

MANHATTAN

# Family

Where Every Child Matters

February 2014

**FREE**

PARENTING  
MEDIA ASSOCIATION

**2013 Gold  
Award Winner**

Editorial and Design  
Awards Competition

## Tooth smart

Building good habits

## Teenage romance

Find us online at  
[www.NYParenting.com](http://www.NYParenting.com)



**ACCEPTING  
APPLICATIONS  
GRADES K-10**

## **BASIS INDEPENDENT BROOKLYN** **A School Bridging Silicon Alley with Silicon Valley**

New Yorkers are known for forging their own path. Our academic program is known as a game-changer of college preparatory education: we teach students to rise gracefully to all challenges and foster an intrinsic love of learning. That's why we cultivate learners who outpace U.S. peers by 3 years in math and 4 years in science.

BASIS Independent Schools, now in Brooklyn and San Jose, feature a globally recognized STEM-focused liberal arts curriculum preparing young minds for life in the 21st century.

**IN THE COMPANY OF THE NATION'S BEST**  
2013 *U.S. News and World Report* Best High Schools  
#2 BASIS Tucson, #5 BASIS Scottsdale

**RESULTING INTO TOMORROW'S GLOBAL LEADERS**  
2012 OECD Test Based on PISA Ranking

**BASIS SCOTTSDALE**  
Top 1% Globally in Math & Reading  
Top 5% in Science

**BASIS TUCSON**  
Top 5% Globally in Math, Reading & Science

**LEARN MORE, APPLY NOW!**  
Seats Available for the 2014/2015 School Year  
**[BASISindependentBrooklyn.com](http://BASISindependentBrooklyn.com)**

©2013 BASIS INDEPENDENT SCHOOLS ARE MANAGED BY BASIS.ed

# Family February 2014

## FEATURES

- 6 Making brushing fun**  
Build good habits during National Children's Dental Health Month  
BY ALEXA BIGWARFE
- 10 Looking for love**  
Supporting adolescent romantic relationships  
BY DR. HEIDI SMITH LUEDTKE
- 12 Scripting: Keeping kids engaged**  
For children with autism, sprucing up social skills this wintry season  
BY REBECCA MCKEE
- 18 Fighting bullying**  
A program strives to combat the problem on all fronts  
BY CANDI SPARKS
- 20 High school admissions**  
Seven steps to a successful result at city schools  
BY MAURICE FRUMKIN
- 24 Moment of tooth**  
When it is time to tango with the Tooth Fairy  
BY CHRISTA MELNYK HINES
- 32 Understanding tonsilitis**  
It is prime season for this commonly misunderstood condition  
BY JAMIE LOBER

## SPECIAL SECTIONS

- 22 Meet the Dental Practice**
- 28 Catholic Schools Directory**
- 40 The Marketplace**
- 41 Party Planners**

## COLUMNS

- 8 Fabylyss Finds**  
BY LYSS STERN
- 14 Downtown Mommy**  
BY NOTOYA GREEN
- 16 Growing Up Online**  
BY CAROLYN JABS
- 26 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 30 Lions and Tigers and Teens**  
BY MYRNA BETH HASKELL
- 34 New & Noteworthy**  
BY LISA J. CURTIS

## CALENDAR

- 34 February Events**



# Letter from the publisher

## Thinking of love

Love is in the air. I can feel it, or is it just that I'm frozen and feeling things I want to feel out of longing? It was a pretty cold January!

The month of February holds a lot of interesting things for all of us. The *Winter Olympics*

is one of my favorites and the month is also going to start off with the Super Bowl right here in our metro area.

After that we have *Valentine's Day* with the idea of romance and matters of the heart being pretty strong in this month's editorial. Our articles discuss adolescent romantic relationships, offer a delicious recipe for sweetheart brownies, and give advice on how you can help girls to



leave an abusive relationship. With a lot of territory to cover, our writers have contributed wonderfully informative pieces.

Every time I write this column for our February issue I think about love and all the different kinds of love there are. I think about the love we all feel for our children and how profoundly it affects the rest of our lives.

I saw a play last night about a man and a woman who meet and know almost instantly the kind of passion and connection we all dream of. They have found their soul mate in each other but it is too late. She is already married and the mother of two youngsters and the truth is that unless she leaves her life and her

family and runs off with him, there is no hope for their love to go any further.

She doesn't leave. They have four days together and then her family returns and she melds back into her life, into the responsibilities and love she has for her children and for her husband. He leaves and they never meet again.

She made a choice. For her the needs of her family and the responsibilities she took on offer no out, nor does she realistically feel they could or should. She had the four days and in those days she knew/experienced a love that would stay with her for the rest of her life.

The truth is that having children, being a parent, changes your life, your priorities, and your essentials. Nothing is every the same. One has a new normal. Even when they're

grown, you are still their parents. They are just older and need you less and for different things.

It's a great thing this parent love. It's a profound joy most of the time and some of the time a big headache, but it does become your new normal and it affects your whole life for all of it, or it should.

Have a great month and stay warm. We shall see what the groundhog says about the arrival of spring. It always comes eventually.

Thanks for reading.

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

### STAFF

#### PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

#### PUBLISHER / BUSINESS MANAGER:

Clifford Luster

#### SALES MANAGER / ADVERTISING:

Sharon Noble

#### OPERATIONS ASSOCIATE:

Tina Felicetti

#### SALES REPS:

Alexis Benson, Lori Falco,  
Sharon Leverett, Shanika Stewart

#### ART DIRECTOR:

Leah Mitch

#### PRODUCTION DIRECTOR:

On Man Tse

#### LAYOUT MANAGER:

Yvonne Farley

#### WEB DESIGNER:

Sylvan Migdal

#### GRAPHIC DESIGNERS:

Arthur Arutyunov,  
Mauro Deluca, Earl Ferrer, Cheryl Seligman

#### MANAGING EDITOR:

Vince DiMiceli

#### ASSISTANT EDITOR:

Courtney Donahue

#### COPY EDITOR:

Lisa J. Curtis

#### CALENDAR EDITORS:

Joanna Del Buono,  
Jesseca Stenson

### CONTACT INFORMATION

#### ADVERTISING: WEB OR PRINT

(718) 260-4554  
Family@cnglocal.com or  
SWeiss@cnglocal.com

#### CIRCULATION

(718) 260-8336  
TFelicetti@cnglocal.com

#### EDITORIAL

(718) 260-4554  
Family@cnglocal.com

#### CALENDAR

(718) 260-2523

#### ADDRESS

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

[www.NYParenting.com](http://www.NYParenting.com)

**NEW YORK Parenting**  
nyparenting.com • WHERE EVERY FAMILY MATTERS



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

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

**New York Parenting Media** can also be reached by calling (718) 260-4554, emailing family@cnglocal.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

**New York Parenting Media** has been recognized for editorial and design excellence by 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©2014 Readership: 220,000. 2012 circulation audits by CAC & CVC.





# Park East Summer Program

June 16<sup>th</sup> through August 1<sup>st</sup>, 2014

Tons of Fun *under the* Upper East Side Sun



Toddlers - 4 Year Olds

**Bi-weekly Off-site Tennis and Swimming (4 Year Olds)**

Contact Debbie at 212-737-7330 ext. 1409 or [debbie@parkeastdayschool.org](mailto:debbie@parkeastdayschool.org)

## PARK EAST DAY SCHOOL

164 East 68<sup>th</sup> Street, New York, NY 10065

Applications available on our website [www.parkeastdayschool.org](http://www.parkeastdayschool.org)

# Making brushing FUN



## Build good habits during National Children's Dental Health Month

BY ALEXA BIGWARFE

**G**ood dental hygiene is an important issue for parents to tackle with their children from a very young age.

Tooth decay (which leads to cavities) remains the most common chronic disease in children, despite the fact that it could be easily prevented.

According to the National Institute of Dental and Craniofacial Research more than 40 percent of children ages 2 to 11 have had a cavity in their baby teeth. The organization also reports that decay is increasing in preschool-age children; a problem that is entirely preventable through good oral hygiene.

This February marks the 65th annual, month-long focus on children's dental health. National Children's Dental Health Month is sponsored by the American Dental Association to raise awareness about oral hygiene. Throughout the month, the benefits of good oral hygiene are promoted extensively to children and their families, teachers, and other caregivers.

To further this campaign, the Association provides many free resources for parents and educators, to include posters. This year's motto is "Join the Super Smiles Team." The Association recommends that

If your children watch you brushing your teeth, they will probably be more enthusiastic about brushing their teeth.

children brush for two minutes, two times a day. However, brushing teeth is often a chore that many children (and their parents) dread. Part of the goal of National Children's Dental Health Month is to provide activities and support materials to help parents and teachers make brushing teeth fun. Along with those resources, here are a few tips that have worked in my family's house.

### Seven tips for a fun tooth brushing experience

- Visit the American Dental Association's website and download free coloring sheets, crossword puzzles, certificates, a puppet template, and more.
- Have your child create a calendar to track good oral health practices. Post the calendar in the bathroom and reward children with a gold star or happy face for each day of great oral care!
- Sing songs. "Happy Birthday" or the "ABCs" both sung two times through is usually a good length for brushing.
- Buy your children fun toothbrushes. But be sure to only use a pea-sized amount of toothpaste.
- Join the free America's Tooth Fairy Kids Club. Members will receive personalized letters from

the Tooth Fairy and quarterly fun educational activities!

- Purchase or check out the book and DVD combo: "The Magical Toothfairies." This is a fun and adventurous take on the importance of brushing teeth.

- Set a good example by brushing as a family. If your children watch you brushing your teeth, they will probably be more enthusiastic about brushing their teeth.

The National Institute of Dental and Craniofacial Research provides the following tips for preventing tooth decay:

- Limit between-meal snacks. This reduces the number of acid attacks on teeth and gives teeth a chance to repair themselves.

- Save candy, cookies, soda, and other sugary drinks for special occasions.

- Limit fruit juice. Follow the Daily Juice Recommendations from the American Academy of Pediatrics.

- Make sure your child doesn't eat or drink anything with sugar in it after bedtime tooth brushing. Saliva flow decreases during sleep. Without enough saliva, teeth are less able to repair themselves after an acid attack.

Good habits begin in the home. Developing a good oral hygiene routine at an early age and visiting the dentist regularly will help your children ward off tooth decay and cavities.

If your children watch you brushing your teeth, they will probably be more enthusiastic about brushing their teeth. Let's help our kids "Join the Super Smiles Team" today!

*Alexa Bigwarfe resides with her husband, three children — ages 6, 4, and 2 — and their dog.*

## More online resources

Here are a few websites where you can find get tools to get your kids brushing!

For fun activity sheets to help children have fun while brushing teeth: [www.ada.org/5578.aspx#sheets](http://www.ada.org/5578.aspx#sheets)

America's Tooth Fairy Kids Club can be found at [www.ncohf.org/resources/kids-club](http://www.ncohf.org/resources/kids-club). For more fun facts, tips, photos, and to see the winning video, "like" America's Tooth

Fairy on Facebook.

National Institute of Dental and Craniofacial Research publishes the MedlinePlus Magazine feature on Children's Dental Health: [www.nidcr.nih.gov/](http://www.nidcr.nih.gov/)

For free booklets, brochures, teacher's guides and activities in English and Spanish specifically about Children's Dental health, visit: [www.nidcr.nih.gov/Order-Publications/#2](http://www.nidcr.nih.gov/Order-Publications/#2)



# Asphalt Green

Sports and fitness for a lifetime.

## SWIM SPORTS FITNESS ARTS



Register for Spring Term!  
Classes start March 8.

Open Registration begins February 13.

BATTERY PARK CITY  
[asphaltgreenbpc.org](http://asphaltgreenbpc.org)

UPPER EAST SIDE  
[asphaltgreen.org](http://asphaltgreen.org)



## FABULYSS FINDS

LYSS STERN

# Love is in the air!

**F**ebruary — the month of chocolates, roses, and lots of LOVE!

Let's face it — before the kids, perhaps — you and your sweetie celebrated Valentine's Day with a fancy dinner, wine, candlelight, and roses. After kids, the definition of "fancy dinner" expands to include anything that doesn't involve pizza, pasta, or chicken fingers. Now, romantically dimmed lighting may just induce sleep in exhausted parents. Here are some ideas on how you can still make Feb. 14 a special day.

Some parents opt for a baby-sitter and make an effort for the holiday, because it's important to take those opportunities to connect as a couple, especially after you have kids. I always say "Happy Parents = Happy Kids." So, I like the idea of a family date. Have fun with it by getting dressed up in a special outfit (even if this means a superhero costume for your 5-year-old), bring flowers for everyone or a homemade card, pick somewhere special for dinner (it can be your favorite



local restaurant), and just enjoy being together on Valentine's Day.

Valentine's Day can be a wonderful opportunity to remind all of our loved ones (not only our sweethearts) how glad we are that they're in our lives. I try and take advantage of Valentine's Day to create some fun, special traditions as a family that my boys will remember forever.

I love starting the day off with a DeLysscious, yummy breakfast. I love making heart-shaped pancakes and waffles and serving them with strawberries on top and lots of whipped cream (or whiffed cream, as my 6-year-old says).

I also love to give the boys homemade Valentine's Day cards in their lunchboxes if they have school that day (and yes, I make Valentine's Day-themed lunches with sandwiches in the shapes of hearts) special hugs, and kiss-shaped cookies, and, of course,

use a rolling pin.

Stir together the sweetened condensed milk, vanilla extract, and salt in a large mixing bowl. Add the chocolate morsels, pecans, and graham cracker crumbs and mix with a wooden spoon until well blended.

Spoon the batter (it will be very stiff) into the greased pan. Use the back of a wooden spoon (or clean hands) to pat the batter into an even layer. Bake for 20 to 25 minutes. Let cool completely in the pan.

Use a cookie cutter or a butter knife to cut out small (these brownies are rich!) heart shapes. Serve alone or warm them and pair 'em with a scoop of vanilla ice cream or raspberry sherbet. They'll melt in your mouth!

## Sweetheart brownies

### INGREDIENTS

Makes eight to 12 servings

36 2-inch graham crackers

1 14-ounce can sweetened condensed milk (don't use evaporated milk)

2 teaspoons vanilla extract

1/4 teaspoon salt

16-ounce package semisweet chocolate morsels

3/4 cup coarsely chopped pecans

**DIRECTIONS:** Preheat the oven to 350 degrees F (325 for glassware). While you generously grease an 8-inch, square baking pan, put your kids to work crushing the graham crackers into fine crumbs. It's especially easy and fun if you seal the crackers in a plastic bag and then

some chocolate in each lunch box. Have you ever made Rice Krispie treats in the shapes of hearts? That's also a fun and easy idea. You can make them with the children, and they can bring them to school for a special class snack. (Teachers will also enjoy them.)

I love having my boys make homemade Valentine's Day cards for their grandparents, dad, teachers, and friends. It gives us a change to get creative and use many of our fun arts-and-crafts materials. I love bringing out the glitter pens and puff-paint pens for the boys to decorate the cards with, and, of course, let's not forget the fun stickers.

I also love baking together with them. Try making a "hearty" dessert together. What do you get when you mix graham cracker crumbs and chocolate morsels? Love at first bite. Earn brownie points this Valentine's — or any other day — with this recipe for Sweetheart Brownies, which are fun and easy to make with the kids.

Of course, nothing can melt your heart faster than a misspelled, gluey "Be My Valentine" card from your little one. Wishing you a happy and #FabULyss Valentine's Day!

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



February 7 - 23  
**Bob Marley's**  
**Three Little Birds**

A New Musical  
 Based on the Story by Cedella Marley

Age Recommendation: **EVERYONE 5+**

TICKETS  
 START AT  
**\$14**



**THE NEW VICTORY® THEATER**

**THIS [BABY] LIFE**

FEBRUARY 12 - 23  
 Playing at the NEW 42ND STREET® Studios

Age Recommendation:  
**4 - 18 MONTHS**



Another first for  
 you and your baby:  
 a trip to the theater!

**NewVictory.org • 646.223.3010**  
 209 W 42nd Street, just west of Broadway

ART: TOM SLAUGHTER, PHOTOS: ELIZABETH HONEY & SUSAN GORDON-BROWN, MICHAEL HORAN; COURTESY OF ARTPLAY



**TIRED OF FIGHTING  
 OVER GRADES?  
 HUNTINGTON CAN  
 HELP.**

For more than 36 years, Huntington's highly trained tutors have helped students maintain the skills, confidence, and motivation they need to stay on track all year round.

**Here's how Huntington helps:**

- An academic evaluation identifies problem areas
- Programs are tailored to address each student's needs
- Highly trained tutors work individually with students

Since 1977, Huntington has helped improve skills, confidence, and grades.

Huntington is accredited by Middle States Association of Colleges and Schools (MSA). To find out more about Huntington Tutoring Programs, CALL NOW!



**Huntington®**  
 Your Tutoring Solution

**CALL 1 800 CAN LEARN®**

**MANHATTAN • 237 W. 72nd Street • (212) 362-0100**



**SAVE \$100\*\***  
**WHEN YOU CALL TODAY!**

**ACADEMIC SKILLS K-12**

Reading • Writing • Math • Study Skills  
 Spelling • Vocabulary • Phonics

**SUBJECT TUTORING**

**MIDDLE SCHOOL-COLLEGE**

Pre-algebra • Algebra • Geometry  
 Trigonometry • Pre-calculus • Calculus  
 Earth Science • Biology • Chemistry • Physics

**EXAM PREP**

SAT • PSAT/NMSQT • ACT • Advanced Placement (AP)\* • State Tests • HSPT • ELA  
 ISEE • SSAT • COOP • GED • ASVAB  
 Regents • TACHS • HCHS • SHSAT

**HuntingtonHelps.com**

©2013 Huntington Mark, LLC. Independently Owned and Operated. \*SAT and Advanced Placement (AP) are registered trademarks of the College Board. PSAT/NMSQT is a registered trademark of the College Board and the National Merit Scholarship Corporation. ACT is a registered trademark of ACT, Inc. None of these entities were involved in the production of, and do not endorse, this program. \*\*Offer valid for Academic Evaluation or Tuition, new students only. Not valid with any other offer.

# Looking for LOVE

## Supporting adolescent romantic relationships

BY DR. HEIDI SMITH LUEDTKE

**Y**our daughter's latest crush has a shock of thick black hair and a brown belt in aikido. Enamored of his vegetarian lifestyle and Eastern interests, she's talking tofu and downloading anime movies by the gigabyte. You? Not so impressed.

### Learning from love

"Although many parents would like pre-teens to participate in supervised group activities, school dances, and trips to the mall or the movies, kids are starting to date earlier than most parents would like," says relationship education advocate Lindsay Kriger, creator of the young women's romance advice blog *If Only I Knew*. Tweens are often pre-occupied with romance. They may be infatuated with classmates or obsessed with peers' partnerships. Spending time with mixed-sex peer groups exposes kids to potential love interests and offers opportunities for flirtation. By ages 16 to 18, 75 percent of teens report they've had a relationship, dated, or "hooked up" with someone.

Dating is an opportunity for adolescents to test out different identities, says Dr. Stephanie Madsen, associate professor of psychology at McDaniel College in Westminster, Md. One month, your teen may be sporting an athletic persona; the next, he may be asking to turn your garage into a recording studio. His clothing choices and personal style may shift to please the latest would-be girlfriend. For parents, watching kids try on identities may be like

watching bad comedy. Although the characters are awkward and unbelievable, you just can't look away.

Relationships are like a mirror: kids see themselves as others see them and find out how their words and actions draw others closer or push them away. Tweens and teens also learn about their values and goals, explore their feelings, and practice communication and commitment in dating relationships, says Los Angeles-based teen life coach Melissa Kahn.

"In some ways, teenage love is the purest, sweetest love of all — the kind that is about attraction and fun," says Kahn.

But that doesn't mean young love is easy.

"Romance is a double-edged sword," says Madsen. Being admired and desired is exhilarating, getting disregarded or dumped can be crushing. First relationships also create a template teens use to understand future relationships.

"Failed relationships can make teens feel inadequate, and those feelings of unworthiness may be carried around for a long time," says Kriger.

Parents can help kids learn what is appropriate in a healthy, loving partnership by taking a consulting role in early romance.

### Parenting pointers

Meeting your daughter's date at the door with a loaded shotgun or a list of killer questions would likely do more harm than good. Support healthy relationship skills development by following these do's and don'ts.

•DO listen and share. "Romance

can be a fun topic for parents and kids to bond over," says Kahn. "Parents can take a listening role to hear what is on their child's mind. They can also share their personal experiences with love, which a lot of kids are curious about."

Ask your child what qualities she looks for in a potential boyfriend and what she likes to do on a date.

"A teen who has talked through what she wants in a relationship is better prepared when important choices — like when to end a relationship — present themselves," says Kahn. Initiate an ongoing conversation.

•DON'T overemphasize sex. "Fewer than half of teens in high school have had intercourse," says Kahn, "yet many parents — fearing the worst — assume their teen is engaged in sexually risky behavior and discourage dating altogether."

Be careful to distinguish between romance and sex; they aren't the same thing.

"Many young girls are more interested in infatuation and the logistics of being asked out on a date than in sex," says Kahn. If you immediately bring up sex when your tween or teen mentions a boyfriend, you'll shut down the dialogue.

•DO supervise appropriately. Madsen's research shows 64 percent of parents have rules about kids' romantic relationships. The best rules give parents a chance to step in if their child needs support, says Madsen, they don't restrict kids' behavior. For instance, you might make a rule that you must meet a date before your child goes out and that you need to know where they're going



and when they'll return.

"Restrictive rules that tell kids who they can (and can't) date, and what they can (and can't) do on a date are perceived as overbearing," says Madsen, and they can backfire. Kids may look for loopholes or keep relationships secret to avoid punishment.

- **DON'T intrude.** Dating is one way kids separate from parents and that may evoke some anxiety, says Madsen. Holding on isn't healthy. "Teens crave privacy and independence," says Kahn, and they'll pull away from you if you're over-involved. Forego any spy missions you might be contemplating. Just be available to act as a sounding board when your child wants to talk.

When he chooses to share his dating troubles and triumphs, keep them in strictest confidence. It's not cool to post your kid's romance-related news on Facebook.

- **DO set clear expectations.** Adolescents are learning what behavior is normal during dating. Explain what is and is not acceptable. Studies show many tweens and teens experience verbal harassment in dating relationships and nearly one-third say they worry they might be physically hurt by a romantic partner. Kids need to know they don't have to tolerate disrespect or abuse. Establish a code your child can use to escape a bad situation.

If she calls or texts you the code, come to the rescue. Tell her you need her to return home immediately due to a "family emergency" and pick her up if necessary.

- **DON'T project.** Thinking back on your own teenage years may help you better connect with your child, but remember, your child is not you.

"Parents may fear teens are repeating the very same mistakes we made, which — in retrospect — seem horrifying," says Kahn.

Be careful not to assume kids are making the same choices you made or that the same results are inevitable. You can't prevent your child from making mistakes — or talk her out of her latest crush. You can be there to pick up the pieces of her broken heart.

*Heidi Smith Luedtke is a personality psychologist and mom of two. She is the author of "Detachment Parenting."*

# Scripting

## Keeping kids engaged

For children with autism, sprucing up social skills this wintry season

BY REBECCA MCKEE

**W**hat is scripting? Scripting can be defined as taking dialogue that one heard someone else say (usually a favorite cartoon, TV, or movie character) and applying it in a repetitive fashion. Sometimes this language output sounds functional, yet, many times it comes across as “lost” or disconnected to the here and now. Scripting is one of the hallmark features of autism spectrum disorder. It is considered to be repetitive, perseverative, and a stereotypical behavior.

During downtime or idle moments, scripting may be at its peak. When we have moments of “vegging out” we choose to relax and just chill out. We get comfortable and cozy. Comfort can appear very different to people with unique socio-behavioral profiles than the typical folk. Scripters find enjoyment and comfort in this sameness. That is difficult to compete with.

In the midst of these winter months, we tend to spend more time indoors, enjoying downtime. These inactive moments lead those with autism, who have scripting in their repertoire, to turn inward and find their comfort zone, hence begin scripting, and scripting, and scripting. As with all behaviors that lend themselves to turn others off socially, we want to replace these behaviors with pro-social ones that look and act similarly.

For example, someone in your family scripts from past train rides they have taken, specifically the announcements they have heard the train engineers make. Try being proactive. Set up this individual for social success.

Replace these idle times of scripting with a functional activity that is similar, yet equally reinforcing. He can scrapbook with train tickets, images, and train schedules. Along

### SPECIAL NEEDS

with these items, he can type the scripts and then attach the announcements to each page of the scrapbook.

This is a way to use his scripting in a functional and pro-social

way. A possible benefit may be that others engage him in conversation, which leads to verbalizing these train announcements in a real-life conversation.

Reinforcement, reiteration, and repetition can take place. This will lead to positively practicing pro-social skills before non-preferred events take place.

Creating an activity schedule consisting of photos and written cues help keep one with autism spectrum disorder engaged during these chilly months.





*The* LEE STRASBERG  
THEATRE & FILM INSTITUTE

HOW BIG ARE THEIR IMAGINATIONS?

STRASBERG SUMMER PROGRAMS

CAMPS • WORKSHOPS • INTENSIVES

For young actors ages 7-18

JUNE - AUGUST 2014

**Classes include:**

Method Acting, Singing, On Camera,  
Movement, Musical Theatre,  
Acting for Film & TV, Audition, Dance,  
Improvisation, Movement for the Actor,  
Shakespeare, and Stage Combat

115 EAST 15TH STREET | LEE STRASBERG WAY | 212-533-5500

[www.youngactorstrasberg.com](http://www.youngactorstrasberg.com)



**DOWNTOWN  
MOMMY**  
NOTOYA GREEN

# Embracing family and embracing life

**R**ecently, my husband and I celebrated his 40th birthday in Jackson Hole, Wyo., with our family — which a few years ago probably never would have happened. For the last several years, my husband and I have chosen to celebrate his birthday the same way: a party with his friends.

This year, though, he chose to celebrate his milestone birthday with his family.

For much of our adult lives together (the pre-parent years) the idea of spending time with “family” always seemed like the antithesis to fun. Sometimes it even felt like a drag on our happiness. Certainly, we both liked the idea of having family, but honestly didn’t always look forward to spending time with them other than for those obligatory family occasions like Thanksgiving and Christmas. Between all the nags and all the things we thought they were doing wrong, our families just didn’t get it or get us.

So when my husband and I got married and became parents, the idea of “family” was still very much an emerging concept. Now that we are parents, “family” is no longer at the periphery of our lives. It’s at the very core.

Starting our own family and watching our parents become grandparents have not only caused us to value our families more, but also to stop taking for granted the time we have left with them. It has also caused us to be more flexible and patient people, which are two great skills needed when dealing with family.

So to celebrate my husband’s birthday, we rented a house in Jackson Hole and brought along our parents, grandparents, relatives, and of course, our kids.

We had a great time! We went skiing. We went on a sunset expedition to see the area’s wild life: like elk, buffalo, white horn sheep, and moose, but what we enjoyed



most about the trip was the time we spent together. Also, for his special day we hired a personal chef to prepare one of his favorite meals, which he ate with two of our three kids sitting on his lap the entire time.

Our time in Jackson Hole was our first real family vacation, and also a turning point for my husband, our family, and for me.

Interestingly, while at the house, we saw photos of the family that owned the house. In their photos they looked happy, were all smiles, and showed off their many generations of kids.

On the night of my husband’s

birthday we talked about those photos and about us. We talked about our kids and what we want for our own family. We also talked about how different we are today, and how our lives and values have changed. We also talked about embracing our new lives as parents, but also those parts of us where we are someone’s daughter, son, sibling, and a part of a very big and wonderful family.

*Notoya Green is a parenting expert and former family law attorney. You can read her blog at [www.tripletsintribeca.com](http://www.tripletsintribeca.com). You can also follow her on Facebook at [www.facebook.com/tripletsintribeca](http://www.facebook.com/tripletsintribeca) and on Twitter @NotoyaG.*

**If you're not at Island Lake,  
you're just at camp.**



**Individualized Programing for Today's Child**

**SUMMER: 50 Island Lake Rd • Starrucca, PA 18462  
570.798.2550**

**WINTER: 175 Tompkins Ave • Pleasantville, NY 10570  
914.769.6060 • 800.869.6083 • [www.islandlake.com](http://www.islandlake.com)**

**JOFFREY BALLET SCHOOL**

FOUNDED BY ROBERT JOFFREY IN 1953



**enroll today  
for spring 2014**

**children's program and young dancers program**

register early to be a part of the performance  
"Fantasia" and many other opportunities

**P: 888.438.3808 | [www.joffreyballetschool.com](http://www.joffreyballetschool.com)**

# SUMMER CAMP EXPERIENCES LIKE NO OTHER

When school's out let the summer fun begin!  
Provide your camper with amazing  
experiences they'll take with them forever.

**RIVERDALE COUNTRY SCHOOL**

Bronx, NY

**718.432.1013**

**[www.esfcamps.com/Riverdale](http://www.esfcamps.com/Riverdale)**





## GROWING UP ONLINE

CAROLYN JABS

# Smart about selfies

**W**hen the Oxford Dictionary proclaimed “selfie” the word of the year for 2013, it confirmed what parents already knew: people, especially kids, are taking a lot of pictures of themselves and posting them on social media sites. Although cellphones have made this a lot easier, the impulse to capture an image of one’s self has been controversial ever since Narcissus starved to death because he couldn’t look away from his own reflection.

For better or worse, taking selfies and getting reactions from other people has become one way that teens answer the age-old questions: who am I, and how do I fit into the world?

Since there’s no way to put this genie back into the bottle, parents need to help teens think about the role that selfies should play in their lives. Instead of making hard and fast rules that will inevitably get broken, parents can use the selfie explosion as a teachable moment that will help children think about who they want to be and how they want to present themselves. Here are some topics worth talking about.

**What’s the motive?** People have lots of different reasons for taking selfies. Teens, in particular, may want to try out different looks, experiment with creative effects, record experiences or share those experiences with friends. In general, parents can encourage selfies that get a young person to think creatively and perhaps critically about their own experiences. Unfortunately, because selfies are posted in social media, many teens become hyper-aware of the effect they are having on others. In pursuit of “likes,” teens may post photos that reveal too much or are intended to provoke envy in others. Help your child understand that although everyone enjoys approval from other people, self-esteem has to be based on something more solid. Is your child living up to her own ideals? Does she have the respect of people she trusts? If so, likes — and for that matter — dislikes will matter much less.



**What’s the platform?** Parents can learn a lot by knowing which platform a teen prefers for posting selfies. Facebook has earned the derogatory name of Fakebook because so much of what’s posted there is carefully curated to make the person look happy, normal, and successful. At the other extreme, Snapchat tends to be used for photos that are funny, outrageous, or provocative. Because the selfie is supposed to disappear in a few seconds, there’s more of a sense that anything goes. On Instagram, selfies tend to be more evocative because people who post there are often trying to capture their feelings about a moment rather than the moment itself. Talk to your child about where she posts and why that’s the preferred platform.

**How frequent are posts?** Many young people go through a phase in which they want to document everything that happens in their lives. Although these photos may be meaningful to your child, encourage her to be selective about what goes online. One research study found that, instead of promoting closeness, too many selfies decreased the sense of connection.

**What about editing?** Loving the face and body you have can be challenging in adolescence, when there are so many physical changes, so it is very tempting to kids to use editing tools that will “improve” their looks. Some apps add filters, frames, and splashes of color. Others make it possible to alter the photo itself, airbrushing out flaws and doing what one commentator called “selfie

surgery.” Although girls seem drawn to these tools more than boys, there are plenty of selfies in which guys have substituted a better six-pack. Talk to your child about what tools she uses to change her selfies. Where does she get her ideas about how people “should” look? What are the complications of looking one way in a photo and another way in real life?

**Are sexy selfies OK?** In a culture saturated with sexual images, it is not surprising that young people want to see what effect they can have on others.

This is one area where rules may actually be helpful to teens, but before you talk to your child, you’ll want to think about your own sense of what’s appropriate. Most parents are OK with photos of kids in swimsuits, but not underwear. What about pajamas? Is it okay to post a selfie of yourself in bed? In front of the bathroom mirror? Coming out of the shower? How much make-up is acceptable? Sometimes, for pre-teens and teens, the simplest rule is the best — if you’d be embarrassed to show the photo to your mom, don’t post it online.

**How about an unselfie now and then?** Most adults find that they are happiest when they think less about themselves and more about other people. Give your child a glimpse of this possibility by encouraging selfies that highlight connections with other people or activities done for the common good. Some people are using “unselfies” to promote ideas and causes that make the world a better place. You can find examples to share with our child at [www.unselfie.me](http://www.unselfie.me).

The point is to bring selfies out of the shadows so kids can think more clearly about what they are doing. When selfies make young people more self-aware, they can be a constructive part of growing up.

*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](http://www.growing-up-online.com) to read other columns.*

Copyright, 2013, Carolyn Jabs. All rights reserved.

# Diary of a Worm, a Spider, and a Fly

Sat., Feb. 22, 2014  
at 1:30 PM, \$25

Based on the bestselling books by Doreen Cronin, this hysterical musical coming-of-age will have the whole family cheering on the quirky crawlers as they face problems and milestones common to us all. **Ages 4 to 10**



199 Chambers St. NYC 10007 Phone: 212.220.1460

[www.tribecapac.org](http://www.tribecapac.org)

# FIELDSTON OUTDOORS

@ ETHICAL CULTURE FIELDSTON SCHOOL



## GOED DAY CAMP AGES 5-12

FULL SESSION: June 30-August 8

SESSION 1: June 30-July 18

SESSION 2: July 21-August 8

Offering a unique focus on nature and the Hudson River through songs, folklore, crafts and trips including overnight camping options.

Also offering a full range of traditional camp activities with an elective format. Activities include cooking, physical education, swimming, yoga, gardening and music.

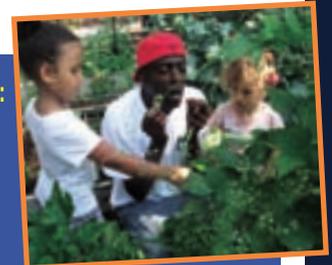
Full/per session rates and financial aid are available. Door to door bus service to and from Manhattan is available for an additional cost.

**FOR FURTHER INFO, PLEASE CONTACT:**

DAVID SMELIN, DIRECTOR  
718-329-7352  
FIELDSTONOUTDOORS@ECFS.ORG

**FIELDSTON OUTDOORS**

ETHICAL CULTURE FIELDSTON SCHOOL  
3901 FIELDSTON ROAD, BRONX, NY 10471-3997



## SUMMER at ST. BART'S 2014

### ST. BART'S DAY CAMP

Ages 3-6 • June 9th-August 22nd (11 weeks)

### ISLAND SPORTS & ADVENTURE CAMP

Ages 7-13 • June 30th-August 22nd (8 weeks)

All options include **swimming every day!**

SWIMMING • SPORTS • MUSIC • ARTS & CRAFTS  
ROOFTOP PLAYGROUND • DANCE & MOVEMENT

For more information, or to schedule a tour, contact us at

212-378-0203 • [info-camp@stbarts.org](mailto:info-camp@stbarts.org)  
[www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp)



# Fighting bullying

A program  
strives to  
combat the  
problem on  
all fronts

BY CANDI SPARKS

**K**ids are bullied. It's a sad fact of life that school kids are picked on by their peers. In fact, one in five children is likely to be bullied; 18 percent of the city's high-school students are bullied, and students who are lesbian, gay, or bi-sexual are twice as likely to be cyber-bullied, according to a study released by the New York City Department of Health in December. Tragically and too often, bullying can result in suicide.

What is bullying and why would it result in suicide? The general definition of bullying is any act that involves physical aggression, name-calling, and any attempt to gain power or control over another person. Some bullying behavior starts on first- and second-grade playgrounds, but that's mostly due to children learning how to set boundaries and socialize with one another. But as children age and intentional components of physical aggression, humiliation, shame and name calling escalates, it's bullying.

Unfortunately, children who are bullied by friends or associates often don't want to tell anyone about it. Yet, the commitment to the safety of our children is paramount to stop bullying and prevent suicide.

## Strengthening relationships

Cheryl Hurst, a social worker of The Children's Hospital at Montefiore School Health Program, and her team address the problem in an eight-week middle school classroom curriculum called Strengthening Tween and Adolescent Relationships, known as "STAR." The program helps 12-to-14-year-old children and adolescents cope with stress, whether it's related to family, dating, academics, violence

or the daily environment.

"No temporary problem should have a permanent solution," Hurst says.

## 'STAR' students

Teachers appreciate the importance of the program's mission.

"At the end of the day, no parent wants their child to become a statistic," says Arissa Zervas, a sixth grade teacher at PS-MS 95 in the Bronx.

She witnessed a remarkable improvement in the relationships between her students and their ability to manage difficult social situations. She only had positive things to say about the effect of the program.

"The STAR program sparked an interest in my students to explore how they interact in relationships. My class talked a lot about relationships and what a relationship means. Some students were not even aware of what that term meant. At first they giggled at the word, because they automatically assumed that 'relationship' means boyfriend or girlfriend, romance and kissing," says Zervas. She discussed with her students that we all have many relationships in the world, like the relationship between students and teachers, families, and non-romantic peer relationships.

The students also discussed abuse in relationships, whether in the form of teasing, bullying, racism, or dating violence.

"This group was not the most mature, but it was interesting to watch them on the journey," she says. "The approach is very student-centered. Some took these lessons to heart and incorporated the lessons into the group."

## Changes in students

The changes in Zervas's students are the positive outcomes of the program, which are outlined in the book

"Dialectical Behavior Therapy with Suicidal Adolescents" by authors Alec L. Miller, Jill H. Rathus, Marsha M. Linehan, and Charles Robert Swenson (Foreword). Hurst works with Dr. Alec Miller, chief of Child and Adolescent Psychology and director of the Adolescent Depression and Suicide Program at Montefiore Medical Center. They use dialectical behavior therapy to help children develop new adaptive skills to cope with life challenges.

"My students started to take a stand against teasing, bullying and abuse," says Zervas. "Their opinions changed. They were also able to defend their opinions as to why a behavior either was or was not abusive. I absolutely recommend the STAR program to any grade, not just elementary grades. It is important to know what good relationships look like and what abuse is — all the different types that we normally take for granted."

## 'STAR' activities

Coping skills are developed through child-centered activities. Zervas's students enjoyed most of the role-playing activities.

"It was very powerful for the students. Two people in a relationship would have to act out different types of abuse. This gave them a visual and tactile connection to the problem. The classroom had different degrees posted around the room (like the weather temperature). The students would go stand near the degree number that represented how big of a problem this is — the higher the degree, the more abusive the situation. They would then discuss what happened in the relationship, how to handle anger, how this is a form of bullying."

Students also enjoyed making collages. The students cut out images of stereotypes and gender roles in society to create a personal collage, which they then discussed.

"Some of the images they identified with were not as appealing by the end of the program," she says.

"Perhaps the most important activity the students enjoyed was the discussion of how to handle what is happening," she continues. "Many times, students don't get a chance to do that with each other, and don't really want to do it at home (because it isn't cool)."

## Discussing bullying at home

This program works in schools among students and their peers in a guided setting. But at home, teens



and tweens can present difficult parenting challenges. The age group is often already moody, emotional, and withdrawn for any reason and for no reason at all. It is difficult to know whether or not a child's behavior in this age group is "normal" or the result of bullying. Hurst says that, to teens, it isn't cool to talk about things at home.

She wants parents to be proactive and "politically correct" when it comes to their children and to discipline from a place of safety, not violence. She suggests that parents "strike when the iron is cold" through daily conversation and spending time in the relationship to enhance the child's ability to communicate.

"Ask them about their friends and their experiences at school. Be on the

lookout for children who don't come home with the lunchbox or all of their possessions and have their clothes tattered at school — [they] might be victims. Parents have to be the eyes and ears of the child's experience and help them navigate this world."

### **Signs of bullying**

Dr. Miller wants adults to be alert to the other signs, symptoms, and signals that a child is having trouble.

"Depression is a 'soft sign' of bullying," he says. "But depressed children don't look like adults. They are more irritable and express boredom and anhedonia [lack of pleasure]. They typically no longer enjoy the things that they used to, like basketball or video games. In addition, changes in sleep or appetite such as waking

up early and pains such as stomach aches or headaches. These symptoms could be medical or they could be anxiety related to bullying."

Identifying when a child is being bullied is tricky, and recognizing the suicidal tendency is even trickier. Kids tend to feel really isolated and alone when go through a bullying experience, and can become remote and moody in general, but there are additional warning signs that can seep out. Dr. Miller gives a few warning signs when teens might be contemplating self-harm or suicide, such as:

- Anxious avoidance of school or peer activities.
- Verbal expressions of wanting to die or suicide.
- Written or artistic expressions regarding death or suicide in English or art class.
- Suicide contagion — adolescents are most vulnerable to news of a recent or celebrity suicide, like the '90s Nirvana singer Kurt Cobain. The suicide of a peer reported in the media concerns them.
- Self-injury like cutting, eating disorders, substance abuse, and other self-harm. This could be an attempt to manage and regulate difficult emotions, or it may be a sign of bullying, and a heightened risk of suicide.

### **What to do**

What can be done when a child shows any of these stress signals and there is a suspicion of bullying? According to Hurst:

- The hardest part of this process is being mindful of your own emotional state. It's best not to become frustrated, angry, or judgmental.
- A proactive approach works best for children. "I am worried about you," is a good way to start the conversation, then, get specific as to why there is a concern.
- Prevent the child from feeling isolated by validating their feelings. "I can tell that something is bothering you. I would like to be able to help you." "How do you feel about the way you are being treated?"
- Don't be alarmed if the mood or pattern goes on for several days. Fight through the child's resistance to open up. But, if it is persisting more than two days, have a guidance counselor, psychologist, or social worker speak with the child.
- Most importantly, become a vigilant monitor of the child's state of being. Parents should have the right to see their child's electronic communications and set a time for them to shut it down. This will help kids

who are getting barraged with texts late at night in bed.

• Let children know that help is out there. Everyone should be involved in anti-bullying measures — parents, peer groups, by-standers, mental health workers, and community advocates can "circle the wagons" to protect children.

### **Making a safe school**

Parents, teachers, and staff can take an aggressive stance to make "safe" schools. Principal Serge Marshall Davis of PS-MS 95 in the Bronx utilizes the STAR program to enhance his school.

"Social and emotional well-being is critical to the student's success in school and in life," he says.

The program has had such a positive effect that every year the school is looking to add another grade and classroom to the program.

"Emphasizing equality as a huge part of a healthy relationship and STAR helps participants understand that there needs to be safety, trust, and support to have a good one," says Hurst. "Participants often realize that they are not yet ready to date because they still need time to learn how to express their gender identity and how stand up for themselves before getting involved in dating and romantic relationships."

Putting first things first sounds good to me.

Davis attributes the success of the program at this school to Hurst, directly.

"We are fortunate to have someone of Ms. Hurst's caliber. She is passionate about children, growth and contributing to the school community," he says. "She is teaching children that they have rights and emotions and how to stand up for themselves in a confident way."

• • •

I was bullied as a school girl, and by the time I was ready to stand up for myself, it had stopped. If there had been a program to teach students like myself how to cope with bullying, my bullying might have ended a whole lot sooner. If this program helps the life of even one child, in my opinion, it is 100 percent worth it.

*Candi Sparks is a Brooklyn mother of two, a Department of Education vendor and author of kid money books "Can I Have Some Money?", "Max Gets It!", and "Nacho Money." She is the chief executive officer of Sparks Fly (specializing in financial literacy for youth). She can be found on her website, [www.sparksfly.org](http://www.sparksfly.org), on Twitter @candi\_sparks, and on Facebook Candi\_Sparks.*



# High school admissions

Seven steps to a successful result at city schools

BY MAURICE FRUMKIN

**T**ens of thousands of families across New York City are now facing the high school admissions waiting game they have heard about — and have been dreading for months and sometimes years.

After submitting the “round one” public high school application choices back in December, parents and students are now waiting for the results (expected in early March) and are asking themselves, “What happens next?” “What happens after we get our round one result?” And most important of all, “What if we don’t get a school we are happy with?”

In recent years, there have been thousands of students each year who are not matched to any of their first high school choices, or are less than satisfied with their round one match. The reasons are beyond the scope of this discussion, but the next immediate step in the process

for these families is the infamous “round two.” This represents another chance to submit choices, and many of the mechanics of the process are similar to round one. Is your head spinning yet?

What is significantly different from round one, however, are the school program choices that are typically available. As one can imagine, as time (and rounds in the process) passes, seats are filled. The city does its best to fill as many remaining seats as possible with students who willingly choose those seats. Unfortunately, the reality of round two is that there are fewer seats in the schools that many families deem “desirable.”

Based on my work with hundreds of families faced with exactly this scenario, these are my Seven Steps Towards A Successful High School Result.

- Anticipate and plan. This may seem obvious, but the truth is many families don’t do this. Most wait until round one results are issued

in March and only then think about what happens after that. This is the worst course of action. Understand the process the best you can, and develop a proactive plan of action. You can always rest later.

- Don’t assume you will get what you want. This may sound harsh and may be hard to swallow now, but it is best to anticipate the worst and be ready for it. The day letters are issued can be traumatic for many students, so plan to be there to support your child the best you can. If you are pleasantly surprised, so be it. But the numbers don’t lie — unfortunately, not everyone can get a top choice, no less their number-one choice.

- Understand what happens in round two and beyond. This cannot be overstated, since you will most likely not have the luxury of time in round two to act and make decisions. Should you participate in round two if you got a round one match? Should you apply to any of the same schools as in round one? Should you forego round two and submit an appeal? These are just some of the questions many families will have, so be sure to anticipate your own responses.

- Understand the appeals process, but don’t rely on it. There is a reason it’s called the appeals process and not “round three,” but unfortunately many families are already relying on the appeals process to get what they want and will be sorely disappointed when their appeal is denied.

- You may have to compromise. Again, this is probably not what you want to hear. But know that many students flourish in their new schools, despite not getting a top choice.

- Don’t let your emotions get in the way of the unfinished work ahead. I have seen many families who, in frustration or anger directly elsewhere, sabotage their own efforts by spending an inordinate amount of time and energy on unproductive activity. Focus on the work that matters, not personalities or emotions.

- Consult an expert. Whether that is your school counselor, friend, or someone else who truly knows the process well, get the facts, develop a solid plan based on accurate information, and don’t act based on rumors or someone else’s situation.

*Maurice Frumkin is president of NYC Admissions Solutions, a Brooklyn-based firm that provides expert advice to families navigating the complex city high-school admissions process. Follow him on Facebook at NYCAdmissionsSolutions, Twitter @NYCHSAdmissions, and sign up for his free monthly newsletter at [www.nycadmissionssolutions.com](http://www.nycadmissionssolutions.com).*



FIDELIS CARE®

# Smile.

February is National Children's Dental Health Month

**Fidelis Care offers full coverage for preventive and routine dental care for kids.**

Quality service. No referrals for network providers. And with some of the top dental providers in the area, Fidelis Care's youngest members have a lot to smile about.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage. For more information about Medicaid Managed Care, call New York Medicaid Choice at 1-800-541-2831. For more information about Medicaid and Child Health Plus call New York Health Options at 1-800-541-2831. To learn more about applying for health insurance through NY State of Health, the Official Health Plan Marketplace, visit [nystateofhealth.ny.gov](http://nystateofhealth.ny.gov) or call 1-855-355-5777.

**1-888-FIDELIS | fideliscare.org**

(1-888-343-3547) • TTY: 1-800-421-1220



# Meet The Practice



## Fidelis

1-888-FIDELIS (1-888-343-3547) or  
www.fideliscare.org

**FIDELIS CARE**

Fidelis Care offers full dental coverage for preventive and routine care. You will receive quality service from some of the top dental providers in the area. No referrals for network providers. Fidelis Care members have a lot to smile about.



## Tribeca North Dentistry

15 E. 91st St. and 78 Laight St.  
212-966-6680 or www.drsinhta.com



At Tribeca North Dentistry and Carnegie Hill 91st Street Dental, we offer both pediatric and orthodontic services for our patients in a warm and kid-friendly environment.

Led by Dr. Sinh Ta (orthodontics) and Dr. Hajira Husain (pediatric dentistry), the goal of our team is to provide your children with the highest standard of care based on their individual needs. It is important to establish proper oral hygiene at an early age.

According to the American Academy of Pediatric Dentistry, all children should have a dental "home" by their first birthday. We will partner with you to ensure that your children receive the necessary guidance and dental care in an age-appropriate manner.

## Lambert Pediatric Dentistry

Dr. Nicole Lambert  
291 Broadway – Suite 1105, New York, NY 10007  
212-240-4040 or www.LambertTribeca.com



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.

## Gramercy Pediatric Dentistry

Dr. Jeremy Dixon D.D.S.  
193 Third Avenue, NY, NY 10003  
212-477-7712 or www.gramercykidsdental.com



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. Dr. Dixon has provided specialized dental care to thousands of families. Our patients come from around the block as well as from surrounding counties and other countries to experience the warm, personal care we provide. We offer the latest and best dental treatment to

our patients including: low dose digital X-rays, up to date comprehensive pain control techniques, conservative dental restorations, gluten free cleaning options, and effective fluoride application minimizing ingestion. We are an all latex free office. For children who have difficulty tolerating dental procedures we offer multiple options for sedation dentistry. If you or your child is afraid of the dentist, this is the place to go. The office's minimalist child friendly décor is both clean and soothing ensuring you will look forward to your next trip and have the peace of mind of having a healthy happy mouth!

# LAMBERT

## PEDIATRIC DENTISTRY

TRIBECA | NEW YORK



**PEDIATRIC DENTIST –  
DR. NICOLE LAMBERT**

- Specializes in dental treatment of all children, including children with special health care needs
- Provides a variety of treatment options including Comprehensive Pediatric Dental Treatment, Orthodontic Treatment, Emergency Treatment, Cosmetic Procedures as well

291 BROADWAY, SUITE 1105, NEW YORK, NY 10007 • 212.240.4040  
WWW.LAMBERTTRIBECA.COM

Like us on

facebook

or follow us on  twitter

Facebook Search: NYParenting

# GRAMERCY

Pediatric Dentistry 



[www.gramercykidsdental.com](http://www.gramercykidsdental.com)

Jeremy Dixon, D.D.S.  
195 3rd Ave. (at 17th St) New York, NY 10003  
(212) 477-7712

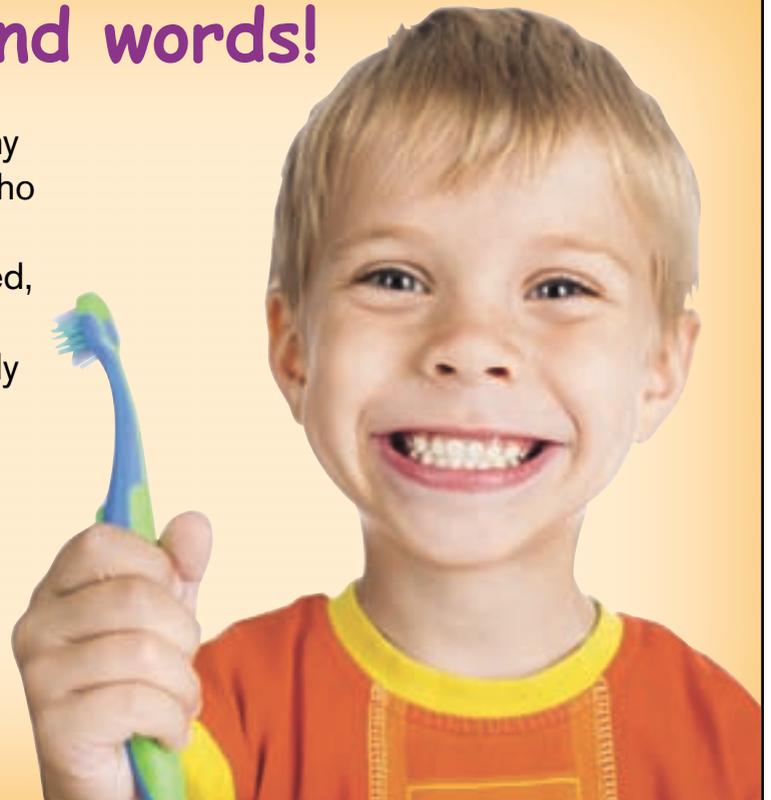
## A smile says a thousand words!

At **Tribeca North Dentistry**, we believe that healthy teeth create happy smiles. Led by Dr. Sinh Ta—who trained at Columbia University and has had an Upper East Side office since 2001—our dedicated, experienced team offers both dentistry and orthodontics for children in a beautiful, kid-friendly office. Call to set up an appointment today.



**Tribeca North Dentistry**

(212) 966-6680 • [www.DrSinhTa.com](http://www.DrSinhTa.com)



**15 E 91<sup>st</sup> St. | Now Opened 78 Laight St.**

# Moment of tooth

## When it is time to tango with the Tooth Fairy

BY CHRISTA MELNYK HINES

**I**t seems like just days ago when I waited patiently for my son's first little biters to erupt in his infant mouth. Those days somehow melted magically into years, and before I knew it, I could hear the Tooth Fairy fluttering about.

Like many parents, I wondered: what is developmentally normal when it comes to baby tooth loss? How does the tooth-obsessed fairy collect her pearly prizes? And what is the paying pixie's going rate for a baby tooth?

### Losing baby teeth

Pediatric dentist Dr. Jill Jenkins says, in general, children lose their first tooth between the ages of 4 and 7, with teeth falling out in the order in which they first came in.

Should you yank a loose tooth?

"Usually, the best policy is to let it

come out on its own," Jenkins says. "If the other tooth is coming in, parents can have their child suck on a Popsicle to numb the gums and eat pizza crust, carrots, or apples. If a tooth is wiggly, and we're not seeing the new tooth, letting your child work through it on his own is usually the easiest way and the least stressful way to go about it."

Be sure to consult your child's dentist if you have any concerns.

### Enter the Tooth Fairy

That first loose tooth can cause anxiety for some children. Often, anxiety turns to excitement as children listen to tooth-loss stories exchanged among classmates and anticipate the reward the Tooth Fairy leaves behind.

The exact origin of the enigmatic Tooth Fairy is steeped in mystery, but historically the loss of baby teeth is an important rite of passage.

The earliest known written records regarding baby teeth date from northern Europe and describe a tann-fe, or tooth fee, in which money was paid for a baby tooth. In the Middle Ages, Europeans, fearing witches could curse their children if they acquired their baby teeth, buried the teeth in the ground. The Vikings wore baby teeth as jewelry, considering them good-luck talismans in battle. Other cultures fed the teeth to animals believing the adult tooth would resemble the animal's powerful, strong teeth.

Today, countries all over the world continue to mark the loss of baby teeth with various customs. In Spain, France, Italy, and Mexico, for example, the Tooth Fairy appears as a small white mouse or rat, symbolic because rodents have strong teeth that never stop growing. In Sweden, the baby tooth is placed in a glass of water, where it is mysteriously replaced overnight with coins. And, it is customary in much of the Middle East for baby teeth to be thrown towards the sun, and in Asia, onto the roof.

The Tooth Fairy as many of us know her, appeared in the early 1900s.

### Cups, pillows, pockets, and doors

The Tooth Fairy isn't picky about how she collects baby teeth. Lori Poland grew up placing her baby teeth in a clear glass of water on her nightstand. She says she loved fishing a wet \$2 bill out of the cup the next morning, setting it out to dry, and

storing it in her memory box.

Although a tooth placed in a plastic Ziploc bag or envelope tucked under the pillow should do the trick, many parents opt for a Tooth Fairy pillow or pouch for their youngster. Retailers offer an assortment of pillows or you can try making your own.

Monica Bradford designed a Tooth Fairy Pocket for her 6-year-old son when he lost his first tooth.

"He placed his tooth in the pocket, hung it on his bedpost, and woke up to find \$2 for his first tooth," she says. (For instructions on making your own Tooth Fairy Pocket, visit Bradford's blog at <http://scrapinspired.com/2011/10/tooth-fairy-pocket/>.)

Cathy Green, mom of three, says the Tooth Fairy enters their home through a small ceramic door that Green's stepmother designed. The door is outside the kids' bedrooms. After collecting the tooth from a small box under the child's pillow, the Tooth Fairy replaces the tooth with her reward and leaves the box next to the tiny door.

### The going rate

According to a 2013 survey conducted by Visa, kids are receiving an average of \$3.70 per tooth. That's up from \$2.60 per tooth in 2011 — a 42 percent jump.

Beth Foster says that the Tooth Fairy typically pays \$1 per tooth, although her daughter Logan, 6, discovered a \$5 payout under her pillow for her fifth tooth.

"This is a Foster tradition, and I've been assured the good old fairy does not leave \$10 for the 10th," Foster says.

What does the Tooth Fairy do with those teeth?

Legend says that the Tooth Fairy tosses the teeth up to the sky and they become stars.

Naturally, many theories exist. Foster's daughter Logan says, "The fairy uses her wand to shrink the teeth to a very small size so she can carry them in a bag with her from house to house. She then takes the teeth to Santa, so he can use them to make toys."

Whatever she does with them, with each tooth lost, adulthood gains another foothold on our kids. It's no wonder we've found ways to mark this stage in our kids' lives, which seems as fleeting as the Tooth Fairy herself.

*Freelance journalist Christa Melnyk Hines is a mom of two boys and the author of "Confidently Connected: A Mom's Guide to a Satisfying Social Life," a resource for moms seeking a more balanced social life that supports their emotional health.*





- Harlem Hebrew is a tuition-free public charter school focusing on an immersion approach to Modern Israeli Hebrew and the study of Israeli culture and history.
- Harlem Hebrew has two-three teachers in a classroom throughout the day.
- Harlem Hebrew uses the Teachers College Reader's and Writer's Workshop Model.
- Harlem Hebrew provides its students with outstanding instruction across all curriculum areas. Our curriculum is individualized, differentiated and designed to meet each individual child's needs.
- Harlem Hebrew is located at 147 St. Nicholas Avenue, between 117th and 118th Streets in Manhattan. DOE yellow bus transportation may be available for students living under 5 miles from Harlem Hebrew.
- We are currently accepting applications for 2014-15 for Kindergarten, Grade One and Grade Two. (We also still have limited spaces available in kindergarten and grade one for the current school year.)
- ALL ARE WELCOME!!



For more information or to complete an application, visit our website or contact us!

(212) 866-4608 • [info@harlemhebrewcharter.org](mailto:info@harlemhebrewcharter.org)

[www.harlemhebrewcharter.org](http://www.harlemhebrewcharter.org)

### LAC COMPREHENSIVE PRESCHOOL Grand Opening January 2014!

*Servicing Children with Special Needs Ages 2-5*

SPECIAL EDUCATION TEACHERS MUSIC THERAPY

OCCUPATIONAL THERAPY SPEECH THERAPY

PHYSICAL THERAPY PET THERAPY



Image attribution flickr user woodleywonderworks



**ENROLL NOW  
AT OUR WEBSITE FOR  
ADMISSIONS**

Life Adjustment Center Comprehensive Preschool  
325 E. 101st Street, 2nd Floor • New York, NY 10029  
(212) 828-3974 • [www.LACComprehensivePreschool.org](http://www.LACComprehensivePreschool.org)

## MUSICAL THEATRE WORKS

**C-A-M-P**  
Creative - Arts  
Music & Performance  
in the  
*Berkshires!*



**August  
16<sup>th</sup>-25<sup>th</sup>**

**CALL US TODAY! (505) 946-0488 • Visit us online: [www.c-a-m-p.net](http://www.c-a-m-p.net)**

# BRAZIL <sup>FOR KIDS</sup> ahead

**ONE FUN WEEK  
PORTUGUESE IMMERSION  
WINTER CAMP**



**FEB 17-21**

LOCATION:

224 W 35th Street  
Suite 203A

Phone: 646-567-7133

REGISTER YOUR CHILD TODAY  
[www.brazilahead.com/kids](http://www.brazilahead.com/kids)



Please visit our website for more details and registration materials. [www.trevor.org](http://www.trevor.org)

Contact: Lisa Goldberg - Director • 212.426.3307 • [lgoldberg@trevor.org](mailto:lgoldberg@trevor.org)

# CAPOEIRA

Martial Arts Dance Music



(212) 677-2209 • Free Trial Class  
107 Suffolk Street, NY NY

[WWW.NEWYORKCAPOEIRACENTER.COM](http://WWW.NEWYORKCAPOEIRACENTER.COM)



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Making magic with freezer and pantry

**I**t happened again. You're on your way home and you have no idea what you'll serve for dinner. And it's 5:30 pm.

Rather than steering your vehicle towards the closest drive-thru again, utilize your food pantry as a kitchen workhorse. When it holds canned, refrigerated, and frozen staples, you can provide healthier eats for your family and save money.

Heather Gottfried keeps a well-stocked pantry as well as some quick cooking essentials — such as chicken breasts, shrimp, veggies, and fruit — in the freezer.

“Aside from the stocked freezer, we always have whole-wheat pastas, minute brown rice, canned beans, tuna in water, low-sodium chicken stock, and canned fruit in water on hand,” she says.

Other shelf staple items to consider are tomatoes (whole, diced, crushed, sauce, paste), quinoa, bulgur, couscous, extra virgin olive oil, canned salmon, olives, and Arborio rice.

One fridge “must” is a hard cheese, such as Romano, for grating.

Make your food do double duty.

Rethink what's left of those roasted vegetables from one night, tossing them with spaghetti and cooked crumbled sausage the next.

This is not leftovers. It's a whole new supper.

“When cooking, especially on the



weekends, I try to make things that will stretch to another couple of meals,” says Gottfried, a busy working mother of a second-grade girl.

“A roasted chicken one night can turn into chicken fajitas one night and reappear again as chicken noodle soup later in the week.”

Other ideas might include:

- Microwave a baked potato and top it with canned (vegetarian) chili and grated cheese. Or, top it with cottage cheese.

- Tuna noodle casserole can be made in minutes with whole-grain noodles, frozen peas, and canned tuna. Or, make tuna melts with reduced-fat

cheese on whole-wheat bread.

- Once in a while, breakfast for dinner is a hit with the kids.

“Eggs can be made into a quick omelet or frittata with veggies or even just scrambled,” suggests Gottfried. Include fruit or vegetables and milk.

- Make a fast stir fry. Combine frozen Asian vegetable stir-fry mix, leftover chicken, and serve over quick-cooking brown rice.

- Have a “clean out the refrigerator” night. Take out the leftover dribs and drabs, spread out on the kitchen counter, and call it your buffet.

When you're prepared with versatile ingredients in your pantry, the daily stress of deciding what to eat at the last minute will be replaced by the peace of mind of having nourishing meal fixings at the ready.

*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.*

## Citrus soother

Yield: Makes 5 servings

### INGREDIENTS:

3 cups Florida orange juice  
1 cup Florida grapefruit juice  
1/4 cup honey  
3 inches stick cinnamon

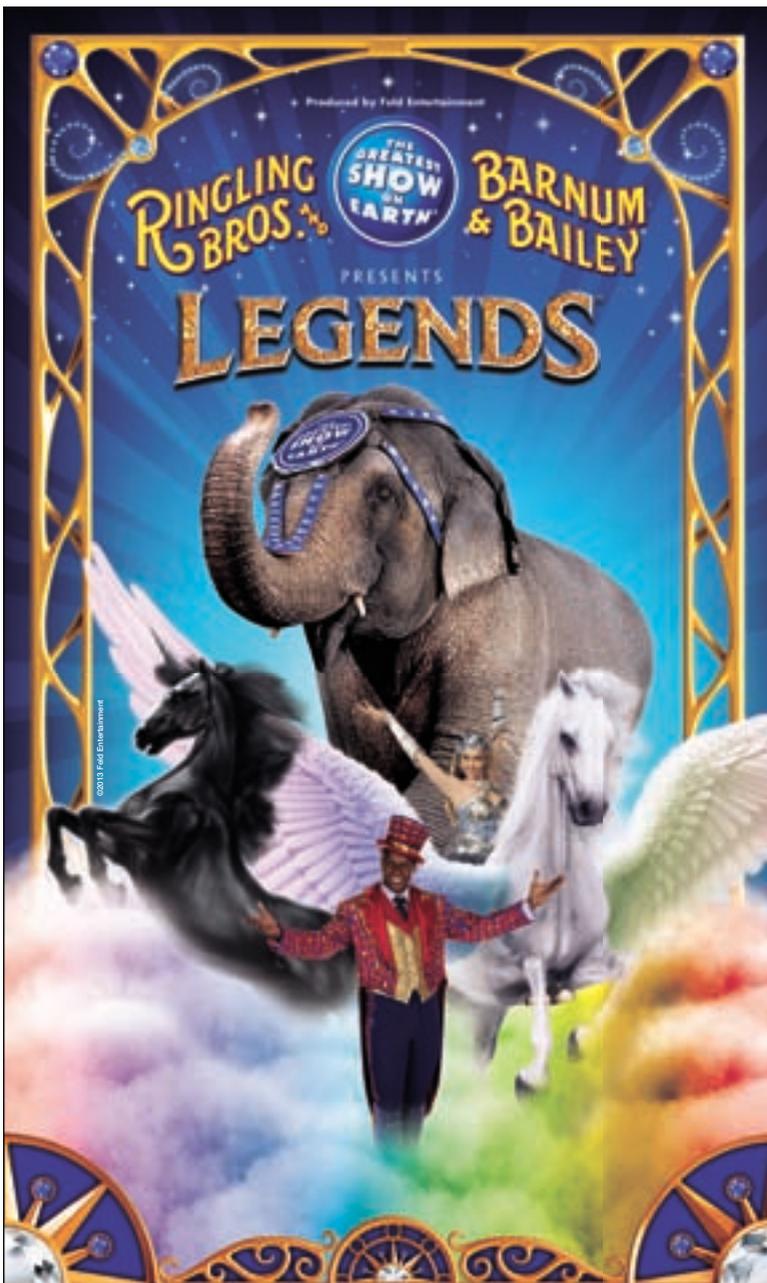
**DIRECTIONS:** In a medium saucepan combine orange juice, grapefruit juice, honey, and cinnamon. Heat,

stirring occasionally, just until warm (do not boil). Remove cinnamon with slotted spoon; discard. Serve warm. If desired, garnish with Florida orange slices.

**NUTRITION FACTS:** 60 calories, 14 grams carbohydrate, 1 gram protein, 0 fat, fiber or sodium. 10% Daily Value vitamin A, 80% Daily Value vitamin C.

Recipe courtesy Florida Department of Citrus





## Enter for a Chance to WIN Tickets!

Visit [NYParenting.com](http://NYParenting.com) to Enter for a Chance to WIN a Family Four-Pack of Tickets and Four passes to the RINGMASTER'S ZONE Before the Show!

No purchase necessary. See [NYParenting.com](http://NYParenting.com) for official rules. Restrictions and exclusions may apply. Subject to availability.

**FEB. 20 –  
MAR. 2**



Buy Tickets: [Ticketmaster.com](http://Ticketmaster.com)  
800-745-3000 • Barclays Center Box Office

ELEVEN TRAINS. ONE DESTINATION. BARCLAYS CENTER.

2 3 4 5 6 7 8 9 10 11 12 to Atlantic Avenue - Barclays Center C to Lafayette Avenue G to Fulton Street LIRR to Atlantic Terminal



[Ringling.com](http://Ringling.com)

# Creative Dream PLAYHOUSE

## OPEN PLAY!!!

Creative Dream Entertainment  
Now Offers an All Access  
**OPEN PLAY/DROP OFF**

Monday through Thursdays 10am - 12pm

Email: [molly@creativedreamparties.com](mailto:molly@creativedreamparties.com) or  
[parties@createdreams.com](mailto:parties@createdreams.com)



212.447.7263



25 Waterside Plaza/Plaza Level • (27th st. & FDR Drive)



**THE WEEKDAY SCHOOL AT  
RIVERSIDE CHURCH**  
490 Riverside Drive, New York, NY 10027  
*is pleased to announce*



## SUMMERSIDE CAMP 2014

Registration for the Summerside Camp program is under way. Information and registration forms are available:

❖ Online: <http://www.wdsnyc.org/pages/summerside-camp>

❖ Contact: Tricia Pool at [tpool@wdsnyc.org](mailto:tpool@wdsnyc.org)

❖ Call for more information  
**212-870-6743**



**Session I: June 16 – 27**  
**Session II: June 30 – 11** (closed 7/4)  
**Session III: July 14 – 25**  
Register for one, two or all sessions.

Mini Camp for 2's and young 3's  
8:45am – 12:30pm

Full Camp for 3 – 6 year-olds  
8:45am – 2:30pm



**Be sure to save a space - Register by May 1, 2014**

Like Us on  
facebook  
to WIN  
tickets or  
prizes



Visit us at our  
NYParenting page  
and register to win

### Attention All Writers!

We're looking for personal essays about you, your family and life in your community.

Partner with us and share your stories and your memories.

Email [family@cnglocal.com](mailto:family@cnglocal.com) to have your piece included in our magazine and on our website.



## Catholic Schools

### DIRECTORY

#### Incarnation School

570 West 175th Street  
212-795-1030 or [www.incarnationnyc.org](http://www.incarnationnyc.org)

Incarnation School, a Catholic elementary school in the Archdiocese of New York, has provided a high-quality, values-based education to the children of Washington Heights from pre-kindergarten through 8th grade for over 100 years. The school's core curriculum is grounded in reading and language arts, mathematics, science, and social studies. Incarnation also provides classes in religion, art, music, physical education, and technology. This well-rounded education includes frequent use of the computer lab for all students, and the library, with a catalog of over 11,500 books. Students are encouraged to participate in Incarnation's extensive academic, athletic, cultural, and service-based extracurricular offerings. Incarnation School's formal After-School Program, now in its eleventh year, provides working parents with much-needed, affordable childcare from dismissal at 3:00 p.m. until 6:00 p.m.

#### Mary Louis Academy

176021 Wexford Terrace, Jamaica Estates, Queens  
718-297-2120 or [www.tmla.org](http://www.tmla.org)

The Mary Louis woman is offered an array of intellectually challenging courses that provide academic foundation. Each student develops her program incorporating honors and advanced placement courses focusing on her strengths and interests and leading to a Regents Diploma with Advanced Designation.

SMARTBOARD Technology is used throughout the school. Over 100

computers are available for student use.

Guidance Counselors offer personal and academic counseling beginning in Freshmen year. TMLA has a unique and extensive college program which focuses on acceptance to top level colleges and universities. Student talents are developed and interests cultivated through participation in more than 50 extracurricular clubs and activities.

#### St. Brigid School

185 E. 7th Street, NY 10009  
212-677-5210 or [www.stbrigidschoolny.com](http://www.stbrigidschoolny.com)

Since 1856, St. Brigid School has been an integral part of the East Village through its emphasis in a complete education. Located at the corner of Tompkins Square Park, SBS provides its students from Pre-K through 8th grade with a safe and welcoming learning environment, where every child is given the opportunity to reach his/her potential and become critical thinkers and impassioned members of the community.

Our Early Childhood Program accepts children aged 3 and 4 with student-teacher ratios maxed at 9:1. The Pre-K curriculum focuses on literacy, math, values, and classroom preparation. Center based instruction at St. Brigid School fosters the important early development of math and literacy that is supported by continual feedback and exchanges with the teacher. Through play in areas like the block center, art center, and the sand table, learning is thus both communicative and explorative and builds a strong foundation for critical thought.

Like us on

facebook

or follow us on  twitter

Facebook Search: NYParenting



## ST. BRIGID SCHOOL

“Where students become stars...”

185 E. 7th Street  
New York, NY 10010

### What we offer:

- Art history program
- Music/choir class
- Computer lab with technology coach
- Early morning drop-off
- Free breakfast and lunch
- Daily after school program
- SMART Boards in every room
- Italian language program
- Newspaper club
- Resource room specialist



Call or email today to schedule a private tour!

Admissions  
@stbrigidschoolny.com

(P) 212-677-5210



## THE MARY LOUIS ACADEMY

*Like no other school.  
Like no other students.*

176-21 Wexford Terrace  
Jamaica Estates, NY, 11432  
(718) 297-2120 • [www.tmla.org](http://www.tmla.org)

- 100% Regents Diploma
- 100% College Acceptance

Sponsored by the Sisters of St. Joseph, Brentwood, NY  
Accredited by the New York State Board of Regents  
& the Middle States Association of Colleges and Schools



If you like the magazine you'll love the site.

Check us out!

# NYParenting.com

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

## *Incarnation School* Grades UPK through 8



Breakfast Program • Computer Lab — all classes  
Smart board & computers in every classroom  
iPads & Notebooks in upper grades  
Title I Math Reading Speech ESL  
Art • Music • PE Classes and more  
Optional After School from 3–6 p.m.

570 West 175th Street, 10033 • (212) 795-1030  
[www.incarnationnyc.org](http://www.incarnationnyc.org)



## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Brutal boyfriends

## How to help girls leave an abusive relationship

**A**ccording to a 2011 survey conducted by researchers at the Centers for Disease Control and Prevention, “9.4 percent of high school students reported being hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the 12 months prior to the survey.”

Dating violence crosses all racial, economic, and social lines. However, most victims are young women, who often keep their suffering secret, so it is typical that parents don’t find out until things have gotten extremely out of hand.

Heidi\*, the mother of an abused teenage daughter, explains, “We only found out, because my husband took her phone for another reason and was shocked to see messages our daughter’s boyfriend was sending her.”

Heidi says that her daughter Sabrina’s\* boyfriend did not start mistreating her until months into the relationship. By that time, he had already established control over her.

“He would tell her things like, ‘Your mom and dad don’t love you



like I do,” Heidi reports. She says that the situation escalated rapidly. “The school called us one day and said that we had to get there immediately, because our daughter had been hurt by her boyfriend.”

Heidi describes the fear, hopelessness, anger, and frustration

that a parent feels when this is happening to her child.

“It’s hard to understand how awful this is unless you’re going through it. It started to affect our marriage and our other children because we were consumed with Sabrina’s situation.”

Can parents help their daughters out of the abyss?

*\*Names changed to protect privacy.*

## Getting out of a dangerous relationship

The following tips are provided by Mike Domitrz, founder of The Date Safe Project ([www.Date-SafeProject.org](http://www.Date-SafeProject.org)), which provides educational programs and materials about verbal consent, respecting boundaries, healthy intimacy, and support for survivors of violence.

- Recognize the abuse: You deserve equal choice and freedom in all aspects of a relationship. Disrespect or violence of any kind (emotional, verbal, or physical) is NEVER all-right.

- Document: Document the abuse in order to see the red flags and take steps to leave the relationship. Seek medical attention.

Not all injuries are visible and it is another way to document the abuse.

- Change all access: Change your phone password and all online passwords prior to telling the abuser you are ending the relationship.

- Safety first: If your safety is at all a concern in meeting with the abuser, you do not “owe it” to the abuser to meet in-person to end the relationship.

- Be clear: When ending any relationship, use clear wording. For example, “This relationship is not one I want to be in today or at any time in the future. We are no longer dating.”

- Hand over and report technol-

ogy: Give your phone to a trusted adult who will report any abusive messages sent to you from the abuser.

- Free yourself of stress: Stay away from online communities where the abuser may try to influence you (e.g. Facebook, Twitter, etc.).

- Your options: Be willing to call the police and/or turn to additional resources such as:

- NYCDomestic ViolenceHotline: 1 (800) 621-HOPE [4673]

- The National Dating Abuse Helpline: 1 (866) 331-9474

- [www.breakthecycle.org](http://www.breakthecycle.org) (online dating abuse prevention program)

- [www.loveisrespect.org](http://www.loveisrespect.org) (information about healthy relationships)



### Avoiding abuse from the get-go

A healthy and loving relationship with male caregivers is a good prerequisite for future relationships, because girls will know what to look for in a male companion. However, this does not guarantee that your daughter won’t become involved in a destructive relationship.

“The key lies in creating a strong, loving bond between a daughter and her dad. This is her first relationship with a man and later leads to her choice of men to date and marry,” explains Dr. Carole Lieberman, host of the weekly internet radio show, Dr. Carole’s Couch, and member of the clinical faculty at the University of California, Los Angeles’s Neuropsychiatric Institute.

Rabbi Shmuley Boteach, founder

"It's hard to understand how awful this is unless you're going through it. It started to affect our marriage and our other children because we were consumed with our daughter's situation."

of This World: The Values Network and international best-selling author of 30 books, including "Ten Conversations You Need to Have with Your Children," counsels, "Parents need to be up to speed on what their children are doing."

### Warning signs

Some suitors don't seem violent at first, so it is imperative that parents are aware of potential warning signs.

Dr. Christine Weber, a clinical neuropsychologist practicing in Seaford, NY, instructs parents to be wary of the following behaviors:

- Your teen stops sharing information with friends and family.
- Your teen becomes isolated.
- Your teen justifies the abuse (e.g. "He didn't mean to shove me.")
- Your teen drastically changes her appearance to satisfy her boyfriend's needs instead of her own.
- Your teen's boyfriend refuses to meet you. (Not necessarily a sign of abuse, but a general "red flag.")

### Steps parents should take

"You need her to trust you; otherwise, she won't even be able to hear you," says Dr. Robert Epstein, a senior research psychologist at the American Institute for Behavioral Research and Technology and author of "Teen 2.0: Saving Our Children and Families from the Torment of Adolescence."

"The most important way to achieve this is to show her that you trust her judgment, and not to criticize her for being an idiot

who is being taken advantage of by a defective male."

Rabbi Boteach says that parents need to be in positions of authority but understand their child's needs.

"Rather than saying 'I won't allow it,' ask questions about what your teen is feeling, such as 'Do you feel this young man respects you?'"

Lieberman recommends that parents step in when violence occurs.

"Contact the school and the police, especially if there is proof of physical abuse."

Epstein urges parents to be on their daughter's side by giving her a better quality of love than her boyfriend is giving. Unconditional love and being there to pick up the pieces are essential.

### Tips and tales

"Teen girls should be leery of the guy who doesn't want her to go out with her friends and family or gets jealous if he doesn't have her attention."

*Laura Bongiorno, Hyde Park, NY*  
"Showing them the consequences of what could happen to them (e.g. a battered women's shelter) if they choose to stay in a violent relationship is convincing. Reassurance that you love them unconditionally is also important."

*Patti Clerc, Ocala, FL*  
"Love is blind sometimes, but as parents, we should be involved in our daughters' relationships. Meet and get to know the boyfriend, but not in a controlling way."

*Rhonda Dixon, Kingston, NY*  
"Controlling relationships start out with a lot of attention, which can be flattering. When they have someone who showers them with gifts, they think it's the real thing. However, the gifts often come with strings, and the giver can be quite pushy about collecting."

*Debbie St. Onge, Poughkeepsie, NY*

### Share your ideas

Upcoming topic: Adolescents affected by divorce. How parents can help.

Please send your full name, address, and brief comments to [myrnahaskell@gmail.com](mailto:myrnahaskell@gmail.com) or visit [www.myrnahaskell.com](http://www.myrnahaskell.com).

*Myrna Beth Haskell is a feature writer, columnist, and author of, "Lions And Tigers And Teens: Expert Advice and Support for the Conscientious Parent Just Like You" (Unlimited Publishing LLC, 2012).*

**"ENCHANTING!"**  
- NY TIMES

Gazillion  
**Bubble Show**  
THE NEXT GENERATION

Sat 11, 2 & 4:30  
Sun 12 & 3

**TELECHARGE.COM**  
or 212.239.6200

For Groups & birthday parties  
visit our website or call 866.642.9849  
**GazillionBubbleShow.com**

**NW**  
NEW WORLD STAGES  
340 WEST 50th ST.

**STOMP**  
THE RHYTHM OF NEW YORK

Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

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

# Understanding tonsillitis

It is prime season for this commonly misunderstood condition

BY JAMIE LOBER

**F**ebruary is part of the cold-and-flu season and it is a prime time to talk about one of the most commonly misunderstood conditions: tonsillitis.

“People do not necessarily call it tonsillitis; they call it a sore throat or strep throat and occasionally they mean tonsillitis,” says Dr. Joseph M. Bernstein, director of the division of pediatric otolaryngology at New York Eye and Ear Infirmary. Often, people are unsure as to what having tonsillitis really means. “Tonsillitis by definition is an inflammation or infection of the tonsils, which are immune organs or lymphatic organs in the back of one’s throat,” says Bernstein.

Different names get thrown around — such as tonsil infection or throat infection — but doctors understand what parents are referencing.

“In young kids the tonsils are a significant area in the back of the throat, so it is sometimes difficult to tell the difference between a localized tonsil infection versus a more diffuse, where everything in the back of the throat is inflamed, which would be a pharyngitis effectively,” says Bernstein.

In general, tonsillitis is not preventable.

“The causes are either a virus or a bacteria, and viral tonsillitis is more



Tonsillitis tends to be associated with a child's first couple of years of early exposure to a variety of respiratory illnesses.

common than bacterial tonsillitis," he says.

The signs of tonsillitis can mimic other conditions.

"The symptoms generally include some generalized malaise, sore throat, and often times a fever," says Bernstein. Younger kids tend to be affected because they have a more immature immune system. "We see kids below the age of 10 more commonly and we see this more in the winter or cold months." It tends to be associated with a child's first couple of years of early exposure to a variety of respiratory illnesses.

Diagnosis is based on looking at the tonsils, as well as taking a history.

"We can make the clinical diagnosis simply with a combination of a complaint about a sore throat along with some objective signs of inflammation," says Bernstein. If the doctor looks in the back of the throat and sees redness or swelling that means there is inflammation in the tonsils, but does not tell whether the tonsils are inflamed because of a virus or bacteria that may need to be treated with antibiotics. This is where throat cultures come in handy.

The prognosis is good.

"Generally speaking, tonsillitis — if not due to streptococcus infections — tends to be fairly self-limited and most kids tend to get better on their own," says Bernstein. Conservative management is helpful. "Kids should be properly hydrated. Control fevers and pain with some Tylenol or Motrin, and they are self-resolving over the course of a couple of days," says Bernstein.

With streptococcal infections, you have to be concerned about potential complications so doctors treat with antibiotics.

"There is some evidence to show that it hastens the clinical improvement and kids get better and it also decreases the complications," says Bernstein.

In severe cases, tonsils are removed.

"Generally speaking, we wait until kids have significant symptoms and have had either seven infections within a year or five infections for a couple of years running, or three infections for three or more years running," says Bernstein. It is the severe, more recurrent cases that tend to benefit from a tonsillectomy. "There are risks like bleeding after surgery which on average is in about two and a half percent of cases," he says.

Doctors are cautious about recommending the procedure. The American Academy of Pediatrics suggested surgery for tonsil or adenoid swelling that makes normal breathing difficult; tonsils that are so swollen that your child has a problem swallowing; your child has repeated ear or sinus infections despite treatment; your child has an excessive number of severe sore throats each year; or your child's lymph nodes beneath the lower jaw are swollen or tender for at least six months even with antibiotic treatment. If your child is a candidate for surgery, make sure he knows what to expect before, during, and after so it is less frightening to go through.

Now that you understand the basics of tonsillitis, you may wonder why we have tonsils in the first place.

"The tonsils function as an immunologic organ system and their function is to initiate an immune response against infectious, foreign bodies, entering the respiratory tract," says Bernstein. The mode of entry through the mouth can be through inhalation or ingestion and the tonsils are the first defense against those antigens that potentially seek harm.

The take-home message is that if your child has a sore throat and fever without other symptoms suggestive of a common cold, he should see the pediatrician for a culture of his throat and to make sure it is not a strep infection that needs to be treated with antibiotics.

"It can last as short as 48 hours to occasionally as long as a week or 10 days," says Bernstein. With supportive therapies, kids can do quite well.

*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

**"BEST NEW ACT IN AMERICA!"**

*-America's Got Talent*

# illuminate

**A Mesmerizing Story Told Through  
Music, Dance & Technology**



**NOW LIVE in the heart of BROADWAY!**

**FAMILY 4-PACKS AVAILABLE FOR \$150!**

**\*BroadwayOffers.com or call 212-947-8844**

**Use Code ILMETFAM4P**

**iLuminate.com**

**↻ New World Stages, 340 West 50th St.**

\*Select performances only. Subject to availability. 4 tickets or more at \$37<sup>50</sup> each (reg. \$69<sup>95</sup>).

# Calendar

FEBRUARY



Photo by Michael Horan

## 'Three Little Birds' takes flight

The timeless music of Bob Marley comes to life on the stage when "Bob Marley's Three Little Birds" opens as a musical at the New Victory Theatre on Feb. 7.

The story is based on a children's book written by Marley's daughter Cedella, and follows young Ziggy as he learns how to "breathe easy" and stop worrying about everything. It's geared toward children ages 5 years and older, and the melodies will have both parents

and kids swaying along.

"Bob Marley's Three Little Birds" begins Feb. 7 and runs through Feb. 23. Showtimes are noon and 5 pm on Saturdays and Sundays. Additional performances on Feb. 17, 19, 20, and 21 at 2 pm. Tickets range from \$14 to \$25.

*New Victory Theatre [209 W. 42nd St. between Seventh and Eighth avenues in Times Square, (646) 223-3010, [www.newvictory.org/Show-Detail.aspx?ProductionId=5198](http://www.newvictory.org/Show-Detail.aspx?ProductionId=5198)]*

## Submit a listing

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

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

## SAT, FEB. 1

### IN MANHATTAN

**Baby Got Bach:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am; \$18.

At this concert, children can play on real instruments, then listen as professional musicians perform classical music.

**Family Fun – Communicating Character:** Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; [whitney.org](http://whitney.org); 10:30 am and 1:30 pm; \$10.

Families will visit the museum's exhibits for inspiration, then they will create their own portraits.

**Whitney Wees – Strike a Pose:** Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; [whitney.org](http://whitney.org); 10:30 am and 1:30 pm; \$10.

Families will discover how different artists represent the human form in their art.

**"The Wonderful Wizard of Odd":** Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; [www.lincolncenter.org](http://www.lincolncenter.org); 11 am; Free.

Six clowns bring the story of Oz into the 21st century through songs and more, much to the audience's delight.

**"Cloudy with a Chance of Meatballs 2" Screening:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am and 2 pm; Free.

Families will enjoy this screening of the popular animated film.

**Josh and the Jamtones:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$20, \$17 (members), \$15 (children), \$13 (members).

Josh and the Jamtones are ready to host an interactive dance party geared



Photo by Jack Grassa, Westminster Kennel Club

## Who's the top dog?

Calling all dog lovers to the Westminster Kennel Club's new competition on Feb. 8 and 11.

For the first time in its more than 100-year history, The Westminster Kennel Club will showcase non-purebred dogs in the first Masters Agility Championship at Westminster. These dogs and their handlers will navigate the obstacle course of jumps, tunnels,

weave poles and more, in this timed competition. It's sure to be fun for the whole family!

Agility championship on Feb. 8 between 11 am and 9 pm. Tickets are \$20 for adults, and free for children 12 and under.

Pier 94 [711 12th Ave. at W. 55th Street on the Upper West Side, (212) 213-3165, [www.westminsterkennelclub.org](http://www.westminsterkennelclub.org)]

towards kids and parents of all ages.

**Fantastic Foodimals Workshop:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 12:30 pm; \$7.

Children will create their own "foodimal" (part food, part animal) inspired by the movie "Cloudy with A Chance of Meatballs 2."

**Folk Art, Fashion, and Paper Dolls:** American Folk Art Museum, 2 Lincoln Sq., Columbus Avenue between 65th and 66th streets; (212) 265-1040; 1 pm; Free.

Participants in this workshop will create paper dolls with fashions inspired

by the designs in the museum's exhibition, Folk Couture.

## SUN, FEB. 2

### IN MANHATTAN

**Julie Nariman:** Bank Street Bookstore, 2879 Broadway at W. 112th Street; (212) 678-1654; [www.bankstreetbooks.com](http://www.bankstreetbooks.com); 10:30 am; Free.

Enjoy a book reading and mini taekwondo workshop with Julie Nariman (aka Esmeralda Kim), author of "Taekwondo Tales."

**Family Nature Crafts:** Dana Discovery Center, 110th Street between Fifth and Lenox avenues in Central

Park; (212) 628-2345; [www.nycgov-parks.org/events/2014/02/02/family-nature-crafts](http://www.nycgov-parks.org/events/2014/02/02/family-nature-crafts); 11 am; Free with museum admission.

Urban Park Rangers will help children make nature crafts to help learn about our environment.

### Poisons in Nature – Grades 1 and 2:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); 1:30 pm; \$125, \$115 for members.

Visitors will go behind the scenes into the The Power of Poison to explore which living things are poisonous and how they use that to their advantage.

### FURTHER AFIELD

#### Little Makers – Lunar New Year

**Lanterns:** New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am; \$8 plus museum admission.

Celebrate the Year of the Horse as children tinker with LEDs and tissue paper to make a glowing lantern.

## MON, FEB. 3

### IN MANHATTAN

#### Amazing Adaptations – The

**Dinosaur Adventure:** Epiphany Public Library, 228 E. 23rd St. between Second and Third avenues; [www.nypl.org/events/programs/2014/02/03/amazing-adaptations-dinosaur-adventure?pref=node\\_type\\_search%2Fevents](http://www.nypl.org/events/programs/2014/02/03/amazing-adaptations-dinosaur-adventure?pref=node_type_search%2Fevents); 3:30 pm; Free.

With dinosaur puppets and engaging songs, students will learn about the survival strategies of animals throughout our earth's history.

## TUES, FEB. 4

### IN MANHATTAN

**The Haden Triplets:** Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; [www.lincolncenter.org](http://www.lincolncenter.org); 7:30 pm; Free.

The Haden Triplets will perform songs steeped in history and the American folk music tradition.

## SAT, FEB. 8

### IN MANHATTAN

#### Valentine-Making Workshop:

The Battery Park City Authority's Parks Conservancy, 6 River Terr., south end of River Terrace; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); 10 am–Noon; \$10 per person.

Make your own aromatic valentines with dried lavender, rose petals, anise and other pleasing fragrances from the garden, as well as salvaged paper, lace and ribbon.

*Continued on page 36*

Continued from page 35

**Jacqueline Schmidt:** Bank Street Bookstore, 2879 Broadway at W. 112th Street; (212) 678-1654; [www.bankstreetbooks.com](http://www.bankstreetbooks.com); 10:30 am; Free.

It's story time and art activity with "Patchwork Helps a Friend" illustrator Jacqueline Schmidt.

**Family Fun – Communicating**

**Character:** 10:30 am and 1:30 pm. Whitney Museum of American Art. See Saturday, Feb. 1.

**Whitney Wees – Strike a Pose:**

10:30 am. Whitney Museum of American Art. See Saturday, Feb. 1.

**Dora the Explorer Double Feature:**

SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am; Free.

Children will love this screening of two episodes of the popular children's TV series.

**First Masters Agility Championship at Westminster:**

Pier 94, 711 12th Ave. at W. 55th Street; (212) 213-3165; [www.westminsterkenelclub.org](http://www.westminsterkenelclub.org); 11 am-9 pm; \$20, Free for children under 12.

Watch as these dogs and their handlers navigate the obstacle course of jumps, tunnels, weave poles, and more, in this timed competition.

**Give Your Voice – Honor Black History:**

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Noon-5 pm; Free with museum admission.

Celebrate Black History Month with a series of activities and performances all day at the museum.

**Family Workshop – A Little Piece of My Heart:**

SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com)

## Honoring the writing on the wall

See graffiti in a new way at the City as Canvas exhibit at the Museum of the City of New York from Feb. 4 through Aug. 24.

This new exhibit at the Museum of the City of New York explores the relationship between the city and graffiti art through the works of Martin Wong.

City as Canvas features nearly 150 items, including historical photographs of graffiti, paintings, and sketchbooks collected by Martin Wong, himself a graffiti artist from the 1970s.

It also highlights how graffiti has evolved from a forbidden form of self-expression to a widely embraced public display of art.

Running from Feb. 4 through



Museum of the City of New York

Aug. 24, from 10 am to 6 pm. Tickets are \$10 for adults, and free for children under 12.

*The Museum of the City of New*

*York [1220 Fifth Ave. between E. 103rd and E. 104th streets, on the Upper East Side, (212) 534-1672, [www.mcny.org/content/city-canvas](http://www.mcny.org/content/city-canvas)].*

[nywondertechlab.com](http://www.sonywondertechlab.com); Noon; \$6.

Families will celebrate Valentine's Day and deliver a heartfelt message to the one they love with a unique heart-shaped locket necklace.

**American School Foundation**

**Performance:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); Noon; Free.

Visitors will enjoy a live musical performance by students from the American School Foundation, in the Sony Plaza Atrium.

**Family Craft – Happy Valentine's Day:**

Riverside Public Library, 127 Amsterdam Ave. between W. 55th

and W. 56th streets; [www.nypl.org/events/programs/2014/02/08/family-craft-happy-valentines-day?pref=node\\_type\\_search%2Fevents](http://www.nypl.org/events/programs/2014/02/08/family-craft-happy-valentines-day?pref=node_type_search%2Fevents); 2 pm; Free.

Make picture frames and heart-shaped friendship bracelets to keep and share with your loved ones.

**Bubble do The Beatles:** Front/Row, Fulton Street at South Street Seaport between Water and South streets; [www.frontrowcube.com](http://www.frontrowcube.com); 2 and 4 pm; Free with RSVP.

The popular New York City indie pop band Bubble is back performing the classic hits of The Beatles in this family-friendly concert.

**The Young People's Chorus**

**Concert:** American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); 4 pm; Free with museum admission.

The chorus will be performing two original jazz works and new choral settings of existing music with jazz master Delfeayo Marsalis, plus special guest, Darryl "DMC" McDaniels from Run-DMC.

**FURTHER AFIELD**

**"A Surprise Inside – Buildings with Secret Powers":** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30-2 pm; Free with museum admission.

A special program for children 6 years and older to discuss the 74th Street Powerhouse building and then make their own dioramas.

**SUN, FEB. 9**

**IN MANHATTAN**

**David Weinstone and The Music for Aardvarks Band Concert:**

The Jewish Museum, 1109 Fifth Ave. at 92nd Street; [www.TheJewishMuseum.org](http://www.TheJewishMuseum.org); 11:30 am and 2 pm; \$18 (adults), \$13 (children), \$15 (adult members), \$11 (child members).

Enjoy the original sound of The Music for Aardvarks Band and their catchy favorites like "Modern Art" and "Taxi," which celebrate being a child in New York City.

**Musical Afternoon:** Bank Street Bookstore, 2879 Broadway at W. 112th

## Shipshape winter fun

Mid-winter recess will never be the same again, thanks to the Intrepid Sea, Air, and Space Museum, which is holding great events from Feb. 15 through Feb. 23.

Children of all ages participate in a variety of events with themes like science fiction, superheroes, safaris, and more during the Intrepid's Kids Week! Visitors will learn about 3-D printing and robotics during hands-on workshops, they'll get moving with local sports

teams, see live demos with animals from around the world, and much, much more.

Mid-winter recess from Feb. 15 through Feb. 23, from 10 am to 5 pm daily. Tickets are \$22 for adults, \$17 for children ages 7 to 17, \$10 for children 3 to 6, and free for children under 3.

*Intrepid Sea, Air, and Space Museum [Pier 86, 12th Avenue and 46th Street in Hell's Kitchen, (212) 245-0072, [www.intrepidmuseum.org/kidsweek2014.aspx](http://www.intrepidmuseum.org/kidsweek2014.aspx)].*



Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Street; (212) 678-1654; [www.bank-streetbooks.com](http://www.bank-streetbooks.com); 1 pm; Free.

Enjoy a musical afternoon with songwriter Heidi Siegell and the Yippee Skippy puppeteers.

**Poisons in Nature – Grades 1 and 2:** 1:30 pm. American Museum of Natural History. See Sunday, Feb. 2.

## FURTHER AFIELD

**“A Surprise Inside – Buildings with Secret Powers”:** 1:30–2 pm. New York Transit Museum. See Saturday, Feb. 8.

## MON, FEB. 10

### IN MANHATTAN

**“The African Drum”:** National Black Theatre, 2031 Fifth Ave. at E. 126th Street; (212) 724-0677; [www.shadowboxtheatre.org](http://www.shadowboxtheatre.org); 10 and 11:30 am; \$15 at the door.

Puppet show showcasing traditional African folktales. This is the story of Kijana and her animal friends.

## TUES, FEB. 11

### IN MANHATTAN

**“The African Drum”:** 10 and 11:30 am. National Black Theatre. See Monday, Feb. 10.

**Taste the Museum – A Walking Food Tour:** American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); 6:30 and 7:30 pm; \$40.

This after-hours tour will include chocolate tastings as you learn about its place in history.

## WED, FEB. 12

### IN MANHATTAN

**“The African Drum”:** 10 and 11:30 am. National Black Theatre. See Monday, Feb. 10.

## FRI, FEB. 14

### IN MANHATTAN

**Zionsville High School Orchestra:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); Noon; Free.

Enjoy a live musical performance by students from the Zionsville High School Orchestra in the Sony Plaza Atrium.

**“Transformation – Rhythm’s Roots”:** Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; [www.lincolncenter.org](http://www.lincolncenter.org); 7:30 pm; Free.

This collaboration between Emmy Award-winning tap dancer Jason Samuels Smith and the Owen “Fiidla”



## Brothers in song

The Just Kidding series at Symphony Space continues with a performance from the Okee Dokee Brothers on Feb. 22.

This Grammy award-winning duo will take the audience on a camping journey with their catchy songs from their album “Can You Canoe?” All without ever leaving the city!

Brown Quartet is based on rhythmical and creative elements.

## SAT, FEB. 15

### IN MANHATTAN

**The Backyardigans Double Feature:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am; Free.

Families and children will enjoy watching these two episodes of the popular animated TV series.

**The Gustafer Yellowgold Show:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$25, \$21 (adult members), \$15 (Children), \$13 (children members).

Audiences will enjoy a combination of catchy original songs performed by a live band, accompanying beautifully animated on-screen illustrations.

**Vincent Kirsch:** Bank Street Bookstore, 2879 Broadway at W. 112th Street; (212) 678-1654; [www.bank-streetbooks.com](http://www.bank-streetbooks.com); 1 pm; Free.

The Okee Dokee Brothers on Feb. 22 at 11 am. Tickets are \$20 for adults, \$17 for adult members; \$15 for children, \$13 for member children.

*Symphony Space [2537 Broadway at W. 95th St. on the Upper West Side, (212) 864-5400, [symphonyspace.org/event/7980/Family/the-okee-dokee-brothers](http://symphonyspace.org/event/7980/Family/the-okee-dokee-brothers)].*

Families will enjoy this puppet show with Vincent Kirsch, author of “Freddie and Gingersnap,” a book about a dynamic dinosaur duo.

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

Children will uncover the world of nanoscience and nanotechnology while participating in hands-on activities that explore the properties, structures, and materials of this field of science.

**Family Winter Nature Hike:** Dana Discovery Center, 110th Street between Fifth and Lenox avenues in Central Park; (212) 628-2345; [www.nycgov-parks.org/events/2014/02/15/family-winter-nature-hike](http://www.nycgov-parks.org/events/2014/02/15/family-winter-nature-hike); 1 pm; Free.

Led by Urban Rangers, families take a leisurely hike through Central Park’s North Woods.

## SUN, FEB. 16

### FURTHER AFIELD

**Little Makers – Dynamic Dyes:**

New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am; \$8 plus museum admission.

Children will discover the properties of plants and fruit as they make natural dyes then dip-dye fabric with the colorful hand-made pigments.

## MON, FEB. 17

### IN MANHATTAN

**Sculpt the Globe Workshop:** The Jewish Museum, 1109 Fifth Ave. at 92nd Street; [www.TheJewishMuseum.org](http://www.TheJewishMuseum.org); 1–4 pm; Free with museum admission.

Participants will create their own sculptures using paint, cardboard, wire, wood, and string construct a dazzling arrangement of forms and shapes to take home.

### FURTHER AFIELD

**Engineering Day:** New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 11 am–4 pm; Free with museum admission.

Visitors will learn about civil engineering through interactive games, construction challenges, and hands-on activities.

**Elliott Kaufman:** New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 2:30–4 pm; Free with museum admission.

Meet Elliott Kaufman, the author of the photography book, “Numbers Everywhere,” which reveals the hidden numbers unintentionally created by architectural details, shadows, light and natural elements.

## TUES, FEB. 18

### IN MANHATTAN

**Sculpt the Globe Workshop:** 1–4 pm. The Jewish Museum. See Monday, Feb. 17.

## WED, FEB. 19

### IN MANHATTAN

**Sun Art Workshop:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); Noon; \$7.

Participants learn the basics of photography and how certain chemical reactions combined with light sensitivity can turn objects on paper into works of art.

## THURS, FEB. 20

### IN MANHATTAN

**Sculpt the Globe Workshop:** 1–4 pm. *Continued on page 38*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Continued from page 37

pm. The Jewish Museum. See Monday, Feb. 17.

## FRI, FEB. 21

### IN MANHATTAN

#### "Dora the Explorer" Double

**Feature:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywonderdegrechlab.com](http://www.sonywonderdegrechlab.com); 11 am; Free.

Children will love this screening of two episodes of the popular children's TV series.

#### Sleeping Under the Stars Workshop:

SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywonderdegrechlab.com](http://www.sonywonderdegrechlab.com); Noon; \$10.

Families will share the ways they get ready for bedtime and decorate their own star pillow with a personal picture to take home.

## SAT, FEB. 22

### IN MANHATTAN

#### Sesame Street – C is for Cooking:

SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywonderdegrechlab.com](http://www.sonywonderdegrechlab.com); 11 am; Free.

Children's favorite characters will explore how certain foods are made in this screening.

#### Sci-Tech Workshops:

SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywonderdegrechlab.com](http://www.sonywonderdegrechlab.com); 11 am; \$15.

Engineer enthusiasts will discover the tools and techniques for creating circuits while learning how to solder and connect LEDs to batteries.

#### The Okee Dokee Brothers:

Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$20, \$17 (members), \$15 (children), \$13 (members).

## Sing out!

Celebrate Black History Month with the Young People's Chorus at LeFrak Theatre of the American Museum of Natural History on Feb. 8.

The Young People's Chorus presents a concert in honor of Black History Month. Joined by National Endowment for the Arts's Jazz Master Delfeayo Marsalis and his sextet, plus special guest Darryl "DMC" McDaniels of the hip-hop group Run-DMC, the chorus will perform two original jazz



Photo by Stephanie Berger

works that will include audience participation, too!

Young People's Chorus concert on Feb. 8 at 4 pm. Free with museum admission.

*LeFrak Theatre of the American Museum of Natural History [Central Park West at 79th Street on the Upper West Side, (212) 769-5100, <http://thepaperbackplayers.org/nyc-weekend-shows>].*

The Grammy award-winning duo will take the audience on a camping adventure through their songs.

**Bubble do The Beatles:** 2 and 4 pm. Front/Row. See Saturday, Feb. 8.

### FURTHER AFIELD

**Eco House:** New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Noon-6 pm; Free with museum admission.

Children will be able to enter this mobile, cutting-edge exhibit that lets visitors see behind the walls and underneath the floor of a home.

## SUN, FEB. 23

### IN MANHATTAN

#### Kids 'N Comedy President's

**Day Show:** Gotham Comedy Club, 208 W. 23rd St. between Seventh and Eighth avenues; (212) 877-6115; [www.kidscomedy.com](http://www.kidscomedy.com); 1 pm; \$15 plus one menu item.

Watch as talented local teens perform their stand-up routines at the Gotham Comedy Club for the Kids 'N

Comedy President's Day Show.

#### "B is for Bob" Bob Marley Kids

**show:** Front/Row, Fulton Street at South Street Seaport between Water and South streets; [www.frontrowcube.com](http://www.frontrowcube.com); 2 and 4 pm; Free with RSVP.

This family-friendly tribute concert will feature a performance by the CBB, with popular city reggae artists, and will have everyone singing along to Bob Marley favorites.

### FURTHER AFIELD

#### Little Makers – Operation Spy

**Gadgets:** New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 am; \$8 plus museum admission.

Children will design and make spy gadgets like periscopes and invisible ink.

**Eco House:** Noon-6 pm. New York Hall of Science. See Saturday, Feb. 22.

## FRI, FEB. 28

### IN MANHATTAN

**"The African Drum":** Symphony

Space, 2537 Broadway and W. 95th Street; (212) 724-0677; [www.shadowboxtheatre.org](http://www.shadowboxtheatre.org); 10 and 11:30 am; \$15 at the door.

Puppet show showcasing traditional African folktales. This is the story of Ki-jana and her animal friends.

## LONG-RUNNING

### IN MANHATTAN

**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](http://www.bryantpark.org/things-to-do/wintervillage.html); Sundays – Thursdays, 8 am–10 pm, Fridays and Saturdays, 8 am–Midnight, Now – Sun, March 2; 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.

**Train show:** Grand Central Station, 87 E. 42nd St.; (718) 694-1600; Mondays – Thursdays, 8 am–8 pm, Fridays, 8 am–8 pm, Saturdays and Sundays, 10 am–6 pm, Now – Sun, Feb. 23; Free.

The annual show features Lionel's new limited edition model of Grand Central Terminal as well as illustrations from Next Stop Grand Central.

**Open registraton:** The Fresh Air Fund, 633 Third Ave. 14th Floor; (800) 367-0003; [www.freshair.org](http://www.freshair.org); Weekdays, 10 am–2 pm, Now – Fri, Feb. 28; Free.

Children 6 to 12 years old are eligible for the Volunteer Host Family Program and children 8 to 15 years old are eligible for the Camping Program at the Fresh Air Program. Registration is ongoing.

#### The Butterfly Conservatory:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Daily, 10



Photo by Ali Winberry

## Baby got Bach

Children ages 3 to 6 years old have the opportunity to channel their inner musician as they play actual instruments at the 92nd Street Y on Feb. 1.

They'll be able to conduct sound experiments and build their own instruments. Afterward, they can listen to a live classical concert, where they can interact with the musicians by singing, dancing, and playing along.

Baby Got Back on Feb. 1 at 10 am. Tickets are \$18. 92nd Street Y [1395 Lexington Ave. at E 92nd Street on the Upper East Side, (212) 415-5500, [www.92y.org/Uptown/Event/Baby-Got-Bach-2-1-14.aspx](http://www.92y.org/Uptown/Event/Baby-Got-Bach-2-1-14.aspx)].

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

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.

**“Bessie’s Big Shot”:** Swedish Cottage Marionette Theater, 79th Street and West Drive; (212) 988–9093; Tuesdays – Fridays, 10:30 am and Noon, Saturdays and Sundays, 1 pm.; \$10, \$7 (children under 12).

It’s a bird, it’s a plane, no — it’s Bessie the cow! Based on the PuppetMobile show of the same name.

**After School Ice Skating:** Lasker Pool and Rink, 110 Malcolm X Blvd., Central Park; (212) 348–4867; [www.nycgovparks.org/events/2014/01/08/after-school-ice-skating](http://www.nycgovparks.org/events/2014/01/08/after-school-ice-skating); Wednesdays and Fridays, 4 pm, Now – Fri, March 14; Free.

Children ages 5–7 learn the basic elements of ice skating through group and individual instruction.

**“The Gift of Winter”:** TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252–1619 X 4; [www.tadatheater.com](http://www.tadatheater.com); Saturdays and Sundays, 2 pm and 4 pm, Now – Sun, Feb. 9.

TADA! Youth Theater proudly presents the original family musical performed by kids for kids, “The Gift of Winter;” starring members of TADA!’s Resident Youth Ensemble.

**Beginner Hockey Clinic:** Lasker Pool and Rink, 110 Malcolm X Blvd., Central Park; (212) 348–4867; [www.nycgovparks.org/events/2014/01/06/beginner-hockey-clinic](http://www.nycgovparks.org/events/2014/01/06/beginner-hockey-clinic); Mondays, 4 pm, Now – Mon, March 10; Free.

Children ages 6–9 can practice skating and puck control drills as well as scrimmage play.

**City as Canvas – Graffiti Art from the Martin Wong Collection:** The Museum of the City of New York, 1220 Fifth Ave. between E. 103rd and E. 104th streets; (212) 534–1672; [www.mcny.org](http://www.mcny.org); Daily, 10 am–6 pm;

beginning Tues, Feb. 4; \$10 (adults), Free for children under 12.

This new exhibit explores the relationship between the city and graffiti art through the works of Martin Wong, featuring nearly 150 historical photographs of graffiti, paintings, and sketchbooks.

**“Bob Marley’s Three Little Birds”:** The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223–3010; [www.newvictory.org](http://www.newvictory.org); Friday, Feb. 7, 12 pm; Saturday, Feb. 8, 12 pm; Sunday, Feb. 9, 12 pm; Saturday, Feb. 15, 12 pm; Sunday, Feb. 16, 12 pm; Monday, Feb. 17, 2 pm; Wednesday, Feb. 19, 2 pm; Thursday, Feb. 20, 2 pm; Friday, Feb. 21, 2 pm; \$14–\$25.

The timeless music of Bob Marley comes to life on the stage when “Bob Marley’s Three Little Birds” opens as a musical based on a children’s book written by Marley’s daughter Cedella.

**Sesame Street Live “Elmo Makes Music”:** The Theater at Madison Square Garden, 2 Pennsylvania Plaza; (212) 465–6741; [www.thegarden.com](http://www.thegarden.com); Thursday, Feb. 13, 11 am; Friday, Feb. 14, 11 am; Saturday, Feb. 15, 10:30 am; Sunday, Feb. 16, 10:30 am; Monday, Feb. 17, 10:30 am; Thursday, Feb. 20, 11 am; Friday, Feb. 21, 11 am; Saturday, Feb. 22, 10:30 am; Sunday, Feb. 23, 10:30 am; \$15–\$146.

Your child’s favorite Sesame Street characters explore music in this exciting stage production.

**Intrepid Museum’s Kids Week 2014:** Intrepid Sea, Air and Space Museum, Pier 86, 46th Street and 12th Avenue; (212) 245–0072; [www.intrepidmuseum.org/kidsweek2014.aspx](http://www.intrepidmuseum.org/kidsweek2014.aspx); Daily, 10 am–5 pm; Sat, Feb. 15 – Sun, Feb. 23; \$22 (adults,) \$17 (children ages 7–17,) \$10 (children 3–6,) free (children under 3).

Children can participate in a variety of events with themes like science fiction, superheroes, safaris, and more.

## FURTHER AFIELD

**Tropical paradise:** New York Botanical Garden, 200th Street and Kazimiroff Boulevard, The Bronx; (718) 817–8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 10 am–5 pm, Now – Sun, Feb. 23; \$20 (\$18 seniors and students and children 2 to 12; children under 2 free) All day pass.

Take a tour of tropical trees, flowers and foliage, and beat the cold through self-guided tours.

**Flight of the Butterflies in 3D:** New York Hall of Science, 47-01 111th St. at Avenue of Science, Queens; (718) 699–0005 X 353; [www.nyscience.org](http://www.nyscience.org); Tuesdays – Fridays, 11 am, Noon and 2 pm, Saturdays and Sundays, Noon, 1, 2 & 3 pm, Now – Fri, April 11; \$6 (adults,) \$5 (children, students and seniors), plus NYSCI admission.

Join millions of real butterflies on an amazing journey to a remote and secret hideaway in this award-winning film.

**Arty facts:** Brooklyn Museum, 200 Eastern Pkwy. at Washington Avenue, Brooklyn; (718) 638–5000; [www.brooklynmuseum.org](http://www.brooklynmuseum.org); Sundays, 11 am and 1:30 pm, Now – Sun, March 30; \$10 materials fee plus museum admission.

Children 4 to 7 years old explore the galleries, enjoy an activity and take an art class.

**Legends:** Barclays Center, 620 Atlantic Ave. at Pacific Street, Brooklyn; (917) 618–6100; [www.barclayscenter.com](http://www.barclayscenter.com); Thursday, Feb. 20, 7 pm; Friday, Feb. 21, 3 pm; Saturday, Feb. 22, 11 am; Sunday, Feb. 23, 11 am; Tuesday, Feb. 25, 7 pm; Wednesday, Feb. 26, 7 pm; Thursday, Feb. 27, 10:30 am; Friday, Feb. 28, 7 pm; Saturday, March 1, 11 am; Sunday, March 2, 11 am; \$15–\$85.

Ringling Bros. and Barnum & Bailey present awe-inspiring feats of daring, magical and mystical creatures, and spectacles of strength and thrills of wonder at this all-new show.

**THE WONG KIDS IN The Secret of The Space Chupacabra GO!**

**NOW THROUGH FEBRUARY 16 WWW.MA-YITHEATRE.ORG**

**MANHATTAN (212) 482-1212**      **QUEENS (718) 263-0900**      **BROOKLYN (718) 638-0600**

## DESIGNER BRACES

<p><b>STANDARD</b></p> <p>Small metal attachments bonded to teeth</p>	<p><b>TOOTH COLORED</b></p> <p>Small tooth-colored attachments bonded to teeth</p>	<p><b>LINGUAL</b></p> <p>Attachments are bonded to the tongue side of teeth</p>
---	--	---

**0% FINANCING | TRANSFER CASES ACCEPTED | FREE CONSULTATION**

# theMarketplace

## CATERING



**Clean Plate Culinary Inc.**  
*Making food simple, clean  
 & delicious*

- Catering
- Meal Delivery Services
- Cooking Classes
- Personal Chef Services
- Custom Meals for Various Health Issues
- Lunch Boxes available for children

[www.cpculinary.com](http://www.cpculinary.com)  
 (347) 644-8306



## CHILDREN'S THEATRE COMPANY



**Children's Theatre Company**  
[www.childrenstheatrecompany.org](http://www.childrenstheatrecompany.org) • 212-633-6629  
 Auditions & performances in Manhattan, Queens & Valley Stream

## COLLEGE PREP

### Learning Disabled Success in High School

**NYLDC's** college-level counselors help **ADHD** and other **LD students** build confidence, improve test results, and write wow essays!

[www.nylc.com](http://www.nylc.com) 646-260-8866

## DAYCARE



**Yvonne's Family Daycare**  
*A Safe and Secure Environment for Children*  
**AGES 6 MONTHS-12 YEARS • 7AM TO 6PM**  
 Nutritious Meals • Fun Curriculum • After School  
 NY State License • Experienced Mother  
 Certification in Child Development  
**Bennett Avenue • Between 189th & 190th**  
**(718) 415-8542**



## HOME BASED OPPORTUNITY

### Wanted Distributors & Sales Agents

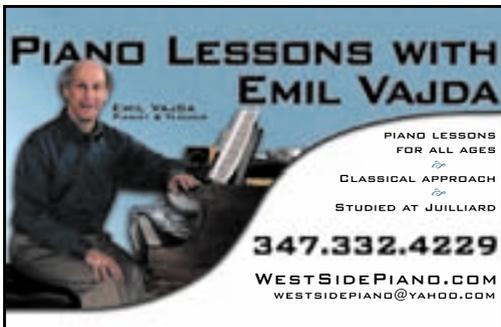
**Earn Big Money! Set Your Own Hours!  
 Be Your Own Boss!**  
 Use Your Home Or Place Of Business  
 To Earn Extra Income  
**Selling Ladies Lingerie & Accessories**  
**Customer Service 24 Hours**  
**Tel. 917-833-7643** Ask for Barrett  
 E-mail: [Bjmlingerie@gmail.com](mailto:Bjmlingerie@gmail.com) • [www.bjmlingerieone.com](http://www.bjmlingerieone.com)

## HOUSEHOLD HELP



**BRITISH AMERICAN**  
 HOUSEHOLD STAFFING  
**(212) 966-2247**  
[www.bahs.com](http://www.bahs.com) • [candidates@bahs.com](mailto:candidates@bahs.com)  
 Governesses • Baby Nurses • Executive Housekeepers  
 Doulas • Chefs (Weight Loss & Gourmet)  
 Intensive background checks, drug & personality test  
DCA #1436973

## MUSIC LESSONS



**PIANO LESSONS WITH  
 EMIL VAJDA**  
Emil Vajda  
 Piano & Voice  
 PIANO LESSONS  
 FOR ALL AGES  
 CLASSICAL APPROACH  
 STUDIED AT JULLIARD  
**347.332.4229**  
[WESTSIDEPIANO.COM](http://WESTSIDEPIANO.COM)  
[WESTSIDEPIANO@YAHOO.COM](mailto:WESTSIDEPIANO@YAHOO.COM)

## NANNIES



**C MAJOR MUSIC LESSONS**  
**Music is Proven to Benefit the Child Brain**  
*The key is to play with others and to practice at home!*  
 We offer piano, voice, guitar, woodwinds (saxophone, flute and clarinet)  
 and drum lessons in fun and engaging environment.  
 Individualized approach Innovative lesson formats  
 Creative and supportive atmosphere  
 To arrange an introductory lesson call today: **347-948-7765**  
 Visit: [www.c-major-music.com](http://www.c-major-music.com)

## NANNIES



*The Premier Nanny Agency in NYC*  
**Nannies of  
 New York**  
**877-NYNANNY**  
 Nannies • Baby Nurses • Postpartum Doulas  
[info@nanniesofnewyork.com](mailto:info@nanniesofnewyork.com)

## NANNY REFERRAL & CLEANING SERVICE



**BAILEY'S** Nanny Referral &  
 Cleaning Service  
*Long term, short term, hourly and per diem available*  
**Call us for a quote today!**  
 Like us on Facebook & receive  
**\$5 OFF**  
 Your First Cleaning  
**(646) 323-6905 • [baileyreferrals@gmail.com](mailto:baileyreferrals@gmail.com)**

**TO PLACE AN AD IN OUR LINE  
 OF FAMILY PUBLICATIONS,  
 PLEASE CALL 718.260.4554**

# theMarketplace

## SPEECH THERAPY

Melissa Heller, MS, CCC-SLP  
Speech & Language Pathologist

New York State Licensed  
ASHA Certified

Home: 212-826-2838  
Cell.: 917-903-9602  
speechimel@aol.com



## TUTORING

Online Tutoring with  
Purposeful Learning Academy

Grades 2-5 ELA/Reading/Writing/Math Online Tutoring  
Grades 6-12 Reading/Writing Online Tutoring

First 100 parents to register pay  
only \$10 for registration!  
Microphone w/ Headset is FREE!  
Evening, Sat., Sun. Appointments

Affordable Pricing: \$25 per hour/\$99 per month (4 hrs. tutoring)  
Tutoring with an expert NYC Dept. of Ed. Teacher

Sale ends soon! Hurry! Call now! (347) 699-3040  
[www.purposefullearning.info](http://www.purposefullearning.info)



## TUTORING



**Dolphin Academic Prep**

Catch Up, Keep Up, or Get Ahead!

- ✓ 1-on-1 Private In-Home Tutoring
- ✓ Customized Specifically for Each Student
- ✓ All Grades & All Subjects: Pre-K to Adult
- ✓ Standardized Test Prep: SAT, ACT, MCAT, LSAT, SSAT, ISEE, Regents, GRE & more
- ✓ College Guidance & Homework Help

[www.DolphinAcademicPrep.com](http://www.DolphinAcademicPrep.com) 646-490-5075

# Party Planners

**MAGIC AND COMEDY** with Rico



718 434-9697 • 917 318-9092  
Available For All Occasions

**Best Clowns**

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

1-800-75-CLOWN or 212-614-0988

Bi-Lingual Performers Available  
Private & Corporate Events  
All Boros, L.I. & Westchester

[www.bestclownsnyc.com](http://www.bestclownsnyc.com)



**CLOWNS.COM**  
Party Planners and Entertainment Services  
718-971-5862

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

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

\$20 Off  
with ad  
code family

**PARTY PETS.COM**



Visit our website: [www.partypets.com](http://www.partypets.com)

Hands-on learning about exotic animals from around the world

WE ADOPT UNWANTED EXOTIC PETS!

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

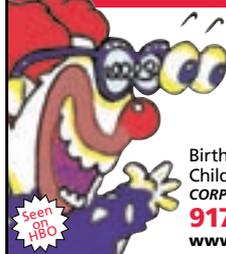
Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Dogs

TO PLACE AN  
AD IN OUR LINE  
OF FAMILY PUBLICATIONS,  
PLEASE CALL  
718.260.4554

**HAPPY HENRY**

"The Wizard/Magician Clown"



Close Up Magic  
AT ITS VERY FINEST

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings,  
Children's and Adult Parties  
CORPORATE ACCOUNTS WELCOME

917-617-3698

[www.HappyHenrytheWizard.com](http://www.HappyHenrytheWizard.com)

## STAY CONNECTED

To advertise with us please call 718-260-2587



# New & Noteworthy

BY LISA J. CURTIS



## Toe-tally pretty bouquet

Just in time for Valentine's Day, we have discovered Itty Bitty & Pretty's Baby Blossom Booties — a gift that will touch her soles! In sizes 0–6 months and 6–8 months, these wonderfully “practical” accessories — which don't wilt or fade after Feb. 14 — will delight baby as she grabs for her toes and finds herself marveling at the texture of these ruffled roses. Blossom Boo-

ties can be worn over shoes or baby's scrumptious bare feet. Made of 60 percent polyester, 35 percent cotton, and five percent Lycra, this bouquet of footwear must be hand-washed. Blossom Booties are the perfect token of affection for the baby who has captured your heart.

*Itty Bitty & Pretty Baby Blossom Booties, \$9, [www.paviliongift.com](http://www.paviliongift.com).*

## Real Gouda adventures

Hot off the press: four animated stories, starring children's book character — and intrepid mouse journalist — Geronimo Stilton, will be released on DVD by eOne on Feb. 4. The action-packed tales on “Intrigue on the Rodent Express and Other Adventures” include the eponymous episode, a suspenseful homage to Agatha Christie's “Murder on the Orient Express”; “The Mummy with No Name,” which unravels the identity of the ambulatory, embalmed menace inside the museum — a la Scooby Doo; “The Mask of the Rat-Jitsu,” in which Stilton



and his family trek to a martial arts competition where champions are disappearing into the thin mountain air; and “Starring Geronimo,” in which our hero must take the stage in order to save a playhouse threatened by the Cheesy Development Group. Recommended for ages 6 and older, these episodes infuse a wonderful variety of vocabulary words into the entertaining action and slapstick. To paraphrase Stilton, it is simply “cheddarific!”

*“Geronimo Stilton: Intrigue on the Rodent Express and Other Adventures” DVD, \$12.98, [www.amazon.com](http://www.amazon.com).*

## Out of the mouths of babes

Listening to children's voices rocking out with the professional musicians of the San Francisco-based trio Rainbow Beast (Brian Gorman, Marcus Stoesz, and Jen Aldrich) on the “Tales from the Monstrosity Scrolls” CD could easily inspire your wee one to unleash their inner Thom Yorke.



The youngsters featured on the album are the Rock Band Land Rockers, elementary school students who take advantage of Gorman and Stoesz's program that helps children explore creativity through music and storytelling. Gorman says, “The

young rockers are challenged to be original, be kind, and to resist the urge to sing about poop.” The

CD, which drops on Feb. 11, is ideal for listeners ages 7–11 who will enjoy the unbridled originality of songs such as “Remblin Race,” an anthem in support of the song's defiant, persevering underdog. There is much beauty to be found inside this Rainbow Beast CD.

*“Tales from the Monstrosity Scrolls” CD by Rainbow Beast and the Rock Band Land Rockers, \$20, [www.rockbandland.org](http://www.rockbandland.org).*

## Family affair

“The Tiny King,” a beautiful picture book by Taro Miura, is the perfect gift to share at your 2- to 5-year-old Valentine's bedtime. With bright, bold colors and collage, Miura tells a fairy tale about a monarch who had an army of soldiers, but no one to love — until he meets a big princess. After they marry, the tiny king has even more people to love, as 10 children come along. Now, the castle is full of laughter, and the king's surrounded by those he loves at the table, on the big white horse, in the bath, and in his bed. “The Tiny King” is a heart-warming story that reminds tiny and tall parents



alike why we embarked on this raising-a-family-adventure in the first place.

*“The Tiny King” book by Taro Miura, \$14.99, [www.barnesandnoble.com](http://www.barnesandnoble.com).*



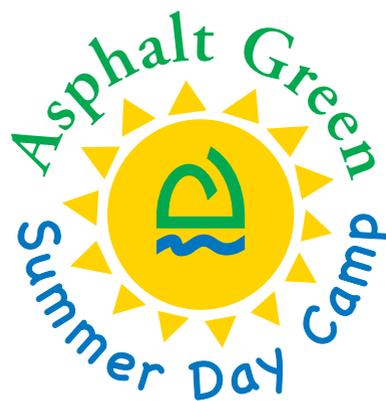
## The cure for art attacks

Show your love for Mother Earth while delighting your tyke with Recycled Heart Crayons from the MeltedHappiness shop at Etsy.com. The set of 8 handcrafted, heart-shaped crayons includes red, blue, brown, green, orange, pink, purple and black. They are approximately 1-inch tall, just right for strengthening little fin-

gers while they create their masterpiece. (But they are not recommended for very small children, as small pieces can break off.) It's the gift that keeps on giving, as you'll soon be on the receiving end of some artworks perfect for the refrigerator door gallery.

*Recycled Heart Crayons set of eight by MeltedHappiness, \$3, [www.etsy.com](http://www.etsy.com).*

# two fun locations! 2014 summer day camp



**June 30 – August 22, 2014 | Ages: 4-13 years old**

**SWIM SPORTS ARTS ACTIVITIES FIELD TRIPS**

## **Come to an Open House**

### **BATTERY PARK CITY**

212 North End Avenue

Saturday, February 8 • 11:30AM-1:30PM  
Thursday, February 27 • 6:30PM-7:30PM

### **UPPER EAST SIDE**

555 East 90th Street

Sunday, February 9 • 10:30AM-12:00PM

**Register Today!** 212.298.7900 [asphaltgreen.org/camp](http://asphaltgreen.org/camp)

 **Asphalt Green**  
Sports and fitness for a lifetime.

**REGISTER  
ONLINE  
TODAY FOR  
EARLY BIRD  
RATES!**



# **14<sup>TH</sup> STREET Y CAMPS**

## **New Country Day Camp**

A summer in the country, so close to the city!



**Come join us and explore nature, stories, independence and community in a fun, outdoor, kid-charged environment!**

Flexible summer sessions for Brooklyn and Manhattan kids entering K-6th on 75 beautiful acres of the Staten Island Green Belt.

- Full Summer: 6/30 - 8/22**
- Session 1: 6/30 - 7/18**
- Session 2: 7/21 - 8/1**
- Session 3: 8/4 - 8/22**

**Meet us in person: 1/16, 2/27, 3/27 – call or email to reserve your spot!**



[newcountrydaycamp.org](http://newcountrydaycamp.org)  
[newcountry@14streety.org](mailto:newcountry@14streety.org)  
**646-395-4357**  
Use registration code: **NYP** for a free gift

