

MANHATTAN

Family

Where Every Child Matters

September 2012

FREE

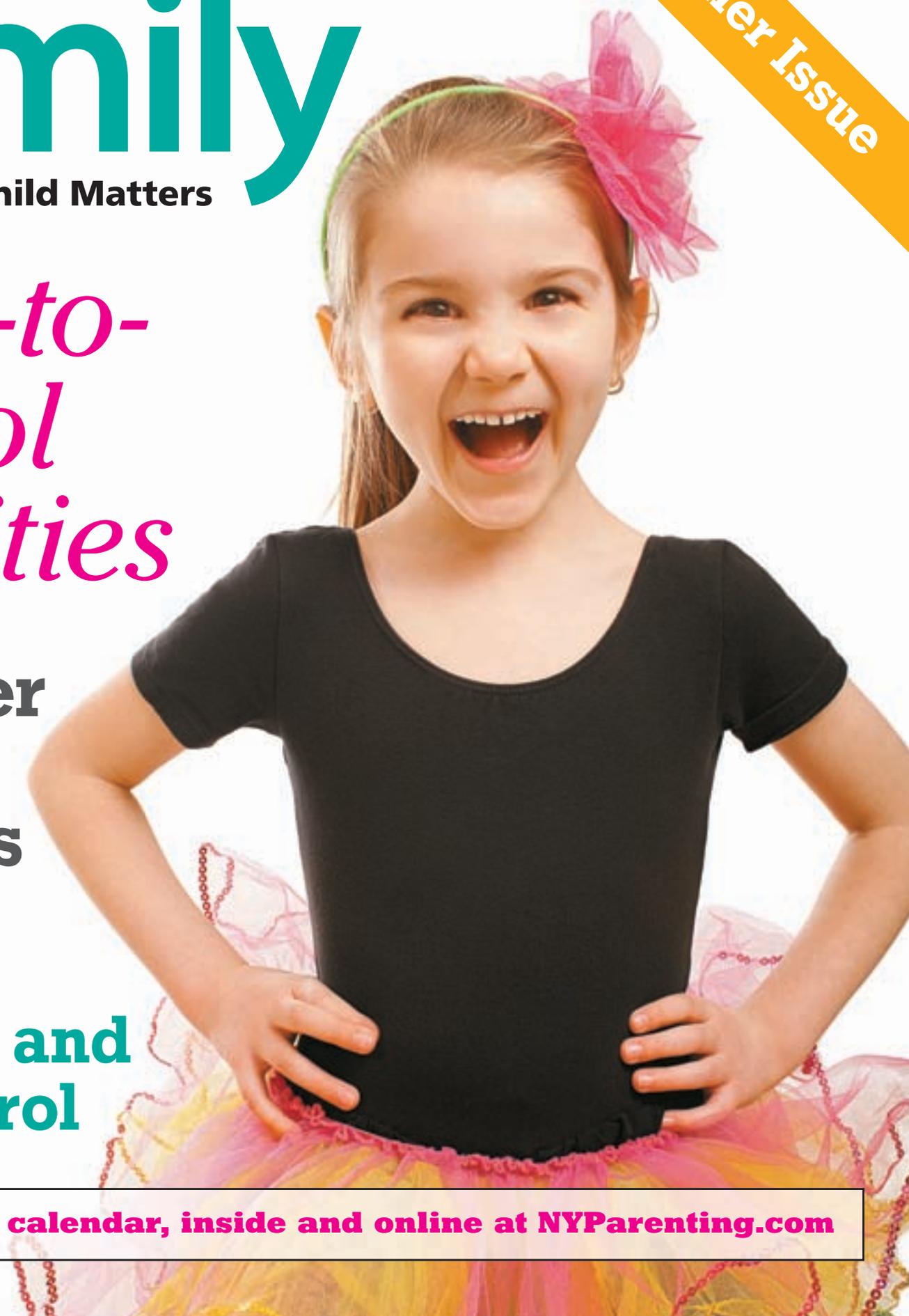
Premier Issue

Back-to-school activities

Healthier food for city kids

Obesity, children and cholesterol

Check out our calendar, inside and online at NYParenting.com



JOFFREY BALLET SCHOOL

FOUNDED BY ROBERT JOFFREY IN 1953

2012-2013
PERFORMANCE
SEASON

CHILDRENS
PROGRAM
AGES 2.5-10

YOUNG DANCERS
PROGRAM
AGES 10-18

REGISTER *EARLY*
TO BE A PART OF
THE NUTCRACKER
& MANY OTHER OPPORTUNITIES!

434 Ave. of the Americas,
5th Floor, NY, NY 10011
212.254.8520

JoffreyBalletSchool.com

Family September 2012

FEATURES

6 Wellness in the Schools

How these two parents turned 'yucky' into 'yummy' for 20,000 city school kids
BY TAMMY SCILEPPI

10 Head of the class

Helping your child excel — at every age and developmental stage from kindergarten through high school
BY SANDRA GORDON

12 Finding the right shoes

Putting your best foot forward when shopping for your child
BY KIKI BOCCI

32 Singing the world

The Young People's Chorus visits China — and discovers much more
BY LAURA J. VAROSCAK

34 Raising your kids to be politically savvy

How to engage your children with the world around them
BY DENISE YEARIAN

36 A cooler lunch

How to pack a school lunch that stays a safe temperature
BY KIKI BOCCI

38 Don't miss your child's back-to-school physical

A primer so you and your child know exactly what to expect
BY JAMIE LOBER

39 Simple rules of backpack safety

BY JAY HUNT



30



39



34

COLUMNS

8 Healthy Living

BY DANIELLE SULLIVAN

30 Dear Dr. Karyn

BY DR. KARYN GORDON

40 Good Sense Eating

BY CHRISTINE M. PALUMBO, RD

42 New & Noteworthy

BY LISA J. CURTIS

CALENDAR

22 September events

SPECIAL SECTIONS

14 Fall Activity Guide

16 Education Directory

41 The Marketplace

41 Party Planners

Letter from the publisher

Launching in Manhattan

It has been our privilege to produce parent guides in the other four boroughs since 1999. We began in Brooklyn and gradually have added on another borough and another borough until right now, September 2012, we have launched our magazine



here in Manhattan. I am so happy and so proud, although many people have commented on the unusual pattern because most things start here and go outward. In our case we did it in our own unique way.

I have lived all over Manhattan island and have long wanted to bring our editorial content to the engaged parent community committed to raising their families in this vibrant, creative and intense dynamic.

My daughter was born in Mt. Sinai Hospital and that afternoon started a new life for me as it does for every parent. This city, in particular, offers both challenges and opportunities that no other metropolitan area can mirror, and we hope very much that

our magazine will be liked and that it will be welcomed into the mix.

We have wonderful columnists and writers and we will present as many of them as our page count will allow. We are here to create relationships with the many wonderful services, educators, and professionals from uptown to downtown, east to west, doing positive things for children and families throughout our communities. FAMILY — that's the word we

promote because it's strong, vital and expansive. We are here to grow and to help you, our readers, find support and options as you make the important decisions for your children.

Our staff/our team are parents too, with children of varying ages, but all understanding and recognizing the particular challenges of raising our children in these city communities. We enjoy our work and enjoy parenting and the pleasure of watching our children at every stage of their developing lives. The miracle of this never eludes us. We are continually breathless as we observe the growth and live through the stages, some of which are more pleasant and easier than others.

We hope you will enjoy reading our magazine and that you will also log onto our engaging website, www.NYParenting.com. Sign up for our e-

blasts and make use of our excellent calendar both in print and online.

Now the kids are back in school. The summer has come to an official end and a new semester/chapter has begun. Here too, we are beginning a new chapter, *Manhattan Family*. I like the sound of it and hope you do too. We hope you will enjoy the articles, columns and the look and feel of what we work hard to make relevant and interesting.

It's a real pleasure to be here!
Thanks for reading!

Susan Weiss-Voskidis,
Publisher/Executive Editor
Family@cnglocal.com

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

OPERATIONS ASSOCIATE:

Tina Felicetti

SALES REPS: Dina Duncan, Lori Falco,

Sharon Leverett

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov,
Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITOR: Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITORS: Joanna Del Buono,
Danielle Sullivan

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks,
Laura Varoscak, Mary Carroll Wininger

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or
SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.NYParenting.com

New York Parenting
MEDIA
Where Every Family Matters
www.NYParenting.com



The acceptance of advertising by **New York Parenting Media** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting Media**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

New York Parenting Media can also be reached by calling (718) 250-4554, emailing family@cnglocal.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

New York Parenting Media has been recognized for editorial and design excellence by PPA.

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2012 Readership: 220,000. 2012 circulation audits by CAC & CVC.





3rd Grade Science

We encourage sharp minds - not sharp elbows.

where does your child go to school?

At Leman Manhattan, our values are non-negotiable. We believe that learning resilience, empathy and open-mindedness is just as important as learning calculus, chemistry and history. Our challenging yet collaborative educational approach prepares students to lead and succeed in today's fast-paced world with courage and confidence. Our parents tell us their children really enjoy coming to school. Of course, our rigorous academics get an A+. Discover the school that delivers excellence without the angst.



LÉMAN MANHATTAN

PREPARATORY SCHOOL

WORLD VIEWS FROM EVERY CLASSROOM WWW.LEMANMANHATTAN.ORG #MYLEMAN

NOW ACCEPTING APPLICATIONS FOR PREK - GRADE 12 ADMISSIONS@LEMANMANHATTAN.ORG (212) 232-0266

Wellness in the Schools

How these two parents turned ‘yucky’ into ‘yummy’ for 20,000 city school kids

BY TAMMY SCILEPPI

Gotham summer is fading into autumn, which means thoughts of going back to school loom for New York City’s one million-plus public school kids. But this fall, some of these lucky students have a reason to be excited because they will be participating in the Wellness in the Schools program, which is designed to teach school cooks how to plan and create tasty meals prepared from scratch.

The program — which has received a big thumbs up from parents who have written in to praise its efforts — has managed to transform outdated menus full of boring, energy-sucking grub into delightfully nutritious cafe-style cuisine in more than 40 school cafeterias in Manhattan, the Bronx, South Bronx, and Brooklyn since 2005.

How it started

In 2005, Nancy Easton — a former city school teacher, principal, and Upper West Side mom — became increasingly concerned about what her 5-, 8-, and 11-year-old children were eating during lunch hour as she sat in on school meetings. In response to the issue, she created the Wellness in the Schools movement.

The uber-proactive alumni of PS 333 (now a “wellness” school), has said that when she was an educa-

Nutrition in other schools

What does the lunch menu look like at the Obama girls’ private school, Sidwell Friends?

Kids there enjoy organic spinach, roasted local vegetable melts, and organic black bean nachos.

tor in the city’s school system, she couldn’t help but notice many students’ poor eating habits. She knew all too well how it adversely affected their ability to learn and perform in the classroom.

Easton’s friend, world-class chef, and four-star restaurant owner Bill Telepan joined Wellness in the Schools as its volunteer executive chef in 2008. As a dad and food expert who believes that “wellness is the way we live,” Telepan felt he needed to make a positive change after he noticed how wilted the salad bar was in his 11-year-old daughter Leah’s school cafeteria at PS 87. Employing his white-tablecloth skills, he carved time out of his busy schedule to train cafeteria staff. Before long, they learned how to make wraps filled with chicken or beans and added options like fresh romaine lettuce, cucumber, celery, corn, onions, cheddar — and even whole-wheat pasta salad — to the salad bar. The kids didn’t come back for just seconds — they came back for sevenths!

“I set up three days with the Department of Education in which I could cook in my daughter’s school. We were serving sandwiches and pasta sauces with pesto and chickpeas. On Pizza Fridays, we made whole-wheat flatbread pizzas.”

Working with other parents, public school officials, and the Department of Education’s food service, the two parents bravely moved forward with their health plan.

What it does

Wellness in the Schools has partnered with top culinary schools in the city, which sends its graduates to school kitchens to demonstrate how U.S. Department of Agriculture-allotted and budgeted food can easily be transformed into appealing, wholesome fare. This includes vegetarian chili, which, when cooked in volume, can feed an army of hungry kindergarten through 12th graders.

The program also offers a quarterly plan called Cook for Kids that offers students hands-on classes, where they learn how to whip up yummy, nutritious dishes using preservative-free ingredients and produce from local green markets. This results in kids bringing home new recipes that they can prepare with their parents, advocating bonding and good eating habits for people of all ages.

Yet, despite all of Wellness in the School’s great intentions, a handful of public school cafeterias still have cooks who may still be mixing ketchup and grape jelly to make barbecue sauce. According to a recent study, more than 70 percent of public schools serve food that is high in fat and loaded with sugar and salt because, even though it’s unhealthy, the nutrient guidelines for vitamins, minerals, and protein are met. One can only hope that down the road, the “Top 10 bad foods” — which include peanut butter, jelly, breaded chicken products, cereals, French fries, burgers, meat sauces, Jamaican beef pat-

Chef Telepan’s vision for the future

- A fresh salad bar with fruit compotes in every cafeteria.
- Roasted chicken instead of chicken patties.
- Replacing taco meat with veg-

- etarian chili (in burritos or as a rice topping).
- Fitness and sports programs in every school.



Photo by John Kernick

Upper West Side parents Nancy Easton and Chef Bill Telepan serve as the executive leadership for Wellness in the Schools.

ties, canned ravioli, and cold cuts with nitrates — will gradually be replaced with healthier and fresher options.

Easton, whose family eats what she preaches, said she likes to food shop with her kids.

“We visit green markets as often as we can on weekends. [My kids] cook with me and I don’t make too many ‘forbidden fruits.’ We have

dessert, but I try to keep it wholesome. We avoid processed food and eat well-balanced meals.”

Healthy bodies, healthy minds

Eating nutritious food that fuels the body isn’t the only ingredient necessary for a healthy lifestyle.

“We’re also a very active family,” says Easton. “We enjoy bike riding

along the river, museums, and exploring different foods and neighborhoods in the city.”

Due to this smart and activity-loving mentality, Wellness in the Schools also works closely with Asphalt Green — a recess enhancement program in the South Bronx — to create the Coach for Kids program. It provides fitness and sports instruction by sending coaches to

needy schools. And another organization, Partnering with SportmeNY, also partners with Wellness in the Schools in order to bring tennis to five schools on the Upper East Side.

Outlook for fall and beyond

In a recent speech, Mayor Bloomberg noted that after decades of increases there was a surprising 5.5 percent drop in the amount of obese children in public school. This translates into roughly 6,500 fewer overweight kids. Easton and Telepan have been acknowledged as an inspirational force by the White House and First Lady Michelle Obama’s Chefs Move to Schools initiative, and recently spread their wellness-gospel on the Cooking Channel’s Game Changers segment.

And although Easton says that “there’s a lot of excitement and growth” in store for Wellness in the Schools, not every public school will be affected by this positive change. Despite the fact that Bloomberg mentioned in his speech that an overwhelming majority of parents think their children are fit and at a healthy weight, he also said that “the facts tell a different story.”

Parents and educators who are still frustrated by unhealthy food options in their children’s cafeterias can bring change to their own schools by reaching out to Wellness in the Schools or by working with their schools’ administrations — and fellow parents — to encourage their kitchens to cook from scratch. Parents should also do their part by cooking simple, fresh, nutritious, kid-friendly meals at home with their children — it teaches them healthy eating habits that will last them a lifetime.

Wellness in the Schools is on Facebook and Twitter.

Tammy Scileppi is a Queens-based writer and journalist who has interviewed and profiled many interesting people, including several celebrities. She has been covering arts and entertainment in New York City, but also enjoys sharing her insightful articles with NY Parenting readers. As a mom, she has lots of parenting experience under her belt, having raised a bright and independent teenage son (in college), and his older brother, who is a super-talented actor and comedian.



HEALTHY LIVING

DANIELLE SULLIVAN

Do children need a cholesterol check?

What is your child's cholesterol? How about his LDL? Or HDL? Do you know?

If you don't, relax, because most parents are in the same boat. But, new government guidelines endorsed by the American Academy of Pediatrics are encouraging pediatricians to test children's cholesterol level starting at age 9, and their reasons behind it make a lot of sense.

With the obesity rates steadily increasing, there is just cause to test when you consider that high cholesterol levels can cause heart disease, heart attacks, and strokes. The U.S. Centers for Disease Control and Prevention reports that two-thirds of American adults and 15 percent of children are overweight or obese. Furthermore, in certain states, the numbers for children rise to more than 30 percent.

However, some doctors are claiming that we don't need to test every single child for high cholesterol. Instead, they feel that perhaps a more laid back approach should be utilized, and only children who are at high risk for high cholesterol should be tested.

There are others who also feel that doctors who have ties to drug companies will push medication on children, when they should really just encourage a better diet and more activity.

When a child is determined to be overweight or has an unhealthy diet, it might be easier to make the determination that a blood test is in order. But what about thin children who eat well?

My daughter, at age 9, endured a battery of blood tests to investigate why she had not been feeling well for a long time. One of the first things that came back was that she had high cholesterol. That was



strange to hear, because she was a very healthy eater, loved veggies and salads, barely ate meat or junk food, and was very thin. A couple of months later, we learned that she had Hashimoto's disease, which affects a person's thyroid — and her's was compromised.

We didn't understand why her cholesterol levels were high until we found a pediatric endocrinologist who explained to us that high cholesterol is a marker for a thyroid problem. In fact, if doctors see a thyroid problem, they should test for thyroid dysfunction. This would have saved my daughter many months of not being properly diagnosed. He also told us that she didn't need to be treated for the cholesterol itself because once her thyroid became under control, those levels would naturally dip to normal amounts. Like promised, as her thyroid levels regulate, her cholesterol levels continue to fall.

Still, I'm not sure every child needs a cholesterol test, unless a problem has been identified or they are high risk. Of course, this begs the question: what other blood tests should children regularly undergo in light of our obesity epidemic? Is diabetes the next blood test that kids might need in the future?

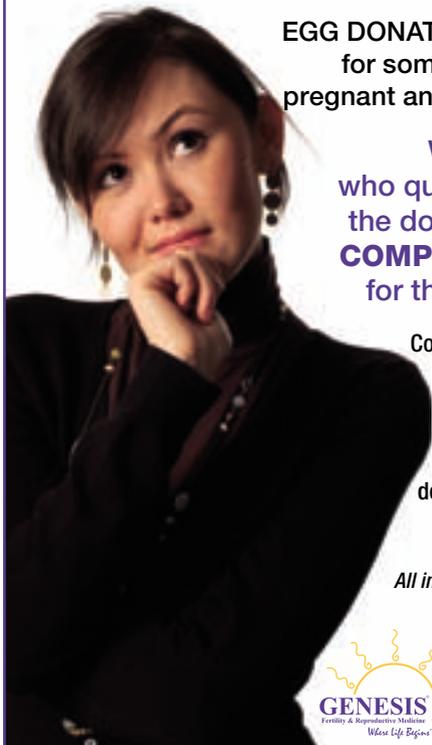
Has your child been tested for cholesterol? Would you want to test him? Are these guidelines too strict?

Go to our Facebook page, [www.facebook.com/NY Parenting](http://www.facebook.com/NYParenting), and share your thoughts on this subject.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or on her blog, Just Write Mom.

WANTED EGG DONORS

PAYING \$8000

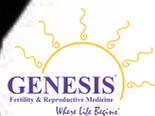


EGG DONATION is the only hope for some women to become pregnant and start their families.

Women ages 21-33 who qualify and complete the donation process are **COMPENSATED \$8,000** for their time and effort.

Contact Nicole, our donor Egg Program Coordinator, today to see if you qualify: Call 718-283-6588 or e-mail donors@genesishfertility.com or visit our website at www.genesishfertility.com.

All information is kept confidential.



808 8th Avenue
Brooklyn, NY 11215
1355 84th Street
Brooklyn, NY 11228



Clockwork Learning Centers

Quality care and education for your child



Caring for Infants thru Pre-K Educational curriculum

30 West 15th Street, NYC

ph: 212-675-6226

Manhattan@ClockworkLearning.com

we accept HRA Vouchers

www.clockworklearning.com

WORLD-CLASS SPORTS AND ENTERTAINMENT IS BACK IN BROOKLYN



Tickets on sale now

Go to barclayscenter.com, ticketmaster.com, or call 800.745.3000 to purchase tickets.

BROOKLYNFAMILY

facebook.com/barclayscenter @barclayscenter

ELEVEN TRAINS. ONE DESTINATION. BARCLAYS CENTER.

2 3 4 5 B E N Q R to Atlantic Avenue - Barclays Center

C to Lafayette Avenue G to Fulton Street LIRR to Atlantic Terminal

November 18, 2012 at 3:00pm



Win tickets to Kellogg's Tour of Gymnastics Champions at Barclays Center courtesy of CNG.

To enter send your name address and phone number to: Gymnastic Contest, CNG, 1 MetroTech Center North, Brooklyn NY, 11201 or email your name, address and phone number to contest@cnglocal.com with a subject of GYMNASTICS.

Head of the class

Helping your child excel — at every age and developmental stage from kindergarten through high school

BY SANDRA GORDON

From the crawling, walking, and babbling of infants to the angst and rebellion of tweens and teens, children constantly go through a predictable set of developmental stages physically, intellectually, emotionally, and socially.

Of course, the age at which your child reaches these stages can differ from other children.

“Along the way, any of these [phases can be experienced] ahead or behind the others in their timing, then switch, which can be confusing for parents,” says Vivian Seltzer, PhD, professor of human development and behavior at the University of Pennsylvania in Philadelphia.

You can start out with a precocious learner who is seemingly ahead of everyone else, only to find out two years later that her classmates have caught up and they’re speeding ahead. Not to worry. It’s all just part of growing up. But, as a parent, it helps to know these things.

“Knowing where your child is at developmentally can help you understand and support her,” Dr. Seltzer says. Most kids don’t need a lot of help navigating the landscape, especially as they grow older. But it helps to be aware of where they are so you can guide them along the way and step in if you feel its necessary.

Use our guide to help your child make the most of every age and stage — from kindergarten through high school.

Elementary school: Milestone-mania

From kindergarten through fifth grade, kids make major strides. In kindergarten and first grade they learn how to transition to school by becoming comfortable with a classroom routine while learning how to read. By third grade and beyond they learn that they need to read in order to learn. Emotionally, they begin to develop their academic self-esteem based on feedback from you and their teachers. By the fourth and fifth grades they’re moving from concrete to abstract thinking.

“When concrete thinkers see the Statue of Liberty, they see it as a lady with a torch. An abstract thinker also sees it as a symbol of freedom and democracy,” says Rebecca Branstetter, an educational and clinical psychologist in Oakland, Calif. By the fifth grade, kids are also beginning to set goals, work independently, function better in groups, make more complex decisions, and become organized with their school and homework.

It’s wise to extend learning beyond school when your child is in elementary school. Reinforce what your child is learning in school with activities at home. For example, let your second grader count change at the checkout and help her learn fractions by allowing her to measure ingredients while you’re baking cookies together. Have her tell time. Talk about numbers while you’re driving, such as how fast you’re going, the distance you’ll travel, and how long it will take to get there. Play board games that involve money, time, logic, or vocabulary — such as the family editions of Monopoly, Scrabble, or Apples to Apples. On the weekends, take family outings to museums and zoos to visit exhibits that coincide with school subjects.

“If your child is learning about Egypt, take a trip to a local museum with an Egyptian exhibit,” says Branstetter. “It reinforces curiosity, sends the subtle message that school is important, and shows your child that school and home are connected.”

Develop a homework habit. Make doing homework automatic by coming up with a routine that fits your

child’s personality. Some kids like doing homework right after school. Others need to burn off steam by playing for half an hour (set a timer) before getting down to business. Whatever you choose, stick to the schedule you establish for your kids as much as possible. To minimize distractions, keep the TV off during homework time.

For younger kids, begin each homework session by asking your child to explain what she’s supposed to do, then gauge if she can do it alone or if she needs your help. If you’re not around when your child does her homework, let her know you’ll look at it when you get home, and be sure to follow through.

“Praise her when she completes her homework by emphasizing the process, such as ‘You worked really hard to learn your math facts,’ rather than the product ‘Good job on learning your math facts.’ Praising the process teaches persistence, which is a skill kids need for school success,” Branstetter advises.

Middle school: Hormone havoc

In middle school — the sixth through eighth grades — kids are starting to go through puberty, and the physical changes can make them feel like they’re not in control of their bodies.

“It’s a complicated time physically, socially, and emotionally,” says Vicki Panaccione, PhD, a licensed psychologist and founder of the Better Parenting Institute in Melbourne, Fla. During this difficult age and stage, their sense of self is also developing. “There’s a lot of exclusion in middle school,” she says. Cliques can provide a safe haven as kids try to figure themselves out.

Parents should expect turmoil during this stage. Mood swings and over-reactions, such as total hysteria over whether or not a boy or girl looked at your child in the hallway, are a normal part of this phase of development.

“Don’t take it personally. Just understand that your child is going through a lot,” says Panaccione. Be supportive but don’t minimize the problem or try to fix it either. “Middle schoolers don’t want you to solve anything.”

Instead, use phrases like: “I’m sorry you feel that way,” or “Gosh, that must have been embarrassing for you,” rather than “Just ignore it,” or “Just get over it. It’s not a big deal.” It is a big



deal to your child. Placating doesn't help and can be harmful.

"They can push your child away because she'll feel like you just don't get it," Panaccione says.

Don't be too concerned if your child starts to hang with the wrong crowd.

"As kids develop and decide who they want to be, they need to decide who they don't want to be," says Seltzer. They may try on various groups, including one that's not your favorite, to see what feels right. All kids have friends their parents don't like. But kids are good self-barometers. "Don't butt in unless you think their friends are dangerous," Seltzer cautions.

Empathizing academically is also important. In middle school, the workload gets more difficult because kids have to meet the demands of up to seven different teachers instead of just one.

"It's a big challenge. The best thing you can do is allow your child to vent," Panaccione says. If your child complains that one of her teachers gives too much homework, for example, you might say, "Well, what

do you think you might need to do, given that he gives lots of homework?" rather than "He's only trying to teach you." The idea is to help your child solve the problem, find her own way, and keep the lines of communication open so your child will continue to feel comfortable talking to you about even bigger problems that might come along later.

High school: The "who-am-I?" years

In high school, children forge their identities academically, socially, morally, sexually, and spiritually while trying to figure out who they are apart from you.

"High schoolers question everything and may even rebel against your opinions and beliefs," says Panaccione. If you're a Democrat, for example, your child might say she's a Republican. If you're a meat-and-potatoes family, she'll become a vegan. You get the idea.

Talking to you teen is the key to their success. Allow your child to question your opinions and values

and express herself. Ask questions such as, "Oh, why do you think so?" rather than lecturing or yelling.

"It's a great time to find out who your kids really are," Panaccione says.

Note dramatic changes. It's normal for high schoolers to be just as moody as middle schoolers. But if your teen shows a drastic change in personality or behavior; a significant drop in grades, study habits, or attitude; a dramatic shift in appearance, dress, or grooming; or interests, goals, or activities, know that something's up.

"Talk to your teen about your concerns," says Panaccione. Start by saying something like: "I'm concerned that you're spending time in bed when you used to be out with your friends."

Then listen to what your child has to say. If the behaviors are a sign of rebelling against a lack of freedom or privilege, be open to discussing and compromising. If you're concerned your child may be suffering from depression or another mental health

disorder, seek professional help.

"Your child's primary care provider or the school guidance counselor is a good resource for a referral to a qualified child or teen psychologists in your area," Panaccione says.

College pressure is another issue you have to consider when your child is in high school. By the 11th grade, it comes on strong. The earlier you discuss college with your child, the better. But only start talking about higher education when your child seems ready.

"Some kids are focused, but most have no idea what they want to do or major in," Panaccione says. To reduce anxiety, Panaccione tells her high school patients that they don't have to know what they want to do going into college. That's where they'll figure it out, which is something you could say at home, too. Also, listen to your child's wishes for college rather than pushing your agenda.

"To be successful, kids should end up going to a college that's right for them," she says.

Finding the right shoes

Putting your
best foot
forward when
shopping for
your child

BY KIKI BOCCI

You know the return to school means you need to put something more substantial on your child's feet than flip-flops and sandals, but what? Is there really that much of a difference among children's shoes?

If you think about the wide variety of shoes in your own closet, you'll know the answer is yes.

There are shoes that pinch your toes and are agony by the end of the day, and then there are the shoes that make you feel like you're walking on air. Which kind would you prefer your child to be wearing all day?

Finding proper shoes is not just a back-to-school task — it's a challenge all year long, say the experts at the American Podiatric Medical Association. Here are some things they suggest you keep in mind:

- When it comes to shoes, banish the hand-me-downs. Even if the shoes seem like they still have a lot of wear left, never hand down footwear. Just because a shoe fit one child comfortably doesn't mean it will fit another the same way. Also, sharing shoes can spread fungi like athlete's foot and nail fungus.

- Take your child shoe shopping. You may think you know what your child will like. And you may think you know the correct size. But every shoe fits differently. Letting a child

have a say in the shoe-buying process promotes healthy foot habits down the road.

- Proper fit is key. Always measure a child's feet before buying shoes. Don't assume you know the correct size based on your last purchase, even if it was just last month (or even last week). When your child tries on a pair — yes, both shoes! — Watch him walk in them. Do they slip down on the heel? Do they look too tight? Watch for signs of potential irritation.

- Bigger is better. Always buy for the larger foot. Feet are seldom precisely the same size. Make sure you check both feet and select the larger size. It's easier to deal with a shoe that is slightly too big than one that is too small. Also, make sure your child tries on shoes with socks of the thickness he will be wearing with the shoes.

- Patience isn't a virtue when it comes to shoes. Do not buy shoes

that need a "break-in" period or that your child needs to grow into. Shoes should be comfortable immediately and fit properly from the start. How long would you be willing to wear shoes that give you blisters, make you walk awkwardly, or are uncomfortable?

- Buy something solid. Look for a stiff heel — it shouldn't collapse when you press on the back of the shoe. Also, the shoe should have a reasonably rigid middle. Your child's shoe should never twist in the middle. Finally, check for toe flexibility. The shoe should bend with your child's toes.

- Be prepared to go shopping again soon. Children's feet change with age. Shoe and sock sizes may change every few months as a child's feet grow. Don't expect your purchase to last for months on end.



2012-2013 School Year Calendar

September 2012

- 6 Thursday SCHOOL SESSIONS BEGIN FOR ALL STUDENTS. Early dismissal for non-District 75 Kindergarten students only.
- 7 Friday First Full day for non-District 75 Kindergarten students.
- 10 Monday First Full day for Pre-kindergarten public school students.
- 17 Monday Rosh Hashanah (schools closed)
- 18 Tuesday
- 26 Wednesday Yom Kippur (schools closed)

October 2012

- 8 Monday Columbus Day Observed (schools closed)
- 17 Wednesday Pre-kindergarten Non-Attendance Day

November 2012

- 6 Tuesday Election Day. Students will not be in attendance.
- 12 Monday Veterans Day observed (schools closed)
- 22 Thursday Thanksgiving Recess (schools closed)
- 23 Friday

December 2012

- 24 Monday Winter Recess begins (including Christmas and New Year's Day)

January 2013

- 2 Wednesday Students return
- 21 Monday Dr. Martin Luther King, Jr. Day (schools closed)

February 2013

- 18 Monday through 22 Friday Midwinter Recess (including Washington's Birthday and Lincoln's Birthday (DOE observed) (schools closed)

March 2013

- 25 Monday through 2 Tuesday Spring Recess (including Good Friday, Easter and Passover) (schools closed)

April 2013

- 3 Wednesday Students return to school

May 2013

- 27 Monday Memorial Day Observed (schools closed)

June 2013

- 6 Thursday Chancellor's Conference Day. Students in all five boroughs will not be in attendance.
- 21 Friday In non-District 75 high schools having to administer Regents Exams from June 12 through June 20, students will not be in attendance.
- 26 Wednesday LAST DAY FOR ALL STUDENTS (all students report)



Rutgers Community Programs: Enrichment, Friendship & Fun!

FREE Open House:

September 22, 9:30am-12:30pm

New parents and children can meet instructors, see our spacious facility, and have fun!

Fall Classes for Children Ages 1-10 Years:

- Mommy & Me and On My Own Playgroups
- Mandarin
- Art
- Dance
- Movement
- Soccer
- Curtains Up Playhouse Musical Theater Program for Ages 5-10
- Ready, Set, Go! Preschool Alternative for 3-5 Year-olds



\$25 OFF

a fall class

OR

\$100 OFF

Ready, Set, Go! for attending the open house. RSVP Required.

RUTGERS COMMUNITY PROGRAMS

236 West 73rd St. & Broadway (take the #1, #2, or #3 trains)
 Contact Jennifer at jmoore@rutgerschurch.org or 212-877-8227, x212
www.rutgerschurch.org
www.facebook.com/rutgerscommunityprograms

MOM KNOWS BEST!

Mind Over Matter Health and Fitness was founded to provide busy NYC Moms a service to integrate fitness into their daily lives.

M.O.M's mission is to provide certified Pre-natal and Postpartum fitness instructors specializing in area such as Personal Training, Yoga & Pilates.



Whether in your home, office or outdoors, **MOM** trainers are equipped to turn any space into your own private gym.



ASK ABOUT OUR M.I.L.F. BOOT CAMP CLASSES!

212-865-9292

www.mindovermatternyc.com
joshua@mindovermatternyc.com

Fall Activity

GUIDE

Clockwork Learning Center
 30 West 15th St, 212-675-6226 or www.clockworklearning.com

Welcome to our conveniently located center on West 15th Street. Staffed with caring, well qualified teachers, we care for your child in a nurturing environment. Our learning curriculums provide your child with the sound foundation of music, art, language and the all important numeracy and literacy skills to prepare them for easy transition into school. Our proven 'Letterland' literacy program is phonics based which has most children equipped with the all-important reading skills by the end of their time with us. Clockwork also accepts HRA Vouchers. Please call to book a tour at your convenience or find us online for more information.

German American Language School

70-01 Fresh Pond Rd., Ridgewood 11385, 718-456-8706 or www.German-American-School.org

German American Language Schools an old institution with an upbeat curriculum. German American Language School has been teaching language since 1892. They are a NYS Regents accredited program. Children from various ethnic backgrounds can learn German in a once a week after school program. The younger children (as of age four) learn by singing, coloring and total physical response approaches to learning. Older children learn writing, German Culture, geography of Europe, memorization and oral reports. They have locations in Queens, Long Island & Manhattan. Classes start in September.

Joffrey Ballet School

434 Avenue of the Americas, 3rd fl. 212-254-8520 or www.joffreyballetschool.com

The Joffrey Ballet School is the home of Baby Ballerinas, Hip-Hoppin' Street Jazz, Demi Soloists, and so much more. The world-renowned program is a world-renowned good time for you and your child. We have 60 years of excellence to share with your family. The dance classes begin at the age of two, with live music and performances that will create memories to last a life-time. Our themed-based birthday parties are fantastic with cakes by the "Cake Boss," and sprinkles of joy from the school faculty. Come grow with us.

Launch Math & Science Centers

173 W. 81st St., Lower Level, (81st and Amsterdam), 949-528-6240 or 949-LAUNCH-0, www.launchmath.com or info@launchmath.com

Real-life rocket scientist, Scott Heifetz, founded Launch with one mission in mind: Inspire children to love and learn math and science! Launch provides Pre-K through 8th grade kids with inspiring math instruction and science-based camps and workshops. Launch Learning sessions provide math instruction how it should be- exciting, effective and fun. Launch camps and workshops feature creative, hands on projects related to math and science. Kids will have a blast with robots, rockets, electron-

ics, engineering, chemistry, physics, video game design and more. To motivate your child to love and learn math and science, call Launch today. Launch- Real World Math & Science...Out of This World Fun!

The Princeton Review

594 Broadway, 800-273-8439 x1083 or www.PrincetonReview.com

The nation's leader in test preparation services, The Princeton Review offers a wide variety of education services far beyond our popular SAT prep classes. We offer private tutoring for every pre-high school and high school standardized test including the SHSAT, SSAT, ISEE, PSAT, SAT, ACT, TOEFL, SAT Subjects Tests, and AP Exams. We also have experts who tutor students in all academic school subjects. In addition to high school and college admissions tests, The Princeton Review prepares students for the GRE, GMAT, LSAT, MCAT, and USMLE. Students who are interested in working with our tutors are encouraged to take a free, full-length diagnostic exam to assess their strengths and weaknesses so that we may build a program to specifically address your needs. Email questions: InfoNY@review.com.

Rutgers Community Programs

236 W. 73rd Street, 212-877-8227, ext 212 or www.rutgerschurch.org or www.facebook.com/rutgerscommunityprograms.com

Bring your children to Rutgers Community Programs for enrichment, friendship and fun! Classes include Mommy & Me and On My Own playgroups; Ready, Set, Go! preschool alternative for kids aged 3-5; Mandarin; art; dance; movement; soccer; and Curtains Up Playhouse, the musical theater program where kids aged 5-10 act, sing, dance and design sets for their spring production of "Cinderella". Free trials are available. New families can also attend our FREE Open House, Saturday, September 22, 9:30am - 12:30pm. Meet instructors, tour the facility, and have fun! \$25 off one fall class or \$100 off Ready, Set, Go! If you attend the Open House. RSVP required. Click the Community Programs button on the Web site for information and follow us on Facebook.

Storefront Science

728 West 181st Street, 646-833-7195 or www.storefrontscience.com

At Storefront Science, we value the process of science. We encourage children to direct their own learning by asking questions, designing experiments, collecting data and engineering solutions. Our curriculum are open-ended to allow for deep exploration. And, they are tied to National Science standards. Fall after-school clubs (K-5) start September 10th. Great topics include: "Darn Tootin' Newton"; "Whose Genes are you Wearing?"; "Let There Be Light"; "We Built this City"; and "Critters in a Jar". We also offer: Early Explorers program, Home & Pre-school programs, Saturday Robotics, Saturday Drop-off Lab, Friday Night Science Date, Open Exploration, Vacation & Summer Camps, Grown-up Night, and Birthday Parties! For full schedule visit our website.

NEW YORK **SPECIAL CHILD**
 LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

Informing & Enriching "Special Needs" Families throughout NYC & Long Island

For more information about distribution or how to get your free copy, please e-mail us at family@englocal.com.

Visit us online at

www.NYParenting.com

Like us on our Facebook page, NYParenting or follow us on Twitter



To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@englocal.com

Family Publications New York/CNG
 1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
 718-260-4554 • family@englocal.com



GERMAN for CHILDREN

**AFTER SCHOOL PROGRAM
LOW TUITION**



Minimum Age: Four Years
Children's Class Meets Once A Week
From 4:30-6:15pm
No Previous German Required
Classes Start In September-
Register Now

Teaching German For 119 Years

GERMAN-AMERICAN LANGUAGE SCHOOL*

212-787-7543

[www. German-American-School.org](http://www.German-American-School.org)

Convenient Eastside location (E 77th St.)

Other locations: Ridgwood Queens, Garden City and Franklin Square

*NY STATE REGENTS ACCREDITED SINCE 1911

storefront science

Science Matters!

Give your child a "leg up" at Storefront Science.
Voted *Best of New York*, *New York Magazine*, 2012.

Fall programs start September 10th.
After-school clubs, Saturday Programs,
Birthdays parties,
Vacation Camps and more!

Full Schedule and registration:
www.storefrontscience.com

Storefront Science engages
children through inquiry and
exploration

728 West 181st Street
NYC 10033
646.833.7195

LAUNCH
MATH & SCIENCE CENTERS

**Real World
Math & Science...
Out of This World Fun!**

**Inspiring
Math
Instruction**

**Science
Workshops**

**Specialty
Camps**

**Robots
Rockets
Electronics
Game Design
Architecture
Engineering
Chemistry
& Math!**

Upper West Side Location
173 West 81st Street
(at Amsterdam Ave)

www.launchmath.com
info@launchmath.com
949-528-6240

THE FIRST PRESBYTERIAN CHURCH Nursery School

A NON-SECTARIAN PROGRAM SERVING ALL CHILDREN SINCE 1952

- ✓ Dedicated to children's growth and learning
- ✓ Experienced, nurturing staff
- ✓ Specialists for music, movement & woodworking/studio
- ✓ Large airy classrooms, rooftop playground
- ✓ Serving children ages 2.3 to 5



The First Presbyterian Church Nursery School
12 West 12th Street, New York, NY 10011
 (corner of Fifth Avenue)
 Call 212-691-3432
 or visit our website www.fpcns.org
 Ellen Ziman, Director



MT. CARMEL-HOLY ROSARY SCHOOL

• 371 PLEASANT AVE, NY, NY 10035 •

1 block East of 1st Ave., b/w 119 & 120 Streets – Only minutes from the 4/5/6 trains, M116 & M15 buses, Willis Ave. Bridge & Harlem/East River Drive

PRE-K 3 - GRADE 8

Limited Scholarships Available • Middle States Accredited
 Accepting children of all religious faiths and backgrounds



90 - 100 % Passing Rate on NYS Examinations!

- Strong early childhood program features innovative tracking measures, teaching methods, and hands-on learning materials
- Extended day, free breakfast, after school program until 6pm, and free extracurricular programs such as track and Saturday honors violin
- Programs in the visual arts, ballroom dance, gospel choir, percussion, technology, character building, sports and community service
- Partnerships with the NY Philharmonic, Grand Central Academy of Art, Friends of Nick, Library Connections, Accelerated Reader and more
- Students accepted into highly competitive and specialized scholarship programs such as Juilliard's Music Advancement Program, Reach for Regis, and the Geneva Conservatory of Music

RSVP for an Open House!

(212) 876-7555 x2 • admissions@mchrschool.org • www.mtcarmelholynosary.org

Education

DIRECTORY

Bay Ridge Preparatory School

Lower & Middle Schools: 8101 Ridge Boulevard, High School: 7420 Fourth Avenue 718-833-9090 or www.bayridgeprep.org

Bay Ridge Preparatory School is an independent K-12 college preparatory school offering a strong academic program and a socially mature and positive learning environment. The school seeks to develop the whole student with a wide range of academic, fine art and athletic programs that enhance students' academic potential as well as their emotional and social intelligence.

For additional information, or to begin the application process, please call the Office of Admissions.

Blue School

241 Water Street 212-228-6341 or www.blueschool.org

Blue School is an innovative progressive school that serves 2 year olds-5th graders. Blue School teachers strive to find a balance between academic enchantment and academic rigor in a supportive environment where exploration, play, risk-taking and creativity are valued and encouraged.

The new light-drenched building in lower Manhattan is full of lab spaces including an art studio, a construction lab, a music and drama space, an activity gymnasium, and a wonder room. In these spaces children can collaborate and create large-scale projects. Blue School is a school built upon the ideas and desires of families to see and experience new possibilities in education for children, therefore parents' presence and participation at the school is deeply valued.

Edgehill Montessori School

Edgehill Ave bet W227 & W230 718-601-1056 or www.gila.matalon@gmail.com

Edgehill Montessori is a group family day care that provides full day and half day programs (8-6) for infants, toddlers and preschoolers 3 months to 5 yrs old. The day care is run by Mrs. Gila Matalon, an early childhood Montessori teacher for over 25 years. The school, located in a private house with a backyard surrounded by trees, has a multiage setting which gives the children a feeling of a second home. The children have an enriched curriculum of Montessori lessons alongside

crafts, music, movement and outside time. The staff is loving and attentive, the families are diverse, and the atmosphere brings a supportive environment to all members of Edgehill Montessori.

There is a year-round program from September through June, and a summer program from July to mid-August.

First Presbyterian Church Nursery School

12 West 12th Street 212-691-3432 or www.fpcns.org

Founded in 1952, the Nursery School welcomes children ages 2.3-5 years, of diverse backgrounds and religions.

The program is based on the belief that children learn primarily through interpersonal relationships and interactions with the physical world. Students are encouraged to explore materials and the environment, and to express their feelings, thoughts and ideas through the languages of speech, the arts and other media.

The school has four large bright classrooms, a rooftop playground with climbing equipment, big blocks, riding toys and a garden. There is indoor play space for rainy days and movement class. Teachers are chosen for their creativity, warmth, knowledge and expertise. There are specialists for music, movement and studio.

Good Shepherd School

120 Isham Street 212-567-5800 or www.gsschoolnyc.org

Founded in 1925 on the principles of faith, community, and academic achievement, Good Shepherd School, located in the northern Manhattan neighborhood of Inwood, is a co-ed, parochial Pre-K to 8th grade elementary school. Good Shepherd School offers a rigorous academic program as well as a cutting-edge, dynamic early education program and before and after school care programs serving families who seek to provide their children with an education based on strong moral values that would lead them toward success in family, community, business, service, and beyond.

Leman Manhattan Preparatory School

41 Broad Street (Lower school) 1 Morris Street (Middle and High School) 212-232-0266 ext.259 or www.lemanmanhattan.org

Continued on page 18

If your child is struggling with school...



"Someone mentioned to me that if I had a creative and bright child, he would thrive at Winston Prep.

Winston changed his life."

Jenifer Levin, mother of Mak Levin
Winston Prep Class of 2008
Roger Williams University Class of 2012



...we can help.

The Winston Preparatory Schools

Unique independent day school for students with learning disabilities.

NEW YORK
126 W. 17th St.
New York City, NY 10011
646.638.2705 x634

CONNECTICUT
57 West Rocks Road
Norwalk, CT 06851
203.229.0465 x535

www.winstonprep.edu



ST. LUKE'S SCHOOL

Junior Kindergarten through Grade 8

**LOCATED
IN THE HEART OF
THE WEST VILLAGE
487 HUDSON STREET
212-924-5960**

Give your children more than a great education; give them purpose.

Founded in 1945, St. Luke's offers a balanced and challenging curriculum that serves intellectually curious students.

For more information about applying, school tours and our open house, please visit www.stlukeschool.org



"My child's insatiable curiosity is not only fed, but celebrated and encouraged"

Parent, 3rd grade scholar

The Speyer Legacy School is the only non-profit, independent K-8 school in Manhattan for advanced learners.

WE OFFER:

- An accelerated, enriched curriculum
- Cultivation of both intellect and integrity
- Dynamic teachers
- A low student-teacher ratio
- Tuition assistance



OPEN HOUSE SCHEDULE

PLEASE JOIN US TO LEARN MORE

Lower School Admissions:
6:30 - 8pm • Oct. 2, Oct. 17, Oct. 25

6th Grade Admissions:
6:30 - 8pm • Oct. 10, Oct. 29, Nov. 19

To register, email: crosenthal@speyerlegacyschool.org

15 West 86th Street
212-581-4000

www.speyerlegacyschool.org

The Speyer Legacy School does not discriminate on grounds of race, religion, color, gender, national or ethnic origin, physical disability, age or sexual orientation in selecting its students, faculty or staff.

Education

DIRECTORY

Continued from page 16

Leman Manhattan, in historic downtown Manhattan, is a world-class, preparatory school that serves students from early childhood through Grade 12.

Our academically challenging education, small class sizes, and personalized instruction teaches young people to be courageous, critical thinkers who are prepared to succeed at their top-choice colleges and to lead in a competitive, global world.

We are the only preparatory school in Manhattan that offers students international learning opportunities beginning in 2nd grade in collaboration with our established sister campuses in Europe, Asia, and Latin America and throughout the United States.

Our state-of-the art facilities include: world-class libraries, computer labs, rooftop playground, rock climbing wall, two 25 yard swimming pools, full-size gymnasiums and fully-equipped exercise room, art studios, music rooms, professional auditorium, and recording studio.

Contact Janet Barrett, Director of Admissions for the Lower School and Amina O'Kane, Director of Admissions for the Upper School.

Mount Carmel-Holy Rosary School

371 Pleasant Avenue, NY, NY 10035

Between 119th and 120th Streets, 1 block east of 1st Avenue
212-876-7555 ext. 2 or www.mtcarmelholynosary.org

Mount Carmel-Holy Rosary School provides a comprehensive Pre-K3 – 8th grade education, combining the best teaching and technology with traditional values in a close-knit, caring atmosphere. According to the Daily News (Jan. 2011): "It's nothing short of a miracle...that fourth graders at East Harlem's Mt. Carmel-Holy Rosary School had a 100% passing rate on statewide math tests, while only 55% of public school kids in the same district passed."

The rigorous academic curriculum is supplemented by a strong arts program including violin, percussion ensemble, vocal music, and ballroom dancing. Students have performed at venues such as the Russian Tea Room, University Club, Cipriani, and the Rainbow Room with musicians such as Joshua Bell and Questlove. They have been featured on Sirius Satellite Radio, Fox News, and in the NY Times and participate in programs with the Juilliard School, the New York

Philharmonic, and the Grand Central Academy of Art.

MCHR School is on the cutting edge, equipped with Smartboards in every classroom. Other facilities include a dance studio/music room, computer lab, art studio, library, schoolyard, nurse office, and Title I room.

Call now to schedule your visit and to learn more about the ways that your child will grow at MCHR! Our summer hours are Mon.-Thurs. 10:00 a.m. - 4:30 p.m.

The Red Balloon

560 Riverside Drive
212-663-9006 or www.redballoonlearningcenter.org

The Red Balloon strives to be a model of exemplary early childhood education practices. We partner with families to create a safe nurturing environment where children are encouraged to reach their full potential while planting the seeds for lifelong learning. Our children learn through hands on experiences driven by their interests, needs, and individual learning styles. We offer a challenging play based curriculum rich in language, exploration, problem solving, and discovery. Our children move on to the city's top Private, Public, and Gifted and Talented programs. We provide a 12 month full day program for children 2-5 years old. Our doors open at 8:00 close at 6:00. We serve breakfast, lunch and an afternoon snack. We are a community that welcomes and celebrates diversity.

St. Luke's School

487 Hudson Street
212-924-5960 or www.stlukeschool.org

St. Luke's School is a coeducational, Episcopal day school for children of all faiths that educates the mind, body, and spirit. Located in an historic garden block in the West Village the School is easily accessible from downtown, the Upper West Side, Brooklyn, Queens, and New Jersey (the Path train is across the street on Christopher Street). St. Luke's provides a traditional curriculum through innovative instruction and offers extensive enrichment classes. Bright and spacious classrooms face the garden, affording good light and little street noise. The facilities include a beautiful library/media center, gymnasium, art studio, auditorium, music, computer, and foreign language rooms, a science lab, cafeteria (serving hot lunch and organic produce), and a

Continued on page 20

Edgehill Montessori School



MULTI - AGE, DIVERSE FAMILIES FAMILY DAY CARE

- Year round – September through June
5-days, 3-days a week.
Full day, half day & extended day session
- Summer program – July to mid August
- Licensed & qualified staff
- Located in a private home,
with a backyard surrounded by trees
- Arts, crafts, music, movement, outside time
- Supportive environment



**FOR
INFANTS
TO 5 YRS**

**Monday – Friday
8am – 6pm**

Call Mrs. Matalon For
An Appointment **718.601.1056**
www.edgehillmontessoridaycare.com

Edgehill Montessori
School

Edgehill Ave. Between W. 227 St. & W. 230 St., Riverdale



**blue
school**

reimagining education

**ACCEPTING APPLICATIONS FOR 2013-14
BLUE SCHOOL'S INNOVATIVE PRE-PRIMARY
AND ELEMENTARY SCHOOL SERVES CHILDREN
2 YEARS OLD - 5TH GRADE.**

visit www.blueschool.org for more information



Good Shepherd School

620 Isham Street New York, NY 10034 **212.567.5800** www.gsschoolnyc.org

Good Shepherd School takes great pride in its expanded student body led by a dedicated faculty in an updated facility benefitting from advanced technology, enhanced curriculum, strong standardized test scores and before and after-school enrichment programs.

- Pre-K3 to 8th Grade elementary school
- Early Drop-Off program allows parents to drop off students at 7:00am.
- The After-School program allows students to participate in additional academic, athletic and extra-curricular activities. The program is designed with busy parents in mind and extends the day until 6:30pm.



**CALL TODAY!
MENTION THIS AD AND
RECEIVE A FREE GIFT**

Competitive and selective
Early Childhood Education
program overseen by
Dr. Patricia Vardin, Professor
of Early Childhood Education
at Manhattanville College.

GSS is located in Inwood at the northern tip of Manhattan and conveniently located near highways (Henry Hudson Parkway & Major Deegan Expressway) and multiple subways (A & 1) and bus routes (BX7, BX12, BX20, BxM1 & M100)

DEVELOPING THE WHOLE STUDENT



JOIN US FOR AN OPEN HOUSE

Lower and Middle Schools

Thursday, October 4 @ 9AM
 Saturday, October 20 @ 10AM
 Thursday, October 25 @ 10AM

High School

Thursday, October 11 @ 9AM
 Sunday, October 14 @ 2PM
 Wednesday, October 24 @ 4PM
 Monday, November 6 @ 9AM

RSVP: 718.833.9090
bayridgeprep.org



**15 YEARS
 AND GROWING**

BAY RIDGE PREP

AN INDEPENDENT K-12 COLLEGE PREPARATORY SCHOOL

Education

DIRECTORY

Continued from page 18

large playground. Sports teams use the School gym, Pier 40, and other nearby fields.

The Speyer Legacy School

15 West 86th Street
 212-581-4000 or www.speyerlegacyschool.org

The Speyer Legacy School is the only independent, coed K – 8 school in Manhattan with a mission to serve advanced learners.

As a not-for-profit school, Speyer Legacy provides an optimal environment for advanced learners to realize their full potential in the company of both like-minded classmates and teachers who share, and will foster, their passion for knowledge and inquiry.

Our students benefit from both an advanced and enriched curriculum, designed to develop the mind, body and heart of each child. We aim to cultivate both intellect and integrity in equal measure.

Students enter The Speyer Legacy School with a wide range of interests, strengths, challenges and perspectives. It is our goal that they will leave more confident and developed in their individuality.

The Speyer Legacy School will work to develop creative and critical thinking skills and to instill in each student an enduring love of learning. Tuition assistance is available and it is our intention that no qualified child be

unable to attend for lack of financial resources.

Winston Preparatory School

126 W. 17th Street
 646-638-2705 ext 619 or ext 634 or www.winstonprep.edu

Winston Prep is a highly individualized and responsive setting for high-potential middle and high school students with learning differences, such as language-based learning difficulties, nonverbal learning difficulties as well as attention deficit and executive functioning difficulties.

Winston's program is designed to challenge each student's strengths while developing the essentials of reading, writing, mathematics, organization and study skills. Each individualized educational program is based upon a continuously modified understanding of each student's dynamic learning profile that evolves as the student progresses and matures. Small classes of 8-12 students help to facilitate the individualization of course work. All students participate in a daily one-to-one instructional period called Focus, designed to serve as the diagnostic, instructional, and mentoring centerpiece of their experience. Art, music, gym and a variety of enrichment choices are offered within the school day as well as after school.

For information on Open Houses, please visit our website, www.winstonprep.edu, or contact the admissions office 646-638-2705 ext. 619 or ext. 634.

Fly High at Red Balloon

Early Childhood Learning Center

- Healthy, nutritious and delicious **breakfast, lunch and fresh snack**
- Large indoor gym, large outdoor play deck, wading pool, lending library
- Business hours **compatible to working families**
- **Inspiring, caring teachers** with extensive experience
- **A real NYC school** with all the faces and family backgrounds that this great city has within it
- **Challenging play based curriculum** rich in language, exploration, and discovery



Ages 2-5 • Open 8am-6pm

join our red balloon learning center family!

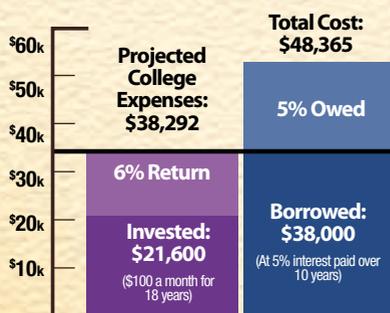
560 Riverside Drive, New York, NY 10027 | 212-663-9006
rbdcc@aol.com | www.redballoonlearningcenter.org

You provide the love.

We'll provide the tax breaks.



SAVING VS. BORROWING



In this scenario, if you borrowed \$38,000 to pay for college, you would have to spend twice as much than if you saved on a regular basis.[†]

This example assumes that the investor saves \$100 a month for 18 years.

It also assumes the borrower takes out a loan for \$38,000 at 5% interest and takes ten years to pay it back.

With New York's 529 College Savings Program *Direct Plan*, all your growth is tax-deferred and your withdrawals are tax-free when you use the money for tuition, room & board, books and fees.* Plus, as a New York taxpayer, you'll earn a New York income tax deduction** every year you contribute.

Call 1-800-376-9166
or visit ny529directplan.com



Investment returns are not guaranteed, and you could lose money by investing in the plan.

* Earnings on nonqualified withdrawals may be subject to federal income tax and a 10% federal penalty tax, as well as state and local income taxes. Tax and other benefits are contingent on meeting other requirements and certain withdrawals are subject to federal, state, and local taxes.

** Up to \$10,000 is deductible from New York State taxable income for married couples filing jointly; single taxpayers can deduct up to \$5,000 annually. *May be subject to recapture in certain circumstances — rollovers to another state's plan or nonqualified withdrawals.*

Before you invest, consider whether your or the designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program.

The Comptroller of the State of New York and the New York State Higher Education Services Corporation are the Program Administrators and are responsible for implementing and administering the *Direct Plan*. Upromise Investments, Inc. and Upromise Investment Advisors, LLC., serve as Program Manager and Recordkeeping and Servicing Agent, respectively, and are responsible for day-to-day operations, including effecting transactions. The Vanguard Group, Inc. serves as the Investment Manager. Vanguard Marketing Corporation markets, distributes, and underwrites the *Direct Plan*.

No guarantee: None of the State of New York; its agencies; the Federal Deposit Insurance Corporation (FDIC); The Vanguard Group, Inc.; Upromise Investments, Inc.; nor any of their applicable affiliates insures accounts or guarantees the principal deposited therein or a ny investment returns on any account or investment portfolio.

New York's 529 College Savings Program currently includes two separate 529 plans. The *Direct Plan* is sold directly by the Program. You may also participate in the Advisor Plan, which is sold exclusively through financial advisors and has different investment options and higher fees and expenses as well as financial advisor compensation.

For more information about New York's 529 College Savings Program *Direct Plan*, obtain a Program Brochure and Tuition Savings Agreement at www.ny529directplan.com or by calling 1-800-376-9166. This includes investment objectives, risks, charges, expenses, and other information. You should read and consider them carefully before investing.

Calendar

SEPTEMBER



Explore technology

September is back-to-school month, and Sony's Wonder Technology Lab has fun, entertaining, hands-on — and let's not forget — educational activities to get kids back into the swing of things.

Children ages 7 and up can explore the little world of nanotechnology on Sept. 1 from 1 to 3 pm with hands-on activities just suited for wee fingers.

Ever wanted a robot of your own? On Sept. 8 Sony provides the motors, screws, and recycled materials, and budding builders provide the imagination to create a robot to take home. The workshop is 11 am to 1 pm, for children 8 and up, and admission is \$10 per child.

Tech fun continues on Sept. 22, when children learn the basics of stop-motion filming by making their own animated monster mash — editing, tweaking, and burning a copy to take

home. Admission is \$6 per child. Event runs from 11 am to 1 pm, is for children 8 years and older, and requires reservations.

Don't miss a Dora the Explorer movie on Sept. 15 from 11 am to noon. After the flick, moms, dads, and the whole gang can learn to salsa from trained professionals from noon to 1 pm. On Sept. 29 there's another Dora movie, followed by craft time when kids can make their own star pillows. Admission for both events is \$5 per person. Reservations are not required, but are strongly recommended, especially for younger ones.

Sony Wonder Technology Lab [550 Madison Ave. between 55th and 56th streets in Midtown, (212) 833-8100, www.sonywondertechlab.com]. Open Tuesdays through Saturdays, 9:30 am to 5:30 pm; closed Mondays and Sundays. Admission free, unless otherwise noted.

Submit a listing

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

Send your listing request to manhattancalendar@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

The Art of Storytelling: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 10 am–5 pm; \$10 admission.

Participants join teaching artists for a tour of workshops centered on collaborative storytelling.

Free Dance Class: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 10 am; Free.

Members of the Limon Dance Company teach free Saturday morning classes in Bryant Park, with live musical accompaniment. Classes are open to movers of all levels and ages, just bring comfortable clothes and a love of movement.

Music Workshop: Children's Museum of Manhattan, 212 W. 83rd St. (212) 721-1223; www.cmom.org; 11 am–1 pm; \$11.

Children 5 years old and up explore Bjork's Biophilia apps through CMOM's unique musical experiences, hands-on science experiments, and dance.

"Go Diego, Go" Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free.

Double feature: Children enjoy "Go, Diego, Go: Gorilla Fun," and "Go, Diego, Go: Egyptian Camel Adventure."

Hands-On Nano Demos: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 1–3 pm; Free.

Kids ages 7 and up uncover the fascinating world of nanoscience and nanotechnology by participating in hands-on activities that explore the properties, structures, materials, and scale of this important field of science.

"StinkyKids The Musical": The Riverside Theatre, 91 Claremont Ave. at W. 122nd Street; (212) 870-6784; www.theriversidetheatre.org; 1 pm; \$29.50 regular seats, \$49.50 premium seats.

StinkyKid Britt never gets in trouble. She's convinced her parents to take



Shoes for the world

The Little Gym is taking big steps to make sure feet around the world have shoes by joining with the shoe donation campaign Big Hearts, Little Shoes.

Together with Soles4Souls, the program will be collecting gently used shoes to distribute to people around the globe. Whether you

have outgrown those fancy steps or have just simply grown tired of them, bring them to The Little Gym anytime between 10 am and 4 pm, Monday through Friday, or 9 am to 11 am on Saturdays and drop them in the drop box in the lobby. Starting on Sept. 10 you can bring them to the center's newest location on the Upper East Side.

Shoe donation at The Little Gym [2121 Broadway between 74th and 75th streets, second floor, on the Upper West Side, (212) 799-1225, www.tlgyupperwestsideny.com]. At the new location, [207 E. 94th St. between Second and Third avenues on the Upper East Side, (212) 787-1124, www.thelittlegym.com; bigheartstlittleshoes.com], starting on Sept. 10.

her friends to the opening of the new "MegaJumper 3000." But when Britt gets a massive wad of gum stuck in her hair, she must rely on her friends to help her get out of the sticky situation before her parents find out and cancel the trip!

SUN, SEPT. 2

Master's Series: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 10 am–5 pm; \$10 admission.

Children work with CMA teaching artists to create their own masterpieces.

"Angelina Ballerina The Musical": The Riverside Theatre, 91 Claremont Ave. at W. 122nd Street; (212) 870-6784; www.theriversidetheatre.com.

org; 1 pm; \$29.50 regular seats, \$49.50 premium seats.

Angelina and her friends, and even their teacher, Ms. Mimi, are all aflutter because a special guest is coming to visit Camembert Academy! Angelina and her friends are excited to show off their skills. Angelina is the most excited of all, but will she get the starring moment she hopes for?

Studio Sunday: Museum of Arts and Design, 2 Columbus Circle at Eighth Avenue; (212) 299-7777; www.madmuseum.org; 2 pm; \$10.

Children 6 and older get the 411 from a professional artist on how to explore the galleries and then a hands-on workshop to create works inspired by the selections. RSVP required.

Harlem Meer Performance Festival Concert: Central Park Conservancy, 110th Street between Lenox and Fifth avenues; (212) 860-1370; www.centralparknyc.org; 2–4 pm; Free.

Families enjoy live lakeside music in the Park's beautiful northern end at the Central Park Conservancy.

MON, SEPT. 3

Adventures in Color: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 8 am–5 pm; \$10 admission.

Children explore the world of color through a variety of 2-D and 3-D projects.

Continued on page 24

Calendar

Continued from page 23

Clay Pots and Chinese and Japanese Ceramics: Metropolitan Museum of Art, 1000 Fifth Ave.; (212) 535-7710; www.metmuseum.org; 1-3 pm; \$25 admission; \$12 students.

In this drop-in program, kids try their hand at creating works of art and focus on a different culture and art form, featuring family-friendly activities led by an artist. Art supplies provided.

Skate Clinics: BB Social Club, 31 Jane St.; (212) 767-0469; bbsocialclub.com; 3:30-5 pm; \$20 for 30 minutes, \$40 for full session.

Group, drop-in lessons for students of all skill levels, from beginners, to more advanced who want to tighten up their skills or learn new tricks.

TUES, SEPT. 4

Planning Your Child's Early

School Years: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 8-9:30 pm; \$35.

Parents learn about the appropriate age to begin preschool, what's available and how to choose.

WED, SEPT. 5

Mommy & Me Music Class: Hippo Playground Parkhouse, 91st Street and Riverside Drive; www.riversideparkfund.org; 11 am; \$15.

Teacher Loretta Daley leads the group. Loretta is a musical theatre professional with more than 15 years of experience teaching babies and young children in numerous Upper West Side programs.

Wednesdays In Teardrop: Teardrop Park, Between Warren Street and Murray Street, east of River Terrace; (212) 267-9700; bpcparks.org; 3:30-5:30 pm; Free.

Children, ages 5 and up, join other kids for neighborhood games and arts and crafts.

THURS, SEPT. 6

Preschool Art: Nelson A. Rockefeller Park, North end of Battery Park City, west of River Terrace; (212) 267-9700; bpcparks.org; 10:30 am-noon; Free.

Young artists are introduced to paper, clay, wood, and mixed media. Dress for a mess!

Learning With Digital Cameras: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywonderlab.com; 11 am; Free.

Say cheese! Pre-schoolers discover the fun of picture taking as they explore some of the basic functions of a digital camera and practice their own unique photographic talents.



Grandparents Day

Grandparents can have a blast and spend quality time with their grandchildren during the Grandparents' Day event at the New York Historical Society on Sept. 9.

Grandma and grandpa get to have their own special day and explore the history of the nation through games and arts and crafts. Participants can also stroll

through the gallery and view the photographs and paintings that chronicle the city's growth and development. Suitable for young children 7 to 13 years old.

Grandparents' Day at New York Historical Society DiMenna Children's History Museum [170 Central Park West at 77th Street, (212) 873-3400, www.nyhistory.org]. Sept. 9, 1 pm. \$15 per person.

Cross-Stitch Circle: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30-5:30 pm; \$15 admission, kids ages 7-13, \$10.

Drop in to try your skills at one of the oldest forms of embroidery in the world.

FRI, SEPT. 7

Breastfeeding Support Group: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11:15 am-12:30 pm; \$20 per session.

Meet with other moms, babies and a lactation specialist from 92nd Street Y Parenting Center to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, how to juggle breastfeeding and work, and whether and how to supplement.

Live Music Fridays: Reverse Order: Kidberry, 2046 Seventh Ave. at W. 122nd Street; (212) 866-5437; kidberyrnyc.com; 5:30-7 pm; \$20 per family.

Reverse Order is a dynamic pop rock band that combines powerful teen an-

thems with driving guitars and infectious melodies.

SAT, SEPT. 8

Go Fish Family Day: Stuyvesant Cove Park, 24-20 FDR Drive Service Road East; (212) 505-6050; daisy@solar1.org; www.solar1.org; 10 am-noon; Free.

Learn to fish (catch and release only, please) with Lower East Side Ecology Center Education Director Dan Tainow who will help participants with baiting, casting, and everything you need to know to fish the East River. No equipment needed. RSVP to daisy@solar1.org.

The Art of Storytelling: 10 am-5 pm. Children's Museum of the Arts. See Saturday, Sept. 1.

Free Dance Class: 10 am. Bryant Park. See Saturday, Sept. 1.

Shababa Saturday With Karina and Coco: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-12:30 pm; Free.

This free Shabbat celebratory experience for the whole family every Saturday,

with instruments, arts and crafts, puppets and movement. Join Karina Zilberman and her puppet pal Coco for a multigenerational, interactive and dynamic Shabbat experience.

"Preschool Is Cool": SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywonderlab.com; 11 am; Free.

Preschool teacher Professor Grover and Elmo, his helper, instruct students to find one thing that begins with each letter of the alphabet. This movie features alphabet-themed stories and songs, this program reinforces early literacy skills and familiarizes children with letter-sound relationships.

"StinkyKids The Musical": 1 pm. The Riverside Theatre. See Saturday, Sept. 1.

Family Art Lab: A Parade for Ganesh!: Rubin Museum of Art, 150 W. 17 Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmanyc.org; 2-4 pm; \$16 for adult/child pair; \$10 additional child.

Children hear stories about Ganesh, the one who has the head of an elephant and a huge helping heart. Then they find sculptures of Ganesh in the galleries and sculpt their own Ganesh out of clay.

"Darling Companion" Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywonderlab.com; 3 pm; Free.

Beth (Diane Keaton) saves a lost dog from the side of the freeway and brings him home where she is struggling with her self-involved husband Joseph (Kevin Kline). When Joseph loses the dog at their vacation home, Beth enlists help to find the one thing that has brought her happiness.

SUN, SEPT. 9

Open House: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10 am-3 pm; Free.

92Y faculty members show visitors the facilities, which feature state-of-the-art equipment and studios.

Summer Sunday Family Tours: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3587; www.guggenheim.org; 10:30 am-noon; \$15 per family, \$10 members, free for Family and Kids Club Members and Cool Culture families.

Families explore the Guggenheim's summer exhibition, Art of Another Kind: International Abstraction and the Guggenheim, 1949-1960, through a family-oriented tour that incorporate conversation and creative hands-on gallery activities. Registration required.

Grandparents Day: New-York Histor-

Calendar

ical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm; \$15 admission, kids ages 7-13, \$10.

Bring your grandchildren and explore the history of our nation through games, arts and crafts, and gallery hunts for young and old.

Clay Pots and Chinese and Japanese Ceramics: 1-3 pm. Metropolitan Museum of Art. See Monday, Sept. 3.

"Angelina Ballerina The Musical": 1 pm. The Riverside Theatre. See Sunday, Sept. 2.

Grandparents Day Carousel Rides: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 2-4 pm; Two rides for the price of one \$2.

In honor of Grandparents Day, the park offers two rides for the price of one (\$2) admission at Le Carrousel.

MON, SEPT. 10

Adventures in Color: 8 am-5 pm. Children's Museum of the Arts. See Monday, Sept. 3.

Stroller Tours: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3587; www.guggenheim.org; 3-4 pm; \$15 per family, \$10 members, free for Family and Kids Club Members and Cool Culture families.

Museum educator and new mom Jackie Delamatre leads an engaging one-hour tour for caregivers and their babies. Expect songs, touchable objects, and great adult conversation. Single strollers and front baby carriers only.

TUES, SEPT. 11

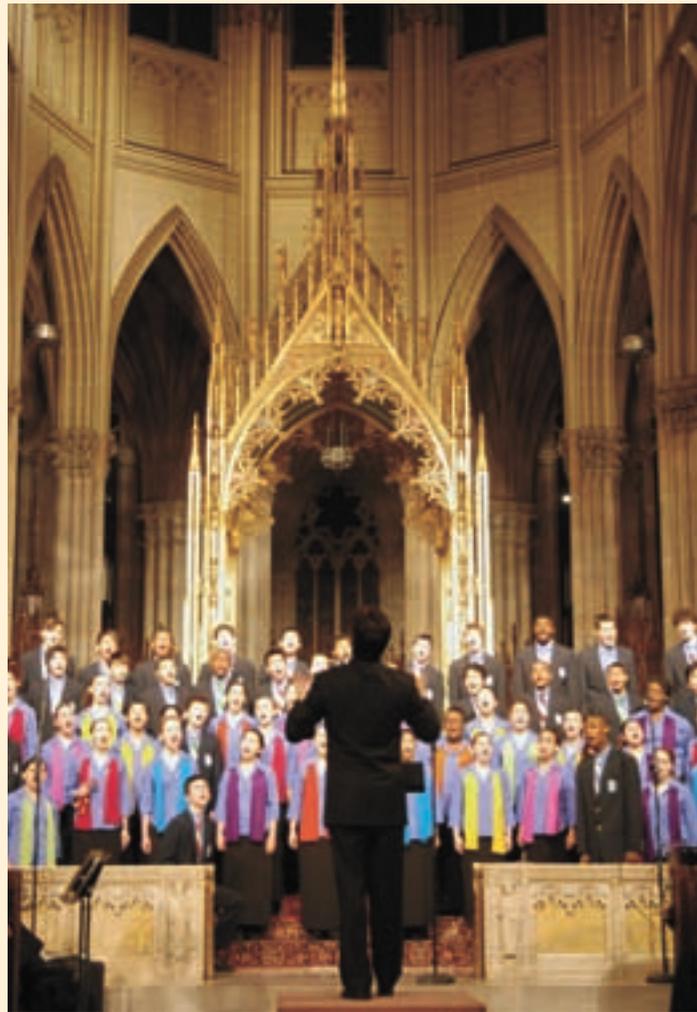
An Evening of Remembrance and Celebration Concert: St. Patrick's Cathedral, 14 E. 51st St. near Fifth Avenue; (212) 753-2261; www.saintpatrickscathedral.org; 7 pm, seating starts at 6:30 pm; Free.

The Young People's Chorus of New York City performs in the free concert presented by The September Concert Foundation. Joining YPC and Mr. Núñez will be the New York Choral Society and the Cathedral Choir of St. Patrick conducted by Dr. Jennifer Pascual.

WED, SEPT. 12

Becoming A Family: New Parent Get-Together: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10.

Led by 92nd Street Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.



Chorus marks 9-11 with concerts

The Young People's Chorus of New York City opens its 25th season on Sept. 11 with two performances marking the 11th anniversary of the 9-11 tragedies.

At 8:46 am, the chorus, led by founder and director Francisco Nunez, will sing the "Star-Spangled Banner" at Ground Zero before the traditional reading of the names.

Later that day, at 7 pm at St. Patrick's Cathedral on 50th Street and Fifth Avenue, the group presents the Evening of Remembrance and Celebration free concert (seating begins at 6:30 pm).

The Young People's Chorus, founded in 1988 by Nunez, offers children of all ethnic and economic backgrounds a program of music education and choral performances.

The chorus is currently auditioning young men ages 12 to 16 to try out for the new Amani division. No experience is necessary, just a commitment to attend rehearsals every week.

Young People's Chorus of New York City [1995 Broadway, suite 305, in Manhattan, (212) 289-7779; www.ypc.org, www.septemberconcert.org]. For audition appointments, e-mail Audition@ypc.org.

92 Street Y Wonderplay: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10 per session.

With more than 400 programs and 140 early-childhood staff members, 92nd Street Y Wonderplay inspires curiosity, a love of learning and self-discovery. Classes in art, music and dance, concerts and performances, sports and swimming, and more.

Mommy & Me Music Class: 11 am. Hippo Playground Parkhouse. See Wednesday, Sept. 5.

Wednesdays In Teardrop: 3:30-5:30 pm. Teardrop Park. See Wednesday, Sept. 5.

THURS, SEPT. 13

Preschool Art: 10:30 am-noon. Nelson A. Rockefeller Park. See Thursday, Sept. 6.

Cross-Stitch Circle: 3:30-5:30 pm. New York Historical Society. See Thursday, Sept. 6.

FRI, SEPT. 14

Shababa Bakery: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:15-11 am; \$15 child. Adults free.

Children squish, roll and braid their very own challah, and then take it home to bake.

Breastfeeding Support Group: 11:15 am-12:30 pm. 92nd Street Y. See Friday, Sept. 7.

SAT, SEPT. 15

Youth Theater Classes Open House: TADA! Youth Theater, 15 W. 28th Street, third floor, between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; 10 am-2 pm; Free.

Open House today showcasing TADA!'s Musical Theater Skills Building classes, which start Sept. 22. Weekly classes on Saturdays, Mondays and Tuesdays for toddlers through eighth graders.

The Art of Storytelling: 10 am-5 pm. Children's Museum of the Arts. See Saturday, Sept. 1.

Preschool Play: Robert F. Wagner Jr. Park, North of Battery Park, off Battery Place; (212) 267-9700; bpcparks.org; 10 am-noon.

Participants experience the thrill of catch and release fishing, and then enjoy art projects, nature activities, and music.

Kids in the Kitchen: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$40.

Continued on page 26

Calendar

Continued from page 25

Kids mix, stir and taste delicious recipes in this one-session version of the popular class. For ages 2 and a half to 5.

Shababa Saturday With Karina and Coco: 10:30 am–12:30 pm. 92nd Street Y. See Saturday, Sept. 8.

Gustafer Yellowgold With Strings Attached: NYU Skirball Center, 566 LaGuardia Pl. between W. Third Street and Washington Square South; (212) 998–4941; nyuskirball.org; 11 am; \$28.

Gustafer Yellowgold comes to NYU's Skirball Center in this multi-media performance featuring Taylor and a full band, animated illustrations and storytelling.

College Application Help For Teens: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; 12:30 pm; Free.

College application essay writing is made easy through special tips from Rebecca Wallace-Segal of Writopia Lab at the Bryant Park Reading Room.

How Did They Do That: Metropolitan Museum of Art, 1000 Fifth Ave.; (212) 535–7710; www.metmuseum.org; 1–4 pm; \$25 admission; \$12 students.

In this drop-in program, participants learn hands-on how works of art were created in these 30-minute sessions. Meets in Japanese art galleries.

Families and Folk Art: South Street Seaport Museum, 12 Fulton St. between Front and South streets; (212) 748–8600; www.southstreetseaportmuseum.org; 2 pm; \$10 admission fee; children 9 and under are free.

Children, ages 4 to 12, examine works of 19th century scrimshaw (made from whale parts!) and then use designs and patterns to inspire their own paper scrimshaw boxes in the art studio.

SUN, SEPT. 16

How Babies Play And Learn: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 10:30 am–noon; \$10 per session.

Led by 92nd Street Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

Student film festival: Governors Island, Building 11 in Nolan Park; www.govisland.com; 11 am–3 pm; Free.

The second annual screening of the Big Movies for Little Kids festival. Watch a short or participate in a video-making and art activities with CMA's staff.

How Did They Do That: Japanese Screens: 1–4 pm. Metropolitan Museum of Art. See Saturday, Sept. 15.

"Angelina Ballerina The Musi-



An open house not to miss

Come and see those dancing feet, painting brushes, and blowing horns on the avenue I'm taking you to: Lexington Avenue! It's the 92nd Street Y and it's hosting an open house on Sept. 9 from 10 am to 4 pm, showcasing its various schools of art, music, and dance.

The Art Center welcomes visitors from 10 am to 3 pm to view the center, and talk to and get to know the staff. Art classes begin on Sept. 19.

The Harkness Dance Center is introducing its talented staff of hoofers to kids interested in tap, jazz, and ballet from noon to 3:30 pm. Dance classes begin on Sept. 27.

Finally, the School of Music

holds its open house from 1 to 4 pm, where you can enjoy the sounds of strings, winds, and percussion. Music classes begin on Sept. 23.

All classes at 92Y are taught by professionals who are passionate in their respective fields in beautiful state-of-the-art studios with state-of-the-art equipment.

Once you step in you'll never want to leave.

92Y also offers a slew of other activities for families and children. Check our Manhattan listings for a complete guide to all events.

Open house at 92nd Street Y [1395 Lexington Ave. at 92nd Street on the Upper East Side, (212) 413–8841, www.92y.org]. On Sept. 9 from 10 am to 4 pm. Free.

cal": 1 pm. The Riverside Theatre. See Sunday, Sept. 2.

MON, SEPT. 17

Adventures in Color: 8 am–5 pm. Children's Museum of the Arts. See Monday, Sept. 3.

Rosh Hashanah One Day Camp: TADA! Youth Theater, 15 W. 28th St., Third Floor, between Broadway and Fifth Avenue; (212) 252–1619 X 4; www.tadatheater.com; 9 am–5:30 pm; \$100.

Kids explore the world of acting, singing, and dancing in a special one-day camp that focuses on core elements of musical theater.

TUES, SEPT. 18

Rosh Hashanah One Day Camp: 9 am–5:30 pm. TADA! Youth Theater. See Monday, Sept. 17.

WED, SEPT. 19

92 Street Y Wonderplay: 10:30 am–noon. 92nd Street Y. See Wednesday, Sept. 12.

Mommy & Me Music Class: 11 am. Hippo Playground Parkhouse. See Wednesday, Sept. 5.

Wednesdays In Teardrop: 3:30–5:30 pm. Teardrop Park. See Wednesday, Sept. 5.

THURS, SEPT. 20

Preschool Art: 10:30 am–noon. Nelson A. Rockefeller Park. See Thursday, Sept. 6.

Tech for Tots: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; www.sonywondertechlab.com; 11 am; Free.

Bring your little ones to explore shapes, colors, and letters in a fun and exciting way while being introduced to some of the basic functions of a computer.

Cross-Stitch Circle: 3:30–5:30 pm. New York Historical Society. See Thursday, Sept. 6.

FRI, SEPT. 21

Breastfeeding Support Group: 11:15 am–12:30 pm. 92nd Street Y. See Friday, Sept. 7.

SAT, SEPT. 22

Boot Camp For Dads: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 10 am–1 pm; \$65.

New and expectant dads and their babies (newborns to 2 years) connect with veteran dads for a frank discussion on the experience of becoming a father.

Calendar

The Art of Storytelling: 10 am–5 pm. Children's Museum of the Arts. See Saturday, Sept. 1.

Shababa Saturday With Karina and Coco: 10:30 am–12:30 pm. 92nd Street Y. See Saturday, Sept. 8.

Sci-Tech Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833–8100; www.sony-wondertechlab.com; 11 am–1 pm; \$6.

Kids, ages 8 and up, learn the basic techniques behind stop-motion animation and edit their work, adding final touches and burning a copy of their short movie to take home.

"The Da Vinci Code" Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; www.sonywondertechlab.com; 11:30 am; Free.

Symbologist Robert Langdon (Tom Hanks), and cryptologist Sophie Neveu (Audrey Tautou), attempt to solve a bizarre murder mystery at the Louvre in Paris, France. They travel from France to England exploring the legend of a mysterious ancient society and discover a secret protected since biblical times.

Family Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; www.sonywondertechlab.com; Noon–1 pm; \$5.

Kids watch the double feature of "Dora The Explorer: Dora's Slumber Party" and then explore the night sky, learn the names of the stars and decorate a special star pillow with their own digital picture to take home.

SUN, SEPT. 23

"Bring Your Own Kid" Concert: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 11 am; \$15, babies under 2 free.

Whether you're a mom, dad, aunt, uncle or cousin, pack up the posse and come on in for a bagel, a coffee or juice-box and some tiny tushy-kicking tunes.

Start with Art Plus: Metropolitan Museum of Art, 1000 Fifth Ave.; (212) 535–7710; www.metmuseum.org; 2:30 pm; \$25 admission; \$12 students.

Participants notice eyes in artworks and discover their power to connect people, stir emotion, and tell stories. Transform how you see and others see you by creating a fabulous eye mask with collage. Meets in Carson Family Hall of the Uris Education Center.

Days of Awe-some with Jacob Stein and the Bakery Band Puppets: Museum of Jewish Heritage, 36 Battery Pl.; (646) 437–4202; www.mjhnyc.org; 2:30 pm; \$10, \$7 children 10 and under.

This program for children ages 3 to 10 and their families celebrates the Jewish New Year with songs and stories. Follow-



Awe-some show for the Jewish holidays

It's totally awesome, and it's just in time for the High Holy Days.

Jacob Stein performs his show "Days of Awe-some" with his Bakery Band Puppets at the Museum of Jewish Heritage on Sept. 23 at 2:30 pm.

Children 3 to 10 years old and their families will enjoy the concert from this talented troubadour and his merry band of puppets while bringing in the New Year.

Stein performs traditional holiday tunes with a modern-day twist, followed by an arts-and-

crafts workshop where children are invited to create their very own holiday-inspired projects.

Tickets are \$10 for non-member adults, \$7 for children under 10 years old; \$7 for members and \$5 for their kids. Tickets may be purchased by calling the box office at (646) 437–4202 or online at the museum's website.

"Days of Awe-some" with Jacob Stein and the Bakery Band Puppets at the Museum of Jewish Heritage [39 Battery Pl. at Second Place in Lower Manhattan, (212) 437–4200, www.mjhnyc.org]. Sept. 23, 2:30 pm.

ing the performance, children are invited to create holiday-inspired crafts.

Israeliness Community Sundays: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 4–6 pm; \$20.

At this Sunday afternoon drop-off program, children enjoy activities, including cooking in one of 92Y's kitchens, arts and crafts, and special activities, all in Hebrew. This bi-weekly program starts Sept. 23.

TUES, SEPT. 25

Yom Kippur One Day Camp: TADA! Youth Theater, 15 W. 28th St., third floor, between Broadway and Fifth Avenue; (212) 252–1619 X 4; www.tadatheater.com; 9 am–5:30 pm; \$100.

Kids explore the world of acting, singing, and dancing in a special 1-day camp that focuses on core elements of musical theater.

WED, SEPT. 26

Mommy & Me Music Class: 11 am. Hippo Playground Parkhouse. See Wednesday, Sept. 5.

Wednesdays In Teardrop: 3:30–5:30 pm. Teardrop Park. See Wednesday, Sept. 5.

THURS, SEPT. 27

Birding Tours of Bryant Park: Bryant Park, 42nd Street and Sixth Avenue; (212) 768–4242; www.bryantpark.org; 8–9 am; Free.

Participants discover the varieties of birds that call Bryant Park home during the migratory season with guided tours.

Preschool Art: 10:30 am–noon. Nelson A. Rockefeller Park. See Thursday, Sept. 6.

Cross-Stitch Circle: 3:30–5:30 pm. New York Historical Society. See Thursday, Sept. 6.

The Milk Carton Kids Concert: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 8 pm; \$15.

This harmonizing, minimalist duo uses two guitars and two voices to create a new combination of back-porch Americana and classic folk.

FRI, SEPT. 28

Shababa Bakery: 10:15–11 am. 92nd Street Y. See Friday, Sept. 14.

Breastfeeding Support Group: 11:15 am–12:30 pm. 92nd Street Y. See Friday, Sept. 7.

SAT, SEPT. 29

Shababa Saturday With Karina

Continued on page 28

Calendar

Continued from page 27

and Coco: 10:30 am–12:30 pm. 92nd Street Y. See Saturday, Sept. 8.

“Dora the Explorer” Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; www.sonywondertechlab.com; 11 am; Free.

This double feature showcases “Dora the Explorer: Dora’s Dance to the Rescue” and “Dora the Explorer: Rescue, Rescue, Rescue.”

“The Avengers” Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833–8100; www.sonywondertechlab.com; 12:15 and 3 pm; Free.

To save earth from the sinister villain Loki (Tom Hiddleston), Nick Fury (Samuel L. Jackson) of S.H.I.E.L.D. brings together a team of superheroes called “The Avengers.” Based on the popular Marvel comics.

College Application Help For Teens: 12:30 pm. Bryant Park. See Saturday, Sept. 15.

Live Model Sketching for the Family: The Morgan Library & Museum, 225 Madison Ave. at E. 36th Street; (212) 685–0008 X 560; www.themorgan.org; 2–5 pm; \$15 admission fee, children \$10.

Children ages 6 and up learn the fundamentals of figure drawing and choose among a variety of media and techniques to best express their personal visions.

SUN, SEPT. 30

Channel Thirteen Poster Making Workshop: Museum Of The City Of New York, 1220 Fifth Ave. at 103rd Street; (212) 534–1672; www.mcny.org; 10 am–noon; \$10 admission; children 12 and under are free.

In celebration of Channel Thirteen/WNET’s 50th anniversary, children ages 6 to 14 use memories of their favorite kids programming and artistic talent to create posters wishing Thirteen a happy 50th anniversary.

Shababa Sukkah Decorating and Pizza Party: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 11 am–1 pm; \$15.

Children decorate the Sukkah and have pizza the day before Sukkot starts.

Elska: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 11 am; \$15, babies under 2 free.

Whether you’re a mom, dad, aunt, uncle or cousin, pack up the posse and come on in for a bagel, a coffee or juice-box and some tiny tushy-kicking tunes.

SAT, OCT. 6

Suzi Shelton: Symphony Space, 2537



Get ready to rhumba!

Karumba! It’s time to party down with Limon Dance Company’s dance lessons at Bryant Park on Sept. 1 and 8 at 10 am.

All skill levels are invited to come and practice rhumba, cha cha, and salsa with instructors from the Limon Dance Institute and Dance Company.

Don’t be shy, it’s not the technique that’s important — it’s

Broadway at W. 94th Street; (212) 864–5400; www.symphonyspace.org; 11 am; \$20 (\$17 members; \$13 children; \$11 children members).

The Brooklyn-based kindie artist will be performing as part of the Just Kidding Saturday series.

Meet the Artist Saturdays: Song-writing Workshop: Lincoln Center, Broadway between 62nd and 63rd Streets; (212) 875–5374; www.LincolnCenter.org; 11 am; Free.

The free series gives young audiences

the moving and grooving to the beat.

So bring your enthusiasm, and don’t forget your dancing shoes and comfy togs.

Limon Dance Company’s dance lessons at Bryant Park [42nd Street and Avenue of the Americas in Midtown, (212) 777–3353, <http://bryantpark.org/plan-your-visit/bpmoves.html>]. Sept. 1 and 8, 10–11 am. Free.

and their families the opportunity to experience the arts firsthand with world-class performers.

23rd Annual Autumn Crafts Festival: Lincoln Center, Broadway between 62nd and 63rd Streets; (212) 875–5374; www.craftsatlincoln.org; 11 am–8:30 pm; Free.

Two hundred and fifty master artisans from every region of the United States selected on the basis of quality of workmanship and uniqueness of design, will show their displays, in addition to contin-

uous entertainment and 9 different craft demonstrations.

SUN, OCT. 7

23rd Annual Autumn Crafts Festival: 10 am–6:30 pm. Lincoln Center. See Saturday, Oct. 6.

Randy Kaplan: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415–5500; www.92y.org; 11 am; \$15, babies under 2 free.

Whether you’re a mom, dad, aunt, uncle or cousin, pack up the posse and come on in for a bagel, a coffee or juice-box and some tiny tushy-kicking tunes.

MON, OCT. 8

Columbus Day One Day Camp: TADA! Youth Theater, 15 W. 28th Street, third floor, between Broadway and Fifth Avenue; (212) 252–1619 X 4; www.tadatheater.com; 9 am–5:30 pm; \$100.

Kids explore the world of acting, singing, and dancing in a special one-day camp that focuses on core elements of musical theater.

LONG-RUNNING

Wild Wednesdays: The High Line, W. 14th Street and 10th Avenue; (212) 206–9922; www.nycgovparks.org; Free.

Children watch a butterfly grow, touch a wriggle worm, or watch seeds fly.

Intrepid Air and Space Museum: Intrepid Sea Air and Space Museum at Pier 86, 12th Ave. at 46th Street; www.intrepidmuseum.org; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Wed, Oct. 31; \$30 general admission (\$26 seniors and college students; \$23 children 7-17 and veterans; \$16 children 3-6; Free for active and retired military and children under 3).

Come aboard and explore the 12,240 square foot interactive Exploreum, featuring a variety of hands on exhibits as well as the Space Shuttle Enterprise which now has a permanent home in the museum.

“The Adoration of the Magi”: Museum of Biblical Art, 1865 Broadway between W. 61st and W. 62nd streets; (212) 408–1500; www.mobia.org; Tuesdays – Sundays, 10 am–6 pm, Now – Sun, Sept. 9; Free.

The beautiful early Italian Renaissance alterpiece by Bartolo di Fredi, (1330-1410), will be displayed in its entirety.

Fair: Soho, 100 Varick St. (914) 295–4794; varicksflea@gmail.com; www.meetup.com/varicks; Daily, 10 am–4 pm; \$55/Space.

Enjoy shopping and schmoozing in the all day market.

Creatures of Light: American Museum of Natural History, Central Park West at 79th Street; (212) 769–5200;

Calendar

awang@amnh.org; www.amnh.org; Daily, 10 am–8 pm; \$24 (\$14 children, \$18 seniors and students).

This interactive exhibit explores organisms that produce light, from the flickering fireflies to alien deep-sea fishes.

Yak Packers: Rubin Museum of Art, 150 W. 17 Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmany.org; Wednesdays and Thursdays, 10:30–11:30 am, Now – Thurs, Oct. 25; \$10 (\$5 seniors and students; Free for children under 12 and members).

Children 2 to 4 years old explore the exhibits and collections, play, listen to stories, and crafts.

Le Carrousel: Bryant Park, W. 40th St. between Fifth and Sixth avenues; www.nycgovparks.org; Daily, 11 am–8 pm; Now – Wed, Oct. 31; \$2 per ride.

Fashioned to complement the park's French style, this classic ride features brightly colored animals and French cabaret music.

Ping Pong: Bryant Park, Sixth Ave. and W. 42nd Street; www.nycgovparks.org; Daily, 11 am–7 pm; Now – Sun, Sept. 30; Free.

Paddles and balls provided and all skill levels welcome.

Orbis Pictus: The Gallery of the Czech Center New York, 321 E. 73rd St. (646) 422-3399; info@czechcenter.com; www.czechcenter.com; Daily, 6:30–8:30 pm; Now – Wed, Oct. 17; Free.

Play Well is a series of site-specific installations in which artists and children collaborate to create experiences in visuals, sound and motion.

Beginners trainer program: Long Island Aquarium & Exhibition Center, 431 E. Main St. (631) 208-9200, X H20; reservations@amwny.com; www.longislandaquarium.com; Saturdays, 10:15 am & 2:00 pm, Now – Sat, Sept. 29; \$150 (Members: \$125).

Children 10 years old and above have an opportunity to learn how to be a trainer and work with seals and sea lions.

Stories at the Statue: Hans Christian Andersen Story Telling: Central Park, Hans Christian Andersen Statue, 72nd Street and Fifth Avenue; dianewolkstein.com; Saturdays, 11 am, Sat, Sept. 1 – Wed, Oct. 31; Free.

Storytellers share fairy tales and stories from around the world with children.

Basketball clinics: North Meadow Recreation Center, 97th St. Transverse Rd. (212) 348-4867; www.nycgovparks.org; Saturdays, Noon–2 pm, Now – Sat, Oct. 27; Free.

Children 9-17 get help with the B-ball game.

"Pinkalicious The Musical": The Culture Project, 45 Bleecker St. between Lafayette and Mott; (212) 579-0528; vi-



Thirteen going on 50

Channel Thirteen's going on 50, and is celebrating with a poster workshop at the Museum of the City of New York on Sept. 30, Oct. 28, and Nov. 3.

In celebration of Channel Thirteen's 50th anniversary, Kids Club Thirteen is hosting a poster workshop and contest for children in kindergarten through eighth grade. Children are invited to drop in on an art workshop and create

a poster depicting their favorite Channel Thirteen children's show.

Drop-in workshops are on Sept. 30 and Oct. 28 from 10:30 am to noon, and on Nov. 3 from 1:30 to 3 pm. Free with museum admission. Recommended for children 6 to 14 years old.

Museum of the City of New York [1220 Fifth Ave. between 103rd and 104th streets at Central Park East, (212) 492-3490, www.kids.thirteen.org; www.mcny.org].

talthetheatre.org; Saturdays and Sundays, 1 pm, Now – Sun, Sept. 23; \$29.50 regular; \$49.50 premium.

Pinkalicious can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with Pinkitis, an affliction that turns her pink from head to toe, and when her hue goes too far, only Pinkalicious can figure out a way to get out of this predicament.

Free Week At Kidberry: Kidberry, 2046 Seventh Ave. at W. 122nd Street; (212) 866-5437; kidberrynyc.com; Tuesday, Sept. 4, 9 am; Wednesday, Sept. 5, 9 am; Thursday, Sept. 6, 9 am; Friday, Sept. 7, 9 am; Saturday, Sept. 8, 9 am; Sunday, Sept. 9, 9 am; Monday, Sept. 10, 9 am; Free.

Sit in on a complimentary demonstration class so you and your child can get a first-hand experience of Kidberry's classes. Schedule varies daily.

Fall Early-Morning or Lunchtime Bird Walks in Central Park: Central Park, Central Park West and 77th Street. (212) 313-7579; www.amnh.org; Tuesdays, Noon–1:30 pm, Wednesdays and Thursdays, 7–9 am, Fridays, 9:30–11 am, Wed, Sept. 5 – Tues, Oct. 30; \$85 for early morning and \$50 for lunchtime bird walks.

Observe the fall migration of birds in Central Park with naturalists. Learn how to use field marks, habitat, behavior, and song as aids in identification. During lunch (Tuesdays), join ornithologist Paul Sweet to learn to identify the "confusing fall warblers" and the "little brown jobs"

that fill the trees and bushes.

"Fancy Nancy The Musical": The McGinn/Cazale Theatre, 2162 Broadway at 76th Street, fourth floor; (212) 579-0528; vitaltheatre.org; Saturdays and Sundays, 11 am and 1 pm, Sat, Sept. 8 – Mon, Nov. 12; \$29.50 regular; \$49.50 premium.

Fancy Nancy and her friends are going to be performing in their very first show, "Deep Sea Dances." Nancy is positive, that's fancy for 100 percent sure, that she and Bree will be picked to be mermaids, but will they?

Hava Nagila, A Song for the People: Museum of Jewish Heritage, 36 Battery Pl.; (646) 437-4202; www.mjhnyc.org; \$10, \$7 children 10 and under. Opens Sept. 13.

This exhibition transports listeners through memories of celebrations across generations. It features vibrant modular carpets that are used for wall treatments and flooring. Some of the tiles are embedded with photographs, artifacts, and video screens, while others are laser engraved with graphics and text.

Storytelling: Kidberry, 2046 Seventh Ave. at W. 122nd Street; (212) 866-5437; kidberrynyc.com; Wednesdays, 3–3:45 pm, Wed, Sept. 19 – Wed, Oct. 31; \$10 per family.

This drop-in storyhour celebrates the joys of sharing stories. The class leader will read books to children and children are invited to bring in their favorite books and tell their own stories. Each session includes music, singing and exercises for children and adults to work together to share and create stories.

WWII & NYC: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; \$15 admission, kids ages 5–13, \$5.

WWII & NYC explores the impact of the war on the metropolis, which played a critical role in the national war effort, and how the city was forever changed. Runs through May 27, 2013.

Picasso Black and White: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3587; www.guggenheim.org; \$18 admission fee; \$15 students.

Picasso Black and White marks the first major exhibition to focus on the recurrent motif of black and white throughout Pablo Picasso's career.



DEAR
DR. KARYN
DR. KARYN GORDON

Teaching your kids gratitude & empathy

Dear Dr. Karyn,

I'm becoming increasingly frustrated with how my kids seem entitled. They keep wanting more and more and my husband and I don't know what to do to kick this attitude of entitlement. Not only do they seem ungrateful, but they also seem to lack empathy toward each other. Can you give some ideas on how parents can teach kids these two important qualities?



Dear Parent,

Great question! In fact, when I speak across the country at various parenting conferences, one of the most common questions parents ask me is exactly what you are asking — how can parents teach gratitude and empathy to their kids? These two characteristics are not just a good parenting idea, but research also tells us that these skills (which are components of EQ, aka “Emotional Intelligence”) are some of the greatest predictors for how successful a child will be in the 21st century. So how can parents teach these essential skills (which are 100 percent learned)? Here are three tips:

Understand It

Gratitude (which is self-focused) is when a person chooses to focus

on all that is positive in his life. Research tells us that people who have gratitude benefit from personal happiness, optimism, lack of stress, and tend to be more satisfied with their lives. They take better care of themselves by doing things such as eating well and exercising and are professionally better strategic thinkers (Emmons and McCullough).

Empathy (which is other-centered) is when a person tries to see life through the lens of another and puts himself in another person's shoes. Empathy is a cornerstone of EQ and people who are empathetic benefit from having the essential skill necessary for healthy relationships and an increased desire to help and share. They also lack of aggressive and violent behavior (Universities of Missouri, Toronto, Harvard and Illinois).

These two separate skills complement each other, since, when people are grateful they tend to want to help others. And when people are empathetic toward others it reminds them of all that they can be grateful for in their own lives.

Model It

The best way for kids to learn these skills is for parents to model it for them. Just like kids can pick up languages more easily at a young age, the sooner they can experience and observe gratefulness and empathy from their parents, the sooner they start learning it.

Teach It

There are many ways to teach these skills, but let me highlight eight small steps to get you started.

To teach gratitude:

- Get yourself and your kids to keep a gratitude journal (recording every day the small and big things you are grateful for). I've had clients as young as 8 do this, in addition to my adult clients. It's a very easy step to help train your brain to focus on the simple and positive things in your life.

- After you have modeled saying

“thank you” to your kids, teach them that you also expect a thank you after meals or drives to schools.

- Have your kids make and give thank you cards after they have received gifts. (For example, in my home, after our twins' 5th birthday party, we had them make individual thank you cards for all their friends. Although this took more than five hours, it was well worth it!)

To teach empathy:

- When your kids seem upset, ask them the question, “How are you feeling?”

- If they say nothing or “I don't know,” try my technique called “Give A Menu,” in which you provide options. For example, you can say, “Are you feeling angry, upset, or frustrated?” By providing some options (like a drop down menu), you can help your kids to be more effective at articulating how they feel.

- After they have stated the emotion, empathize with that emotion by saying something like, “I can understand why you are angry — I would be, too.”

- Allow them to vent about the situation and be careful NOT to dive into solution mode too quickly. Kids need to experience empathy from us before they are able to see it from the other person's lens. And if we start providing the fix-it plan, kids will zone out and have a difficult time seeing it from another person's perspective.

- After they have finished venting, and you have empathized with how they feel, only then should you ask them how they think the other person felt in the situation. If they have a difficult time thinking about this, you could ask them, “Imagine that the roles were reversed. How do you think you would feel in his shoes?”

Remember that learning these skills is a life-long process (not a quick fix), so be patient with yourself and your kids as they learn them!

Do you have a question for Dr. Karyn? She would love to hear from you! E-mail her at karyn@drkaryn.com.

**Matthew
BRODERICK**

**Kelli
O'HARA**



NICE WORK
If You Can Get It

**THE HILARIOUS
TONY-WINNING
NEW MUSICAL**

Music and Lyrics by

GEORGE & IRA GERSHWIN

Book by

JOE DIPIETRO

inspired by material by **GUY BOLTON** and **P.G. WODEHOUSE**

Directed and Choreographed by

KATHLEEN MARSHALL

TICKETS FROM \$47!

TELECHARGE.COM | 212-239-6200

IMPERIAL THEATRE, 249 West 45th Street
NiceWorkOnBroadway.com



**Hair
Angel
new york**
The Only Lice Removal In NYC
Trained and Certified Using
The Shepherd Method™ Strand-
By-Strand Nit Removal Technique

If your child has lice, don't panic,
call **Hair Angel New York**

"We're Hair To Take Care of Your Little Angel!"

Only Organic Products Are Used

118 Baxter Street • New York, NY 10013

www.HairAngelNewYork.com • 917-697-2658



Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

Find **Family**

online at

www.NYParenting.com

Singing the world

The Young People's Chorus visits China — and discovers much more

BY LAURA J. VAROSCAK

When the Young People's Chorus of New York City received an invitation to represent North America at the 2012 World Choral Summit in China, Francisco Nunez — the founder and artistic director of the chorus — was thrilled, but not entirely surprised. Since its start in 1988, the Young People's Chorus has received numerous honors and awards for its stellar performances around the globe. Nunez, a 2011 MacArthur Fellow, describes the chorus as an “artistically viable and an incredibly multicultural choir,” completely deserving of such an honor. Still, one of his biggest challenges was to narrow down a selection of music to represent the United States and its widely diverse background.

He called fellow choir director Philip Burnell for advice. Burnell simply responded, “Do what you do.” Appreciating his friend's confidence and trust in his ability to prepare an impressive repertoire, Nunez got to work. His vision was to create something more than a traditional choral performance, instead, an event with staging that would capture the heart of the U.S. Under his direction and the choreography of Jacquie Bird, 43 members of the Young Men's Chorus and Concert Choir began a demanding two-week rehearsal schedule, practicing everyday from 10 am to 5 pm, before departing for China.

The invitation came from the International Federation of Choral Music,



an organization committed to facilitating communication and exchange between choral musicians throughout the world. The 11th annual China International Chorus Festival and World Choral Summit took place in Beijing in mid July. Internationally renowned choral leaders and world-class choirs came together to share their musical talent, individual perspectives, and passion through a series of concerts, workshops, and discussion groups. The theme of the summit was “Voices in Harmony.” The Young People's Chorus of New York City joined other choruses from Europe, Africa, South America, Australia, and Asia to share their different cultures.

The Opening Ceremony was a great success. Ten thousand people packed the MasterCard Center, and international TV channels were there to document the event. During its visit, the

Young People's Chorus held two-hour concerts at the Guangzhou Opera House and the Chinese Conservatory of Music. The singers delivered flawless vocal and dance performances that had the audience on its feet by the end of the performance.

The choristers performed the first half of the program in their formal uniforms, and then switched to a classic Americana look inspired by Broadway musicals like “Showboat,” “Ragtime,” and “Newsies.” The boys dressed in caps and vests to capture the feeling of old New York. The girls wore long white dresses and carried white parasols, reminiscent of Alvin Ailey's “Revelations.” Nunez's selections ranged from the Renaissance to the contemporary periods and included music from the Amazon, Latin America, and China. They sang classical and traditional music, Shaker hymns, folk songs, gospels, spirituals, and contemporary pieces.

Chorister Ada Huang blogged about the audience's enthusiasm when they performed “Oye” as an encore.

“The whole song was an amazing experience because in the heart of the moment, we decided to bring children up on the stage, and mothers were practically throwing children in our arms to dance with us,” she wrote. “We sang with all the people who came to see us and the ending was so full of power and love.” This was especially significant because it was Huang's first visit to Guangzhou, her





family's hometown.

Lu Wei and the late Anne Ofstedal, the parents of choristers Christina and Dustin Lu, had the once-in-a-lifetime opportunity to travel to China to watch their children perform at the Conservatory. They borrowed the words of a teenage girl in the audience to describe their experience: fabulous and awesome!

"Song by song, dance by dance, the YPC choristers, singing and moving as perfectly as we've ever seen them, left their audience with a rich impression of the talents and vibrant joy of American young people."

Nunez believes the educational impact of the tour for the choristers was boundless.

"Traveling changes a child's perspective of his or her place in the world, giving these young people first-hand knowledge of issues affecting the international community," he said. "Music is powerful. In Estonia, it helped bring down the Iron Curtain!"

Sixteen-year-old Louise Sullivan was excited to travel to China with the chorus.

"It was amazing to sing in a giant, beautiful opera house, visit different temples, and see the Great Wall! I also understood what it was like to go someplace with a mission: YPC is

about connecting with others through music by having fun and sharing our experiences with others from different cultures and backgrounds," she said. "As a singer, I was always thinking about the music — memorizing, searching for meaning, saving my voice — because I know our performances would influence others."

Tohar Scheininger has been with the chorus for four years. The 17-year-old alto looked forward to sharing the music she and her fellow choristers had worked so hard perfecting with a Chinese audience.

"The Boatman Song" was the most musically challenging for her. Sung in Chinese, the piece moved the audience. Tohar noticed a middle-aged woman sitting in the front row and focused on her smile while singing and felt a deeper connection with the Chinese culture. She appreciated the strong emotional response to the music, which reminded her that music is truly a universal language.

Nunez says the chorus does more than just singing beautiful songs.

"People watch them perform and think, 'Everything is going to be OK.' These young men and women are change makers. They are making a difference in the lives of others. They make a good impression and



people meet them and think, 'This is what Americans are like.' They are helping our country," Nunez states emphatically.

Louise and Tohar thank Nunez for helping them by being such a brilliant teacher and a good friend.

"He has such a way with kids," Tohar explains. "He knows how to talk to us so we'll listen — not just about music — he grabs our attention, motivates us, guides us. He's incredible!"

Indeed, Nunez is a passionate, dedicated, and gifted man who cares about

humanity and believes that change is possible in the world. His positive influence on the lives of young people builds bridges between cultures around the globe, joining people in peace and harmony.

For more information about the Young People's Chorus of New York City, visit www.ypc.org.

Laura Varoscak-DeInnocentiis is a writer, educator, and mom living in Brooklyn. A regular contributor to NY Parenting Media, Varoscak-DeInnocentiis has won several editorial awards for her articles.

Raising your kids to be politically savvy

How to engage your children with the world around them

BY DENISE YEARIAN

Election year presents an opportunity for children to learn about and develop an interest in politics. But it shouldn't be confined to the classroom. Experts suggest that when political issues are addressed in both the academic and domestic arenas, it has a lasting impact on future voters. To begin cultivating an interest in political affairs, parents should encourage family dialogue and take advantage of resources.

"Start with simple concepts children can understand," says Fran O'Malley, curriculum specialist for the Democracy Project at the University of Delaware. "Ask, 'who are the

leaders or authority figures in our home? Our community? What kinds of jobs do they do?' As children enter school, initiate conversations based on what they are learning in history or government class and go from there."

This, he says, is all part of a scaffolding process that instills concepts and can be built upon over time. Richard Coe, representative for Kids Voting U.S.A., agrees.

"Talk with children about how government affects them right now through everyday things like safety regulations on water, mattresses, and toys. Or, money needed to make libraries and parks better," says Coe, whose nonpartisan organization works to educate and engage future

voters. "If you find that point of relevance and are consistent with these type conversations, most kids will take an interest."

That's how Jeffery Sullivan became engaged in politics. When he was still in elementary school, he developed a mentoring relationship with a family friend and local politician. Through their conversations, he learned about issues being addressed on the state and local level and how some of them directly affected his life.

"This roused his curiosity in political affairs, and by fourth grade he wanted to know more about local government, then county, then state, and eventually national administration," says Linda Sullivan of her now 16-year-old son.

Everyday politics

•Ignite their interest. Most children have an interest in politics but it must be consistently nurtured through family dialogue and various resources.

•Start simple. Talk about leaders and authority figures in your home and community. Discuss the concept of responsibility. Show your child pictures of those in the political spotlight and discuss what form of leadership he holds. Discuss what they are learning in government or history class. This is all part of a scaffolding process that introduces concepts and can be built upon over time.

•Reason with relevance. Talk about how government affects your child's life right now through everyday things — regulations on items he uses or money needed for places

he frequents, such as parks and libraries.

•Lean on literature. Use juvenile literature such as biographies, historical, and fiction works as springboards for discussions and to hone his understanding of governmental affairs.

•Utilize worthwhile websites. Political and civic-oriented websites designed for children have information and activities to teach kids about government and current affairs.

•Network with the news. Watch the news and political debates and read the newspaper aloud, then discuss it together. Explain political cartoons and encourage your child to create his own cartoons based on issues important to him.

•Motion for movies. Teens can develop some political concepts

through movies, such as "All the President's Men" or "1776."

•Challenge to change. Teach your child that when things happen he has the ability to affect change. Identify neighborhood problems, such as a littered park, and talk about what he can do to change it.

•Rally with letter writing. Encourage your child to write letters to local, state, and national politicians about issues of concern. Children usually receive a letter in return — particularly from local and state officials — and this will encourage them to continue their efforts.

•Make a mock event. Encourage school and extracurricular groups to organize mock elections and hold mini debates, as this introduces political concepts.

•Design day trips. Take trips to state and national historical and governmental sites. If possible, make prior arrangements to meet with representatives. Have your child make a list of questions to ask officials before leaving home.

•Practice at the polls. Take your child with you to vote. This will familiarize him with voting processes.

•Value volunteering. Participate in community family volunteer opportunities throughout the year and during campaign time. Parents and children can help with neighborhood mailings, drop off literature, distribute buttons, or put up campaign signs.

•Early election encounters. Encourage your child to run for school or class office. This will give him a jump start on leadership roles and is a tangible way to teach him about the campaigning process.

•Be consistent. Studies show that parents who regularly discuss political issues with their kids have a better chance of raising politically minded children.

•Mentor and model. Let your child see you reading the newspaper, watching the news, being active in civic volunteering, and voting. Unspoken modeling has a lasting effect.

Top Tips



Jeffery was also an avid reader and with his collection of politically based children's books, he honed his understanding of history and governmental affairs.

"There are so many good books out there that can be used as springboards for introducing kids of all ages to politics and elections," says O'Malley. "One of my favorite is 'Duck for President.'"

Dominique Downs likes that book, too.

"About a month ago my teacher read 'Duck for President' and afterward asked who would like to run for [class] president, so I raised my hand. So did others," says the third-grade student. "We each picked a vice president, then drew pictures, came up with a slogan, and gave speeches to get people to vote for us."

Political- and civic-oriented websites designed for children are good resources, too, as are newspapers and television shows that keep kids abreast of current events.

"I regularly read portions of the newspaper to my kids and we watch CNN together and then discuss what is happening," says Dominique's mother, Glenda Amponsah Tandoh. "Since my daughter is running for class president, she's particularly interested in how the candidates are doing."

Parents should also encourage letter writing.

"It's a level of engagement every school-age child can get involved in," says O'Malley. "And when they get responses back — which they usually do — it encourages them even more."

Tandoh found this to be true. When her son was studying current events in sixth grade, he became concerned about an issue being addressed before congress. He and several other students shared their views with the teacher, who then suggested they write a letter to the governor.

"Before long we received a letter inviting us to come and share our views before state congress, which we did," says the now 16-year-old Isaac Watkins. "After we returned, we received another letter thanking us for getting involved and saying that our views were being considered. This showed me that even though I can't vote, I can still make a difference."

Family visits to state and national historic and governmental sites can foster an interest in political affairs, as can a trip to the polls, so young-

sters can learn about voting processes.

"That's the whole point of my organization — we educate and prepare kids to be engaged voters," says Coe. "Children go to the polls with their parents and vote, and the results are published in the newspapers."

"When Jeffery has gone to the polls with me I've taken him into the booth and he's seen how I may vote republican in one area and democrat in another," says Sullivan.

"Later, I explain why I've chosen one candidate over another so he understands."

Finally, consider family volunteering.

"Candidates are always looking for people to assist during campaign time and families are no exception," says O'Malley. "Parents and children can help with neighborhood mailings, drop-off literature, distribute buttons, or put up campaign signs."

Most important, remember that nurturing an interest in political affairs fosters responsible citizenship.

"Involving my kids in politics helps them to understand the world is bigger than just our home and community," says Tandoh. "It also encourages them to think about issues they wouldn't otherwise consider. I'm planting seeds now in hopes that one day they will step out and make positive changes their world."

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

Resources for your children

Here's a list of subject-related juvenile resources:

Books

- "America Votes: How Our President is Elected" by Linda Granfield.
- "Arnold for President" by Craig Bartlett.
- "As If Being 12 3/4 Isn't Bad Enough, My Mother Is Running for President!" by Donna Gephart.
- "Barack Obama: An American Story" by Roberta Edwards.
- "Class President" by Johanna Hurwitz.
- "Dork on the Run" by Carol Gorman.

- "Duck For President" by Do-reen Cronin.
- "First Boy" by Gary Schmidt.
- "First Daughter: Extreme American Makeover" by Mitali Perkins.
- "Girl Reporter Rocks Polls!" by Linda Ellerbee.
- "Grace for President" by Kelly S. DiPucchio.
- "Hail to the Chief: The American Presidency" by Don Robb.
- "Hillary Clinton: An American Journey" by Laura Driscoll.
- "If I Ran for President" by Catherine Stier.
- "Phineas L. MacGuire ... gets slimed!" by Frances O'Roark Dowell.

- "So You Want to Be President" by Judith St. George.
- "Vote!" by Eileen Christelow.
- "Vote for Me: All About the Civics" by Kirsten Hall.

Internet sites

- www.cnn.com/studentnews
- www.kidsvotingsoutheastpa.org
- www.pbskids.org
- www.timeforkids.com/TFK/kids
- www.washingtonpost.com/wp-srv/kidspost/orbit/kidspost.html
- www.whitehouse.gov/about/white-house-101

A cooler lunch

How to pack
a school
lunch that
stays a safe
temperature

BY KIKI BOCCI

Packing school lunches can be a pain for parents, but at least you gain some peace of mind about what your kids are eating. It's a great way to help children maintain healthy, balanced diets — and save money, too.

But if parents don't take certain precautions, even the most well-meaning moms and dads could make their children sick.

A survey published last year by the American Academy of Pediatrics found that more than 90 percent of sack lunches were kept at unsafe temperatures, exposing children to foodborne illnesses. Even lunches that included ice packs reached unsafe temperatures if too few were included or if too much time passed before lunchtime.

In the study, sack lunches of more than 700 preschoolers were measured 1.5 hours before the food was served. About 45 percent of the 700 lunches tested had at least one ice pack. But despite parents' best efforts, more than 90 percent of the lunches were at dangerously warm temperatures. Of the 1,631 perishable food items in the lunches, only 22 items were found to be in an acceptable temperature range.

For parents, this study should serve as a wake-up call. Children are at particular risk for foodborne illnesses. The U.S. Centers for Disease Control and Prevention says compared with adults, children younger than 4 years have quadruple the number of bacterial infection incidents transmitted through food.

Symptoms of foodborne illness are unpleasant and debilitating. Severe cases, especially in young children whose immune systems are not fully developed, can lead to serious medical issues such as kidney problems, malnutrition, and even death, the Center noted.

Control of the temperature of food

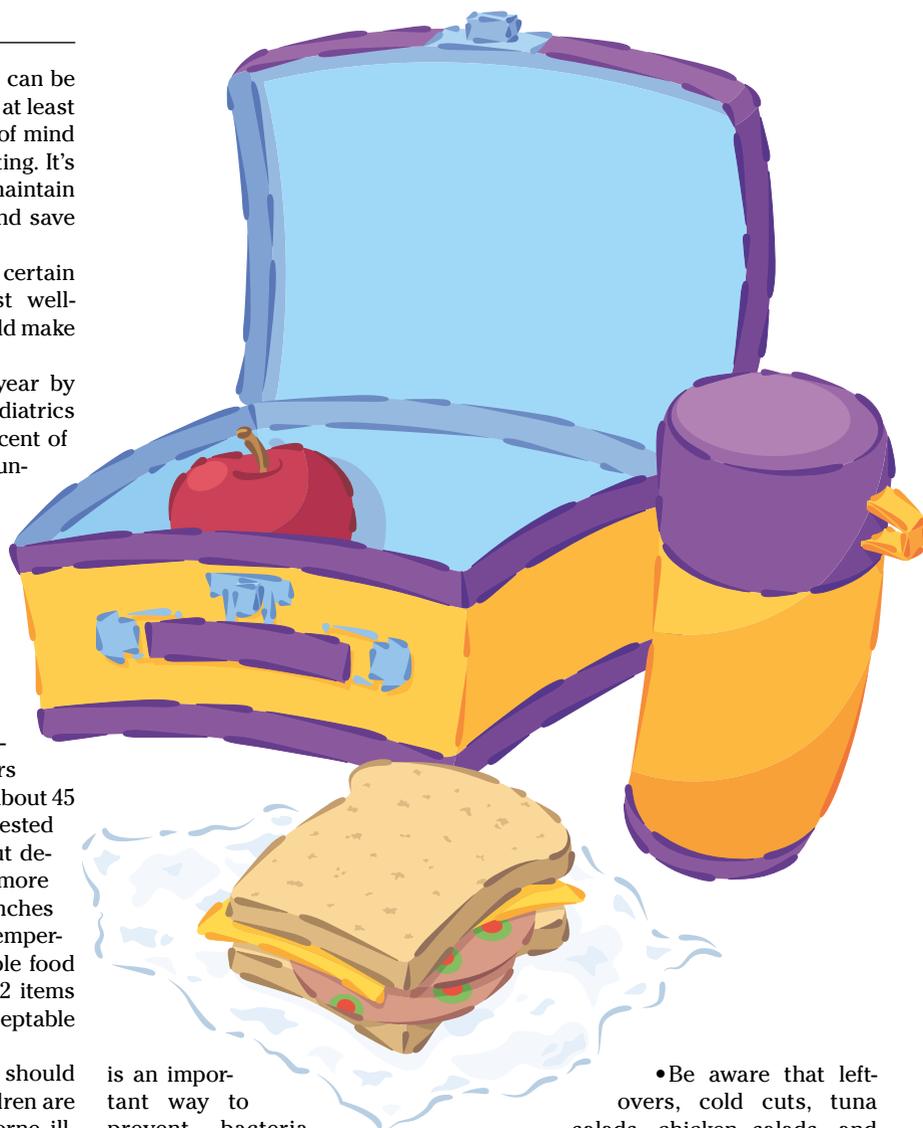
is an important way to prevent bacteria from growing and making kids sick. Some tips for parents:

- Start with an insulated lunch bag or box. Soft, insulated lunch bags or boxes are the best choice. Avoid paper lunch bags.
- Include small, frozen gel packs. Have extras in the freezer in case you forgot to put yesterday's in the icebox to refreeze.
- Consider freezing a juice box or water bottle and including it in the lunch. By lunchtime it will melt, providing a cool refreshing drink.

• Be aware that leftovers, cold cuts, tuna salads, chicken salads, and egg salads all must be kept cold to avoid the growth of bacteria that can make kids sick. Even store-bought, packaged lunch combos containing lunchmeats, crackers, and cheese need to be kept cold.

• Don't re-use foil, plastic wrap, or Baggies, even if it seems environmentally friendly to recycle. After a day in a lunch bag, they have become incubators for bacteria. The safest thing to do is to discard them.

• If you have reusable containers, be sure to wash them out thoroughly with soap and hot water.



NY'S SOURCE ON PARENTING

Currently, New York Parenting Media is seeking a highly motivated full-time sales representative to sell advertising in our magazines and digital properties. Join our dynamic team and become a part of our family.

Requirements include:

- Prior sales experiences (print and digital ad sales a plus)
- Excellent written and verbal communication skills
- The ability to develop new business and grow existing business
- Car and valid driver's license required

Our office is located in downtown Brooklyn, but knowledge of the entire city is essential.

Please submit your resume to snoble@cnglocal.com.



New York Parenting
M E D I A

Where Every Family Matters

www.NYParenting.com



**Family Portraits
Children's Photos
Events & More**

rebekahmae
photography.com
Call Today
702-217-8817
FREE 8x10 With
Booked Session
Queens Studio

www.NYParenting.com

Where every family matters and where New York parents find help, info and support.

- Great Articles
- A Happening Calendar
- Informative Directories
- Ticket Give-A-Ways: *Everyone's a winner. Log-in, enter & find out.*



**SCAN
HERE**



NYParenting Media/CNG
NYParenting@cnglocal.com • 718-260-4554

Don't miss your child's back-to-school physical

A primer so you and your child know exactly what to expect

BY JAMIE LOBER

Your child's back-to-school physical is the most important task to check off of your list this fall, especially if your child is entering a new school. Here's a primer so you and your child know exactly what to expect in his back-to-school examination.

A physical normally involves seeing the doctor, who will ask how the child has been doing. If the doctor has not seen the child before, he will require a more extensive history.

"If it is someone they are seeing for the first time, most doctors will do an entire intake history where they find out whether or not this kid has always been healthy, where they received their previous healthcare, if they had any medical problems, what their birth history is, family history, and any sort of medical problems in the family, all of which are baseline areas that the doctor will cover because he wants background information," says Dr. Leslie Hayes, chief of adolescent medicine in the department of pediatrics at New York Methodist

Hospital in Brooklyn.

What the physical entails depends largely on the patient's age. A younger child will have his height, weight, blood pressure, temperature, and pulse taken, as well as a head-to-toe physical, in which the doctor looks at the child's general appearance to see if he looks well for his age. It's like an A through Z health inventory.

"We examine their eyes by looking with our ophthalmoscopes, look in their ears, their mouth, and assess their dentition to see if they have good dentition or a lot of cavities," says Hayes. "We listen to their heart, lungs, examine their abdomen, and check their extremities to make sure they are neurologically intact and growing properly."

Doctors will plot the child's height and weight on a growth chart to make sure the child is "reasonably adequate height and weight for their age and sex," she says.

"What we are seeing more commonly is overweight kids who are off the growth charts as far as weight is concerned," says Hayes. If this is the case, the doctor will mention the importance of exercise, eating a well-balanced diet, and choosing water over soda to prevent obesity. "If a child watches a lot of television, we talk to them about decreasing their screen time."

The pediatrician also touches on school performance, asking the child what classes he is taking and if he is not doing well. The doctor wants to find out if the cause of poor performance could be something medical or psychosocial.

And, much to most kids' disdain, the pediatrician will give the child scheduled boosters or vaccines to help prevent him from contracting any diseases he may be at risk of getting.

The physical is the perfect time and place for parents to ask pediatricians any questions they may have about their children's health, such as "my young kids don't like to eat vegetables or fruits, and won't drink water."

"As a child goes through certain developmental stages the parents may be concerned, but that is why it is important to come in for an annual physical exam, just to make sure that the doctor can confirm that everything is OK," advises Hayes.

It's also the perfect opportunity for kids to ask doctors any questions they may have. Younger kids do not tend to ask a lot of questions, but as children become teenagers, they tend to be more involved in their healthcare and sometimes come in with questions for their doctor.

As kids get older, their doctors may talk to them about personal safety, such as car safety for a teen who is starting to drive, or safe dating. The point is to tailor the advice to each child.

"The guidance is governed by the age, as well as cognitive developmental level of the patient, but most center around healthy lifestyles, safety prevention, smoking, safe-sex practices, and relationships," Hayes explains.

A back-to-school physical is without a doubt important for every child, no matter the age or school grade, and should become a yearly practice for parents and children.

"It is a good idea to have your child come on a yearly basis to be seen," says Hayes. "As they get older, normally the interval of time between visits is larger, but it is helpful to have them come in at least every two years to be reevaluated and to make sure their growth and development is normal and that they are not experiencing any sort of medical issues or problems."

Jamie Lober, author of "Pink Power" (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.





Simple rules of backpack safety

BY JAY HUNT

It's that time of year again! With school starting up, it's a good time to remind parents to exercise caution about their children's backpacks, which are often used improperly or are overloaded. It is estimated that annually, some 10,000 school-aged kids across the country visit doctors or the ER with complaints of back-related injuries. When backpacks are worn improperly or are too heavy, students are at a risk for spinal injury. Some simple warning signs:

- Struggling to put on or take off backpack.
- Change in posture or pain when wearing backpack.

- Tingling or numbness in arms, shoulders, or hands.
- Red marks on shoulders from shoulder straps.

Simple tips to help:

- Backpack should not exceed 10 to 15 percent of a child's total body weight.
- Wear both shoulder straps for better distribution of weight.
- Choose a backpack with multiple compartments.
- Pack heavier items at the bottom or closer to the back.

Get the school year off to a safe start. And don't forget to include the backpacks!

Jay Hunt is the Clinical Director of Madison Physical and Occupational Therapy, and someone who has youngsters of his own.

"ENCHANTING"
- NY TIMES

Gazillion
Bubble Show
THE NEXT GENERATION

Wed 11 & 2, Sat 11, 2 & 4:30, Sun 12 & 3
For groups & birthday parties visit our website or call
1-866-6-GAZ TIX (1-866-642-9849)
GazillionBubbleShow.com
TELECHARGE.COM or 212.239.6200
NEW WORLD STAGES N 340 WEST 50th ST.

THE RHYTHM OF NEW YORK

STOMP

\$48 Sundays @5:30PM
Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

ORPHEUM THEATRE
Second Avenue at 8th Street **ticketmaster** (800) 982-2787
www.stomponline.com Connect with us:



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Protein plus sports equals six pack?

Our children surprise us nearly every day. But one of the biggest surprises can be when your child announces he's on a high-protein, low-fat, low-carb diet, and asks you to buy spinach or another green leafy food he's rejected his entire life. When asked why, he explains he wants to develop his abs.

Welcome to the world of tween and teen sports nutrition, where kids desire to build muscle and strength — and coaches suddenly are the most important adults in a young person's world.

"This is really a great opportunity to get them engaged in talking about good nutrition and how they should be eating," explains Ellen Shanley, RD, dietetics director at the University of Connecticut, co-author of "Fueling the Teen Machine" second edition, and the mother of two.

Yet, "as a parent you need to be involved and ask questions if you do not agree or have questions about something the coach is stating," she says.

Team participation and dietary habits

Unfortunately, not every student athlete is lean and fit. In a recent review of the research published in *Current Sports Medicine Report*, a journal of the American College of Sports Medicine, there's no evidence showing that sports participation



prevents obesity in kids.

Those who play sports are more likely to consume fast food and sugar-sweetened beverages and take in more total calories than non-athletes. Yet, these same students often consume more vegetables, fruits, and drink more milk than those not in sports.

It's likely no surprise to parents that many sport participants consume empty-calorie foods. Think of the candy, sugar-sweetened drinks, chips, and ice cream sold at games and meets.

And parents are often on the hook for bringing "treats" for practices and games, regardless of the amount of actual calories burned.

Nutrition strategies

- For building muscle, you must exercise those muscles, says Shanley. "The best way to build muscles is

when aerobic exercise is combined with strength training. The energy to do this is provided mostly from carbohydrates, not protein."

- Eat enough calories. An average teen female needs 2,000 calories each day, and a male needs 2,300. But calorie needs can vary depending on the athlete's age, gender, height, weight, type of sport, playing time, intensity level, and skill level.

- Eat a good mix of protein, fat, and carbohydrates. Fifty-five to 60 percent of the calories should come from carbohydrate, 20 to 35 percent or less from fat, and 15 to 20 percent from protein.

- Most athletes need 0.8 grams of protein per kilogram of body weight each day. For example, a 110-pound youth needs about 40 grams of protein.

- Need help in translating the above recommendations? Consult a credentialed sports dietitian by visiting www.scandpg.org/search-rd/

In addition to parental involvement, there's much that can be done by league officials and coaches of youth sport organizations to promote healthy dietary habits among participants. They can reach out to registered dietitians for educational seminars and to help develop simple, accurate nutrition education materials for parents, coaches, and youths.

Volunteer parent coordinators can also develop food and beverage guidelines for team snacks and items sold at concession stands.

As for your son frustrated with the lack of progress with his "six-pack" and biceps? Advise patience. His male hormones will increase during the maturation process, and so will his ability to grow muscles.

Christine M. Palumbo, RD, is a registered dietitian in Naperville, Ill. and an adjunct faculty member of Benedictine University. Her son was incredibly frustrated with his inability to sprout muscles during his teen years. Follow her on Facebook at Christine Palumbo Nutrition, on Twitter @PalumboRD or Chris@ChristinePalumbo.com.

Yummy frozen banana bites

This is a fun way to use up slightly overripe bananas, as well as small amounts of leftover holiday sprinkles and bits of chocolate.

INGREDIENTS

1 banana, peeled
About 1/3 cup chocolate chips (or leftover chocolate bar, chopped)
Flaked sweetened coconut
Cookie or cake "sprinkles"

DIRECTIONS: After cutting off the



ends of the banana, cut into 1-inch slices. Place the slices onto a plate or baking sheet lined with wax paper. Freeze for about one hour. In a microwave-safe bowl, melt the chocolate chips in 30-second increments. Stir well after each, until the chocolate is completely smooth. Place the coconut and sprinkles each on separate plates. Remove the banana from the freezer and dip each piece halfway into the melted chocolate. Roll the chocolate-covered halves in the coconut and sprinkles. Place the banana pieces back on the plate and into the freezer for an additional 15 minutes or until set.

theMarketplace

FAMILY CARE SOLUTIONS



LUCKY LIL' DARLINGS
Elite Child-Sitting & Events

- On-Demand Weekday & Weekend Sitters
- Event & Party Staffing • Vacation Coverage

Introducing LLD KID ZONE
A custom made interactive kid-only area for your family friendly functions

www.luckyildarlings.com • info@luckyildarlings.com

FITNESS

20 Classes for \$20
For All New Customers!

Yoga • Pilates • Boot Camp • Zumba • Kickboxing
Muay Thai • Brazilian Jiu Jitsu • Judo • Capoeira
Mixed Martial Arts • Strength & Conditioning

Just Keep Moving Fitness

50 Lexington Ave. • 24th Street Corner, Lower Level 1
New York, NY 10010

212-614-1620 / www.jkmfitness.com / info@jkmfitness.com

MUSIC LESSONS

PIANO LESSONS
In Your Home

Given by an experienced teacher (20+ years teaching in NY area) who is a graduate from a prestigious Russian music conservatory

Especially proficient with Beginners/younger children

Contact **Olga Slavina**
to arrange an introduction meeting/lesson at your convenience (References)

Tel: (732) 668-5848
E-Mail: olgaslavina91@hotmail.com

MUSIC THERAPY

Private Practice serving children affected by:

Autism • Down Syndrome • Developmental Delays
Emotional Issues • Sensory Integration Disorder
General Behavior Disorder • ADD/ADHD

Eric Fraser, Music Therapist, MA, MT-BC
Graduate NYU Music Therapy Masters

347-404-0140
eric@ericfraser.com • www.ericfraser.com

SPEECH AND LANGUAGE THERAPY

ProCare NYC
Educational & Therapeutic Services

- Speech & Language Therapy
- Professional Tutoring
- College Preparation

IN HOME SERVICES

Procarenyc@hotmail.com • 347-702-6419

TUTORING

In Home Science Tutor

La
Science Tutor

- Certified secondary science teacher with 14 years of experience teaching for the NYC Department of Education
- Thorough knowledge of the NYS curriculum in Physics, Chemistry, Biology/Living Environment and Earth Science
- Focus on all around improvement and test prep
- Sessions tailored to help each student meet their potential
- Experience teaching students of all academic proficiencies, including children with learning disabilities

Call or e-mail for rates or questions (group rates available)
Billy La Tour • (718)637-1782 • Billylatour@gmail.com

Party Planners

Best Clowns

Clowns • Costume Characters
Princess Parties • Magicians
Face Painters • Balloon Art
Caricaturists • Toddler Games
Cotton Candy & More

1-800-75-CLOWN or 212-614-0988
Bi-Lingual Performers Available
Private & Corporate Events
All Boros, L.I. & Westchester

www.bestclownsnyc.com

Have A Kid's Party That's Very Different!

• We bring the zoo to you!
• All ages & all occasions
• Bug & Reptile Shows
• Barnyard Petting Zoo
• Pony Rides
• Exotic Pet Program
• Nature Programs
• Pet Therapy
• U.S.D.A. Licensed & Insured

\$20 Off with ad from family

PARTY PETS.com

Visit our website: www.partypets.com

Hands-on learning about exotic animals from around the world

WE ADOPT UNWANTED EXOTIC PETS!

All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions - BOOK EARLY!

Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snake & Frog

FDNY The FDNY's Fire Safety Learning Center

CELEBRATE YOUR BIRTHDAY AT THE FIRE ZONE

GREAT FOR DAY CAMPS & SCHOOL TRIPS

At Rockefeller Center • 34 W. 51st St.
212.698.4520 • www.fdnfirezone.org

To place An ad in our line of family publications, please call **718.260.4554**

ADVERTISE WITH US!

BROOKLYN Family | BORO/RIVER-FAMILY | BRONX Family | STATEN ISLAND Family | MANHATTAN Family



New & Noteworthy

BY LISA J. CURTIS

Modern life

Bennett House by *brinca dada* is not your typical dollhouse. It's constructed from eco-friendly woods in a muted palette of colors rather than garish plastic. Designed by Tim Boyle, it can be played with when it's open or closed and features a two-story living room, elevator, roof top pool and glass rail balconies. The house measures 36- by 21- x 21-inches, and can be filled with *brinca dada*'s sleek furnishings (sold separately). Made of non-toxic, lead-free paints and stains, you'll happily bring this modern home into your child's room — and hope that they'll let you join in the fun!

Bennett House by brinca dada, \$499, www.brincadada.com.



Young folk

When I heard my son's school sing Woody Guthrie's "This Land is Your Land" this year, I was stirred by its timeless message. So I was delighted when I discovered Elizabeth Mitchell's new CD of 13 child-friendly Guthrie classics!

Sure, we couldn't be more excited to see the Fresh Beat Band in concert later this month, but Mitchell's "Little Seed: Songs for Children by Woody Guthrie" reminds us that the folk hero's soothing songs are worth revisiting.

"*Little Seed: Songs for Children by Woody Guthrie*" CD, \$11.98; \$9.99 for download; www.folkways.si.edu.



Book of shadows

"Gustav Gloom and the People Taker" (Grosset & Dunlap) is the first book in a new fantasy series for 8- to 12-year-olds published just in time to celebrate the spooktacular Halloween season. Penned by Adam-Troy Castro, this suspenseful novel tells the tale of Fernie What, a courageous girl who moves with her family to a home across the street from Gustav's creepy mansion, wonderfully rendered in "Corpse Bride"-esque illustrations by Kristen Margiotta.

Fernie barges into Gustav's house in pursuit of her cat, Harrington, and soon finds that it is filled with dotting aunts, criminals, hilarity, and horror. She does her best to make sense of the shadows with minds of their own as she attempts to find her feline and get out before the deadly People Taker can wrap his hands around her throat.

"Gustav Gloom" is part cautionary tale encouraging kids to tell their parents where they are going and part rousing endorsement of the power of friendship that has us looking forward to the sequel, "Gustav Gloom and the Nightmare Vault"!

"*Gustav Gloom and the People Taker*" by Adam-Troy Castro, \$12.99, www.barnesandnoble.com.



Delicious design

Need a little help fueling your child's return to school? Try reinventing her lunch with the super adorable Kotobuki Geisha Doll Bento Box by Hakoya. This five-piece, lacquered plastic set assembles to look like a kokeshi doll (a charming yet limbleless figure), and pulls apart to reveal two bowls and a lidded container (the face). The pieces can be filled with soup, vegetables, dips, yogurt, granola, fruit, and more. The three bowls are held together with a large, black elastic band that is included. (The bento box is also available from Amazon.com in a samurai warrior design.) The set measures 3.8 x 3.8 x 5.5-inches, for toting a small meal that will be sure to earn you an A for effort.

Kotobuki Geisha Doll Bento Box by Hakoya, \$20.43, www.amazon.com.

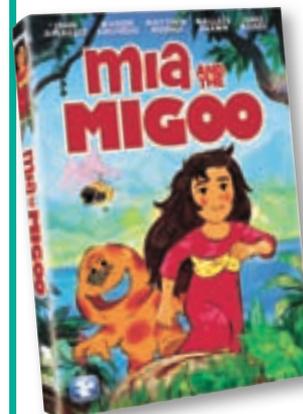
Rescue mission

In the feature-length, animated film "Mia and the Migoo," families are introduced to a courageous girl who overcomes numerous obstacles to reunite with her father and save life itself.

Directed by Jacques-Remy Girerd, this English language version of a French movie follows the motherless, impoverished Mia (Amanda Misquez) as she tracks her father Pedro (Jessi Corti) to a remote mountain where he is helping build a resort.

Along the way, our heroine runs into a sorceress (Whoopi Goldberg), who wields a knife to cut the girl's hair while she sleeps. Soon after, Mia befriends the goofy Migoo (Wallace Shawn), a doughy creature that guards the tree of life — an eyesore to the resort's investors.

The artistry of the film's 500,000 hand-painted frames had my 5-year-old gasping with delight, and



we both appreciated the original score by Serge Basset, performed by the Bulgarian Symphony Orchestra.

Sub-titled bonus features detailing how Girerd pulled it all together will awe viewers of all ages, and possibly inspire a new generation of illustrators and musicians.

"*Mia and the Migoo*" DVD, \$19.98, www.amazon.com.

Private Tutoring from The Princeton Review

Impressive grades and high test scores aren't just accomplishments... they're options.

Your Tutor

With more than 5,000 teachers in our ranks, we're confident we can find the right tutor and tutoring program for you: an expert with the skills and style to best meet your needs and a plan that caters to your schedule and location.

Your Schedule

Comprehensive packages: We've crunched the numbers and we know the ideal number of hours it takes to prepare for each high-stakes exam.

Pay as you go: Make no commitment beyond the initial 3 hours and then simply add more as needed.

Your Location

In-person: Face-to-face, personalized tutoring at your home or at another convenient location. We work around your schedule to meet when and where works best for you.

Web-based: Receive one-on-one coaching from our most experienced and sought-after tutors, regardless of your location. All you need is a computer and an Internet connection.

Special Offer

Call the number below and enroll in a minimum of 10 hours of private tutoring and receive a free copy of our bestselling *Best 377 Colleges*.



SHSAT®, SSAT®, ISEE®, SAT®, ACT®, SAT® Subject Tests, AP® exams and academic subjects.

Get started today.

888-865-7737 x1083 | PrincetonReview.com/Tutoring

Test names are the trademarks of their respective owners, who are not affiliated with The Princeton Review. The Princeton Review is not affiliated with Princeton University.



angel face



FIDELIS CARE®

To Fidelis Care, every child is an angel.

That's why we cover kids with quality, affordable health insurance through Child Health Plus, a New York State-sponsored health insurance program offered by Fidelis Care.

- If your child needs health insurance, Fidelis Care can help.
- Almost every child up to age 19 in New York State is eligible!
- And, we help members keep their health insurance each year.

Quality Health Coverage. It's Our Mission.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.



To find out if you are eligible for one of our government-sponsored health insurance programs, call Fidelis Care at:

1-888-FIDELIS (1-888-343-3547)

(TTY: 1-800-421-1220) • fideliscare.org

To renew your coverage each year, call 1-866-435-9521