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Letter from the publisher

Graduation

It's that time of year again, when our youngsters graduate from the various plateaus in their education.

Looking back, my very favorite graduation in our family was my daughter's ceremony up from kindergarten. Un-

foreseen buttons unleashed tears of joy that were out of my control. My emotions seem to go berserk as I realized with utter clarity how fast the time was going. One day she was born, and then far too soon she was graduating into the first grade. It seemed so huge to me at the time. Everyone thought I had "lost it" as I struggled to gulp down tears that kept on coming while at the same time trying to sing our family's rendition of "You are my sunshine," our favorite song, and



our contribution to the festivities. I wasn't wrong with my emotional vision. The time has passed so swiftly and now its college graduations for her crowd that seem to have come about in no time since high school graduation. How could they have happened so quickly? They have to be too young still for this ceremony but they aren't. The years have passed and here we are again, thrilling in their achievements, their growth and their futures.

As you attend your own children's commencement ceremonies and celebrations, keep in mind how quickly it all goes and revel in the enjoyment of the stages as they are marked. The film gets speeded up it would seem and the older we get the faster it all

seems to be moving.

How fortunate we are to be seeing our children grow, expand and achieve. Being parents through the stages of our children's lives as they move from decade to decade and level-to-level is an achievement not only for them but for us as well.

June is a wonderful month. It's usually quite beautiful and it's a time of year of great weather and long days. It's when schools let out and summer begins and for us here in NYC it marks the need for our children to find summer programs to not only have fun participating in, but also to challenge them and keep the intellect alive.

Hopefully all of you either have figured that out already or are in the process. Keep in mind that there is still space available in the myriad of options for your child or children and that summer should not be totally "time off." Great programs are in

every borough.

On a final note, there are families in need all around us, from our neighbors still impacted by the effects of Super Storm Sandy to our neighbors in Moore, Oklahoma who have experienced the devastation of a mega tornado. Reaching out with money, clothes, and other forms of help is just what neighbors should do when tragedy strikes.

I'm on vacation for a time this month and I can't wait. We all need time to relax and to "just be." Wishing you all a happy month and good times for all your families. Thanks for reading!

Susan Weiss-Voskidis,
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When should I be **worried?**

New parents:
Take things
one step at
a time

BY TIM PERRINS

Here's what happens when you're a new dad: sometime in the first year, your baby begins to grasp the basics of language and develops a small vocabulary of sounds, and you get all excited about it.

"Did she just say ball? Or was it bulb? I changed a lightbulb earlier — did she hear me say that? I can't believe it!"

A couple months later you realize she's mostly sticking with the same handful of syllables: maa maa maa and dadadada, and sometimes dah for dog, and so you ask your wife, "Why isn't she using full sentences yet? What does this mean? Is some-

NEW DAD

thing wrong?"

I'll tell you what it means. It means you're a new parent. It's natural that you're going to struggle with the age-old conundrum: when should I be worried?

To help with that, here are two things to keep in mind.

First, there's a broad age range during which a baby will begin crawling, talking, walking, etc. Unless your little one entirely passes that time frame without progress, there's no reason to be nervous. It doesn't matter how early or late in that range she starts imitating the awful things you say when you drop a toolbox on your toe. There's no big advantage in life that stems from your baby pulling herself to a standing position a month before your neighbor's baby. It really makes no difference.

Second, a lot of the anxiety you feel is a result of your own inflated expectations. Being a new parent, you naturally assume your baby is smarter than other babies and will outperform them in all important measures — thus, if she's already falling behind on babbling or crawling, then her chances of early acceptance to Harvard will be in serious jeopardy. If that's where things stand for you, consider this: your "genius baby" who miraculously opened a box of cereal at 5 months will still go through a phase of trying to eat rocks sometime in the next year, so don't get ahead of yourself. Similarly, you don't need to jump to the conclusion that there's a developmental delay if your baby is 7 or even 17 weeks behind your neighbor's baby in terms of walking.

Comparing your baby with other babies is nothing but a recipe for neurosis. There are little genes that are scheduled to switch on according to a master plan, and every baby has different instructions. Think of it like a big business that's running inside that little brain: each department has its own responsibilities and

its own schedule. Here's a typical conversation from the water cooler inside the offices of BabyCorp:

"Shouldn't we get going on this talking project? Do we have people for that? Are we going to fall behind schedule?"

"Nahhh, there's no rush. I got a guy comin' later. When he gets here we'll have this baby talkin' like a teenage girl at the mall."

So, you see? Your baby is developing right on schedule. Just not on your schedule. Her inner worker-bees are doing their jobs. Likewise, you should just do yours — provide lots of toys and stimulation and encouragement, but don't think you're going to bring every project in ahead of schedule.

Of course, there are no guarantees, and there's always the chance that something will not go as it should. What do you do if you find that something is out of the ordinary? It turns out worrying doesn't actually help very much then, either. Any kind of curve-ball pertaining to your child can be stressful, but your primary job is to be supportive and loving, not to be neurotic and afraid.

Talk to a pediatrician and educate yourself so that you can make the best decisions for your child. Then take things one step at a time.

My little baby, now approaching 16 months, has added a few more sounds to her repertoire. She's also progressed past tentatively walking a few feet at a time to stomping all around the apartment, pulling down the curtains, climbing up onto the couch, falling off the couch, and then trying to climb the bookshelves. She isn't using full sentences yet, but that's fine — she's got plenty of stuff going on. And that means I've got a whole new list of things to worry about.

Tim Perrins is a part-time stay-at-home dad who lives with his wife and their highly advanced baby in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at www.RevoltOfTheImbeciles.blogspot.com.





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The teenage BRAIN

Getting inside
your teen's
wild, wacky,
wonderful
mind

BY MALIA JACOBSON

Fuming with anger, sick with worry, or just plain bewildered? You're probably living with a thrill-seeking, risk-embracing teenager, simultaneously capable of precocious wisdom and incredibly foolish choices. Although teen transgressions like driving too fast, skipping curfew, or choosing delinquent pals may seem like personal affronts, this behavior may have very little to do with you at all, says Temple University psychology professor and researcher Laurence Steinberg, PhD. According to Steinberg, teens act differently because their brains are, in fact, different.

Teens don't act recklessly to test your parental patience or put themselves in harm's way, says Steinberg. Instead, they are hardwired to make immature choices, courtesy of their unique, still-developing brain.

New research is illuminating the previously mysterious, misunderstood teenage brain and helping parents and educators determine

how best to reach their teens — and how to keep them safe.

Under construction

Old beliefs about the teenage brain stemmed from the fact that brain growth grinds to a halt after puberty: the brain reaches 90 percent of its adult mass by age 6 and is full-sized by age 12. Few neurons are added as it grows — children's brains reach peak neuron capacity in utero, and begin losing, or "pruning," neurons before birth. Based on these basic facts about the brain's size, scientists theorized that most cerebral development is completed in early childhood.

But the development of magnetic resonance imaging (MRI) in recent decades opened a new window into the adolescent brain. Research and MRI scans conducted by Dr. Jay Giedd, chief of the Unit on Brain Imaging in the Child Psychiatry Branch at the National Institutes of Mental Health, among others, showed that the adolescent brain is still very much under construction. Instead of adding new neurons, though, adolescent brains

are busy building and strengthening the pathways between nerve cells; according to Giedd, this ongoing process results in a more efficient brain.

It does not, however, result in more mature, adult-like brain. Steinberg's research shows that teens are more likely to make riskier decisions than adults, because the growth of their socio-emotional brain system outpaces the growth of cognitive controls that serve to regulate emotions and behavior. In other words, teenagers are developing more efficient thinking, without the inhibitory controls of the adult brain. These changes continue into young adulthood, probably finishing up between age 22 and 25, says Steinberg.

All this may be bad news for today's frustrated parents. But the unique structure of a teenage brain probably serves an evolutionary function, says Steinberg: teens' penchant for risk-taking makes them more independent, which was likely a critical adaptation for reproduction.

"All mammals go through puberty, leave their natal environment and venture out into the wild, which is a very risky behavior," he notes.

Communication clash

Given the differences between the brains of teens and those of their parents, it's not hard to understand the parent-teen conflicts that rage during adolescence.

"Communication has been found to be the best way to improve teen's behavior, and yet communicating with someone who does not want to communicate with you is a challenge," notes Sheryl Feinstein, PhD, chair of the education department at Augustana College in Sioux Falls, South Dakota and author of "Inside the Teenage Brain: Parenting a Work in Progress."

Parents, with their adult brains, tend to approach communication and discipline logically, says Feinstein. The problem is that teens haven't yet developed this type of logical thinking; instead, they view the world through a more emotional lens.

"You can see how difficult it is for parents when we approach a problem with logic and reasonable thinking, while teens approach the problem with fury and negative thinking," says Feinstein.

This can lead to screaming, door-

Communicating with a teenage brain

Get through to your teenager with clear limits, empathetic communication, and brief, direct messaging.

Don't bend the law

Restrictions for teens like city-wide curfews or rules about driving with passengers are backed by science and exist for teens'

Top
Tips

safety — insist that teens follow them.

Make or break

Teens crave limits, so set clear rules with your teen's input, and provide logic-based consequences for failing to follow through.

To the point

Teenagers' views exchange more emotionally than parents. To keep

tempers from boiling over during a heated discussion, express your viewpoint in 25 words or less, then declare a cool-down break.

Negotiate

Teenagers are still learning the give-and-take of adult social interaction. Giving them the chance to negotiate about rules, curfews, and limits builds this critical skill set.

Sources: Sheryl Feinstein, PhD, and Laurence Steinberg, PhD.



slamming, and “a true test of a parent’s patience and tolerance,” she says. But once parents understand that teens have unique brains and can’t be expected to think like adults, teen behavior becomes (somewhat) easier to tolerate.

“Parents need to communicate with teens on their terms. Mandating severe punishments almost always results in rebellion,” she says.

Risky business

With limited cognitive controls and immature communication abilities, teens can run into danger in

risky situations — scenarios they intentionally seek out, says Dr. Ronald E. Dahl, professor in the School of Public Health at the University of California, Berkeley. According to Dahl, when puberty floods the brain’s limbic system with sex hormones estrogen and testosterone, teenagers are driven to seek out “intense experiences,” flocking to intense horror movies, dizzying carnival rides, and graphic video games.

This taste for thrills can also lead to run-ins with the law, says Steinberg, particularly when teens are with their peers. In recent research

published in *Developmental Science* and *Journal of Adolescence*, he found that in the presence of peers, teens are more likely to make risky decisions and choose more immediate rewards — effects not seen in adults. Simply put, thrusting a teenager plus a peer or two into a risky or volatile situation can lead to poor choices and even worse outcomes with lasting consequences, from marred legal records to disability and death.

This provides strong support for laws prohibiting newly licensed teen drivers from driving with friends in the car. In Washington, drivers

under 18 are not allowed to shuttle non-family passengers under 20 years old for the first six months after receiving a license. Such laws protect teen drivers from their own penchant for risky behavior in the presence of peers, says Steinberg.

The good news: in a few years, your teen’s brain will settle down, and he’ll think more like you. Communication combat will cease, and risky thrills will lose their allure. In the meantime, try to enjoy the ride.

Malia Jacobson is a nationally published journalist specializing in health and parenting.

The buzz

on caffeinated snack foods

What effect will these 'stimulated' snacks have on our children?

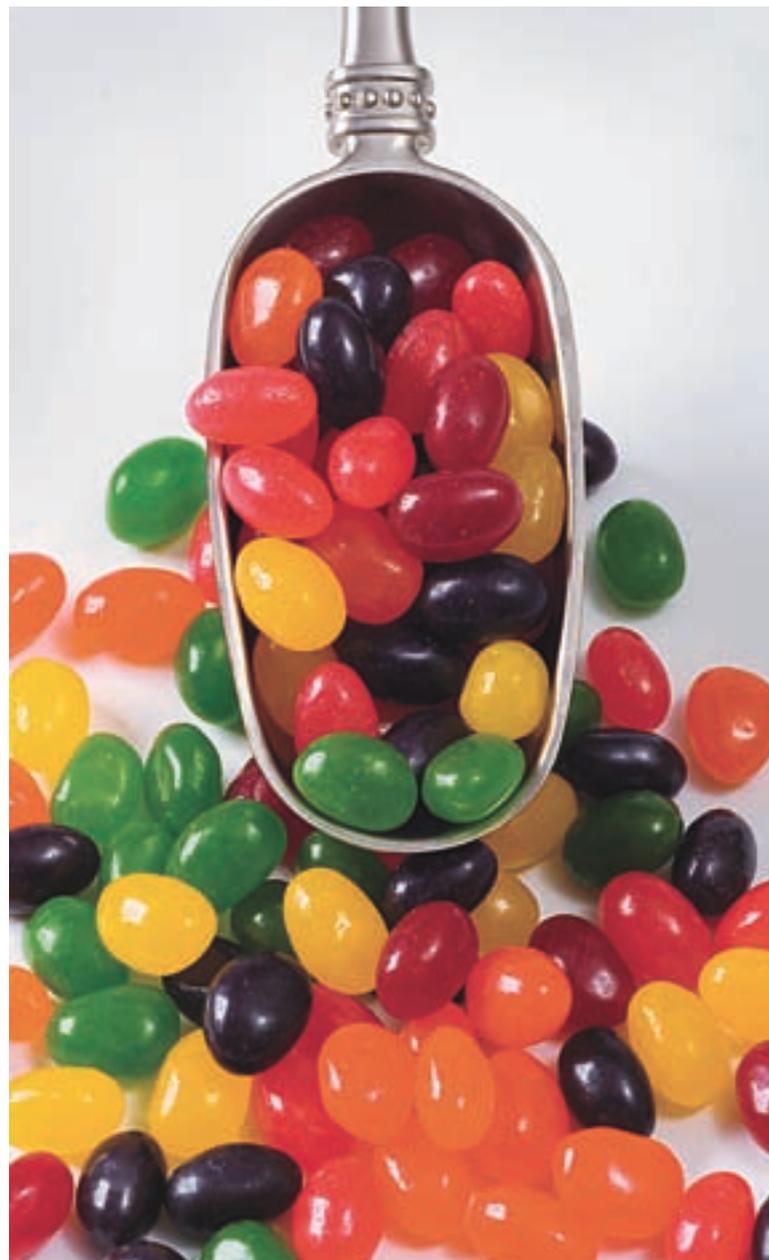
BY KIKI BOCHI

Caffeine. It's not just for energy drinks anymore. From jelly beans and potato chips, to trail mix and a new chewing gum launched in May by the folks at Wrigley's, caffeine is showing up in a number of products that might be attractive to kids.

The Food and Drug Administration has announced that, in response to the trend of caffeine being added to a growing number of products, the agency will investigate the safety of caffeine in food, particularly its effects on children and adolescents.

But considering the speed at which the federal government moves, it may be a while before we see results. (Get them a few packs of Alert Energy Caffeine Gum!)

There's already some pretty good evidence that caffeine can present some serious health problems for young people whose brains are still maturing. The American Academy of Pediatrics discourages the consumption of caffeine and other stimulants by children and adolescents. But while you are waiting for the issue to work its way through the regulatory process, you may want to consider these statements on the Administration's website from Deputy Commissioner Michael R. Taylor in deciding how vigilant you should be with your



children.

"One pack of this [Wrigley's] gum is like having four cups of coffee in your pocket. Caffeine is even being added to jelly beans, marshmallows, sunflower seeds and other snacks for its stimulant effect. Meanwhile, 'energy drinks' with caffeine are being aggressively marketed, including to young people. An instant oatmeal on the market boasts that one serving has as much caffeine as a cup of coffee, and then there are similar products, such as a so-called 'wired' waffle and 'wired' syrup with added caffeine.

"The proliferation of these products in the marketplace is very disturbing to us. We have to address the fundamental question of the potential consequences of all these caffeinated products in the food supply to children and to some adults who

may be at risk from excess caffeine consumption. We need to better understand caffeine consumption and use patterns, and determine what is a safe level for total consumption of caffeine. Importantly, we need to address the types of products that are appropriate for the addition of caffeine, especially considering the potential for consumption by young children and adolescents.

"The more fundamental questions are whether it is appropriate to use foods that may be inherently attractive and accessible to children as the vehicles to deliver the stimulant caffeine, and whether we should place limits on the amount of caffeine in certain products."

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Room to grow



Designing your child's bedroom

BY CONNIE BOLTON

Children grow up so quickly, and their needs grow with them. Designing a functional bedroom space to meet these ever changing needs can be a challenging task. Space design, decor, and furniture must adapt to keep up with the demands of continuous change. Taking the time to consider some key adaptable design elements can save you time and money, while maximizing your child's enjoyment of the room.

Storage

It seems that with every inch a child grows, there is a corresponding accumulation of "stuff." Nothing takes up more real estate, both physically and visually, than clutter. The best defense against clutter is ample and adaptable stor-

age. But, instead of adding bulky furniture, which can decrease precious floor space, opt for vertical solutions, including wall-mounted shelving, slings, and racks.

Use closet space efficiently by building a flexible storage system with interchangeable shelving and hanging rods. Shelves and rods can be rearranged as toy collections and wardrobes evolve.

Incorporate pull-out bins for small-item storage. These clutter collectors allow for maximum use of storage space while maintaining the ability to bring all items into view when needed. They can be used to store small toys when children are young, and hold sports accessories or small electronics as kids mature.

Decor

When designing the room, it may be tempting to go with your

(Top) Composite wood blinds are sturdy, durable, and easy to clean. They are also available in many vibrant colors to compliment any room decor. Shutters are inherently cordless and offer complete control of light, ideal for the transitions from playtime to mid-day naps and reading. (Above) Customized graphics can complement unique decor or themed rooms. The possibilities are endless!

Unless themes are executed very strategically, continuous turnover in room decor can add up quickly.

child's favorite cartoon character or hobby interest, but keep in mind that these preferences are often fleeting. Unless themes are executed very strategically, continuous turnover in room decor can add up quickly.

By choosing more sophisticated patterns and colors, the room design can grow seamlessly as your children grow older. Wall decals are a fun and cost-effective way to add whimsical character without committing to a specific theme.

If siblings of opposite gender are sharing the space, try finding gender-neutral inspiration from world travel, such as "Moroccan." Textiles, color combinations, and graphic patterns from other parts of the world make for fun, yet enduring themes for children of all ages.

Keep larger purchases, such as furniture pieces, neutral and classic, so that they can adapt easily to changing themes and grow with maturing tastes. Choose a neutral color for walls, or designate just one accent wall to avoid time-consuming repainting projects. Go bold with color in pillows, bedding, and inexpensive accent pieces that can be updated frequently without hurting your pocketbook. This is an ideal opportunity to involve small children by letting them choose their favorite colors and patterns without costing too much time or money.

Lighting

As with any room design, lighting is a key element to maximize its functionality and set the mood for a warm and inviting environment. For small children, opt for lighting designed to hang out of reach of curious fingers. Pendant lighting works well to illuminate small areas such as a reading nook or dressing area. Wall lamps offer another child-safe option — not only is the lamp mounted off of the floor, but cords can be hidden inside of walls, as well.

Homework and reading areas

should be well lit with a combination of task lighting and natural light. Use functional window coverings to help control natural light, especially for children who still take mid-day naps, or are tucked in at early bedtimes.

Wood shutters, black-out cellular shades, or composite blinds are ideal for complete light control at any time of day. Even skylights can be fitted with motorized shades to create a perfect napping nook while the sun is shining.

Involving your child

A newborn's nursery is designed to facilitate your care for him, including functional furniture and items selected to make tasks as simple as possible. But as toddlers mature, and gain a sense of independence, they may become very opinionated about items selected for their bedroom environment. At this point, your design will likely involve many negotiations. But if planned appropriately, involving your child in the design process can not only be a bonding experience for both of you, but will also increase her enjoyment of the space.

Simple involvement may include letting her choose from three pre-selected colors or wall decals. Give greater autonomy in her selection of inexpensive accessories such as throw pillows or art prints. If your child enjoys being creative, let her create an original piece of art for the wall. The art project could be free-painting or a more directed composition of handprints, fist prints, and thumbprints — perhaps even involving friends. Colors can be pre-selected to coordinate with the room decor.

The best source of inspiration for a bedroom design will come from your child. The space should be functional and adaptable, while also reflecting bits of your child's personality and imagination. If the project seems daunting, start by finding one accessory or fabric pattern that inspires you, and build from there. No matter what design you choose, both the process and end result can be a truly rewarding experience for everyone involved.

Connie Bolton is an in-home design expert and a Budget Blinds franchisee with more than 25 years of experience in custom decor, room design, and window covering solutions. Bolton has been featured as a design expert on Lifetime channel's home improvement show "Designing Spaces."

kid room²



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Summer shape-up

Kids with special needs should get outside and make the most of summer

BY REBECCA MCKEE

Summer is just around the corner, and there will be flocks of children and teenagers outside running free. We are all aware now about the health benefits of sunshine and vitamin D, incorporating exercise into our daily lives and making sure to spend time away from television and computer screens. Studies have shown that people who exercise outdoors feel revitalized, have increased energy levels, and feel more satisfied. At the same time, they also decrease their levels of tension, depression, and anger. Hmm, sounds good!

We have to remember to include and encourage this type of a healthy lifestyle for people with disabilities as well. Physical activity has been shown to improve fitness levels and general motor function of individuals with autism spectrum disorder. This is especially true for those who seem to exert extra energy or display a frequent tendency towards aggressive behaviors. For people with special needs, such as autism spectrum dis-

order, events flow much smoother when there is a routine in place. This should lead families to develop a scheduled habit of exercise. It becomes a daily activity.

Encouraging your child or teen to embrace an exercise plan takes preparation, organization, motivation, and time. Prepare your loved one to know that a new activity will begin. Choose the beginning on a calendar: the beginning of the week, the beginning of the month, or the beginning of summer. Organize the exercise visually on a calendar, and if possible, make it the same time on the same days each week. Always allow one or two days off from schedules in order to allow your child to spontaneously make choices.

Motivate this new athlete internally and externally. First, pick exercise routines that he will enjoy. This will help him find natural reinforcement from participating in a common act. Secondly, create the schedule to highlight that Point A is the exercise and Point B is reward time with a highly preferred item or activity. Keep the exercise time to

less than 30 minutes. If your child or teen can only engage for a maximum of 10 minutes, then that is a great starting point.

Think outside of the box. Sports and exercise can be solo or within a group. While some activities are not traditional team sports, there are those that allow your child to interact directly or on a parallel level with peers. These may be better routes to take if conversation and friendly childhood chaos is overwhelming. Ideas may include: swimming, singles tennis, walking or running, horseback riding, skating, bike riding, hiking, jump rope, trampoline time, and other physically active exercise programs that naturally instill a calm flow of body movement.

Your child or teen can — and should — be outside having a jolly time, just as his typical neighbors are. By exercising, your child will enjoy himself, as well as strengthen the ability to execute mental functions in a composed manner. Start an outdoor routine now — summer is here. It will only enhance your loved one's body, mind, and spirit.

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Continued on page 18

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Continued from page 16

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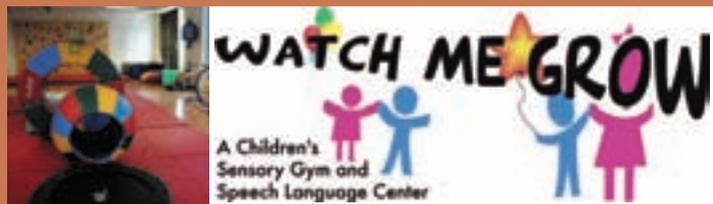
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Talking sense

How to give
a stuttering
child back
his voice

BY JAMIE LOBER

While we know a little bit about stuttering, there is a lot left to be learned.

The American Institute for Stuttering in New York reports that stuttering occurs in five to eight percent of children, usually between the ages of 2 and 6. They note that 70 to 80 percent of these kids will naturally outgrow their stuttering, while early intervention can help children outgrow it faster or recover if it would not happen naturally. The organization also states that stuttering affects one percent of the population across all languages and cultures, which equates to nearly four million people in the U.S. and 60 million people internationally. There are three times more males affected than females, and most fascinatingly, most individuals can sing without stuttering.

The most common questions parents wonder is the cause for their child's stuttering.

"Research tells us now that stuttering is a combination of genetics and environment, and that all children who stutter are born with a predisposition to stutter," said Rozie Matthews, a speech and language pathologist in Brooklyn.

The challenge is that there is no cure, even though there are great ways to manage stuttering with proper therapy.

"Typically, children develop stuttering as early as age 2, but there are things we can do to make their speaking environment more speaker-friendly," said Matthews.

Identifying stuttering is easy.

"Typically, parents see something different or wrong about the



child's speech and a therapist evaluates whether it is a normal dysfluency, which all children have when they are developing, or if it is in fact real stuttering," said Matthews, adding a speech therapist can treat stuttering legally and ethically.

Sometimes, a teacher will notice that a child is stuttering in school or find that the child does not raise his hand.

"Very often kids will switch their

words or there is something they want to say, but cannot at the moment, so they switch to something else," said Matthews.

The goal of therapy is to get the child to say what he wants when he wants and be a good communicator even if he is unable to stop stuttering. Once the child has gone through therapy, the prognosis is decent.

There is a large recovery rate,

The challenge is that there is no cure, even though there are great ways to manage stuttering with proper therapy.

said Matthews. If you take advantage of the resources in our community, your child can definitely be helped.

"It is our judgment call whether or not to start therapy with a child who we see is stuttering," she said.

Some kids achieve better results than others, and the younger a child starts therapy, the better the chance he can eliminate it altogether.

"We have a good chance of eliminating stuttering in a preschooler, but with school-aged kids it is more likely to teach them to manage the disorder," said Matthews.

There are strategies parents or siblings can use at home to help a child who stutters.

"If there are siblings vying for talking time, we try to have the parents discourage interrupting," said Matthews.

Giving the stutterer the time he deserves can make him feel better about interacting in general.

"Of course, we try to make sure there is no teasing going on in the household or school environment," said Matthews.

You want to treat the stutterer as you would any other child.

"We teach parents to not necessarily slow down their rate of speech, but to add pause breaks," said Matthews. When there is a model of slower speech or pausing, it is more likely that the child will respond that way and try to use pause breaks as well.

By educating others on tips and tricks when conversing with a stutterer, you can make things easier for everybody involved.

"People who are speaking with someone who stutters should know to maintain eye contact because often times the stutterer will lose eye contact for various reasons, which is called an avoidance tactic," said Matthews. She explains that when this happens,

the listener becomes unsure as to what he is supposed to do and does not look at the speaker directly either.

"You should not finish the words you think the stutterer is trying to say, and should give the stuttering person the time he needs to get out what he wants to say," said Matthews.

Believe it or not, the person does not want help.

"They want to say their own words, even if it takes them time to say it," she added.

Speaking is beneficial.

"In therapy we try to encourage people to talk because if they try to hide their stuttering, chances are they are going to stutter even more," said Matthews.

When someone understands that the person stutters, it can instantly take a burden away.

"When somebody explains to them or shows them videos of other kids who stutter and talks about it openly, it becomes more normalized, and even though they are different, they are not as different as they thought they were because they now know there are other people who stutter, and have an understanding of their behaviors," said Matthews.

Take one step at a time.

"A lot of people claim to have the cure for therapy, but we have to look at the literature and the real research-based therapies," said Matthews.

Preschoolers who stutter should be taken to a fluency therapist, who will determine if therapy is appropriate.

"Very often times they do not, and they just counsel the parent on changing environmental things, and that is enough," said Matthews.

Consider the whole picture, such as if other family members stutter, if there are other speech and language issues involved, or how stuttering has progressed over time. All of these factors help determine whether a child should start therapy. Above all, do not be afraid to talk about stuttering with your pediatrician or seek an evaluation from a speech therapist, as the chance of improvement is great.

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.

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Choosing to opt out of the ‘Rug Rat Race’

I live in Tribeca, arguably one of the wealthiest zip codes in the country. From hedge fund partners to celebrities to stay-at-home moms, we all have one thing in common — well, those of us who are parents anyway — we are all deeply invested in our kids and will spend great sums of money to help them succeed.

From infant mommy-and-me classes, to enrichment programs to pricey preschools, more New York families are willing to spend the big bucks on their kids and their futures. It’s called the “Rug Rat Race” by some, and it’s the belief that early childhood development is the key to our children’s lifelong success.

In many ways, I am a believer in this concept and have enrolled my children in a number of mommy-and-me classes and other early childhood educational programs. I have even enrolled them in a Spanish language class (and they’re not even 3 yet), because I believe it’s good for their development. While I don’t discount the value of these classes and programs, I’ve come to realize something else: simply letting our kids just have fun is just as important.

Like a lot of kids in this city, my

kids will be going to preschool in the fall. Initially, I thought about enrolling them in more classes to “prepare” them for preschool. One evening, though, I was playing with my kids and started tickling them and realized it had been weeks since I really played with my kids and made them laugh. We spent so much time going from program to program that we weren’t spending as much time together without the activities and without the instructors.

Then, I thought we would try something new. I thought we would go for a few months without classes and try having fun together. Now, instead of classes, my kids go to the park, they go on trips, or we just sit together and play. Of course, there are days when I miss the routine of our classes and wonder if we are missing out on something. Sometimes I even ask my mommy friends what classes their kids are taking now!

Since our “enrichment fast,” though, I’ve seen my kids make remarkable transformations. They are more courageous and confident at the park. They laugh more and play more. They’ve also advanced in leaps and bounds in terms of their

speech and emotional development.

Over the next few weeks, many kids in the city will be out of school and will be spending more time at home. As parents, we could use this time as an opportunity for more classes, or to enroll them in a program we think will keep them one step ahead of their peers. Or, we could use this time to bond with our kids and give them permission to just be kids and just have fun.

Here are five fun (and experiential) things to do with your kids this summer:

- June is strawberry-picking season, so take your kids berry picking! It’s an event they’ll be sure to remember.
- Take your kids to a petting zoo.
- Have your next family dinner at the beach.
- Take a road trip.
- Camp out in your own backyard or living room!

Whatever you do this summer, have fun!

Notoya Green is a parenting expert and former Family Law attorney. You can read her blog at www.tripletsintribeca.com. You can also follow her on Facebook at www.facebook.com/tripletsintribeca and on Twitter @NotoyaG.





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Leading the change

New book offers a pep talk for women in a man's world

BY RISA C. DOHERTY

The new book, “Lean In,” is partly anecdotal and partly a rallying cry, intended to encourage women to break free from their innate hesitation to aggressively advance their careers and “step up to the table.”

It is a primer with a “can-do” attitude for women whose fears stop them from achieving their professional goals. Interestingly, author Sheryl Sandberg is not just setting her sights on the issue of equal pay for equal work, but instead trying to prompt women to aspire to leadership roles, lamenting, “I watched as the promise my generation had for female leadership dwindled.”

Conformity to expectations

In her book, published in March, Sandberg — chief operating officer of Facebook, and ranked on Fortune’s list of the 50 Most Powerful Women in Business and one of Time’s 100 Most Influential People in the World — reminds us how, even in the year 2013, marketers display preconceived gender perceptions, selling shirts for boys who are “Smart like Daddy” and girls who are “Pretty like Mommy,” reiterating throughout the book, her frustration with men in the workplace who condescendingly pat her on the head and comment, however favorably, on her looks.

She points out that men are promoted on their potential and women are evaluated on their accomplishments.

Sandberg draws upon moments of insecurity in her past, which she believes are typical for women, among them, “imposter syndrome,” causing her to worry that her peers

will discover that she is not really good enough. She references studies that indicate that women are slower to take risks than men, urging women to learn how to be more confident and stop second-guessing themselves.

Sandberg also recognizes how difficult it can be for women to negotiate hard, and deviate from their natural tendency to be loyal, nice, and nurturing, without being labeled as too aggressive, writing, “It’s like trying to cross a minefield backward in high heels.” She tells us, too, that women who are hesitating are often failing to recognize the power they could actually wield.

When she talks about how women see themselves in the workplace, she recalls how hard women worked to fit in and be like men. She reminds me how I felt the need to always wear a suit, instead of a dress to work, as a young attorney in the 1980s, for fear that I would be taken less seriously in court.

Central to her concerns is the fact that many women make career decisions with child-rearing or potential child-rearing as a factor, whereas men pursue their careers free from such a hindrance. Sandberg wants women to make career decisions more like men, by not, “leaving before [they] leave.” She does not want women to shy away from opportunities that present themselves because they might be pregnant or thinking of becoming pregnant, but instead “lean in” and forge ahead with every opportunity.

I, personally, did not “lean in,” and I remember the feelings of ambivalence and uncertainty I felt, that plague so many other expectant mothers, with their career decisions. Sandberg is so fully com-

mitted to her career, supported by a husband with a flexible job. But, not all women are. She exhibited ambivalence at times, but calls upon us to forge ahead fearlessly.

For years, women have bemoaned their conflicted lives and shared the emotions of their absenteeism at home, but she does not whine.

She advocates for women to openly discuss with office management ways to ease the home-work balance, having channeled her passion into practical solutions when faced with gender inequity, emblematic of her personality and superior business acumen.

Although I do not want to perpetuate the stereotype of the emotional female, I also recognize that we are not all hard-wired like Sandberg, nor do we always feel we can or want to negotiate hard with our spouses and employers for the proper balance.

We are not all Sheryl Sandberg. Nevertheless, this book should motivate all of us to take another look in the mirror and see the sparks of potential sometimes hidden from view.

Sandberg’s keys to success

Sandberg favors “authentic communication,” finding that employees who are honest about the home-work conflicts they face may learn that supervisors are willing to accommodate them and others like them, if they speak up. She even hopes that workers who shed tears in the workplace to communicate their needs are no longer seen as weak, but as authentic communicators.

She explains that co-workers who share emotions build stronger relationships, which, in turn, moti-

vate people to work harder.

She tells women seeking to further their careers to find a mentor, because mentorship and sponsorship are critical for progression in the workplace. She further explains that mentorships develop from real and earned connections between people, and that mentors will select proteges who evidence the potential to benefit from their guidance.

She realizes that we are not all superwomen and that women sometimes get caught up trying to do everything perfectly, which is a losing proposition. As a result, she tells us she learned to be a perfectionist only for what really matters, noting “done is better than perfect.”

According to Sandberg, our culture depicts women adept at balancing their home and work lives as one in a million, as depicted in the film “I Don’t Know How She Does It,” thereby instilling fear in young women who may then look upon the challenge as insurmountable. She also references the close scrutiny of Yahoo Chief Executive Officer Melissa Mayer’s maternity leave, commenting, “the dearth of female leaders causes one woman to be viewed as representative of her entire gender.”

Sandberg’s thoughts resonate with me as she describes how women of her generation thought they had achieved equality, but, along with their spouses, fell right into stereotypical roles, “caught by surprise,” as they worked full-time during the day and came home to find themselves managing the majority of child-rearing and household tasks. She insists that women stop feeling that they alone should be putting home concerns before work, or the stereotype will continue to be a self-fulfilling prophecy.

“The sooner we break the cycle, the faster we will reach greater

equality,” she writes.

She counsels young women to stop trying to “play the good girl” in relationships by acting traditionally domestic to please a man, but instead to date and marry someone who actually wants to be an equal partner and truly share domestic responsibilities: a husband who would “lean in” at home.

The good news is that, some women in their 20s and early 30s have been reporting that they are

not as impeded in their choices and they have more of an expectation for at-home equality from their spouses.

Should we ‘lean in?’

Sandberg’s crusade doesn’t end with the book. She has created a “Lean In” website to help encourage women to meet and discuss her ideas and their goals in small groups, known as “Lean In Circles.”



LEAN IN

WOMEN, WORK, AND
THE WILL TO LEAD

SHERYL SANDBERG

Central to her concerns is the fact that many women make career decisions with child-rearing or potential child-rearing as a factor, whereas men pursue their careers free from such a hindrance.

Anne-Marie Slaughter, who revealed last summer how she walked away from the upper echelons of power in the federal government to be home for her teens, criticizes Sandberg for putting the onus for change on the shoulders of young women, instead of focusing more on the change needed within the home and workplace.

I disagree, as I see lessons for all of us in this book: for stay-at-home moms, for moms who work full-time or part-time, and for dads. Although Sandberg did mention the “external barriers” facing women, she chose instead to write about the internal barriers, which have not been the focal point for discussion thus far.

Her message should be taken seriously and can serve to make us all better, individually and as a whole.

“Lean In” is a well-tailored guidebook, which is inspiring women across the country, re-opening a formerly tabled discussion, and preparing all of us to better face the challenges ahead.

Risa C. Doherty is an award-winning writer and member of the American Society of Journalists and Authors. Read more at www.risadoherty.com and www.leanin.com.



JUST WRITE MOM

DANIELLE SULLIVAN

Easing fears of death

What can a mother tell her son about mortality?

Raising three children, one of the things I always dreaded was the “death talk.” With each, there was a time when they would ask about death. I clearly remember when my youngest inquired about it.

A few years ago, as I was tucking my son into bed one night, he told me he felt like crying, but didn’t know why. It was a Sunday, and after a few days off, I immediately thought he wasn’t looking forward to going back

to school. This I was familiar with. He was six years old at the time, and he always enjoyed being off and had to settle back slowly into a weekly routine.

His voice started to crack, as he told me he was just thinking about “sad stuff.” I tried to ease his worries and explained how he would see his friends in school tomorrow, we’d make cookies afterschool, and it wouldn’t be so bad.

“But it’s not that,” he shrieked. “I’m thinking about what if you died, and I was all alone.”

This I was not expecting.

I felt something between intense sadness and quiet horror. It is, of course, almost the worst thought imaginable. Death scares us, and yet, we can’t lie to our children and tell them it won’t happen.

So, I began to spin a major cover-up. In fact, I airbrushed life and death like a very skilled art director at a glossy fashion magazine.

“Well, I am young and healthy, so we don’t have to think about that for a very long time,” I explained.

“So you only die if you’re old and sick?” he asked.

“Most people live very long lives now,” I replied.

“But what about kids on the news that die? I don’t want to die either!” he cried.

“Some kids have diseases that make them very sick. But you are healthy, and you are strong,” I countered.

This semi-real yet fabricated banter went on for a while. I think I was trying to convince myself just as much that we were safe

and would live forever. As a mom, you naturally want to shield your child from scary thoughts. But when you are disturbed by them yourself, it makes it even more difficult.

Surely there is a part of a mother’s heart that is forever carried around in her precious child the minute a woman gives birth. I don’t care if that child is 1, 10, or 25. The fact remains that women are so deeply intertwined in their children’s lives and happiness; we would do anything to protect them from harm. Still, there is no greater gift than being allowed the chance to raise a child. Helping another human being grow up and take his place in the world is no simple task, however.

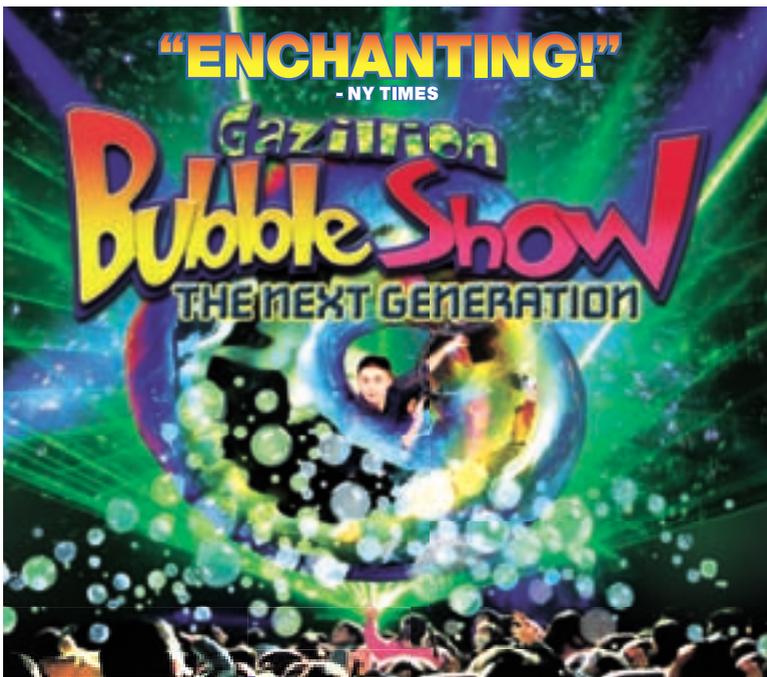
After about 15 minutes of carefully worded appeasement (I think I even threw in how, since we all eat vegetables, we are even more resilient), his mind turned to other things — like how if he turned into a superhero, he would save the world from disease and let everyone live forever. I saw this as my opportunity to inform him that by being a doctor, he could help many people (a little cajoling toward medical school, albeit premature, couldn’t hurt).

Soon, he fell asleep — while I lay awake and started my mental to-do list ... pack extra carrots in lunch. Schedule check-ups. Iron shirt.

The next morning, the fears had vanished. I woke my boy up, told him over breakfast what a great day he’d have back at school, and waved goodbye to him as he got on the bus. In fact, I waved until he couldn’t see my waving anymore, and until the yellow bus faded into the distance. As I watched, a piece of my heart raced away down the block.

Danielle Sullivan, a 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, Some Puppy To Love.





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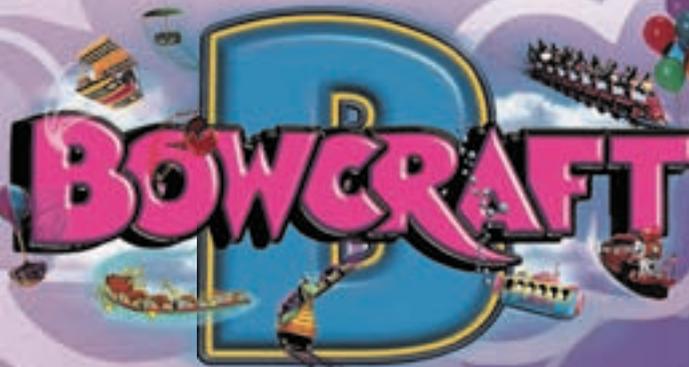
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Breakaway from NYC

Norwegian Cruise Line's newest ship delivers one wow moment after another

BY STACEY ZABLE

Norwegian Cruise Line's new Norwegian Breakaway is the largest ship ever to homeport out of Manhattan — and seeing its size and pop artist Peter Max's New York-inspired, painted hull before boarding are just the beginning of the impressive elements that will have your kids smiling and jaws dropping throughout their voyage.

Starting at the top of the ship, you will discover an aqua park with five, multi-story waterslides, two swimming pools, and four hot tubs. These are no baby rides — with serious adrenaline rushes for those who fly down the Free Fall, one of two drop-slides that plunge riders feet first, and the Whip, two racing, side-by-side twister slides. These may be

too scary (even for some adults!), so there's a little more family-friendly option in the open flume body slide.

Little kids will be thrilled with the SpongeBob SquarePants-themed water area with shallow pool, small slide, sprinklers, and other water features.

Also at the top of the ship are some challenges of the non-water kind — a three-story sports complex and the largest ropes course at sea. The multi-level structure has 40 different elements, including a zip line.

For true daredevils (tethered to a safety harness, of course), the Plank is a platform that extends eight feet over the side of the ship. A rock climbing wall, basketball court, bungee trampoline, and spider web — a 24-foot enclosed climbing cage

with a spiral slide — plus a nine-hole ocean-themed miniature golf course beneath the ropes course all keep the kids active and more than entertained.

Inside the ship, there is a video arcade, bowling, knock hockey, and other games that will never have the kids whining that they are bored. Mom and dad can find their own games at an 18,000-square-foot casino.

Complimentary kids' programming

Norwegian Breakaway boasts the line's largest youth- and teen-dedicated facilities that will have kids begging to go to "camp." Splash Academy spans two decks and has areas and activities designed for three age groups, from ages 3 to 12.

More cruises from NY

More cruise lines that offer departures from Manhattan or Brooklyn Cruise Terminals, as well as Cape Liberty Cruise Port, Bayonne, NJ:

- Carnival [carnival.com; (800) 764-7419]
- Celebrity Cruises [celebritycruises.com; (800) 647-2251]
- Crystal Cruises [crystalcruises.com; (888) 722-0021]
- Cunard [cunard.com; (800) 728-6273]
- Holland America Line [hollandamerica.com; (877) 932-4259]
- Oceania Cruises [oceaniacruises.com; (800) 531-5619]
- Princess Cruises [princess.com; (800) 774-6237]
- Regent Seven Seas Cruises [rssc.com; (877) 505-5370]
- Royal Caribbean International [royalcaribbean.com; (866) 562-7625]
- Silversea [silversea.com; (877) 276-6816]

Guppies is a dedicated play space separate from Splash Academy where mom, dad, and their children, ages 6 months to 2 years, can participate in interactive independent and group activities aimed at their age group. Jumpstarting the excitement at both, kids are greeted by counselors dressed in a different theme each day, including jungle and Hollywood.

Nickelodeon-themed [inspired??] events are part of Splash Academy and also take place throughout the ship, such as a Pajama Jam Character Breakfast, Dora's Dance Party, and Nickelodeon character meet-and-greets. Splash Academy even has an extended evening program (for a fee) from 10:30 pm to 1:30 am, so parents can enjoy late-night entertainment.

Teens ages 13 to 17 have a cool hangout at Entourage, a room filled with small areas to mingle, a foosball table, dance floor area, and video games. Activities also bring them outside of the teen room with basketball games, nighttime pool parties and more, with an energetic staff to supervise.

Most family staterooms and mini-suites with balconies sleep up to four, with connecting staterooms available. For those who wish to upgrade to The Haven concierge level, the luxurious Two-Bedroom Family Villas that sleep up to six feature two bedrooms and two bathrooms, a separate living room, and extra-spacious balcony.

Dining choices total 28, with numerous specialty restaurants made for romantic mom and dad alone time. The almost-always open Garden Cafe buffet and the 24-hour O'Sheehan's Neighborhood Bar & Grill have plenty of kid-friendly

anytime food choices. While kids are in camp, be sure to spend time enjoying the spectacular nightly Slam Allen show at the Fat Cats Jazz and Blues Club and nightly Howl at the Moon Dueling Pianos Show at Headliners.

The New York factor

The convenience of leaving from the Manhattan Cruise Terminal on the west side is huge for families. Not only do you save on not having to purchase roundtrip airfare, but the stress of travel is minimal. Simply drive, take a taxi, or mass transit to the piers, and you're on vacation already!

Plus, even New Yorkers thrill at passing the Statue of Liberty, the Freedom Tower, and lower Manhattan as the ship begins its voyage. Aspects of New York City itself can be found throughout Norwegian Breakaway, including three Broadway shows ("Rock of Ages," "Burn the Floor," and "Cirque Dreams & Dinner Jungle Fantasy") and a specialty restaurant from New York City chef and Food Network star Geoffrey Zakarian.

Norwegian Breakaway will homeport from Manhattan, with seven-day cruises to Bermuda through Oct. 6, 2013, seven-day voyages to The Bahamas and Florida, and two 12-day cruises to the Southern Caribbean from October 2013 through April 2014.

Visit ncl.com or call (800) 327-7030 for rates and departure dates.

Stacey Zable is an award-winning veteran travel writer and family travel expert who has written about destinations, resorts, and cruise lines around the world. Her favorite trips are those that she shares with her husband and two daughters. Send travel questions and comments to Stacey at info@familytraveltrails.com.

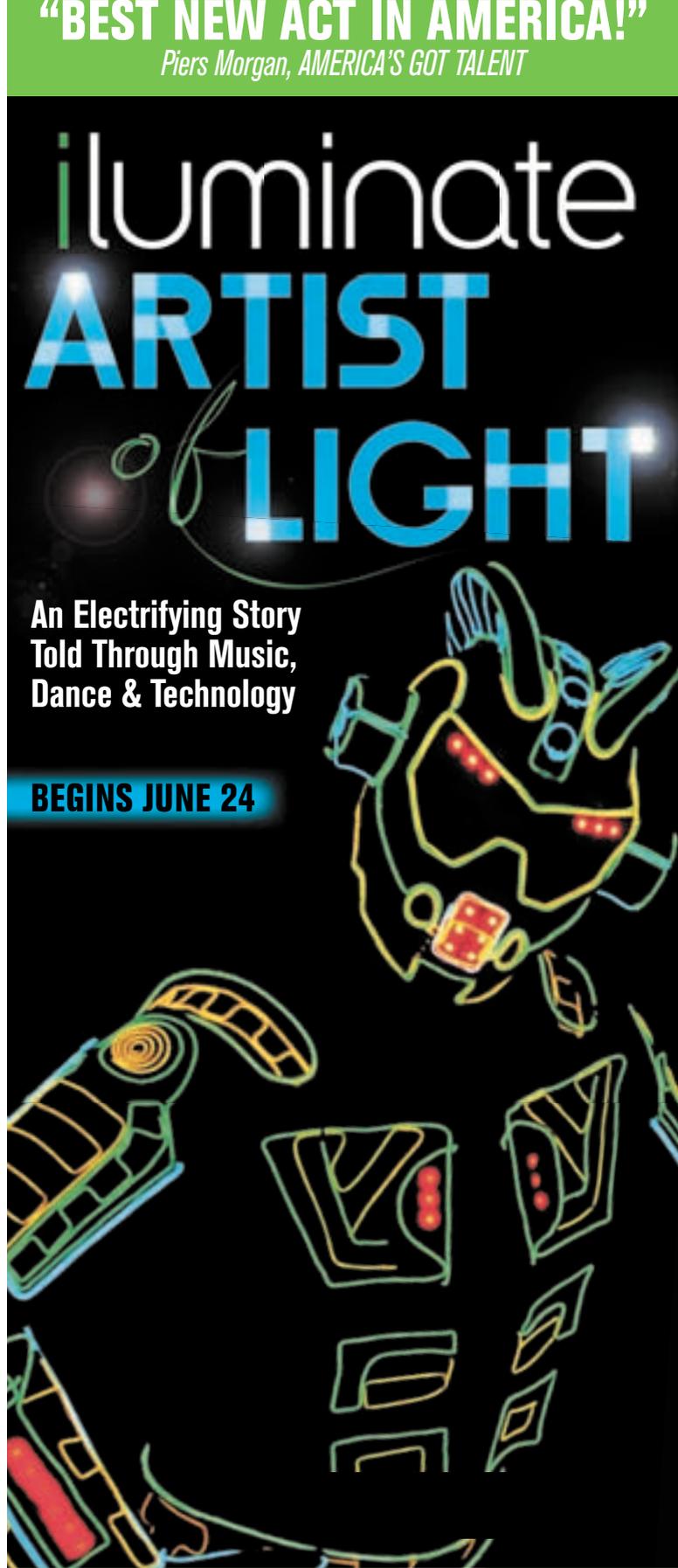
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Meeting the moguls

The Mom Mogul Breakfast, a hot trending topic on Twitter and Instagram, was one of the biggest Divalysscious successes the DivaMoms team has ever experienced! Hearing what business moguls and FabuLyss mothers Rebecca Minkoff, Jennifer Fisher, June Ambrose, Alexandra Wilkis-Wilson, Ruth Zukerman, Mary Alice Stephenson, and Veronica Webb had to share about how their businesses got started and how they juggle the corporate world, motherhood, marriage, family, social life was incredibly special.

But I expected to be blown away. I anticipated that I would be impressed. I was prepared to be enlightened and surprised. But, I did not expect to feel such a connection with more than 200 women at one time, and to feel so emotional. It was such a pleasant surprise, and I think I speak for everyone when I say it started that DeLysscious event off with the utmost motivation and sense of strength. At some moments I couldn't believe the golden quotations — worthy of inspirational books — by the panelists. They are such hard-working, intelligent, educated and — above all — endlessly curious women who are leaving huge footprints.

“I got divorced when my children were 6 years old, I had to start all over again,” explained Ruth Zukerman, co-founder of Flywheel, a chain of indoor cycling locations. “I was like a fish out of water. I had found spinning, and it had actually helped me through my divorce. I got hooked and knew it was something I wanted to build a career in. I started out carrying my spin shoes from gym-to-gym just teaching spin classes, I believed in it, and it happened.”

This hit so close to home for me and. FlyWheel changed ... my ... life. Just like spinning helped Zukerman through her divorce — a detrimental event that caused her so much stress — it has helped me through work stress, hard times, anxiety over my ridiculous fear of not being able to be in 12 places at one time, and more.

“My business started because I was told I would never have children. I ended up getting pregnant naturally,” said jewelry designer Jennifer



Photo by Heidi Green Photography

Fisher. “That’s my son Shane. And, he’s the reason the company started. When he was born, it was such a big deal. I wanted something to represent him ... something that felt really important and special.”

I felt such a connection to this beautiful, moving image because my first son, 9-year-old Jackson, is the reason my company began. To this day, Divalysscious Moms represents the lives of both of my sons. My boys continue to inspire new events, projects, and more, and I am so grateful for their existence giving me another baby I cherish: my company.

“I wake before the quake,” said stylist and author June Ambrose. (I love this. June described how she gets up an hour before her two children, ages 11 and 9, so she can center herself, meditate, and get herself ready for the day ahead.)

What mother wouldn’t understand and crack up at this? Even if it means waking up at 3 am, I am going to have a “calm before the storm.” Bring on the green tea, erotic novel, and dog-cuddles before the “Where’s my orange juice?” and “Do I have to go to school?” starts.

“I will always remind myself that I said this, and that I ‘can do it!’” shared fashion designer Rebecca Minkoff. “Growing up, I was raised that if I wanted something, I had to make it. So, my mom would provide me with fabric, and she would teach me how to sew, but she wouldn’t buy

me the dress ... And, that’s the lesson I’m going to try to teach my son.”

One thing I always consider to be of utmost importance is teaching my boys to be hard workers, take nothing for granted, and be self-sufficient.

“If your dreams don’t scare you, then they aren’t big enough,” Mary Alice Stephenson told the audience.

I so agree with the advice from this style and beauty expert; if you’re not dreaming beyond the stars, then your not dreaming.

“If we can raise children, we can start a business,” explained model and TV personality Veronica Webb.

She’s right. Motherhood is the hardest, most rewarding, most impossible, most incredible job.

“Don’t be shy. Ask for help. Those are two really important skill sets,” Alexandra Wilkis-Wilson said.

Hearing the advice of the co-founder of retail website, Gilt, immediately brought me back to one of my college summers when I was an intern for the Joan Rivers show. I remember being so intimidated at the time; if I was unsure about something, I was always too scared to ask for help. If I could go back and tell myself something, it would be exactly what Wilkis-Wilson shared with us. People have so much more respect for your abilities and mind if they see that you can admit to not knowing everything.

Follow Lyss Stern at www.divamoms.com or on Twitter @divamoms.

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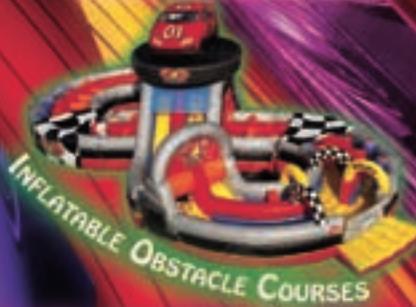
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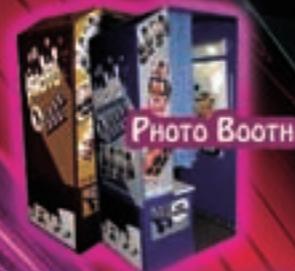


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Tips, tricks,
and secrets to
enjoy summer
without
getting burned

BY MALIA JACOBSON

You stocked up on sunscreen, doled out sunglasses and floppy sunhats, and managed to coat your kids in gooey white SPF 30 before hitting the local swimming hole. But they still came home looking like lobsters, moaning and groaning over their painful sunburns. What gives?

Sunscreens are now part of most kids' summer routines, but that doesn't mean that all kids are as well-protected as they should be. According to the American Academy of Pediatrics, sunscreens are often less effective than parents think, because they aren't applied correctly. And parents sometimes skip protecting dark-skinned children and tiny babies. Here's how to get the best-possible sun protection for your brood, starting now.

Every kid, every day

Sun protection isn't just for freckle-faced, blue-eyed kids, says Dr. Adelaide A. Hebert, professor and director of pediatric dermatology at the University of Texas Health Science Center.

The sun doesn't miss anyone. Sunburns may not be as visible on kids with darker complexions, but that doesn't mean they don't need



sunblock. Children with darker skin need to take the same sun safety precautions as their lighter-skinned pals.

Choose well

Staring down the sunscreen aisle at the drugstore can fluster even the most informed parent. Natural,

baby, spray, sweat-proof — each passing year brings new innovations and more confusion. How can parents quickly and easily choose a sunscreen that's right for their brood?

Forget about the multitude of subcategories and formulations, and focus on the two main types of

sunscreens: chemical and physical.

Chemical sunscreens like Coppertone actually absorb ultraviolet radiation. Many conventional sunscreens fall into this category.

Physical sunblocks like those made by California Baby are made with ingredients that physically block the sun's rays. They're becoming increasingly popular with parents seeking a more natural option.

So which is best? The safest option, says Hebert, is to use both. Look for a combination product, like those made by Bull Frog or Helioplex. Or buy two, a conventional sunscreen and a physical sunblock, and layer them.

Labeling hype

Once you're in the habit of reading labels, you may notice that formulations marketed for adults and children aren't all that different. Manufacturers often market the same sunscreen product to both adults and children with different labels, says Hebert. So if your favorite kid's sunscreen is out of stock, consider a grown-up brand instead.

To spray or not to spray

Spray sunscreens seem heaven-sent when you're wrestling with a wiggly, impatient tyke. But not so fast — Hebert says parents using sprays often miss spots or don't apply enough.

"A spray sunscreen is still better than no sunscreen," she says. "And the sprays are getting better all the time."

But for now, a tube or bottle may be your safest bet.

Apply for benefits

To get the full benefit of sunscreen, your application needs to be up to par. Many people don't use enough, and sun protection is compromised further by water play, toweling off, and even windy conditions.

For best results, apply every two hours to clean, dry skin. The best time to apply the first coat is in the morning, when conditions are still cool, because sunblock won't adhere as well to sweaty skin.

Protect tiny tots

There haven't been enough studies proving sunscreen safety

for babies below six months, so parents often skip protecting them. But infants are still susceptible to sunburns (and few things are worse than a sad, sunburned baby). Babies who spend lots of time outdoors can rack up significant sun exposure, even in the shade.

Hebert recommends that parents of young babies look for sunscreens containing zinc oxide or titanium dioxide, a common ingredient in diaper creams. If parents are safely using titanium dioxide to treat diaper rash, a sunscreen that containing the same ingredients probably won't cause an adverse reaction, she says.

Made in the shade

Wraparound sunglasses are more than a fashion statement. They offer five percent more protection than regular shades and can reduce sun-induced cataracts if used regularly.

Protect your kids' peepers — and your sunglasses investment — by fastening shades to a strap so they stay on your child and don't get lost.

Protective fashion

Photoprotective clothing is the next wave of sun protection. Brands like Coolibar, the first line to be certified by the Skin Cancer Foundation, offer clothing that blocks out 97 percent of the sun's UV rays. These garments are great options, says Hebert, but any tightly woven, dark clothing will protect kids from the sun.

To raise the protection factor for regular clothing, the Skin Cancer Foundation recommends Rit Sun Guard. This laundry additive washes into fabric, giving clothing an ultraviolet protection factor of 30 for at least 20 launderings.

On the nose

The area many people miss when applying sunscreen? It's as plain as the noses on their faces. The nose is where dermatologists find most melanomas.

"Think about where kids usually get pink — the nose," says Hebert. So protect that cute sniffer now. Your child will thank you later.

Malia Jacobson is a nationally published health journalist and mom. Her latest book is "Sleep Tight, Every Night: Helping Toddlers & Preschoolers Sleep Well Without Tears, Tricks, or Tirades."



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Calendar

JUNE



Photo by Joan Marcus

A moo-vingly hilarious musical

Click, Clack, Moo," travels from the farm to the city on June 1 to the Tribeca Performing Arts Center.

Talk about your hunt and peck. The cows won't type and the chickens are on strike at Farmer Brown's to protest their working conditions. The moo-ving new musical is all about compromise, and is based

on the award winning book of the same name by Doreen Cronin and Betsy Lewin.

The production is approximately 60 minutes long, and is perfect for children 4 years and older.

"Click, Clack, Moo," on June 1 at 1:30 pm. Tickets are \$25.

Tribeca performing Arts Center [199 Chambers St. at West Street in Tribeca, (212) 220-1459, www.tribecapac.org].

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, JUNE 1

YAI's Central Park Challenge: Central Park, The Naumburg Bandshell, 72nd Street; (877) YAI-WALK; yai.org/cpc; 9am–noon; Race is \$20 if register before May 5; \$30 after.

Join the movement — 5K competitive run, 3K fundraising walk, children's play area and races — and show your support for a world that embraces differences. Children can participate in the Jr. All-American 50-yard dash and all are welcome to enjoy the Play Area, complete with face painting, sand art, dancing, live music, games and more. Registration takes place at the event and includes access to Play Area and 2013 Central Park Challenge T-shirt for \$10.

The Monkey King: David Rubenstein Atrium, 61 W. 62nd St. at Broadway; (212) 875-5350; 11 am; Free.

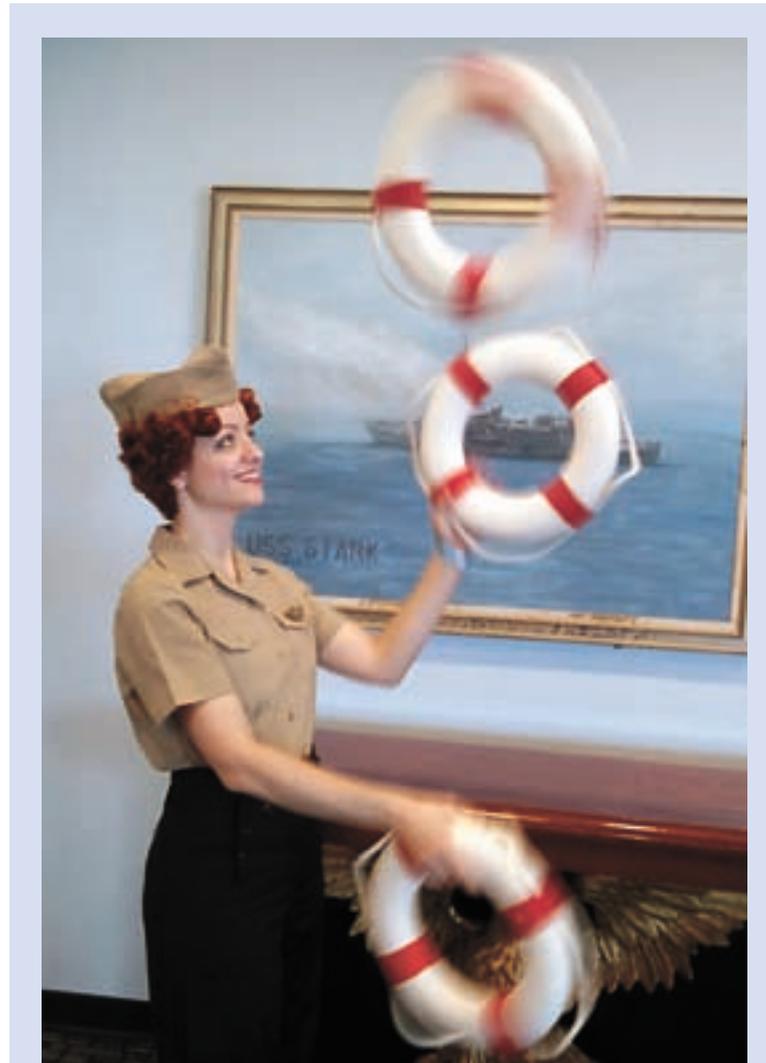
This 45-minute family program includes demonstrations and an interactive segment, that introduces the beloved ancient Chinese folk tale of the Monkey King character. Event features an exploration of "Face Changing," an ancient Chinese dramatic art form, and performance of NYCCC students and professional dancers.

"Elmo's World" Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free with admission.

Elmo learns about some of the important people who work in neighborhoods, such as doctors, firefighters, lifeguards and nurses. This special also includes "People in your Neighborhood" songs, and a special song with Ben Stiller.

Puppet-making and Performance Workshop: TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; 11:30 am–3 pm; \$100.

Children work with teaching artists and ensemble member Tau Bennett (a young puppeteer featured in the documentary Being Elmo) to create their own original puppet plus learn and per-



The circus is in town

The Showboat Circus has sailed into town, and it's setting up the big top at the Waterfront Museum and Showboat Barge on June 23.

Capt. David Sharps welcomes you aboard to enjoy old-time family entertainment with cowboy rope artist Chris McDaniel, juggling genius Jen Slaw, and guitar-strumming Ilene Weiss.

form an original TADA! song; "Making a Friend" with all their new friends on TADA!'s mainstage at the end of the day.

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

Children, ages 7 and up, uncover

Come on down and enjoy the roping, juggling, sing-alongs, and summer sea breezes on this beautifully restored, century-old, covered wooden barge.

The Showboat Circus on June 23 at 1 pm and 4 pm. Tickets are \$15 for adults and \$12 for children.

Waterfront Museum and Showboat Barge [Hudson River Park Pier 25 in Tribeca, www.nrhc.org].

the fascinating world of nanoscience and nanotechnology and participate in hands-on activities that explore the properties, structures, materials and scale of this field of science.

"Click, Clack, Moo": Tribeca Performing Arts Center, 199 Chambers St. at West Street; (212) 220-1459; tribecapac.org; 1:30pm; \$25.

A hilariously "moo-ving" new musical about compromise, based on the award-winning book by Doreen Cronin and Betsy Lewin.

"The Pursuit of Happyness"

Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 3 pm; Free with admission.

A struggling single father (Will Smith) dreams of a better life for his young son (Jaden Christopher Syre Smith). Finding themselves homeless, he risks everything by embarking on an unpaid internship in a highly competitive stockbroker training program where only one in 20 interns make the grade.

SUN, JUNE 2

Hopper Drawing Family Day:

Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; 10 am–1 pm; \$20; children free.

Families are invited to explore the Hopper Drawing exhibition through tours, art workshops, a huge collaborative drawing project, and more.

Macy's Sunday Storytime: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 11:30 am; \$15 admission, kids ages 5–13, \$5.

Hear tales of New York and learn about your city's history in these stories for young children. Themes are related to New York and American history, current holidays, and New-York Historical Society exhibitions.

Just Drop In: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1–4 pm; Free with museum admission.

Museum educators lead creative, interactive projects for families with children ages 3–10, that explore highlights of the exhibition New Harmony: Abstraction between the Wars, 1919–1939.

Open Studio For Families: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1–4 pm; Free with museum admission.

Children, ages 5 to 14 years old make artwork based on the ideas, techniques, and materials on display in Picasso Black and White.

Circus In A Suitcase: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1:30 pm; \$15 admission, kids ages 5–13, \$5.

An entire circus emerges from one suitcase as a tent, band, lights, and a boisterous ringmaster and magician will

Continued on page 36

Calendar

Continued from page 35

all be joined by the most important performers — the audience!

"Dragon": 4:30 pm. Robert Moss Theatre. See Wednesday, May 29.

TUES, JUNE 4

Children's Sing-a-long Concert: Mount Vernon Hotel Museum & Garden, 421 E. 61st St. between First and York avenues; (212) 838-6878; www.mvhm.org; 6 pm; \$15 adults, \$5 children under 12, free for babies under 1.

Concert features Lloyd H. Miller of the Deedle Deedle Dees, as kids (and adults) have fun singing and dancing to a variety of musical genres, from rock-n-roll to country to hip hop, while learning about American history, the natural world, and more.

WED, JUNE 5

Teen dating workshop: State Office Building, 163 W. 125th St. and Adam Clayton Powell Jr., Blvd.; manhattanda.org; 9:30 am-4:30 pm; Free.

Parents, teens and providers learn all about dating abuse and the complexities of today's dating relationships, including dating violence and prevention. Registration required.

New Parent Get Together-Financial Planning: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$20 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.

Making Books Sing: Aguilar Library, 174 E. 110th St. between Lexington and Third Aves.; (212) 534-2930; 12:30pm; Free.

The New York Public Library presents Making Books Sing's new touring production My City Park, for children ages 3 to 10. When Milo finds out that his favorite city park is going to be torn down and replaced with a shopping mall, he seeks out the help of his two best friends, Odessa the Owl and Bucky the Squirrel. This 45-minute educational performance features puppetry, original songs, and audience participation.

SciCafe-The Neuroscience of Creativity: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; 7 pm; Suggested admission \$19, \$10.50 children, \$14.50 seniors and students.

How do rappers process auditory stimuli? What about jazz musicians? Musician and surgeon Charles Limb of



The Deedle Deedle Dees rock on!

America's ultimate teaching band — The Deedle Deedle Dees — comes be-bopping and rocking into Mount Vernon Hotel Museum and Garden for a special concert on June 4.

The band, featuring Lloyd Miller, has fun singing and dancing to a variety of musical genres — from rock-n-roll and country, to hip hop — while teaching inquisitive tots

and their parents all about American history, science, folklore, and other cool stuff.

The Deedle Deedle Dees on June 4 at 6 pm. Tickets are \$15, \$5 children under 12 and free for babies under 1.

Mount Vernon Hotel Museum and Garden [421 E. 61st St. between First and York avenues, (212) 838-6878, www.mvhm.org].

the Peabody Conservatory of Music and Johns Hopkins School of Medicine use functional MRI to measure activity in the brains of musicians as they play music.

THURS, JUNE 6

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, children ages 5-13, \$5.

Beginning cross-stitchers learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers can continue working on their bookmark or branch into more complicated designs.

Exotic Flavors in Fine Dining: American Museum of Natural History, Central Park West at 79th Street; (212)

769-5200; awang@amnh.org; www.amnh.org; 6:30 pm; \$30.

In "Adventures in the Global Kitchen," how the immigrant culinary traditions of New York City have influenced the food served in its finest restaurants.

"Dragon": 7 pm. Robert Moss Theatre. See Wednesday, May 29.

FRI, JUNE 7

Shababa Fridays: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org; 9:30am; \$10; children free.

Families get ready for Shabbat with an intergenerational experience filled with music and dance.

Shababa Bakery: 92nd Street Y, 1395

Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:15-11 am; \$15.

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

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.

Drop-in to meet with other moms, babies and a lactation specialist 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.

Made in America: Manhattan Youth Ballet and Manhattan Movement & Arts Center, 248 W. 60th St. between Amsterdam and West End avenues; www.manhattanyouthballet.org; 7 pm; \$20; \$15 for students. (\$25/\$20 at the door).

Manhattan Youth Ballet and Manhattan Movement & Arts Center present June Shows: Made in America, a tribute to choreography crafted in the USA.

SAT, JUNE 8

Shababa Picnics in the Park: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10 am-11 am; Free.

Join Karina Zilberman for a special Shabbat experience in Central Park. Meet outside the 5th Avenue and 96th Street playground.

Thirteenth Annual Vintage Police Car Show: New York City Police Museum, 100 Old Slip; (212) 480-3100; www.nycpm.org; 10 am-4 pm; Free.

Although the New York City Police Museum was damaged by Hurricane Sandy and is temporarily closed, the museum is happy to announce the return of their largest event of the year, and invites you to join them for a fun filled day to view classic patrol vehicles in the cobble streets of New York City.

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

In "Fairytale Adventure," Dora and Boots go exploring in "Fairytale Land" and Boots falls under a mean witch's spell. In order to wake Sleeping Boots, Dora must become a true princess.

PS 198M Spring Carnival: PS 198, 1700 Third Ave. at E. 95th Street; www.ps198m.org; 11 am-4 pm; Free.

Carnival games, crafts, food, sports, live performances, and fun for the whole family!

Tech for Tots: SONY Wonder Technology Lab, 550 Madison Avenue at 56th

St; (212) 833-8100; www.sonywonderdtechlab.com; Noon-1 pm; Free.

Children explore the principles of magnetism and create their very own magnets to take home.

Hablemos de la Historia Del Arte:

New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 pm; \$5.

Families with children ages 4-10, look, discuss, and create in this Spanish-language monthly family program, combining time in the galleries with art-making in the studios.

Made in America: 3 and 7 pm. Manhattan Youth Ballet and Manhattan Movement & Arts Center. See Friday, June 7.

SUN, JUNE 9

Second Sunday Family Tours:

Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 10:30 am-noon; \$15.

Families with children ages 4 to 12 explore the Guggenheim's spring exhibitions through family-oriented tours that incorporate conversation and creative hands-on gallery activities.

Outdoor Family Concert With Dan Zanes and Elizabeth Mitchell:

Museum of Jewish Heritage - A Living Memorial to the Holocaust, 36 Battery Pl.; (646) 437-4202; www.mjhnyc.org; 11 am-2 pm; Free.

This multicultural outdoor festival includes musicians Dan Zanes and Elizabeth Mitchell, Native American storybook readings, lawn games, and arts and nature activities. The Almost Summer Celebration will take place in Wagner Park, adjacent to the Museum of Jewish Heritage.

Macy's Sunday Storytime: 11:30 am. New York Historical Society. See Sunday, June 2.

Just Drop In: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1-4 pm; Free with museum admission.

Museum educators lead creative, interactive projects for families with children ages 3-10, that explore highlights of the exhibition *New Harmony: Abstraction between the Wars, 1919-1939*.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, June 2.

"Dragon": 3 pm. Robert Moss Theatre. See Wednesday, May 29.

MON, JUNE 10

"Dragon": 4 pm. Robert Moss Theatre.



Photo by Dave Northcott, Clyde Peeling's Reptiland

Hop right to it

You'll croak-n-cheer at the Chorus of Colors and Frogs at the American Museum of Natural History, now through Jan. 5, 2014.

Back again by popular demand, the exhibit features more than 150 live frogs, including 10 species of colorful dart-poison frogs, including the Tomato frog, a native to Madagascar, the white-lipped, bright-eyed frog, found in the trees of rainforests of eastern Madagascar, and the giant monkey frog, native to the Peruvian and Brazilian Amazon, which makes loud

clucking noises.

The exhibit explores the diverse world of these interesting amphibians and what they mean to our ecosystem, as well as the dangers they face.

A Chorus of Colors at the American Museum of Natural History, now through Jan. 5, 2014. Daily from 10 am to 5:45 pm. Suggested admission is \$19 for adults, \$10.50 for children, and \$14.50 for students and seniors.

American Museum of Natural History [Central Park West at 79th Street on the Upper West Side, (212) 769-5200; www.amnh.org].

See Wednesday, May 29.

TUES, JUNE 11

35th Annual Museum Mile Festival: Museum Mile, Between 82nd Street and 105th Street; www.museummilefestival.org; 6-9 pm; Free.

Festival attendees can walk the Mile between 82nd Street and 105th Street while visiting nine of New York City's finest cultural institutions, which are open free to the public throughout the evening. Several other participating museums will also offer outdoor art activities for children. Opening ceremony takes place at 5:45 pm at The Jewish Museum (Fifth Avenue at 92nd Street).

WED, JUNE 12

New Parent Get Together - Choosing Child Care: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$20 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.

"Dialogues on...Children's Concepts about Death and Dying":

New York Psychoanalytic Society & Institute, 247 E. 82nd Street between Second and Third avenues; (212) 879-6900; admidir@nypsi.org; www.nypsi.org; 8-9:15 pm; Free.

With the "Dialogues on..." series of discussions, the community has access to child development experts on relevant and pressing topics. Events are free and open to the public. With Dr. Pat Nachman.

THURS, JUNE 13

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

FRI, JUNE 14

Shababa Fridays: 9:30am. 92Y Tribeca. See Friday, June 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.

Drop-in to meet with other moms, babies and a lactation specialist 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.

Stroller Tours: Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; Noon; \$20; children free.

Parents explore the museum with their babies in tow.

Hudson River Dances: Hudson River Park, 14th Street Park at 10th Avenue; (347) 683-2691; www.hudsonriverpark.org; 5 and 6 pm; Free.

Directed by Naomi Goldberg Haas, this performance will join older adults, neighborhood youth, and the dance company for a delightful work of dance dialogues which unites three generations of performers, ages 10 to 90.

SAT, JUNE 15

Shababa Picnics in the Park: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10 am-11 am; Free.

Join Karina Zilberman for a special Shabbat experience in Central Park. Meet outside the 5th Avenue and 96th Street playground.

Sketching Tours: Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; 10 am; \$20; children free.

Families with kids ages 6-10, engage with Edward Hopper's drawings and paintings and experiment with different drawing techniques.

"Sesame Street": SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywonderdtechlab.com; 11 am; Free with admission.

Super Grover's cape is not ready at the Laundromat, so he turns himself into "Iron Monster" - Super Hero of the Laundromat, to heroically solve any problem that comes his way.

Father's Day Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywonderdtechlab.com; Noon-1 pm; \$5.

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Continued from page 37

Surprise Dad on Father's Day, have your picture taken and create a unique Father's Day mug fit for a superhero.

"The Amazing Spiderman"

Screening: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sony-wondertechlab.com; 3 pm; Free with admission.

Teenage social outcast Peter (Andrew Garfield) spends his days trying to unravel the mystery of his own past and win the heart of his high school crush, Gwen Stacy (Emma Stone). A mysterious briefcase belonging to his father, who abandoned him when he was a child, leads Peter to his dad's former partner, Dr. Connors (Rhys Ifans).

Hudson River Dances: 5 and 6 pm. Hudson River Park. See Friday, June 14.

SUN, JUNE 16

Macy's Sunday Storytime: 11:30 am. New York Historical Society. See Sunday, June 2.

Historian in the Hot Seat: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Noon-2 pm; \$15 admission, kids ages 5-13, \$5.

Kids and dads (and moms) join renowned scholar Harold Holzer and ask them all! Mr. Holzer will engage young historians in a thoughtful conversation about a wide range of topic — battles, Abraham Lincoln, slavery, soldiers — whatever you would like to ask him.

Father's Day Jam: Broad Street Ballroom, 41 Broad St. between Beaver and Exchange streets; (917) 327-3268; www.littleclubheads.com; Noon-3 pm; \$15.

Little Clubs Heads lets you dance the afternoon away at this special Father's Day jam.

Explore the Civil War on Dad's Day



Come celebrate Father's Day with Harold Holzer at DiMenna Children's History Museum at the New York Historical Society on June 16.

The scholar entertains young historians and their parents with a wide range of topics, including Civil War battle sites, Abraham Lincoln, slavery, soldiers, and whatever else pops up. If you ever wanted to know what soldiers ate while on the march, or how Stonewall Jackson really got his name,

now is the time to pique your curiosity and get the answers straight from the expert himself.

Historian in the Hot Sea with Harold Holzer, June 16 from noon to 2 pm, admission is \$15 and \$5 for children 5-13 years old.

DiMenna Children's History Museum at the New York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 485-9293, www.dimennachildrenshistorymuseum.org]

Just Drop In: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1-4 pm; Free with museum admission.

Museum educators lead creative, interactive projects for families with children ages 3-10, that explore highlights of the exhibition *New Harmony: Abstraction between the Wars, 1919-1939*.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, June 2.

Father's Day Mini Shirt and Tie Card: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 2, 3, and 4 pm; \$11 admission fee.

Children 5 and older make a card for a special man in their life with a unique origami card. Learn to fold printed paper to make a card that looks just like a tiny shirt and tie.

MON, JUNE 17

"Dragon": 7 pm. Robert Moss Theatre. See Wednesday, May 29.

TrevorLIVE New York: Chelsea Piers, Pier 60 at 23rd Street and the Hudson River; TheTrevorProject.org/trevorliveny; 7:30 pm.

This signature annual event of The Trevor Project, brings together top entertainers and corporate leaders to support the organization's life-saving, life-affirming work for LGBTQ youth in crisis.

WED, JUNE 19

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

Book club facilitators Katie and Rachel read "Home Is With Our Family" by Joyce Hansen, and then lead the group on a tour of the remains of Seneca Village, just a short walk from the museum

as they celebrate the first anniversary of the Reading into History Family Book Club.

THURS, JUNE 20

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

FRI, JUNE 21

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.

Drop-in to meet with other moms, babies and a lactation specialist 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.

Intrepid Free Summer Movie Series: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue); (212) 245-0072; www.intrepidmuseum.org; 7:30 pm; Free.

The Intrepid Summer Movie Series, presented by Dr. Pepper, returns this summer with a selection of entertaining and family-friendly films. Members of the public are invited to bring lawn chairs, picnic baskets and blankets to the Intrepid Museum to view a popular movie outdoors, free of charge, on a huge inflatable screen on the Flight Deck of the aircraft carrier. Tonight's showing is "National Treasure."

SAT, JUNE 22

Shababa Picnics in the Park: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10 am-11 am; Free.

Join Karina Zilberman for a special Shabbat experience in Central Park. Meet outside the Fifth Avenue and 96th Street

Go with the flow

Hudson River Dances comes to the Hudson River Park on June 14 and 15.

The delightful work of dance dialogues unites three generations of performers, ages 10 to 90, and erases the line between professional and amateur. Choreographer Naomi Goldberg Haas collaborates with older adults, neighborhood youth, and the Dances for a Variable Population to bring dance to the community, and the community to the stage.

Hudson River Dances on June 14 and 15 at 5 pm and 6:30 pm. Admission is free.

Hudson River Park [14th Street Park at 10th Avenue in the Meatpacking District, www.hudsonriverpark.org].



playground.

Sketching Tours: 10 am. Whitney Museum of American Art. See Saturday, June 15.

Sci-Tech Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sony-wonderteclab.com; 11 am-1 pm; \$15.

Children create their own unique electronic keychain to take home as they discover the tools and techniques for creating circuits and learn how to solder, use resistors and connect LEDs to batteries.

"Yo Gabba Gabba" Double Feature: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywonderteclab.com; 11 am; Free with admission.

In "Talent," find out everyone's special talent as your Gabbaland friends all get ready for the Yo Gabba Talent Show! In "Ride," DJ Lance and the Gabba gang explore all kinds of ways to ride, from surfboards to roller skates.

A Night at the Museum! Sleeper Program: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 6 pm-9 am; \$145 per person.

In this popular program, guests explore the halls of the Museum, including the Spitzer Hall of Human Origins, Cullman Hall of the Universe, and the Hall of Saurischian Dinosaurs, where they will find the 65-million-year-old T. rex. Then they settle down beneath the 94-foot-long blue whale in the Milstein Hall of Ocean Life, around the African elephants in the Akeley Hall of African Mammals, or at the base of a volcano in the Gottesman Hall of Planet Earth.

SUN, JUNE 23

Macy's Sunday Storytime: 11:30 am. New York Historical Society. See Sunday, June 2.

City Sundays — "Meet the Muppets": New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm; \$15 admission, kids ages 5-13, \$5.

Join Miss Piggy, Kermit the Frog, Fozzie Bear, Gonzo, and the whole muppet crew as they work to get their new musical on the Broadway stage. After the film, see if you can spot a muppet balloon in the Thanksgiving Day parade photographs in the DiMenna Children's History Museum.

Just Drop In: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1-4 pm; Free with museum admission.

Museum educators lead creative, interactive projects for families with children ages 3-10, that explore highlights of the exhibition New Harmony: Abstraction

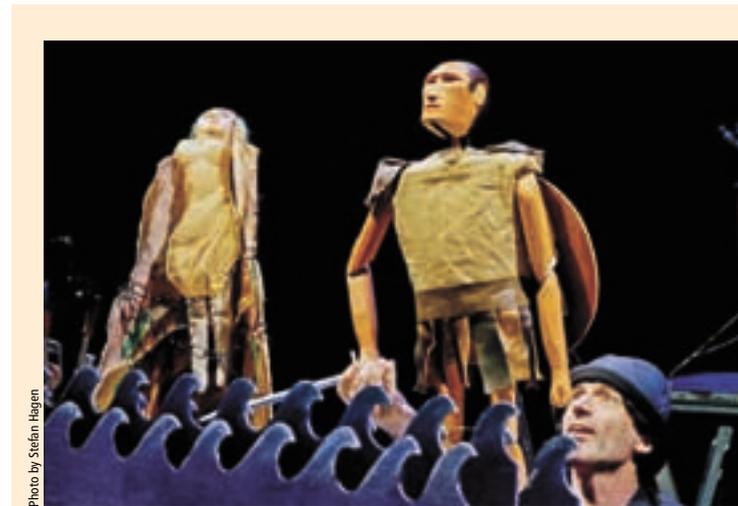


Photo by Stefan Hagen

Here hosts Geppetto

The heart-warming tale of Geppetto, the poor Italian immigrant puppeteer, comes to the stage at Here for a limited engagement from June 13 through June 30.

Performer Carlo Adinolfi plays Geppetto, also known as G, whose life begins to unravel when his closest companions, two well-worn puppets he created, begin to fall apart. After his wife and fellow puppeteer Donna passes away, G and his puppets struggle to create a new show, but the puppets begin to disintegrate and his own heart breaks.

The play, written and directed

by Renee Philippi, and performed and designed by Carlo Adinolfi, features original music composed by Lewis Flinn and performed live by cellist Jeanette Stenson.

Geppetto is suitable for adults and children 8 years and older. Running time is approximately one hour.

Geppetto at Here from June 13 to June 30. Performances run Thursdays to Mondays at 7 pm, with additional shows on Saturdays at 2 pm. Tickets are \$20 and \$15 for students and seniors.

Here [145 Sixth Ave. at Dominick Street in SoHo www.here.org, (212) 352-3101].

between the Wars, 1919-1939.

The Showboat Circus: Waterfront Museum and Showboat Barge, Hudson River Park Pier 25; (718) 624-4719; www.nrhss.org; 1 and 4 pm; \$13, \$10 children.

Enjoy family entertainment and classical circus artistry aboard a century-old covered wooden barge, featuring the rope tricks of Chris McDaniel, the masterful juggling of Jen Slaw, and the delightful songs and laughs of Ilene Weiss.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, June 2.

MON, JUNE 24

Stroller Tours: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 3-4 pm; \$15.

Led by museum educator and new

mom Jackie Delamatre, one-hour tours of the Guggenheim's spring exhibitions are given for caregivers and their babies.

TUES, JUNE 25

Summer Skies Telescope Party: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 6:30 pm; \$15.

Join astronomers as they provide details on how to observe the night sky, using the state-of-the-art Zeiss IX planetary projector. Then, weather permitting, head outside to the Arthur Ross Terrace to observe celestial objects.

WED, JUNE 26

New Parent Get Together: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$20 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.

THURS, JUNE 27

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

FRI, JUNE 28

Shababa Bakery: 10:15-11 am. 92nd Street Y. See Friday, June 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.

Drop-in to meet with other moms, babies and a lactation specialist 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.

Stroller Tours: Noon. Whitney Museum of American Art. See Friday, June 14.

A Night at the Museum! Sleeper Program: 6 pm-9 am. American Museum of Natural History. See Saturday, June 22.

Intrepid Free Summer Movie Series: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue); (212) 245-0072; www.intrepidmuseum.org; 7:30 pm; Free.

The Intrepid Summer Movie Series, presented by Dr. Pepper, returns this summer with a selection of entertaining and family-friendly films. Members of the public are invited to bring lawn chairs, picnic baskets and blankets to the Intrepid Museum to view a popular movie outdoors, free of charge, on a huge inflatable screen on the Flight Deck of the aircraft carrier. Tonight's showing is "Jaws."

SAT, JUNE 29

Shababa Picnics in the Park: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10 am-11 am; Free.

Join Karina Zilberman for a special Shabbat experience in Central Park. Meet outside the Fifth Avenue and 96th Street playground.

Sketching Tours: 10 am. Whitney Museum of American Art. See Saturday, June 15.

Animation Creations: SONY Wonder Technology Lab. See Saturday, June 15.

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Calendar

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der Technology Lab, 550 Madison Ave. at 56th St; (212) 833-8100; www.sonywondertechlab.com; 11 am-1 pm; \$5.

Children learn the basic techniques behind stop-motion animation. Then they create a digital animation, edit their work, and add final touches before burning a copy of a short movie to take home.

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

A lost Maiasura dinosaur needs help finding her family, so Diego and friends Alicia, Baby Jaguar and cousin Dora the Explorer, jump back in time to help rescue her.

SUN, JUNE 30

Macy's Sunday Storytime: 11:30 am. New York Historical Society. See Sunday, June 2.

City Sundays — "West Side Story": New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm; \$15 admission, kids ages 5-13, \$5.

Get a glimpse into the rough-and-tumble world of 1950s New York City through the epic love story of Tony and Maria. After the film, discover photographs of the five boroughs from the 19th and 20th centuries in the DiMenna Children's History Museum.

Just Drop In: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1-4 pm; Free with museum admission.

Museum educators lead creative, interactive projects for families with children ages 3-10, that explore highlights of the exhibition *New Harmony: Abstraction between the Wars, 1919-1939*.

Monkey King at Lincoln Center

"The Monkey King" comes to Lincoln Center on June 1.

The New York City Chinese Cultural Center and the Children's Museum of Manhattan present "Meet the Artist Saturday," featuring demonstrations and performances that complement the Lincoln Center Festival production of "The Monkey: Journey to the West" coming in July, along with the exhibit at the Children's Museum, which runs through June.

This 45-minute interactive segment introduces the beloved Chinese character of the Monkey King, based on the ancient folk tale "The Journey West," and explores "Face Changing," an ancient Chinese dramatic art form.



Also enjoy a performance by Cultural Center students and professional dancers, featuring dances such as Mongolian and Tai, and fan, ribbon, and sword folk dances.

There will be a craft project for children to work on prior to the performance.

The Monkey King at Lincoln Center on June 1 at 11 am is free. Seating is limited and available on a first-come-first-served basis.

David Rubenstein Atrium at Lincoln Center [Broadway between 62nd and 63rd streets in the Upper West Side, www.lincolncenter.org atrium].

LONG-RUNNING

A Year with Children 2013: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; Free with museum admission.

This annual exhibition showcases select artworks by students in grades two through six from 10 public schools who participated in LTA during the 2012-13 school year, representing New York City's five boroughs. Approximately one hundred creative and imaginative works, including assemblage, collages, drawings, paintings, prints, photographs, and sculptures, will be on display.

Frogs — A Chorus of Colors: American Museum of Natural History, Central

Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; Daily, 10 am-5:45 pm; Suggested admission \$19, \$10.50 children, \$14.50 seniors and students.

Back by popular demand, this exhibition features more than 150 live frogs, including 10 species of colorful dart-poison frogs, and explores the diverse world of these complex amphibians by introducing visitors to their biology and evolution, their importance to ecosystems, and the threats they face in the wild.

"Pippi": Swedish Cottage Marionette Theater, 79th Street and West Dr; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon, and 2:30 pm, Saturdays and Sundays, 1 pm, Now - Sun, June 23;

\$8, \$5 children under 12.

This family production features nearly two dozen, hand-made marionettes crafted by the expert puppeteers.

What I'm Failing To Learn: 13th Street Repertory Company, 50 W. 13th St. between Fifth and Sixth avenues; (866) 811-4111; www.13thstreetrep.org; Wednesdays, 7 pm, Saturdays, 3 pm, Now - Sat, June 15; \$18-\$30.

As 14-year-old singer songwriter Schuyler Iona Press learns that truth holds both comedy and tragedy, but most importantly, truth holds hope.

Potted Potter: Little Shubert Theatre, 422 W. 42nd St. between Ninth and 10th avenues; www.pottedpotter.com/nyc; Mondays and Tuesdays, 7:30 pm, Thursdays, 2 and 7:30 pm, Fridays, 8 pm, Saturdays, 2, 5, and 8 pm, Now - Sun, Sept. 1; \$39.99 and up.

This show takes on the ultimate challenge of condensing, or "potting" all seven Harry Potter books into 70 mad-cap minutes, aided only by multiple costume changes, brilliant songs, ridiculous props and a generous helping of Hogwarts magic. The show also invites audiences to engage with a real life game of Quidditch.

"Geppetto": Here Arts Center, 145 Sixth Ave. (enter on Dominick Street one block south of Spring); (212) 352-3101; www.here.org; Mondays and Thursdays, 7 pm, Saturdays, 2 and 7 pm, Thurs, June 13 - Sun, June 30; \$20; \$15 for students and seniors.

Carlo Adinolfi plays Geppetto in this heart-wrenching and hilarious tale, for ages 8 and up.

Vintage police cars on display

Toody and Muldoon might not be on hand, but the vintage squad cars will be at the 13th Annual 2013 Vintage Police Car Show on June 8.

The New York City Police Museum is bringing back this fun event featuring the classic cars that patrolled the cobble streets of New York City. Children will delight in seeing the vehicles



the way they used to be, and parents can enjoy a trip down memory lane, as visions of Car 54 dance in their imaginations.

The 13th Annual 2013 Vintage Police Car Show on June 8 from 10 am to 4 pm. Free admission.

The 13th Annual 2013 Vintage Police Car Show [Front Street between Maiden Lane and John Street in Downtown Manhattan].

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Before you travel: A standby guardian

Before you and your spouse travel on vacation, you'll be packing, buying sunscreen, and dropping the kids off with a trusted caregiver. But consider adding one more item to your to-do list: putting temporary guardianship and custodial arrangements into place for your minor children before you go.

Why? Because any number of situations can arise: you can be in an accident that renders you temporarily incapacitated. You could be temporarily detained at your destination due to a natural disaster for an extended period of time, potentially with limited or no communication to home.

A decade ago, New York State changed its standby guardianship statute to allow additional categories of persons caring for minors to designate future guardians for their children (or minors of whom they had legal custody). Previously, the law only permitted those parents or guardians suffering from a chronic or fatal illness to apply to the court for the appointment of a "standby" guardian. The expansion of the law now allows legal custodians and "the primary caretakers" of minors to name a standby guardian by a witnessed writing or by judicial application.

A "stand-by" guardian is a person whose authority becomes effective upon the incapacity or death of the child's parent, or upon the consent of the parent. One of the benefits of this arrangement is that the parent does not relinquish control or authority over the minor child even after the stand-by guardian's authority begins; instead, the parent's rights remain concurrent with that of the standby guardian.

Standby guardians can be appointed by petition to a court or, somewhat more efficiently and less



administratively burdensome, in a proper writing by the parents or parent. Usually, the standby guardians can act upon debilitation, incapacity or death of the principal (the parent), or under such other circumstances stated in the document, such as extended absences. The appointee must still apply to the court for a permanent appointment, however, the appointment by the parent is evidence of the intention of the parent. Following the petition, the court determines whether the permanent appointment of the standby guardian is in the best interests of the child.

A parent or legal guardian may designate a stand-by guardian through a written designation under the law. The written designation must: identify the parent, the child, and the person designated to be the stand-by guardian, as well as any alternate guardians. The designation must also state the parents' intention for the stand-by guardian to become the child's guardian if and when the parent becomes debilitated, unable to care for the child,

incapacitated, or dies.

There are very specific notices and other procedures that must be followed when petitioning the court to affirm the designation made by one or both parents. Separate from the appointment of a standby guardian, when leaving minor children with a temporary caretaker, it is also a good idea to prepare and leave with the caretaker a medical authorization form. Such a designation can be helpful in the event of a medical emergency if you cannot be reached right away for a decision.

As with any legal documents, it is critical to consult with an attorney to assess how an appointment of a standby guardian and medical authorization can address your individual needs.

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

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