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Another summer ending

I don't really think of summer ending as much as I think of school beginning. Some of the nicest days of the year take place in September. Still, that's not very helpful for the kids, teachers, and parents, all of whom have to return to normal routines in spite of many holidays that, in New York, disrupt the beginning of classes. With the beautiful weather it's often difficult to get in the groove, but somehow by the end of the month it all falls into line.



This issue has some good articles and thoughtful columns helpful for every Back to School student and family.

Being the "new kid" at school is tough. I myself know that. I was ten years old when we moved from one city to another. It really helps to do some prep work, and our writer Cassi Denari has given us some helpful suggestions as to how to prepare

for that day. The more familiar your child is with the new environment and the layout, the better the transition will be. If this applies to your family or someone you know, please be sure to read.

Saying good-bye on the first day is often tough. Separation anxiety is no joke. Many times I've written about

leaving my daughter at preschool and standing out on the sidewalk weeping. She was fine, I was a wreck! Randi Goldfarb addresses this common issue with helpful tips for easing the experience. Homework! Ugh! Denise Yearian gives us a number of essential tips to establish successful routines to make homework happen, without the battles. Every family can use help in this department. So many distractions and busy days make getting homework done in a timely manner often daunting. It's important to establish routines that aid the

process towards success.

There are also columns on food, first-aid, recording treasured moments, college savings; a lot of great information.

We've also show you some options for great out-of-school activities in your area. So many good possibilities for kids and parents to choose from. We have exciting opportunities in this vibrant city of ours. Take advantage of them for your kids.

Enjoy the Labor Day holiday and the beginning of this new school year. If you celebrate the Jewish High Holy Days, Shana Tova! All the best.

Thanks for reading!

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Short Stuff

Enjoy the ride

With summer's warm weather and the rise in gas prices, now is the perfect time to ditch the minivan and get outside. The e-bike movement is a must-try for families looking to avoid the typical grind, to get out of the car, and actually enjoy getting outside. (An e-bike is a bicycle with two accelerators.) Whether running errands or having outdoor adventures, these bikes are the ultimate family transport.

Riese & Müller's e-cargo bike, The Load, offers stability and control while riding, even with the most precious of



cargo. The dual battery technology, fully protected back seat, and massive carrying surface allow you to haul the family

and all of your essentials with ease.

For more information and to find a dealer, visit <https://www.r-m.de/en-us/e-cargo/load/>



Banish diaper rash

Some exciting news from Boudreaux's Butt Paste: The brand is launching its first-ever Rash Kicking Kit to help banish pesky diaper rash. Perfect for new moms and dads, the Rash Kicking Kit is a baby registry must-have!

The kit features both the original and maximum strength formulas, plus the all-new Boudreaux's Butt Brush — an inno-

vative, mess-free, silicone applicator that helps parents gently apply a thick and smooth coat of paste on baby's booty to form a protective barrier from wetness. The Boudreaux's Butt Paste Complete Rash Kicking Kit has everything needed to kick rash fast!

Boudreaux's Butt Paste Rash Kicking Kit is \$14.99 at Amazon.com.

End nipple confusion

A new bottle solution from Australia is limiting baby's confusion and resistance to taking a bottle. Minbie is designed to encourage a proper latch, similar to breastfeeding, for a seamless transition from breast to bottle and back.

Generic nipples can often result in confusion and the bottle taking over. Now, Minbie, available in the US for the first time, solves this problem by encouraging babies to latch and feed with their instinctive breastfeeding technique.

This is a unique Bisphenol A-free, anti-colic, and an anti-reflux bottle system.

7-ounce baby bottle, \$8.50 at Minbie.com.



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How to curb the goodbye blues

Tips for alleviating separation anxiety

BY RANDI GOLDFARB

Reluctance. Guilt. Anxiety. Uncertainty. Sadness.

Children and adults can certainly experience a wide range of intense emotions at separation times, resulting in a whole lot of drama. Separation anxiety is a normative part of development, but it can still be quite challenging. Young children strive to become more independent, but they still need that feeling of safety and security of having a parent nearby. Despite parents wanting their children to become more independent, adults are often conflicted about their children actually becoming more independent! Children make sense of their world thanks to a keen ability to watch everything and everyone — especially parents — around them, and they behave accordingly. When it comes to separation anxiety, how a parent or caregiver conducts themselves during separation is typically the most significant factor as to whether things go smoothly.

We often hear the refrain “My child won’t let me leave!” The truth is, in this case, it really is not the child’s choice! Adults have a great opportunity to be a guide for children for making goodbyes short and still sweet. Being proactive and creating effective strategies to manage separation can empower children to feel competent, help them develop emotional awareness, build greater capacity for self-control, and further independence.

It’s true that school can be a significant time where separation anxiety shows up, but it is certainly not the only venue. For example, when a young child is put down in her crib for a nap, she starts to cry, reaching her arms up to the caregiver. On your way to the bathroom, your toddler runs after you, grasping your legs and carrying on. A friend or family member wants to hold your baby, and he pulls away in resistance, and reaches out to you. A babysitter arrives to watch your child, and



your child becomes visibly distraught, and then his behavior evolves into a full-blown tantrum. Your child is resisting your departure when dropped off at a birthday party or play date.

When adults are proactive, practicing separation strategies in advance, both adults and children will have more confidence when saying goodbye, thus alleviating separation anxiety. Being patient is important, because a child’s behavior can often be inconsistent and can also be affected by life changes. Separation and goodbyes do not need to be full of drama. The less intensity that occurs between you and your child at drop-off, the better it is for all those involved. The calmer you are, the quicker your child can get started with the school day, ready to participate and have fun.

Here are a few tips for smoother separations:

- Approach these situations in a loving, kind, yet firm manner, despite the emotional commotion occurring. Share with

your child that everyone can have a great day even when missing one another!

- Acknowledge and share your own feelings about separation in an age-appropriate manner. This can help normalize your child’s experience with saying goodbye.

- Convey matter-of-factly and with confidence to your child that although goodbyes can be challenging, you can (eventually!) manage them well with minimal distress for all involved.

- It is very important to communicate with your child’s teachers about separation prior to the beginning of school.

- Cultivate trust by always telling your child you are leaving. Do not prolong or drag out goodbyes, regardless of whether your child seems distressed.

- Add an element of playfulness for saying goodbyes, because even goodbyes can be fun!

For more information and to book a Supportive Separation event in your community, e-mail info@zakandnat.com.

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Districts 14-32

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End the hassles over homework

BY DENISE YEARIAN

Homework is an important component of a child's educational experience. For many kids, it's a given — they just do it without complaining. But for others, it's a battleground, a place where war ensues every weekday evening.

Even in well-functioning families, homework can be one of the hottest parent-child crisis buttons. So how can you, as a parent, keep the battle to a minimum and make homework a positive experience?

A child's ability to be successful with homework begins with the value parents place upon learning. Success in this department requires helping your child develop essential homework skills, creating a working alliance with your child and his teachers, and learning to deal with common homework problems. Here are a few tips to help get homework done — without the battles:

Hand over the reigns

Asking about homework and helping out is an important part of guiding your child through his assignments, but excessive involvement may stifle his ability to learn to work independently. Be available for assistance and feedback, but do not jump in too quickly to correct homework, or wait until the 11th hour when, out of frustration, you end up completing his homework for him. Remember, the more responsibility you assume, the less responsibility your child will take. Hand over the reigns. This will give your child responsibility and ownership of his homework.

Eliminate excuses

From time to time, kids will make excuses to avoid doing homework. There may be times when the excuse is valid,

but at other times it could just be a ploy to avoid the unpleasant. For this reason, parents should familiarize themselves with their child's abilities. Then you'll know if Junior is really struggling or just wanting to take the easy way out.

Establish rules and routines

One way to avoid homework hassles (and help your child become an independent learner) is to establish rules and routines. This should include a regular place and time for doing homework, as well as guidelines regarding screen-time and cell-phone usage.

Try to create a pleasant homework environment. For example, if you decide to work at the kitchen table, make sure it's clean and that you have ample supplies within reach. You might even include a healthy snack or drink. Some children work better with quiet music playing or a window open for fresh air. Others are easily distracted and need absolute quiet. Try to figure out what works best for your child, and stick with it.

Guidelines regarding screen-time and cell-phone usage should be established from the very start. This avoids the potential of getting trapped into lengthy discussions and arguments when the phone rings or their friend is available to play a video game online.

While establishing these rules, remember that there may be a circumstance in which your child needs to call a classmate to double-check an assignment. If this is the case, set a time limit on the call — five minutes or so. This should be ample time to write down any information needed.

From time to time, a TV special may rouse your child's interest. If the special comes on during homework time, give your child the option of doing his work

early, or offer to record the program or use a digital media player such as Apple TV, so he can watch it at his leisure. Above all, be consistent with rules and routines. This avoids procrastination and lets your child know his boundary lines and your expectations.

Assist in planning

From time to time, children feel overwhelmed if they have to complete a long-term assignment, such as a report or special project. As a parent, you can alleviate some of the stress by helping your child divide the work into bite-size chunks. For example, if your child has to do a book report, and it's due by the end of the month, set a date when he should have the book read, another date when the rough draft should be done, and another date when the final report should be completed. Do not nag, but follow up when the allotted dates arrive.

Eliminate careless mistakes

A lot of kids rush through their homework to get it over and done with. In general, this is not a problem if the work is thorough and complete. But if your child is rushing through his homework and, as a result, makes careless errors, has sloppy handwriting, or fails to pay attention to directions, it's time to intervene.

Explain to your child that you want him to do his best work, not his fastest. Suggest that he underline or highlight important words or phrases in the assignment directions, so he will remember what needs to be done. Also, encourage him to look over his work for accuracy.

Each night before the homework gets put into the backpack, review his assignments. Check for neatness and accuracy, as well as for interesting ideas and good organization. Encourage, but do not de-



mand that all the mistakes be corrected. Remember, the goal of some assignments is creativity and original ideas, in which case spelling and grammar can be worked on at a later time.

If you suspect your child has made mistakes due to poor understanding, provide assistance. If you continue to see the same problems cropping up, talk with the teacher or consider hiring a tutor.

Increase self-confidence

If your child lacks the confidence to work independently, he may perceive himself as destined to fail and see others as having all the answers. If this is the case, spend time encouraging him, not only

in the area of homework, but with other school-related activities. Emphasize your child's strengths rather than his weaknesses. When you do review homework, start with what has been completed correctly before focusing on the revisions.

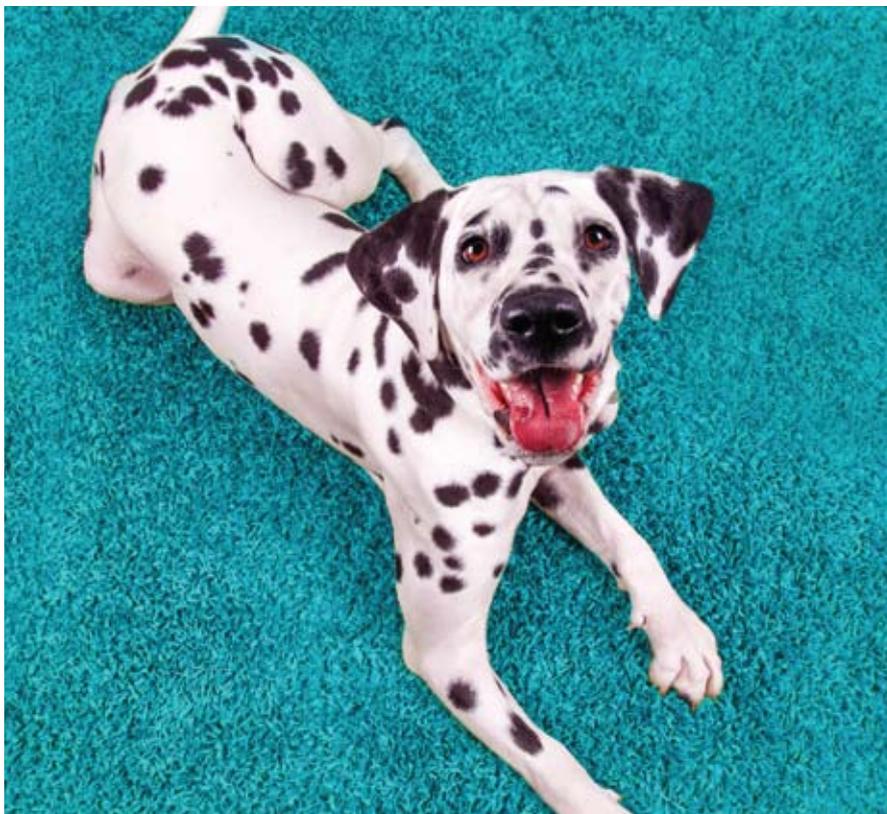
Easing the overload

If you suspect your child is receiving more homework than he can handle, talk with his teacher. Find out how much time the assignments should take. Based on what you learn, set a specific amount of time for homework to be done. If finishing the homework continues to be a problem, return to the teacher and explain the situation. Perhaps it's more than your child

can handle. Teachers are often willing to make adjustments in quantity of homework assigned when they understand a problem exists. Above all, remember the importance of down time. Like adults, children need time to wind down from a busy school day, to think, or simply rest.

In conclusion, as parents, we want our children to get the best education possible. To achieve that goal, we must show them how to be independent, responsible learners. If we do the job right, education will continue long after their school days are over.

Denise Yearian is the former editor of two parenting magazines. She is the mother of three children, and has six grandchildren.



Helping your anxious fur friend at home

If you have an anxious pup, you know how even the smallest noises or changes in the layout of your home can send your dog running and hiding. Like anxious people, anxious dogs need some extra attention to help them calm down and self soothe, but with a few small changes in your home, you can help your precious pet feel more at ease and comfortable. We asked Dr. Kurt Venator, chief veterinary officer at Purina, for some tips on creating a safe and healthy environment for anxious dogs at home.

“Dogs and cats have innate needs and behaviors that we should account for in both how we design our living spaces and how we interact with our pets in those spaces, especially if your pet is new to your home or recently adopted,” says Dr. Venator. “In your home, you can help eliminate anxious behaviors in your pet by creating a happy place where your pet can feel safe and secure. This includes finding an ideal spot for your pet’s crate or a comfortable bed they

enjoy with their favorite toys.”

Here are some design considerations from Dr. Venator:

1. Consider neutral wall colors. Despite popular belief, dogs and cats are not color-blind. In fact, they see many of the colors that we see and can actually see better than humans in dim or low light. They also see the ultraviolet part of the spectrum, which means some materials (such as bright white man-made materials like paper, plastic, or fabric) appear fluorescent to dogs, which can be visually jarring. The ideal color palette for pets consists of light hues in the soft yellow to soft violet range.

2. Add carpeting. Place rugs on the floor to prevent slipping and also to provide extra comfort on your dog’s feet and body.

3. A window with a view. Provide access to an outdoor-facing window to comprehend external stimuli and events.

4. Consistency is key. To help prevent anxiety in a nervous pet, it’s important



HEALTHY LIVING

DANIELLE SULLIVAN

to provide a structured and consistent routine for him or her that includes socialization, exercise, and regular feeding habits. Interaction through toys and grooming are also great opportunities for pet-owner engagement and rituals your pet can do to develop familiarity. CleverPet hubs are game consoles for anxious dogs, and it’s a great way to keep them busy — especially if you’re out of the house for a few hours a day.

5. Find help. If your pet continues to show signs of anxious behavior — especially around certain people, places, or objects — it’s best to consult with your veterinarian, a certified animal behaviorist, or a certified dog trainer to see if he or she can evaluate your pet and provide appropriate suggestions. If it’s not possible to avoid the stimulus that is triggering the dog’s anxious behavior, experts can work with you to develop a behavioral plan that can help alleviate your dog’s fears.

6. Stay calm. Keep in mind that dogs look to their owners for reassurance, so showing them that we are calm and relaxed as much as possible is likely to help them understand there is nothing to be scared of and no legitimate reason to feel anxious.

7. Consider medication. As a last resort, some dogs do require special medications known as anxiolytics to control their anxiety. These would be administered in tandem with a behavioral plan. Again, consult a veterinarian to see if this is a viable treatment option.

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

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Attendees of the All Star Code fund-raiser.

Coding for all

Organization opens doors in tech for young men of color

BY SHNIEKA L. JOHNSON

Manhattan mom Christina Lewis is the founder and chief executive officer of All Star Code, a New York City-based nonprofit organization with a mission to educate, prepare, and place black and Latino young men in the tech industry.

This impetus behind starting All Star Code was Lewis's late father, Reginald F. Lewis (1942–1993). She had learned that when he was a young man, he had participated in a summer program that led to him attending Harvard Law School. Through work with her family foundation, the Reginald F. Lewis Foundation (which supports schools, programs, and groups that promote economic and social justice), and individual work in philanthropy, she had seen a number of organizations that promoted girls being exposed to coding and technology. However, no organization had

surfaced that catered to these young men. There was nothing like All Star Code.

After much time in conversation with individuals in education, the non-profit sector, and technology, Lewis decided to establish All Star Code, in honor of her father.

“My dad, Reginald F. Lewis, was an iconic figure in the history of black business and one of the greatest entrepreneurs of all time. When he died in 1993, my dad was the owner and CEO of TLC Beatrice International, the largest black-owned business in the U.S. and one of Forbes Magazine’s top 400 list of richest people in America,” said Lewis. In February, PBS premiered the documentary “Pioneers: Reginald F. Lewis and the Making of a Billion Dollar Empire.”

“I channeled his legacy to start All Star Code, a New York-based nonprofit that aims to give the next generation of diverse leaders the tools they need to succeed in

the technology industry,” said Lewis. “As a business journalist, I had a front-row seat to observing the growth in income inequality. In honor of my father’s legacy — and all who have fought for equal rights — I created this program to help the next generation of youth catch the next wave of opportunity.”

Lewis and her team have raised more than \$1 million for the growth and development of the All Star Code’s six-week summer intensive program.

“We are constantly tweaking and improving our curriculum based on our current and past year’s feedback, which comes from both internal and external evaluations. We seek to provide both a mix of coding education and the soft skills necessary to succeed in the business world,” explained Lewis.

The “All Stars” also establish an invaluable network of mentors and like-minded peers. With locations now in New York

“I created this program to help the next generation of youth catch the next wave of opportunity.”

City and Pittsburgh, this free program has been deluged with applicants — nearly 1,000 applications were submitted for the 160 available spots.

“The idea is that we are one All Star Code, so while there may be some regional differences, we strive to learn from our expansion sites and offer consistent programming across all our regions,” said Lewis.

“Five years ago, we didn’t even have a desk or a team. Now, All Star Code currently employs 20 people. Every year, we’ve doubled the number of students we serve, and now we’re proud to host eight cohorts of students across two cities — New York City and Pittsburgh, which were selected out of over a thousand applications,” said Lewis. “This year’s six New York cohorts are being hosted by Goldman Sachs, Medidata, Cisco, Major League Baseball, JP Morgan Chase, and Oath. And in Pittsburgh, All Star Code’s first expan-



All Star Code founder Christina Lewis.

sion city, two cohorts are being hosted by Chatham University and the University of Pittsburgh.

“We also have to thank the Reginald F.

Lewis Foundation and AT&T, which continue to provide essential financial support for our organization,” said Lewis.

Since 2013, All Star Code has had about 300 participants in programs hosted by corporate partners. The program’s curriculum focuses on science, technology, engineering and mathematics, and teaches students web development. The program includes guest speakers and mentoring. On average, an astounding 95 percent of All-Star-Code graduates go on to four-year colleges with the majority either majoring or minoring in computer science.

For many years, Lewis has been recognized for her entrepreneurship as well as her individual philanthropy. She remains focused on growing All Star Code and continuing to motivate young men of color toward success. She explained, “We announced a plan to serve 1,000 students annually by 2020, and we are on track for that. We are also always looking to expand to new cities, as well as support our alumni in both their coding and business ventures.”

For more information, visit AllStarCode.org.

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

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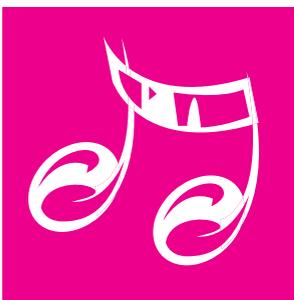
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Fall Activity

DIRECTORY



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www.brooklynfencing.com
Info@brooklynfencing.com

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Continued on page 18

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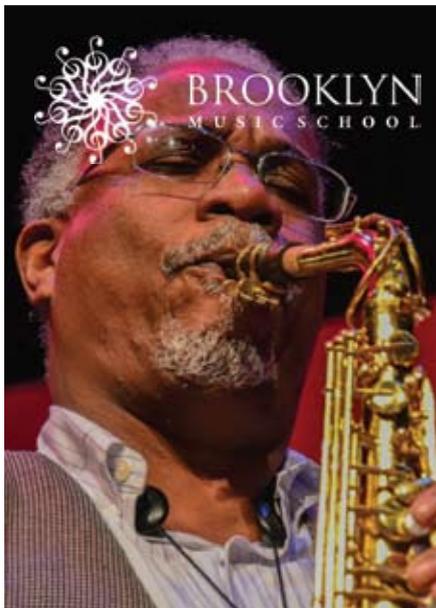
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Fall Activity

DIRECTORY



Continued from page 16

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www.noelpointer.org

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Continued on page 20

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brooklynmusicsschool.org
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Fall Activity

DIRECTORY



Continued from page 18
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The dancers pictured in this ad are
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Food questions that parents always ask

Whether you're just beginning your parental journey or you've already got a couple of children, you may have questions about your child's diet. Perhaps it's one of these:

Pregnancy

Are caffeinated drinks okay? There is no scientific consensus on caffeine's effect on the developing fetus. However, during pregnancy (and breastfeeding), the American College of Obstetrics and Gynecology advises limiting the amount of caffeine to 200 milligrams a day. This is the amount in 12 ounces of regular coffee. Some OBs advise their patients give it up entirely until the research is more concrete.

Breastfeeding

Is there anything I can do to prevent food allergies in my baby? There is no evidence that avoiding food allergens while nursing (or during pregnancy) prevents food allergies.

Infant

When is the ideal time to introduce solid food? The American Academy of Pediatrics recommends mothers exclusively breastfeed until about six months of age and then begin to introduce solid foods. But research published in *JAMA Pediatrics* in July suggests an alternative feeding schedule. It found breastfed babies who ate solid foods at age three months had almost two hours additional sleep and nearly two fewer sleep disturbances per week. Keep in

mind that, before making any changes, you should consult your baby's pediatrician.

Toddler

What can I do to encourage my child to eat vegetables? Read vegetable picture books to your little one! Research published in the May issue of "Appetite" studied 127 toddlers ages 21 to 24 months old. Reading books about vegetables boosted the tots' consumption and was associated with smaller increases in their fear of new foods and food fussiness.

Preschooler

Why is my "good eater" suddenly turning his nose up at certain foods? This is a time of slower growth and a reduction in appetite. Your child may dislike mixed dishes. If that's the case, "unmix" the food; put aside ingredients for mixed dishes before assembling the recipe. This also works for a salad or sandwich.

Elementary school age

How far should I go in policing my child's diet? Don't criminalize the cupcake. Making a food forbidden often has unintended consequences. Kids with highly controlled diets — where they have only "clean" food around — can become pickier and more resistant. Focus instead on creating independent eaters who have a healthy relationship with food, who can self-regulate sweets and snacks, and who enjoy all kinds of foods without a parent persuading them to eat.



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Tween

Does my child need a multivitamin or other dietary supplement? It's commonplace to worry over whether your child is obtaining enough nutrients from his diet. Ask yourself this: Does your child eat a variety of foods from each food group? If so, he probably does not need a supplement. If he avoids entire food groups due to a food dislike, allergy, or intolerance, seek professional advice from your pediatrician or a registered dietitian nutritionist. Remember, a supplement is just that, a supplement. It can never make up for a poor diet.

Teen

Help! My teen just announced she's become a vegetarian. At this time of their lives, teens' concern for animal welfare or desire to exert their independence often results in avoiding animal protein. Vegetarian meals, when planned well, include nutrient-rich foods such as vegetables, fruits, whole grains, and plant proteins. Just make sure she doesn't replace meat with poor food choices. A caveat: Sometimes a switch to vegetarianism is a way to mask an eating disorder since it's a socially acceptable way of saying "No" to food in public.

• • •

What are YOUR questions about childhood nutrition? Write me at the e-mail address below, and I'll do my best to answer them in a follow-up column!

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

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Five real-life skills from Hebrew school

BY ERIN BESER

As we experience an unprecedented period of disruption in our every day, real-world lives, it's hard to imagine how this could not impact the form and structure of our Jewish communities. Watershed moments in Jewish history have given rise to new models of Jewish education and affiliation, and we are standing at the precipice of just such a shift. If you're choosing a program for your child to experience the best of Jewish values and tradition, here are five real-life skills you should look for in your child's program:

1) Act and listen

Judaism is an epic story that has been handed down from one generation to the next. In order for an ancient story to become relevant and meaningful, it needs to come alive and be experienced. Storytelling should be an integral part of the Hebrew school experience, with each learner taking active part in telling and retelling the core narratives of the Jewish people. Not only can stories be told by learning drama and improvisational comedy techniques, but through film, memes, presentations, and social media as well. Stories created for and by our learners will translate ancient texts to modern methods of communication.

2) Build

Secular trends in progressive education have begun to move away from standardized, Industrial-era models of education, and Jewish education should, too! Science, technology, engineering, arts, and mathematics programming — through its emphasis on problem-solving, creativity, curiosity and ingenuity — has the potential to transform the way we think about holiday customs, Torah texts, the Hebrew language, and more. Whether designing Sukkot — a traditional holiday structure — to withstand a certain amount of wind or rain, or engineering candle-lighting robots for Hanukkah, this educational approach must be included in any Hebrew school that considers itself a part of this new generation.



3) Sing and dance

Music has not only been proven to enhance learning across disciplines, but it also builds a strong sense of community and connection. Participating in Jewish prayer is an exciting and energetic way to prepare learners for real life in the Jewish world. While you might think it's just one of those things they'll need to know if they would like to have a bar or bat mitzvah, Jewish prayer can be so much more than that. Being able to keep up with the beat of Jewish prayer services, wherever you may choose to attend, will feel empowering to the next generation of Jewish learners to sing out wherever their Jewish journeys take them.

4) Taste

Eating Jewishly is a deeply social, cultural, religious, and always enjoyable activity. Learners should have the opportunity to investigate the roots of symbolic Jewish food, prepare and taste cuisines from diverse Jewish communities, and take their

study of traditional dietary laws on the road to see how eating Jewishly is alive in their neighborhood and how healthy, organic, and sustainable eating has authentic roots in Jewish environmentalism.

5) Debate

Why does Jewish tradition place so much emphasis on question-asking, interpretation, and debate? Why do *you* think? Debate is a core value in Jewish texts, recognizing the holiness that is sparked by impassioned arguments on both sides. Well-facilitated debate enhances critical thinking and communication skills, while fostering an atmosphere of open-mindedness, and a sense of community and respect. The toxic nature of our national discourse demand that the next generation of Jewish learners model respectful, yet passionate dissent.

Erin Beser is the director of Community Learning and Engagement for the Jewish Community Project in Lower Manhattan.

Hebrew School

DIRECTORY

Bay Ridge Jewish Center

405 81st Street

718-836-3103, brjc.org, office@brjc.org

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The new kid

How to prepare your child for life at a new school

BY CASSI DENARI

Your child walks into the crowded cafeteria and scans the room looking for an open table. Suddenly, all eyes are on him. The huge room goes quiet. His peers have stopped mid-sentence, mid-bite to stare at the new kid.

Your child's face is flushed, and his cheeks are turning bright red. It appears he may have forgotten how to breathe. No, this is not a nightmare. It's your child's first day at a new school.

According to the US Census Bureau, more than 2,000,000 families with children between the ages of 6 and 17 move around the United States every year. With those statistics, chances are your child is not the only new kid at school.

But being the new kid doesn't have to be quite so scary and anxiety inducing. With a few simple steps, you can help your child be the new kid they want to be:

Get the lay of the land

Before your child's first day, visit the new school (preferably when class is out or when the school is relatively empty) or get a tour. Find out where her class or classes are, her locker, the library, the gym, the cafeteria, the restrooms, etc. Becoming familiar with the layout and knowing what to expect can ease overall anxiety — including those first-day jitters.

Bring a camera and take pictures (visual aids are always helpful) and get a map of the school. The more familiar your child is with the school, the better.

Take some time walking around the grounds and playing on the playground.

Walk your child through her schedule

and help her envision a typical day at her new school. Courtney Carlisle Bolton, PhD, says, "The more your child can anticipate, the less anxious she may be on the first day. Help alleviate any fears she may have by preparing her in advance of what the daily schedule and routine will be at school."

Meet the players

Meet the principal, the office staff, the classroom teachers, and as many members of the faculty as possible who will be interacting with your child.

See if the principal can suggest a student to be your child's "buddy" for the first day or two of school. This buddy can show your child the ropes and introduce her to other students. Dr. John Duffy, clinical psychologist and author of "The Available Parent: Radical Optimism for Raising Teens and Tweens," says, "This helps your child become acclimated to the building, the culture and, to an extent, the social climate of the school."

Contact the Parent-Teacher Association president and ask if he or she has any information about the school or students that could make your child's transition into the new school easier. Also ask if he can direct you to your child's classroom roster. Contact the other parents to arrange a play date at a nearby park. This is a great way to introduce your child to her future classmates. Having a friend on the first day of school can give your child the confidence she needs.

Get involved

What interests does your child have? Find out if the school offers programs your child might find exciting (theater,



“The more your child can anticipate, the less anxious she may be on the first day. Help alleviate any fears she may have by preparing her in advance of what the daily schedule and routine will be at school.”

music, sports, etc.).

As a parent, join the Parent-Teacher Association, volunteer in the classroom, and get involved any way you can.

“Meeting other parents, kids, and staff is the best way to help your child and your family transition and thrive in a new school,” says Amy Hilbrich Davis, CEO of the professional development company for parents, Inspiring Moms and Dads.

Making friends

The key to making friends is to find a common interest. Help your child be open to finding that common ground.

Talk to your child about a time when you were making new friends. Think back to what worked for you. Share any experiences that you think will be helpful for your child.

Each child is going to have a different approach. Some are going to be fine

walking right up to a peer or a group of kids and introducing themselves. For others, this may be completely out of character.

Jill Kristal, president at Transitional Learning Curves, says her 10-year-old son commented that in order to be accepted by the other kids, he had to wait it out, sit on the sidelines, and give people a chance to get used to him. He figured out a good way to navigate the social minefield of being the newbie.

Help your child. Offer advice, but have respect for her process.

Talk about feelings

Be patient. As with any transition, there is a period of adjustment.

Jenny Rogers, a kindergarten teacher and mother of two, says, “After you and your child have taken that school tour, talk about things that surprised them

or ways that this school is like their old school. This often starts a good dialogue about worries, concerns, and helps the child picture him or herself in this new school. As all great parents do, spin the ‘worries’ into positives!”

Listen to your child. Validate her concerns. Offer up your own experiences and empathize.

In some way or another, we’ve all been there.

Sell it

“Your attitude as a parent is powerful! Be positive! Acknowledge that new can mean scary and create anxiety, yet it also means exciting, more friends, and an improved life. If you, as the mom or dad, believe this, then so will your kids. Live the life you want your kids to live and jump in!” says Davis.

And finally, remind your child that she is the cool, mysterious, new kid and to have fun on this exciting adventure. Trust your child to be successful.

Cassi Denari is a freelance writer and a professional “new kid.” From kindergarten to senior year she went to 13 schools. By the time she hit high school, she had the “new kid” process down to a science. She is the mother of two boys, and in her spare time, she writes children’s stories.



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Simple first-aid tips for cuts and bruises

Both my son and daughter are about to start fall sports leagues, and I know that bruises and cuts are sure to follow. How can I quickly and efficiently help my child best during these first-aid situations?

Odds are that the vast majority of the injuries a child will encounter during his or her young life will not send you rushing to the hospital. Here are some basic first-aid tips for cuts and bruises that need a bit more care than just a mother's kiss or a hug, but that don't involve serious bleeding, a suspected sprain, or broken bones.

Bruises (contusions) result from sharp impact that can result from a fall onto hard pavement, bumping into a sharp object, or being pinched so hard that the blood vessels below the skin break and excess blood rushes to the area.

An acronym for the care you should provide for a bruise is RICE: Rest, Ice, Compress, and Elevate. Rest the bruised area; apply ice or a cold pack to reduce swelling (making sure that the ice does not directly touch the skin). Compress the bruise by wrapping a bandage or piece of cloth around it firmly (although not so firmly that it hurts), and

elevate the injured area if possible.

Short-term use of over-the-counter pain medication, such as ibuprofen — never aspirin in children under the age of 18 — may help address your child's pain, as long as you follow the dosage recommendations for the correct age range. If you follow these steps for up to 48 hours, and the swelling does not start to subside, or the pain stays the same or worsens, then it's time to seek medical care.

Like care for a bruise, the sooner first aid is provided for a cut or scrape, the better. This is the case even if the wound has stopped bleeding on its own. No matter what, step one is to make sure the bleeding stops, first by applying continuous pressure for up to 10 minutes, then checking and continuing for another 30 minutes if the bleeding has continued.

Step two is cleaning out the wound with clear water to remove any debris, using small tweezers to remove any that does not come out in the rinse. Next, clean out the wound using soap, water, and a paper towel, napkin, or other type of clean cloth. Applying an antibiotic ointment, if available, will reduce the chances of infection (though it will not make the healing pro-



FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
NewYork-Presbyterian Brooklyn
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cess go faster). Finally, cover the clean wound with a bandage or gauze, changing the dressing at least once a day, and after every time it gets wet or dirty.

It's important to know proper first-aid care for a child's scrapes and bruises, but always remember to trust your parental instincts. If you believe your child's injury requires professional medical attention or opinion, despite first-aid, then call your child's pediatrician or go to the emergency room. Cuts and bruises are not only a test of a parent's first-aid skill, but of a parent's judgment as well.



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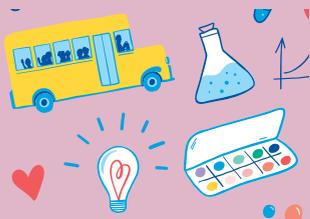


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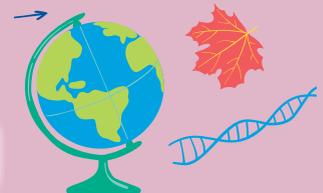


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NEW YORK
Parenting



Keep them safe at every age

BY KIMBERLY BLAKER

According to the National Center for Missing and Exploited Children, approximately 115 children are abducted by strangers each year in the United States. But strangers are not always the culprits when it comes to foul play and our children. More often than not, children are at greater risk from acquaintances, family, and friends. These dangers come in many forms, and different concerns are more prevalent at each stage of development:

Abduction — easy prey

During infancy and the early years, children can be kidnapped quickly with no need for coaxing. Leaving a little one unattended in a stroller or locked car for just moments is long enough for an abduction to occur.

When shopping, keep your child in sight at all times. For difficult outings, leave your child with a sitter or use a child safety harness with toddlers. This gadget prevents small children from wandering off and reduces potential danger should parents become distracted.

As soon as your child is old enough to understand, read stories and discuss stranger dangers to reduce the risk of kidnapping.

At home or away, young children should be supervised when they play outdoors. As children grow, keep close tabs on their whereabouts, and never allow them to play unattended in parks, wooded lots, or secluded areas.

Abduction by an ex-spouse, estranged grandparents, or other family member is even more prevalent. More than 200,000 children are abducted by family members each year. If you suspect the possibility of this occurring, take every precaution

while abiding by child visitation requirements. If you have serious concern, seek legal advice on how to protect your child when a court order requires that you allow unsupervised visitation with the potential perpetrator.

Sexual predators

As your child grows, new risks develop. Pedophiles and other sexual predators can be anywhere. Although your child could be sexually abused at any age, most pedophiles prefer children nearing puberty. According to Child Lures, a child-abuse prevention program, pedophiles “prey on a child’s sexual ignorance

and curiosity.”

Sexual abuse is most often committed by males — of all social and economic backgrounds. Pedophiles often look for access to children by taking a job working with or near them, chaperoning or leading activities and clubs, coaching sports programs, or befriending an adult to gain access to a child. While not all men who work with children are molesters, parents should remain alert to the possibility.

Teach your child what areas of the body are off limits to others and how to say “no” to someone who touches in a way that is uncomfortable. In addition,



make sure your child understands that if something does happen, she is not to blame and should tell an adult.

There are a number of changes in your child's behavior that might indicate something has gone wrong, according to the North American Missing Children's Association. These include withdrawal, unusual anger, acting out, fear of being alone or with a particular person, or decreased interest in activities, especially those in which the molester is involved. If you notice unexplained changes in your child's behavior, talk with your child to determine the problem, or seek professional help.

Internet dangers

It would seem stranger danger should decrease as children grow. But strangers and acquaintances just begin to pose risks by different means. Nineteen percent of children ages 10 to 17 who use the internet have been sexually propositioned according to a study by the Crimes Against Children Research Center of the University of New Hampshire. Although none of the children in the study had been physically victimized, approximately one quarter of the children were distraught over the incidences.

To keep your kids safe on the internet,

purchase filtering software. Although filters are imperfect and don't screen every inappropriate site, they significantly reduce access to danger sites.

In addition, insist your child or adolescent only use chat rooms designed for your child's age group. This reduces risk of involvement in adult discussions. It's also good to know some kids' chat sites are moderated to insure no inappropriate or potentially dangerous discussion takes place.

Make sure your child understands the importance of never giving out his name, address, phone number, or other personal or family information to strangers on the internet, no matter how young or friendly the acquaintance may seem.

Finally, keep a close eye on kids when they use the internet. While teens need their privacy, monitor the situation if an abundance of time is being spent online.

Peer dangers

During the teen years, growing independence makes your teen vulnerable to the risk of rape, and it's committed by peers and strangers alike. When alcohol and drugs become part of a teen's social habits, the potential increases.

Teach your teen about the risk and how to be safe. Discuss date rape drugs

that are used and the risks they pose, and know the details of your teen's whereabouts. In addition, enroll your daughter in a self-defense workshop to learn how to defend herself.

If your child is missing

In the unlikely event that your child disappears, here's what you can do:

- Be prepared. Keep an updated record that includes your child's hair and eye color, height, weight, blood type, phone numbers and addresses of friends, and a recent photo.

- Be sure to include several strands of your child's hair with the roots and follicles attached for a DNA sample, and create an impression of your child's teeth in a piece of sterilized Styrofoam.

- According to federal law, a waiting period cannot be required for reporting missing children. If your child comes up missing, contact your local police department, and make every effort to search for your child while using caution not to disrupt evidence.

Kimberly Blaker is the author of a kid's stem book, "Horoscopes: Reality or Trickery?," containing fun experiments to help kids understand the scientific method and develop critical thinking skills.

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College preparation you might overlook

My 17-year-old daughter is off to college this fall, and will turn 18 in December. I want to make sure that I am the one to make decisions for her if something happens, and also to make sure I have access to her health information. Can she sign a power of attorney and healthcare proxy? Can I download one online and have her sign it? Is there a norm these days for parent authorization to receive health info?

It's difficult sending the kids off into the world without worrying about the myriad challenges they will encounter. After purchasing everything one needs for dorm life, another concern is how you will continue to make medical and legal decisions for them while they are away.

Most states place the age of majority at 18. This means that until your child turns 18, he or she is most likely not legally competent to sign a healthcare proxy or power of attorney (or make a Last Will and Testament).

When she turns 18, however, the situation changes. At that point, you will no longer be legally able to access your child's healthcare information or speak with her doctors, which are subject to Health Insurance Portability and Accountability Act (commonly called HIPAA) privacy laws that restrict the dissemination or disclosure of a patient's privileged medical information absent consent. You might be paying the bills — and even paying for her health insurance — but at that point, you cannot get information without her consent. This can be particularly unsettling in a crisis situation.

The way to resolve this is to have your teenager sign a HIPAA release once she turns 18. The release will authorize disclosure of your child's healthcare information directly to you if you call the healthcare provider. You can keep a copy or ask your child to furnish a copy to her doctor and the college health center. If your child is uncertain about granting you blanket access to all health information (and assuming

you are reluctant to use an “I pay the bills, I get the information” strategy), the release can be tailored to exclude certain types of information (sex, drugs, and alcohol, for example), except in dire situations.

Next, have your child execute a healthcare proxy. If your 18-year-old is in an accident and cannot communicate medical decisions to her doctor (or the doctor in the hospital), in the absence of a healthcare proxy in place, a parent might need to go to court to obtain the authority to make those decisions. In New York, since 2010, the Family Health Care Decisions Act allows a patient's family member to make healthcare decisions if the patient lacks decisional capacity and did not execute a healthcare proxy. However, this statute only bestows such authority in a hospital or institutional setting, not a physician's office. Other states may not have a similar statute.

Even though you have raised your child to go out into the world, you still remain a source of financial and even medical support, and are the likely “in case of emergency” contact. It is important to get the requisite authority to make those decisions in advance before a crisis occurs. And, if you do not have these advance directives for yourself, it is a good opportunity to get those documents finalized as well for both parent and child.

Last, but not least, is a power of attorney. A power of attorney (sometimes referred to as a durable power of attorney) appoints an individual (or multiple individuals) to act as agents on a person's behalf with regard to financial or legal (non-health) matters. The scope of the authority is determined by the individual signing the power of attorney and granting the authority, and can be as broad or as narrow as the person wishes.

If your child is fiercely independent and resisting the idea of granting such control to you, despite continued dependence on your financial support, it can help to propose a trusted aunt, uncle, cousin, older



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

sibling, or even responsible friend of the family to serve in one of these roles or as a co-agent with the parent.

In the context of older people, they tend to be reluctant to grant someone such control over their affairs with a power of attorney, as doing so is, implicitly, a recognition of their own actual or potential cognitive decline. With teenagers off to college, it presents different concerns about the parent continuing to have control over them just as they are on the brink of complete independence. Teens may also be concerned that the power of attorney can be used by the parent to access their grades, which the college will not usually disclose absent the grant of authority, regardless of who pays the bills. Be prepared to address this and other concerns with your child when discussing the topic with them.

So, as you plan to celebrate your teen's 18th birthday, have a plan to discuss these topics and documents at some point after you bring out the cake, and rest easier that you will still be able to be there for her in a time of crisis.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists parents with their estate-planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrustplan and on her website at www.besunderlaw.com. Submit questions that you would like to see answered in this column to alison@besunderlaw.com.

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2. Kellmann A et al. J Inher Metab Dis 2012; 35(2): 343-351

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The value of childhood independence

New York writer celebrates raising 'Free-Range Kids'

BY ALLISON PLITT

A New York City mother allowed her 9-year-old son, Izzy, to take rides on a subway and a public bus — alone — to his home in 2008. In her column for *The New York Sun*, Lenore Skenazy described how her young son took an hour-long trip home on those two forms of public transportation.

As word spread of her decision, Skenazy and her son were interviewed by Ann Curry on NBC in which Izzy said the trip “made him feel grown up.” Seated across from Curry was a “parenting expert,” Dr. Ruth Peters, who told Skenazy it would have been safer if she had followed her son on his trip home, or if Izzy had taken public transportation with a group of friends.

Other national news sources, like Fox News and MSNBC, also picked up on the story and interviewed Skenazy, who even answered questions from reporters in China, Australia, and Israel about the incident. By the end of all the interviews and public discussions about her parenting, Skenazy had been dubbed by the media as “America’s Worst Mom.”

In her defense, Skenazy penned a book, published in 2010, called “Free-Range Kids: How to Raise Safe, Self-Reliant Children” (Jossey-Bass), which has turned into a national movement that is still going strong eight years later. Making fun of the 21st-century “helicopter” parents who do everything for their kids, “Free-Range Kids” extols the principle that children must learn to do things independently in order to thrive in the real world by themselves. (Her column “Rhymes with Crazy” runs twice a month in our sister publication, *The Brooklyn Paper*.)

The drastic decrease in crime

One of Skenazy’s major points is the drastic decrease in national crime since reaching its pinnacle at the beginning of the 1990s.



Lenore Skenazy

Using updated statistics about crime trends from 1993 to 2005, Skenazy writes that there is a “36 percent decline in homicides of children under the age of 14” and a “60 percent decline in homicides of children ages 14–17.” She adds that from 1993 to 2003, there has been a “79 percent decline in juvenile sex victimizations trends.”

In 2014, *JAMA Pediatrics* published a study explaining the decrease in crime against children, despite recent headlines about school shootings. The main author of the study, sociologist David Finkelhor, believes technology plays a major factor in violence reduction.

“More children have cellphones,” he observes, “which means more can call for help if they sense danger.”

Finkelhor and his co-authors have other theories about why violence against children has declined. One idea is that “public health programs specifically designed to curb violence against children work,” such as anti-bullying techniques and domestic violence awareness.

Another hypothesis is Skenazy’s book is that more people are on psychiatric medi-

cine that reduces aggressive behavior. According to an 2014 article written by CNN’s Jen Christensen, 7.8 percent of children were taking psychiatric medication in 2011 and “more adults are taking medication for depression and anxiety, which may also reduce family violence.”

The 24-hour media cycle

Skenazy believes that due to 24-hour news channels such as CNN and television shows such as “*Law & Order*,” viewers are perpetually being shown images of people and places affected by violence, which make audiences falsely believe that constant crime is occurring everywhere.

David Ropeik from *The Washington Post* wrote in a March article that “the statistical likelihood of any given public school student being killed by a gun, in school, on any given day since 1999 was roughly 1 in 614,000,000. And since the 1990s, shootings at schools have been getting less common.”

A television producer admitted to Skenazy that programs hook viewers by inspiring fear, which parents then are subconsciously thinking about in their daily lives. One television celebrity who inspires such fear is John Walsh, whose 6-year-old son, Adam, was abducted by a stranger in 1981 and beheaded. His severed head was found in Vero Beach, Fla. To help other parents find their abducted children, Walsh created the popular television show, “*America’s Most Wanted*” (1988–2012), which was responsible for the arrest of hundreds of criminals.

Skenazy writes that Walsh also co-founded the National Center for Missing and Exploited Children, but he never explains in its statistics that many missing children are usually runaways or children abducted by family members.

Consequences of sequestering our children

As a result of keeping our children safe, the U.S. has become a culture where chil-



dren are driven everywhere, even to their own bus stops for school.

“Forty years ago, the majority of the U.S. children walked or biked to school. Today about 10 percent do,” Skenazy observes. “Meantime, 70 percent of today’s moms say they played outside as kids. But only 31 percent of their kids do.”

If we stop driving our kids, there will be less air pollution, and kids will be outside in nature. As Skenazy writes, “Being in nature is important for kids. It nurtures curiosity and independence and a connectedness to time and the earth.”

So what are some of the effects of keeping our kids indoors and in cars? Here are some statistics from the Centers for Disease Control and Prevention and “Free-Range Kids”:

- Childhood obesity has tripled since 1970.
- Children are now getting Type 2 Diabetes, an illness that used to only be diagnosed in adults.
- Between 5 and 10 percent of all kids under the age of 18 will experience depression.
- Many kids arriving on college campuses today are called “teacups” by ad-

ministrators, because “a lifetime of overprotection has made them very fragile,” writes Skenazy.

How to help our children go free-range

Skenazy recommends parents accompany their child on his first walk to school or assist him on his first chore at home to allay their own fears and ensure their children are safe and doing a task correctly. Then, she says, parents should:

Make your kids walk and play outside. Let your children know they are capable of doing things without you. Give them responsibility inside and outside of the home. Besides having them clean dishes and make their beds, have them take the family pet to the vet for its annual exam.

Ask your child to cook dinner. Have them walk to the supermarket to purchase the ingredients, and then have them prepare dinner for the family. Assist them if they ask for help, but don’t overprotect them by not letting them turn on the stove or use knives.

Teach online safety and trust them. Instead of tracking your kids on the internet and blocking their content, talk to

them about the dangers of connecting with strangers online. Let them know that they should never make a plan to meet an unknown person they “met” on the internet without your permission.

Teach your children how to protect themselves if a stranger does approach them in an inappropriate manner. Practice and role play a three-part approach — have them throw their hands in the air, scream, and then run.

Most importantly, let your child fail at something. Parents are so scared that their children will react badly when they lose that kids get trophies nowadays just for participating in activities. When a child fails, he learns something about himself, but it also opens a door to new opportunities. If kids don’t try and fail, they will never learn what they are good at or what they enjoy doing.

As Skenazy so aptly puts it, “Kids are competent. Kids are capable. Kids deserve freedom, responsibility, and a chance to be part of this world, not cooped up like, well, chickens.”

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

Savings 101

Tips to help young-adult children save for retirement

Mark Henry, a certified estate planner as well as founder and chief executive officer of Alloy Wealth Management, offers five tips that parents can pass on to their young-adult children to help them start planning for retirement:

Don't wait

Explain to them the importance of beginning retirement savings just as that they start their first job.

"While they reason that their salary is low as they start out, and they have bills, they need to make saving a disciplined habit, starting with just a little," Henry says. "It's not going to be easy to start saving later; you make more money, but then you've got more expenses. So start the important life habit now, and it will be easier then."

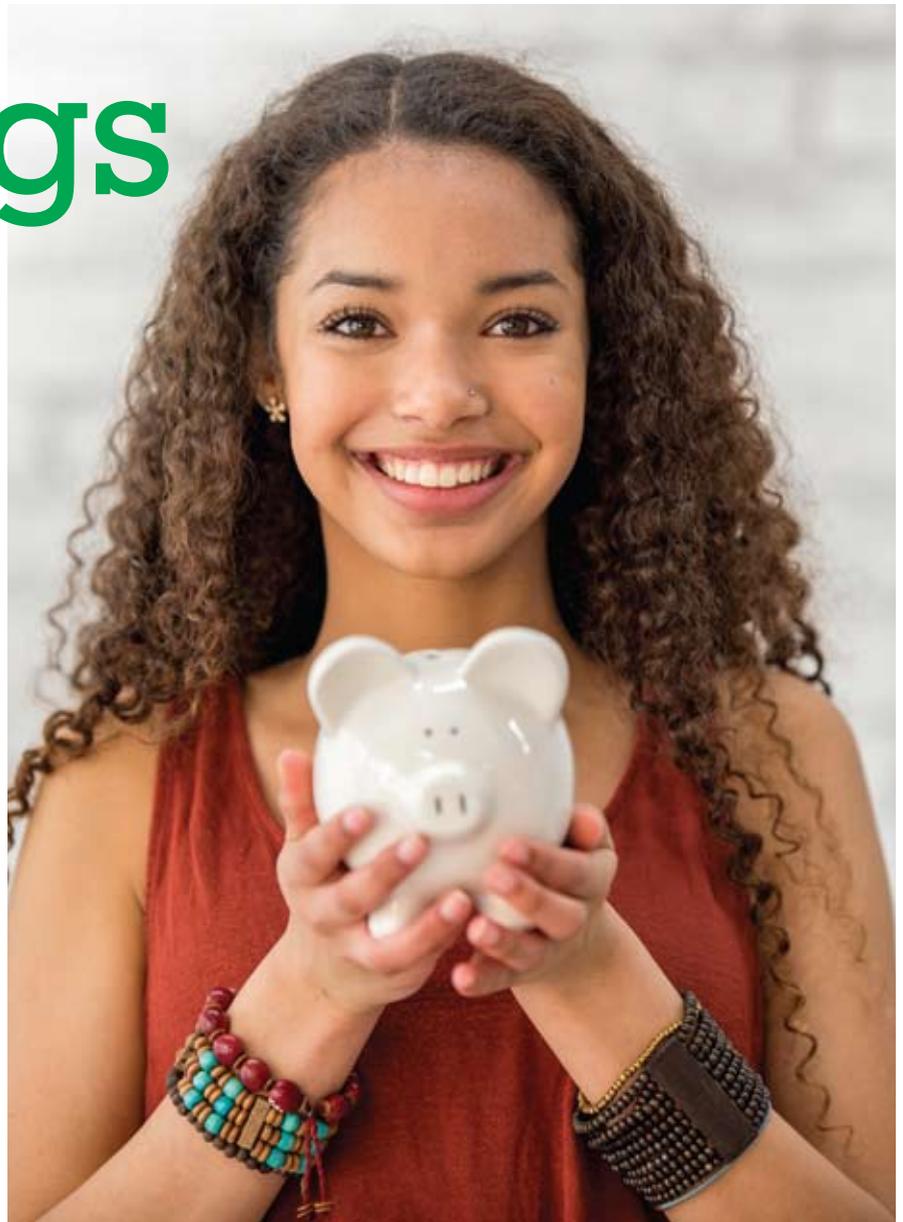
Learn the basics

Retirement planning can be a boring topic for some young people, but Henry says tying its importance to a new job that gives them a big opportunity to get ahead financially can instill pride in learning some of the retirement basics.

"Young workers should at least understand the purpose of target-date funds," Henry says. "Many plans offer these funds, which automatically adjust how a person's money is invested based on their age and how close they are to retirement."

Capitalize on the 401(k)

Their parents' generation profited from this.



"Throw in the fact that pensions are gone for the most part — and their parents' generation felt the brunt of this fall-off — and the kids should pay heed to a great way to save," Henry says. "And the percentage a company matches the 401(k) is an important consideration."

Increase contributions over time

Financial advisors generally recommend that you save between 10 and 15 percent of your pay for retirement. That's usually too high for someone in their 20s, but Henry says, "You can work toward that goal by increasing your contribution by one or two percentage points every time you get a raise."

Stick to an honest budget

"Help them learn to budget money

with three simple categories: give, save, and spend," Henry says.

"With this foundation, they'll learn how rewarding it is to set a savings goal and regularly put aside money to reach it, which is the basis for successful retirement investing.

"Parents today know the younger you are when you begin retirement investing, the more money you can have when it's time to retire," Henry says. "They need to emphasize that to their kids, and they can teach them by starting with simple concepts and building on them over time."

Mark Henry is a certified estate planner as well as founder and CEO of Alloy Wealth Management (www.alloywealth.com). Henry has more than 30 years of experience in business and finance. He is also an investment advisor representative.



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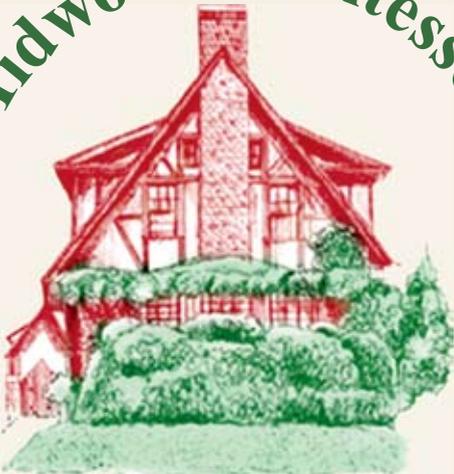
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Keeping a record of treasured moments

My first daughter was born before I had a cellphone, back in the days before the ability to photo-journalize an infant's first days were convenient, or perhaps, even available to the average person. I took a lot of photos on my camera and shared them with friends and family. But I wanted more. I was so in awe of this little human that I wanted to remember everything she did. I also wanted to track when she ate and slept, because I was utterly terrified of her not getting everything she needed. So I took a notebook and wrote down when she ate and slept each day,

and then on the bottom of the page, I wrote a paragraph or two about what she did.

Even on the most sleep-deprived days, I wrote something, even if it was just: "It rained all day today, and we stayed inside. Amanda was happy and slept the most she ever has. Then Nanny came to visit and Amanda slept in Nanny's arms for a hour while Nanny sang 'Camptown Races.'"

Simple, right? It required no creative thought whatsoever, which was great, because I knew I could keep it up, and I did for the first full year. With my second



JUST WRITE MOM

DANIELLE SULLIVAN

daughter, I think I made it until nearly a year, but with my last-born son, it may have been more like six months. Still, when I read back those snippets now, it is such a wonderful snapshot of our lives that I only wish I had continued doing it as they grew older.

I especially wish I chronicled their first few days of school. I wish I had simply written down the muddled phrases and sentences that Amanda exchanged with her new, little 5-year-old classmates who would become lifelong friends. There is something amazing about hearing the dialogue exchanged during memorable events years later. Of course, you can likely just take out your phone now and take video if the circumstances and teachers allow it, but there is something wonderfully simple about writing it all down.

Every September, I get nostalgic about back-to-school season, and even though I am well past the first day of preschool and kindergarten with my kids, I remember all the feelings surrounding those days — both my kids' and mine — and chronicling that is a treasure, too.

So, if you are gearing up to send your little one off into the world on the first day of school, absolutely take your phone, and snap as many photos as you can, but when you get home, and it's just you there reflecting on what just happened and how your little baby is going to be away from you all day, grab a notebook, and jot it all down. Years from now, you'll be glad you did — and so will they!

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

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Preparing your child for a productive year

I want to help my kids have a productive school year. What can I do at home to set them up for success?

A supportive learning environment at home is just as important as one at school. Set up a quiet space for your child to do his homework as soon as the school year begins. Getting him involved in the process will give him a sense of ownership over his learning.

Have your child choose the spot in your home where he would like to work. Remind him that it should be a quiet space where other people aren't likely to be walking around and should have a flat surface to work on as well as a comfortable chair. Then set up organizational systems.

One idea is to have a small corkboard where you can hang up weekly assignments, as well as spelling and vocabulary words so that your child always knows

where they are and has easy access to them. Also, keep sharpened pencils, crayons, highlighters, index cards, and other school supplies in a small bin in the space.

Lastly, have your child put his touch on it. That could mean placing fun stickers on the bin, putting a special stuffed animal on the table, or a favorite pillow on the back of their chair. When your child likes the space where he is doing work, he is more likely to want to go there and get it done!

We absolutely cannot forget that a new school year can be overwhelming for parents as well! Having a spot in your home that is geared up with all of the things that you will need will be helpful for you as well. Put up your own corkboard and calendar. Here, you can hang up any important papers that come home and immediately pencil in important dates, so you are never caught off guard or miss anything. If you have more than one school-aged child,



TIPS FROM A TEACHER

LAUREN ROSEN

color coding is a great idea. Mark all events for that child in a certain color, and use the same colored push pins and folders for all school materials pertaining to each child.

Wishing you all a terrific school year!

Lauren Rosen has been teaching in Manhattan private schools for 10 years. She lives in Manhattan with her husband and daughter. You can reach her at MrsLRosen@gmail.com.

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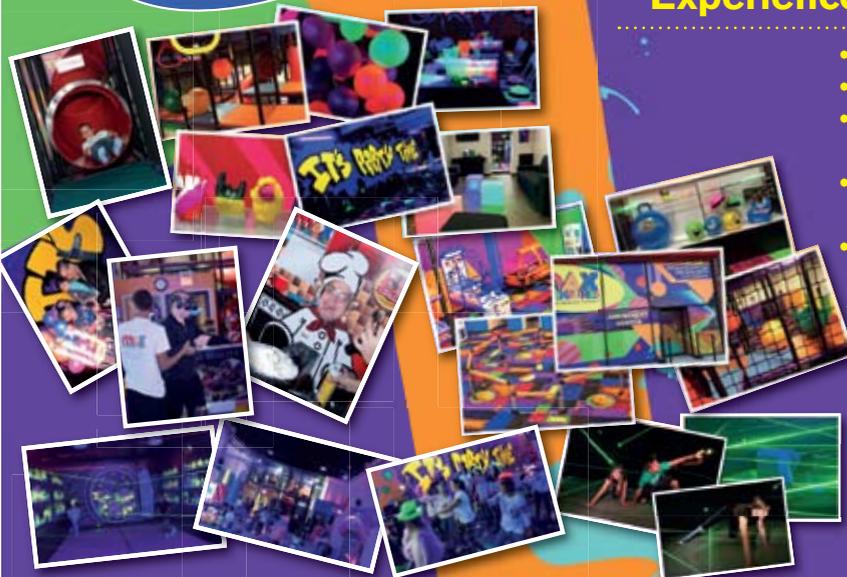
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Marta Baranova/bemorechillmusical.com

A scene from "Be More Chill."

Fun September finds

Back to school, back to cool! I hope everyone had a fabUlyss summer, and now it's back to school! New backpacks, pencils, erasers, school books, and more. The kids are all off to a fresh start.

Wishing all the tots, kids, teens, and tweens a wonderful transition back to school and a great academic year ahead. If you have teens and tweens, I highly recommend taking them to see Bo Burnham's film "Eighth Grade," starring Elsie Fisher. Although the film is rated R, it should be seen by every parent with their teens and tweens, if you ask me. This coming-of-age dramedy is not to be missed, and a viewing should provide the opportunity for an important discussion with your kids.



I have a new #FabUlyss book that I want to share, "Unfiltered: How to Be as Happy as You Look on Social Media," by

Jessica Abo. "Unfiltered" is for anyone who needs to be reminded that we're all a work in progress, no matter what judgments we make when measuring our lives against what others share online. In Abo's debut book, the award-winning journalist, sought-after speaker, and new mom addresses the relationship between our psychology and technology and how we can take back our happiness in real life without falling into the compare-and-despair trap.

Abo helps you push the reset button with bite-sized chapters full of practical insights from experts and psychologists, as well as funny anecdotes and inspiring stories from celebrities such as Alysia Reiner of "Orange is the New Black" and Baked by Melissa CEO Melissa Benshah. You will love this new book.

https://www.amazon.com/gp/product/1599186330/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i0



FABULYSS FINDS

LYSS STERN



Thinking about going to the theater this month? Don't miss "Pretty Woman: The Musical" on Broadway and "Be More Chill" Off-Broadway. I cannot wait to take my boys to see "Be More Chill" at the end of the month. I am glad they extended the show through Sept. 30, so we were able to purchase tickets. I felt like we won the "Hamilton" lottery when I found out more tickets were for sale.

Critics are saying "Be More Chill" is the coolest new musical about being a loser. It's already "one of the most popular new musicals in America," raves The New York Times. And Forbes declares, "It's a viral obsession!" In "Be More Chill," achieving that elusive "perfect life" is now possible thanks to some mysterious new technology — but it comes at a cost that's not as easy to swallow.

www.bemorechillmusical.com

"Pretty Woman: The Musical" is a diva-must if you loved the movie. Grab a friend or plan a mom's night out to see this new, wonderful Broadway show. I recently went with a friend, and we did not know what to expect. But after seeing it, we could not stop raving about the fabUlyssly fun show.

www.prettywomanthemusical.com



With Halloween right around the corner, I will give you a tip: If your kids are into "Fortnite," hurry and purchase the costume ASAP. Rumor has it that "Fortnite" costumes are going to be the hottest and most in-demand this Halloween.

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

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Calendar

SEPTEMBER



File photo by Caleb Caldwell

Jumble jumble

It's a jumble out there — the Bike Jumble returns to the Old Stone House on Sept. 8.

The Jumble, which claims to be New York's only bike flea market, provides shoppers the chance to pick from a variety of inexpensive bikes, as well as pricier rides, and has a tune-up station so buyers can get the a-okay on their new wheels.

Along with purchasing that perfect pedal built for two, cyclists can also

get parts, accessories, riding clothing, back-to-school bargains, test out new rides, or buy children an early holiday gift. Bike prices start around \$50 and go from there.

Rain or shine, it's a great place to take the kids for the day.

Bike Jumble, Sept. 8 from 10 am to 4 pm. Free to browse.

Old Stone House at Washington Park (336 Third St. between Fourth and Fifth avenues in Park Slope; www.nybikejumble.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!

SAT, SEPT. 1

IN BROOKLYN

Back 2 Back – Melissa Iwai and Elizabeth Lilly: Books Are Magic, 225 Smith St. at Butler Street; 11 am to noon; Free.

This month we welcome Melissa Iwai and Elizabeth Lilly. Melissa Iwai has wanted to write and illustrate children's books since she was a little kid. She started with stapling paper together and making tiny books for her dolls, and now she's illustrated more than 30 books. Elizabeth Lilly is an author-illustrator, animator and graphic designer. Her first picture book, entitled "Geraldine," is about a giraffe who has trouble fitting in (figuratively and literally) when she moves to a human school.

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

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

Folk Music Jam in the Garden: Brooklyn Bears Pacific Street Community Garden, Pacific Street and Flatbush Avenue; 2 pm to 5 pm; Free.

Brooklyn Bears Community Garden is hosting a folk music jam on the first Saturday of the month from June to September! Bring your instrument and join, or just come and listen! All skill levels are welcome. The North Brooklyn BID will provide burgers and hot dogs, and Brooklyn Crepe and Juice will offer fresh drinks.

SUN, SEPT. 2

IN BROOKLYN

Metro Measure: 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, Sept. 1.



Book Fest's day for kids

Celebrate Latin American music and children's books with Grupo Cantaro at the Brooklyn Book Festival on Sept. 15 at MetroTech Commons.

The Mexican group performs Latin American songs and rhymes at the annual festival's Children's Day. The musical-vocal ensemble founded in 1979 is dedicated to composing, arranging, and performing songs for children. The band has released seven albums, the most recent one being *Fabulas de Mi Granja* ("Fables from My Farm"). Its Latin American songs and rhymes appear on a new book-CD from The Secret Mountain called "The Hummingbird Sings and Dances."

Children's Day is part of the Brooklyn Book Festival, which presents an array of national and international liter-

ary stars and emerging authors. More than 300 authors and 250 booksellers fill MetroTech Commons in an outdoor Literary Marketplace.

This year's event will host musical entertainment by Grupo Cantaro and authors including Rumaan Alam, Martin Amis, Jennifer Egan, Tayari Jones, Akwaeke Emezi, Laura Lippmann, Terry McMillan, Carmen Maria Machado, Joyce Carol Oates, Greg Pardlo, Hermione Hoby, A.M. Homes, April Ryan, Alexander Chee, and Amber Tamblyn.

Grupo Cantaro at the Brooklyn Book Festival's Children's Day on Sept. 15 from 10 am to 4 pm. Free.

MetroTech Commons (Jay Street and Myrtle Avenue in Downtown, www.brooklynbookfestival.org).

MON, SEPT. 3

IN BROOKLYN

Prospect Park Nature Exploration:

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

Join Prospect Park Alliance for nature education programs at the Prospect Park Audubon Center, the first urban Audubon Center in the nation.

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

Get out and get moving in the Lefferts

yard! The whole family can participate in potato sack races, spoon races, stilts, and other old-fashioned games.

FURTHER AFIELD

New York Renaissance Faire: Hudson Valley State grounds, 600 Rt. 17A, Hudson Valley; (845) 351-5171; renfair.com/ny; 10 am-7 pm; \$29.95 adults, \$13 children 5-12, children under 5 free.

Travel back in time to a beautiful 16th-century English village! See amazing acrobats, magical fairies, swashbuckling pirates, jousting and more. With kid-friendly shows, crafts, games and tempting treats, there's something for everyone. Check website for stage schedules.

Calendar

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

TUES, SEPT. 4

FURTHER AFIELD

Little Playtimes: LEGOLAND Discovery Center Westchester, 39 Fitzgerald St., Westchester; (866) 243-0770; <https://westchester.legolanddiscoverycenter.com>; 10am-2pm; \$24 for an adult and child, children 2 and under free.

Have a LEGO® play date! Little ones build their curiosity with LEGO® bricks while parents mingle together. Activities include story time, Animal Bingo, and Farmers Workshop. Check website for schedule.

THURS, SEPT. 6

IN BROOKLYN

Bilingual Storytime with Toc Toc:

Books Are Magic, 225 Smith St. at Butler Street; 10:30 am to 11:30 am; \$10.

A fun mix of story time, sing-along, dancing, games, and puppet show. It's great for kids with any level of Spanish. Don't worry if you don't speak the language, you can even learn with your child! In our program, kids start learning a second language at the best age to do it, which is between birth and 3 years old, right when the "language learning window" opens. The books we will be reading are: "La Oruga Muy Hambrienta" ("The Very Hungry Caterpillar") by Eric Carle, and "Bebé, Vamos a Comer" ("Baby, Let's Eat") by Stephan Lomp. Non-Spanish speakers welcome!

Femmelody Chamber Music Festival:

Park Church Co-op, 129 Russell St., femmelodycmc@gmail.com; https://withfriends.co/event/413364/femmelody_chamber_music_festival; 2 pm; \$20 general admission, \$10 student/under 18 discount.

Femmelody Chamber Music Festival will offer an afternoon of music, art, and poetry in Park Church's beautiful Sanctuary. A concert will feature a diverse array of music, including women's contributions to the baroque, contemporary, and popular music styles through the musical works of Concetta Abbate, Kate Amrine, Anna Bon, Whitney George, and Missy Mazzoli, performed exclusively by women. Art installations by Dorothy Rojas in the church's Sanctuary will be available for viewing before, during, and after the performances. Poetry from women and non-binary community members will be featured throughout the festival. Food and drinks from local vendors will be offered. This festival is open to all genders and ages!

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.

FRI, SEPT. 7

IN BROOKLYN

"Godspell": Redeemer St. John's Lu-



Richard Louissant

Haitian drums and fun

You are invited to attend a celebration of song and drum at the Festival Minokan on Sept. 8 at the Wyckoff House Museum.

Join Fanmi Asoto for a festival of Haitian singing and drumming along with a Lakou Souvenance ceremony honoring the spirits of Dahomey with music, dancing, and food. Open to all who wish to learn about and experience this traditional Haitian celebration.

Festival Minokan Song and Drum Celebration, Sept. 8 from 2 pm to 6 pm. Adults \$20, children ages 6-14 \$15 and children 6 and under free. Suitable for all ages.

Wyckoff House Museum [5816 Clarendon Rd. in Flatbush, (718) 629-5400; danielle@wyckoffmuseum.org; www.wyckoffmuseum.org; www.eventbrite.com/e/festival-minokan-a-song-drum-celebration-tickets-45910898734].

theran, 939 83rd St. and 10th Avenue; (347) 746-4002; www.bkone.org; 8 pm; \$20 (\$15 seniors).

BrooklynOne Theater Company performs the Broadway musical for an extended three nights.

SAT, SEPT. 8

IN BROOKLYN

10th Annual Brooklyn T.E.A.L.®

Walk/5K Run: Prospect Park Band Shell, Prospect Park West and Ninth Street; (718) 965-8900; info@tealwalk.org; www.bricartsmedia.org/cb; 7:45 am-1 pm; \$25-40.

Join us for our 10th year of connecting families and individuals touched by ovarian cancer, honoring survivors, crossing finish lines, achieving personal goals, spreading awareness, fund-raising for medical research, and making unforgettable memories! This event always takes place during September, which is National Ovarian Cancer Awareness Month. The T.E.A.L.® Walk is a 2.5-mile non-competitive walk, and the run is a timed 5K. We also celebrate survivors through our T.E.A.L.® Survivor Ceremony where every

year each woman who's ever been diagnosed with ovarian cancer in attendance is invited on stage at the Bandshell and presented with a special honor.

Brooklyn Bike Jumble: Old Stone House, 336 Third St. between Fourth and Fifth avenues; www.nybikejumble.com; 10 am to 4 pm; Free to browse.

Rain or shine it's a great place to take the kids to this one-of-a-kind bicycle flea market as it returns for another visit. Find a used or new bike; bike accessories; bike collectibles; riding clothing and other bike treasures. Bike prices start around \$50 and go from there.

Gowanus Block Party: Bell House, 149 Seventh St. at Third Avenue; (718) 643-6510; info@cityfarmrepresents.com; www.thebellhouseny.com; Noon to 6 pm.

You're invited to celebrate the 10th anniversary at a family-friendly outdoor event bringing together local artists, businesses, and community members for a day of food, drinks, games, music, and unique Gowanus experiences. In partnership with Gowanus Canal Conservancy.

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

Metro Measure: 1:30 pm to 2:30 pm.
New York Transit Museum. See Saturday,
Sept. 1.

Song and Drum Celebration:

Wyckoff House Museum, 5816
Clarendon Rd.; (718) 629-5400;
danielle@wyckoffmuseum.org; www.wyckoffmuseum.org; 2:00-6:00 pm; Adults
\$20, Children 6-14 \$15, Children 6 and
under free.

Join Fanmi Asoto for a festival of Haitian
singing and drumming. Lakou Souvenance
ceremony honoring the spirits of Dahomey
with music, dancing and food. Open to all
who wish to learn about and experience
this traditional Haitian celebration.

Celestial Seas-Celestial Navigation:

Brooklyn Navy Yard Center @ BLDG 92,
63 Flushing Ave.; At the intersection of
Flushing Avenue and Carlton Avenue; (718)
907-5932; amurray@brooklynnavyard.org;
<https://www.eventbrite.com/e/celestial-navigation-science-and-history-tickets-48990167911>; 4:30 pm; \$15.

Before navigation systems and radio-
based navigation aids, mariners crossed
the oceans and explored the world by
observing the sun, the moon and the
stars and planets. Celestial navigation,
or "nautical astronomy," was a science
practiced by ordinary men and women.
Anyone could learn to find latitude and
longitude using the sun and stars, and
anyone can learn how today, by applying
just a little math to observations made
with an optical instrument known as a
sextant. In this presentation, Frank Reed
will describe some of the science
underlying celestial navigation, and
some of the history focusing on New
England merchant ships and whaling
vessels that sailed the Atlantic, Indian,
and Pacific oceans in the 19th century.

"Godspell": 8 pm. Redeemer St. John's
Lutheran. See Friday, Sept. 7.

FURTHER AFIELD

2018 Unity Park Concert: Unity Park in
Rev. Lena Irons Unity Park, Washington
Avenue and E. 168th Street, The Bronx; (347)
773-4922; 3 pm to 6 pm; Free.

Join Morrisania Band Project for the 2018
Unity Park Concert Series, a five-concert
series in Unity Park. Our goals are to fos-
ter higher community engagement and
strengthen the arts culture in Morrisania
by hosting free public concerts in an under-
utilized city-park. This is the second
Sickle Cell Anemia Awareness Concert,
featuring Morrisania Band Project with
Elissa Carmona.

SUN, SEPT. 9

IN BROOKLYN

Children's Gardening Workshop:

North Pacific Playground, Pacific Street at
Nevins Street; north-pacific-critters-in-
garden.eventbrite.com; 10:30 am to 11:30 am.



You gotta have heart

Take heart and walk for heart health
at the Brooklyn Heart Walk on Sept. 16
at MCU Park.

More than 1,000 walkers are ex-
pected to participate in the heart
healthy walk and family fun day. The
fund-raising event promotes physical
and heart health; the non-competitive
walk, along with health screenings, en-
tertainment, and a kids' zone proves to
be loads of fun for every age.

With no participation fee, the Brook-
lyn Heart Walk encourages all to join
in on the festivities. In addition, walk-
ers are eligible for a Heart Walk T-shirt
once they have raised a minimum of
\$100.

Brooklyn Heart Walk, Sept. 16 at 9
am. Free.

MCU Park [1904 Surf Ave. at W. 17th
Street in Coney Island, (212) 878-5900;
www.Brooklynheartwalk.org].

Children will meet garden critters such as
worms, snails, spiders, and stick insects. Chil-
dren will learn about their habitat and have
the opportunity to plant a mosquito-repellent
seedling to take home. This workshop is sug-
gested for children aged 5-7. Registration
required.

Nature's workshop: Create a conserva-
tion mural: Fort Greene Park Visitor Center,
Enter park at Myrtle Avenue and Washing-
ton Park; (718) 722-3218; 1 pm to 2:30 pm;
Free.

Each Nature's Workshop program explores
its topic in depth and allows you to develop
a skill, participate in a hands-on project, and
indulge your curiosity. Find your muse in na-
ture. This workshop will inspire you to create
a mural to environmental conservation.

Metro Measure: 1:30 pm to 2:30 pm.
New York Transit Museum. See Saturday,
Sept. 1.

"Godspell": 4 pm. Redeemer St. John's
Lutheran. See Friday, Sept. 7.

MON, SEPT. 10

IN BROOKLYN

Family Experiences for Rosh

Ha'Shanah and Yom Kippur!: Bay
Ridge Jewish Center, 8025 Fourth Ave. be-
tween 80th and 81st streets; (718) 836-
3103; office@brjc.org; www.brjc.org; 10am;
\$35.

How Will You Start 5779? Bay Ridge
Jewish Center is again opening its beau-
tiful doors for Rosh Ha'Shanah Eve on Sun-
day, Sept. 9 at 6:30 pm, first day of Rosh
Ha'Shanah on Monday, Sept. 10 at 9 am,
and second day on Tuesday, Sept. 11 at 9
am. Hear the Shofar, and be inspired by our
Rabbi Bob Judd and Cantor Sarah Myerson.
The Rosh Ha'Shanah Family Experience is 10
am for children birth to age 5, and 11 am-1
pm for ages 5 and up, on both days.

Prospect Park Nature Exploration:
Prospect Park Audubon Center, enter park
at Lincoln Road and Ocean Avenue; (718)
287-3400; www.prospectpark.org/audu-

Calendar

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

bon; Noon to 4 pm; Free.

Celebrate Rosh Hashanah and Join Prospect Park Alliance for nature education programs at the Prospect Park Audubon Center, the first urban Audubon Center in the nation.

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

Get out and get moving in the Lefferts yard! The whole family can participate in potato sack races, spoon races, stilts and other old fashioned games.

TUES, SEPT. 11

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

WED, SEPT. 12

IN BROOKLYN

Craft room: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; 11 am to 3 pm; Free with Museum admission.

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

THURS, SEPT. 13

IN BROOKLYN

Bilingual Storytime with Toc Toc: 10:30 am to 11:30 am. Books Are Magic. See Thursday, Sept. 6.

Craft room: 11 am to 3 pm. Jewish Children's Museum. See Wednesday, Sept. 12.

Kingsborough Musical Society Chorus Recruitment: King's Chapel Church, 2702 Quentin Rd. at E. 27th Street; (718) 338-9132. 7:30 pm; Free.

The chorus, which performs two public concerts each year, seeks new choral singers. Rehearsals happen each Thursday at 7:30 pm.

FURTHER AFIELD

The Feast of San Gennaro: Most Precious Blood Church, 109 Mulberry St., Manhattan; (212) 491-2806; sara@sunshine-sachs.com; <https://sangennaro.nyc>; 11:30 am–11 pm; Free.

The beloved Feast of San Gennaro, which is celebrating its 92nd anniversary this year, is an annual festival presented by Figli di San Gennaro (Children of San Gennaro), a not-for-profit community organization dedicated to keeping the spirit and faith of the early Italian immigrants alive. The Feast is New York City's largest and longest running festivals and attracts more than one-million people from around the world each year, to take part in the religious processions, colorful parades, free musical entertainment, and a



Photo by Trey Pentecost

'Godspell' in a church

It is a miracle — “Godspell” has been extended to three more performances on Sept. 7, 8, and 9 at Redeemer St. John's Lutheran Church.

Thanks to sponsorship of Dyker Heights Civic Association, BrooklynOne Theater Company will be able to share this fantastic performance of the Broadway classic. The play, which originally opened on Broadway in 1971, has been updated with a few

jokes to make them more appropriate for today's audiences, instead of those of nearly 50 years ago. The play also produced a chart-busting hit “Day by Day.”

“Godspell” Sept. 7 and 8 at 8 pm; Sept. 9 at 4 pm. Tickets are \$20 and \$15 for seniors. Appropriate for all ages.

Redeemer St. John's Lutheran [939 83rd St. and 10th Avenue in Dyker Heights, (347) 746-4002; www.bkone.org].

wide variety of authentic Italian cuisine. Since then, the Feast has grown from a one-day street festival to a gala 11-day event.

FRI, SEPT. 14

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

SAT, SEPT. 15

IN BROOKLYN

Big Brothers Big Sisters of NYC's 14th Annual Walk for the Kids: Prospect Park Long Meadow North, Enter at Grand Army Plaza at Eastern Parkway; walkforthekids@bigsnyc.org; www.prospectpark.org/summermovie; 8:30 am; \$20 free for youth under 18.

The fun-filled day will kick off with a 5K walk, followed by an exciting, family-friendly picnic as part of Nickelodeon's Worldwide

Day of Play. The festivities will feature a slime booth, appearances by popular Nickelodeon characters and more. The event is open to all ages.

Children's Day – Brooklyn Book Festival: MetroTech Commons, Jay Street and Myrtle Avenue; www.brooklynbookfestival.org; 10 am to 4pm; Free.

The event presents an array of national and international literary stars and emerging authors, a lively Children's Day, and a celebratory Festival Day with more than 300 authors, plus 250 booksellers filling a vibrant outdoor Literary Marketplace. This hip, smart, diverse gathering attracts thousands of book lovers of all ages. This year the festival will feature authors including Rumaan Alam, Martin Amis Jennifer Egan, Tayari Jones, Akwaeke Emezi, Laura Lippmann, Terry McMillan, Carmen Maria Machado, Joyce Carol Oates, Greg Pardlo, Hermione Hoby, A.M. Homes, April Ryan, Alexander Chee and Amber Tamblyn.

Grupo Cantaro: Metro Tech Commons,

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

Jay Street and Myrtle Avenue; www.brooklynbookfestival.org; 10 am to 4 pm; Free.

The Mexican group performs Latin American songs and rhymes as the Brooklyn Book Festival – Children’s Day.

Children’s Fest: 360 Snediker Ave.; <https://www.eventbrite.com/e/childrenfest-tickets-48386538439>; 10 am to 4 pm; Free.

Hosted by BMS Family Health and Wellness Center, the event affords the community an opportunity to have health screenings, enjoy live entertainment, children’s activities and more.

Radical Raptors: Prospect Park Audubon Center, enter park at Lincoln Road and Ocean Avenue; (718) 287-3400; www.prospectpark.org/audubon; 10 am to 3 pm; Free.

Join Prospect Park Alliance to learn about the radical raptors in Brooklyn’s Backyard. Gather the whole family to learn about different species of raptors that migrate through Prospect Park.

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

Did you know that archaeological treasures have been discovered during subway tunnel construction? Let’s work together at a make-shift excavation site to discover archaeological treasures! For ages 3 and up.

Creekers Jamboree: Gowanus Canal Dredgers Canoe Club Boathouse, 165 Second St.; (718) 243-0849; www.gowanuscanal.org/creekers-jamboree; 2-5 pm; Free.

A free concert series celebrating roots and Americana music on the third Saturday of every month this summer. This month features The Queens of Everything and the Brotherhood of the Jug Band Blues.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

“Disney Junior Dance Party On Tour”: Beacon Theater, 2124 Broadway at W. 74th Street, Manhattan; (212) 465-6500; www.disneyjuniorontour.com/events; 4:30 pm; Tickets start at \$50.

This high-energy live concert experience brings beloved characters to life. New to the tour is the star of Disney Junior’s hit, “Fancy Nancy,” plus a live on-stage appearance by Bingo and Rolly from “Puppy Dog Pals.” The 90-minute interactive show features 20 songs from Disney Junior’s hit series, LED technology, a giant Mickey-shaped DJ booth, high-tech scrim screens and 4D special effects.

“iLuminate”: Schimmel Center, 3 Spruce St., Manhattan; (212) 346-1715; schimmel-center.org; 7:30 pm; Tickets start at \$39.

This action-filled journey of light and sound tells the story of a group of 20-some-



Daniel Avila

Good old-fashioned music

It’s time to do-si-do with the City Stompers on Sept. 15 at John J. Carty Park. New York City Parks and the City Stompers invite you to get on your feet swing your partners to the sounds of live American fiddle music. Do-si-do

and join hands for a Virginia Reel and step right up and holler “yeehoo!”

City Stompers, Sept. 15 from noon to 1:30 pm. Free

John J. Carty Park (Fort Hamilton Parkway and Marine Avenue in Bay Ridge).

things who dance to the beat of life in a city of glowing colors and heart-pounding tempos. The production uses popular and classic hits by Michael Jackson, Bruno Mars, James Brown, Janet Jackson, Chris Brown, LMFAO, The Wanted, and Sam Smith, together with technological elements to create a glowing visual design.

SUN, SEPT. 16

IN BROOKLYN

Brooklyn Heart Walk: MCU Park, 1904 Surf Ave. at W. 17th Street; (212) 878-5900; www.Brooklynheartwalk.org; 9 am; Free.

More than 1,000 walkers are expected to participate in the Heart Healthy walk and family fun day. The fund-raising event promotes physical and heart health. With no participation fee, the Brooklyn Heart Walk encourages all New Yorkers to join in on the festivities.

Festival Day and Market Place: Brooklyn Borough Hall, Joralemon Street and Court Street; www.brooklynbookfestival.org; 10 am to 6 pm; Free.

The Market Place day offers more than 300 authors plus 250 booksellers filling a vibrant outdoor Literary Marketplace.

Radical Raptors: 10 am to 3 pm. Prospect Park Audubon Center. See Saturday, Sept. 15.

Nature Discovery – Pond Life: Green-Wood Cemetery, Fifth Avenue and 25th Street; (718) 210-3080; www.green-wood.com; 11 am to 12:30 pm; Free.

Ponds are home to many aquatic invertebrates, plants and other species. Get hands-on, using dip nets to comb the pond and learn all about these species.

Craft room: 11 am to 3 pm. Jewish Children’s Museum. See Wednesday, Sept. 12.

Dig It!: 1:30 pm to 2:30 pm. New York Transit Museum. See Saturday, Sept. 15.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–11 pm. Most Precious Blood Church. See Thursday, Sept. 13.

“Disney Junior Dance Party On Tour”: Noon. Beacon Theater. See Saturday, Sept. 15.

“iLuminate”: 4 pm. Schimmel Center. See Saturday, Sept. 15.

MON, SEPT. 17

IN BROOKLYN

Craft room: 11 am to 3 pm. Jewish Children’s Museum. See Wednesday, Sept. 12.

Calendar

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

TUES, SEPT. 18

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGO-LAND Discovery Center Westchester. See Tuesday, Sept. 4.

WED, SEPT. 19

IN BROOKLYN

Yom Kippur Service: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836–3103; (718)–836–3103; www.brjc.org; 9 am; Call for admission.

Join us for a participatory, easy-to-follow and friendly service with our dynamic Rabbi Judd and Cantor Sarah Meyerson. Yiskor Memorial Prayers will be recited. The Yom Kippur Family Experience for children birth to age 5 is 10 am, and 11 am to 1 pm for ages 5 and up. End the day with Neilah at 4:30 pm and have the opportunity to stand before the ark.

THURS, SEPT. 20

IN BROOKLYN

Bilingual Storytime with Toc Toc: 10:30 am to 11:30 am. Books Are Magic. See Thursday, Sept. 6.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–11 pm. Most Precious Blood Church. See Thursday, Sept. 13.

FRI, SEPT. 21

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

SAT, SEPT. 22

IN BROOKLYN

Discovery Garden Early Opening for Children and Families of All

Abilities: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623–7220; www.bbg.org; 9 am to 11 am; Free with admission to the gardens.

Brooklyn Botanic Garden invites you to make a special morning visit to the Discovery Garden with your family before the garden opens to the public. Explore the garden at your own pace and participate in multisensory activities at facilitated stations. Water, weed, and plant in our fruit and vegetable garden. Use real tools to explore plants. Read stories. We invite your feedback as we strive to make the garden engaging for families who have children with disabilities. One American Sign Language translator will be stationed in the garden. Snacking is permitted, and a quiet seating area will be available before and during the event. Families are en-



Andrew Kelly

Meeting all the makers

Get on your inventor and science cap for the annual World Maker Faire at the New York Hall of Science on Sept. 22 and 23.

This event is the East Coast's biggest celebration of invention, creativity, and curiosity. New features this year include a cosplay contest, exhibits on gaming and mixed reality, Adrian Landon's steel kinetic sculptures, YouTube phe-

nom Backyard Scientist (Kevin Kohler), and much more.

World Maker Faire, Sept. 22 and 23, 10 am to 6 pm. Tickets range from \$25 to \$40, and weekend passes are available. Reservations not required.

New York Hall of Science [47-01 111th St. in Flushing; (718) 699–0005 X 353; www.makerfaire.com/new-york/buy-tickets; makerfaire.com/new-york].

couraged to bring a friend with or without disabilities; include them in your RSVP.

Radical Raptors: 10 am to 3 pm. Prospect Park Audubon Center. See Saturday, Sept. 15.

Bugs and Butterflies: Salt Marsh Nature Center, 3302 Avenue U at Stuart Street; (718) 421–2021; 11 am to 12:30 pm.

Our Urban Park Ranger hiking guides will introduce you to the hidden gems of New York City. On our hikes, you may explore nature, discover our city's urban forests, or just unplug from the world to clear your head. Hiking programs feature intensity levels ranging from light (a leisurely stroll on mostly paved paths), to moderate (longer, faster-paced hikes on rugged terrain), to vigorous (long distance, with hills and rugged terrain). For tweens and teens.

Storytime with Christina Matula – “The Shadow in the Moon”: Books Are Magic, 225 Smith St. at Butler Street; 11 am to noon; Free.

Two sisters and their grandmother celebrate a popular Chinese holiday with family. Their favorite part? Mooncakes, of course — along with Ah-ma's story of the ancient Chinese tale of Hou Yi, a brave young archer, and his wife, Chang'E. Author Christina Matula is half Taiwanese, but raised in Canada and loves learning about her heritage through legends and festivals. She hopes her stories will spark in an interest in Chinese culture for readers of all backgrounds. “The Shadow in the Moon” is her first picture book.

Coney Island Stop ‘N’ Swap: Coney Island Parking Lot, 2951 W. Third St.; ymihojevich@grownyc.org; <https://www.grownyc.org/swap>; Noon; Free.

Free community reuse event! Bring clean, reusable, portable items such as clothing, housewares, games, books, and toys that you no longer need, and take home something new-to-you, free! You don't have to bring something to take something. Outdoor event, will be moved indoors with inclement

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

weather.

FURTHER AFIELD

Submerge 2018: Hudson River Park, Pier 84 at W. 44th Street, Manhattan; (212) 627-2020; <https://hudsonriverpark.org/explore-the-park/locations/pier-84>; 11 am to 4 pm; Free.

Celebrates the city's coastal waters by bringing marine science to life. Join us for citizen science, free hands-on activities, kid-approved science entertainment and presentations by renowned scientists. Enjoy kayaking, fishing, and activities galore!

SUN, SEPT. 23

IN BROOKLYN

Radical Raptors: 10 am to 3 pm. Prospect Park Audubon Center. See Saturday, Sept. 15.

Storytime with Mike Perry – “Z Goes First”: Books Are Magic, 225 Smith St. at Butler Street; 11 am to noon; Free.

The letter Z is tired of being in last place — she wants to go first! So she and her best friend, Y, decide to move to the front of the alphabet. There are a lot of letters in the way! D blocks the path with his belly (too many doughnuts). I is too full of himself (“I am incredible”). And L, M, N, O, and P stick together like a brick wall. They all teach Z and Y that the full alphabet is lot more complicated than just ABC.

Pizza in the Hut: Bay Ridge Jewish Center, 8025 Fourth Ave. between 80th and 81st streets; (718) 836-3103; office@brjc.org; www.brjc.org; 2 pm to 3:30 pm; call for admission.

Come to shake the lulav, smell the estrog, eat pizza, and enjoy mingling with the Bay Ridge Jewish Community.

TUES, SEPT. 25

FURTHER AFIELD

Little Playtimes: 10am-2pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

WED, SEPT. 26

IN BROOKLYN

Giant Maze: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; 11 am to 6 pm; Museum admission plus \$2 per individual.

Step into a glow-in-the-dark world as you wind your way through a giant life-size maze! Children must be accompanied by an adult 16 years of age or older. Pre-purchase tickets required in advance.

Torah Unwrapped: Jewish Children's Museum, 792 Eastern Pkwy. at Kingston Avenue; (718) 907-8833; www.jcm.museum; 2 pm, 3 pm and 4 pm; Free with museum



Norman Blake

Believe in magic at Coney

It's magical and it is every Sunday until Oct. 28 at Coney Island USA.

Magic at Coney, produced by Magical Promotions and Coney Island USA, presents an afternoon of fun and wonder for the entire family.

The presto-chango, magical journey is a variety show highlighting a vast array of magicians — featuring illusionists, escape artists, mentalists, and close-up magicians from around

the world. Children of all ages will want to know how that rabbit got into the hat.

Magic at Coney, Sundays beginning at noon until Oct. 28. Tickets are \$10, \$5 for children under 12. Suitable for all ages.

Coney Island Museum (1208 Surf Ave. between W. 12th Street and Stillwell Avenue in Coney Island; www.coneyisland.com/programs/magic-coney).

admission.

Join our Torah workshop, and uncover the history of hundred-year-old Torah scrolls; sand and scrape unfinished hides for parchment; mix the ink and watch the scribe as he practices his “scribal scribble” on a piece of parchment.

THURS, SEPT. 27

IN BROOKLYN

Bilingual Storytime with Toc Toc: 10:30 am to 11:30 am. Books Are Magic. See Thursday, Sept. 6.

Giant Maze: 11 am to 6 pm. Jewish Children's Museum. See Wednesday, Sept. 26.

Torah Unwrapped: 2 pm, 3 pm and 4 pm. Jewish Children's Museum. See Wednesday, Sept. 26.

FRI, SEPT. 28

IN BROOKLYN

Giant Maze: 11 am to 6 pm. Jewish Children's Museum. See Wednesday, Sept. 26.

Torah Unwrapped: 2 pm, 3 pm and 4 pm. Jewish Children's Museum. See

Wednesday, Sept. 26.

SAT, SEPT. 29

IN BROOKLYN

Radical Raptors: 10 am to 3 pm. Prospect Park Audubon Center. See Saturday, Sept. 15.

Back to School Swap: Brooklyn Public Library Leonard St. branch, 81 Devoe St.; (347) 559-1410; gogreen@townsquareinc.com; 11 am to 3 pm; Free.

Clothing, shoes, books, toys, bicycles, household items and electronics. Cleaned, gently used and working items, please! Electronics drop off until 2 pm. No need to bring things to take things. Out of consideration for others, we may limit what you take to the greater of one bag or the total number of bags of items that you bring. We do not allow taking donated items to resell. We donate all remaining items to Home Life Services homeless shelters. All remaining items are donated to local charities.

Chile Pepper Festival: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway; (718) 623-7220; www.bbg.org; 11 am to 6 pm; tickets start at \$20.

Calendar

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

Save the date for New York's hottest fall tradition! Brooklyn's end-of-summer blowout sets the Garden ablaze with scorching bands from around the world, dozens of fiery food artisans, and hours of chile-chocolate debauchery.

Family Camping: Salt Marsh Nature Center, 3302 Avenue U at Stuart Street; (718) 421-2021; 6 pm to 7 am; Free.

We camp to create lasting memories, connect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Please note: To enter your family in the lottery, visit nyc.gov/parks/rangers/register.

FURTHER AFIELD

2018 Unity Park Concert: Unity Park in Rev. Lena Irons Unity Park, Washington Avenue and E. 168th Street, The Bronx; (347) 773-4922; 3 pm to 6 pm; Free.

Join Morrisania Band Project for the 2018 Unity Park Concert Series, a five-concert series in Unity Park. Our goals are to foster higher community engagement and strengthen the arts culture in Morrisania by hosting free public concerts in an underutilized city-park. Come and enjoy the Battle of the Bands. All genres welcome.

SUN, SEPT. 30

IN BROOKLYN

Radical Raptors: 10 am to 3 pm. Prospect Park Audubon Center. See Saturday, Sept. 15.

LONG-RUNNING

IN BROOKLYN

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.

Totally Tots: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Tuesdays, Wednesdays – Saturdays, 10 am to 4:30 pm, Sundays, 10 am to 5:30 pm, until Sun, Nov. 25; Free with museum admission.

This pint-sized paradise is designed for our youngest visitors, featuring nine differ-

ent sensory play areas including water, sand, music, dress up, blocks, and more. Totally Tots is for children ages birth to 6.

Migration Sensation: Prospect Park Zoo, 450 Flatbush Ave. at Ocean Avenue; (718) 399-7339; www.prospectparkzoo.com; Saturdays and Sundays, 10 am to 5 pm, Sat, Sept. 1 – Sun, Sept. 30.

It's time to fly south – or is it? Join us every weekend in September to learn which birds are flying south for the winter and which are staying right here at home. Visit some of the zoo's most beautiful residents and learn about the amazing avian conservation efforts by the Wildlife Conservation Society.

Farmer's Market: Wyckoff House Museum, 5816 Clarendon Rd. at Ditmas Avenue; Saturdays, 11 am to 3 pm, until Sat, Nov. 3; Free.

Join the Wyckoff farm team as we share our harvest with the community. Stop by and grab your veggies, fruits, herbs, seeds, and local crafts at affordable prices. Make a day of it and check out other events that may be happening that day, including workshops, family day, or hands-on skill building.

ColorLab: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue; (718) 735-4400; www.brooklynkids.org; Thursdays, 2 pm to 5 pm, Saturdays and Sundays, 11 am to 5 pm, until Sat, Nov. 17; Free with museum admission.

This new art-making space is where artists of all ages can explore, make, and celebrate art! We value discovery, artistic process, freedom of expression, and creative collaboration with others. ColorLab's rotating programs feature the work and artistic processes of African-American, Afro-Caribbean, and African contemporary artists. Each visit to ColorLab offers new ways to experiment with artistic processes and new ideas to explore, as well as the exploration of the Museum's collection using all of the senses. Each session lasts about 45 minutes. Space limited to 15 children per session and their caregivers.

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 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.

"Magic at Coney": Coney Island Museum, 1208 Surf Ave. between W. 12th Street and Stillwell Avenue; <https://www.coneyisland.com/programs/magic-coney>; Sundays, Noon, until Sun, Oct. 28; \$10 (\$5 for children under 12).

Magical Promotions, together with Coney Island USA, presents an afternoon of fun and wonder for the entire family with this magical variety show highlighting a vast array of magicians — featuring illusionists, escape art-

ists, mentalists and close-up magicians from around the world.

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.

TIDES: Brooklyn Bridge Park Conservancy, 334 Furman St. (718) 412-1031; eharnett@brooklynbridgepark.org; <https://www.nycgovparks.org/events/2018/09/15/tides>; Saturdays, 9 am to noon, Sat, Sept. 8 – Sat, Oct. 27; Free.

Teens are invited to pitch in at Brooklyn Bridge Park while exploring and learning more about the environment. Teens Interested in & Dedicated to Environmental Sciences (TIDES) complete community service hours through gardening, seining, coastal cleanup, and clearing oyster cages. This program is for teens ages 14 to 18. The program runs for eight sessions (seven Saturdays and one Sunday), from 9 am to noon, from September to October.

FURTHER AFIELD

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

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

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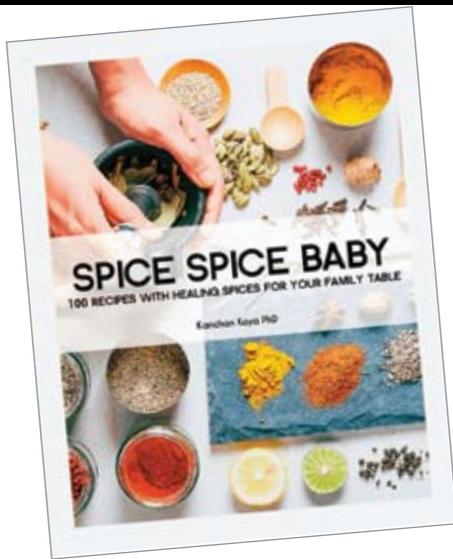
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New & Noteworthy

BY LISA J. CURTIS



Banish bland

Parents should not shy away from serving up flavorful foods to their babies, according to the new cookbook from molecular biologist Kanchan Koya, PhD, “Spice Spice Baby: 100 Recipes with Healing Spices for Your Family Table” (Spice Spice Baby LLC).

“Yes, excess salt can wait until a baby’s kidneys mature, [at] the end of the first year,” writes Koya, a Brooklyn mother of two. “But spices and herbs have the power to wake up their palates, setting them on a course for a lifetime of adventurous, healthy eating.” Among Koya’s recipes for baby purees are pears with cardamom and acorn squash, chicken,

and rice with ginger and nutmeg.

For older kids, back-to-school time often means it’s back to the doctor as students become infected with the virus du jour. What sets Koya’s cookbook apart from others are the many pages devoted to deeply exploring “healing spices” which Koya extols for their abilities to boost immunity, comfort a patient, or generally improve health — along with consultations with your pediatrician, of course. Koya’s cookbook is brimming with gorgeously photographed recipes for smoothies, lunchboxes, main dishes, desserts, spiced remedies, and more.

“*Spice Spice Baby: 100 Recipes with Healing Spices for Your Family Table*,” by Kanchan Koya, PhD, \$35, amazon.com.

Frame special moments

Before those happy memories of your summer vacation roll out to sea, take a moment to think about preserving a favorite photo in a nautically themed ornament from Lenox. These 4 5/8-inch, porcelain ornaments have a 2-inch by 2-inch photo opening and come with a gold cord for hanging. The time is now to give attention to that snapshot of a special beach moment or cruise getaway — before our busy days pile up into another year of unsorted family photos. The painted frame can be personalized with up to 15 gold-lettered characters, making it an even more treasured keepsake.



Lenox also offers a Blue Waters Wheel ornament, in the shape of a ship’s steering wheel.

Each year, when you pull out the Christmas tree ornaments, you’ll be glad you took a moment to preserve this special photo that unfurls a happy memory.

Personalized Blue Waters Anchor Frame by Lenox, \$29.95, Lenox.com.



Clean eating

Finally, there is an adorable, machine-washable lunch bag for your little scholar, thanks to Blue Water Bento. Wash viruses right out of these lunch bags, screen-printed with an image of a green sea turtle or pair of sunny orange seahorses. The turtle says “Let’s go!” — to the cafeteria, we’re assuming — with this organic cotton bag, which has a loop of cord for a handle and a Velcro closure. Measuring 10 1/2-inches tall with a 7- by 4 1/2-inch bottom, it is sized just right to hold the plastic-free Splash Box, a stainless steel lunch box with an ocean-themed, silicone lid (\$22.99). The duo reduce your use of plastic sandwich baggies — great news for the next generation that will be inheriting the earth and its oceans.

Sea Turtle Lunch Bag by Blue Water Bento, \$15.99, EcoLunchBoxes.com.

‘Fair’ game

Don’t miss the eye-opening “Science Fair” documentary, which won the audience favorite award at this year’s Sundance Film Festival. Directed by Darren Foster and science-fair vet Cristina Costantini, it may inspire a young science buff to overcome obstacles, accept defeat and keep chasing dreams.

This 90-minute film is a compelling, behind-the-scenes look at the dedicated kids who vie for a spot at the prestigious Intel International Science and Engineering Fair, giving screentime to a hero in our midst, Dr. Serena McCalla, a devoted teacher from Jericho High School on Long Island, who mentored her students into taking home an astonishing pile of awards from last year’s fair.

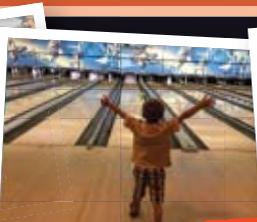
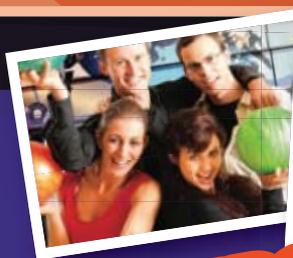
It’s surprising to see some of these prodigies succeed despite an astonishing lack of encouragement from their school community. While they can’t all be winners, they are all gifted, and their excitement is contagious.

“*Science Fair*,” rated PG, with some subtitles, opens at The Landmark at 57 West, 657 West 57th St. at 12th Avenue in Manhattan, beginning Sept. 14; www.landmarktheatres.com





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