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NEW YORK Parenting

Brooklyn Family
August 2018

Where every child matters



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Halfway through summer

The summer is half gone and it never fails to amaze me how fast the weeks fly. Winter never moves that fast. Right?



Your kids may still be away at camp or more than halfway through their day camp season. My daughter is a director of a popular day camp that's all outdoors and these last weeks have been a nightmare for them coping with the rain issues, especially at dismissal time when they are struggling to get the kids on the right buses.

Along with the Fourth of July week, many families take the end of August for vacation when the camps close and just before school begins. It's been pretty nice locally, except for the recent rainy days, and there have been some really exquisite beach days.

We've been to the beach quite a lot and even had some great meals on the Brooklyn Brighton Beach Boardwalk on some balmy evenings. Wonderful Russian food! Friday nights they have fireworks at The Cyclones in Coney Island and you can see them nicely too in Brighton. Going to a game at The Brooklyn Cyclones is

a great event for families. Affordable and scaled down to be a perfect family outing, the F train takes you right there.

Minor league baseball is hardly minor. I've been very impressed with the renovations to the Boardwalk at The Rockaways. The NYC Ferries can take you there from many locations around the boroughs and they're lots of fun! It's a very popular destination this summer, and impressively

from my point of view they have closed a small section for the nesting of some very small but endangered birds called Piping Plovers. Their chicks are apparently the size of cotton balls. Isn't that adorable?

However you and your family spend the end of summer, I sincerely hope it's a safe and happy one.

Make the most of the still long days and all the outdoor activities that go with it. Tennis anyone?

Thanks for reading.

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Short Stuff

Books to encourage independence and creativity

These three charming interactive books from Gakken are popular in Japan. And they are now available for the first time in the U.S. They are

great for boosting skills over the summer. They are:

- Ideal for any-day play and quiet time.
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“I Can Do That! Erasable Art” by La ZOO

The illustrations of food, animals, clothing, and vehicles by La ZOO are designed to get little ones to use their imagination — and their fine motor muscles. Who wouldn't want to decorate their dream doughnut, or give a zebra it stripes? Wipe-off pages hold crayon beautifully and can be wiped clean easily with a paper towel so little artists can make their mark again and again. (Wet-erase and dry-erase makers also work on the pages.)

“I Can Do That! Origami”

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build focus, encourage children to follow sequential directions, and enhance fine motor muscles.

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hours. What's more, these value-packed pages help children ages 3 to 5 build problem-solving, number sense, fine motor, and reasoning skills while they play. Plus, the 350 reusable stickers in the book can be enjoyed again and again.

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Ten tips to flush out potty mouth

BY DENISE YEARIAN

At one time or another, parents may have to censor their child's speech. When cursing or other inappropriate language erupts from your child's mouth, consider these 10 tips:

1. Recognize developmental level. Children under the age of 6 think in concrete terms, so use simple statements like, "That's not a nice word; we don't say it." Kids over age 6 think in the abstract, so use it to teach why certain words are unacceptable.

2. Ask and explain. Don't assume your child knows the meaning of the word or its inappropriateness. Ask him, and then explain that it is offensive and could affect how others perceive and receive him.

3. Avoid overreacting. Some experts suggest ignoring the first offense, others say to address it immediately. Whatever you choose, stay calm and in control. Overreacting clues kids in that these are emotionally charged words, and they could use it to leverage attention.

4. Set guidelines. Establish boundaries on what is and isn't ac-

ceptable speech.

5. Opt for alternatives. Brainstorm acceptable words to use in place of expletives. Also, if he feels frustrated or angry, encourage him to take time for self-reflection.

6. Be mindful of media. Monitor the content of the TV shows and movies you allow in your home. Even if your child seems engrossed in another activity, if he's within earshot, he is hearing it.

7. Don't joke around. Resist the urge to laugh or video record him swearing, so you can upload it on social media sites. This sends a mixed message and reinforces bad behavior.

8. Be a good role model. If your child says, "You say it!" don't deny it, justify it, or set double standards. Admit your mistakes and agree to stop. What's more, if regular house guests have a propensity to swear, ask them to curtail cursing in your home.

9. Define consequences. If the problem persists, establish consequences and be consistent, i.e. put 50 cents in a jar for every offense.

10. Praise positive changes. If swearing was a problem and your child is now making an effort to stop, give praise when he expresses himself appropriately.

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



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NEW YORK
Parenting

Creative problem solving

Education reform to prepare kids for future challenges

BY DEBORAH BRADLEY-KRAMER

There has never been a greater need for education reform than the present moment. Educators and parents face an enormous challenge today in preparing present and upcoming generations for a rapidly changing and highly unpredictable future. In the next few decades, automation and artificial intelligence may make seemingly stable professions largely redundant. Changes to our climate may lead to sweeping migration and drastic transformation of economic production models. Technologies that seem cutting-edge and rich in opportunity may be entirely obsolete by the time today's kindergartner enters the job market. As a result, an educational model that was developed for the industrial era is likely to be entirely insufficient to the actual world our children and students will live in.

So how can we best prepare these children for the world they will inherit, whose parameters we can only guess at? The philosophy of education known as inquiry-based learning or phenomenon-based learning has been developed and applied with great success in countries such as Finland and Singapore that regularly score towards the top of global educational benchmarks such as the Programme for International Student Assessment.

Unfortunately, educators in U.S. schools often fail to teach our children how exciting and mesmerizingly beautiful the inquiry process can be — fixating on the destination rather than the journey of learning. If our nation's citizens are to acquire the skills necessary to remain competitive in an age of accelerating change, it is paramount that we urgently engage in a humanist approach to science, technology, engineering, and mathematics education reform to revolutionize our standings in the global knowledge economy.

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections. For example, a teacher may choose to extend an exploration of sustainable systems by challenging students to improve the overall energy efficiency of their own homes. A third-grader may tie together her under-

standing of energy loss, simple machines, and magnets to conceive of a device that will keep the door to the family refrigerator shut once and for all. Given the time to test, analyze, and redesign her invention, this child will not only have reduced her carbon footprint, but mom and dad's energy bill as well.

Now, imagine that your child attends a school where inquiry-based learning is encouraged. A first-grader is motivated by natural curiosity and asks: "Why are some ladybugs yellow?" Supported by enthusiastic interest from the rest of the class, the teacher orders several dozen ladybug eggs that the children raise in the classroom over the course of the next month. Your child and her classmates record observations of the ladybugs in interactive notebooks each day — watching as they hatch into some larvae, crystallize into some pupae, and emerge as adult ladybugs.

Together, the class develops a list of critical questions that they would like an-



swered. They form a variety of hypotheses that they test while they acquire and practice skills in measurement, mathematics, biology, and drawing that they need to record and analyze their data. Collaborative planning amongst your child's teachers results in supplemental activities involving reading, writing, engineering, multimedia design, visual and performance art, civil debate, public outreach, and much more.

Driven again, by the authentic interest of the class, the teacher facilitates a series of daily, mini-experiments. Does a ladybug prefer a wet or a dry habitat? What is the ideal temperature for a ladybug habitat? What is a ladybug's favorite food?

"But why are some ladybugs yellow?" one student asks again. As the insects begin to hatch, students see some yellow ladybugs, but then they switch to red. The students grapple with their observations in search of an explanation until finally, someone has the idea to put a hidden camera in the ladybug habitat. The following day, the teacher shows a video to the class that reveals a ladybug hatching from its pupae! Eagerly leaning forward, the class watches together and ... the new ladybug is yellow! Your child raises her hand to suggest skipping forward in the video and sure enough, the ladybug has turned red after several hours. Yellow ladybugs are just red lady-

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections.

bugs that have freshly hatched!

It is a different era, and we need fresh approaches to pedagogy and education. It is worth noting that in a 2013 study of Google employees, the seven most important qualities were: being a good coach, communicating and listening well, possessing insights into others, having empathy toward and being supportive of one's colleagues, being a good critical thinker and problem solver, and being able to make connections across complex ideas. These qualities are valuable in many fields

beyond technology.

A holistic approach to education creates minds able to rapidly acquire new modes of learning, develop new strategies, adapt to the needs of future quandaries, and fully explore their own passions. In this model, the individual interest and talents that make each child unique are not ignored, but rather, fully embraced in order to create a dynamic community of diverse learners. Autonomy, creativity, and lateral thinking are valued over rote memorization, creating students fluent in their ability to generate original ideas. Motivated not by grades, but by the natural curiosity that is present in every child, a humanist approach to education creates intrinsically motivated kids that simply love to learn.

A generation of creatively literate citizens is a non-negotiable requirement for future success. It is therefore important that students are taught how to teach themselves, how to define and solve their own problems, and how to work collaboratively towards meaningful goals; all skills that will empower them to become the innovators, leaders, and change agents of tomorrow.

Deborah Bradley-Kramer is MUSE Academy's Head of School. For more, visit <https://museacademybk.com>.

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Continued on page 14

Dillon Child Study Center

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Education Choices

DIRECTORY

Continued from page 12

fostered in all areas – physical, social, intellectual, and emotional – as he or she follows a unique pattern in the predictable sequence of growth. During the critical early childhood years, children learn to become secure, confident, self-directed persons who can understand their world through activities involving focused attention, observation, exploration, problem solving and cooperative action. The Dillon Center has spacious and sun-filled classrooms, as well as a large, grassy area where the children play and ride tricycles. When you visit, you won't want to leave!

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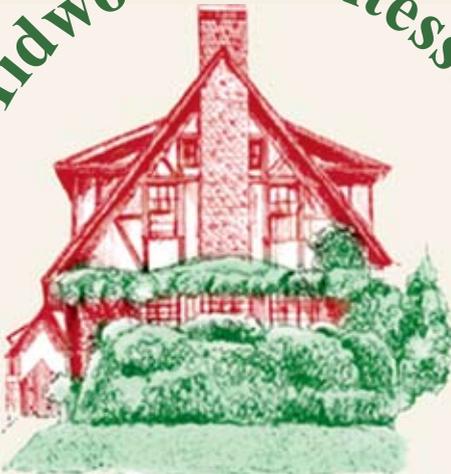
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Helping out

Benefits of volunteering at your child's school

BY MYRNA BETH HASKELL

Has your child's teacher asked for volunteers this year? If you have never offered your services, you may want to reconsider. Many elementary school teachers are eager to accept help from parents. Sometimes classes have as many as 25 or 30 students, and it can be a blessing to have an extra pair of hands. Even at the middle school and high school levels, parents are needed for a variety of reasons.

When my kids were still in school, I volunteered in many capacities, including Parent-Teacher Association president. My home office provided flexibility, which made it easier to find opportunities to help out during the day. However, there are plenty of ways parents can offer their assistance, even if they work during school hours.

Volunteering at your child's school will help your child as much as his teacher. He will realize that his education is just as important to you as it is to him. Having a relationship with school staff also makes it easier to address concerns or issues that may arise during the school year. It's a win-win for everyone.

Benefits of volunteering in the classroom

"Volunteering in your child's class gives you a delicious peek into your child's daily life," explains Dr. Eileen Kennedy-Moore, a psychologist, internationally published author of several parenting books, and co-author of the recently-released "Growing Friendships: A Kid's Guide to Making and Keeping Friends" (Aladdin-Beyond Words). "You'll be able to see how the teacher and students interact, pick up on the atmosphere in the classroom, and perhaps see a whole new side to your own child. Kids often behave very differently at school. Your chatbox at home may be on the quiet side at school, or your baby of the family may show an impressive degree of independence and resourcefulness in the classroom."

Christina Hibbert, founder of Motherhood Radio-TV and bestselling author of several books — including the award-winning "This is How We Grow" (Oracle Folio Books), says, "Volunteering can help you

Classroom volunteer etiquette

If you decide to volunteer, here is a short list of some dos and don'ts to consider:

- *Do* tell your child's teacher about any skills or hobbies you have.
- *Do* show up on time.
- *Do* refer to your child's teacher as Mrs. Smith (not Mary) in the classroom.
- *Do* wait for an appropriate time to ask about your child's progress (not in the middle of a messy art project).
- *Do* dress comfortably and appropriately.
- *Don't* ask for special favors.
- *Don't* overstay your welcome.
- *Don't* make a pest of yourself. (You are there to help out, not chat about a million other things.)
- When in doubt ... *ask!*

better understand your child's strengths and weaknesses, to see her at her best or at her not-so-best, and to get a feel for what she loves about school and where she might be struggling."

Better communication

By volunteering, I was able to have constructive conversations with my children about their school day. I was familiar with the daily class schedule, so I was able to ask the right questions. For instance, instead of the generic "what-did-you-do-in-school-today?" I would ask, "What was the topic for writer's workshop this morning?" Specific questions seem to generate an actual response instead of a vague, "Ah ... nothing."

Kennedy-Moore states, "Knowing more about your child's school environment is very helpful if your child doesn't usually tell you what's happening at school."

Communication with school staff might be easier as well.

"Volunteering can also help you build relationships with school personnel," Kennedy-Moore points out. "This can be useful for facilitating communication and addressing your child's needs."

Bonding aspect

Volunteering helps build strong relationships.

Hibbert elaborates, "Volunteering helps your child feel connected to you. As you participate in his world, he'll feel the love you have for him, and he'll know that you support him. Young children love to 'show off' their parent at school, because it makes them feel special having you there. You may also develop a stronger relationship with your child's teacher, and this will allow you to be more involved in your child's learning and progress in school."

Kennedy-Moore adds that your involvement at your child's school is also a catalyst for building community relationships.

"Volunteering also helps you get to know other parents who can be great sources of information about resources or opportunities for your child. Meeting other parents might even lead to family relationships that offer your child a special sense of connection to the school."

For those with less flexible work hours

Many parents don't have a flexible work schedule or the time to participate in classroom activities on a regular basis. If you want to volunteer, but your work schedule does not permit helping with activities in the class, ask your child's teacher if you can do something from home or attend evening activities and meetings.

"When my children were in elementary school, I worked a 45 to 55-hour work week," says Linda Witherwax, former Taconic Region PTA director in New York and current Volusia County Council PTA president in Florida. "What really helped me stay involved with my children's school was getting involved in the PTA." Witherwax believes this was a very good way to stay connected and to have updated information about what was going on at the school. "The principal attended all the meetings and talked about current issues and upcoming events. I got to meet other parents, which also helped me to stay connected and informed." She also suggests participating in evening events, such as back-to-school nights.

"If your work schedule gets in the way of



volunteering during the school day, don't worry! There are plenty of opportunities to pitch in on weekends or in the evening," says Kennedy-Moore. She suggests looking into the following:

- Administrative role to help with fundraisers.
- Organizational projects that can be done via e-mail.
- Doing a presentation about your career in your child's classroom on "Career Day."

Hibbert proposes volunteering for after-school activities.

"Perhaps you could be the team parent for after-school sports. You can volunteer at an after-school book fair or carnival, too." She also suggests helping with projects you can work on at home. "Teachers are usually more than willing to send home items you can help with, such as creating project pieces for school projects. You'll be pleasantly surprised by how many opportunities there are to volunteer after business hours."

Donations are always needed as well. "You can volunteer by donating needed classroom supplies or snack items," adds Hibbert.

Volunteering at the secondary level

When I was PTA president at my children's middle school, I was told that finding parent volunteers in secondary schools

is like finding a needle in a haystack. However, it's even more important that parents remain involved as their children get older. This is the time when things might go awry, and if there are problems, they certainly will be bigger ones.

It's important that teens understand that their parents are not "checking up" on them, but helping out, because they care about their teen's education and special interests.

Older students are capable of planning things on their own and running clubs. Therefore, you will probably be given a more supervisory type of role.

Witherwax claims that PTA is important at the secondary level as well.

"There seems to be so much more going on at the secondary level. There are often guest speakers from the district who share curriculum news."

At the high school level, there are usually student representatives talking about the specific events for each class, such as prom.

Joining booster clubs or serving as an advisor are great ways to show your support. I was the National Art Honor Society advisor when my daughter was in high school. I had a great rapport with the students, and my daughter was thrilled to have me volunteer in this capacity, because she knew that I also had an interest in art. It was a great way for me to share her love of fine art and meet other students with similar interests.

There are usually opportunities to volunteer at concerts, honor roll events, and sports events as well. At this level, students are usually from neighborhoods that are a greater distance away. So, an additional benefit is meeting the parents of some of the other teens whom you wouldn't have met otherwise.

Be sure to subscribe to the school's online newsletter or mass e-mails — if your teen is not talking about what is going on, you will still be informed.

"I had e-mail addresses for all my children's teachers," shares Witherwax. "E-mail was a popular means of communication with secondary teachers."

Studies show that your involvement in your child's school makes a difference at all levels. The cooperative alliance of parents and teachers who work together as a team is a formula for success. Find the time to get involved, and show your child how much you care about his education. Any level of participation is important. Your child can only benefit from your genuine interest.

Kennedy-Moore asserts, "Most importantly, volunteering at your child's school shows that you value education and care about helping to build the school community."

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



Five hobbies for you and your children

Hobbies are great tension busters, and they can also get creative juices flowing, which aids in stress reduction, mindfulness, and relaxation. In this respect, hobbies are not merely activities you can do when you have some free time, but rather, intended practices that foster good energy and usher happiness into your life.

More importantly, having hobbies has been shown to provide long-lasting and impactful health benefits, such as:

- Better brain health and less risk of dementia later in life
- Longevity and longer life
- Lower blood pressure
- Smaller waist circumference
- Lower body mass index
- More career and life success

The more we study biological health, the more we learn how much stress negatively impacts it, so just as we teach our kids to eat healthfully and exercise, we must teach our kids how to combat life

stressors. The best part is that we can learn new hobbies with our kids. Taking up a hobby with your child is a win-win situation and the bonding factor can often last throughout your lives.

Here are five hobbies that you and your child can enjoy. Each one provides its own unique approach to instilling peace and inspiration:

Crafting: From scrapbooking and pottery to crocheting and sewing, the benefits of crafting are many. First, they can aid in math skills, hand-eye coordination, and fine motor skills. Secondly, you have a finished product in the end. And you also can create beautiful memories and keepsakes through your masterpieces.

Gardening: Combining a physical activity with a project appeals to many. Gardening can be very physical with lots of stretching and bending, yet also less active — think of planting seeds in an egg carton on your windowsill. No matter which you choose, the benefits of bond-



HEALTHY LIVING

DANIELLE SULLIVAN

ing with nature are profound. Best of all, you can reap the rewards in the form of a delicious tomato or a gorgeous bouquet of flowers.

Bike riding or walking: If you're looking for a more active hobby, you can try walking or biking. These activities are easily accessible to most, require little to no training, and combine exercise with relaxation. Walking provides quiet time for in-depth talks. Often it is easier for kids to speak when you are engaging in an activity rather than sitting across the table from them. You can mix it up, too: If you want to get in a power walk, your child can bike alongside you.

Painting and drawing: Art is one of the purest means of expression that exists, and it can be enjoyed by nearly everyone. With just a few pencils or paintbrushes, you can get started. YouTube enables us all to become amateur artists. There are also learn-to-draw books of all kinds. Inexpensive supplies can be easily purchased at multiple stores either locally or online. Finished projects can be displayed all around the house ... or perhaps, even in local art shows.

Photography: It's all about perspective, and it's likely that your perspective is completely different than your child's. Photography helps capture a personal point of view. Best of all, you don't necessarily need to purchase a fancy camera to start out. You can very nicely capture beautiful photos on your phones. If photography becomes a greater interest, then cameras make great birthday presents.

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



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Feeding good

New cookbook aims to make meals easier for new moms

BY TAMMY SCILEPPI

Okay, it's time I came clean: When my sons were tots, I just didn't have the time, energy, or motivation for creative meal-making, or the know-how to prepare tasty baby- and toddler-friendly chow the old-fashioned way — from scratch.

Once my baby boys were introduced to solid food, they were fed every Gerber variety I could find on the supermarket shelf, along with other mushy staples, like mashed bananas, rice cereal, etc. As toddlers, they graduated to chunkier jar choices.

Isn't that what most moms — who weren't hippies — have been giving their youngins for decades?

I still talk about the mini food processor I bought many moons ago, during a passing make-my-own-baby-food phase. It's still sitting unused in the back of a kitchen cabinet.

Sure, my precious darlings always ate balanced, nutritious meals based on the recommended food groups ... that were hurriedly prepared when I came home

tired and stressed out from a long day at work. And, oh yeah, meatloaf was my specialty. We also ordered in a lot. I would tell myself that everything was made with lots of love. And that no one, including my hubby, went hungry.

Phew! So, now my secret is out there. And what a relief that I'm past those chaotic and exhausting years. Although I do feel sad that everything went by too quickly, and I didn't savor every single moment. I tried, but there was so much going on and life got in the way.

In these enlightened, organic times, many new parents enjoy making their own natural tot food and are committed to providing healthier options for their growing families. As their kids get older, most wouldn't be caught dead serving them oven- or microwave-ready frozen fish sticks with a side of tater tots and canned corn, or pasta with Ragu tomato sauce and salad for dinner, no matter how busy their day was.

My family survived despite my awkward attempts at cooking. And if you ask them today, they would probably say my lunch and dinner offerings were okay, but kinda

limited. In other words: B-O-R-I-N-G! Let's face it, the wow factor just wasn't there.

Recently, I came across a bunch of amazing, mouth-watering recipes from Queens author and mother of two, Aurora Satler. Her new collection of recipes "The Ultimate New Mom's Cookbook: A Complete Food and Nutrition Resource for Expectant Mothers, Babies and Toddlers" (Page Street Publishing) is specifically for pregnant and new moms. As a non-foodie, I have to admit that I was intrigued, and even wowed. I told myself, it was obviously too late for me, and sadly, my boys, now that they're making their own food choices. But nevertheless, I felt inspired by what I saw and thought: Perhaps I can make some of these attractive, healthy dishes anyway, 'cause everyone would love 'em — even my grown-up friends. So, I did, and they were a hit. The diverse recipes are easy to follow, and prep and cooking times aren't long.

Who could say "no" to brisket sliders with carrot cilantro slaw, or "our favorite fish tacos?"

While I appreciate the out-of-the-box, family-friendly ideas this young mom had come up with and the time she put into the creation of her beautiful 224-page cookbook — which is chock-full of 80-plus recipes for a growing familia, along with color photos that she took — I also feel a twinge of guilt, and I'm kinda jealous. Perhaps because Satler seems like a super mom and the kind of creative cooker I should've been had I had the inclination and culinary interest, and if, truth be told, I had carved out more time to make better meals for my family. And because creating simple, healthy, yummy dishes seems to come so naturally to her.

After all, having a flair for good cooking is a gift of sorts, and if you and your family sample her tempting offerings, I think you, too, will agree that her recipes rock!

As an Astoria resident and mother of future foodies, Jack, 3, and 1-year-old Lila, the author is raising her family in the most diverse area on the planet — "The World's Borough."

Being a health-conscious person and passionate foodie, as well as a former creative director, made her transition into cookbook author a smoother one, for sure.

Winner winner chicken dinner

Makes 1¾ cups

This is chicken soup for the baby's soul with tender chicken, sweet peas, carrot, and stars. It tastes pretty much like a creamed chicken pot pie. Dig in, baby!

INGREDIENTS:

¼ cup small, diced carrots (it is important to cut small for even boiling)

½ cup chicken stock

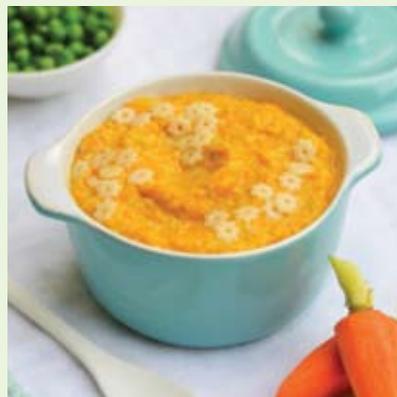
2 tablespoons frozen sweet peas

¼ cup diced, cooked chicken breast (oven-roasted chicken is great for tenderness)

1 cup cooked, star-shaped pasta (also called pastina or stelline)

DIRECTIONS

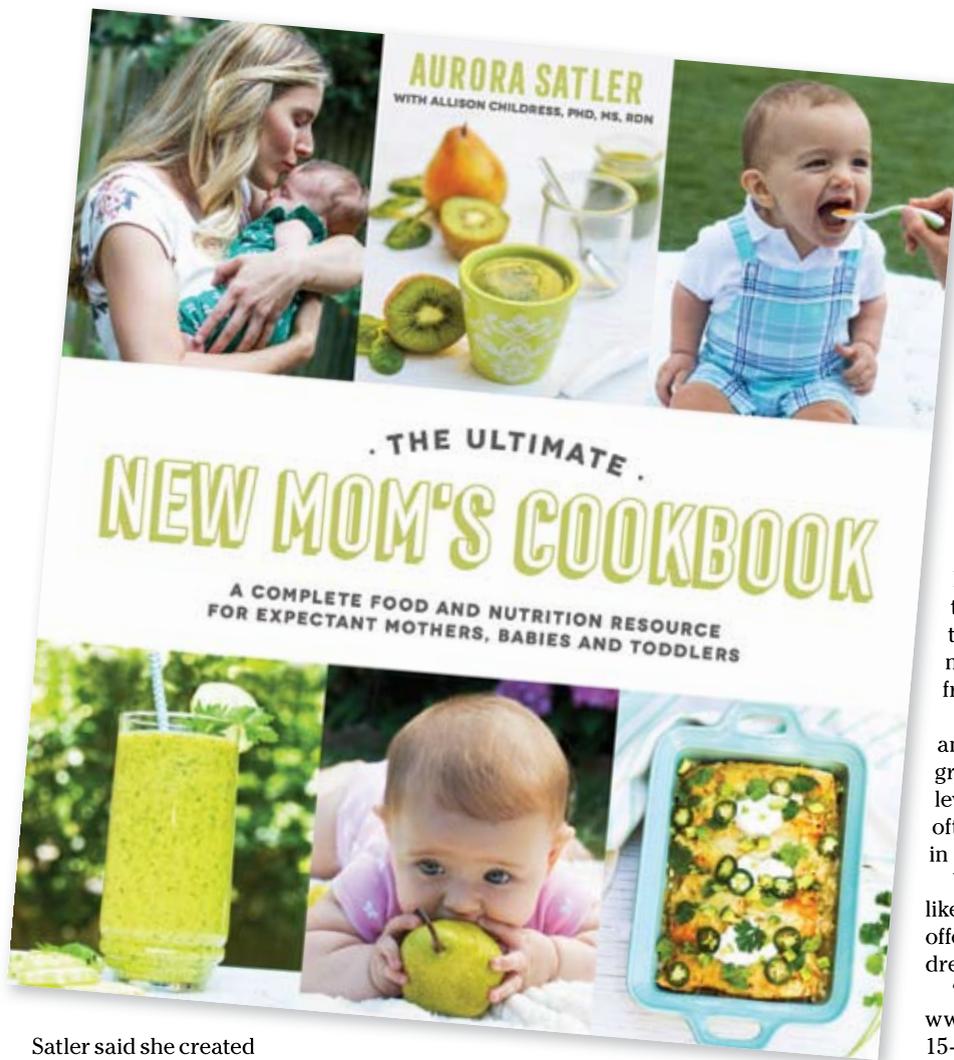
In a small stockpot, combine carrots with stock and bring to a boil. Once boiling, reduce to a low boil and cook for 20 minutes. Carrots should be tender and fall apart when tested by a fork. Add in



peas in the last five minutes. Then add in cooked chicken and ½ cup star pasta. Puree until just smooth then mix in the remaining stars.

Cool and serve, or freeze in individual portions for later use.

— An excerpt from "The Ultimate New Mom's Cookbook" (Page Street Publishing) by Aurora Satler and Allison Childress



Satler said she created the book after having her son, and finished it in her final trimester with her daughter, who was born last August.

“My inspiration was to create an all-inclusive manual for first-time parents to make the culinary journey from pregnancy through the toddler years so much simpler.

“I was sick of consulting over 10 sources to feed my husband, myself, and also my son, and wanted to put all the necessary dietary information in one place with an easy-to-read and fun format.”

She added: “This book was truly a labor of love. It was created to make the process of feeding a family easier. From pregnancy through the life of a growing child, parents go through so many culinary transitions, and these are on top of all the developmental milestones.

“It’s a period of sleepless nights, scrambling about, and really reorganizing your life to include a new and demanding member. I wanted to make easy recipes that would be as tasty as they were nutritious. I also wanted to create a book that had a longer shelf life than just the time of introducing solids.”

Another cool aspect is that all seven

recipe-filled chapters are designed to maintain a delicious and diverse diet for a long time, while helping to develop healthy eating habits from the very beginning. Check out her pregnancy and breastfeeding options, finger-food ideas, dips, salads, salsas, and more.

And let dads and the kids get in on the cooking fun as well. Teaching young children how to make healthy meals is really important.

Satler recalled that as a new mom she was overwhelmed, exhausted, and basically hungry all the time. And she was breastfeeding.

“I breastfed both my children and am still breastfeeding my daughter. I am very grateful I was able to do so,” she says, pointing out that the American Academy of Pediatrics recommends breastfeeding exclusively (when possible) for the first six months, then starting solids at six months of age.

Life for new parents is always hectic, and the author says she felt like she was “always a step behind and usually missing a meal” as she rushed about her day.

“When my son was born, I worked as

the creative director for Many Kitchens, an e-commerce site for artisanal food, and actually styled our first cookbook with him at my side. (I even wore him in a baby carrier for a couple shots),” recalled Satler.

“Along the way, I developed recipes for my family that made all the juggling a little easier.”

But what about eating out?

Like most New Yorkers, Satler admits she sometimes eats out or orders in, and says she doesn’t know a single parent who doesn’t.

“We live around some of the best restaurants in the world, and Queens offers so many diverse options. I feel incredibly lucky to live in Queens, where I have access to so many culinary traditions and flavors. It would be a sin not to indulge sometimes, and it also feels nice to leave the dishes for someone else from time to time.

“We are constantly discovering more amazing restaurants and markets. For groceries: Food Bazaar on Northern Boulevard has an incredible selection and is often my local go-to [supermarket] when in search of a hard-to-find ingredient.”

When shopping for and serving meals, like all parents, this busy mama likes to offer the healthiest options for her children.

“I often consult the Clean 15 (<https://www.activebeat.co/diet-nutrition/clean-15-the-15-lowest-pesticide-prone-forms-of-produce/2/>) and Dirty Dozen (<https://www.ewg.org/foodnews/dirty-dozen.php>) to avoid pesticides in the produce I purchase,” she notes, adding: “My book does not set out to say ‘you have to buy organic,’ since that is truly an economic decision.”

There are also a lot of gluten-free recipes, but the cookbook isn’t entirely gluten-free.

For her book, the author teamed up with Allison Childress, who is an assistant professor at Texas Tech University and chief clinical dietitian of the university’s Nutrition and Metabolic Health Institute.

“She supplied the nutritional information for each chapter as well as some great humor from being a mom herself,” says Satler, who explains that she used the “winners” from the first two years of her son’s life in creating recipes. “These are the meals we make time and again and continue to eat to this day.”

“The Ultimate New Mom’s Cookbook” (Page Street Publishing) by Aurora Satler and Allison Childress is available on Amazon.com.

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

Ditch the excuses: Here's why it's time to plan your estate

Estate planning is about ensuring that your legacy is directed to the right place — that your assets and belongings are distributed to individuals or organizations in accordance with your stated wishes. Estate planning remains critical even if reducing the tax burden is not your main concern.

Many people hesitate to do an estate plan properly. Here are some of the objections people raise and the reasons to push through those objections to get this item off your to-do list:

It costs too much

Often, the hesitation to move forward is cost. However, trying to save on estate planning through a “do-it-yourself” will is the true embodiment of “penny wise, pound foolish.” You may save yourself the legal fee on the front end, but your heirs will almost certainly pay for it on the back end.

For example, there are specific formalities to executing a will that could render it invalid and not admitted to probate by the court. A beneficiary who is also a witness would have to forfeit his or her inheritance in order for the will to be valid. Removing the staples means that someone will need to attest to how those staples were removed. Handwritten material on the will might not be viewed as part of the testamentary instrument.

When you pay a legal fee for estate-planning documents, you are not so much paying for the drafting of a document (the “it’s just a form” statement I hear from many potential clients) but rather for the knowledge and experience of the attorney whose guidance helps minimize problems.

The laws keep changing

Another objection is that the tax laws keep changing. The tax laws have changed since 2001, but the key is to have a document that is flexible enough to allow for the

change in the law. It is also important to review your documents every so often to ensure that they still meet your objectives.

Distribution dilemmas

If you’re married, many people leave their spouse their assets. Yet, many wonder what will happen to those assets if the spouse is remarried. Others would prefer to not leave their spouse assets, and pass the assets on to their children. This can be the case where the spouse has his or her own assets sufficient to fund their care and lifestyle, or in a second marriage scenario.

You should also keep in mind that state law dictates whether there is a minimum that you must leave your spouse. In New York, for example, a spouse is entitled to a minimum of one-third unless he or she has waived their “right of election” — their right to elect to take one-third of the estate if the testamentary plan leaves them less than one-third. Once you’ve decided how much to leave your spouse, if you have children, the next questions you should ask are:

- Do I want to leave money equally to all of my children?
- Do I want to include my grandchildren in my beneficiaries, or should they wait to take from their parents?
- Am I charitably inclined and do I want to leave assets to charitable organizations, either outright when I die or in a charitable remainder trust?

The answers to these questions will depend on your wishes as well as the extent and nature of your assets. For example, the answer for a person whose primary asset is her or his business may have a very different plan than a couple with a house and the predominant amount of liquid assets in an IRA.

Guardian disagreement

This is one of the most common barriers I hear for couples hesitating on moving forward. My advice is for the couple to at



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

least make the appointment with the estate-planning attorney to get an overview and move forward with the drafting of the documents, even if they have not finalized the decision to name a guardian for your children in the terrible, but yet, unlikely event that both parents have died.

However, the decision is not irrevocable. The person you name as guardian for your 18 month old is going to change when that baby is a tween or teenager. Once you have the foundation set by doing your estate-planning documents and having it in place, the change of guardian is an easy fix — my clients will often come in to execute a short “codicil,” basically an addendum to the will, to update the nomination of guardian. In this way, you don’t have to reinvent the wheel, you’re just doing a “refresh” that does not take a lot of time or incur a massive cost.

In January, many people call me, because their New Year’s resolution is to take estate planning off their to-do list. There is a similar influx of calls on the other end of the calendar in December from people who had estate planning on their January to-do list and are determined to finish it before the year’s end, and avoid it rolling over to the next year’s list of resolutions. We find ourselves at the mid-point of the calendar, so despite the carefree days of summer, if you have had this on your list for a while, there is no time like the present to start the process!

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

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Splash smarter

Tips for keeping it fun *and* safe at the water park

BY MYRNA BETH HASKELL

My family always enjoyed planning our annual summer vacation together. As our kids got older, our getaways needed to include their favorite summer activity — at least one day at a nearby water park. We would scout locations to be sure there was a park in the general vicinity, guaranteeing a day of unbridled splashing, tubing, and sliding. We have probably visited 15 over the years.

We found that there was always something for all of us to enjoy. I favored the lazy rivers, wave pools, and family tube rides. My husband and kids were more adventurous — enjoying free-fall type slides and water coasters.

Nothing beats the summer heat like a day full of wet and wild fun; however, as with most activities in and around water, there are safety precautions parents should take to ensure a healthy day at the water park.

Read park guidelines prior to visit

It's imperative to read the park's guidelines before you go. Information about picnic areas, swim diapers, first aid, electrical storm shelters, and other policies can usually be found on the park's website. If you have a question that is not answered in the guidelines, call ahead.

Wayne L. Franks, Jr., director of operations for Camelbeach Mountain Waterpark in Pennsylvania, says, "Camelbeach provides life jackets for free, which are available for all non-swimming guests. For our Kahuna Lagoon Wavepool, all guests under 48 inches in height are required to wear a life jacket and have a responsible chaperone within an arm's length of them at all times."

Foam toys or air-filled arm rings are not substitutes for U.S. Coast Guard-approved life jackets, and are usually not allowed at water parks.

There will be rules about attire as well.

"Footwear is encouraged for all guests while traveling from one attraction to the next," says Franks. "However, most footwear is restricted from being worn while riding, with the exception of aqua-socks or

Safety first

Parents may find additional safety information at the following websites:

- International Association of Amusement Parks and Attractions: <http://www.iaapa.org/safety-and-advocacy/safety/water-park-safety/tips>

- Healthy swimming tips: <https://www.cdc.gov/features/healthyswimming/index.html>

- The model aquatic health code: An all-inclusive model public swimming pool and spa code: <https://www.cdc.gov/mahc/>

water shoes. There is a shoe and garment rack available at all slides and attractions for guests to deposit their personal belongings while enjoying the ride," he adds.

Check restrictions on loose-fitting garments. Certain attractions may require swim shirts (fitted, flexible tees made for swimming) or bathing suit only (e.g. at Camelbeach, shirts are not allowed on the Vortex slide). Metal zippers and other adornments may not be permitted as well, so read the rules carefully.

Swim diapers are required for children who are not potty trained.

"Swim diapers must be worn by all guests who are not 100-percent potty trained. Swim diapers are available at our water park retail store," says Franks. Some water parks will not have swim diapers available for purchase, so parents need to come prepared with extras.

Requirements vary from park to park regarding unsupervised minors and age minimums for "supervisors." Remember, too, that lifeguards are there to protect guests from drowning or other attraction emergencies, not to supervise children.

Parents should also locate the first-aid office as soon as they enter the park.

Prevent bacterial infections

Some water parks have rides that utilize both chlorinated pools and adjacent fresh water areas (e.g. a lake). Swimmers need to take precautions while swimming in both fresh water and chlorinated pools.

Water park essentials pack list:

Pack the following items the night before you plan a trip to a water park to be sure you have the right supplies on hand:

- Sunscreen for body and face
- Hats and extra T-shirts (or water tees)
- Sandals or water shoes with treaded or rubber soles to prevent slippage
- Sunglasses with strap
- EpiPen if needed
- Band-Aids, anti-bacterial ointment
- Waterproof watch and camera
- Extra swim diapers
- U.S. Coast Guard-approved swim vest for non-swimmers, unless provided by park

"Bacteria and pathogenic amoebae are present in freshwater lakes and ponds and in improperly chlorinated swimming pools," explains Francine Marciano-Cabral, professor of microbiology and immunology at Virginia Commonwealth University. "In warm weather, pathogenic bacteria and amoebae divide rapidly in fresh water."

Marciano-Cabral discusses ways to prevent bacterial and amoebic infections.

"When freshwater lakes or ponds appear cloudy, it is best to avoid swimming there. When swimming in lakes and ponds, do not stir up the bottom. It is also important to keep the head above water as many pathogens can enter the nasal passages, or contaminated water can be swallowed. Use nose clips if children go to a water park where the water shoots up out of the ground."

Chlorinated water may contain bacteria.

"The problem with chlorinated pools is that in the hot weather, with the sun shining, the chlorine dissipates and the levels fall rapidly. So it is important that chlorine levels are checked frequently," Marciano-Cabral says. "Shoes are important to wear to prevent fungal infections to feet."

"To help limit the spread of infection, you should stay out of the water if you



have diarrhea or open wounds,” advises Dr. Melissa Winterhalter, a physician with the section of ambulatory pediatrics at Nationwide Children’s Hospital in Ohio. “Showering, even a quick, one-minute rinse before and after swimming, can help to decrease pathogens,” she adds.

Winterhalter recommends that parents change their babies and toddlers frequently, even if wearing swim diapers.

“Most swim diapers are made to hold the stool or urine output, but they will leak after extended time. Check the diaper often to be sure it doesn’t need to be changed — every 30 to 60 minutes helps prevent urine or stool leakage,” she says. “Changing should be done in the bathroom or in a diaper changing station, not poolside.”

Swim safety tips

According to the Centers for Disease Control and Prevention, “Drowning is a leading cause of unintentional injury or death among children 1–14 years old. Swimmers can prevent drowning by learning swimming skills such as floating, by wearing life vests, and by swimming under the supervision of parents, caregivers, or lifeguards who know cardiopulmonary resuscitation (CPR).”

“Always swim with a buddy and where

there is a qualified lifeguard on duty,” advises Franks.

Everyone should follow all posted height and weight restrictions and should follow the lifeguard’s specific instructions when riding the slides, tubes, and other attractions.

Parents should never leave a non-swimmer unattended, even if a lifeguard is nearby.

Hydration

When you’re frolicking in the water, it doesn’t always feel like you need to drink water.

“Most children don’t drink enough when they are at a water park or enjoying outdoor play,” warns Winterhalter. “As a guideline, try to take a break every hour in the shade to drink, rest, and re-apply sunscreen. Younger children may need more frequent breaks. If your child goes to the potty and their urine is dark or strong smelling, they need to focus on drinking more than usual and may need a longer rest.”

Sun safety

The Centers for Disease Control and Prevention reports, “Sunburn is not immediately apparent. Symptoms usually start about four hours after sun exposure, worsen in 24–36 hours, and resolve in three to five days.”

Therefore, parents should regularly

apply sunscreen, because burns may not be easily detected.

“Everyone should apply sunscreen of SPF 30 or greater any time they are outdoors and exposed to the potentially harmful rays of the sun,” Franks says. “Be sure not to forget your face, tips of the ears, and tops of your feet, as these are tender areas often forgotten and susceptible to severe sunburn.”

Of course, if you notice a sunburn developing, it is best to seek shade, drink water, and apply after-sun lotion to rehydrate the skin (e.g. one containing aloe).

Security and emergencies

Family members getting lost or separated is always a concern at any amusement park.

“At Camelbeach, we encourage all families and groups to have a pre-established plan for a meeting place if any one of their party happens to become separated,” says Franks.

Water parks have security teams trained to help reunite family members, so parents should point out staff uniforms, so their children can locate an employee or security personnel if they get lost or frightened.

John Poncy, a security expert and chief executive and quality officer of The Denz Group, suggests that parents teach their family members a five-point contingency plan that Poncy learned in the military. This can be modified for any amusement park or other crowded venue so that family members know what to do in case of separation or emergency:

G – Where leader is *Going*: Know which part of the park Mom, Dad, or an adult supervisor will be at any particular time

O – *Others* leader has with him or her: Who is with Mom in the toddler area?

T – *Time* leader will be gone: Know what time Dad plans to return to the wave pool or other specified meeting place.

W – *What* to do if the leader does not return on time: If Mom doesn’t return by 4 pm, go to the Security Office and wait for her there.

A – *Actions* in an emergency if leader is not present: If there is an emergency at your location (such as violent weather), wait for authorities or security personnel to give you instructions.

Poncy also reminds parents to help their children memorize phone numbers.

“Make them memorize your phone number, because if their phone dies and they need to use someone else’s phone, they will need to know the number to call.”

Myrna Beth Haskell is an award-winning author. She is also cofounder and managing editor of SANCTUARY (www.sanctuary-magazine.com).

How to expand the definition of beauty

Dove Self-Esteem Project helping girls embrace their bodies

BY SHNIEKA L. JOHNSON

Adolescent girls have to navigate a 24-hour news cycle of pop-culture trends interwoven with unrealistic beauty standards and body idealism. Subtle messages in magazines, on television, and throughout social media can negatively impact the self-esteem of even the most confident young woman. According to research facilitated by Dove, six in 10 girls believe that the media and advertisements set an unrealistic standard of beauty. The research also indicated that eight in 10 girls with low body confidence will opt out of important activities, like speaking up to voice an opinion or something as simple as raising a hand in class. Dove is on a mission to change that.

The Dove Self-Esteem Project launched more than a decade ago and continues to work to empower the next generation of girls, so they can embrace their own beauty. Young women should develop confidence and reclaim their power as women. So far, more than 20 million youth have participated in Dove's self-esteem education, reports the personal wash brand. The campaign offers materials, resources, and lesson plans for parents, teachers, and youth leaders to help girls reach their fullest potential. The resources are free.

The campaign has resulted in the company becoming the largest provider of self-esteem education in the world, reports Dove. Its Self-Esteem Project promotes positive conversations with girls and is meant to focus on adolescent girls. This is a time when young women are often bombarded with destructive messages in the media or even involved in toxic friendships at school. Now, experts have taken a look at the power of mentorship and the positive effects it has on a girls' adolescence and development. Many agree that one hour spent talking to a girl about beauty, confidence, and self-esteem can help change the way she sees herself. The effects could last a lifetime.

"An Hour With Her" is a short docu-



Debbie Allen, actress Chelsea Harris, and aspiring actress Caralyn Singleterry worked on the short film.

mentary film created by producer-writer Shonda Rhimes (creator of "Grey's Anatomy" and "Scandal"), director Debbie Allen ("Fame"), and Dove, in which actress Chelsea Harris ("Grey's Anatomy" and "Designated Survivor") shares the lessons that she learned participating in the Dove Self-Esteem Project 10 years ago. She mentors 17-year-old aspiring actress Caralyn Singleterry. The 4-minute film explores the power of mentorship and encourages women to spend an hour with a girl in their life. They find that their personal journeys are similar and

both had to confront negative thoughts related to their appearance. During their hour together, Chelsea and Caralyn discuss managing low self-esteem and coping with bullying. Although these experiences nearly held them back from their dreams, they persevered. By the end of the film, there is a sense of optimism, camaraderie, and confidence to disregard other people's definitions of beauty.

"It was truly moving to see the powerful mentorship develop between Chelsea and Caralyn as we filmed," said director Allen. "My experiences working in Hol-

Dove Campaign

lywood over the last few decades have allowed me to forge relationships like theirs — as both the mentor and mentee. It was a privilege to bring their stories to life with a 100 percent female crew beside me, each with their own stories and perspective that helped shape this film,” she added.

Dove Real Beauty Productions launched in 2017 with a mission to shift the power of storytelling. Real women are expanding the definition of beauty, not only in their homes, but in their communities and the greater world. The most recent film is inspiring intergenerational connection around beauty, confidence, and self-esteem. The production company is sending a powerful message confronting appearance-related negativity and embracing individual beauty in its content.

“Dove has always been committed to creating a world where beauty is a source of confidence, not anxiety,” said Amy Stepanian, marketing director of Dove. “As a global beauty brand, we have a responsibility to encourage the next generation to develop a positive relationship with their appearance in order to reach their full potential. We know that more than half of girls aged 10 to 17 are facing low self-esteem, and it’s leading them to



“It was truly moving to see the powerful mentorship develop between Chelsea and Caralyn as we filmed. My experiences working in Hollywood over the last few decades have allowed me to forge relationships like theirs — as both the mentor and mentee.”

— Director Debbie Allen

opt out of important activities in life. In moments like seeing Caralyn overcome her struggles with confidence and get back on stage to pursue her dreams of acting, we find our biggest inspiration,” she added.

Dove aims to inspire the next generation of girls to embrace their beauty, and it hopes to reach 40 million girls with self-esteem education by 2020. Parents,

mentors, teachers, and youth leaders can find resources, videos, and free downloadable lessons on the company’s website, dove.com. (Just click the Dove Self-Esteem Project tab.)

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

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When to take Social Security benefits

When should you take social security?

For many years, financial advisors would speak about the “three-legged stool” approach to retirement income. This meant that the stool was supported by: (1) Social Security benefits, (2) an employer pension plan or other employer-sponsored plan, and (3) personal savings and investments. It was expected that Social Security would replace approximately 40 percent of your pre-retirement wages.

Today, because fewer employers offer pensions, Social Security has taken on more importance to replace your income during retirement. Social Security is now a primary source of retirement income for tens of millions of Americans each year. According to the United States Government Accountability Office’s May 2015 Retirement Security Report, Social Security provides 52 percent of retirees’ household income needs, on average.

Since Social Security income is such an important component to one’s retirement income, the questions become: When should you apply for Social Security? Many Americans start taking benefits as soon as they’re eligible at age 62, but this can be a very big mistake.

The urban myth is that full retirement age is 65, but in 1983, Congress changed filing rules that gradually moved full retirement age up to age 67. If you were born before 1937, the full retirement age is still 65 years old. For people born between 1938 and 1959, the full retirement age increases by two months each calendar year. For people born in 1960 and on, the full retirement age is 67 years old.

So when should you take Social Security?

Early, normal, or delayed filing

Some people wait until they reach full retirement age to file for Social Security benefits. Others postpone taking benefits until age 70 (the oldest age at which you can start benefits) to secure the largest monthly benefit. However, if you file at age 62, you will receive a reduced benefit for the rest of your life. By waiting to file for Social Security until your



full retirement age, you will receive 100 percent of your benefit. And if you delay filing beyond your age, you will receive more than 100 percent of your benefit. This age varies depending on your birth year.

For example, if you turn 62 this year and start receiving retirement benefits, you will get 75 percent of the monthly benefit, because you will be getting benefits for an additional 48 months. If you wait to file for Social Security at age 65, you will get 93.3 percent of the monthly benefit because you will be getting benefits for an additional 12 months.

This is just one example. There are many strategies for filing for Social Security benefits, and for a married couple, the strategies are more involved. Choosing the wrong strategy can cost you thousands of dollars over your lifetime. For this reason, it’s important to think carefully and consult with a financial advisor who is well versed in Social Security strategies about which strategy is right for you.



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

Now or later?

Filing for Social Security before reaching your full retirement age may offer certain advantages. You can turn on an extra income stream at an early age. The benefits you receive may allow you to retire early or to cut back on your hours at work (but don’t forget to consider earning rules while receiving Social Security payments).

Remember, claiming benefits early comes at a price. If you start collecting benefits at 62, your monthly benefit amount could be permanently reduced by as much as 30 percent per year, depending upon the year you were born. The longer you wait, however, the higher your benefit will be.

Know your situation

Deciding the right time to take your Social Security benefits involves many items to consider, including your earnings history, life expectancy, financial needs, lifestyle choices, other savings, and other items. Working with a financial professional can help you make retirement calculations based on your own age and earnings. Call me or speak with a financial advisor to help you better understand your Social Security options.

Anthony N. Corrao is president of Manhattan Ridge Advisors, with 25 years of financial-planning experience.

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Summer's tricky balancing act

Is the freedom of summer amazing, or are you seeing more behavior challenges?

Summer is a time of more open schedules, more frequent treats, and less rules. For some, it is a break from routine that allows for a recharge. If that is you and your children, congratulations, and enjoy this moment! For others, though, the break in routine creates anxiety and arguing, and leads to more behavior challenges than any other time of year. If this is you and your children, keep reading, because I have some powerful tips for you.

How do you create structure without losing the joy of summer? It is a balance. Where are the places that you can build in structure, and where are the places where you can create freedom and allow for more exploration?

Build structure in ways that will support your daily life once September arrives. This includes:

- Waking up at a specific time each day.
- Going through a solid morning routine of getting dressed and having breakfast, even if you are just lounging around the house for the morning.
- Taking 10 minutes to sit and read together.
- Finding 10 minutes to sit down and draw or do worksheets. The structure of sitting and focusing on a task is an important skill to learn.

- Keeping a set bedtime.
- Speaking with purpose, as listening skills are something that should never be sacrificed.

Maintaining the feel of summer freedom and exploration is important, as it is still summer. You can do this by:

- Having more time with friends than usual.
- Allowing play dates to drag on and on and on. While you enjoy visiting with the parents, your kids can keep enjoying their friends.
- Getting outside and exploring new areas and corners of the city you have not seen yet.
- Saying “yes” more often. There are more possibilities and time in the summer, so when your kids ask for something, find more ways to say “yes.”
- Making sure you are celebrating every moment that you can. This can be done with happy dances, cheers, or ice cream. The method is less important than the enthusiasm.

Parenting does not take a vacation. You don't get a summer break. It is a role you maintain every day. Determining what elements can shift as you move through the summer are critical. This is how you maintain your happiness and your family's happiness!

Letting all the rules go out the window is never a good choice, no matter how



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

much you want to be on summer vacation, too. Find the balance and take one small step at a time to maintain the quality behavior your small ones need to thrive in the world.

Dr. Marcie earned her doctorate from Teachers College, Columbia University. She is the author of “Love Your Family Again” and “Love Your Classroom Again.” She has a thriving private practice, provides school-wide trainings for educators of all ages, and has been a guest behavioral expert on national media. For more, visit DrMarcie.com.



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Finding out more about ear infections

As a child, I remember ear infections as a time when I got to drink some pink medicine and stay home from school. However, with our first child due in a few weeks, I'm combing through new-parent literature and am discovering that ear infections can actually have serious, long-term complications. Is this true? What causes ear infections, and is there anything I can do to prevent them?

Five out of six children will have at least one ear infection by their third birthday. In fact, ear infections are the most common reason parents bring their child to a doctor. Ear infections can make your child very uncomfortable, but they usually aren't an emergency.

As you are discovering in your research though, it is important to keep a watchful eye for the symptoms of an ear infection, and make sure that the condition is moni-

tored and treated appropriately.

Ear infections usually start with another illness, such as a cold or sinus infection, that causes swelling in one of the thin passages that connect the middle ear to the throat. These passages, called the eustachian tubes, are responsible for keeping pressure from building up by letting air move in and out of the middle ear. When bacteria or viruses from an illness become trapped in a swollen eustachian tube, an ear infection can be the result. For children aged 3 and below, the eustachian tubes are very small, and less able to keep germs out, which is the reason ear infections are so common in infants and toddlers.

If babies could speak, they would let their parents know when they're experiencing symptoms that typify an ear infection — including ear pain, trouble hearing, and popping or ringing in the

ears. Since it will be some time before your baby can elaborate on his or her ear woes, it's important to keep your eyes peeled for the telltale signs of an ear infection. These may include fever, fluid draining from the ear, unresponsiveness to quiet sounds, a sudden change in mood or increase in fussiness during a cold or other respiratory infection, an unwillingness to lie flat, or night-waking more frequently.

If these signs and symptoms last longer than a day, call a doctor, who can examine your child's ears and make the proper recommendations. Treatment for ear infections may consist of antibiotics (such as "the pink stuff" — amoxicillin) and, if your baby is more than 6 months old, an over-the-counter pain reliever such as Tylenol or ibuprofen. If antibiotics are prescribed, make sure the child takes the entire prescription, or the infection may recur. Chronic ear infections are rare, but left unaddressed, they may lead to fluid, swelling, or an infection behind the eardrum that does not go away or keeps coming back, which may cause long-term or permanent damage to the ear.

While it's impossible to eliminate your child's risk of developing an ear infection, there are some good ways to tip the odds in your favor.

Keep your baby up to date on vaccines, breast-feed your baby for a minimum of six months, and make sure your baby is never near tobacco smoke. Aside from reducing the chances of an ear infection, each of these are beneficial practices in their own right.



Now I'm bugging out

The dreaded school e-mail about — lice

Surely one of the worst e-mail subject lines to receive from your child's school is "Head lice." A few years ago, that exact note landed in my inbox from my children's principal. I proceeded to click on the e-mail with a cautious mind, figuring that schools had the responsibility to regularly educate parents about the seasonal buggers, so I would probably find a simple cautionary advisement.

I clicked on it and read the first line:

"Dear Parents: One of your child's classmates had head lice."

Ugh! I start talking to myself out loud, something along the lines of "Oh ... my ... god. No."

I'm not sure which child this was referring to since I had two in the school at the time, and it didn't mention which grade. I was sincerely hoping it was my older OCD-ish daughter and not my younger, more laidback, will leave his clothes, hat, gloves, books anywhere son.

To say the thought of tiny, little bugs running along my children's heads disturbed me — not to mention having them invade our home — would be a massive understatement at best. I was already

itchy, literally, just reading the e-mail. I'm slightly suggestive, I suppose.

The principal cautioned us to check the heads of each family member that same day and also gave us instructions about what to do if we find the critters. Then he wisely advised us not to judge:

"It is absolutely nothing to do with the kind of parents that child has. It has nothing to do with cleanliness; in fact, head lice prefer a clean, healthy head to a dirty one. Anyone, adult or child, can get head lice."

Thankfully, my kids (knock on wood) have never had head lice. (Maybe they have dirty heads?) And every year that goes by, I feel like this is the year that our luck might run out!

Between the ever present bedbugs around the city, a nightly swarm of mosquitoes at dusk each night, and multiple, random raccoons and opossum scurrying around in my neighborhood — or just our family even riding the subway — I guess we should be lucky we don't pick up anything worse.

But every year, the morning after notes like these go home, there will be those that judge and gather in huddled groups



JUST WRITE MOM

DANIELLE SULLIVAN

whispering about the culprit. (And make no mistake, someone will make it their business to tell everyone which child it is.) And as much as I detest insects infesting any part of our home, let alone body, kids who get lice just have unfortunate luck, not any hygienic shortcoming.

Of course, that doesn't mean that I won't want to shave my kids' heads bald and throw out every bit of fabric in my house if they ever bring those buggers home!

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

Continuing to fight

Novelist talks about parenting a child with special needs

BY TAMMY SCILEPPI

In our June issue, writer Tammy Scileppi profiled Washington Heights–based author Maxine Rosaler, who drew on her own experiences of caring and advocating for her autistic son Benji when writing her book, “Queen for a Day: A Novel in Stories” (Delphinium Books). It’s one of the first books that uses humor to illustrate the daunting challenges of raising special-needs kids, www.nyparenting.com/stories/2018/6/queen-for-a-day-book-2018-06.html.

Here’s part two of Scileppi’s interview with Rosaler:

Tammy Scileppi: What do you think needs to be done to get kids like Benji a quality education?

Maxine Rosaler: You need to start with teachers and administrators who really care about what they do. As with everything else in life, character is what matters the most. And then parents have to do their own research and decide on what approaches would work best with their children.

Everything begins and ends with the parents. Parents with handicapped children have to rely on each other for information and recommendations for the schools and people who would work best with their children.

TS: What would you say are parents’ biggest fears and challenges?

MR: What will happen to our children when we die? I’m in the process of trying to peddle an essay I just wrote about that. There are so many threats that hang over the heads of our children. I want people to know about them. My hope is that if the right people understand more about the kinds of dangers our children are in, and how hard so many of us parents have worked, and what many of us, against all odds, have managed to accomplish, then maybe someone will be willing to step up to the plate and try to do something to help. Without us, our children are helpless.

TS: How do you feel (or how are you made to feel by others) as the parent of a special-needs child?

MR: For one thing, I have never identified myself as the parent of a child with “special needs.” I have never looked outside myself, in that respect. As far as how I am made to feel by others, there have been times when I have walked down the street with Benji, and I don’t like the way people look at him or me. As I said at the begin-



From left, Phil Margulies, Benji Margulies, Samantha Margulies, and Maxine Rosaler.

ning of [the chapter] “Route 94” — I hate the pity more than I hate the intolerance.

TS: Share some surreal situations you’ve experienced.

MS: I think the entire experience has been kind of surreal: Being thrown head first into this world you never even knew existed. Living in a constant state of emergency. Dealing with this incredibly inflexible bureaucracy. The cruelty, dishonesty, and incompetence of so many of the people I have met. The world that the parents of children with disabilities are forced to inhabit is a world fraught with miseries that other people can’t imagine.

TS: Talk about “searching for miracles, begging for the help of heartless bureaucracies, while arranging every minute of every day.”

MR: My early experiences were completely dominated by the fight. As far as searching for miracles were concerned, like many parents of children with disabilities, [my husband] Phil [Margulies] and I put all our money and all our hope into many things that turned out to be of little or no help: There was the behavioral therapy I described in “Queen for a Day” that promised a nearly 50-percent cure rate. And we tried diets and disgusting vitamin drinks for Benji. Things that made him suffer, that were of no use to him at all, and that ended up hurting him instead of helping him.

TS: Could you speak to this phrase from a review of your book by The Atlantic: “a struggle to prosper in the face of

bad choices”?

MR: I think [Atlantic fiction editor] C. Michael Curtis was referring to the ultimate optimism that somehow comes through in everything I write — although my writing, while often comical, is also often dark, in the end, somehow, I end up on the side of hope versus despair. Because I am — at heart — an optimist.

TS: What are the greatest joys that parents of special-needs kids can hope for?

MR: For us, there are the little triumphs that for any other parent would not seem like triumphs at all — to them, our little triumphs would seem pathetic, no doubt. Every time our children show any signs of progress, we rejoice.

TS: What is your book’s message?

MR: I want to tell parents to take care of themselves — partly so that they can take better care of their children, but also because they have a big burden to bear, and they deserve to give themselves a break. I also want them to accept the fact that they will always make mistakes. I want them to know that they have limits. And that they need to know what their limits are and to accept them. I also don’t want them to feel that their identities have to be consumed by the fact that they are the parents of children with disabilities. Mind you, none of this is advice I follow myself. To sum it up: I want them to learn, by [my “Queen for a Day” character] Mimi’s example, not to be like her!

Tammy Scileppi is a Queens-based, regular contributor to New York Parenting.



The power couples

Double your nutrition with these duos

Picture this: You're about to pop something "healthy" into your mouth, perhaps some broccoli flowerets or roasted chickpeas. What if you could significantly boost the nutrients your body is about to receive? You can! A growing number of foods have been shown to have a "one-plus-one-equals-three" nutritional effect when eaten together.

For example, combining foods that contain carotenoids with a healthful fat makes it easier for the body to absorb the nutrients more readily. Some classic — and delicious — examples of this include tomatoes with extra virgin olive oil, or a crisp, green salad with added avocado or oil in the dressing.

Does your family enjoy guacamole? This popular dip is brimming with boosted nutrition. The fat in the avocado makes the lycopene in the tomatoes, the limonene in the lime, and other nutrients more bioavailable to you.

Let's look at some additional dietary duos your family can begin incorporating today:

Whole grain bread and nut butters. Whole grains are a good source of vitamin E, which helps to prevent cell damage from free radicals. Adding a healthy fat such as peanut or almond butter assists the body

to absorb this fat-soluble vitamin.

Banana and yogurt. Everyone knows yogurt contains probiotics, the good bacteria our bodies need for digestive and immune health. But these bacteria need "food" to munch on, which is where the prebiotics found in plant fibers come in. Bananas are rich in prebiotics, as are many other fruits, vegetables, whole grains and nuts.

Black beans and salsa. Garbanzo or kidney beans with bell peppers. Vegetarian chili with red bell peppers. Breakfast cereal with strawberries or kiwis. Spinach salad with mandarin orange. Spinach with lemon. These are all examples of pairing plant-based iron sources with vitamin C. The body can absorb only two to 20 percent of the non-heme iron found mostly in plant-based foods. Luckily, vitamin C boosts iron absorption by three- to six-fold.

Beef and broccoli for Chinese takeout. Roasted Brussels sprouts with crushed Brazil nuts. These are two examples of combining sulforaphane, a plant compound found in cruciferous vegetables, with the mineral selenium. When sulforaphane enters the bloodstream, it can inhibit the growth of tumor cells. Selenium, a mineral found in fish, meat, eggs, nuts (especially Brazil nuts) and mushrooms, binds with



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

proteins in our bodies to form antioxidant enzymes, which protect us from free radicals. Together, they're up to four times more effective than as single nutrients.

Garlic and chickpeas. Adding even a tiny amount of fresh garlic to these popular beans boosts the amount of iron the body can absorb by about 17 percent.

Tea with a squeeze of lemon. This classic combo is delicious hot or cold. Lemon boosts tea's levels of catechins — found in green, black, and white tea — that are available for your body to absorb, helping to stop cell damage.

Spice-rubbed grilled meat. Grilling over high heat brings out sublime meat flavors. But it also results in the fat forming a compound called malondialdehyde, linked to chronic diseases such as cardiovascular disease and cancer. Research published in the American Journal of Clinical Nutrition suggests adding an antioxidant-rich blend of oregano, rosemary, black pepper, paprika, and garlic as a rub on lean steaks or mixing it into burgers significantly reduces these damaging compounds.

Can't remember all of these pairings? No worry! The best way to spot synergy on your plate and to ensure a nutritious meal is to make sure it has a minimum of three colors and contains healthful fat from foods such as avocado, a healthful oil, or nuts.

Christine Palumbo, is a Naperville, Illinois-registered dietitian nutritionist and fellow of the American Academy of Nutrition and Dietetics. Her favorite dietary duo is spinach sautéed in olive oil with a squeeze of lemon juice and a touch of garlic. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.

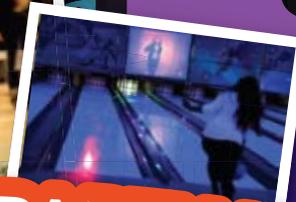
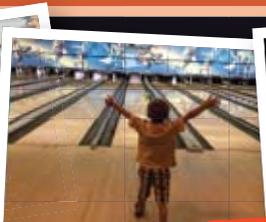
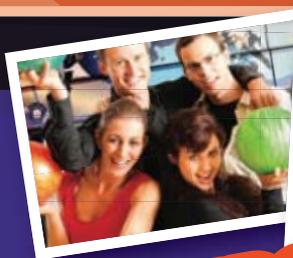


Fall and Winter

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Calendar

AUGUST



Violet Brill

Search is on for wild elderberries

Naturalist and author “Wildman” Steve Brill — America’s go-to guy for foraging — leads one of his world-famous tours of Prospect Park on Aug. 12.

Brill leads fellow naturalists on a four-hour tour to search for wild elderberries and other edibles found in the park, including summer mushrooms — two-color bolete, which grows on hillsides south of the Picnic House, along with the equally good chestnut bolete; brittle russulas, prized chanterelles, earthy meadow mushrooms, and gigantic chicken mushrooms. There may even be some deadly amanitas on hand, and purple-flowering raspberries — unlike other raspberries, this

tasty species has no thorns!

Wild herbs and greens also thrive in fields and along trail edges. The group will look for lamb’s-quarters (a wild spinach), amaranth, wood sorrel, sheep sorrel, poor man’s pepper, lady’s thumb, epazote, purslane, and Asiatic dayflower. Check the weather and wear appropriate clothing.

Search for Wild Elderberries on Aug. 12 at 11:45 am. The cost is \$20 for adults and \$10 for children under 10. Please RSVP 24 hours in advance to reserve a space.

Grand Army Plaza [Union Street between Flatbush Avenue and Prospect Park West, in Prospect Heights; (914) 835-2153; www.wildmanstevebrill.com].

Never miss a great event!

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

Calendar

Submit a listing

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

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

WED, AUG. 1

IN BROOKLYN

Cowpoke class with Hopalong Andrew: Fort Greene Park Visitor Center, enter park at Myrtle Avenue and Washington Park; (718) 722-3218; 10 am; \$10.

Hopalong Andrew adapts the classic cowboy songs to reflect life as an urban cowpoke. He plays interactive "Cowpoke Classes" geared for all-age enjoyment. He performs as a rollicking one-man band, bringing his guitar, banjo, harmonica, and suitcase drum kit. He'll get everybody to sing along, dance along, play along, and have an all-Americana good time.

Summer Reading Storytime: Brooklyn Bridge Park, Pier 3, 3 Greenway Terrace, Furman and Pierrepont streets; www.brooklynbridgepark.org; 10:30 am; Free.

Join the Brooklyn Public Library for a rollicking good time listening to stories and singing songs.

Double Dutch: Brooklyn Bridge Park, Pier 2, Joralemon Street at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; 7 pm to 9 pm; Free.

Learn to double Dutch in a block party environment with experienced Brooklyn-based Double Dutch Empire instructors. Open to all abilities and recommended for ages 15 and up.

FURTHER AFIELD

Fun Days: Cape May Lighthouse, Cape May Point State Park, New Jersey; (800) 275-4278; www.capemaymac.org; 9 am to 2 pm; Free to activities on the grounds (separate fee to climb the lighthouse: \$8 for adults and \$5 for children (ages 3-12)).

Family Fun Days provides kids with hands-on activities like pirate hat-making, along with performers and kid-friendly entertainment, and adults may browse among the crafts vendors, all at the base of the lighthouse. Climb the 199 steps to the top and enjoy the best view of the Jersey Cape. Hosted by the Mid-Atlantic Center for the Arts & Humanities. Contact Cape May Historic Accommodations at www.capemaylodging.com, for lodging information.



Learn tennis in the parks

Dust off that racket and get ready for Tennis in the Parks as part of City Parks Foundation's Summer Sports program, from now until Aug. 28.

The children up to 17 years old have the opportunity to work with the pros in lessons for all skill levels, and can participate in tournaments and leagues.

Classes are offered at these locations:

- Fort Greene Park Visitor Center (DeKalb and S. Portland avenues); Mondays and Wednesdays, 9 am to noon.

- Kaiser Park (Neptune and Bayview avenues); Mondays and Wednesdays, 9 am to noon.

- Kelly Playground (Avenue S and E. 14th Street); Mondays and Wednesdays, 9 am to noon.

- Marine Park (Filmore Avenue and St. Art Street); Mondays and Wednesdays, 1 pm to 4 pm

- McCarren Park (N. 13th Street between Bedford Avenue and Berry Street); Mondays and Wednesdays, 1 pm to 4 pm

- Prospect Park (at the Parade Ground)
- Prospect Park (Parkside Avenue at the Parade Ground); Tuesdays and Thursdays 1 pm to 4 pm

All classes are free, and registration is required online at www.cityparksfoundation.org.

Dance Concert: Peter Jay Sharp Theater, 155 W. 65th St., Manhattan; (212) 769-7406; 2 pm; Free.

Hosted by Symphony Spapce and presented by Young Dancemakers Company, this dance concert is for young people and adults, featuring choreography created and performed by New York City teens, with live and recorded music and colorful themes. Concert concludes with audience participation on stage.

THURS, AUG. 2

IN BROOKLYN

Live at the Archway: The Archway, 80 Pearl St.; <https://dumbo.is/live-at-the-archway>; 6 pm to 9 pm; Free.

Thursday nights are for all-ages live performances at The Archway. In its fourth

year, the program will also feature interactive art, and programming that coincides with the World Cup.

FRI, AUG. 3

IN BROOKLYN

First Discoveries for Toddlers: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 9:30 am to 10:30 am; Free with garden admission.

Calling all explorers up to 5 years old (and their caregivers)! Plant a seed, touch a wriggly worm, read a story, or create a unique nature craft at special Discovery Garden activity stations designed for toddlers. Activities rotate seasonally. This is a drop-in program for families with children of all ages. All programs are outdoors and canceled in

inclement weather.

Cowpoke class with Hopalong Andrew: Cobble Hill Park, Congress Street and Henry Street; hopalongandrew.com; 4 pm; \$10.

"King Lear": Fort Greene Park's Monument Steps, Washington Park between Myrtle and Dekalb avenues; www.hiptohip.org; 7:30 pm; Free.

Hip to Hip Theatre Company performs Shakespeare's tragedy about a king who loses his kingdom and his mind. With a workshop for kids 30 minutes before the performance.

Coney Island Friday Night Fireworks: Coney Island Beach, between W. 10th and W. 15th streets and Boardwalk; (718) 372-2592; 9:30 pm to 10 pm.

Coney Island's Friday Night Firework series are on and popping once again for summer 2018! Light up your Friday nights, by joining us for a firework show every Friday (weather permitting) this summer. For the best views, visitors are welcomed anywhere in the Amusement District down to the beach and Boardwalk. Brought to you by Alliance for Coney Island.

SAT, AUG. 4

IN BROOKLYN

Family Discovery Weekends: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 10 am to noon; Free with garden admission.

Experiment, learn, and play together in the Discovery Garden. Hands-on stations throughout the garden's meadow, woodland, and marsh habitats, and in the vegetable garden encourage families to explore nature together. Create a nature-based craft, artwork, or invention with Discovery Docents. This is a drop-in program for families with children of all ages. All programs are outdoors and canceled in inclement weather. Check this webpage for updates.

Family Cooking in the Garden: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 11:30 am to 1:30 pm; \$25 (\$28 non-members) with garden admission (Children under 1 free).

Bring the whole family to the Children's Garden for an afternoon cooking class. Harvest and wash produce from the garden, then explore our Children's Garden-approved kitchen tools, techniques, and recipes that will also keep kids engaged in the home kitchen. The group will prepare one farm-fresh entrée and one dessert to share.

"The Jungle Book": Puppetworks, 338 Sixth Ave. at Fourth Street; (718) 965-3391; www.puppetworks.org; 12:30 pm and 2:30 pm; \$11 (\$10 kids).

Puppetworks presents a marionette adaptation of Rudyard Kipling's story of Mowgli,

Kids can discover nature

Brooklyn Botanic Garden is the coolest place to be this August. Families can have fun dropping by the Kid's Discovery Stations to learn all about plants and composting, and then listen to garden stories.

The Kids Discovery Stations are open Tuesdays, Thursdays, and Fridays from 10:30 am to 12:30 pm through August. Free with general garden admission.

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



a little boy adopted by a family of wolves. With an original song score, and costumes and sets inspired by the Indian setting.

Aarti Hindu Lamp Ceremony: Brooklyn Bridge Park, Main Street and Pebble Beach; 4 pm to 8 pm; Free.

Family and friends are invited to attend this sixth annual event and bring wishes and prayers. This ceremony is traditionally performed each morning and evening along India's rivers and is done to convey gratitude to mother river, reflect on community, and remember loved ones. Participants decorate palm leaf lamps and release them along the East River to pay respect. Audience members are also invited to bring a small hand drum to join in the traditional drumming ceremony with drummer Paulom Mistry.

SUN, AUG. 5

IN BROOKLYN

"The Jungle Book": 12:30 pm and 2:30 pm. Puppetworks. See Saturday, Aug. 4.

Family Discovery Weekends: 1 pm to 3 pm. Brooklyn Botanic Garden. See Saturday, Aug. 4.

FURTHER AFIELD

Adventure Course: Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy, Queens; (718) 217-4685; www.nycgov-parks.org; 9:30 am and 1 pm; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building right in your own backyard at beautiful Alley Pond Park in Queens. Be sure to check out the website before you go, and dress for an adventure. Please dress appropriately: no sandals, flip flops, or open-toed shoes are allowed. Our programs are appropriate for those ages 8 and older. The Adventure Course program

lasts about two hours. Due to its popularity, we ask that you arrive at least half an hour before the start time of each program. Space is limited. A valid Photo ID is required for participants ages 18 and older.

MON, AUG. 6

IN BROOKLYN

The Brooklyn Nets Basketball Academy: Aviator Sports and Events Center, 3059 Flatbush Ave.; brooklynnets.com/summercamps; Free.

Children ages 6 to 14 years of all skill levels will learn how to play the game. All camp participants will receive a Brooklyn Nets Basketball Academy camp jersey, two tickets to a select 2018-19 Brooklyn Nets home game, and will have opportunities to win a variety of other Nets prizes.

TUES, AUG. 7

IN BROOKLYN

The Brooklyn Nets Basketball Academy: Aviator Sports and Events Center. See Monday, Aug. 6.

Cowpoke class with Hopalong Andrew: Whole Foods Market, 238 Bedford Ave.; hopalongandrew.com; 10 am; Free.

WED, AUG. 8

IN BROOKLYN

The Brooklyn Nets Basketball Academy: Aviator Sports and Events Center. See Monday, Aug. 6.

Cowpoke class with Hopalong Andrew: 10 am. Fort Greene Park Visitor Center. See Wednesday, Aug. 1.

Summer Reading Storytime: 10:30 am. Brooklyn Bridge Park. See Wednesday,

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

Aug. 1.

Double Dutch: 7 pm to 9 pm. Brooklyn Bridge Park, Pier 2. See Wednesday, Aug. 1.

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Light-house. See Wednesday, Aug. 1.

THURS, AUG. 9

IN BROOKLYN

The Brooklyn Nets Basketball Academy: Aviator Sports and Events Center. See Monday, Aug. 6.

Live at the Archway: 6 pm to 9 pm. The Archway. See Thursday, Aug. 2.

FRI, AUG. 10

IN BROOKLYN

The Brooklyn Nets Basketball Academy: Aviator Sports and Events Center. See Monday, Aug. 6.

First Discoveries for Toddlers: 9:30 am to 10:30 am. Brooklyn Botanic Garden. See Friday, Aug. 3.

Cowpoke class with Hopalong Andrew: 4 pm. Cobble Hill Park. See Friday, Aug. 3.

Coney Island Friday Night Fireworks: 9:30 pm to 10 pm. Coney Island Beach. See Friday, Aug. 3.

SAT, AUG. 11

IN BROOKLYN

Family Discovery Weekends: 10 am to noon. Brooklyn Botanic Garden. See Saturday, Aug. 4.

"The Jungle Book": 12:30 pm and 2:30 pm. Puppetworks. See Saturday, Aug. 4.

Seining: Empire Fulton Ferry Beach, Plymouth and Main streets; www.brooklyn-bridgepark.org; 2:30 pm to 4 pm; Free.

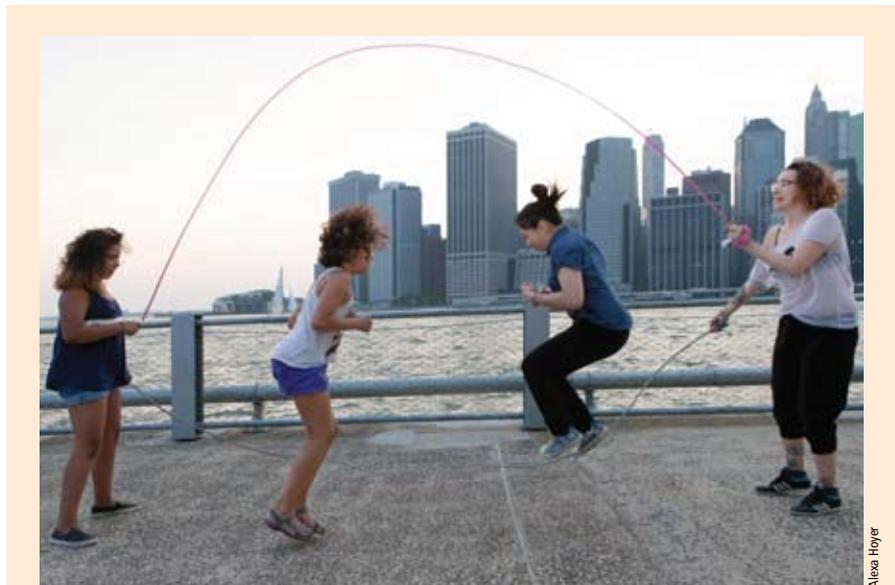
Discover the amazing biodiversity of the Hudson River Estuary as our staff and scientists use a seine net to humanely catch incredible creatures that live below the water's surface.

SUN, AUG. 12

IN BROOKLYN

Hunt for Wild Elderberries in Prospect Park: Grand Army entrance at stone benches, Union Street between Flatbush Avenue and Prospect Park West; (914) 835-2153; www.kidsncomedy.com; www.wildmanstevebrill.com; 11:45 am; \$20 (\$10 children).

Naturalist and author "Wildman" Steve Brill — America's go-to guy for foraging — will lead one of his world-famous foraging tours of Prospect Park. Call at least 24 hours



Alexa Hoyer

Double your pleasure!

Whether jumping in or out, double-Dutch jumping is back at Brooklyn Bridge Park through Aug. 15.

Double Dutch Empire is a double Dutch jump-rope session open to everyone of any age, skill, and jump style. Skilled instructors are on-hand to provide basic double dutch instruction in a fun block party environment.

Grab your partners, grab two ropes, and get into the jump of things.

Learn to double Dutch in a block party environment with experienced jumpers.

Double Dutch Empire, Wednesdays through Aug. 15 from 7 pm to 9 pm. Free. Open to all abilities and recommended for ages 15 and up.

Brooklyn Bridge Park, Pier 2 [Jerusalem Street at Furman Street in Brooklyn Heights, (718) 222-9939; www.brooklynbridgepark.org].

prior to the event to reserve a space.

"The Jungle Book": 12:30 pm and 2:30 pm. Puppetworks. See Saturday, Aug. 4.

Family Discovery Weekends: 1 pm to 3 pm. Brooklyn Botanic Garden. See Saturday, Aug. 4.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

MON, AUG. 13

IN BROOKLYN

The Brooklyn Nets Basketball Academy: St. Joseph's College, 212 Vanderbilt Ave.; brooklynnets.com/summercamps; Free.

Children ages 6 to 14 years of all skill levels will learn how to play the game. All camp participants will receive a Brooklyn Nets Basketball Academy camp jersey, two tickets to a select 2018-19 Brooklyn Nets home game, and will have opportunities to

win a variety of other Nets prizes.

TUES, AUG. 14

IN BROOKLYN

The Brooklyn Nets Basketball Academy: St. Joseph's College. See Monday, Aug. 13.

Cowpoke class with Hopalong Andrew: 10 am. Whole Foods Market. See Tuesday, Aug. 7.

WED, AUG. 15

IN BROOKLYN

The Brooklyn Nets Basketball Academy: St. Joseph's College. See Monday, Aug. 13.

Cowpoke class with Hopalong Andrew: 10 am. Fort Greene Park Visitor Center. See Wednesday, Aug. 1.

Double Dutch: 7 pm to 9 pm. Brooklyn Bridge Park, Pier 2. See Wednesday, Aug. 1.

Calendar

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

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Light-house. See Wednesday, Aug. 1.

THURS, AUG. 16

IN BROOKLYN

The Brooklyn Nets Basketball Academy: St. Joseph's College. See Monday, Aug. 13.

Live at the Archway: 6 pm to 9 pm. The Archway. See Thursday, Aug. 2.

FRI, AUG. 17

IN BROOKLYN

The Brooklyn Nets Basketball Academy: St. Joseph's College. See Monday, Aug. 13.

First Discoveries for Toddlers: 9:30 am to 10:30 am. Brooklyn Botanic Garden. See Friday, Aug. 3.

Cowpoke class with Hopalong Andrew: 4 pm. Cobble Hill Park. See Friday, Aug. 3.

Coney Island Friday Night Fireworks: 9:30 pm to 10 pm. Coney Island Beach. See Friday, Aug. 3.

SAT, AUG. 18

IN BROOKLYN

Family Discovery Weekends: 10 am to noon. Brooklyn Botanic Garden. See Saturday, Aug. 4.

"The Jungle Book": 12:30 pm and 2:30 pm. Puppetworks. See Saturday, Aug. 4.

SUN, AUG. 19

IN BROOKLYN

"The Jungle Book": 12:30 pm and 2:30 pm. Puppetworks. See Saturday, Aug. 4.

Family Discovery Weekends: 1 pm to 3 pm. Brooklyn Botanic Garden. See Saturday, Aug. 4.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

TUES, AUG. 21

IN BROOKLYN

Cowpoke class with Hopalong Andrew: 10 am. Whole Foods Market. See Tuesday, Aug. 7.

WED, AUG. 22

IN BROOKLYN

Cowpoke class with Hopalong Andrew: 10 am. Fort Greene Park Visitor Cen-

Play it safe in Safety City

Children can learn about the rules of the road at the Safety City exhibit at the Jewish Children's Museum now through Aug. 31.

Kids of all ages will step up to this engaging, interactive child-size road course — complete with a crosswalk, traffic lights, and even a shopping strip.

Safety City, Sundays through Thursdays, now through Aug. 31, beginning at 12:30 pm. Tickets are \$13, and \$10 for seniors.

Jewish Children's Museum [792 Eastern Pkwy. at Kingston Avenue in Crown Heights, (718) 467-0600; www.jcm.museum].



ter. See Wednesday, Aug. 1.

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Light-house. See Wednesday, Aug. 1.

THURS, AUG. 23

IN BROOKLYN

Live at the Archway: 6 pm to 9 pm. The Archway. See Thursday, Aug. 2.

FRI, AUG. 24

IN BROOKLYN

First Discoveries for Toddlers: 9:30 am to 10:30 am. Brooklyn Botanic Garden. See Friday, Aug. 3.

Cowpoke class with Hopalong Andrew: 4 pm. Cobble Hill Park. See Friday, Aug. 3.

Coney Island Friday Night Fireworks: 9:30 pm to 10 pm. Coney Island Beach. See Friday, Aug. 3.

SUN, AUG. 26

IN BROOKLYN

Brighton Jubilee: Brighton Neighborhood Association, 1002 Brighton Beach Ave.; (718) 891-0800; brightonbeach.com; 9 am to 6 pm; Free.

The 42nd Annual celebration returns to the Brighton Beach community. Entertainment, food, vendors, children's activities, and more abound.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Aug. 5.

TUES, AUG. 28

IN BROOKLYN

Cowpoke class with Hopalong Andrew: 10 am. Whole Foods Market. See Tuesday, Aug. 7.

WED, AUG. 29

IN BROOKLYN

Cowpoke class with Hopalong Andrew: 10 am. Fort Greene Park Visitor Center. See Wednesday, Aug. 1.

THURS, AUG. 30

IN BROOKLYN

Live at the Archway: 6 pm to 9 pm. The Archway. See Thursday, Aug. 2.

FRI, AUG. 31

IN BROOKLYN

Coney Island Friday Night Fireworks: 9:30 pm to 10 pm. Coney Island Beach. See Friday, Aug. 3.

LONG-RUNNING

IN BROOKLYN

Tennis: Kaiser Park, Neptune and Bayview avenues; www.CityParksFoundation.org; Mondays and Wednesdays, 9 am to noon, until Tues, Aug. 28; Free.

CityParks Tennis provides free tennis lessons to children, ages 6 to 17. The program makes tennis instruction freely available to those who want to learn the game in a fun, relaxed atmosphere. Lessons for kids are offered at all skill levels. The program con-

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

cludes with a fun tournament for beginners held at the Central Park Tennis Center and the BNP Paribas Aces Tournament for intermediates held at Flushing Meadows Park in mid-August.

Tennis: Kelly Playground, Avenue S and E. 14th Street; www.CityParksFoundation.org; Mondays and Wednesdays, 9 am to noon, until Tues, Aug. 28; Free.

Pop Up Pool: Brooklyn Bridge Park, Pier 6, Atlantic Avenue at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; Daily, 10 am to 6 pm; until Tues, Aug. 28; Free.

Dive right in. The pool is 30 by 50 feet in size, and maxes out at an easy 3.5 feet deep — making it just right for families with smaller kids, too. Swimmers of all ages and levels are welcome to enter daily from 10 am to 6 pm for 45-minute sessions. The Brooklyn Bridge Park Conservancy also offers swim lessons for kids during the season. The pool capacity is 60. Wristbands for each session are distributed first-come, first-served. Children under 4-foot-2 must be accompanied by an adult in the pool. Bathing suits are required on the deck and in the water.

Ocean Wonders – Sharks!: New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays, and hundreds of species of ocean wildlife. As you explore the exhibit, the wondrous world deep below the ocean surface is revealed, whether it is in the Coral Reef Tunnel, The New York Bight, or the dark and mysterious Hudson Canyon's Edge with large sand tiger sharks, sandbar sharks, nurse sharks, and hundreds of marine species which live off the coast of New York.

Play City: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; info@jcm.museum; www.jcm.museum; Sundays – Thursdays, 11 am to 3:30 pm, Wed, Aug. 1 – Thurs, Aug. 30; \$13 museum admission.

Enjoy roads of imaginative play as you build up a miniature city of cars, street signs, and more!

Safety City: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; info@jcm.museum; www.jcm.museum; Sundays – Thursdays, 12:30 pm to 3:30 pm, Wed, Aug. 1 – Thurs, Aug. 30; Free with museum admission.

The Jewish Children's Museum hits the road this summer with a child-size road course teaching street and pedestrian safety, complete with pedal go-carts and working traffic lights! Drive through "Safety City" and enjoy typical high street attractions along the road. Children will have to prac-

Brighton Jubilee returns for 42nd year

Come one and all to the 42nd annual Brighton Jubilee, stretching along Brighton Beach Avenue on Aug. 26.

The Jubilee again descends upon Brighton Beach with music, food, and family entertainment.

The festival offers visitors a taste of Russia with a smorgasbord of food and treats, as it attracts more than 125,000 people every year from all different backgrounds.

The annual food, music, and entertainment-filled event held Brighton Beach Avenue is just a block from the Boardwalk that offers beautiful ocean-side views.

The summer shindig includes vendors selling artisan hand-made items, food, children's activities, and stages



File photo by Steve Solomonsen

hosting musical acts.

Brighton Jubilee on Aug. 26 from 9 am to 6 pm. Free.

Brighton Neighborhood Association
[1002 Brighton Beach Ave. in Brighton Beach, (718) 891-0800; <http://brighton-beach.com>].

tice safe street behaviors both as drivers and as pedestrians, in order to be awarded a "Safety City" license!

Tennis: Fort Greene Park, DeKalb Avenue and S. Portland Avenue; www.CityParksFoundation.org; Mondays and Wednesdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Tennis: Marine Park, Fillmore Avenue and Stuart Street; www.CityParksFoundation.org; Mondays and Wednesdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Tennis: McCarren Park, N. 13th Street between Bedford Avenue and Berry Street; www.CityParksFoundation.org; Mondays and Wednesdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Cowpoke class with Hopalong Andrew: Brooklyn Public Library Park Slope branch, 431 Sixth Ave.; (718) 832-1853; hopalongandrew.com; Wednesdays, 3 pm, Fridays, 4 pm, until Wed, Aug. 29; \$10.

Tennis: Leif Ericson Park, Eighth Avenue and 66th Street; www.CityParksFoundation.org; Tuesdays and Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

Kids Discovery Stations: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; Thursdays, 9:30 am to 11:30 am, Fridays, 10: am to noon, until Fri, Aug. 24; Free with garden admission.

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

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.

Prospect Park Nature Exploration: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; Thursdays and Fridays, Noon to 4 pm,

Calendar

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

until Fri, Aug. 31; Free.

Join Prospect Park Alliance for nature education programs at the Prospect Park Audubon Center, the first urban Audubon Center in the nation. Includes – Discovery Pack from noon to 3 pm, ready-to-go kits filled with nature activities for families; Bird Nerd Game Hour, 1–2 pm, learn about birds and nature in this fun, mildly competitive hour of puzzles; Animal Encounter, 2–3 pm, join Alliance Naturalists in learning more about the animals in the Audubon Center's collection; and more.

Tennis: Bensonhurst Park, Cropsy Avenue and Bay Parkway; www.CityParksFoundation.org; Tuesdays and Thursdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Tennis: Prospect Park, Parkside Avenue at the Parade Ground; www.CityParksFoundation.org; Tuesdays and Thursdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Environmental Ed Center Open: Environmental Ed Center at Brooklyn Bridge Park, Washington and Plymouth streets; <https://www.brooklynbridgepark.org/events/ed-center-open-hours>; Tuesdays and Thursdays, 3 pm to 5 pm, Saturdays, 1 pm to 5 pm, Sundays, 1 pm to 5 pm, until Sun, Aug. 26; 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!

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

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

Kayaking: Brooklyn Bridge Park, Pier 2, Joralemon Street at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; Saturdays and Sundays, 10 am to 2 pm, until Thurs, Aug. 30; Free.

Paddle on a sit-on-top kayak in the East River. Children under 18 must have an adult guardian present.

Basketball clinics: Brooklyn Bridge Park, Pier 2, Joralemon Street at Furman Street; (718) 222-9939; www.brooklynbridgepark.org; Tuesdays, 5 pm to 7 pm, Sundays, Noon to 2 pm, until Tues, Aug. 28; Free.

Join Big and Little Skills Academy for dynamic youth basketball clinics. Each program will include yoga to enhance flexibility, or flag football for agility training. Recommended for ages 8–17.

FURTHER AFIELD

"Frozen" on Broadway: St. James The-



Susan Kryciak (MAC)

Family fun on the shore

Want a family-friendly summer destination? Come on down to Cape May, N.J., and enjoy a day full of fun activities on the historic lighthouse grounds, on Wednesdays now through Aug. 22

Family Fun Days provide kids with hands-on activities like pirate hat-making, along with performers and kid-friendly entertainment. Adults are not left out — they may browse among the crafts vendors, all at the base of the 1859 lighthouse. Climb the 199 steps to the top and enjoy the best view of the Jersey Cape.

Family Fun Days, Wednesdays, through Aug. 22 from 9 am to 2 pm. Admission is free to activities on the grounds and there is a separate admission to climb the lighthouse: \$8 for adults and \$5 for children (ages 3–12).

Cape May Lighthouse [Cape May Point State Park, Cape May, N.J., (800) 275-4278; www.capemaymac.org]. For information on restaurants, accommodations, and shopping, call the Chamber of Commerce of Greater Cape May at 609-884-5508 or visit www.capemaychamber.com or www.capemaylodging.com.

atre, 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 new production.

Governors Island: New York Harbor, Manhattan; <https://govisland.com>; Weekdays, 10 am–6 pm, Saturdays and Sundays, 10 am–7 pm, until Wed, Oct. 31; Ferries run from Manhattan and Brooklyn. Check website for schedules and fares. Entry to the island is free.

This unique New York City destination is open for the season! The 172-acre island in the heart of New York Harbor has something for everyone, from biking, slides, play

fountains and hammocks to tours of historic Fort Jay and Castle Williams.

"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, until Sun, Sept. 30; \$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

Glowing back to school



If the idea of sending your little one off to pre-K or kindergarten has you fretting, there is an enchanting new backpack for your tiny scholar — complete with glowing wings — that will remind you what a magical time this is.

The small “Forest Fairy Flyer” backpack is sized just right for students ages 3 to 5, who will be smitten by the teal-and-purple color scheme which shimmers in iridescent glory in daylight and, with a flick of a switch, positively glows at night.

The whimsical — yet sturdy — backpack impresses with its many thoughtful details: exterior side pockets, a nameplate, a tote handle, and horizontal design that keeps weight above the waist.

It’s fairy nice indeed

Small “Forest Fairy Flyer” backpack, \$44.99, Bixbee.com.

Hear, hear

Going back to school still means stocking up on pencils, highlighters, and composition notebooks, but nowadays, it can also mean students need to fill their backpacks with a flash drive and child-safe headphones — especially if their classroom is using the popular Google Chromebooks.

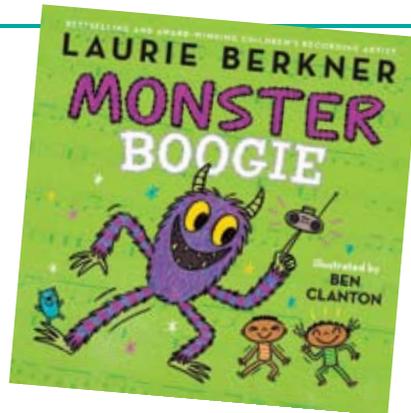
LilGadgets’ new BestBuds Earbuds are made to meet the unique needs of children ages 6 and older. They’re particularly suited for kids, because their volume is capped by a 93-decibel limit to protect young ears, and they’re made to reduce outside noise levels, so kids won’t have to max out the volume to enjoy their apps, phones, or videos.

The BestBuds, which are in-ear headphones, also have a microphone for phone calls or communicating with apps. The earphones also



come with a firm storage case which contains the additional Earbud covers and Y-shaped “SharePort” adapter, so your child can share his screen-finds with family and school friends.

BestBuds Earbuds by LilGadgets, \$19, Walmart.com.



‘Monster’ yuks

In her latest children’s book, which features her popular song “Monster Boogie” (Simon & Schuster Books for Young Readers), kindie singer-songwriter Laurie Berkner has teamed up with illustrator Ben Clanton (of Narwhal and Jelly book series fame) to encourage kids to face their fears, get up, and dance.

The sheet music for the song is printed on the book’s back cover — or for the musically illiterate among us, you can listen to Berkner’s “Monster Boogie” video on YouTube.

Recommended for 4 to 8 year olds, Berkner’s book features a brother and sister trying to go to sleep, but are awakened by a giant monster — with, gasp!, green teeth — who exhorts the kids to lighten up, “boogie” and “wiggle.” And that’s good advice for readers of any age.

“Monster Boogie” book by Laurie Berkner, \$17.99, Amazon.com.

Minute to win it

Beat the clock, by beating and heating your eggs in this morning lifesaver!

The new Breakfast Sandwich Maker from Pampered Chef is an incredible help for parents trying to get healthy food into a tween or teenager — and still get them to school on time!

With the Maker, we made a delicious, nutritious meal in 90 seconds! Butter the bottom of the ceramic bowl and add a beaten egg seasoned with salt and pepper. Then add the deep silicone insert filled with a pre-cooked meat of your choice (such as a slice of ham or bacon). Cover with the ceramic lid, and microwave for 30 seconds. Finally, add the shallow insert with a multigrain English muffin with cheddar cheese, replace the lid, and microwave for 30 seconds.



Assemble your sandwich, and impress your family with a breakfast sandwich that rivals any fast-food restaurant in good looks, but outshines them with its freshness, low cost, and nutrients. Foster independence by encouraging tweens to make their own eggs in this maker, which is easily handwashed and dishwasher safe. Bon appétit!

Breakfast Sandwich Maker, \$29.50, PamperedChef.com



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