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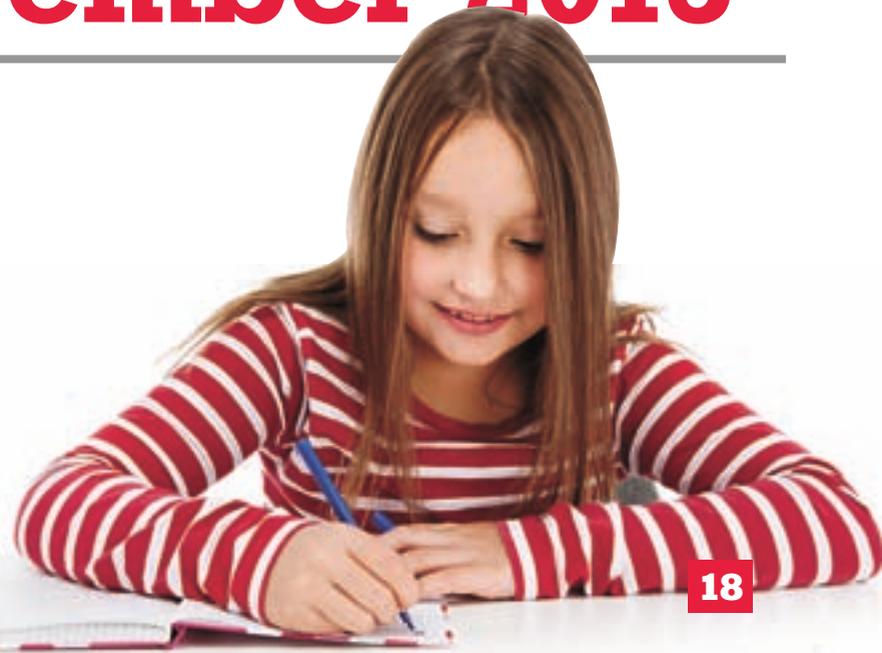


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Family November 2013



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Letter from the publisher

Giving thanks and remembering

Thanksgiving is my favorite holiday. I love everything about it; the food, the spirit of appreciation for our bounty and the coming together of family. The celebration of the harvest is universal and every culture seems to have a ceremonial experience built around it.

I also love that it is the one holiday in our culture that is inclusive of everyone and is about being human, not about religious affiliation or patriotic awareness and memory or about commercialism.

The first Thanksgiving for the early settlers must have been extraordinary if not exhausting both physically and emotionally. They had been welcomed by the indigenous tribes and had been taught



by them what to grow, how to grow it and how to harvest it. They were shown good cheer by the generous tribes of the northeast and we should all be remembering them as we celebrate in our contemporary manner.

Native Americans have played an enormous role in our lives, and they made it possible for those settlers to last through very difficult times. They shared their knowledge and their land. They were wise and innocent to the future that lay in store for them.

It's what I generally think about as winter begins. Maybe it's because I was an avid student of history, or maybe it's because all around us are Native American memories and names. I'm always aware of their

role in this nation.

As a second generation American, whose ancestors came from various parts of Europe, we were "greenhorns" to the American experience, although we caught on quickly; quickly enough to experience a few world wars, the Great Depression, and to lose a loved one in Vietnam.

My grandmother was in charge of food in our house as I was growing up and having survived starvation in Europe and the Depression here, a full larder and food on the table was a sign of security to her and to our family. I have largely stayed the same and have enough food backed up in my house as "possibility" to put together a good small banquet at the drop of a hat.

There have been times I had an invite to a Thanksgiving dinner and times I didn't. Someone long ago

suggested I volunteer to feed others less fortunate or ill on Thanksgiving, and I did and it was great. It felt wonderful to be a giver and to help make someone else's holiday possible.

Whatever your family does on this holiday, let's remember how lucky we all are to have children as we celebrate these special days. All holidays are enhanced by the presence of our children and they take on new meaning with each passing year.

We extend our best wishes to you and yours for a very Happy Thanksgiving.

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

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright ©2013 Readership: 220,000. 2012 circulation audits by CAC & CVC.



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Gay families

Becoming a more familiar sight

Part one of a series profiles three New York couples

BY ALLISON PLITT

The gay and lesbian rights movement has made great strides in New York in recent years. Under the Marriage Equality Act, passed by the state legislature and signed by Gov. Cuomo, same-sex marriage became legal in New York on July 24, 2011.

Two years later, the movement won a national victory on June 26, 2013, when the United States Supreme Court ruled that Section 3 of the Defense of Marriage Act — a 1996 law that denies legally married same-sex couples more than 1,100 protections and responsibilities of marriage — was unconstitutional. By striking it down, the Supreme Court affirmed that all committed couples who marry deserve equal, legal respect and treatment.

As more and more states legalize gay marriage, U.S. citizens are growing accustomed to seeing same-sex couples and their families. I interviewed three gay, married men with children, who live in different areas of New York City, to find out how these changes have impacted their lives. I asked all of them the same set of questions and got some very thought-provoking answers.

Howard and Darren

Howard May lives with his husband, Darren Rosenblum, and 4-year-old daughter in Manhattan's Chelsea, where many gay and lesbian couples live. Howard was born in Forest Hills and grew up in Long Island. He is a psychologist who helps both gay and straight patients deal with a variety of mental health issues.

Howard and Darren had their daughter through gestational surrogacy, in which one woman is the egg provider and another woman carries the fetus. Although they all live in different parts of the country, Howard and his husband are still in contact with their egg donor and surrogate.

Howard and his family have traveled overseas and lived in Seattle before settling in Chelsea.

"We have not suffered overt harassment, although we have received uncomfortable stares at times," observed Howard.

Other than an occasional question, he says his daughter has never been teased by her classmates for having two fathers. But, the father does say he has a "heightened awareness for possible danger" after there were six recorded incidences of "gay-bashing" last summer in New York City, in which the victims were badly beaten and one man was shot to death by a homophobic gunman.

Of course, words can hurt, too, and Howard says there's one insensitive query that he and his husband are asked "a lot": "Who is the biological father of our child?"

"It doesn't annoy us, because we discussed it in advance and came up with an answer, which is that we're both her parents," said Howard. "We don't really want to identify [the sperm donor], because we don't want people to think one of us is more of a parent than the other. It's really not important. When it's important for our daughter to know, she'll know."

The subject that Howard speaks most positively about are the new opportunities for him and his family, thanks to the change in Defense of Marriage Act legislation.

"Now that DOMA has been found unconstitutional, we can file a joint federal income tax return. We also now have the comfort of knowing that when we do die, our assets can pass to the other without tax burden," Howard explained. "It is so significant that our federal government is saying that anti-gay dehumanization won't be tolerated. The emotional implications of this are immeasurable."

Boaz and Gal

The next person I spoke with was Boaz Adler, who was born and

raised in Israel. He moved to Chicago, where his father was living, when he was 18. Boaz is married and he and his husband, Gal Adler, adopted a boy from Guatemala, who is now 8 years old. They also adopted an infant boy from Florida last December, and he is now almost a year old. Boaz is studying for his master's degree while his husband works for the federal government. Since the historic Supreme Court ruling, Boaz now receives many benefits from the federal government that were once only granted to married couples, such as medical insurance and survivor benefits.

Boaz and his family live in Forest Hills, Queens, which is a predominantly straight community.

"We feel very comfortable living here," said Boaz. "We feel that we're part of the community. We don't see ourselves as any different."

When asked how he would feel if his family moved to another area of the country, he answered, "We used to live in Texas, and we would travel all over the South, and I never felt persecuted in any way. I don't know if it's just my kind of narrow tunnel vision of the world, 'Hey, it's just who I am,' but people don't care or care enough to bother me."

Boaz finds that most kids are just inquisitive, and since his older son doesn't talk a lot about having two dads, Boaz answers a lot of his friends' questions about their family. He does believe, however, that his son has been teased by other children.

"When my son was 4 or 5, a girlfriend came to our home and said sort of tauntingly, 'Well, you don't have a mom,' and my son paused for a moment, and I stopped breathing. Then he said, 'But I have two dads. You barely see your dad, because he's at work, but I have two dads.' That was his response. It wasn't something I manipulated in any way, but it made my heart swell."



William and Estevan

Lastly, I interviewed William Sherr, who was born in Georgia and grew up in Texas. While living in Texas, he was a school teacher for the Dallas Independent School District. After William married 13 years ago, he and his husband, Estevan Garcia, decided to have children. His husband adopted their

first son, but the state of Texas would not allow a joint adoption, so William researched areas where joint adoptions were possible. Eventually, they moved to Washington State, where William was able to adopt their son as well.

William and his husband later moved to Windsor Terrace, Brooklyn, close to Park Slope, where many

gay and lesbian families live. William now has three children — a 13 year old, an 11 year old, and a 6 year old. Two of his children were adopted, while one joined his family through foster care. Estevan is employed as a pediatric emergency physician at a hospital while William stays home and takes care of the kids, but he also runs a business from his home

that caters to the needs of gay and lesbian families.

William has health insurance from Estevan's employer, but in the past, he had to pay tax on its imputed value. Because of the change in laws, the hospital recently announced that all domestic partner benefits would be converted to spousal benefits.

Since William has been a stay-at-home parent for the last 13 years, he hasn't been able to contribute to his Individual Retirement Account during his unemployment years. Now that William is federally recognized as a spouse, he can contribute to his IRA, regardless of his income.

When William travels with his family, they sometimes encounter people asking inappropriate questions of his children, such as where their mother is or if they are really brothers and sisters. Since William and his husband's children have different birth families, they do not resemble each other.

"It doesn't happen so much here in New York, but more when we travel, we get questions like that."

William says he enjoys living in Brooklyn, because his children's school in nearby Park Slope is so friendly to his family. He thinks it would be difficult for his family to live anywhere else.

"I do think our children have been bullied and harassed a few times, and I think our school has stepped up and eradicated the problem. If I have an issue with the school, I can go to the administration, and I know the administration is going to be on my side. They're not going to side with the bully. They're not going to side with someone's belief that my family is wrong. If we lived in another community, I don't know if we would have that luxury."

As advocates of adopting and fostering children, William and his husband have fostered more than 20 children in their home over the years.

His advice to gay and lesbian couples who are considering becoming parents?

"It's not nearly as difficult as you think," said William. "I would advise them to think about adoption and foster adoption and think about trying to help all the kids out there that don't have a home that need a home."

Allison Plitt is a freelance writer who lives in Queens with her husband and young daughter. She is a frequent contributor to New York Parenting.

Be your child's best influence

Keeping your children on the right path can be a challenge, but these tips can help

BY KIKI BOCHI

With all the recent hullabaloo about Miley Cyrus's twerking and her music video in which she swings naked from a giant pendulum, what she is actually singing about may have gone unnoticed. The once-popular Disney star who was idolized by kids everywhere is now singing about taking the street drug Molly, doing "lines" of cocaine in the bathroom, and partying all night.

Hannah Montana has grown up, and it's a scary thing.

With those kinds of messages in popular media, keeping your children on the right path may seem like a challenge, but it is possible. And the biggest step is to set yourself up as the most important influence in their lives. The sooner you start, the better.

"Parents are the number one reason why kids don't do drugs," says Peggy B. Sapp, president of Informed Families, an organization that works to reduce drug use among kids.

Sapp wants parents to know that

Scary numbers

A recent report by the U.S. Substance Abuse and Mental Health Services Administration shed light on how many adolescents, ages 12 to 17, used illegal substances on an average day in America:

- 7,639 drank alcohol for the first time.
- 4,594 used an illicit drug for the first time.
- 4,000 adolescents used marijuana for the first time.
- 3,701 smoked cigarettes for the first time.
- 2,151 misused prescription pain relievers.

no one is more powerful in influencing their children than they are.

"Drug education is about teaching children self-control and responsibility. It's not so much about talking about drugs as it is about positioning yourself as the parent and authority figure," Sapp says.

Here, from Informed Families and the National Crime Prevention Council, are some ideas on how to build stronger relationships that will keep your children on the right track.

Establish good communication

The better you know your children, the easier it will be to guide them towards positive activities and friendships. Develop a genuine interest in your child as a person. Make time for his questions and comments, even if they seem silly to you. Talk to your children every day. Share what happened to you and ask what happened to them during the day. Ask your children their opinions and include them in making decisions. Show your children that you value their thoughts and input.

Get involved in your children's lives

Young people are less likely to

get involved with drugs when caring adults are a part of their life. Spend time doing something your children want to do every day. Support your children's activities by attending special events like recitals and games. Praise their efforts, not just their successes. Most important, when you are with your child, be present in the moment. Put away your cellphone. Don't worry about something else while you are talking with your child. If you are preoccupied, you will send the message that you don't think your child is important.

Be a source of support

Help your children manage problems by asking what is wrong when they seem upset and letting them know you are there to help. Listen to your child's or teen's concerns without judgment. Repeat them to show that you heard and understand. Even if you disagree, don't preach. You want your child to feel comfortable and confident in coming to you.

Make clear rules and enforce them consistently

Share your views about life, what is right and wrong, and what you aspire to for your family. Discuss rules, expectations, and consequences in advance. If a rule is broken, be sure to enforce the consequences such as taking away television or video games. This teaches children that they are responsible for their actions. Give praise when your children follow rules and meet expectations.

Be a positive role model

Demonstrate ways to solve problems, have fun, and manage stress without using alcohol or drugs. Children really do notice what their parents say and do. Avoid contradictions between your words and your actions. This includes how you deal with strong feelings, emotions, stress, and even minor aches and pains. Actions speak louder than words.

Help your children choose friends wisely

When children have friends who don't engage in risky behaviors, they are likely to resist them, too. Get to know your children's friends and their families. Involve your children in positive group activities, such as sports teams, scouting troops, and after-school programs.



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Scheduling the season

Letting go in
the holiday
tug-of-war

BY BETH FORNAUF

It's the most chaotic time of the year. With the start of November, parents start feeling the pull of the holidays. The stress of budgeting for presents, travel, and holiday events is enough to rattle anyone's holiday spirit, and trying to manage invitations, obligations, and special events has many parents changing their tune from "Let it Snow!" to "Let it be over!"

For many, it all starts with a simple question: what should we do for the holidays? This quickly snowballs into a never-ending list of follow-up questions. Should we travel? Should we stay home? Should we host friends? Should we visit family? What can we afford? Competition for your and your family's time — from in-laws, siblings, friends, and work — has many parents wishing they could skip the holiday hoopla altogether.

Yet, there are ways to navigate the murky seas of familial and social obligations that accompany the holidays. All you need are a few strategies for getting organized, staying honest, and knowing when to say "no thanks, but..." Read on to find out how to let go in your holiday tug-of-war.

Define non-negotiables

Every family has certain commitments that are non-negotiable. You simply need to make time for them in your schedule. Do yourself and your family a favor by determining what these are as early as possible.

Does your oldest child have final

exams to study for? Or maybe your little one has a speaking role in the holiday pageant? Consider both scheduled events like parties, and ongoing ones like music lessons or sports.

Compile a list of not-to-be-missed events for all of your family members, and note dates, venues, and times so you aren't frantically

searching for them at the last minute.

Put it (all) in writing

Once you've established your family's non-negotiables, put every



Should we travel?
Should we stay
home? Should we
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can we afford?

single one of them in writing. But don't stop at a list. Write the dates on the family calendar. (And if you don't have one of these, please create one immediately!)

This does not mean simply logging things in your smartphone or personal planner. Important family events need to be visible to parents and kids. This helps avoid conflict because everyone can see when something is happening, and also gives everyone a sense of ownership in making holiday plans. So if you expect your partner to attend your holiday office party, don't just assume it's a go — put it in **VISIBLE** writing.

Check in

As tempting as it might be to reply “yes” to the first ugly-sweater party invitation that lands in your inbox, resist the urge. It's unfair of you to commit to something without talking it over with the rest of the family. You may be thrilled at the prospect of having Thanksgiving dinner with your parents at a nice restaurant, but your kids may want to relax and stay home.

Check-in with your home team before you make any decisions. You'll avoid making assumptions, and are less likely to encounter whining and grumbling down the road. By seeking out other's opinions and ideas in the planning phase, you may find yourself on the receiving end of the same respectful consideration in the future.

Consider your kiddos

When making holiday plans, it's often easy to assume that your kids, especially if they are young, will roll with whatever you decide to do. But stop and think for a minute: do you really want to fly (and risk delays and overbookings) across the country when your kids want to cozy up with you at home?

For many, the magic of the holidays dwindles as we get older. If

you have little ones, consider taking it easy and establishing traditions at home over the holidays. If your kids are older, you need to talk with them about their school work, activities, and sports schedules — many of which do not take a hiatus over winter breaks.

Put forth a Plan 'B'

Refusing an invitation, especially from a family member, can be tricky. You don't want to hurt anyone's feelings or make things awkward.

Instead of simply saying “no thank you,” or “sorry, we can't make it,” offer an alternative. So maybe you can't attend Christmas dinner at your in-laws'. Offer to host them for a New Year's Day brunch instead. Better yet, save yourself some stress and plan a get-together for later in the month. Why not take advantage of one of the long weekends in January or February for a low-key visit?

Take time for the team

Amidst the chaos of holiday shopping, decorating, and socializing, keep in mind that one of the goals of this time of year is to celebrate with loved ones, especially your immediate family. That's difficult to do if you're always worrying about catching a flight to somewhere, or spending days trapped in the kitchen preparing a meal.

Make it a point to carve out some family time with your kids, whether they're toddlers or teenagers. You won't have them home with you forever, and now is the time to make some memories that they can cherish. Schedule a game night, have a cookie-baking party, or get outdoors and build a snow family. Whatever you decide, make that time sacred and family-only. You'll all be thankful you took some time to relax and enjoy each other's company.

Remember, the holidays aren't about accepting every invitation that comes your way. Take some time, before the frenzy begins, to think about what you and your family should hold on to, and ways you can let go.

Enjoy the season.

Beth Fornauf is a freelance writer. She plans to celebrate the holidays by hosting family, relaxing with her husband and two children, and enjoying some fun in the snow.

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The difficult truth about parenting

From celebrity moms to parenting magazines to moms on the playground, whenever most women talk about parenting, they say the same thing: “Parenting is the hardest, but most rewarding, job in the world, and I wouldn’t give it up for anything!”

There are few of us who would

dispute the overall premise of that, but I wonder if every one of us who says it really means it?

Meaning, do we always think that parenting is rewarding all the time, even though it’s something we say all the time? Or, is it something we have to say? Why is it that we feel so compelled to say how rewarding parenting is whenever we talk about the difficulty? Are we not allowed to complain? Or is it that we always have to be “happy moms?”

I am the mom of 3-year-old triplets, and my life with them has been exhilarating, but it has also been incredibly exhausting.

During my days with them, my kids consume all of my energy and at night, they still want more! I struggle daily to keep up with the demands of parenting, on some days more successfully than others.

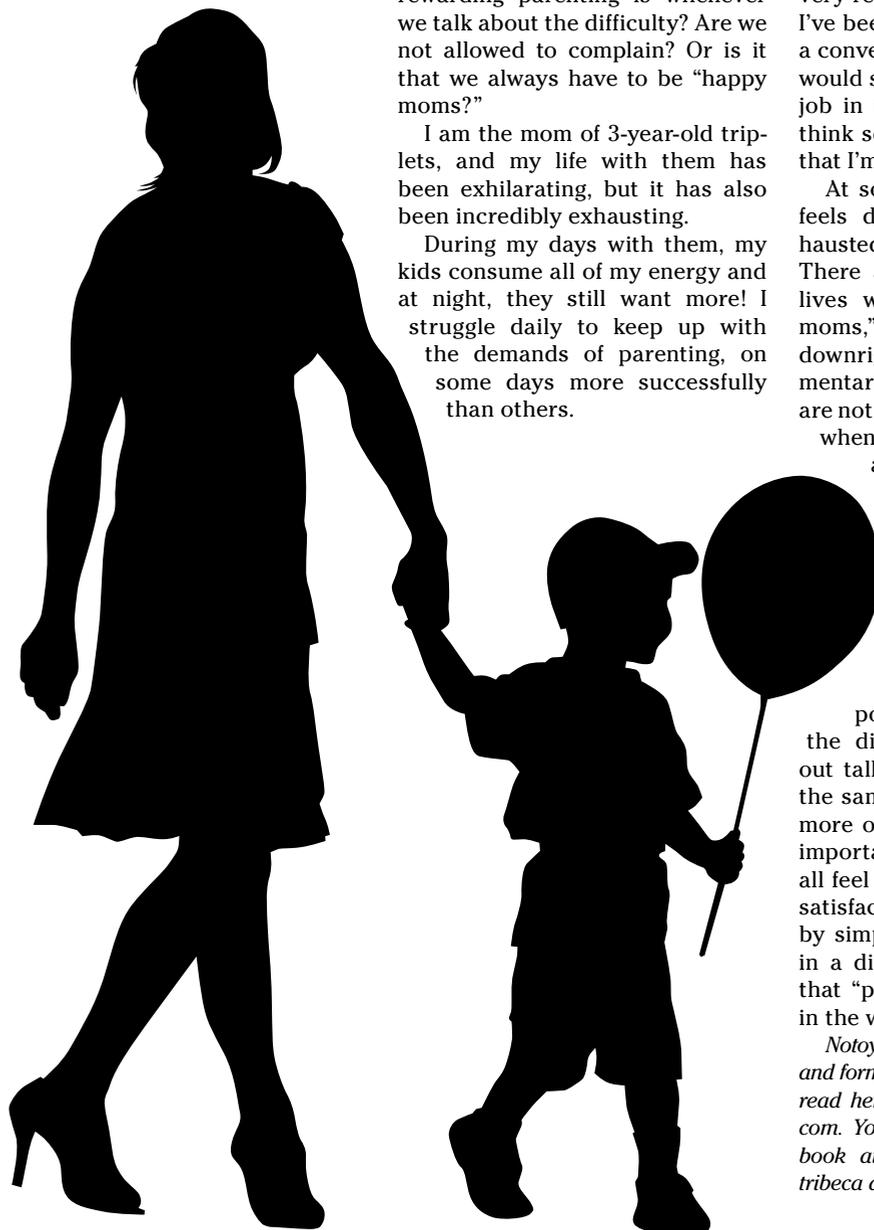
I also struggle to maintain other aspects of my life outside of parenting. I struggle to keep lunch dates with friends (assuming I can remember I had a lunch date), and I struggle to keep up with the demands of my professional life.

So parenting is hard, and it’s in those moments when it doesn’t feel very rewarding. Instead it feels like I’ve been duped. That said, if I had a conversation with a fellow mom I would say, “it’s the most rewarding job in the world,” even if I didn’t think so at the time — and I know that I’m not alone in that.

At some point, every one of us feels drained, confused, and exhausted by our roles as mothers. There are moments in all of our lives when we are not “happy moms,” and in fact, we may be downright miserable (at least momentarily), and yet, it feels like we are not allowed to say it. It feels like whenever we talk about our lives as mothers everything has to seem perfect.

I wonder if fewer moms would feel less guilty or isolated if they knew that they weren’t alone, and that having feelings of dissatisfaction is completely normal. It is also possible that by reflecting on the difficulty of parenting without talking about the joys of it in the same sentence, it would cause more of us to feel inspired by the importance of our job. Would we all feel a greater sense of purpose, satisfaction, and accomplishment by simply talking about parenting in a different way, by just saying that “parenting is the hardest job in the world”?

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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Keeping safe from household POISONS

BY JAMIE LOBER

When it comes to poisonings, our youngest members of society often fall victim, as kids get into all sorts of mischief.

“Children under the age of 6 make greater than 50 percent of our calls, and the most popular age group is 2 and 3 year olds,” said Dr. Gaylord Lopez, director of the New York City Poison Control Center. “We had the death of a child who bit in and ate one of those laundry packets.”

Anything with an interesting texture or color might seem appealing to a child.

“Sometimes the laundry packets are multi-colored, like blue, white, or orange, so they appear edible, which is one of the leading risk factors of why kids get into them.”

Kids misinterpret household items for candy, which can turn dangerous.

“A lot of medicines look like candy, and a prime example would be an Ex-lax square because it looks like a chocolate square,” said Lopez.

Only take drugs as prescribed and never take larger or

more frequent doses. Dispose of unused, unneeded, or expired drugs immediately.

It is important to identify and be clear about items around your home so kids are certain of the difference.

“Windex, furniture polish, and lamp oil look and smell like something else, and are poison instead of something consumable like Gatorade or Kool-Aid,” said Lopez.

Turn on a fan when using household cleaners.

If you have questions or concerns, you can speak to a medical professional around



the clock at a local poison control center.

"People call us about drugs, chemicals and household items, and we get a lot of calls about cough and cold medicines, vitamins, plants and personal hygiene items," said Lopez. No question is too unusual.

Child-proof your home

When parents come home with a new child, it is critical that they poison-proof their home.

"Get cabinet locks, and if you are taking medicines, make sure you affix the child-resistant cap" said Lopez.

The most common items that are responsible for poisonings are ones that a family member recently used around the home. "If you use bug spray to kill ants at your porch, put it where you found it or in an area that is difficult for a kid to get to," said Lopez.

A big piece of prevention revolves around storing products appropriately and out of reach.

"Keep products in their original container," said Lopez. Try not to expose your child to fumes as well. "Some people get poisoned by toxic fumes that result from mixing chemical X with chemical Y and Z."

Trick-or-treat tips

When Halloween rolls around, be aware of candy safety tips.

"Advise your kid not to eat and walk at the same time, and examine the candy to make sure things are not out of the wrapper or have an unusual smell to them," said Lopez. Be cognizant of costume and make-up safety as well, and just use common sense.

Realize that most people do not always have symptoms of poisoning right away.

"A lot of times some of the early signs and symptoms are related to stomach problems like nausea, vomiting, and excessive stools; and sometimes there are other nervous system problems that are not as evident like drowsiness, sleepiness, tremors, or seizures," said Lopez. Never wait for symptoms to see whether or not you have been poisoned.

Prevent pet poisoning

Our furry friends must be protected, too. The American Society for the Prevention of Cruelty to Animals of New York reinforces that you should not feed any form of

The most common items that are responsible for poisonings are ones that a family member recently used around the home.

chocolate or coffee to your pet.

Similar to responding to a child with poisoning, do not panic, but know that rapid response is important. The New York American Society for the Prevention of Cruelty to Animals asks that you take 30 to 60 seconds to safely collect and have at hand any material involved, and if you witness your pet consuming material that you suspect might be toxic, do not hesitate to seek emergency assistance. You should keep the phone number for Animal Poison Control Center on your refrigerator, as well as the number for your local veterinarian.

Last but not least, you should consider investing in an emergency first aid kit for your pet that includes a fresh bottle of hydrogen peroxide, three percent USP; a turkey baster, bulb syringe, or large medicine syringe; saline eye solution; and artificial tear gel. Staying calm and responding are the most important actions you can take.

"Eighty-five percent of all calls we get can be managed at home; we have probably reported somewhere in the neighborhood of 30 to 40 deaths secondary to poisons each year but that is when you have a volume of over 100,000 calls, there may be 30 instances where someone overdoses and are successful in hurting themselves," said Lopez.

For any treasured member of the family, it is better to be safe than sorry, and if you are ever in doubt, just make a simple phone call that could save a life.

You can speak to a medical professional around the clock at New York City Poison Control Center, (800) 222-1222. For Animal Poison Control Center, call (888) 426-4435.

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. © 2013 Jamie Lober

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FABULYSS FINDS

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Thanksgivukkah!

This year, dreidels and drumsticks collide

Looks like we need to prepare our stomachs — Thanksgiving and Hanukkah are a day apart this year! I am so excited to kick off the holiday season with two of my absolute favorite and most personally meaningful holidays. Hanukkah and Thanksgiving are both such warm, family-oriented holidays that happen to also involve the BEST possible food! The traditions that I have with my family are special to me, and are what make the holidays unique and FabUlyss for me and those closest

to me. I would love to share with you what my family and I love to do on these two very special holidays.

This holiday will not happen for another 70,000 years, so they say. So celebrate, with Manischewitz-brined turkey; a cornucopia of gelt; pecan pie rugalach; potato pancakes with cranberry sauce; and lots more DeLysscious holiday treats.

Some of my family's favorite Thanksgiving traditions are:

A big breakfast, and then head over to watch the Macy's Thanksgiving Day Parade here in Manhattan. My boys love seeing the new floats every year.

After the Thanksgiving meal, everyone writes down on a piece of paper something he is thankful for. The slips of paper are folded up and placed in a pretty basket. We then draw each piece of paper out, read it aloud, and try to guess who wrote it. (The kids used to draw pictures before they could write.)

My sister is the best cook in the world. Every year she prepares the Thanksgiving feast for two days prior in my apartment.

My boys love being her sous chefs. When things are settled in the kitchen, we watch "Willy Wonka And The Chocolate Factory."

Some of my family's Hanukkah traditions are:

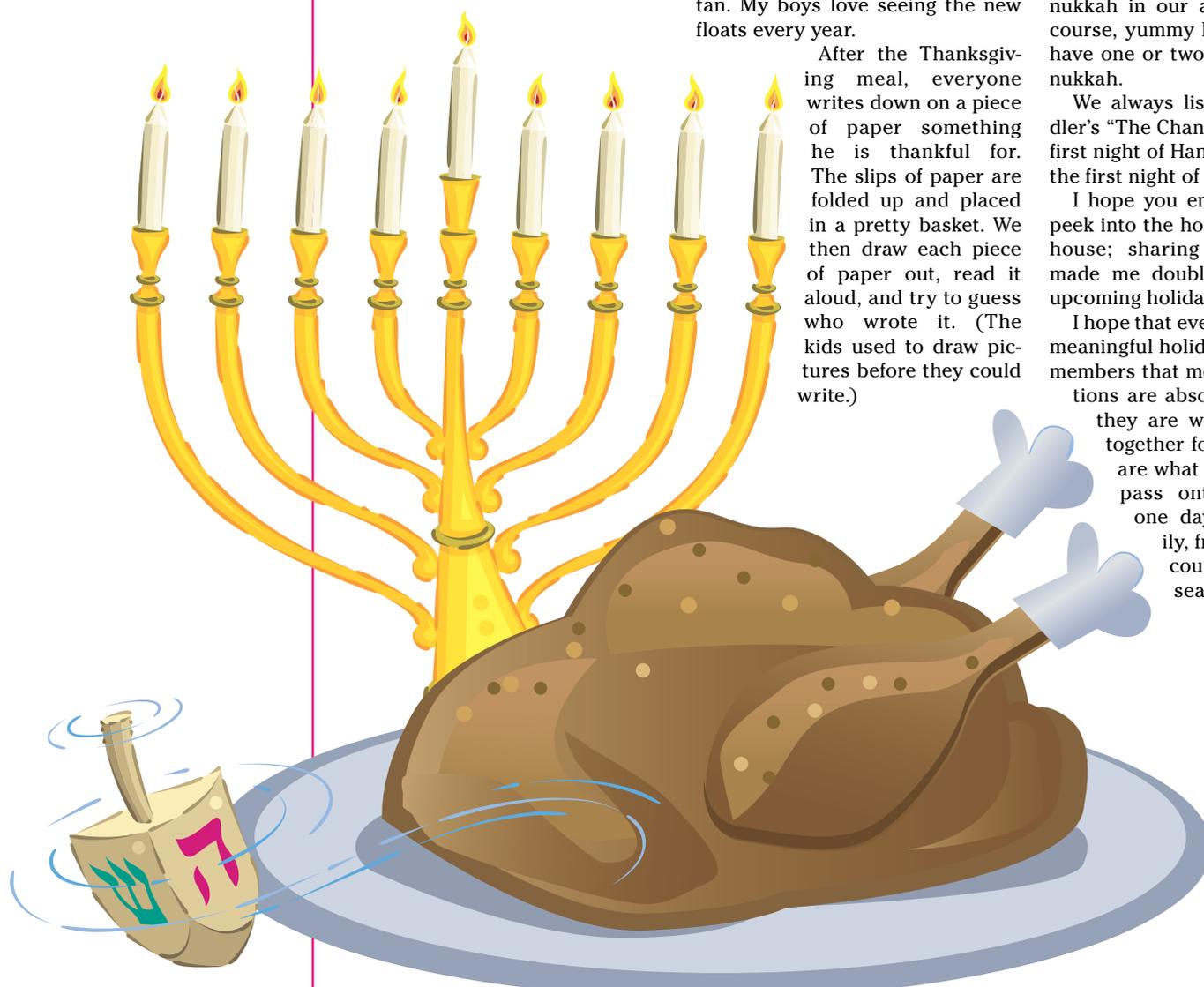
We always play dreidel the first night of Hanukkah, and whoever wins gets to light the first candle of the menorah.

We always have the most DeLysscious jelly doughnuts for Hanukkah in our apartment, and of course, yummy latkes. We try and have one or two each night of Hanukkah.

We always listen to Adam Sandler's "The Chanukah Song" on the first night of Hanukkah as we open the first night of gifts.

I hope you enjoyed your sneak peek into the holidays at the Stern house; sharing these traditions made me doubly excited for the upcoming holiday season.

I hope that every DivaMom has a meaningful holiday season, and remembers that memories and traditions are absolutely everything; they are what bind a family together for generations and are what your DivaTots will pass onto their children one day. Enjoy the family, friends, fun, and, of course, the food this season!



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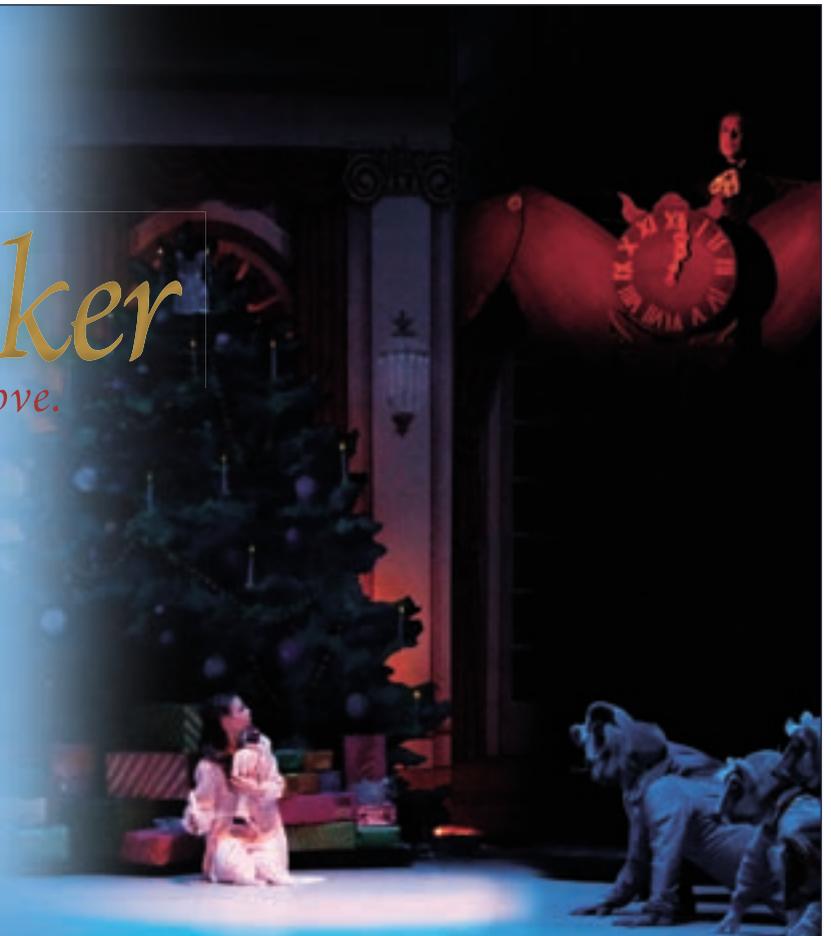
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The *write* stuff

How to help
a child with
dysgraphia
succeed at
school

BY SUE LEBRETON

Does your child avoid homework or become distressed when that homework involves printing or writing? Does he have an awkward pencil grasp? Is his printing or handwriting difficult to decipher? Can he communicate his ideas verbally, but struggles to organize thoughts on paper? If any of this sounds familiar, your child may have a learning disability called dysgraphia.

Students with learning disabilities have normal intelligence but have difficulty with their brain's ability to receive, process, store, or analyze infor-

mation. These disabilities are usually diagnosed after children enter school — when parents and teachers see the gap between affected children and their peers. If not addressed, this gap increases over the years as learning becomes more complex. The sooner children are identified and receive help, the better they do in school and in their social life.

There are three distinct types of dysgraphia: motor, spatial, and processing. Children can have one or more of these types of dysgraphia. Helen Painter, occupational therapist and author of “Dysgraphia: Your Essential Guide,” says that it is crucial to determine which form of dys-

graphia your child has so you can choose the appropriate treatment and accommodations.

Motor dysgraphia is the easiest to recognize, as it is when a child struggles due to poor motor skills, such as a poor pencil grasp. Often, a child will be screened and will begin working on those fine motor skills with an occupational therapist. Painter suggests that the motor issue (if it occurs as the only form of the disability) can be almost fixed in a month or two. If issues continue, she says parents should have their child seen by a medical doctor or a psychologist, the professionals who are qualified to assess spatial dysgraphia and

Signs of dysgraphia

Top-10 signs of dysgraphia (ages 4–6)

- Difficulty learning the alphabet and identifying letter sounds to the letter.
- Difficulty learning the letters in the child's own name.
- Avoiding drawing and writing.
- Avoiding fine motor centers or stations.
- Poor ability to cut with scissors.
- Awkward pencil grasp.
- Poor pencil control for curved letters.
- Good at copying, but cannot compose own words.
- Frustration and shutting down behaviors.
- Self-esteem slipping, feelings of being stupid.

Top-10 signs of dysgraphia (ages 7–12)

Children in this age range display poor overall legibility, which is:

- Mixing upper- and lower-case letters.
- Poor spelling.
- Poor spacing between words.
- Poor placement of letters and words on the line.

- Tiring when writing due to awkward pencil grasp.
- Saying letters and words out loud while writing.
- Difficulty thinking of words to write.
- Poor comprehension of what is written.
- Self-esteem slipping further.

Top-10 signs of dysgraphia in teens and adults

- Mixing print and cursive styles of writing.
- Difficulty brainstorming main idea, supporting sentences.
- Poor organization of writing ideas in general.
- Difficulty organizing what has already been written down.
- Widening gap between speech and written work.
- Work avoidance.
- Taking huge amount of time for work completion.
- Decreased comprehension when writing requirement increases.
- Difficulty with grammar and spelling.
- Lowered self-esteem.

Source: "Dysgraphia: Your Essential Guide," by Helen Painter

processing dysgraphia.

In processing dysgraphia, there is a missing link between working memory and the muscle movements required to do the printing or writing. People with this form say they cannot see the letters or words in their "mind's eye." Spatial dysgraphia occurs when the person has difficulty understanding what the eyes are seeing. People with spatial dysgraphia struggle to see how objects are positioned relative to each other and how things are similar or different.

Unfortunately, both spatial and processing dysgraphia remain with children throughout their lives, so parents must work with educators to provide modifications and accommodations.

"It will help your child develop sound study habits and realize this is a condition that can be worked with, and it is not something that needs to be disabling. Today's children are fortunate to be able to benefit from technology, compared

to kids in the past who could only have dreamed of such help," says Painter.

Despite the availability of a wide array of technology, Painter has noticed that both parents and educators are hesitant to use the technology, because they fear that children will not learn the skills if they use this crutch. Her practical experience disproves this.

"Anybody can succeed if they are given the right tools, lifelong tools. There is no excuse for not helping these kids today," says Painter.

If you suspect your child may have issues with dysgraphia, have a physician or psychologist perform testing so that your child can get the appropriate support.

Sue LeBreton's son was finally diagnosed with dysgraphia after many years spent focusing on motor skills. He has both motor and processing dysgraphia and has become a happier, more engaged student with the help of technology.

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Special Needs

DIRECTORY

Dr. Nicole Lambert, Lambert Pediatric Dentistry

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Dr. Lambert is a Pediatric Dentist located in Lower Manhattan. She specializes in the dental treatment of all children, including children with special health care needs. Her extensive clinical experience in behavior management techniques, orthodontics, operating room dentistry, trauma management, and emergency treatment enable her to provide a variety of treatment options. Dr. Lambert is dedicated to the oral health of children starting from infancy. She is committed to guiding their dental growth and development, and helping avoid future dental problems, all within a caring and nurturing environment. She recommends establishing a "Dental Home" for all children by one year of age. Children with a dental home have the opportunity to receive the appropriate preventive and routine oral health care necessary for their developing dentition.

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Dr. Dixon is the Director of Dentistry at St. Mary's Hospital for Children, an inpatient facility where he cares for children with complex special needs. He is currently on staff with admitting privileges at the New York-Presbyterian Hospital and at the North Shore Long Island Jewish Hospital where he was awarded "Attending of the Year" honors in 2004-2005.

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Special Needs

DIRECTORY

Continued from page 20

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The school provides highly individualized special education and intensive coordinated therapy in preparation for return to a less intensive local school program or transition to adult services in the community.

Our interdisciplinary team reinforces students' learning, as our special education teachers collaborate with skilled physical, occupational, speech/language, recreation therapists, and nursing staff to achieve IEP goals. Our residential program prepares students for living away from home, directing caregivers, and helps to identify a variety of extra-curricular activities that help get them ready for post-21 residential, social and volunteer situations.

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**41 Pacella Park Drive, Randolph,
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The May Center School for Autism and Developmental Disabilities, located in Randolph, MA provides day and residential educational

programs for children with autism spectrum disorders (ASD) and other developmental disabilities. Our full day, year-round programs provide education and vocational training support to individuals ages 2.9-22. Our schools are guided by doctoral-level clinical directors who oversee all programs and services. These programs are based on applied behavior analysis (ABA).

The May Center School for Brain Injury and Related Disorders located in Brockton, MA is a day and residential school that provides services to children and young adults with acquired and traumatic brain injury or neurological disorders. Highly structured programming is individually tailored, and occurs in classroom and community settings.

Both schools are accredited by CARF and a program of The May Institute.

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MOMMY 101

ANGELICA SEREDA

The one-upper mom

I met with an old friend whom I hadn't seen in a while and as soon as we sat down to "enjoy" our lunch, I remembered why I had stayed away. I realized she's a classic one-upper — no matter what I've done or what I'm doing, she insists that she is doing better.

Most people know someone like this in their lives, and it's usually entertaining to see her try to validate herself constantly by trying to outshine you. The difference is,

now she constantly has to tell me how much more advanced her child is compared to mine (so not true!).

I asked her how her daughter was doing at her new school (she's 5), and said she must be having fun at a new place. I said this very enthusiastically. She responded by saying that it's not fun at all. The school curriculum is "very tough." I shot back saying that learning is

still fun, especially when they're learning easy things.

"No," she insisted. "She has to learn her colors, alphabet, manners, and basic math. She even has homework."

Basically, all the things that Olivia has learned at age 2 in daycare, her 5-year-old child is being taught the exact thing at a fancy, expensive school. I kept my comments to myself. Then she asked if Olivia was in diapers.

"Well, she wears Pull-ups. She still has her accidents and goes potty when she feels like it."

I don't push her with her potty training. I was hoping this woman would give me some potty-training wisdom, but instead she gasped and reminded me that her daughter had been out of diapers at 2 years old. However, she didn't feel like mentioning that she still uses a pacifier, bottle, and sleeps in the bed with mommy and daddy. That information didn't get highlighted.

Then we turned the conversation to some happy news and common ground: we're both expecting. But even that topic was an opportunity for her to dominate the conversation. She asked me what hospital I'd be delivering in, and I mentioned that I'd be going to the same hospital I used to deliver Olivia, since I had such a great experience and the staff was amazing. She told me that her hospital was rated in the top five for childbirth and delivery and that each room has a luxurious spa-like bathroom. Yes, because the loo is definitely the most important criteria for selecting a hospital (eye roll).

I realize there are a lot of people like her, unfortunately. People always want to feel better about themselves, especially when it comes to their kids, which really just translates to their identity as a parent. I get it: it's the most important job we have, and we want the world to know we're great. Personally, though, I prefer to relate to people, not undermine them. And as far as Olivia's achievements, she doesn't need to impress anyone, because no matter what she does or doesn't do, her father and I will always cheer her on.



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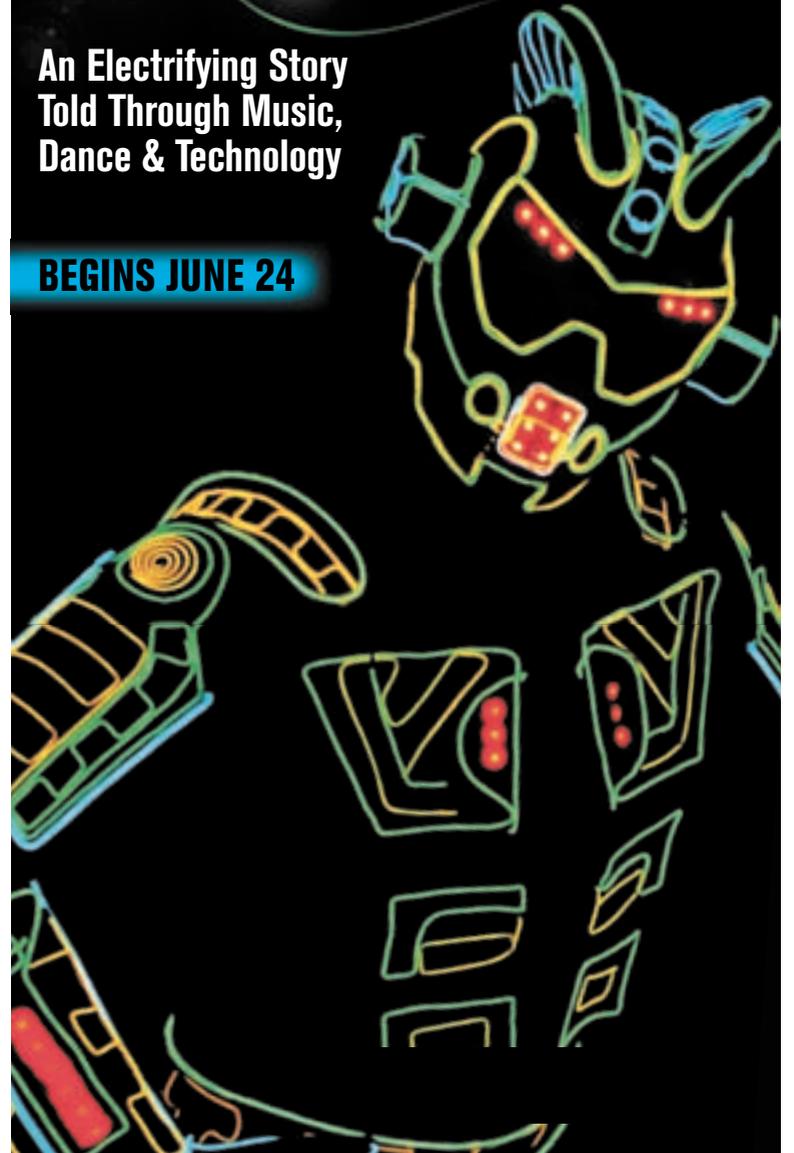
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Heads UP

What parents of athletes should know about head injuries and concussions

BY KIKI BOCHI

Brooke de Lench was watching one of her sons play in a high school football game, and what she saw worried her. He looked slow. Confused. Uncoordinated.

No one else seemed to notice, but she saw enough to set off alarm bells. It wasn't just that he was having an off day. She later took him to the doctor, and results confirmed her fears — her son was suffering from the residual effects of at least one concussion, and possibly more.

"I was told to never let his head be in a collision again," says De Lench, the founder of MomsTeam.com, a website whose mission it is to empower parents of young athletes through information and resources. During her son's recovery, the experience was frightening enough to launch De Lench on a mission of spreading the word

about the dangers of concussions and other sports injuries.

With the announcement of a \$765-million settlement agreement last month between the NFL and more than 4,000 retired players who claimed the league hid the dangers of concussions, many parents may be wondering about the long-term effects of head injuries sustained by youth athletes. Many of the professional players have shown evidence of a degenerative brain disease similar to Alzheimer's disease that is believed to be caused by repeated head trauma.

"I think parents really need to understand the ramifications," says De Lench, author of "Home Team Advantage: The Critical Role of Mothers in Youth Sports."

Concussions can happen in any sport, not just football. They occur in soccer, baseball, lacrosse, basketball, wrestling, hockey, cheerleading, and volleyball, among other sports.

No activity is immune. With kids playing harder than ever in today's ultra-competitive world of youth sports, it only makes sense.

Concussions are brain injuries that occur when a blow to the head or body causes the brain to move rapidly inside the skull. Concussions can also be caused by a fall, a collision between players, or with an object such as a goalpost. Even a mild blow to the head — a "ding" or "getting your bell rung" — can have serious consequences.

Recent research has shown that because of the way their brains are growing, adolescents are more sensitive to the effects of a sport-related concussion than adults or children. In addition to long-term damage, youth athletes who have suffered a concussion are at risk of Second Impact Syndrome, a rare but usually fatal condition. If a child who has not completely recovered from a concussion receives a second blow to the head, it can cause massive swelling in the brain that can lead to sudden death.

Various studies reveal some frightening facts: brain changes in children who have sustained a mild traumatic brain injury, or concussion, persist for months following injury — even after the symptoms of the injury are gone, according to a study published in *The Journal of Neuroscience*. The research suggests that, among other things, concussions alter the brain's white matter — the long fibers that carry information from one area of the brain to another.

Yet 41 percent of student athletes returned to play too soon after a concussion, according to another report. The study found that a shocking 16 percent of high school football players who lost conscious-

Learn the signs of concussion

According to the Centers for Disease Control and Prevention, athletes who experience any of the signs and symptoms listed here after a bump, blow, or jolt to the head or body should be kept out of play until a health care professional experienced in evaluating for concussion says they are symptom-free and ready to return to play.

Signs observed by coaching staff or parents

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness, even briefly

- Shows mood, behavior, or personality changes
- Can't recall events either prior to hit or fall, or after

Symptoms reported by athletes

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"





ness during a concussion returned to the field the same day. More than 20 percent of concussions in boys' and girls' soccer and basketball were repeat concussions. In fact, 16.8 percent of high school athletes suffering a concussion had previously suffered a sport-related concussion, either that season or in a previous season.

De Lench, a former athlete herself and strong supporter of youth sports programs, understands the desire for kids to return to play. For many kids, being an athlete is how they define themselves. It is not only part of their identity, but is also a huge part of their social life.

"Kids should not be pulled out of sports. Sports are critical — critical! — for some kids. Pulling them out is not the remedy here," she says. "We need to empower parents to make sure coaches are trained properly, to make sure kids get the

right kind of physical training such as neck-strengthening, and to make sure kids are taught to self-report symptoms."

Some school districts around the country are requiring young athletes to undergo cognitive testing prior to participating, so they can have a "baseline" to determine when a player can safely return to play, but such information is only useful if students understand the importance of reporting symptoms and if parents and coaches are vigilant about taking note of possible injuries.

So what are the most important things a parent — and coach — should know about concussions? First, seek professional medical attention if your young athlete shows any sign of injury, such as appearing dazed, stunned, confused, or clumsy, or if she exhibits a loss of memory, mood and behavior changes, or even a brief loss of consciousness.

Some symptoms may not show up for hours or days, so parents need to be tuned in.

A young athlete with diagnosed concussion should not be allowed to return to play on the day of injury, regardless of the medical resources available or her level of athletic performance. All concussion management guidelines, old and new, agree that no athlete should be allowed to return to play while exhibiting post-concussion signs or symptoms. Some call for at least one symptom-free week before returning to practice or play. Because activities that require concentration and attention might exacerbate the symptoms and delay recovery, children should limit exertion and school-related activities until symptom-free (e.g. no homework, no text messaging or videogames, and staying home from school).

For young people ages 15 to 24,

sports are second only to motor vehicle accidents as the leading cause of brain injury, according to the U.S. Centers for Disease Control and Prevention. But even far younger children have suffered concussions on the field and on playgrounds.

"The more parents know, the more they can make a difference," De Lench says. "I always tell parents to think about the life-cycle of their child. Think about how that child will feel when they are 30 or 40 and they have cognitive issues or pain from injuries.

"You as a parent need to understand that you are the guardian of your child and their future."

Additional information on concussions and youth sports, including an online training course for coaches, can be found on the U.S. Centers for Disease Control and Prevention website at www.cdc.gov/concussion/sports/index.html. For more, visit www.MomsTeam.com.

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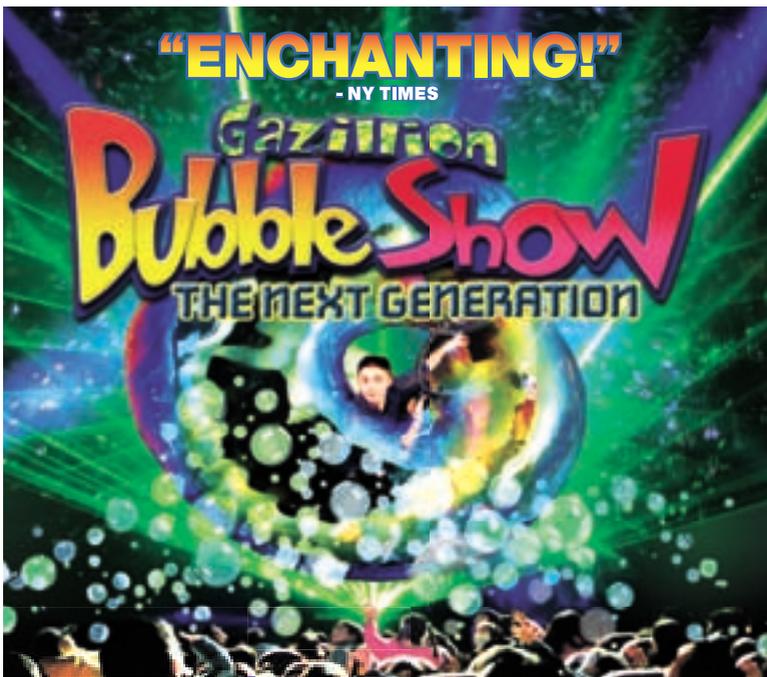
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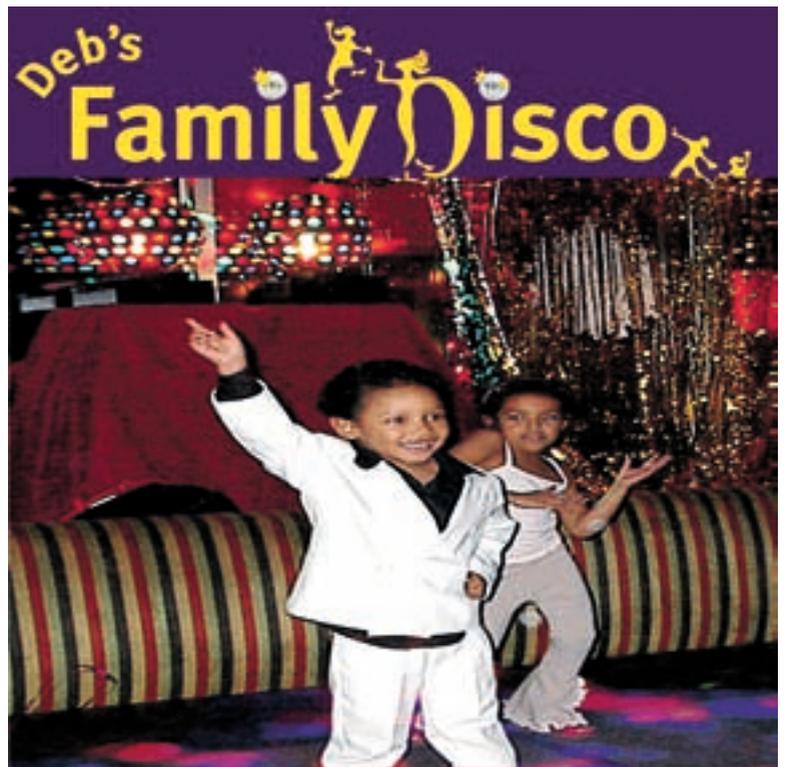
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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Celebrities' effect on your child's diet

It's no secret that kids trust celebrities. But can an endorsement from a celebrity spur your child into making unhealthy food decisions?

The answer is yes.

Children viewing a commercial featuring a famous soccer player ate considerably more potato chips than kids who had seen ads for toys and nuts, according to research published in *The Journal of Pediatrics*. Past research has shown kids are more likely to pick foods endorsed by celebrities, even when it's fruit.

Researchers also found that children will eat more of an endorsed snack food when they saw the celebrity on TV in a context other than a commercial.

This is worrisome, since most foods advertised on TV are unhealthy and could affect a child's future weight and health.

"Parents need to be aware that exposure to any food marketing for high fat, sugar and, or salt foods



may have a detrimental impact upon their child's food choice, intake, overall diet quality and therefore health," explains Dr. Emma Boyland, lecturer in Appetite and Obesity at the University of Liverpool, who led the study.

All ages vulnerable

While the study was done on children ages 8 to 11, children at

any age are vulnerable to food-marketing effects.

Research suggests that TV commercials have an influence over the food choices of even very young children. Major food-brand logos are thought to be recognized by children before they can even speak.

"It is not until children are around the age of 12 that they are likely to start understanding the persuasive intent of food-promotion activities (i.e. that somebody is trying to sell them something)," says Boyland. "For some, this understanding will not be fully developed until much later."

What can a parent do?

It is clear that more study needs to be done to explore this phenomenon with other celebrity endorsers, products, and marketing elements such as brand characters, but there are some steps parents can take.

- Be aware of the extent and nature of your child's exposure to marketing messages.

- Reduce the amount of television your child watches.

- Critically discuss the promotion of foods with children in an age-appropriate way.

- Help them understand both the persuasive intent of commercials and the importance of making better choices.

"In the context of an obesity epidemic, the food promotion environment is one factor we should seek to effectively control to safeguard the next generation's health," Boyland adds.

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



Waffle-iron grilled cheese

If you don't own a panini press, an old-fashioned waffle iron makes a tasty grilled sandwich that holds up in a lunch box. If you don't have either, cook this on the stove top as you would an ordinary grilled cheese. Makes one sandwich

INGREDIENTS:

1/3 cup coarsely grated Gruyère cheese

2 slices whole-wheat or rye bread

3 thin slices tart apple such as Granny Smith

Oil for the waffle iron

DIRECTIONS: Preheat the waffle iron. While it heats, assemble the sandwich. Sprinkle half of the cheese over one bread slice.

Lay the apple slices over the cheese. Top with the remaining cheese and remaining bread slice. Brush the waffle iron with oil. Put the sandwich in the waffle iron and close tightly. Cook until the bread is browned and the cheese is melted, two to three minutes. Remove from the waffle iron and let cool for five minutes. Cut in half and wrap well or store in a container.

NUTRITION FACTS: 410

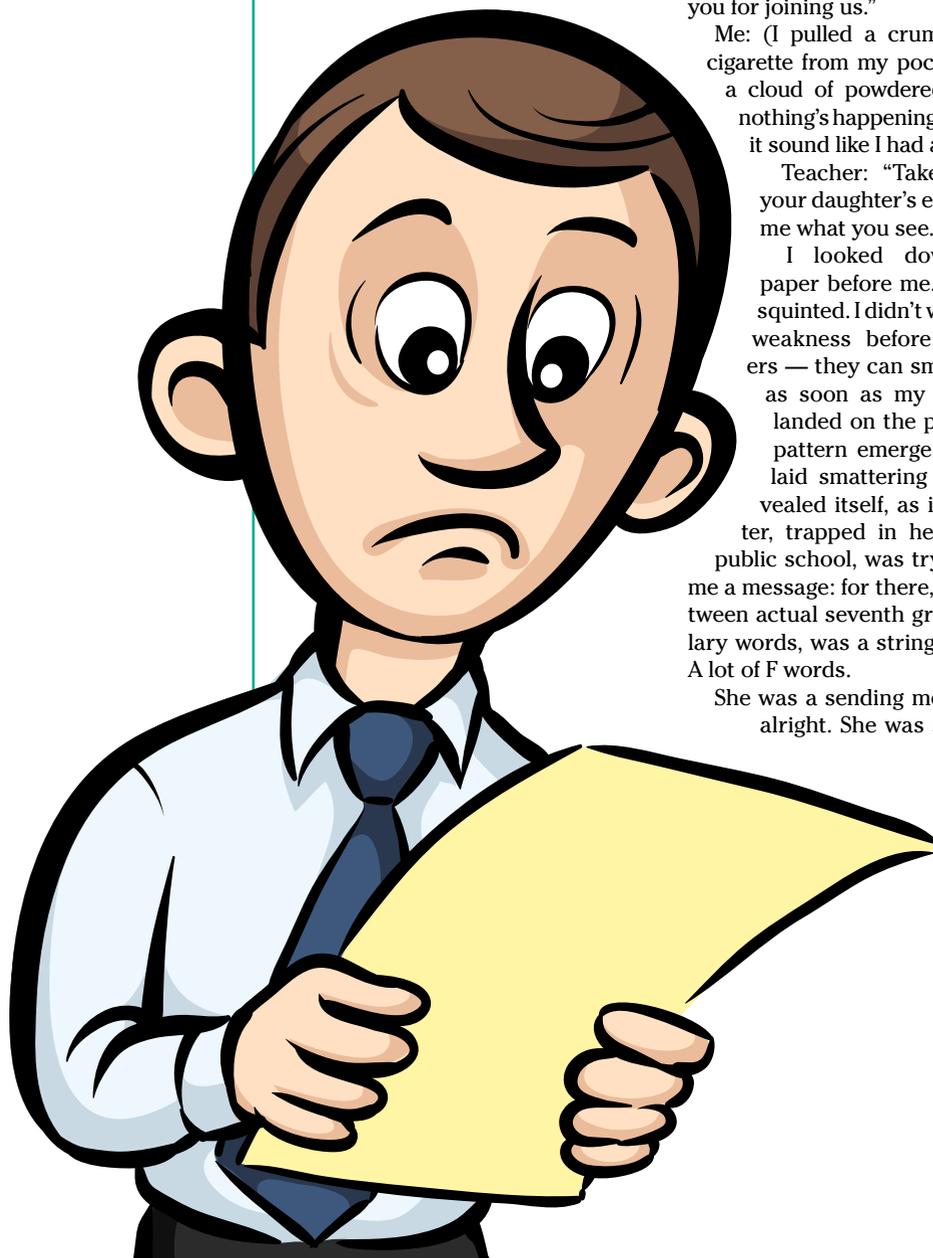
calories, 43 g carbohydrate, 7 g fiber, 10 g sugar, 21 g protein, 18 g fat, 7 g saturated fat, 350 milligrams sodium, 45% DV calcium, 15% DV iron.

Source: Katie Sullivan Morford, "Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love," Chronicle Books (2013)



DEATH BY CHILDREN

CHRIS GARLINGTON



Makin' me squirm

I should have known something was up. There I sat across from three of Sarah's teachers. Like any parent, I was worried. They hadn't told me why I was coming in for a meeting. They said they'd discuss it when I got there. It could mean only one thing: Sarah had done something flagrantly illegal, something mordant and hideous. They were calling me in to dismiss me from parenting forever then putting her into a "home." Probably with

high walls and guards.

I swear there was a single, 40-watt naked bulb over the empty table and I could barely see their haggard, veteran educator faces. One of them was smoking. They slid my daughter's creative writing essay across the table to me. The room chilled.

I braced myself for the pain and looked across the table, expecting a grim visage set in grave concern. I was wrong.

They were smirking.

Teacher: "Mr. Garlington, thank you for joining us."

Me: (I pulled a crumpled candy cigarette from my pocket; I puffed a cloud of powdered sugar like nothing's happening.) "You make it sound like I had a choice."

Teacher: "Take a look at your daughter's essay and tell me what you see."

I looked down at the paper before me. I glanced. I squinted. I didn't want to show weakness before her teachers — they can smell fear. But as soon as my weary eyes landed on the page, I saw a pattern emerge, a carefully laid smattering of code revealed itself, as if my daughter, trapped in her desk in a public school, was trying to send me a message: for there, wedged between actual seventh grade vocabulary words, was a string of F words. A lot of F words.

She was sending me a message alright. She was saying, I am

a drunken sailor.

I didn't break. I'm no snitch. I shrugged, worked my candy cigarette to the other side of my mouth and said, "So?" like I was channeling the ghost of Clint Eastwood. (Oh come on, he's dead; he's been dead since "Gran Torino.")

Or, OK, actually, I said, "Well, it's creative."

Apparently, this was not the answer they were looking for. They laid into me like grizzled detectives, hammering me with explanations about form and context, about accepted commonalities. They even used the word colloquial. Colloquial.

I didn't blink. Because they got nothing on me. I'm a frikkin' parent. I'm front line. I know teachers are tough, but when did they ever peel their kid's underwear off the floor or clear a house for lice only to find out it was dandruff? When have they ever had to fold their daughter's thong? I've been in the weeds, man. I've been in country for 13 years.

I held my ground like a rock and ...

... they started laughing.

"Mr. Garlington, we think the essay is a hoot. Seriously, it's the funniest thing we've read in years. Sarah is wildly talented."

"Oh, well thank..."

"But she's gonna fail unless you have her change the F word so U and C are replaced by asterisks."

"You're just gonna let me walk out of here?"

"*&^%\$# right we are."

Chris Garlington lives in a standard two kids, wife, dog, corner-lot, two-car dream package. He drives a 2003 Camry, sports a considerable notebook fetish, and smokes Arturo Fuente Partaga Maduros at the Cigar King as often as possible. His stories have appeared in Florida, Orlando, Orlando Weekly, Catholic Digest, Retort, Another Realm, The Dead Mule School of Southern Literature, South Lit, and other magazines. His short story collection, "King of the Road," is available on Amazon. His column "My Funny Life," was nominated for a national humor award. He is the author of the infamous anti-parenting blog, Death By Children; the anti-writing blog, Creative Writer Pro; and co-author of "The Beat Cop's Guide to Chicago Eats."



DEAR
DR. KARYN
DR. KARYN GORDON

Raise confident kids

Dear Dr. Karyn,

I was really moved by the segment you did on TV about how to build confidence in our kids. I am a single mother of three young girls ages 1, 6, and 8, and at times this can be extremely challenging. I don't want to affect my girls' lives with any sort of negativity, because I am not feeling well with myself. Thanks so much for enlightening me about changing my thinking and giving me hope as well.

The great news is that self-esteem and confidence is 100 percent learned! Some people think it is genetic, but that is a myth! So how can we help to develop it in our kids? Here are three tips:

Model it: We learn confidence from a variety of places (culture, media, peers), but I say the best predictor for what kind of confidence our kids will have is what has been modeled by the same-gendered parent. So fathers to sons, mothers to daughters: pay attention! We are the most influential teachers on this topic for our kids.

Obviously, there are exceptions to this rule, but if we are modeling it for our kids, there is a high probability that they will learn it from us. Some people get excited with this information, but others feel a little daunted, thinking, "Oh, no, so it's all up to me?!" But think about it logically — wouldn't you rather be the most influential person in your child's life?

If you are already feeling confident and you model this consistently, great. Your children will likely learn this automatically from you. It's like picking up a language as a child. But if you or your spouse struggle with confidence, my suggestion is that you get coaching to fix this 100 percent a fixable problem!

Understand it: If you were to read hundreds of articles and journals about this topic, you'd learn that self-esteem comes down to one word: attitude. How we think impacts how we feel, which impacts what we do.

If your 10-year-old daughter tells herself, "I am too fat" (thought), she will feel "insecure, self conscious, guilty" (emotions), and this will highly impact her decision making



in that she may count calories, weigh herself daily, or be overly obsessive about how she looks (behavior).

The truth is that emotions are always logical; emotions will feel whatever we tell them. But our thoughts that impact how we feel are not always logical; it depends on what we tell ourselves. Experts call these thoughts "internal dialogue."

The example above is illogical thoughts when we examine them objectively. However, as long as people tell themselves these kinds of thoughts, they will always feel insecure and anxious.

To fix and build confidence we need to change how we think. A confident person does not tell herself the conditional statement "I am okay if reach this weight." Instead, she tells herself, "I am worthy as I am. If I get this goal, that's great, but my self-worth does not depend on it."

Just think about your kids. Can you imagine telling them a conditional statement like, "I love you only if you take out the trash" — it's absurd! Loving parents do not put conditions on their love towards their kids. Similarly, someone who has healthy confidence does not put conditions on her self-worth. Research demonstrates that when people have a genuine healthy confidence, they are more likely to set goals and get them because they are fearless, take more risks, and have the guts and courage to charge after their ambition. When we unlock the dialogue in our head and challenge "toxic thinking," we unleash a powerful force.

Affirm their character: Kids desperately need to know from their par-

ents that you are proud of them. So look for opportunities to affirm them, but focus specifically on your children's character. We all hear a lot of talk about praising kids from different experts, and while some people think it gives kids a big head or false self-esteem, I couldn't disagree more. The key is that you need to make sure you are affirming the right way, or it may backfire. In addition, give regular constructive feedback, so that it's not all praise and no substance.

Listen to the difference: "Johnny, I'm so proud of you that you got an 'A' on that test" versus "Johnny, I'm so proud of you that you were so hard-working, disciplined, and focused."

The first one is affirming Johnny's marks (external) and the second one is affirming his character (internal). Here is why this slight difference is highly important: children can 100 percent control their time management and personal discipline, whether they ask for help if they don't understand, getting to bed on time, etc. (character and internal), but they cannot control their actual mark, because their teachers control this (achievement and externals). Obviously, their character will highly influence their outcomes — but ultimately the results may be out of their control.

The danger I've seen is that if parents affirm too heavily on externals, kids either become an over-achiever or an under-achiever. By focusing on what I call "Inside-Out Parenting" — in which parents focus first on developing the character of our kids — not only does it help them feel more confident and empowered, but it also increases the chances of them developing intrinsic motivation (the most powerful form of motivation wherein kids are motivated for themselves). So when you see your kids being disciplined, motivated, courageous, adventurous, and loyal — tell them!

Dr. Karyn Gordon is one of North America's leading relationship and parenting experts. She is a regular contributor to "Good Morning America," founder of dk Leadership, best-selling author of "Dr. Karyn's Guide To The Teen Years" (Harper Collins), and motivational speaker to a quarter of a million people. Visit her at www.dkleadership.org and on Twitter: @DrKarynGordon.

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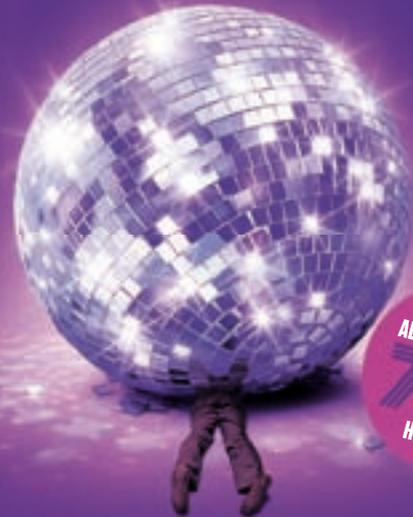
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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Relocating with kids after divorce

One of the toughest situations a family can face during or after a divorce involves one parent wanting or needing to move far away from the other. Often, the reason for considering relocation is financial — living in two homes is more costly than living in and maintaining one. For most couples, divorce usually means a financial hit.

Making a new start elsewhere in the hopes of providing the basics that a family needs can make sense.

For sure, non-monetary reasons are frequently factors as well. One spouse may return to live where she grew up in order to have the emotional support of her parents, other relatives, and friends.

Whatever the underlying reasons, relocation involves hard questions. Given the school schedule, how will the child maintain a strong and healthy relationship with both mom and dad? How will the travel expenses (flights, hotel accommodations, etc.) be handled?

When relocation is an issue, the “remaining” parent may feel abandoned, and perhaps betrayed. The parent planning a move may feel that he has no choice, and that he can’t continue living in the same geographic area.

Rarely are there easy answers, and perhaps that is a reason why different judges have issued inconsistent rulings from one court to the next. It is most challenging to predict whether a judge will give more weight to the ongoing relationship between the parent who is staying and the child, or to the new opportunities of the spouse wanting to move.

Still, parents can influence the odds one way or the other. Let’s take the recent case, *Matter of Davis v. Ogden*, August 2013, Appellate Division, Second Department.



In my view, this was an “easy case” in that the remaining parent, in this instance the father, apparently did very little to help himself prove to the judge that the children should stay with him. Still, there are clear lessons to be learned.

The mother argued that 1) by moving from New York to Florida, she would be living in a place where the cost of living is lower, and where the quality of life would be greatly enhanced; 2) she was struggling financially, and so providing the high quality of life that children deserve was difficult if not impossible in New York; and, 3) her mother and other relatives in Florida could give her and the two children the support they need.

The mother made a strong case for relocation, and the father’s own behavior only bolstered her case. He had spent little time with the children — only 30 hours during

the preceding year. He didn’t have much phone contact with them, and wasn’t there for appointments with doctors or for extracurricular activities. He also wasn’t in contact with the kids’ teachers.

The judge might have ruled differently if the father had been very involved with the children, giving his time and attention to them in every possible way. Judges make their decisions based on “the best interests of the child” (a vague concept that leaves judges with a great deal of discretion in weighing various factors).

Under these circumstances, does a higher standard of living and help from family outweigh the relationship of the children with their father? What if *his* parents are a big part of the children’s lives? What if the father is willing and able to financially assist so that

the kids’ standard of living can be raised right where they are?

Again, a very difficult matter to decide.

A parent wishing to relocate with a child has the burden of establishing that the contemplated move would be in the child’s best interest. In New York, the burden (a preponderance of the evidence) may not be very stringent. When the remaining parent is largely uninvolved with the children, it is even easier to reach.

New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com, (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at www.facebook.com/lchabin.

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.



HEALTHY LIVING

DANIELLE SULLIVAN

A clean home for an asthmatic child

As parents, we want to keep our home as clean as possible for our kids, as well as for ourselves. When babies enter the picture, many moms and dads clean more than before in order to give their babies the healthiest environment possible. When you have children who have allergies or suffer from asthma, your cleaning load increases exponentially.

Every single day brings more dust and a new opportunity for an allergic reaction. Some parents go overboard and spend more time than necessary attempting to keep allergens at bay. This not only leaves already overscheduled, busy parents with a much longer to-do list, but it also brings about more daily anxiety by trying to adhere to maniacal standards.

Mary Stockton of Brooklyn Heights can relate.

"After I had my son a year ago, I became obsessive about making sure every particle of dust was immediately removed. I vacuumed daily, even my curtains, and I drove myself crazy."

Already exhausted from late night feedings, Stockton explains that when her son was diagnosed with asthma at 8 months of age, she went into overdrive and saw every speck of dust as a deathtrap.

"My husband saw me in the throws of frantic cleaning and pointed out that I couldn't live like this. I was spending all my time dusting and wiping down furniture rather than enjoying my baby. That's when I stopped being so preoccupied with dirt and dust."

So what is absolutely necessary when it comes to cleaning routines when you have an allergic or asthmatic child? We asked Dr. Paul M. Ehrlich, a partner at Allergy and Asthma Associates of Murray Hill,



and clinical assistant professor of pediatrics at New York University School of Medicine. Ehrlich, also the co-author of "Asthma Allergies Children: A Parent's Guide" and co-founder and blogger at AsthmaAllergiesChildren.com, explains that with a little prevention, a parent can certainly protect her child without driving herself insane in the process.

What are the basics when it comes to cleaning your home with an asthmatic or allergic child? What absolutely needs to be done in terms of cleaning daily and weekly?

The most important thing is to know what your child's allergies are. For example, we all know that getting rid of visible dust is a matter of good housekeeping, but if your child is allergic to dust mites, you should use special dust mite-resistant mattress covers and bedding.

Also, avoid cleaning supplies that have added scents. "Lemon fresh" may sound attractive, but as far as your child's allergies are concerned, it can irritate the sinuses and the skin when used in detergent.

What is not necessary? What are

some of the extremes that parents go to that they don't need to do?

The emphasis on antibacterial cleaning supplies is oversold. Soap and water remove both allergens and bacteria from hands, dishes, bathrooms, and kitchens very effectively. Antibacterial agents do not neutralize allergens.

What other precautions need to be taken when you have pets?

This is a huge dilemma. There is no such thing as a truly hypoallergenic dog or cat. There's an urban myth that "hypoallergenic animals" have hair, not fur. This ignores the fact that the allergenic proteins in and on these animals emanate from other tissue besides hair or fur, particularly skin and in saliva.

If regular bathing is possible — very hard, particularly with cats — do it, and brush shedding dogs regularly to keep shedding to a minimum. There are also preparations marketed under the Allerpet name that can reduce dander.

Above all, keep the pet out of the patient's room to keep allergen bombardment to a minimum during a healthy eight or nine hours of sleep. Beware, however, that cat dander is particularly sticky and travels from room to room on clothing. Better for your child to change out of day-time clothing into fresh PJs outside the bedroom.

If you have any doubts whether your child might be allergic, do not get a dog or cat. It is in no one's interest (especially the poor pooch or kitty) to have to give up a pet.

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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



GROWING UP ONLINE

CAROLYN JABS

Beyond Facebook

What parents need to know about *other* social media

It was probably inevitable. Now that 70 percent of teens are friends with their parents on Facebook, some are looking for less supervised places to socialize. A report from the Pew Internet and American Life Project found that even though most teens feel obligated to maintain a presence on Facebook, many expressed “waning enthusiasm.” Their reasons? The site has been “colonized” by adults.

“Teens are looking for a place they can call their own,” observes Danah Boyd, a fellow at the Berkman Center for the Internet and Society at Harvard. “Rather than all flocking en masse to a different site, they’re fragmenting across apps.”

Having teens on a variety of social media apps makes supervision more difficult. The classic advice — “keep the computer in a public space” — is hopelessly quaint, especially for teens who socialize on cellphones. One response is to use monitoring software that will alert parents anytime a child sends or receives a message that’s inappropriate.

Although surveillance may be a good short-term fix for some kids, it can obscure the long-term goal — raising kids who use good judgment about social media. These kids resist the temptation to behave poorly just because they are online, and they know



how to protect themselves when they encounter bullies, trolls, and other online predators. How do you equip your child with those essential life skills? Here are a few suggestions:

- Limit social networking of any kind for middle-school students. Pre-adolescents are learning how to manage relationships and the process isn’t always pretty. Middle-school kids are very aware of themselves and not very aware of others. Even the nicest kids say mean things — and are devastated if someone says something mean to them. Being part of social media compounds the damage by making clumsy comments, ill-advised fashion choices, and failed attempts at humor widely available — and permanent.

- Check the apps on your child’s phone. Review the apps on your child’s phone every time you pay the bill. Ask questions that will help your child think critically about social apps: How did you find out about the app? What information does it collect about you? Does it broadcast your location? How much time do you spend using it? What kind of community does it create?

- Be aware of the connection between social media and self-esteem. For many young people, social media intensifies the pressure to be popular. They may obsess about how many followers they have, how many likes a particular post attracts, or parties they didn’t attend. Parents can’t micromanage this part of a child’s life — teens learn by making social mistakes. At the same time, parents can buffer the impact of social media

by giving kids plenty of positive attention, supporting healthy offline friendships, and pointing out the limited shelf life of popularity.

- Teach self-protection strategies. Talk to your child about how she can respond to mean or crude comments with tactics similar to those she would use offline: If possible, ignore bad behavior. The other person may just be having a really terrible day. Don’t respond in kind, because that is likely to escalate the problem. Whenever possible, use humor to defuse conflict. Take advantage of privacy settings to block people who are always mean or negative. If a post is threatening, save a copy and share it with a trusted adult.

- Be sure your child knows you have his back. Many teens don’t talk to their parents about social media problems for fear that parents will overreact. Let your children know that you have confidence in them to handle most situations, but you want to know about any online interactions that feel scary or overwhelming. If a child comes to you with an online problem, resist the urge to take charge. Instead, help your child think through how he wants to handle the situation. What is motivating the person who is causing the problem? Is this a relationship that matters to your child? Does he have offline contact with the person? Most importantly, listen!

The social skills young people need to succeed with social media aren’t all that different from the ones that they will need in the offline world. As a parent, you can help your children stay focused on the big picture — what kind of people do they want to be and what kind of friends will support them in becoming those people? For kids who keep those goals clear, the particular app they are using at the moment won’t much matter.

Carolyn Jabs raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years and is working on a book about constructive responses to conflict. Visit www.growing-up-online.com to read other columns.

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Apps that should be on your radar

All of these social media apps can be downloaded on cellphones. They allow users to upload photos, videos, or messages, which can, in turn, attract approval or comments from other people. Most apps have some sort of privacy system that allows users to make their posts public or available only to approved followers. Teens should be encouraged to use these controls with the understanding that as soon as something is online, it’s no longer private.

Gifboom: Very short videos

Instagram: Photos and videos.

Keek: Limits audience for videos to 36 friends

Kik: Messaging with photos and videos.

Path: Limits audience to 150 friends.

Pheed: A social network for the “wild at heart.”

Reddit: Links and texts. Especially popular with teenage boys.

Snapchat: Photos are supposed to self-destruct after a few seconds.

Tumblr: Blogging with photos, audio, and videos.

Twitter: Updates in 140 characters or less.

Viddy: Videos in 15 seconds or less.

Vine: Six-second videos.



JUST WRITE MOM

DANIELLE SULLIVAN

Teaching kindness

Like many parents, my husband and I will soon be receiving our children's report cards and will be eager to see how they are doing. Throughout the years, I have stressed how important education is and that trying your best is always the goal. I clearly remember my own school years and struggling through some tough classes, like algebra, and studying as much as I could to keep my grade-point average up. My grades were extremely important to me. I felt that school was the one thing I really excelled at, and my education provided me so many wonderful opportunities. So when I had kids, I naturally wanted them to do well in school (in fact, very well). I'm no tiger mom, but I do expect good grades.

Growing up, my mother was my biggest cheerleader and always told me

how proud she was of me, but she also told me she was proud of me even when I blew a test or received a grade lower than I wanted. No matter what, she related that it meant a lot to her when the teachers would say I was a nice girl and a kind person. She said that mattered even more than grades. Back then, I thought she was crazy — who cares about goodness when I didn't get that grade I was hoping for?

You know how they say daughters become their mothers? Well, then you must see me raising my hand right now proclaiming, indeed, I have turned into my mother in many ways. And yes, as a mom myself, I now believe that goodness counts for more than grades.

When I read my kids' report cards, I always pay attention to the teacher's comments. On a regular report card, the majority of the spaces are reserved for grades with a very small portion for personal progress. That is where they list things like conduct, compliance with school policies, and respecting the rights of others, but the teachers can

write anything they want in the comments section. So when I see the teachers have written that my children are kind, good-natured, and sweet, it makes me happier than their grades do. I praise them for their grades, of course, but I also make it a point to tell them that I am proud of who they are and how they conduct themselves in school, not just the grades.

Education is vitally important, but being a good person is essential in my book. It reminds me of when author Amy Chua was in the news a couple of years ago writing about extremely strict parenting ideals. Back then, many parents came out

to say it was more important that their kids be happy than get into Harvard.

I agree but would take it one step further. Of course, we all want our children to be happy, but how about placing an importance on being a kind, engaged, and helpful person? I have known quite a few Harvard grads who may have smarts, but lack compassion and decency; I would never want my children to emulate them. Of course, one does not wash out the other. I also know quite a few Harvard grads who are using their talent to positively contribute to the world. They are people that I would be thrilled to have mentor my kids. You can absolutely be an intelligent and compassionately caring person. That should be the goal.

As parents, shouldn't we strive to at least equate goodness and grades, so that our kids are just as valued for learning how to be genuinely kind and decent human beings as well as smart and successful?

I admit that I am pleased when my kids bring home good grades, but I am even more delighted when I hear that they are thoughtful and considerate people who will make a difference in this world, who will help rather than harm, and who will think about others. I do believe that compassion is taught in many, small ways from infancy on, and we should reward it right along with all those As on the report cards.

Like grades, compassion and consideration sometimes take effort and hard work, especially for young children as they grow up and start to think of others, rather than just themselves. Think of how many adults you know who still only focus on themselves, and what a better place this world would be if everyone learned compassion and empathy as a child. Acquiring a good education is vital, but developing integrity and consideration is fundamental.

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 Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



Calendar

NOVEMBER



Strap on your skates and visit the Village

Lace up your skates and visit the Bank of America Winter Village at Bryant Park, now until March 2, 2014.

The rink is the centerpiece of the village and features free admission ice skating, in addition to high-quality rental skates, skating shows, special events, and activities.

Whether you are looking to skate before going to the office, through the lunch hour, with friends at a party, with a date, or for a spin under the stars at a holiday party, the Winter Village is the perfect destination.

The village hosts more than 125 boutique-style Holiday Shops in the park's tree-lined allées, completing the park's transformation into a winter wonderland.

Skating at Bank of America Winter Village at Bryant Park, now through March 2, 2014, from 8 am to 10 pm Monday through Thursday and Sunday; 8 am to midnight Friday and Saturday. Admission is free; skate rentals are \$15; lockers free.

Bank of America Winter Village at Bryant Park [42nd Street and Avenue of the Americas in Midtown; (212) 768-4242; www.bryantpark.org].

Submit a listing

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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!

FRI, NOV. 1

Who-ville Halloween Rhyming

Hat: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am–3 pm and 3:30–4:45 pm; Free with museum admission.

Use your own Seussian language and create a hat decorated with your favorite words that rhyme.

Spook-Tacular Halloween Celebration

New York Kids Club, 601 Amsterdam Ave.; (212) 721-4400; www.nykidsclub.com/Open-Play-Space-For-Kids-Single-Day/adult-child/Tribeca; 3:30 pm; \$54.

Little trick-or-treaters will decorate Halloween pumpkins, participate in a thematic sing-a-long, and decorate cupcakes.

Pajama Party: New York Kids Club, 601 Amsterdam Ave.; (212) 721-4400; www.nykidsclub.com/Open-Play-Space-For-Kids-Single-Day/drop-off/Tribeca; 6 pm; \$48.

Pajama parties are a one-of-a-kind thematic "after hours" celebration for children 2-and-a-half to 8 years old, featuring gym exploration, art, story, cooking, games, relays, and more.

"Sleeping Beauty": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; 7pm; \$14-\$25.

Detailed scenery, ornate costumes, and life-like figures create a sight to behold in this adaptation of the fairy tale.

SAT, NOV. 2

Build 'Em Sky High: The Skyscraper Museum, 39 Battery Pl. at First Place; www.skyscraper.org; 10:30 am; \$5.

Learn about super-slim residential towers on the rise in Manhattan, then design and build sky-high structures using materials not usually associated with building skyscrapers.

Family Fun, Poet or Painter?: Whitney Museum of American Art, 945



Photo by James Fossett

Barking good time

Dogs on Fleas take a walk to Symphony Space's Leonard Nimoy Thalia theater on Nov. 2 for a bow-wow'erific concert.

Dog on Fleas, one of the most musically adventurous bands coming out of the Hudson River Valley's energetic family music scene, performs and records intelligent, gutsy music for kids and adults. With original, inventive music and a tornado of a live show, the Fleas aim to convert every listener to its

brand of loose, energetic music. Watch out for the roving trombone slide, fancy footwork, irresistible rhythms, and the spirited singing of the band and audience members.

Dogs on Fleas at Symphony Space on Nov. 2 at 11 am. Tickets are \$13 to \$20.

Symphony Space Leonard Nimoy Thalia theater [2537 Broadway at W. 94th Street on the Upper West Side; (212) 316-4962; www.symphonyspace.org].

Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; 10:30 am–12:30 pm; \$10 per family.

Children ages 6 to 10 and their families will visit Robert Indiana: Beyond LOVE and then create their own artworks that include words and images.

Whitney Wees, Words and Numbers

Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; 10:30 am; \$10 per family.

Younger ones ages 4 to 5 and their families explore Robert Indiana: Beyond LOVE, and learn how the artist repeated words, changed their colors, or played with scale to alter their meaning.

Dog On Fleas Concert: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316-4962; www.symphonyspace.org; 11 am; \$20, \$17 (members), \$15 (children), \$13 (members).

Original music and a great live show will mesmerize audiences of all ages at this concert.

"Go Diego Go" Double Screening

SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechnolab.com

; 11 am; Free.

See a double feature of the popular children's animated show.

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

Using stop-motion animation techniques, paper, scissors, and your imagination, you and your team will make your own animated short to take home.

Annual Fun Fair: Brownstone School, 128 W. 80th St. between Amsterdam and Columbus avenues; (212) 874-1341; 11am–5 pm; Free.

Families will enjoy a bouncy slide, obstacle course, pumpkin and cupcake decorating, music, food, and more.

Diwali, Festival of Lights!: Ruben Museum of Art, 150 W. 17th St. between Sixth and Seventh avenues; (212) 620-5000 X 344.; lcrafft@rmanyc.org; www.rmanyc.org; Noon–4 pm; \$10 (\$10 adults).

The Hindu New Year is celebrated with crafts, stories, dance, and music, sculpt clay lamps, string marigold garlands, and

colorful flower petals added to a giant collaborative Rangoli design!

Tech for Tots, Opposites Attract Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechnolab.com; Noon; Free.

Explore the principles of magnetism and discover which materials are attracted to each other.

Marionette Puppetry Workshop

The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Noon and 4 pm; \$17, \$12 (members).

This Family Workshop teaches the techniques of marionette puppetry that are used in the "Sleeping Beauty" show.

New York Chess Kids: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 2 pm and 3 pm; Free with museum admission.

Practice the basics of chess and learn to make the right move.

Open Studio, Georgia O'Keeffe:

Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; 2–4 pm; Free with museum admission.

Families can visit O'Keeffe's works on view in American Legends: From Calder to O'Keeffe, and paint their own close-up abstract artwork.

"Sleeping Beauty": 2 and 7pm. The New Victory Theater. See Friday, Nov. 1.

Spook-Tacular Halloween Celebration: 3 pm. New York Kids Club. See Friday, Nov. 1.

Third annual TADA! Dance-A-Thon: TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; tadater.com/specialevents.asp; 4 pm; \$50.

A kid-fueled fundraising party for TADA!, where kids get sponsors, bring friends, and have a blast to raise money for scholarships, school residences, and youth development programs.

Super Awesome Saturdays: New York Kids Club, 601 Amsterdam Ave.; (212) 721-4400; www.nykidsclub.com/Open-Play-Space-For-Kids-Single-Day-Signup/704/Tribeca; 6:30 pm; \$48.

Each party features a highlight activity such as science, hip-hop, martial arts, or gymnastics in a fun, creative, and challenging way.

SUN, NOV. 3

Halloween Weekend Pizza Party: New York Kids Club, 601 Amsterdam Ave.; (212) 721-4400; www.nykidsclub.com

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com/Open-Play-Space-For-Kids-Single-Day/drop-off/Tribeca; 10 am–Noon; \$48.

Children will participate in a mummy relay, play Pass-the-Pumpkin, fly like witches, and hunt for ghosts in the gym, conduct eerie science experiments, and more.

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 visitors that explore highlights of the fall exhibitions Robert Motherwell: Early Collages and Christopher Wool.

Studio Sunday: MAD Museum, 2 Columbus Circle, W. 58th St. and Eighth Avenue; (212) 299–7777; www.mad-museum.org/events/studio-sunday-28; 2 pm; \$10.

Join a professional artist to explore the galleries followed by a hands on workshop inspired by the objects in the exhibition.

Special Storyhour with Richard Lewis: Bank Street Bookstore, 610 W. 112 St. and Broadway; (212) 678–1654; bankstreetbooks.com; 2:30 pm; Free.

Join author Richard Lewis for a special storyhour of his whimsical picture book “Play, Said the Earth to the Air.”

“Sleeping Beauty”: 3 pm. The New Victory Theater. See Friday, Nov. 1.

TUES, NOV. 5

Election Day Bingo: Museum at Eldridge Street, 12 Eldridge St. between Canal and Division streets; www.eldridgestreet.org/images/stories/pdfs/Fall-2013-calendar.pdf; 2–3 pm; \$10, \$6 (children).

Patriotic trivia, crafts, and family-friendly tours for future voters ages 5–10.

FRI, NOV. 8

Pajama Party: 6 pm. New York Kids Club. See Friday, Nov. 1.

“Sleeping Beauty”: 7pm. The New Victory Theater. See Friday, Nov. 1.

SAT, NOV. 9

Carnival of the Animals: The Kaye Playhouse at Hunter College, 68th St. between Park and Lexington avenues; www.littleorchestra.org/programs/carnival-animals; 10 am and 11:30 am; \$15–\$50.

Camille Saint-Saëns’s beloved Carnival of the Animals comes to life as guest illustrator Peter H. Reynolds creates original artwork before your very eyes.



Get spaced out

Tim and the Space Cadets are landing at the Jewish Museum on Nov. 17 for an out-of-this-world concert.

Indie rock songwriters Tim Kubart and Tim Matt Puckett weave childhood memories through textured pop tunes, rockers, and lullabies, including their

chart-topping single “Superhero.” The show is great for children 2 to 6 years old. Tim and the Space Cadets, Nov. 17 at 2 pm.

Jewish Museum [1109 Fifth Ave. at 92nd Street; (212) 423–3200 www.thejewishmuseum.org]. Tickets are \$18 for adults, and \$15 for children. Member discount available.

Whitney Wees, Words and Numbers: 10:30 am. Whitney Museum of American Art. See Saturday, Nov. 2.

Family Fun, Poet or Painter?: Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671–1846; whitney.org; 10:30 am–12:30 pm and 1:30–3:30 pm; \$10 per family.

Families will visit Robert Indiana: Beyond LOVE and then create their own artworks that include words and images.

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

“Being Brave” follows Elmo, Grover, and friends as they learn strategies to deal with scary thunderstorms, strange shadows, unfamiliar dogs, and more.

“The Very Hungry Caterpillar and Other Eric Carle Favourites”: NYU Skirball Center, 566 LaGuardia Pl. between W. Third Street and Washington Square South; (212) 998–4941; nyuskirball.org/calendar/hungrycaterpillar; 11 am and 2 pm; \$22–\$28.

“The Very Hungry Caterpillar and Other Eric Carle Favourites” transforms award-winning children’s book author and illustrator Eric Carle’s beloved tissue-paper illustrations into equally engaging

magical puppets.

Hatched: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316–4962; www.symphonyspace.org/event/7969/Family/treehouse-shakers-hatched; 11 am; \$20, \$17 (members,) \$15 (children,) \$13 (members).

Performed through movement, music, and handcrafted puppets, a newborn chick emerges from her shell to a strange and busy world.

Björk’s Biophilia Workshop: Children’s Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721–1223; www.cmom.org; 11 am and Noon; Free with museum admission.

Using provided iPads, museum educators will conduct workshops, guiding families through the Biophilia apps to foster creativity and inspire children to tap into their own musical creativity.

The Book, the Lock, and the Key: The Morgan Library and Museum, 225 Madison Ave. between W. 36th and W. 37th streets; (212) 685–0008; www.themorgan.org; 2–4 pm; \$6, \$4 (members).

Using paper and fine-art materials, book artist and educator Stephanie Krause will introduce children to book forms that can hold secrets between locked covers.

“Sleeping Beauty”: 2 and 7pm. The New Victory Theater. See Friday, Nov. 1.

TaleShare at Bank Street: Bank Street Bookstore, 610 W. 112 St. and Broadway; bankstreetbooks.com; 2:30 pm; Free.

Bank Street Bookstore welcomes all parents and children for a fun craft-filled afternoon of sharing and learning.

Family Astronomy in the Dome: American Museum of Natural History, Central Park West at 79th Street; (212) 769–5200; www.amnh.org; 6:30 pm; \$12, \$10 (members).

Learn about a variety of constellations that you can see in the night sky in this program in the Hayden Planetarium, and compare these to how people in other parts of the world view the same patterns.

Super Awesome Saturdays: 6:30 pm. New York Kids Club. See Saturday, Nov. 2.

SUN, NOV. 10

Lego Robotics Workshop: Robo-Fun, 2672 Broadway at 102nd Street, Loft A; (212) 245–0444; www.robofun.org; 9:30 am; \$75.

Students are introduced to robotics by building and programming LEGO® projects, using sensors, motors and LEGO®’s playful WeDo software. Best for kids in grades first through third.

LEGO Robotics Workshop: Robo-Fun, 2672 Broadway at 102nd Street, Loft A; (212) 245–0444; www.robofun.org; 9:30 am; \$75.

Students will work together to design, construct, and program their own interactive robots. For kids in grades fourth through sixth.

Fashion it! Print it! Workshop: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423–3337; http://TheJewishMuseum.org; 10:30 am–12:30 pm; \$15, \$10 (per child).

Participants will enter the vibrant world of fashion collective threeASFOUR, exploring a star-shaped room and seeing clothing with striking patterns on a gallery tour.

Second Sunday Family Tour: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423–3500; www.guggenheim.org; 10:30 am–Noon; \$15 per family, \$10 (members).

Visitors explore the Guggenheim’s fall exhibitions through family-oriented tours that incorporate conversation and creative hands-on gallery activities.

Björk’s Biophilia Workshop: 11 am and noon. Children’s Museum of Manhattan. See Saturday, Nov. 9.

Carnival of the Animals: 11:30

Calendar

am and 1 pm. The Kaye Playhouse at Hunter College. See Saturday, Nov. 9.

Just Drop In!: 1–4 pm. Solomon R. Guggenheim Museum. See Sunday, Nov. 3.

“Sleeping Beauty”: 3 pm. The New Victory Theater. See Friday, Nov. 1.

MON, NOV. 11

Charles H. Tally Holiday Monday Family Programs: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; www.metmuseum.org; 11 am, Noon, 1:15 pm, 2:30 pm; Free with museum admission.

Take a day to play at the Met and enjoy fun discussion and sketching! For families with children ages 5–12.

TUES, NOV. 12

Festival of LED Lights Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am–1 pm; \$10.

Learn how to wire, connect, and power-up an arrangement of LED lights and illuminate your own unique Hanukkah menorah or Christmas tree decoration to take home.

WED, NOV. 13

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

Led by a museum educator, a one-hour tour of the Guggenheim’s fall exhibitions is given for families.

FRI, NOV. 15

Stroller Tour: American Legends: Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; whitney.org; Noon; \$35 per adult.

Whitney Teaching Fellows lead engaging tours of current exhibitions for new moms and dads when the museum is closed to the public.

Pajama Party: 6 pm. New York Kids Club. See Friday, Nov. 1.

SAT, NOV. 16

LEGO Pre-Robotics Workshop: RoboFun, 2672 Broadway at 102nd Street, Loft A; (212) 245-0444; www.robofun.org; 10 am; \$40.

This workshop for preschoolers and their caregivers will give you the opportunity to build with LEGOS, then add a battery and motors to make them move.

Introduction to Construction: The Skyscraper Museum, 39 Battery



A holiday trio

Mama Bear, Papa Bear, and Baby Bear visit the Swedish Cottage Marionette Theater from Nov. 12 through Dec. 30.

The “Three Bears Holiday Bash” is a variety show that celebrates the holiday season in song, dance, and puppetry. This production becomes a comedy of errors when Baby Bear invites Santa to star in Mama and Papa Bear’s annual holiday show. The audience also gets to join in on the fun with a

“12 days of Christmas” sing-a-long during the performance!

The “Three Bears Holiday Bash,” Nov. 12 through Dec. 30; Mondays through Fridays at 10:30 am and noon; an additional 2:30 pm performance on Wednesdays; and 1 pm on Saturdays and Sundays. Tickets are \$7 for children under 12 and \$10 for all others.

Swedish Cottage Marionette Theater (79th Street and West Drive in Central Park, (212) 988-9093; www.cityparksfoundation.org).

Pl. at First Place; www.skyscraper.org; 10:30 am; \$5.

Children will be introduced to the basics of skyscraper construction through a group reading of Susan L. Roth’s picture book “Hard Hat Area,” then they will design their own skyscraper.

Whitney Wees, Words and Numbers: 10:30 am. Whitney Museum of American Art. See Saturday, Nov. 2.

Family Fun, Poet or Painter?: 10:30 am–12:30 pm & 1:30–3:30 pm. Whitney Museum of American Art. See Saturday, Nov. 9.

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

Enjoy a double feature screening of the popular children’s series.

Justin Roberts and the Not Ready for Naptime Players: Peter Jay Sharp Theatre, 155 W. 65th St. at West End Avenue; (212) 864-5400; www.symphonyspace.org/event/7975/

Family/justin-roberts-and-the-not-ready-for-naptime-players; 11 am & 2 pm; \$25, \$21 (members), \$15 children, (\$13 members).

Roberts’ and band debut their newly released CD Recess! accompanied by other longtime favorites.

Festival of LED Lights Workshop: 11 am–1 pm. SONY Wonder Technology Lab. See Tuesday, Nov. 12.

“How the Meteorite Got to the Museum”: Bank Street Bookstore, 610 W. 112 St., corner of 112th Street and Broadway; bankstreetbooks.com; 1 pm; Free.

Author and illustrator Jessie Hartland will be sharing her latest book How the Meteorite got to the Museum during the Fractured Fables Puppet Show.

“Romeo and Juliet”: Bank Street Bookstore, 610 W. 112 St., corner of 112th Street and Broadway; bankstreetbooks.com; 2:30 pm; Free.

Come help Gareth Hinds celebrate his comic-book redux of one of the greatest love stories of all time, Shakespeare’s “Romeo & Juliet,” at a public reading

and drawing demonstration.

Super Awesome Saturdays: 6:30 pm. New York Kids Club. See Saturday, Nov. 2.

SUN, NOV. 17

Game Design Workshop: RoboFun, 2672 Broadway at 102nd Street – Loft A; (212) 245-0444; www.robofun.org; 9:30 am; \$75.

Kids will use their mathematics and literacy skills while being creative problem solvers. Best for kids in grades 1-3.

LEGO Pre-Robotics Workshop: 10 am. RoboFun. See Saturday, Nov. 16.

Sunday Art Discoveries: The Jewish Museum, 1109 Fifth Avenue at 92nd St.; (212) 423-3200; www.thejewishmuseum.org; 11:30 am; Free with museum admission.

Kids ages 4-6 can engage with works of art through activities and gallery tours that focus on themes related to special exhibitions.

Baby Loves Disco: Le Poisson Rouge, 158 Bleecker St., at Thompson Street; (212) 505-3474; babylovesdisco.com; Noon–3 pm; \$20, \$60 (family four pack).

At this popular children’s dance party, a DJ plays family-friendly songs from the 70s and 80s.

Just Drop In!: 1–4 pm. Solomon R. Guggenheim Museum. See Sunday, Nov. 3.

Sunday Mystery Storytime in Mr. Morgan’s Library: The Morgan Library & Museum, 225 Madison Ave. between West 36th and West 37th streets; (212) 685-0008; www.themorgan.org; 2–3 pm; Free with museum admission.

Families are invited to Mr. Morgan’s Library—with its hidden doors, secret passages, and mysterious staircases—for a one-hour drop-in storytime program.

Tim and the Space Cadets Concert: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3337; TheJewishMuseum.org; 2 pm; \$18, \$15 (per child).

Indie rock songwriters Tim Kubart and Matt Puckett weave childhood memories through textured pop tunes, rockers, and lullabies, including their chart-topping single Superhero.

The Family Table: Trinity Church, 74 Trinity Place, at Rector Street; The Family Table offers you an opportunity to relax after a hard week of multi-tasking and spend a Sunday evening with family, while connecting with neighbors over a healthy meal. - See more at: www.trinitywallstreet.org/events/family-table#; 5 pm; \$25 per family.

Continued on page 42

Calendar

Continued from page 41

The Family Table offers an opportunity to relax after a hard week of multi-tasking and spend a Sunday evening with family, while connecting with neighbors over a healthy meal.

TUES, NOV. 19

"The Fury": Bank Street Bookstore, 610 W. 112 St., corner of 112th Street and Broadway; bankstreetbooks.com; 4:30 pm; Free.

UK author Alexander Gordon Smith will be reading and signing his latest fearsome Young Adult series, "The Fury," a ferocious epic of supernatural terror.

FRI, NOV. 22

Pajama Party: 6 pm. New York Kids Club. See Friday, Nov. 1.

SAT, NOV. 23

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

Elmo learns how to ride a horse and kicks up his heels at a hoe down in this "Wild Wild West" screening.

Asheba: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316-4962; www.symphonyspace.org/event/8058/Family/asheba; 11 am; \$20, \$17 (members,) \$15 (children,) \$13 (members).

Asheba is a musical storyteller who specializes in calypso, the musical and folkloric oral tradition of Trinidad.

Thankful on Thanksgiving Family Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; Noon; \$8.

Using feathers, markers and more, create a unique clay pot turkey that will make the perfect centerpiece for Thanksgiving.

SUN, NOV. 24

Hanukkah Festival and Mitzvah Day: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10 am-2 pm; \$10 (adult,) \$15 (child).

Create your own menorah, build goody bags to cheer up sick children, enjoy holiday entertainment, and more, including activities from American Girl.

Family Tour and Workshop: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 10:30 am & 1 pm; \$30 per family, \$20 (members).

Following an interactive gallery tour of the Guggenheim's fall exhibitions, families create their own artwork in our Stu-



Fun at the bookstore

Sylvia Scodro and Victoria Albert host a TaleShare program at the Bank Street Bookstore with stories and crafts on Nov. 9.

Children 6 years and older enjoy a fun-filled afternoon with books, decorating, face painting, and other crafts. Barnard College seniors Sylvia and Victoria

read interesting stories to the children. Then, children decorate TaleShare bags that benefit the program for foster children and families.

TaleShare on Nov. 9 at 2:30 pm
Bank Street Bookstore [610 W. 112th St. at Broadway, Upper West Side; (212) 678-1654; www.facebook.com/BankStreetBookstore/events].

dio Art Lab.

Thanksgiving Celebration: Museum at Eldridge Street, 12 Eldridge St. between Canal and Division streets; www.eldridgestreet.org/images/stories/pdfs/Fall-2013-calendar.pdf; 11 am-1 pm; \$15 per family.

Catch the Thanksgiving spirit at Eldridge Street. Make Thanksgiving gelt, holiday art, and join the Great Dreidel Scavenger Hunt.

Hanukkah Family Day: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3337; TheJewishMuseum.org; Noon-4 pm; Free with museum admission.

Children can construct Hanukkah lamps made from found objects and decorate dreidels, dance to the music of Yosi and the Superdads, and visit the museum's renowned collection of Hanukkah lamps.

Spin into Hanukkah: Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 1-4 pm; \$10, \$7 (children 10 and under).

Spin into Hanukkah with David Grover and the David Grover Gang, a festive afternoon of songs and crafts and family-friendly tours.

Just Drop In!: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Nov. 3.

New York Youth Symphony Season Opening Concert: Carnegie Hall Stern Auditorium, 881 Seventh Ave., between W. 56th and W. 57th streets; www.carnegiehall.org/Calendar/2013/11/24/0200/PM/New-York-Youth-Symphony; 2 pm; \$20-\$55.

The 51st season opens with operatic flair featuring works by Wagner and Richard Strauss.

Jazz for Kids: The 55 Bar, 55 Christopher St. at Seventh Avenue South; www.amycervini.com/jazz-for-kids; 2 pm; \$5.

Play percussion instruments, listen to kid-friendly jazz songs, and learn a little

bit about jazz. For kids 2 to 6 years old.

THURS, NOV. 28

87th Annual Thanksgiving Day Parade: Macy's Thanksgiving Day Parade, 77th St. and Central Park West, down Sixth Avenue to 34th Street; 9 am-Noon; Free.

Giant balloons, unique floats, and special live performances are just some of what you'll see as Macy's kicks off the holiday season.

SAT, NOV. 30

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

Enjoy a screening of the popular children's animated series.

Björk's Biophilia Workshop: 11 am and Noon. Children's Museum of Manhattan. See Saturday, Nov. 9.

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

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

SUN, DEC. 1

Stop-Motion Animation Workshop: RoboFun, 2672 Broadway at 102nd Street, Loft A; (212) 245-0444; www.robofun.org; 9:30 am; \$75.

Students write their scripts, create storyboards, and design characters in order to shoot their own stop-motion animation videos. For grades fourth through sixth.

LEGO Pre-Robotics Workshop: 10 am. RoboFun. See Saturday, Nov. 16.

Studio Sunday: 2 pm. MAD Mu-

seum. See Sunday, Nov. 3.

LONG-RUNNING

Red Grooms Exhibit: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; \$11 admission fee.

Thought-provoking and whimsical for adults and children alike, the exhibition reflects NYC's frenetic energy and exuberance. The specially selected pieces for this exhibit help children understand the many different ways of seeing their world and environment.

The Rink at Winter Village: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org/things-to-do/wintervillage.html; Sundays - Thursdays, 8 am-10 pm, Fridays and Saturdays, 8 am-Midnight; Free.

The Rink is the centerpiece of Bank of America Winter Village and features free admission ice skating, in addition to high quality rental skates, skating shows, special events, and activities.

Circle of Dance: National Museum of the American Indian, Alexander Hamilton U.S. Custom House, 1 Bowling Green, between State and Whitehall streets; (212) 514-3700; nmai.si.edu; Fridays - Wednesdays, 10 am-5 pm, Thursdays, 10 am-8 pm, Now - Tues, Dec. 31; Free.

You can learn about the cultural significance of American Indian dance at this exhibit. Suitable for all ages.

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; Now - Sun, Jan. 5, 2014; Suggested admission \$19, \$10.50 children, \$14.50 seniors and students.

See more than 150 live frogs, including 10 species of colorful dart-poison frogs.

Art of the Brick: Discovery Times Square, 226 W. 44th St., between

Seventh and Eighth avenues; (866) 987-9692; www.discoverytsx.com/exhibitions/art-of-the-brick; Daily, 10 am-9 pm; Now - Fri, Jan. 31, 2014; \$22.50, \$19.50 (seniors over 65), \$17.50 (kids 4-12).

This exhibition by artist Nathan Sawaya is a critically acclaimed collection of inspiring works of art made exclusively from LEGO® bricks.

The Butterfly Conservatory:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am-5:45 pm; \$27, \$16 (children).

This annual favorite features up to 500 live, free-flying tropical butterflies from Central, South, and North America, Africa, and Asia.

21st Annual Construction Competition:

Brookfield Place, Winter Garden, 220 Vesey St. off West Street; brookfieldplaceny.com/21stAnnualCompetition; Daily, 10 am-6 pm; Now - Wed, Nov. 13; Free.

Annual design competition where teams of architects, engineers, contractors, and the students they mentor will compete to build large-scale structures made entirely out of unopened cans of food, which will then be donated.

Hansel and Gretel's Halloween Adventure:

Swedish Cottage Marionette Theater, 79th Street and West Drive; (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 - Sat, Nov. 2; \$10, \$7 (children 12 and under).

The brother and sister team once again embark on an adventure for one unforgettable Halloween night.

Big Apple Circus Presents "Luminocity":

Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; www.lincolncenter.org; Friday, Nov. 1, 11 am; Saturday, Nov. 2, 12:30 pm; Sunday, Nov. 3, 11:30 am; Tuesday, Nov. 5, 12:30 pm; Wednesday, Nov. 6, 11 am; Thursday, Nov. 7, 11 am; Friday, Nov. 8, 11 am; Saturday, Nov. 9, 11 am; Sunday, Nov. 10, 12 pm; Monday, Nov. 11, 12:30 pm; Wednesday, Nov. 13, 11 am; Thursday, Nov. 14, 11 am; Friday, Nov. 15, 11 am; Saturday, Nov. 16, 1 pm; Sunday, Nov. 17, 12:30 pm; Wednesday, Nov. 20, 11 am; Thursday, Nov. 21, 11 am; Friday, Nov. 22, 11 am; Saturday, Nov. 23, 11 am; Sunday, Nov. 24, 12:30 pm; Wednesday, Nov. 27, 2 pm; Thursday, Nov. 28, 1 pm; Friday, Nov. 29, 11 am; Saturday, Nov. 30, 12:30 pm; Sunday, Dec. 1, 12:30 pm; \$25-\$175.

In its 36th season, the Big Apple Circus celebrates the vitality of life at the city epicenter in its new production.

Holiday Shops at Winter Village:

Bryant Park, 42nd Street and Avenue of



Photo by Alexis Buatti-Ramos

Really happy feet

Dancers from Minneapolis make a special visit to tap their feet in funky costumes at the New Victory Theater from Nov. 15 through Dec. 1.

"Feet Don't Fail Me Now" features a group of dancers from Minneapolis who bring a trunk full of tap shoes, funky costumes, and the big-brass sound to the stage. "Heatbox" the human beat box joins the seven-piece Root City rockers

to accompany each tap, shuffle, and stomp with a clang, riff, and refrain.

"Feet Don't Fail Me Now," Nov. 15 through Dec. 1 with performances at noon, 2, 5, and 7 pm. Check listings for exact dates and times. Tickets are \$25, \$18, \$12 and \$9 for members.

The New Victory Theater | 209 W. 42nd St. between Seventh and Eighth Avenues in Midtown, (646) 223-3010; www.newvictory.org.

the Americas; (212) 768-4242; www.bryantpark.org; Weekdays, 11 am-8 pm, Saturdays, 10 am-9 pm, Sundays, 10 am-6 pm, Now - Sun, Jan. 5, 2014; Free.

From distinctive apparel to jewelry, decorative goods, local foods, and much more, the Holiday Shops are the perfect place to find gifts for all.

Wee Studio: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmny.org; Mondays, Wednesdays and Fridays, Noon-3:30 pm, Now - Mon, Dec. 16; Free with museum admission.

This studio offers a variety of workshops for ages 5 and under, including painting, drawing, drumming, story time, music time, and more.

"Gazillion Bubble Show": New World Stages, 340 W. 50th St. between Eighth and Ninth avenues; (212) 239-6200; gazillionbubbleshow.com; Fridays, 7 pm, Saturdays, 11 am, 2 pm, 4:30 pm, Sundays, Noon and 3 pm, Now - Sun, Nov. 24; \$44.50-\$89.50.

Bubbles, bubbles, everywhere! Lighting, magic, and tricks galore await you in this show. Best for kids 5 and up.

"Fancy Nancy The Musical":

McGinn/Cazale Theatre, 2162 Broad-

way at 76th Street; (212) 579-0528; vitaltheatre.org; Saturdays and Sundays, 11 am and 1 pm, Now - Sun, Dec. 8; \$39.50-\$59.50.

This musical is based on the popular children's books. Suitable for children ages 3-10.

"The Selfish Giant Musical": The Players Theatre, 115 MacDougal St. between Third and Bleecker streets; www.literallyalive.com/shows/giant.html; Saturdays, 11 am and 3 pm, Sundays, 11 am, Now - Sun, Nov. 17; \$25-\$45.

Musical based on the fairytale by Oscar Wilde.

Family Concert and Brunch: Measure Lounge, Langham Place, 400 Fifth Ave. between 36th and 37th streets; 212-613-8667; michael.smith@langhamhotels.com; tinadevaron.com; Sundays, 11 am, Now - Sun, Jan. 5, 2014; \$40, \$20 (children under 3).

A live, musical, and interactive brunch for families, where children can sing along and dance around the piano.

Film Forum Jr: Film Forum, 209 W. Houston St. between Sixth Avenue and Varick Street; (212) 727-8110; www.filmforum.com/movies/more/film_forum_jr#nowplaying; Sundays, 11 am, Now - Sun, Dec. 22; \$7.

A weekly series of classic movie screenings suitable for families.

"Piggy Nation the Musical":

Snapple Theater Center, 210 W. 50th St. at Broadway; (212) 921-7862; piggy-nationnyc.com; Sundays, noon, Now - Sun, Dec. 29; \$30-\$60.

This musical will teach kids proper etiquette while they tap their toes to the music.

"Songs From Above": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Friday, Nov. 8, 3:30 pm; Saturday, Nov. 9, 10:30 am; Sunday, Nov. 10, 10:30 am; Thursday, Nov. 14, 10:30 am; Friday, Nov. 15, 10:30 am; Saturday, Nov. 16, 10:30 am; Sunday, Nov. 17, 10:30 am; \$15, \$10.50 (members).

Artist Mette Rosleff uses puppetry and object animation to reveal moments of discovery, like splashing through puddles.

Masterpiece Mondays:

The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; www.thejewishmuseum.org; Monday, Nov. 11, 3:30 pm; Monday, Nov. 25, 3:30 pm; Monday, Dec. 9, 3:30 pm; Monday, Dec. 23, 3:30 pm; Free with museum admission.

Kids ages 4 to 7 can explore the museum's galleries with sketching and art activities in this after-school series.

"The Three Bears Holiday Bash":

Swedish Cottage Marionette Theater, 79th Street and West Drive; (212) 988-9093; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, Saturdays and Sundays, 1 pm, Tues, Nov. 12 - Mon, Dec. 30; \$10, \$7 (children 12 and under).

"The Three Bears Holiday Bash" is a variety show that celebrates the holiday season in song, dance, and puppetry.

"Feet Don't Fail Me Now!": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Friday, Nov. 15, 7 pm; Saturday, Nov. 16, 2 pm; Sunday, Nov. 17, noon; Friday, Nov. 22, 7 pm; Saturday, Nov. 23, 2 pm; Sunday, Nov. 24, noon; Friday, Nov. 29, 2 pm; Saturday, Nov. 30, 2 pm; Sunday, Dec. 1, noon; \$14-\$25.

Dancers from Minneapolis hit the stage with a trunk full of tap shoes, funky costumes and a big-brass band.

Origami Holiday Tree: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am-5:45 pm; Mon, Nov. 25 - Sun, Jan. 12, 2014; Free with museum admission.

An annual museum tradition, the Origami Holiday Tree and two 19-foot Holiday Barosaurs welcome visitors to the museum throughout the whole holiday season.

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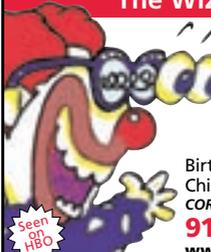
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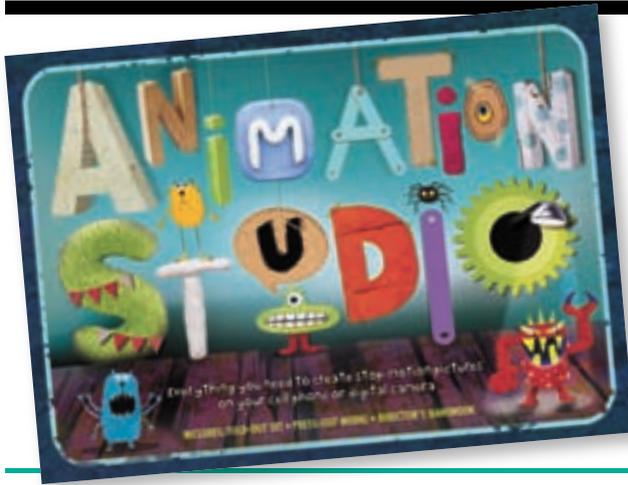
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New & Noteworthy

BY LISA J. CURTIS



Ready, set, animation!

Put your kids on the fast track to film school with a toy that will exercise their story-telling talent while honing their directing and producing skills. Budding auteurs, ages 8 to 12, can create a stop-motion movie using a cellphone or digital camera with Animation Studio by Candlewick Press.

The boxed set includes a reversible, fold-out stage set (a spooky laboratory!), press-out props and puppets, storyboard

sheets to plan the action, and a director's handbook penned by Helen Piercy, who runs animation workshops in London schools. There are even pieces here to help a child make their own 19th century optical toys, a zoetrope and a thaumatrope! This box contains hours of entertainment for your little B-movie director, and a super fun way to spend reel quality time together!

Animation Studio by Candlewick Press, \$19.99, www.amazon.com.

Classic rock 101

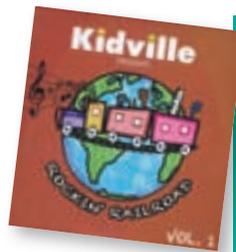
Surprisingly, the soundtrack to Kidville's early childhood music education class, a collection of 20 tracks called "Rockin' Railroad Vol. 1," will pry loose dim, pre-lullaby-era memories of rockin' out to Journey and Kiss.

All of the songs on this CD are written and produced by Brooklyn native Paulie Z (from the IFC television series, "Z Rock," a band that made the Jekyll and Hyde shift between being kids entertainers by day and transforming into the rock band ZO2 by night).

On "Rockin' Railroad," Paulie Z

puts his hair band chops to great use, creating a wide-ranging collection of tunes from the catchy "Snooze Blues" to "Growing Up," rife with electric guitar and Steve Perry-esque vocals. We're making new memories with our progeny — as we teach them how to perfect air guitar and gentle head banging.

"Kidville presents Rockin' Railroad Vol. 1," \$12.99, www.bestbuy.com.



Celebrating challah-days

Just in time for Hanukkah, the vivacious Mama Doni (aka Doni Zasloff) releases her new DVD, "Mama Doni's Jewish Holiday Party" on Nov. 12. Doni's "Party" is comprised of three segments featuring music and recipes guaranteed to infuse families with Doni's irrepressible joy as they celebrate Hanukkah, Passover, and Shabbat (the sabbath).

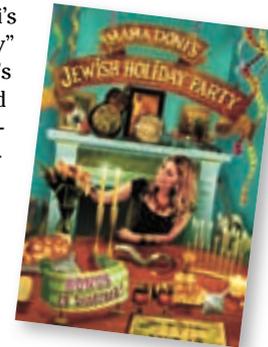
The episodes tell the stories behind the holidays and include plucky bluegrass versions of classic and original songs sung by Doni

and Eric Lindberg, whose fingers fly over his stringed instruments. In addition to sharing recipes for challah

(pronounced HAW-lah) bread, matzo pizza, and latkes,

Doni reminds her young audience to savor the holidays' themes: cherishing freedom, caring for those who are suffering, and taking the time to count our blessings — especially our loved ones.

"Mama Doni's Jewish Holiday Party" DVD and "Mama Doni: The Acoustic Jewish Holiday Collection" CD, \$19.98, www.amazon.com.



Illuminating manuscript

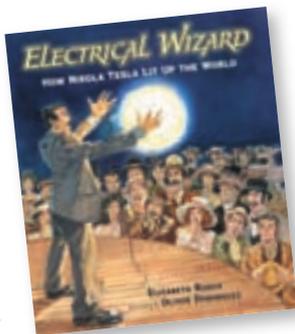
Recommended for children ages 7 to 13, "Electrical Wizard: How Nikola Tesla Lit Up the World" by Elizabeth Rusch, tells the story of the eponymous inventor as he grew from a Serbian boy playing in a stream to an electrical engineer literally giving power to the famous lights of Broadway.

Rusch's non-fiction picture book can be enjoyed on multiple levels. It is a compelling tale with fascinating illustrations by Oliver Dominguez about the creative, imaginative child who dreamed big, and who continued pursuing his groundbreaking electrical engineer-

ing concept of alternating current despite naysayers. It's also a great science book, combining explanations and diagrams of how alternating and direct currents work with examples of awe-inspiring applications: Tesla's invention was used to harness the power of Niagara Falls to literally illuminate New Yorkers. The story of Tesla and his experiments is so exciting, that parents should warn

their littlest listeners of the dangers of playing with electricity.

"Electrical Wizard: How Nikola Tesla Lit Up the World" by Elizabeth Rusch, \$16.99, www.amazon.com.



A pirates life for thee

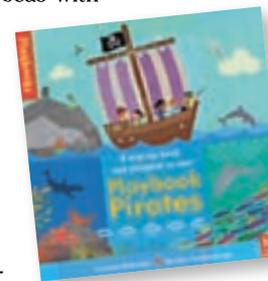
It's time for scallywags to gather round and listen to a tale of adventures on the high seas with

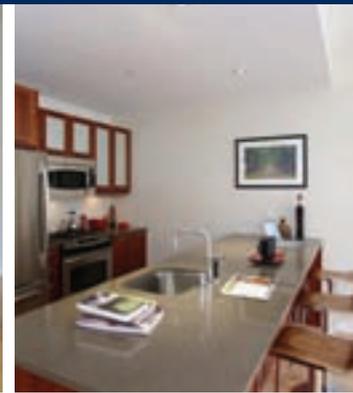
Nosy Crow's pop-up book and play mat, "Playbook Pirates"! Recommended for buccaneers ages 3–7, the sweet book has fantastic 3D structures — such as a pirate ship, octopus, and lighthouse — created by paper engineer Corina Fletcher and artist Britta Teckentrup. The book can be unfolded to lay flat on the floor,

transforming it into a mat where your jolly marauder can imagine

adventures with the enclosed free-standing pirates, rowboat, and sea creatures. When it's time to pull up the anchor and tidy up, the play pieces and book can be stowed away in its sturdy storage box where it will stay shipshape

till the next voyage. *"Playbook Pirates" by Corina Fletcher and Britta Teckentrup, \$24, www.amazon.com.*





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