does not provide a replacement behavior, one negative form of acting will be replaced by another.

The longer the child has been whining, the longer it will take to replace or remove it. If your small being has been whining for three or four years, it may take several months until he stops the negative behavior. If he has suddenly started to whine, it may take only a few weeks to eliminate his misbehavior.

When the child finally does speak in an appropriately toned voice, parents should celebrate this achievement. Any improve-



ments in behavior should be recognized and serve as an impetus for better behavior in the future.

Choose honey, perspective is powerful

Beigel believes that if parents repeat expectations every time an event begins, they will spend less time correcting their children later on. When parents first start a behavioral program, small beings should be praised for even their smallest steps of improvement.

When parents talk about their children, they should stop complaining about their negative behavior and speak about their children in a positive tone of voice. Beigel reminds parents that they should not take misbehavior personally, as “kids do not act out to make their parents miserable.”

If a parent feels overwhelmed by their child’s misbehavior, they should break down their action plan into small enough steps to make it achievable. Beigel encourages parents to create a log of their child’s improvements, which they should refer to when they start to feel discouraged.

Beigel gives an example of an 8-year-old girl named Chloe who “found it very challenging to make decisions.” Although she acted like she didn’t care, Beigel realized that Chloe cared very much. The small being needed help but did not know how to get it. Beigel observes, “This is a child who expects to fail. She expects to get into trouble and mess up.”

As the girl’s therapist, Beigel found out that Chloe had “older siblings with lots of

If parents behave negatively, children will follow that behavior.

opinions and often told her that her ideas were stupid.” In contrast, whenever Chloe answered a question, Beigel celebrated her answers. After receiving much positive feedback to her responses, Chloe slowly started to say what she wanted to do.

As Beigel recalls, “My enthusiasm for her ideas brought out her opinions. She always had them but was hiding them. Now she was able to make her voice be heard.”

Another exercise Beigel uses with her apathetic clients is something the whole family can participate in. Have your child stand up with her hands on her hips and her feet apart in a “classic Wonder Woman” pose. Have the child repeat saying, “I am amazing.” Set up a timer and have your small being repeat this phrase over and over until the timer goes off.

While this exercise does sound a “little silly,” it does change how small beings feel about themselves. Beigel says numerous research studies “support how physical shifts can create psychological and physical changes. It is hard to get into trouble when you believe that you’re amazing.”

Parents as role models for good behavior

As a role model to your children, parents should not gossip or complain about everything to their small beings nor respond to them sarcastically. If parents behave negatively, children will follow that behavior.

Furthermore, parents should not tolerate mean behavior, and should let their children know if they do not behave kindly. Parents should let their small beings know that there are expectations as well as consequences for polite and rude behavior.

Most importantly, Beigel writes, “Teaching small beings to have outstanding behavior requires ongoing attention. The best way to ensure you stay on track is to make monitoring behavior a daily habit. Don’t wait to be reactive. Use these tools in your family every day. Small steps every day make all the difference.”

Allison Plitt is a frequent contributor to this publication and lives in Queens with her 12-year-old daughter.

Calendar

APRIL



File photo by Paul Martinka

It's cherry blossom time

Come celebrate Sakura Matsuri the weekend of April 28 and 29 at the Brooklyn Botanic Garden.

You know it's spring when the pink, peaceful cherry blossoms bloom at the garden.

Officially known as "Hanami," the garden's beautiful 220 cherry trees — the largest collection outside of Japan — are expected to start blooming around April 2, reaching their peak around May 1, just in time for the garden's spectacular weekend-long celebration of Japanese culture, food, dance, and music that's always one of the season's biggest bashes.

Sakura Matsuri on April 28 and 29, 10 am to 6 pm. Tickets \$25, \$20 for seniors and students, and free for member and children under 12.

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

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

Calendar

Submit a listing

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

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

SUN, APRIL 1

IN BROOKLYN

Freshwater Fishing: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Noon to 1:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Urban Park Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. You can try to hook a pumpkinseed sunfish, carp, or chain pickerel. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

Easter Sunday Funday: Memories Event Space, 515 Evergreen Ave.; (347) 941-2285; Bookings@memorieseventspace.com; Memorieseventspace.com; 1 pm to 3 pm; \$40 per child.

Activities include face painting, magic show, balloon twisting, bubble show, live animals, meet and greet with the Easter Bunny, arts and crafts, and snacks.

MON, APRIL 2

IN BROOKLYN

Spring Break: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; noon to 5 pm; Free (fee for carousel ride).

Nature Exploration, Discovery Pack, Bird Nerd Game Hour, Animal Encounter, Nature on the Go!, Carousel Rides, Children's Corner and celebrate the start of spring with a first ride of the year on the Park's beloved 1912 carousel.

Kids Week – Insect Exploration: Salt Marsh Nature Center, 3302 Avenue U at Stuart Street; (718) 421-2021; 1 pm to 2:30 pm; Free.

Take the kids to the park to enjoy a family-friendly, guided hike filled with learning activities. You never know what you may observe on these bug exploration hikes lead by the Urban Park Rangers.



Tuffy Tiger in the Slope

Fifth Avenue in Park Slope comes alive with Tuffy Tiger at Family Day on April 28.

The event is filled with music, arts and crafts, games, and Tuffy Tiger, too! Activities include tote decorating, spin art, football toss, and puppet making.

Family Day is sponsored by the Fifth Avenue Business Improvement District of Park Slope and will host visits by the 501st Empire City Garrison, Em-

pire Saber Guild, and performances by Tuffy Tiger himself. Spin the prize wheel to win a free autographed copy of Tuffy Tiger's new album, *Songs & Music For Me!*

Tuffy Tiger Family Day, April 28 from 11 am to 3 pm. Admission is free, however, there is a \$2-\$5 activity fee that includes various crafty events.

Near the Old Stone House [Fifth Avenue at Fourth Street in Park Slope, (718) 768-3703; www.puppetryarts.org].

Spring cleaning!: Lefferts Historic House, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; www.prospectpark.org; 2 pm to 4 pm; \$3.

Join Prospect Park Alliance at the Lefferts Historic House to help prepare for spring! Wash clothes, spread wood chips, rake leaves, and enjoy more spring cleaning fun. Participants will be rewarded with fresh apple cider.

TUES, APRIL 3

IN BROOKLYN

Spring Break: noon to 5 pm. Prospect Park Audubon Center. See Monday, April 2.

Kids Week – Sea Shore Exploration: Salt Marsh Nature Center, 3302 Avenue U at Stuart Street; (718) 421-2021; 1 pm to 2:30

pm; Free.

Take the kids to the park to enjoy a family-friendly, guided hike filled with fun learning activities. You never know what you may observe on these sea shore explorations lead by the Urban Park Rangers.

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

Fort Greene holds an important place in the history of the colonies and the American Revolution. Learn about the traditions, dress, and games of the colonial people and Native Americans who lived in this area of Brooklyn centuries ago.

Spring cleaning!: 2 pm to 4 pm. Lefferts Historic House. See Monday, April 2.



Step up with Step Afrika

Step it up with a dance performance by Step Afrika at the Kumble Theatre on April 28.

With its origins in African-American fraternities and sororities, stepping is known for its intricate, synchronized patterns of stomps, kicks, claps, and call-and-response. As the world's first professional company dedicated to this art form, the dancers of Step Afrika! use their bodies as instruments, integrating stepping

with African traditional dance and other dance forms to create a high-energy, sharply choreographed, and incredibly entertaining performance.

"Brooklyn Center for the Performing Arts presents: Step Afrika!" April 28, 3 pm and 8 pm. \$35 all seats. Suitable for all ages

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

WED, APRIL 4

IN BROOKLYN

Spring Break: noon to 5 pm. Prospect Park Audubon Center. See Monday, April 2.

Spring cleaning!: 2 pm to 4 pm. Lefferts Historic House. See Monday, April 2.

THURS, APRIL 5

IN BROOKLYN

Spring Break: noon to 5 pm. Prospect Park Audubon Center. See Monday, April 2.

Kids Week – Campfire Campfire Activities: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 1 pm to 2:30 pm; Free.

Join us in Fort Greene Park for campfire activities! Learn about campfire safety, and sing along to some fun campfire songs with the Urban Park Rangers.

Spring cleaning!: 2 pm to 4 pm. Lefferts Historic House. See Monday, April 2.

FRI, APRIL 6

IN BROOKLYN

Spring Break: noon to 5 pm. Prospect Park Audubon Center. See Monday, April 2.

Kids Week – Scavenger Hunt: Salt Marsh Nature Center, 3302 Avenue U at Stuart Street; (718) 421-2021; 1 pm to 2:30 pm; Free.

School is out! Get outside and get excited. With the Urban Park Rangers as your guide, use all of your senses to explore the park as we search high and low for clues. Nature scavenger hunts are a great way to connect to the natural world and get moving outside.

Spring cleaning!: 2 pm to 4 pm. Lefferts Historic House. See Monday, April 2.

SAT, APRIL 7

IN BROOKLYN

Opening Day Parade: Long Meadow Ball Field 1 Prospect Park, Prospect Park West and 14th Street; 10 am to 2 pm; Free.

Enjoy the parade and a 1860s Exhibition Baseball Game Join Prospect Park Alliance and the Prospect Park Baseball Association for this beloved community event. More than 1,000 youth league players will parade down Seventh Avenue in Park Slope, led by local marching bands and civic leaders, to the Long Meadow Ball Fields, where ceremonial first pitches will be thrown to start the season. Starting at 11 am, enjoy an 1860s exhibition game with the Brooklyn Atlantics, bedecked in historic uniforms and gear.

Opening Weekend Fair: Prospect Park, Bartle Pritchard Square entrance; 11 am to 3 pm; Free.

After the Opening Day Parade, join the Alliance and community partners for music, activities, and food the whole family will enjoy.

Prospect Park Scavenger Hunt: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Noon to 3 pm; Free.

Join Prospect Park Alliance and Urban Archive for a historical scavenger hunt of Prospect Park in celebration of Opening Weekend! Participants of all ages can join as a team or individuals, and explore this 151-year-old park, locating historic landmarks and racking up points. Participants will need at least one team member with an iPhone (iOS 10.0 and up) and the Urban Archive App. Wear comfortable walking shoes. Prizes will be awarded to the top three teams! Advanced registration required.

Bird watching: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Noon to 1 pm; Free.

prospectpark.org/audubon; Noon to 1 pm; Free.

Join Prospect Park Alliance on a bird-watching walk and learn about Prospect Park's magnificent array of birds and how to identify them!

Made By Hand Markets – Spring Edition: Old First Reformed Church, 729 Carroll St., (347) 551-6735; info@madebyhandmarkets.com; www.madebyhandmarkets.com; 1 pm; Free.

Made By Hand Markets is a well-curated series of markets highlighting the best in handmade and design artisans in the fields of fashion, jewelry, accessories, art, home and lifestyle goods. Come and shop with us and support the local economy. Our markets are free to enter and open to all. We are also wheelchair accessible and restrooms are available for visitors!

Story time with Adam Gidwitz: Brooklyn Public Library's Central branch, 10 Grand Army Plaza between Eastern Parkway and Flatbush Avenue; (718) 230-2100; 4 pm; Free.

Books are Magic hosts this special reading event with the author's new book, "The Unicorn Rescue Society."

Family Fun – Broadway Jazz Adaptive Dance: Mark Morris Dance Group, 3 Lafayette Ave. between Nostrand and Bedford avenues; (718) 624-8400; julie.mmdg@gmail.com; www.markmorrisdancegroup.org; 4:30 – 5:30pm; : \$25/Family of 1-3, \$30/Family of 4+, maximum of 6 per family.

Explore classic songs and dance moves from the bright lights of the Broadway stage. In honor of Autism Awareness Month, this class is specifically staffed and designed to welcome participants with both physical and developmental limitations.

Campfire Conversation: Lefferts Historic House, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway; (718) 789-2822; prospectpark.org/campfire. www.prospectpark.org; 7 pm to 8 pm; \$3.

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

Join Prospect Park Alliance and the Brooklyn Public Library around the campfire for the first Campfire Conversation of 2018! Please register in advance.

SUN, APRIL 8

IN BROOKLYN

National Unicorn Day: Books Are Magic, 225 Smith St. at Butler Street; 1 pm; Free.

Two authors discuss their books — Kamilla Benko's "The Unicorn Quest" and Jessie Sima's "Not Quite Narwha" — to celebrate the day.

"The Secret Garden": BAM Peter Jay Sharp Building, 30 Lafayette Ave. between Ashland Place and St. Felix Street; www.bam.org; 2 pm; \$10 (\$7.50 members; \$7 children under 12).

BAMcinématek curates a selection of international, independent, and classic movies perfect for film-going families. The spring season includes an adaptation of this literary classic. Recommended for kids ages 8 and up.

FRI, APRIL 13

IN BROOKLYN

"A": FiveMyles, 558 St. John's Pl. between Classon and Franklin avenues; (718) 783-4438; abytajisr@gmail.com; www.fivemyles.org; 7 pm; Free.

A 16-year-old named A is at war, battling herself and the world around her. She takes comfort in her relationship with God, and her patient and compassionate friend who offers her stillness and a listening ear. But just as she thinks she's finally come to understand her own existence, God goes missing, leaving A to confront an antagonistic narrator whose true identity may lead her to the peace she so desperately hopes to find. Written and performed by Taj Senior.

SAT, APRIL 14

IN BROOKLYN

Bird watching: Noon to 1 pm. Prospect Park Audubon Center. See Saturday, April 7.

Discovery Hike— Forensic Forest: Canarsie Park, Seaview Avenue and E. 91st Street; www.nycgovparks.org/events; 1 pm to 2:30 pm; Free.

Search for signs of spring along this round-trip hike and discover clues that nature has left behind. This hike will be approximately one hour long and is suitable for children aged 6 and older.

"I Am Tango" by Tango Lovers: On Stage at Kingsborough, 2001 Oriental Blvd. at Oxford Street; (718) 368-5596; info@tangelovers.com; www.onstageatkingsborough.org; 8 pm; \$32.

With an ensemble of 24 world-renowned



New York City Parks / JM, Pinchney

Be on the hunt for fun

Children hunt for fun during Kids Week at the Salt Marsh Nature Center on April 6.

Let the Urban Park Rangers be your guide, and use all of your senses to explore the park and search high and low for clues. Nature scavenger hunts are

a great way to connect to the natural world and get moving outside.

Kids Week: Scavenger Hunt on April 6 from 1 pm to 2:30 pm. Free.

Salt Marsh Nature Center [3302 Avenue U in Marine Park, (718) 421-2021; www.nycgovparks.org/events].

professionals, World Tango Dance Champions, and acclaimed prodigies, "I am Tango" by Tango Lovers presents a distinctive perspective of tango by staging its artistic evolution over time. The genre is represented by a central character named Tango, who transits through different ages and cultures evolving with the passing of the years while maintaining the essence of the music that made its mark all over the world.

SUN, APRIL 15

IN BROOKLYN

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.

In this drop-in workshop, 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 for as long as you'd like!

SAT, APRIL 21

IN BROOKLYN

Farmhouse Family Day: Wyckoff Farmhouse Museum, 5816 Clarendon Rd.; (718) 629-5400; www.nycgovparks.org/events/2017/12/16/farmhouse-family-day; 11 am to 3 pm; Free.

Drop in and explore New York City's oldest house. Arrive by 1 pm for a unique hands-on making activity. Seasonal activities inside the historic house and around the gardens include scavenger hunts, artifact investigation, gardening, self-guided exploration, and hands-on activities. Family Day is open to everyone. Activities are designed for families with kids ages 4 to 10. Children must be accompanied by an adult. No reservation required.

National Grid Earth Day Celebration: Weeksville Heritage Center, 158 Buffalo Ave.; (718) 951-4600; marketing@brooklyncenter.org; www.brooklyncenter.org/buy-tickets/calendar-of-events/view/11th-annual-National-Grid-Earth-Day-Celebration; 2 pm; Free.

Calendar

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

Now in its 11th year, the National Grid Earth Day Celebration is designed to educate families on how they can play a role in caring for the Earth and creating a more sustainable future. Fun for the whole family, the event will include interactive family activities, experiential learning games, culinary demonstrations, and live performances.

SUN, APRIL 22

IN BROOKLYN

Annual Brooklyn Baby and Family Expo:

501 Union and the Green Building, 501 Union St.; www.eventbrite.com/e/the-2018-brooklyn-baby-family-expo-tickets-41563984998; expo.achildgrows.com; 11 am – 3:30 pm; \$10–130.

Join us for the sixth annual Brooklyn Baby and Family Expo. This is a family-friendly event for expectant, new, and seasoned parents (of children up to age 8) and will be a day of fun and education, where participants can interact with other parents, exhibitors, and experts. Exhibitors will showcase products and services covering all phases of life as a parent of young children!

Earth Day Reflections and Artists

Talk: Smack Mellon, 92 Plymouth St.; 11:30 AM; Free.

Celebrate Earth Day with a late-morning reflection with artists Summer Wheat and Lina Puerta on the closing day of their solo exhibitions.

Earth Day Celebration: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287–3400; www.prospectpark.org/audubon; 1 pm to 4 pm; Free.

Join Prospect Park Alliance at the Audubon Center for our annual Earth Day celebration. Enjoy activities from the Department of Environmental Conservation, Urban Park Rangers, NYC Parks Wildlife Unit, NYS Sanitation, and Prospect Park Alliance Natural Resource Team. RSVP required.

“The Breadwinner:” BAM Peter Jay Sharp Building, 30 Lafayette Ave. between Ashland Place and St. Felix Street; www.bam.org; 2 pm; \$10 (\$7.50 members; \$7 children under 12).

In this Oscar-nominated animated film, a young girl living under Taliban rule embarks on an epic quest. Recommended for children ages 11 and up.

TUES, APRIL 24

IN BROOKLYN

Stomp, Clap, and Sing with Little

Miss Ann and Suzi Shelton: Brooklyn Public Library’s Central branch, 10 Grand Army Plaza between Eastern Parkway and Flatbush Avenue; (718) 230–2100; 11 am; Free.

Sing and dance along when these two award-winning children’s performers,



Stomp, clap, and sing

Stomp, clap, and sing with Little Miss Ann and Suzi Shelton at the Brooklyn Public Library’s Central Branch on April 24.

Sing and dance along when these two award-winning children’s performers — Brooklyn’s own Suzi Shelton and Chicago’s Little Miss Ann — play together. Suzi will be singing songs from her latest family album, *Smile in My Heart*, “a feel-good for everybody” collection of original and traditional songs, as well as new songs from her upcoming release.

Stomp, Clap, and Sing with Little Miss Ann and Suzi Shelton on April 24, 11 am. Free.

Brooklyn Public Library’s Central branch [10 Grand Army Plaza, between Eastern Parkway and Flatbush Avenue in Prospect Heights, (718) 230–2100; www.brooklynpubliclibrary.org].

Brooklyn’s own Suzi Shelton and Chicago’s Little Miss Ann, play together. Suzi will be singing songs from her latest family album, *Smile in My Heart*, “a feel-good for everybody” collection of original and traditional songs, as well as new songs from her upcoming release.

FRI, APRIL 27

IN BROOKLYN

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

Join Prospect Park Alliance this Arbor Day for games, crafts, and an exhibit on Brooklyn’s last remaining forest, Prospect Park!

SAT, APRIL 28

IN BROOKLYN

Junior League of Brooklyn’s Belle & Beau of The Ball 10th Anniversary: PS 161, The Crown School, 330 Crown St.; (917) 710–8118; belle@brooklynleague.org; brooklynjuniorleague.org; 9 am; Free.

Are you a teen in need of a dress or suit for the prom or graduation? Come join us at our annual prom attire giveaway, where you can get your attire completely free.

Sakura Matsuri 2018: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern

Parkway; (718) 623–7220; www.bbg.org; 10 am to 6 pm; \$25, \$20 for seniors and students, free for children under 12 and members.

Sakura Matsuri offers more than 60 events and performances that celebrate traditional and contemporary Japanese culture. The festival celebrates the Japanese cultural tradition of enjoying each moment of the cherry blossom season.

Tuffy Tiger’s Family Day in Park

Slope: Near the Old Stone House, Fifth Avenue at Fourth Street; (718) 768–3703; www.puppetryarts.org; 11 am to 3 pm; Admission free (Plus \$2–\$5 activity fee).

It’s a day filled with music, arts and crafts, games, and Tuffy Tiger! Activities include tote decorating, spin art, football toss, and puppet making. The event is sponsored by the Fifth Avenue BID of Park Slope and will host visits by the 501st Empire City Garrison, Empire Saber Guild, and performances by Tuffy Tiger himself. Spin the prize wheel to win a free autographed copy of Tuffy Tiger’s new album *Songs & Music For Me!*

“Brooklyn Center for the Performing Arts presents Step Afrika!”: Kumble Theater at Long Island University, DeKalb and Flatbush avenues; (718) 488–1624; lilli@michelletabnickpr.com; www.kumbletheater.org; 3 pm and 8 pm; \$35.

Stepping is known for its intricate, syn-

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

chronized patterns of stomps, kicks, claps, and call-and-response. As the world's first professional company dedicated to this art form, the dancers of Step Afrika! use their bodies as instruments, integrating stepping with African traditional dance and other dance forms to create a high-energy, sharply choreographed, and incredibly entertaining performance.

FURTHER AFIELD

Run for the Wild: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; 8 am; Registration for the run is \$50 for adults, \$40 for children (ages 3-15), and \$40 for seniors (ages 65 and up). All WCS members receive a discount on registration. All adult (and senior) participants are required to raise a minimum of \$35 in order to participate.

Runners and walkers will be participating on behalf of the five species of big cats identified as priority species for conservation — cheetahs, jaguars, lions, tigers, and snow leopards. Run for the Wild participants are encouraged to fund-raise and seek individual sponsors for their effort. The price of registration includes parking and general admission to the Bronx Zoo on the day of the event. Total Experience Ticket upgrade is available on site. Registrants can choose from two different events. The 5K run for individual runners will begin at 8 am; casual runners and walkers can take part in the Family Fun Run/Walk at 8:45 am.

SUN, APRIL 29

IN BROOKLYN

Sakura Matsuri 2018: 10 am to 6 pm. Brooklyn Botanic Garden. See Saturday, April 28.

Family Fun with Suzi Shelton: Jalopy Theatre, 315 Columbia St. between Hamilton Avenue and Woodhull Street; (718) 395-3214; www.jalopy.biz; 11 am; \$5 kids, \$10 adults, \$25 family.

Join the local music sensation and special guests for a heart-warming monthly family show! Sip on a coffee or Bloody Mary while your little one delights in the show, and then head next door to the Jalopy Tavern for brunch. Hear new songs from her upcoming album, meet new friends, and have a grand ol' time!

FURTHER AFIELD

March of Dimes' March for Babies: Lincoln Center area, Columbus Avenue between W. 65th and W. 62nd streets, Manhattan; <https://www.marchforbabies.org>; 8:30 am (10 am); Registration fees.

Nearly half a million babies are born premature or with birth defects in the United States. March of Dimes is hosting its annual March for Babies to raise funds and spread awareness. Join in with family, friends, corporate partners, and supporters and take



Celebrate Mother Earth

Come and give Mother Earth a hug at the National Grid Earth Day celebration on April 21.

Now in its 11th year, the celebration is designed to educate families on how they can play a role in caring for the Earth and creating a more sustainable future.

The event includes interactive activities, experiential learning games, culinary demonstrations, live performances, healthy eating and lifestyle cooking demonstrations, fire prevention demonstrations by the New York City Fire Department, puppeteer Ronny Wasserstrom's Playdate Puppets, martial arts demonstration by TMC Martial

Arts, a mobile library unit from the Brooklyn Public Library, an instrument building workshop using recycled and reused materials by educational performance group Bash the Trash, face painting, interactive storytellers, and more.

Educational materials and give-away items highlight the need for conserving energy and recycling in the home.

Earth Day Celebration, April 21 at 2 pm to 5 pm. Free.

Weeksville Heritage Center [158 Buffalo Ave. in Crown Heights; (718) 951-4600; www.brooklyncenter.org/buy-tickets/calendar-of-events/view/11th-annual-National-Grid-Earth-Day-Celebration].

to the streets to walk in support of moms, dads, and babies. The walk is approximately three miles.

LONG-RUNNING

IN BROOKLYN

Environmental Ed Center Open: Environmental Ed Center at Brooklyn Bridge Park, Washington Street and Plymouth Street; www.brooklynbridgepark.org/events/ed-center-open-hours; 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-foot scale model of Brooklyn Bridge Park, crafts, a reading corner, and much more!

Block Lab: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Thursdays, 2 pm to 5:30 pm, Fridays - Sundays, 10 am to 1 pm, until Sun, April 29; Free with museum admission.

Visitors of all ages can develop spatial reasoning, engineering, and language skills through block play, which will now include an assortment of language blocks in Spanish, English, Hebrew, French, and American Sign Language.

Totally Tots: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays, Wednesdays and Fridays - Sundays, 10 am to 4:30 pm, Thursdays, 10 am to 5:30 pm, until Sun, April 29; Free with museum admission.

This pint-sized paradise is designed for the youngest visitors, featuring nine different sensory play areas including water, sand, music, dress up, blocks, and more. Totally Tots is for children from birth to age 6. In Little Maker Space art studio children to explore techniques, materials, and ideas through art-making. Kids build fine motor skills, engage in sensory exploration, and learn how to share with others in this space where there's no such thing as a bad mess!

The Discovery Room: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; Saturdays and Sundays, 11 am to 3 pm, until Sun, April 29; Free with admission to the zoo.

This whimsical play space is designed to connect our youngest visitors with nature and to help them build a conservation ethic that lasts a lifetime. Interact with animals, conduct a pretend vet check-up, or get the scoop on poop. It is occasionally closed for private events. We apologize for any inconvenience.

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 4:45 pm, until Sun, April 29; Free with museum admission.

This inclusive space is where children of all abilities can engage with their peers and explore their senses. Sessions in the space are balanced between self-guided exploration of the space and a facilitated program by one of the museum's Educators. 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. All are welcome in this space, please let the Educator present know if your child has particular needs or sensitivities.

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

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

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

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

March for Babies

Walk for babies, walk for families, and raise awareness and funds at the annual March for Babies, hosted by the March of Dimes, on April 29 on the Upper West Side.

Nearly half a million babies are born premature or with birth defects in the United States, and March of Dimes is hosting its annual walk to spread awareness and raise funds for these infants and their families.

Join in with family, friends, corporate partners, and supporters, and take to the streets to walk in support of moms, dads, and babies. The Walk is approximately three miles long. Pre-registration is required, and strollers are welcome.

March for Babies on April 29, sign in at 8:30 am, with walk beginning at 10 am.



Registration fees apply.

Lincoln Center area (Columbus Avenue between W. 65th and W. 62nd streets on the Upper West Side); www.marchforbabies.org.

and older.

FURTHER AFIELD

"Frozen" on Broadway: St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; frozenthemusical.com; \$100 and up.

A musical worth melting for! If you loved the movie "Frozen," you'll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there's the classic song "Let It Go," plus many new numbers for this production.

New York International Auto Show: Jacob Javits Center, 11th Avenue between W. 34th and W. 40th streets, Manhattan; www.autoshowny.com/tickets; Mondays - Saturdays, 10 am to 10 pm, Sundays, 10 am to 7 pm, until Sun, April 8; \$17 (\$7 children under 12).

Come on down and get a gander at the latest in automotive trends; take the opportunity to sit behind the wheel and experience the newest models and current models in motoring.

Annual Scholastic Art & Writing Award Exhibition: The Metropolitan Museum of Art's Ruth and Harold D. Uris Center for Education, 1000 Fifth Ave., Manhattan; alivingston@scholastic.com; artandwriting.org; Daily, 11 am to 6 pm;

until Tues, May 29; Free.

The nonprofit Alliance for Young Artists & Writers and The Metropolitan Museum of Art will hosting an opening reception for the fourth annual New York City Scholastic Art & Writing Awards exhibition at The Met's Ruth and Harold D. Uris Center for Education. The exhibition features more than 600 original works of art and writing from New York City-based Gold Key recipients in the 2018 Scholastic Art & Writing Awards, the country's longest-running and most prestigious award and recognition program for creative teens.

"Neverland: Peter Returns:" Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; www.cityparksfoundation.org; Tuesdays - Fridays, 10:30 am and 11:30 am, Saturdays and Sundays, 1 pm, \$12 (\$8 children).

The City Parks Foundation presents the original marionette play based on J.M. Barrie's iconic Peter Pan tales. This version is a spin on the beloved children's classic. Leaving their parents behind, the Darling children follow Peter Pan back home to Neverland for the adventure of a lifetime. When the cunning Captain Hook turns Peter's pals Tiger Lily and Tinker Bell against him, the children team up with the Never Boys to save the day, learning the value of forgiveness and friendship.

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New & Noteworthy

BY LISA J. CURTIS

Jumper for joy

With an impending royal wedding on the horizon, our attention is drifting toward Britain's adorable prince and princess, and finally, to the United Kingdom's kids clothing company, JoJo Maman Bebe, for a bit of classic spring style. JoJo Maman Bebe's latest collection is just as sweet as a smile from Prince George. We're particularly smitten with their sunny yellow jumper dress with a blue bird appliqued near the front hem. Available in sizes 6–12 months to 5–6 years, the dress is made from cotton twill and embellished with floral embroidery. Layer it over one of their blouses with a Peter Pan collar, and your little princess will be ready for the paparazzi (aka the grandmothers). For chilly early spring days, you'll want to scoop up JoJo Maman Bebe's cotton cardigan, also available in those sizes and in that happy shade of lemon. The sweater features blue bird intarsia, floral embroidery, and a swing shape. Tiaras are sold separately.

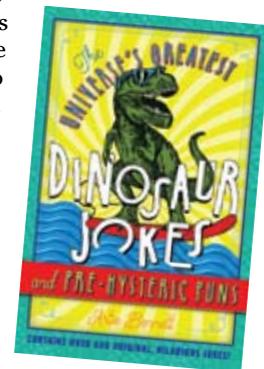
Girls' Bird Jumper Dress, \$44, Bird Cardigan, \$45, by JoJo Maman Bebe, jojomamanbebe.com.



Paleo humor

From the same Brooklyn author that penned the children's classic "Poopendous" comes a joke book that's ideal for the mini John Oliver in your life. "The Universe's Greatest Dinosaur Jokes and Pre-Hysterical Puns" (Sterling Children's Books) by Artie Bennett has paleo humor that will get the whole family — especially those members ages 5–12 — laughing. Exhibit A: "Which dinosaur was entirely sightless? Never-saur-us!" and "Why were Brachiosauruses so slow to apologize? It took them a long time to swallow their pride." Bennett's joke book is the Tyrannosaurus Rx we didn't know we needed in this turbulent moment in American history!

"The Universe's Greatest Dinosaur Jokes and Pre-Hysterical Puns" book by Artie Bennett, \$6.95, www.amazon.com.



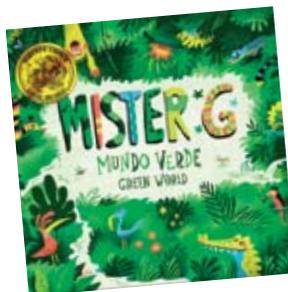
Crack the code

Children have to obediently follow instructions at home and school, but with a Kibo robot, they're giving the commands. Kids can begin to understand the basics of coding with Kinderlab Robotics' adorable Kibo Robot Kit. Recommended for budding software engineers — ages 4–7 — the toy arrives disassembled. Kids install Kibo's accessories, which allow him to move, see, hear, flash, and more. With the set of wood building blocks, children decide what Kibo will do: shake, turn left, flash a color, and more. They scan the bar codes on the building blocks, and watch the robot execute their blocks' commands. Created by Tufts Prof Marina Bers, Kibo allows kids to be creative, problem solve, and learn the basics of coding, without screen time. And for that, we give Kibo our kudos.

Kibo 21 Robot Kit, \$499, www.kinderlabrobotics.com.

Viva planet Earth!

Look no farther than Mister G's eighth children's album, "Mundo Verde/Green World" for a bilingual soundtrack to your 2018 Earth Day celebration. Circle April 22 on your calendar and use this date — and this rollicking album — to talk with your child about what your family does, and what more you can do to get out and enjoy nature and take care of "Pachamana/Mother Earth." Mister G debuted the songs from the album at the National Climate March in Washington, D.C., and they are a joyful ice breaker for opening a dialogue about our planet and its innumerable gifts, from "Agua/Water," to "Cuantos Peces/How Many Fish," to "Las Abejas/The Bees." The album is also an exuberant showcase of Latin American music styles (bomba, samba, reggae, and bossa nova) and the Spanish language; it features Santo Domingo-based merengue superstars 440 on "Gozar/Enjoy." And the final track, "Las Estrellas/The Stars," features Cuban-Mexican jazz



legend Arturo O'Farrill on piano!

"Mundo Verde/Green World" CD by Mister G, \$14.99, www.mistergsongs.com.



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