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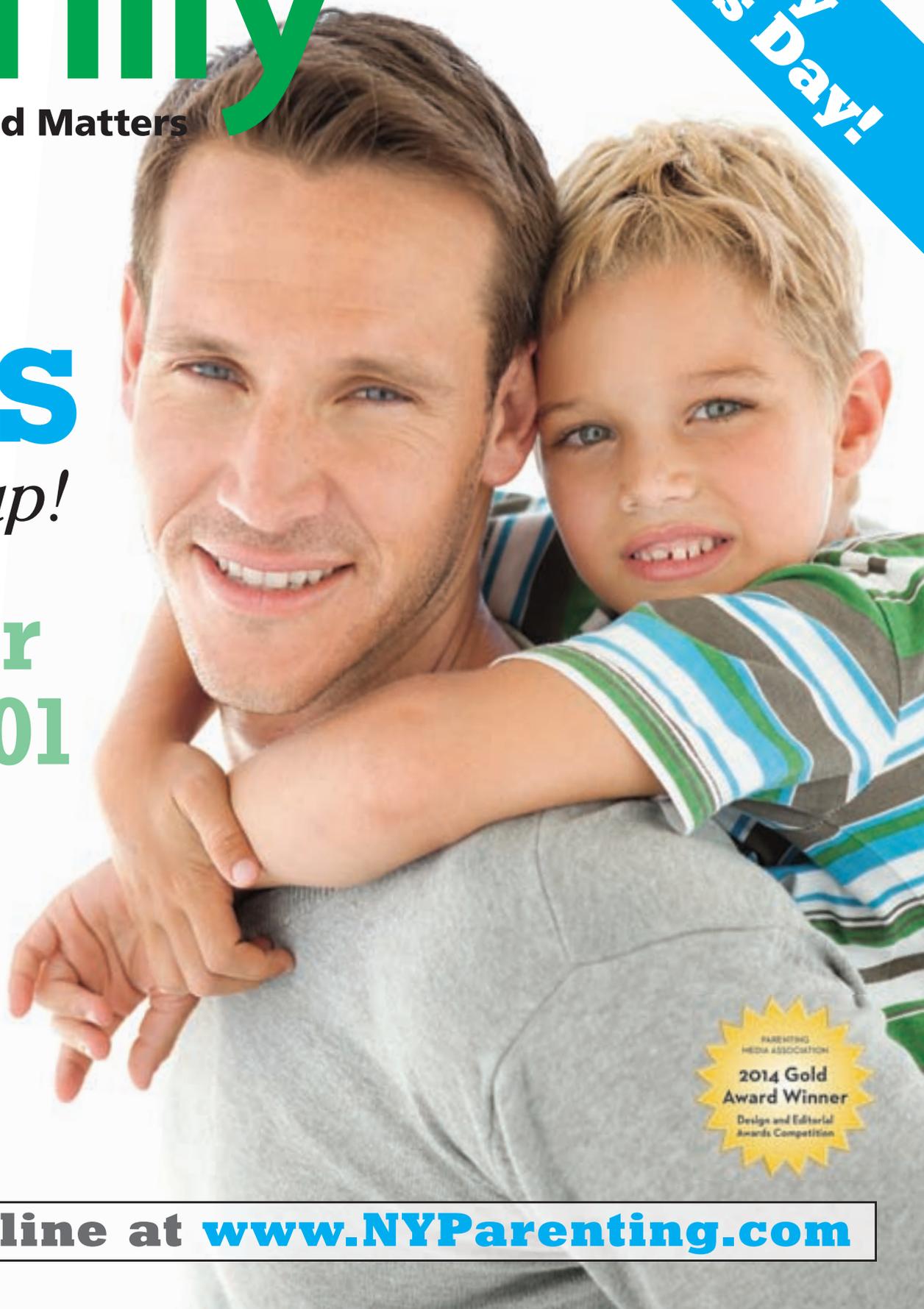
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# Letter from the publisher

## Considering fathers

**T**oday's urban fathers are setting a new tone and are more active in the daily parenting experience than ever before.

One sees it all the time especially in the streets of our communities. Fathers are pushing carriages and strollers,

are in the playgrounds, dropping kids off and picking them up; one sees today's fathers in a whole new light. They are primary caregivers and more and more of them are opting to take on greater responsibilities with the day-to-day decision-making.

They are shopping in the markets and making meal plans. They are wearing slings and Snugglies and buying and changing diapers. They are packing lunch boxes and doing laundry.



They are sitting in pediatric offices and signing kids up for programs and waiting until the swim class or the music lesson is over.

This issue talks a lot about Dads and has a lot written by Dads. So many fathers want to communicate about their kids and about the issues they as parents are confronting. It's no longer, "Ask your mother" in most families. How lucky these children are in the new family structure, to have multiple parental love, interest, guidance and input.

How fortunate for our society that we have all kinds of Dads too. We have single Dads and double Dads and with newly created extended families, many kids have two Dads.

All of this is good for everyone it

seems to me. No longer is anyone's role so clearly defined. Urban parents are changing the landscape and it can't help but be good for both men and women. It most certainly will be more interesting and more inclusive for the children as the new role models emerge and they have more input from both the masculine and feminine, the yin and the yang. Balance and harmony and shared responsibilities, love and devotion sound like a positive recipe to me.

I'm personally impressed with many of today's progressive families and I admire their mutuality and shared nature. It's not easy to be both worker and parent and finding the right rhythm to benefit the whole family is not an easy task. It takes enormous commitment and lots of patience. It also takes having a game plan and finding a way to positively implement it.

Every Father's Day I naturally think of my own Dad, and who doesn't? Times have changed a great deal since I was a kid and fathers spend a lot more quality time in every way with their families and children than they use to. The whole society is sure to benefit from this as we move forward.

To the very generous, thoughtful, dedicated and knowledgeable Dads who write for this magazine, we're grateful to you for shared struggles and wisdom.

Happy Father's Day to all of you.  
Thanks for reading.

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

### STAFF

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Susan Weiss

#### PUBLISHER / BUSINESS MANAGER:

Clifford Luster

#### SALES MANAGER / ADVERTISING:

Sharon Noble

#### OPERATIONS ASSOCIATE:

Tina Felicetti

#### SALES REPS:

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#### LAYOUT MANAGER:

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#### 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, Jessica 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

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# Dear Dad, Your kids need you!

Being the  
best father  
you can be

BY GAYLA GRACE

**R**ick Hoyt was born a quadriplegic with cerebral palsy. His parents, Dick and Judy Hoyt, were told he would be a vegetable for life and should be institutionalized. But his dad refused to believe it.

Dick noticed Rick's eyes followed him everywhere he went and determined to find a way to communicate with him. He solicited help from Tufts University, where a skilled group of engineers built

Rick an interactive computer. Rick controlled the cursor by touching a switch with the side of his head, finally able to communicate with those around him.

Rick immediately relayed his love for sports and at 15 years old, asked his dad to participate in a five-mile benefit run for a classmate paralyzed in an accident. Although not a distance runner, Dick agreed to join in the run and push Rick in his wheelchair. That day changed their lives. After the run Rick said, "Dad, when I'm running it feels like I'm not handicapped" ([www.teamhoyt.com](http://www.teamhoyt.com)).

Inspired to offer Rick more opportunities for that feeling, Dick began training every day with a bag of cement in Rick's wheelchair while Rick was at school. The two began participating in marathons, triathlons, and other grueling athletic events.

They have now completed more than 1,000 races together, including 247 triathlons and 70 marathons. Rick knows he has an incredible dad whom he refers to as "The Father of the Century."

Most dads don't have the same opportunity Dick Hoyt had with his son. But every dad has the chance to show love and acceptance to his children, giving of his time to provide nurturing and guidance.

Children gain security from a dad willing to make time for them. I love watching dads with their sons at the baseball fields playing catch, practicing batting, or offering encouraging words. Athletics offer a great way

for dads to be part of something their children enjoy while teaching sportsmanship, teamwork and respect for others in the process.

Children benefit from a dad who provides consistent love and discipline.

Discipline teaches children self-control and right from wrong, while helping them feel secure and cared for. Boys, in particular, need more guidance from fathers due to their nature toward "out of bounds" behavior. Dr. James Dobson, author of "Bringing up Boys," says, "Boys are more likely to get off course when they are not guided and supervised carefully. When left to their own devices, they tend to drift toward the center divider or into the ditch, toward misbehavior or danger."

Children gain healthy standards from a dad with spiritual principles. Studies show that children who actively engage in a community of faith increase their odds toward a happier, healthier, and longer life, while significantly reducing the likelihood of life problems and risky behavior.

Children need a dad who reflects a stable male role model. We've all heard the saying, "I'd rather see a sermon than hear one any day." Children mirror their parent's behavior and learn relationship skills and healthy social skills, including how to treat others, by watching them. They benefit from a father who regularly shows them physical affection and treats his marriage partner with love and respect.

Our generation sees too many children reared without fathers. A high divorce rate, unbalanced career priorities, and prevailing addiction rates contribute to an absent father for many, emotionally and physically. However, study after study reflects the impact of a child's well-being from the influence of his father.

It's not always possible to be an active dad on a daily basis, but it is possible to stay involved in your child's life in other ways. A dad's role is a high calling that not everyone gets to experience. But for those who do, it's a role to be honored and cherished, carried out with intentional purpose.

*Gayla Grace is a freelance writer, wife, and mom of five children. She is thankful for the role her husband plays as their children's father.*



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(Above) Kids and their dads get into the spirit at the group's annual Halloween celebration. (Right) NYC Dads Group co-founder Lance with his wife Jessica and son Jake at Victorian Gardens in Central Park. (Opposite) The NYC Dads Group's families visit a CitiField Mets Game for the "Big League Dads" program.



# Devoted dads

The NYC Dads Group helps fathers take care of their children — and themselves

BY TAMMY SCILEPPI

**T**hey say the hardest job in the world is being a parent. So, this Father's Day and every day, dads who step up to the plate and go above and beyond the call of duty deserve a big thumbs up — and a great big hug from the kiddos (and ladies) who love them.

Cool New York City dads Lance Somerfeld and Matt Schneider are co-founders of a very special support playgroup — NYC Dads Group — for papas who bond over their children and have a collective desire to change the face of modern fatherhood through the group's multi-channel platform: blogs, meetups, workshops, and a podcast.

The idea was conceived one boring winter afternoon in 2008, when the two adventurous at-home dads decided to take their cozy little playgroup to the next level. After teaming up — babies and toddlers in tow — the group was created, and now it's nearly 1,000 dads strong and growing.

Somerfeld, 40, was a public school teacher at an elementary school in the Bronx when he took

on the challenging role of stay-at-home dad, after his son, Jake (now 5) came on the scene.

"It was extremely important for our family to have my wife Jessica or me providing quality child care for our son the first few years. Consequently, we made the decision that was the most practical for our family: that I would take a child care leave of absence from the Department of Education, and she would continue working full-time," Somerfeld recalls.

But after his wife (a corporate actuary) returned to work, the newbie dad discovered how isolating staying at home could be.

"I wanted to avoid the common pitfalls of isolation, and find my people — a social group of fathers looking to connect, share ideas, vent frustrations, and go on adventures together with our children," he explains.

He'd hang out occasionally with good friend and fellow pop Matt Schneider, who had been an at-home dad for three years.

"Looking back, I realize how isolated I felt from the world outside my family. Helping to build NYC

Dads Group and now City Dads Group has given me a new identity beyond my role as Max and Sam's dad," said Schneider, who lives in Battery Park City with his wife and two boys (ages 8 and 5). "I'm proud to be finishing two years as the PTA president at my kids' school."

So, what's it like being a stay-at-home dad?

"I absolutely love spending quality time with my son," says Somerfeld, who lives on Manhattan's Upper East Side. "I'm fortunate to have the opportunity to relish in all of those small, wondrous moments that occur each day. Being an at-home dad really helps me appreciate seeing things through my child's eyes. I get to be a kid again."

"My challenges are probably similar to those of other stay-at-home parents: I'm so involved in caring for my child that I often neglect carving out personal time for myself to pursue hobbies, be spontaneous with my wife, or make plans with friends. And, I have those frustrating moments where my child won't stop crying or he pushes my buttons to the brink of insanity. I need to walk away and give myself a time-



NYC Dads Group

out to decompress.”

And so NYC Dads Group was born.

### About the group

The group meets several times each week, membership is free, and it’s all about having fun and doing exciting, stimulating things together with the kiddies, who enjoy spending time with their dads and learning new things.

“It’s a diverse and active community of dads who are looking for the same kind of parental camaraderie and network that the mothers they encountered had built and relied upon,” says Somerfeld. “Dads Group members include stay-at-home and working, married and single, gay and straight, young and old, freelancers, teachers, and even a few professional clowns.”

Activities include:

**Group playdates:** Parent and me classes at Gym at Gymboree or New York Kids Club; soccer with Super Soccer Stars; and music with Music Together. There’s also yoga, fencing, and sign language classes with the little ones. They also hold an annual Halloween party and Father’s Day picnic. This year’s picnic is on June 7.

**Outings to museums, parks and playgrounds:** Including the American Museum of Natural History, Central Park Zoo, Jane’s Carousel at Brooklyn Bridge Park, and taking the tram to Roosevelt Island. The

group recently visited LEGOLAND Discovery Center in Westchester.

**Dads’ Nights Out (movies, sporting events, bars):** Recently, 50 dads went to a sports bar to watch the NCAA Basketball Tournament.

**Special events:** These include family picnics, trips to ball games, and sponsored fairs and events. Visit the website for details

**Educational workshops:** The group hosts a variety of parenting workshops, including child passenger safety, potty training, healthy and happy sleep habits, introduction to nursery school, positive discipline, travel with babies, and the featured weekly class for expectant fathers: New Dad Boot Camp.

New Dad Boot Camp is offered almost every weekend at the group’s partner locations: 92nd St. Y (92Y), Tribeca Parenting, and CityBirths.

“Being engaged from pregnancy through the diaper years sets the foundation for a man to be an involved father and active parenting partner for life. New Dad Boot Camps offer expectant and new dads a frank discussion along with practical advice and hands-on training in essential parenting duties, such as holding, changing, and comforting your baby,” Somerfeld says.

These three-hour workshops, facilitated by a nationally certified trainer, connect experienced dads (and their babies) with newbies to talk about the opportunities and re-

wards of caring for our children.

They also discuss:

- Developing a bond with your new baby.
- Being supportive of your baby’s mom.
- Navigating work as a new parent.
- Developing a parenting partnership.
- Creating a baby-safe environment.
- Managing relatives.

### How important is a father in a child’s life?

“Very important!” says Somerfeld. “Research shows that when a father is involved in his child’s life they’re more likely to graduate from college; that fathers are more physical with their children (in a good way, and kids need it); that we might push them to take more risks; that although we might do less housework, and we are the ‘fun’ parent, we are more strict disciplinarians.

“Bottom line?” he adds, “Parenting is challenging work, but it’s so much easier when you’re able to tackle and navigate all of the responsibilities together, as a team, with your significant other.”

This June, in an effort to spread the message that fathers matter, the city’s program Fatherhood Initiative will present the fourth annual Dads Matter Awards. These awards will recognize 10 fathers from across the city who have overcome challenges

to become positive and consistent forces in the lives of their children.

The awards will be one of many opportunities to show that, despite the crisis of father absence facing communities across the country, these New York dads show up every day and are present and active in the lives of their child and communities.

The Fatherhood Initiative was established in 2010 to focus on important issues, such as:

- Make all city agencies as “father friendly” as possible.
- Uncover and remove any barriers that fathers may face in interacting with the city.
- Assist in the creation of memorable moments between fathers and their children.
- Support fathers as they improve their capacity to be good dads.

• • •

If you’d like to get involved with NYC Dads Group’s events, here are some upcoming dates:

- Annual Father’s Day family picnic on Sunday, June 7.
- Central Park Stroller Walk with Britax Affinity on Sunday, June 7.
- Summer “playground tour” (visits to different playgrounds in the five boroughs each week).

For specific details, visit: [www.nycdadsgroup.com](http://www.nycdadsgroup.com); the Meetup page [www.meetup.com/New-York-City-Dads-Meetup-Group](http://www.meetup.com/New-York-City-Dads-Meetup-Group); on Facebook at [www.facebook.com/NYCDadsGroup](http://www.facebook.com/NYCDadsGroup); or on Twitter, [twitter.com/#!/NYCDadsGroup](http://twitter.com/#!/NYCDadsGroup).



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LEE CHABIN, ESQ.

# A dad from day one

If you are a sports fan or not, you may have recently heard criticism about Daniel Murphy, a baseball player for the New York Mets. The digs weren't about his fielding or streaky hitting. Rather, they dealt with Murphy's taking a few days off from his job to be with his wife and child after the birth of their son.

I admire Murphy for his choice. Moreover, I look forward to a future where more fathers are involved in their children's lives, literally from day one. This was my own experience, and I couldn't be happier about it.

Being a father has been the best experience of my life. It is more important than any job I have ever held, or ever will. And by being involved right from the start, I was able to develop a bond with my daughter that I might not have otherwise.

Let me explain: I was a stay-at-home father.

The situation provided me — someone not then experienced with children — with the responsibility of caring for a newborn largely on my own. It was an incredible opportunity.

From the time we brought our girl home from the hospital and all through those early years, I changed most of the diapers and brought her to almost every appointment with the pediatrician. When she didn't sleep (every night for the first few months) or didn't feel well, I stayed up and cared for her. We lived in playgrounds and pointed to the passing buses.

I was with her on the lazy spring day when she stood crouching over a dandelion for 15 minutes straight, fascinated by what she saw. I was there for her first word. I was there when she stood up in her crib, frightening herself before quickly learning how much fun standing can be. The list of our shared experiences is happily endless.

If I hadn't had the blessing of this full immersion into fatherhood, I think that I might have looked to my daughter's mother for a lot of the answers. How do I change a diaper? What do I do when she's crying? Is it time to call the doctor? Many men may have this insecurity about caring for their



children, and it isn't necessary.

Don't get me wrong. Participating early on doesn't require being a stay-at-home parent and changing most of the diapers. And a man who becomes more active in his child's life when his son or daughter is old enough to start playing catch can be a fantastic father. But I would think that many dads lack confidence in important areas of parenting, and that mom is the go-to person. For instance, how many fathers are comfortable talking to their children — especially their daughters — about where babies come from and the questions that follow?

When couples stay together, this being ill at ease with our kids may not matter a lot. In many happier families, mom does some things, dad does others, and parents and children alike are cared for, safe and loved.

But what about when adult relationships end? On top of every other

stress and strain, many fathers feel that they don't know how to care for their children without mom being there to help.

During my own divorce, I never had these doubts, which was good because divorce is hard enough without them.

More importantly, my daughter and I are close. And, I have every reason to believe that we always will be. I wouldn't trade that for anything. Maybe Daniel Murphy wouldn't either.

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

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# Summer camp

# 101

Children from every age group can reap the benefits

BY GAYLA GRACE

**S**ummer camp offers all kinds of fun and character-building experiences for kids of any age.

Whether you're looking for a few hours of entertainment or weeks of intentional skill-building for your child, you can find it at camp.

### Age 0-5

Day camps offer the perfect opportunity for young kids to experience time away from mom and explore new activities. Camp for preschool children focuses on free play, sharing with others, group games (inside and outside), and

simple arts and crafts. If you're sending your child to camp for the first time, make sure the schedule matches her personality and routine to prevent a stressful experience. Does there need to be nap time? Should your child be potty trained to attend? Would your child adjust more easily by starting with a one- to two-day camp instead of full day? Are there appropriate breaks for snacks and changes in activity?

It's important to find out what the counselor-to-camper ratio is for children this age. You want to ensure your child will be adequately cared for with a friendly, well-staffed team. You also want

to determine if the counselors are trained to help with issues common to preschoolers, including separation anxiety, potty training, and temper tantrums.

The best place to find camps for young children is through day cares, churches, nursery schools, and local elementary schools. Specialty camps also abound through gymnastic centers, music schools, and sporting centers. Consider

your child's interests and find a camp that fits to give your pre-school child a chance to make new friends and explore new experiences.

### Age 6-11

Elementary-age children thrive at camp, whether it's day camp or stay-away camp. It's the perfect solution to sibling squabbles and long summer days. But it pays to do your research and find the right fit for your child.

Camps for this age range from sports camps to music camps to academic camps to church camps. Don't let the variety intimidate you as you research; start with the interests of your child and ask friends and neighbors to give opinions on camps their kids have attended.

At this age, our kids have had the most fun at away camps that gave them the opportunity to try activities not available at home such as zip lining, archery, rock wall climbing, in addition to swimming, arts and crafts, and campfire sing-alongs with friends. Kids gain independence as they make decisions and meet new friends outside of the comforts of home. They gain self-confidence in trying new activities. And they learn to appreciate the beauty of nature as they unplug from technology. They may experience periods of homesickness, but they learn to forge through their feelings with caring camp counselors and new friends.

Specialty camps close to home also help kids explore new hobbies or create opportunities for parents and kids to enjoy camp together. A mother-daughter sewing camp or father-son golfing camp allows great bonding time while developing a skill enjoyed by both.

If your child has never experienced camp, start with a day camp or send a friend along for an away camp. It's important that their first camp experience be a good one. If you find it wasn't a perfect fit, try a different one next year. But don't give up on the beauty and benefits of camp for elementary-age children.

### Age 12-15

Twens and teens have better focus than younger children and benefit from camps that more closely match their interests and personalities.

Sports and music camps are

great for this age and help kids advance athletic skills and enhance musical talent. Academic camps offer youth advanced-learning opportunities in subjects they might want to explore for long-term focus. And church camps offer character-building and self-awareness experiences not learned in school.

Camps provide a safe place for teens and tweens to hang out while parents work during summer break. Not yet able to drive or find a summer job, kids this age too often allow technology to rule or walk into unsupervised trouble unless parents intentionally seek out creative options.

Junior high and high schools provide information for local camps worth investigating as the school year draws to a close. It's also easy to scour the internet for camps that match your child's interests. Some camps provide certification such as lifeguard training or first-aid certification that can enable your youth to successfully find a job upon completion.

Encourage your child to research camps with you to find one that fits.

When kids attend camp, they develop resilience and flexibility that benefits them later in life. An article in *Psychology Today*, "Creating Advantage in College," by Steve Baskin parallels the experiences of summer camp and the adjustment of college. He cites that kids work through similar adjustments at camp and college such as, "Being away from home and your traditional support system (family, friends, familiar places), and dealing with large amounts of uncertainty (what will classes require, how will I fit in socially, can I deal with this new roommate)." Baskin proposes that kids who find success working through these challenges at camp adjust easier when presented with the transition to college.

Summer camp offers unique experiences and character-building opportunities for every child. Whether your child is 2 or 15, camp is the perfect place to find adventure and make lifelong memories in the process. Don't delay — find a camp your child will enjoy today!

*Gayla Grace, freelance writer and mom to five, has sent her kids to camp every summer and continues to find new camps for her one child still at home to enjoy.*

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## LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

# Ideas for graduation

**W**ith my daughter's graduation day looming, I can't help but reminisce about my son's big day almost two years ago.

We planned a big party that would take place at our home a few hours after the ceremony's conclusion. We set up the back yard the day before, and we decided to cater the event to save time and to avoid unnecessary stress.

After the ceremony, our family and close friends packed into a half-dozen cars to head home. While chatting with my daughter's godmother, she casually asked who took my daughter. Panic quickly set in because I had no idea. Fifteen minutes later, we found an exasperated 16-year-old waiting impatiently at the entrance to an almost empty parking lot. Even though I thought we had everything under control, the inevitable chaos of the occasion had caught up with us.

Whether you intend to plan a big bash or celebrate in another way, take in every detail of this special day, which symbolizes the infinite possibilities the future holds for your graduate.

### Party time tips

Parties can send the calmest of parents into a tailspin, so preparation is key.

**Timing:** Plan the party several hours after the ceremony. You will have time to regroup or change your clothing. Other options: Party on a different weekend or host a "graduation eve" or "open house" get-together.

**Food:** Unless you have several relatives willing to donate casseroles, a catered event will ease the stress. Finger desserts served buffet style (in lieu of cutting a large cake) is a simple alternative.

New trend: party-size pizzas — simple and inexpensive.

**Service:** Consider hiring one or two servers so you can enjoy the celebration. Money saver: young teens in your neighborhood might be willing to work for a "tip."

**Photos:** Photo booths provide instant fun and party favors for your guests. Other options: place instant cameras on tables for guests to capture special moments. Ask your younger kids to snap random photos. Afterward, create a poster-size collage for her dorm room wall.

**Activities:** Sunshine calls for volleyball, KanJam (a Frisbee game), water balloon tosses, or tug of war, but plan for rain just in case. Guess the teacher: teachers' names are taped to graduates' backs — guests offer clues until the graduates guess correctly. Jar of M&Ms: ask graduates to guess the number of M&Ms in their school color or colors. Winner takes home the jar.

### Don't break the bank:

- Dual hosting: Share costs with another family.
- Print your own invitations.
- Skip the rentals: Borrow extra tables and chairs.
- Bake cupcakes in lieu of ordering a cake.
- Skip the DJ: Play party selections from an iPod hooked up to wireless speakers.

### Lose the stress

You want your teen to remember that you were all smiles on her graduation day, so avoid potential stress triggers.

"Graduation day marks a major life passage," says Jean Fitzpatrick, a marriage and individual therapist in Manhattan.

"It's natural for parents to feel the pang of knowing that their child is growing up and becoming more independent. Focus on staying in the moment and enjoying the day's events together," she suggests.

Dr. Jeffrey Guterman, a Florida-based licensed mental health counselor and author of the best-selling book "Mastering the Art of Solution-Focused Counseling," points out, "If parents are excessively stressed, it can help to encourage them to tap into their own natural effective coping skills. I encourage parents to

think about what has worked effectively for them in the past when dealing with stressful situations."

If you plan well, accept help when it's offered, and focus on your teen, graduation day will garner a lifetime of precious memories. Just don't forget the Kleenex!

### Tips and tales

"We had a taco food truck come for my daughter's graduation party. Everyone loved it, and it was an easy cleanup!"

*Joan Bullock, Hopkinton, MA*

"We plan a graduation brunch."

*Debbie Yaeger, Saugerties, NY*

"Set up a 'photo booth.' You can rent a set up but it would be pretty easy to D.I.Y. All you need is a plain back drop, a camera on a tripod, consistent lighting under a tent, and lots of props-dress ups."

*Victoria Kane, Hyde Park, NY*

"We had a backyard picnic in August when the June flurry of parties was well past. I made a massive quantity of pesto — easy to serve at room temperature. We kept it simple: salads and made-ahead desserts."

*Wendy Meade, Hyde Park, NY*

"We went on a trip with a few of his friends."

*Eileen Heller Sarter, Kennett Square, P.A.*

Check out these websites for more creative ideas:

- [www.punchbowl.com/party-ideas/graduation-parties](http://www.punchbowl.com/party-ideas/graduation-parties)
- [www.hallmark.com/graduation/ideas/graduation-party-ideas/](http://www.hallmark.com/graduation/ideas/graduation-party-ideas/)
- [www.delish.com/entertaining-ideas/parties/graduation/](http://www.delish.com/entertaining-ideas/parties/graduation/)

### Share your ideas

Upcoming topic: Tips to encourage your teen to get involved in politics.

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). For details, visit [www.myrnahaskell.com](http://www.myrnahaskell.com).



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BY GAYLA GRACE

**T**he back-and-forth routine that accompanies many children who have a mom and dad living in different homes often brings exhaustion. For kids, it can create confusion, anxiety, and turmoil.

Our children need a stable home environment, free of tension and chaos, to develop a healthy self-image and succeed in school. If you spend any time at your child's school, particularly middle and

high schools, you'll notice the pressure and demands they face. Minefields at home only create more stress.

As parents and stepparents, what can we do to enable healthy interactions and positive self-esteem? One of the best ways to promote success is to commit to do your part in maintaining a friendly relationship with your ex.

I know — you'd rather eat a cockroach than talk about how to live in harmony with your ex or your spouse's ex — but it's vital to

the well-being of your children and stepchildren to maintain an amicable relationship. That doesn't mean you have to be best friends with your ex-husband, or your stepson's mom, but you do have to commit to being cordial with them.

I will be the first to admit this hasn't come naturally. I maintained a contentious relationship with my ex-husband for too long after our divorce. Although I tried hard not to speak badly of him to our girls, I'm sure they could sense my disapproval of his lifestyle and critical

## Happy home(s)

Here are seven tips to help enable healthy interactions and positive self-esteem in your own kids and your stepkids:

- Don't meddle in the affairs of the other home.
- Maintain a cooperative and flexible attitude with your ex when discussing the kids' schedules.
- Keep conflict with your ex-



spouse away from the ears of your children.

- Encourage your children to be responsible with their belongings.
- As a stepparent, offer grace and understanding to your stepchildren.
- Consider the needs of your children and stepchildren as they transition.
- Commit to a new tomorrow when you fail.

spirit toward him when we negotiated visitation. It's important to remember that our children are half of their other parent and when we speak badly of that parent, they turn the negative remarks inward, leading to a negative self-image.

As your children move between homes, help them learn responsibility by reminding them to stop and think about what they need to pack when they leave one home and move to the other. As a stepfamily coach, I often hear stepparents complain about their stepkids making multiple trips to their house on the off week because they left supplies, a project, a uniform, etc. Don't enable irresponsibility by allowing them to return multiple times for items they forgot.

As a stepparent, recognize the adjustment your stepchildren go through when they travel between homes. Allow extra time on transition days for kids to settle in, focus, and adjust to the routine of your home. Give them space if you sense they're struggling emotionally.

Don't maintain an overly ambitious schedule on weeks your stepchildren are in your home. Allow time to help with homework, run kids to ball practice, or sit down for a home-cooked meal. Stepfamily relationships are strengthened as family members spend time together in a relaxed environment.

Also, consider what it feels like to a biological parent to have someone else take part in raising their child. And be sensitive to how your stepchildren feel toward you and whether they want you at every function, or whether you should bow out and let the

biological parents take the lead.

As a mom and stepmom to five children, I understand the challenges that accompany kids moving between homes. My husband and I spent years negotiating schedules and seeking to provide a safe environment in which our kids could thrive.

My stepchildren and two of my biological children have now completed school and exited the nest, leaving my husband and I with only an "ours" child left at home. Some days I consider what I would do differently if all our kids were at home again.

I think I would offer a softer side toward my stepchildren when they've had a bad day at school. I'd be more understanding on transition days when they've just come back from their mom's house and need time alone. I'd extend grace more freely when my own kids didn't do their chores to my satisfaction. And I would insist on fewer extracurricular activities to allow more time at home for relationships to grow and bond.

Our child-rearing season passes quickly, and we're left with fond memories. Seek to enjoy the hassles! Step back, take a deep breath, and snap a few pictures of your growing child. Then consider what you can do to sow peace with those around you. Will you commit to take the high road as often as possible? Will you do your part to co-parent in harmony?

Yes, it's harder when kids move between homes, but it's not impossible to find peace.

*Gayla Grace is an author and stepfamily coach with a his, hers, and ours family. She loves helping non-traditional families learn to thrive in their relationships.*

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# Parenting a challenging child

Sanity-saving  
advice and  
solutions for  
concerned  
parents

BY MICHELE RANARD

**I**f you are parenting a behaviorally challenged child — one who is highly inflexible, defiant, and in trouble much of the time — then you may be all too familiar with the confusion, anger, guilt, and shame

that go with the territory.

Challenging kids make life significantly more difficult for their families, teachers, and others with whom they interact. They are often poor problem solvers with rigid interpersonal styles. They may have meltdowns and explosive episodes a few times a week or dozens of times daily.

But there is help — and hope.

## Snapshot of the challenging child

Because of the variety of symptoms and severity, challenging kids may receive a diagnosis of Oppositional Defiance Disorder, Asperger's Syndrome, Conduct Disorder, Obsessive-Compulsive Disorder, or others.

Challenging kids may get in trouble

for non-compliance at home, school, or both. They have difficulty following instructions, switching gears, getting along with others, and responding appropriately to a variety of social situations. They have outbursts and may swear, hit, spit, throw things, or assault others.

Parents of challenging kids often feel stuck and desperate when the use of rewards and punishment is ineffective, especially given that such strategy is often prescribed and is at times effective with less-challenging children. Challenging kids may embarrass their parents with noncompliance so much that they become convinced their child enjoys being hostile and mean!

## What causes the outbursts?

Too often, parents mistakenly blame themselves for their child's misbehavior. Blame may also come from well-meaning friends or school personnel who believe their parenting is not strict or consistent enough.

But parenting techniques are only one factor impacting children's behavior.

Author of "Lost at School" (Scribner, 2008) and "The Explosive Child" (Harper, 2010), Harvard Medical School instructor and pediatric psychologist Dr. Russ Greene writes, "Challenging behavior occurs when the demands of the environment exceed a kid's capacity to respond adaptively. In other words, it takes two to tango."

In "When Your Kids Push Your Buttons" (Grand Central Publishing, 2004), parent educator Bonnie Harris explains, "Children feel under attack from negative judgments and criticisms and are often left with no choice but to engage in counterattack."

On the surface, challenging kids



may appear to be attention-seeking, manipulative, limit-testing, and poorly motivated, but this may not be the case! Children often harbor unsolved cognitive problems, which they lack the skills to solve on their own.

Experts who work extensively with defiant children and families insist that challenging kids do not enjoy tormenting or offending people. Harris states, "Children want to be successful. No child is happy being manipulative or out of control."

These kids frequently have trouble reading social cues and use aggression and defiance for self-preservation.

### The importance of empathy

Being responsive and showing empathy is critical to managing challenging behavior. Dr. Greene asserts that when parents show empathy and teach skills for adaptive behavior, behavior improves.

On Greene's *Lives in the Balance* site, he teaches the definition of good treatment which is "being responsive to the hand you've been dealt" and is not "treating every kid exactly the same."

Philip and Nancy Hall, who wrote "Parenting a Defiant Child" (AMACOM, 2007) believe parents need to display empathy and "the know-how to help their children develop and sustain meaningful relationships."

And in "Confident Parents, Remarkable Kids" (Adams Media, 2008), Harris explains that parents' expectations of their child must be based on who he is, not on who they wish he would be. She writes, "To affect their behavior, their internal state must first be understood, then accepted, then addressed."

### Help for families

Because of varying philosophies and approaches to helping challenging kids, parents should educate themselves to choose experts and solutions which offer a good fit.

A fairly new approach is Greene's Collaborative Problem Solving, which involves three parts: learning about your child's perspective, clarifying your own concerns, and brainstorming solutions. The role of parents is to figure out what is getting in their child's way of not doing well.

Greene stresses that solutions to behavior problems take great

effort, bravery, and practice. But since this method eliminates any power struggle, the outcome is win-win. To learn more about it, visit [www.livesinthebalance.org/what-collaborative-problem-solving-and-why-it-important](http://www.livesinthebalance.org/what-collaborative-problem-solving-and-why-it-important).

Harris also endorses a collaborative approach with kids who push your buttons, and her excellent tips for coping include:

- When emotions are heated, stop dangerous actions only. Do not react.
- Never try to teach a lesson or solve a problem in the heat of the moment.
- Walk away if you think you will yell, blame, or shame.
- Count to 10.
- Inhale and exhale deeply at least three times.
- Find a word or phrase to repeat to yourself that will hold you back from reacting even for a second.
- Remind yourself that your child is having a problem not being a problem.
- If your emotions are high, acknowledge that you are having a problem as well. Own it.
- Don't make your child responsible for your feelings or reactions.
- Don't take it personally. Do be a sounding board.
- Appeal to your child's sense of fairness and logic.
- Remember, this too will pass.

Because challenging and defiant children come in all shapes and sizes, there is not a one-size-fits-all treatment or prescription. An important first step, even if you are struggling to define the problem, is to seek help, stay positive, and cling to hope.

*Michele Ranard has a husband, two children, and a master's in counseling. Visit her at [hellolovelychild.blogspot.com](http://hellolovelychild.blogspot.com).*

### Resources:

- Greene, Russ W. "The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children." Harper, 2010.
- Greene, Russ W. "Lost at School: Why Our Kids With Behavioral Challenges are Falling Through the Cracks and How We Can Help Them." Scribner, 2008.
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- Harris, Bonnie. "When Your Kids Push Your Buttons: And What You Can Do About It." Grand Central Publishing, 2004.

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Continued on page 22

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## Special Needs

### DIRECTORY

*Continued from page 20*

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The attorneys of Ronald E. Stiskin & Associates, P.C. represent special needs children and their families in education law matters. We advocate for appropriate services at the school district level, as well as at administrative hearings and appeals.

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# New dad nerves

Helping first-time fathers adjust to their postpartum life

**BY DENISE YEARIAN**

**W**hen a child is born, much emphasis is placed on helping the new mother and baby adjust. But they aren't the only ones undergoing change.

Most first-time fathers experience stress due to sleep deprivation, change in routines, and their own apprehensions about parenting.

"There are a myriad of emotions that come with being a new father," says Armin Brott, author of multiple books and a DVD on fatherhood. "Most often it's a feeling of pride and excitement, at the same time there can be apprehensions — 'Will I be a good father?' 'Can we afford this?' 'How is this going to change our lives?'"

This was what dad David

Wuttke found.

"When my son David Jr. was born, I had overwhelming feelings of anxiety and excitement all at once," he says. "I had been babysitting since I was 16, so my anxiety wasn't about child care, it was the reality of the responsibility that this was my son — and that sent a shock to my system."

Just knowing there's another per-

son to care for can be a big stressor for first-time fathers. Couple that with the fact that many men don't initially know how to bond with their newborns.

"If a mother is nursing, it naturally brings her in contact with the baby," says Brott. "Dads don't have that same natural bonding method, so they often get stuck doing the dirty work, but it shouldn't be that way."

Susan Maroto, a licensed social worker and parent educator in prenatal care and postpartum adjustment, agrees.

"There are things moms can do to help dads feel competent in that role," she says. "Encourage them to take part in all areas of child care — feeding, bathing, reading, and putting the baby down. Just be careful you aren't overly critical. Standing behind your husband and correcting his every move will only frustrate him. Show him what needs to be done then let him develop his own style."

Fortunately for Wuttke, basic training occurred as a teen sitter and paid big dividends when his son was born. Soon after his wife Christine delivered, she enrolled in college and David was thrust into solo evening child care.

"I never had to think about how to take care David. I just fell back on my babysitting days," says Wuttke. "If he was crying, I would say, 'Okay, let's guess what he needs?'" Then I'd check his diaper. If that was okay, I'd try to feed him. If he wasn't hungry, I thought maybe he had gas or needed to sleep. One of those usually did the trick."

For Anthony Franco, the adjustment wasn't that easy. When his wife Lisa gave birth to the twins, Franco seemed to be fine. But four months into it, things changed.

"I started experiencing panic attacks and didn't know why," he remembers. "I would be in the supermarket when all of the sudden I would get this overwhelming sense of dread and lightheadedness."

This went on for several months until Franco finally went to the doctor.

"He asked me where it was happening, and I told him it was when I was buying diapers, formula, and other things for the twins," he continues. "That's when he pinpointed the problem. He said this happens to a lot of new fathers. He prescribed a little anti-anxiety medication and then I was fine."

Brott believes it's important for

## Resources for new dads

Dads have an important role with babies, too. And being a new father can be tough. Here are some tips:

- Realize the father's role is as important to the baby as the mother's.

- Remember experience is the best teacher. If the new dad came from a home where there were younger siblings or he has friends with babies, he may fall into the parenting role quicker.

- Encourage the new father to get involved in all aspects of child care — bathing, feeding, reading, and putting the baby to sleep. If he needs a little coaching, give him the basics then let him develop his own style.

- The wife should be careful not to criticize her husband's efforts, as this will only frustrate him. Encourage him and make him feel competent in his new role.

- Realize that some babies, such as those with colic, are more of a challenge to soothe. If the baby is crying, look for obvious signs of discomfort — diaper change, hunger, fatigue, gas. Try to spend 10 minutes at any one strategy. If it doesn't work, try another one. Remember newborns can also suffer from over stimulation due to lights, motion, sounds and people — things that may seem normal are a drastic change from a quiet womb.

- The new father should take on the role of communicator with outside family and friends, and set limits and boundaries, if needed. Encourage others to help in practical ways, such as dropping off meals, running errands or watching the baby so

the couple can take a walk.

- Extended family can be a huge help or significant stressor. Encourage well-meaning but intruding relatives to refrain from giving unwanted input with regard to child care.

- One of the father's biggest roles is to support the mother. This includes keeping an eye out for postpartum depression, which may have a delayed onset.

- Couples should keep a constant line of communication open with one another and discuss how the adjustment is going. Talk about things that are and are not working, and make suggestions for change.

- Make sure the new father has an outlet where he can share his stress. Look for a father support group or friend who is or has gone through this stage in life. If he doesn't share his concerns, that stress may build.

- Couples should work at nurturing the marriage relationship, as this will benefit the parents and child. If extended family is local, schedule occasional date nights. If this isn't an option, look for creative ways to give the marriage attention — back or foot rubs, a note in the spouse's lunch box, or a quick e-mail sent to the office. Couples' communication should include more than just baby talk.

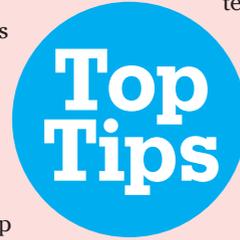
- Make time for intimacy. Couples should be sensitive to each other's needs and work together to find a compromise.

- Try to find time for one's self. It may be impossible to maintain the

before-baby lifestyle, but determine what is most critical for each parent to relieve stress — sleep, exercise, time out of the house — and schedule that into the week.

- New fathers should be aware of their emotions. If they feel anxious or depressed for an extended period of time, they should talk with their physician.

- Realize it gets better. The more time fathers spend with their baby, the easier it will get. Right now things aren't normal, but life will take on a new normalcy in time.



### Looking for more?

Here are some resources for new fathers.

*Books and DVDs:*

- "Be Prepared: A Practical Handbook for New Dads" by Gary Greenberg and Jeannie Hayden

- "The Expectant Father: Facts, Tips and Advice for Dads-to-Be" by Armin Brott

- "The Father's Almanac: From Pregnancy to Pre-school, Baby Care to Behavior, the Complete and Indispensable Book of Practical Advice and Ideas for Every Man Discovering the Fun and Challenge of Fatherhood" by S. Adams Sullivan

- "New Father Book: What Every New Father Needs to Know to be a Good Dad" by Wade F. Horn, Ph.D. and Jeffrey Rosenberg, MSW

- "Toolbox for New Dads: Because Babies Don't Come with Instructions" by Armin Brott (DVD)

*Websites:*

- [www.newdads.com](http://www.newdads.com)

- [www.mrdad.com](http://www.mrdad.com)

men to have someone with whom they can share their stress.

"Some men have close friends they can confide in. But a lot don't, so they keep all those concerns in and the stress level builds," he says. "They shouldn't be afraid to talk with other men and find out what they have gone through. Chances are they'll find others felt the same way too."

One concern most new fathers share is fatigue. Franco and Wuttke both had a hard time with this.

"The one thing I really didn't expect was that time on a 24-hour clock had no meaning anymore," says Franco. "It became irrelevant

after a while and we just fit sleep in whenever we could."

The Wuttkes solved this problem by enlisting the help of relatives.

"There were times Chris and I said, 'We need a break,' and my mom would take David so we could rest. We even called my grandparents so we could have an occasional night out."

Extended family and friends can be a huge help or add significant stress, depending upon the dynamic of the relationship, say experts. This is where husbands can help their wives by setting boundaries.

"Dad should take the role of communicator outside the family and, if

needed, limit visitors," says Maroto. "Encourage others to help in practical ways such as dropping off meals, running errands, or watching the baby for 20 minutes so the couple can take a quick walk."

What's most important is to realize this is a period of adjustment and life does get easier.

"It's like anything new, it takes a little time," says Franco. "It took about 18 months before I became completely comfortable with the twins. Now we're pretty much inseparable."

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



Photo by Don Pollard

Matilda Cuomo with her family on her birthday.

# A mom that inspires

## How Matilda Cuomo gives back to the community

BY TAMMY SCILEPPI

**G**iving back seems to run in families.

Inspiring mother of five and former New York State First Lady Matilda Cuomo taught her children the value of giving back.

Throughout her life, the former teacher has worked hard to improve the lives of many New Yorkers, and continues to be a mentoring champion through the organization she founded, Mentoring USA.

Since its inception, the organization has provided mentors for more than 5,000 children.

Matilda and her husband Mario Cuomo, the former governor of New York, live in Manhattan.

Here, Matilda Cuomo shares her wisdom and giving back experiences with New York Parenting's readers.

**Tammy Scileppi:** How can mentors help build positive attitudes and self-confidence in youngsters?

**Matilda Cuomo:** There is no question that a child benefits from the support of a caring adult. We know that attitudes toward school, teachers, academics improve, as do family and social dynamics. Every child needs the support of school, home and community working together.

Numerous studies provide powerful evidence that caring adults can positively influence youth. As role models, mentors demonstrate the tangible rewards of completing an education and the responsibility and benefits of being a productive member of society. The individual attention provided by a mentor can introduce a child to new interests, talents and opportunities; improve school per-

formance, and reduce the rate of school drop-out, substance abuse and teenage pregnancy.

Most importantly, a mentor provides reliability in a child's life. A mentor is a positive, adult role model who can help build and maintain a consistent and trusting relationship with a child.

This invaluable relationship is something a child will carry with him or her for the rest of his or her life.

**TS:** What was growing up in Brooklyn like?

**MC:** I am very proud to be a Brooklyn girl and I feel blessed to have grown up there at the time I did.

We shared a sense of community, discovery and creativity that has contributed to some of the greatest achievements of our city. And it was great, great fun.

**TS:** Why did you decide to embark on this cause?

**MC:** In 1982, when Mario became governor, the state was faced with serious social and economic problems, including an escalating high-school dropout rate in our public schools.

I led an effort to bring mentors to children in grades kindergarten through 12th, in the strategic effort to support youth, with a trained, committed mentor.

**TS:** What do you enjoy doing in your spare time?

**MC:** Mario and I are blessed to still be busy with matters and issues we feel passionately about. I remain committed to finding mentors for every child who can benefit by the support of a caring adult. I also love to share time at home with my family and dear friends — and, of course, to travel (mostly to Italy.)

**TS:** Your grandchildren?

**MC:** Mario and I have 14 jewels: 13 girls and one boy (diamond in the rough) — our precious little Mario. Each one is a treasure and inspiration for the dreams that can still come true in America.

**TS:** What do you like to do in New York City? How did you spend Mother's Day?

**MC:** I enjoy everything about New York City. I try to just walk the fascinating streets and neighborhoods as much as possible. We have many wonderful mothers in our family and we love to celebrate together.

# Unlikely summer

Studying can't stop in June when there's a big test on the horizon

BY FRANCES KWELLER

**W**inter has turned to spring and with the warm weather comes thoughts of summer. For many New York City parents, this is the time to start thinking about planning summer activities for the kids. Your children have worked hard for the past 10 months, and visions of hot summer days, ice cream cones, and water sports dance in their heads. It's tempting to let them sit back, relax, and watch the days fly by. After all, isn't this the time in their lives to let them lounge at the beach with their friends and get a tan?

The answer: your kids have the rest of their lives to do those things. But they only have this one moment to prepare for the New York City Specialized High School Admissions Test program. This is the time to make preparations for the future — preparations that will have significant and profound effects on their lives.

In an increasingly competitive world, getting into a specialized high school can make a pivotal difference in your child's future. As former New York City Comptroller John C. Liu wrote for *The Huffington Post*, "The Specialized High Schools are the equivalent of New York City's Ivy League. Admittance to these schools is a ticket to success. They bring an almost certain guarantee of high school graduation, in a city where the graduation rate is 65 percent, and an almost certain guarantee of college acceptance. More than a quarter of the graduates of Stuyvesant and Bronx Science go on to university in the real Ivy Leagues, at Harvard, and Yale, and Brown, or other top-tier colleges."

Getting a high score on the test is the only way to gain possible entrance into a New York City specialized high school and enrolling your child in a competitive test prep course gives your child the strongest advantage.

There are many local test prep companies that offer comprehensive summer camp tutoring programs that have had tremendous success in helping students get into



top New York City high schools. Classes often take place four days a week, with both morning and afternoons sessions offered. In addition, students can elect to attend weekend sessions instead. Some even offer trips for both high school and college tours on Fridays.

You may be thinking that your child can simply study for the test on their own, in their spare time, and ace it nonetheless. This is not a mistake you or your child can afford to make. Even the most disciplined students need a structured setting in order to properly prepare for this challenging exam. Especially during the summer, procrastination is far too easy of a trap to fall into, and these classes are necessary to keep your child focused. In addition, top-notch tutors will help

your child truly grasp the material to an extent that no prep book can match.

And if you're still not sure that you want your child to sacrifice his endless pool-lounging, just think about it. There is, in fact, still plenty of time to lounge by the pool or at the beach this summer. And that relaxation will feel so much better after a hard day of working and learning, knowing that you are taking key steps towards a successful future for your child. Over indulging won't make you happy — but your child's admission to Stuyvesant, Bronx Science, or the college of his dreams most certainly will.

*Frances Kweller is an education and testing standards expert, and founder of Kweller Prep.*

# Style magic

Manhattan  
kids clothes  
designer  
inspired by  
family

BY TAMMY SCILEPPI

**W**hen popular children's-wear designer Bonnie Young waves her sparkly fashion wand, she seems to bring out the budding fashionista in girls and a cool, princely attitude in boys.

The style magic happens in her SoHo studio, attached to the ultra-modern, all-white, canvas-like loft space she shares with her husband, Luca Babini, and two children: Celia, 13 and Brando, 11.

Young's fun, très-chic creations for kids, tweens, and teens have graced the pages of top international publications. Her brand conveys a fresh, timeless quality — evident in her classic, well-tailored skirts, dresses, blazers, and outerwear. She is best known for looks that are infused with surprising, exotic undertones — signature touches of nomadic glamour, inspired by her travels to many faraway places.

We caught up with the elegant designer in March, shortly after her exciting fashion show in Chelsea's gallery district, part of the Vogue Bambini-petitePARADE/2014 Kids Fashion Week NYC. Adorable young models — including her own children — owned the runway, sporting the brand's must-have trends for the fall 2014 season.

Young was one of the five featured designers. Highlights from her new line for tweens and teens included comfy, sophisticated coats and jackets with plaid and geometric patterns (for girls' and boys' markets); a cool, black, retro "Brando" motorcycle jacket; a striking silvery dress, worn with a dark shearling jacket; and a champagne-colored gold dress, paired with a white, faux fur poncho — combos that any little fashion bug would love.

In this interview, Young talks about her family, career, and trend-setting creations.

**Tammy Scileppi:** Your au courant designs have taken New York City's kids' fashion scene by storm. So, when you're not working on your collection, or running about town with the kids, you probably can't wait to



Designer Bonnie Young and (opposite) her cool, trendy designs.

catch a few moments of downtime at home — relaxing or working in your light-filled studio. It sounds like a wonderfully inspiring place, and our readers are probably thinking, what better spot for an artist to create?

**Bonnie Young:** It's extremely challenging when it comes to focus. When you work where you live, it is very difficult to make divisions, and your life becomes a big balancing act. We always seem to be busy between my daughter's acting coach on 104th Street and the Downtown United Soccer Club training at Pier 40. (Her son, Brando, practices there).

I want to please my kids, yet I have to work, so there is always this tug of war within myself.

**TS:** What are your plans for Mother's Day?

**BY:** We go to Long Island, where my parents have a house by the beach, and we hang around the pool and play tennis all day with my family.

**TS:** What were the strongest elements at the fashion show, and what was the inspiration for your new fall collection?

**BY:** I would say, for me, [the Fall 2014] season was about outerwear. The double-breasted coat, for me, was the key silhouette. Coats are back. Perhaps because of the arctic winter we have been forced to endure, designers showed a lot of coats

on the runway.

I loved the kilt skirt for boys this season. I find that a man who can wear a skirt well has a great confidence and masculinity. In fact, soccer star Tim Cahill's son, Kyah, rocked that skirt with confidence!

The inspiration was futuristic romance. It was about a mix of classical mohair plaids, faux fur, and metallic. The colors were mostly pale grays and lavender, with a touch of silver and black, against the starkness of white shoes.

My background is women's. I was the creative director for Donna Karan for 16 years, so I believe that definitely influenced my aesthetics in my children's line.

**TS:** It seems your love of all that is ethnic and multicultural fuels your philosophy?

**BY:** Because I have traveled extensively, my clothes that I design have influences from all over the world. I have an incredible collection of tribal jewelry and vintage and tribal costumes.

While I was at Donna Karan, I traveled extensively, looking for inspiration.

I met Donna in 1992, through her daughter's ex-boyfriend. I was living in Italy at the time and was in New York for a week, visiting my grandmother, who was ill.

Donna hired me on the spot. I did not want to move back to New York, and Donna was thrilled because all the fabric mills and factories were in Italy, anyway. She opened an office for me in Milan, and I began my bi-weekly, trans-Atlantic life.

In '97 I started to get antsy, and I was offered a position at Prada, which I ended up not taking. I had explained to Donna that I was not very inspired and needed to make a change, or travel around the world to get inspired. The latter happened and Donna sent me to India, Nepal, Tibet and China for two months.

I returned with more inspiration to do many, many collections — more than she could have ever imagined!

And so, for years I was between Milan, Florence, New York, and some exotic location, which became the in-



spiration for the next collection.

Some of those places included Papua, New Guinea; Mali; Japan; Benin City, Nigeria; Vietnam; Turkey; the Middle East; and the North Pole.

In those years, during my travels, I also published a book, "Colors of The Vanishing Tribes." I took photographs of tribes around the world, documenting indigenous people who have inspired me — and hence the Donna Karan collections — over the years. It was an exciting and memorable time of my career.

**TS:** What are Celia and Brando into?

**BY:** My kids, of course, wear my clothes. Celia loves to mix my pieces in her own way. She is inspired by Audrey Hepburn, and while I am a bit of a chic hippy, she is just chic!

My daughter is very lucky to have an entire studio as her closet — an extremely large closet with new collections to choose from every six months.

Celia has a big influence on the collection, so clothes are constantly

being designed for her. I wouldn't ever say she is a fashionista ... she just has great fashion style within her. She basically grew up in design rooms.

My fall 2014 collection was filled with amazing, new double-breasted coats; that came from her wishes.

Brando, on the other hand, has his own fashion point of view, strictly revolving around soccer. He has the largest collection of soccer jerseys from around the world.

I design soccer pants for him constantly because that is all he will wear on the bottom. In a way, he is a soccer fashionista!

**TS:** Does Celia want to follow in your footsteps?

**BY:** She loves fashion; however, she has an incredible voice and is an extremely talented actress. She is very clear that she wants to sing and act, and have children fairly early in life. She is amazing with little kids!

**TS:** How did you and your husband meet?

**BY:** We met at my very close friend,

Amy Sacco's, nightclub, Lot 61. My husband was a fashion photographer (and now he has moved into photography relating to social initiatives, marketing, and online strategies. He is also the founder of [www.citizen-brooklyn.com](http://www.citizen-brooklyn.com) — an online magazine catering to the new youth). He had photographed Jade Jagger for her jewelry line, and the party was at Lot 61. I would say it was definitely for me, love at first sight.

We were both traveling a lot at that time, so it took months for us to even have a first dinner together.

**TS:** Who is your favorite designer?

**BY:** I would say the designer I always loved the most is Jean Paul Gaultier. Karl Lagerfeld is someone I respect tremendously. This industry is such a young industry, yet Karl is quite old, and manages to put on the most influential collection and show, ever. The direction he took for Chanel is so clever and cutting-edge.

**TS:** What's family time like?

**BY:** We rarely get to just hang out. We leave the city quite often, but

when we can, we love to bike ride on the river; eat between Bar Pitti, Taka Taka, and Lupe's, and hang out with friends.

**TS:** Please tell our readers about your inspiring work as founder of Fashion Fights for Children's Rights.

**BY:** I have worked with a range of children's charities, from Solving Kids Cancer, for which I am one of the hosts of the annual benefit for the past five years, my daughter is the junior ambassador, to being on the board of Innocence in Danger (protecting children against trafficking and sexual abuse), to hosting events, raising money, and producing charity T-shirts for End Child Prostitution and Trafficking, Reach Out To Asia, Nest Foundation, Free Arts, and Fair Fund, amongst others.

• • •

Bonnie Young's fall 2014 line of children's wear can be found at Barneys, New York; boutique stores including Mon Petit in Brooklyn; and her store in Aspen, Colo. For more, visit [bonnieyoung.com](http://bonnieyoung.com).



## FABULYSS FINDS

LYSS STERN

# Father's Day in NYC

It's that time of year again: Father's Day! But, not just anywhere: celebrating Father's Day in New York is a unique opportunity, filled with plenty of opportunities to spoil all of the FabULyss dads in your life. From the best places to shop for unique, personalized gifts, to where to get the most DeLysscious brunch or dinner, the DivaMoms team has the best Father's Day itinerary for your family! To all the real life superheroes, this is your day to be spoiled — Batman, Spider-Man, and Superman don't hold a candle to you.

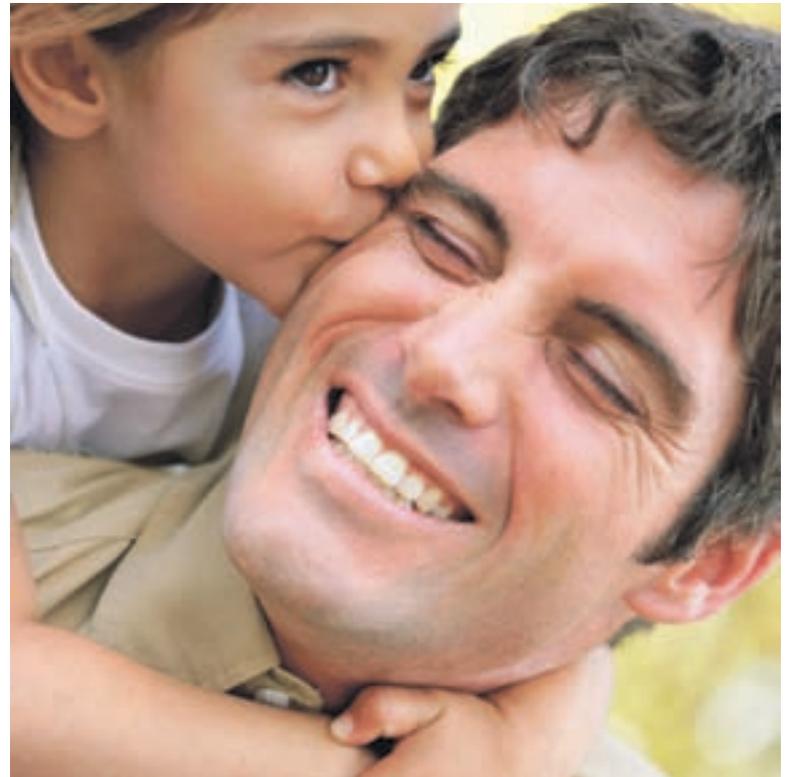
What dad doesn't love a good shave? A beautiful and complete shaving kit from everyone's go-to shave-spot, The Art of Shaving, is like the man's version of being gifted a spa day! The Perfect Lexington Gift Set — complete with a fine brush and some DeLysscious lavender — is the perfect shaving set; and YOU will love the way he smells post-shave! You can also make an appointment for your husband, father, son — whoever — at one of the city's great Art of Shaving locations. The FabULyss products are also carried at every girl's go-to gift spot: Bloomingdales. Nothing will make the men in your life feel more prepared to take on the fun-filled day that's all about him like a clean shave.

*Art of Shaving (373 Madison Ave., 520 Madison Ave., 87 E. 42nd St.; www.theartofshaving.com).*

This year, Bryant Park is offering some quality bonding time with dad the day before Father's Day at its Fifth Avenue Terrace. Best part? It's free! Professional instructors from Orvis will instruct you on how to fly cast and outfit rig: "fly fishing!" This is the perfect father-son bonding activity to start the day — Hmmm, I may just send the boys with my husband while I set up brunch!

*Bryant Park Fly Fishing, northside of Fifth Avenue Terrace (Fifth Avenue at 41st Street, /www.nycgovparks.org/events/2014/05/24/bryant-park-fly-fishing) June 14, 10 am to noon.*

How about a Father's Day mini cruise for either brunch or dinner? Skyline Cruises offers two options for its FabULyss Father's Day cruise to see Manhattan's most incredible views! The cruise is only four hours,



which is perfect, especially if you're cruising with little kids who get antsy. The cruise includes the most beautiful scenery from New York Harbor, a DeLysscious buffet, and the opportunity to view the Statue of Liberty and the famous New York City skyline! What better way to either begin or end the day than on the beautiful water with your family?

*Skyline Cruises [300 W. 23rd St. at Eighth Avenue in Chelsea, (212) 757-7567, www.skylinecruises.com].*

Nothing quite says "I love my dad" than tickets to a baseball game on Father's Day! The New York Mets and San Diego Padres are scheduled to play at 1:10 pm at Citi Field on Father's Day 2014, so get your tickets ASAP if your husband and little ones go crazy for baseball (like mine do)!

*New York Mets game at Citi Field (123-01 Roosevelt Ave in Willets Point) June 15, 1:10 pm. Tickets available at [http://mets.mlb.com/ticketing/index.jsp?c\\_id=nym](http://mets.mlb.com/ticketing/index.jsp?c_id=nym).*

Wine? Check! Chocolate? Check! AZYA Wine & Chocolate Bar offers a great Father's Day special menu, outdoor dining, and a plethora of DeLysscious food to choose from, includ-

ing things that even the pickiest dad will enjoy: chocolate, wine, cheese, salad, truffles, paninis and more! One location is nearby Penn Station if you're coming into the city for the day from Long Island, and situated near the Broadway theaters, the Empire State Building, and more.

*AZYA Wine & Chocolate Bar [11 W. 31st St. between Fifth Avenue and Broadway in the Flatiron District, (212) 714-2992; 1 Seventh Ave. S at Carmine Street in the West Village, (212) 365-2992; /www.ayzany.com].*

If you want a more personal and intimate dining experience for brunch or lunch on Father's Day, organize a fun multi-generational picnic in Central Park's Sheep Meadow! We're talking all the fathers in your family in one place for all of their favorite picnic foods; not only will the beautiful setting make for great photos and some much-needed sunshine, but it is a beautiful way to make lifelong memories — and maybe even start a new tradition!

Happy Father's Day and here's to a great start to the summer!

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

# Know the score

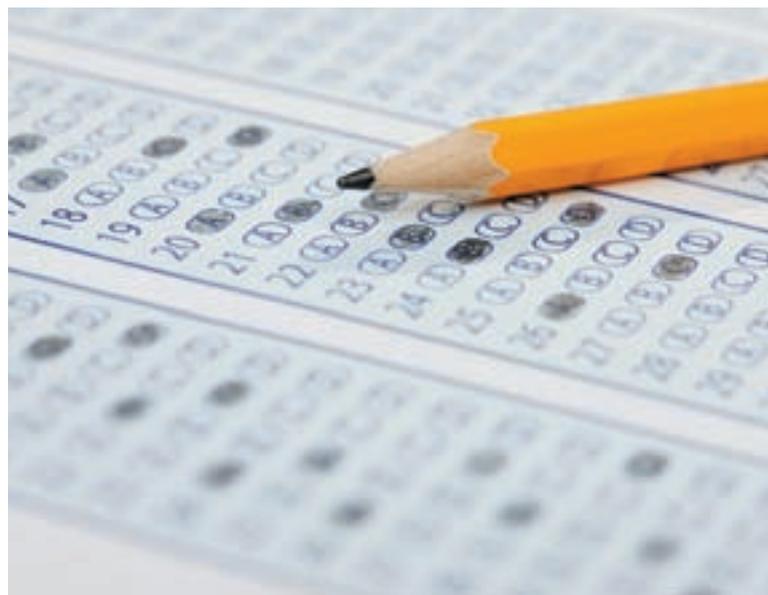
## Uncloaking specialized high-school testing secrecy

BY FRANCES KWELLER

**F**or many New York City parents, finding the right high school for your child to attend can be a daunting and exhausting process. There are several specialized high schools in New York City — Stuyvesant, Bronx High School of Science, Brooklyn Technical School, Queens High School for the Sciences at York College, Brooklyn Latin School, LaGuardia High School of Music & Art and Performing Arts, Baccalaureate School for Global Education, and High School for Math, Science and Engineering at City College — whose success can be measured by where its students go to college: Yale, Columbia, Brown, Michigan, Barnard, and Sarah Lawrence, to name just a few.

Not surprisingly, gaining admission to Baccalaureate School for Global Education and several other specialized high schools is serious competition. For Baccalaureate, for example, prospective students must pass a multiple choice, tightly timed, advanced math and English-based entrance exam as step one of the admissions process, which is held in January of sixth grade. Students must also present the school with their current teacher's letter of recommendation, and provide both their entire fifth grade report card and first quarter of sixth grade report card, including state test scores. The top percent of students are then selected for a group interview, generally held in March of that year, hosted by current Baccalaureate admissions officers, teachers and students.

In 2014, although more than 1,000 students applied for admission, and not even 100 were selected. Parents need to pay particular attention to when exactly their children can apply to this school — and carefully watch for deadlines. The percentage of students selected might be smaller if more parents were aware of the admissions process. This year, Baccalaureate scheduled its entrance exam



laureate scheduled its entrance exam for Jan. 27. On Jan. 2 — less than four weeks earlier — the school posted the time and location of the exam on its website (surprise!). Sticking fliers on the windows of parked cars would have been more effective in spreading the word.

All of the specialized high schools are free, all are excellent, but even parents of current and former students say that gaining admission is like joining a secret society. Unfortunately, several of these elite schools do a poor job advertising to their target clientele: families who can't afford a private education. The younger siblings of current students, or the children of former students, have no trouble getting the date of the next big entrance exam. What few parents know is that the secret society of New York Public Schools opens its doors as early as fifth grade. To remove the secrecy, I compiled a list of the city's best public schools along with their test dates. Here they are:

### **Grade 5** (all tests given in the fall)

- The Nest Plus M (Brooklyn)
- Anderson (Manhattan)
- Mark Twain (Brooklyn)

### **Grade 6**

• Hunter College High School (Manhattan). Tests are in January and are invitation-only. You can only register if you score in the 90th percentile on the math and English state exam in the fifth grade. The cost to register is \$32.

• Baccalaureate High School (Queens). Tests are in January. Admissions officers look at a student's grade five and six report cards, state scores, and a letter of recommendation.

• Anderson (Manhattan). This is a new testing opportunity given in the spring. The school sends an e-mail invitation to parents of fifth-grade students who score in the sixth percentile on the English and math exams.

### **Grade 7**

• Independent School Entrance Examination and Scholastic Achievement Test for private schools and scholarships. This test is in December.

### **Grade 8**

• Specialized High School Admission Test. Test is in late October for all seven city specialized math and science high schools.

• Test for Admission into Catholic High Schools exam. Test is in November. Free tuition is available if a student scores in the top percentile.

Early awareness is a key component for parents to learn about the admissions process and testing opportunities that are available for the New York City specialized high schools. But success doesn't just start with awareness, alone. Parents need to be involved in encouraging their children to take on extracurricular activities and expose their children to as many cultural events as possible, all of which helps them to become as well-rounded as possible. This, coupled with a strong educational foundation, can help parents successfully motivate their children to achieving the future of their dreams.

*Frances Kweller is not affiliated with any New York City specialized high schools mentioned in this article. She is an education and testing standards expert and CEO and founder of Kweller Prep.*



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# The deal on trusts

*What is a “trust” and why would I need one?*

**A** living trust (also called an inter-vivos trust) is funded with assets during your lifetime and can be a useful tool to minimize an estate for New York State estate tax purposes. Living trusts can be revocable or irrevocable. In truth, even irrevocable trusts are not completely irrevocable, but are more inflexible, as they can be amended, modified, or revoked with the consent of all of the adult beneficiaries.

The current federal estate tax exemption is \$5.34 million and will annually adjust for inflation. The New York State estate tax exemption was recently amended and is now \$2.065 million, and will also be annually adjusted. However, whereas New York once did not have a gift tax, now New York State will “add back” gifts made within three years of death into a decedent’s gross estate.

Aside from taxes, there are other incentives to create a trust. Maintaining assets in a trust rather than in your individual name helps to avoid probate, a court process that is required in order to transfer assets from the name of someone who has died into the estate, where it can be distrib-

uted to the heirs. A trust can also help minimize disputes among your heirs, particularly if you intend to disinherit one of your children. It can also help control your assets seamlessly if you are incapacitated or when you die. And, in the case of second marriages, a trust can insure that you can leave assets for the benefit of your second (or third) spouse during the spouse’s lifetime, while protecting those assets and ensuring that they will be left to your children (and not the spouse’s children) when he or she dies.

Trusts can be tailored to meet a client’s specific objectives. Not all trusts are the same and there is no one-size-fits-all trust. Here is a brief explanation of some types of trusts that are commonly used:

**2503 (c) Trust:** This is a minor’s trust for the benefit of minor children. The trust by its terms must terminate when the beneficiary reaches the age of 18 or 21. This trust is preferable to making gifts to a Uniform Transfer to Minors Account or an Uniform Gift to Minors Account account as it can protect assets from creditors. Furthermore, the investment opportunities are unlimited.

**Inter-vivos Bypass-Credit Shelter Trust:** This is the same type of trust that is included in a last will and testament for a spouse and descendants, only it is created during the donor’s lifetime. If funded now, the transferred amount and all the appreciation will escape gift and estate tax. Another added bonus — the spouse can be both a beneficiary and a co-trustee.

**Health Education Expense Trust:** A “Heet” is used to pay beneficiaries’ health and education costs. Both contributions to the trust and distributions from the trust will be tax-free. This is a good option for people inclined to gift money who have already exhausted their generation-skipping tax exemption.

**Intentionally Defective Grantor Trust:** This trust is created for the benefit of descendants and others, but may also include the donor’s

spouse. It can be drafted for the donor to pay the annual income tax for the trust without that payment being considered an additional gift. The benefit is that the trust principal appreciates and grows faster outside the donor’s estate.

**Life Insurance Trust:** This is created to avoid estate tax on insurance proceeds at the insured’s death. The common misconception is that life insurance is “tax free.” Whole life insurance policies are income tax free, but whole and term policies are not estate tax-free. They are taxable if the insured and decedent has an “incident of ownership” in the policy. If a trust owns the policy, the insured no longer has an incident of ownership in the policy. Annual payments to the trust will qualify for the annual exclusion and can be used to pay insurance premiums.

**Supplemental Needs Trust:** These are trusts created for disabled beneficiaries. Assets transferred to this trust is not counted as an asset of the beneficiary and therefore, does not render the beneficiary ineligible for Supplemental Security Income or Medicaid. When the beneficiary dies, the trust proceeds are payable to the donor’s named beneficiaries.

**Retirement Trusts:** These trusts are drafted to receive required minimum distributions and additional principal from retirement funds. There are very specific IRS rules for naming a trust as a beneficiary of qualified funds. If drafted correctly, the trust can preserve the ability to stretch out the IRA payments over the beneficiary’s life expectancy and name alternate beneficiaries upon the primary beneficiary’s death.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrust-plan and on her website at [www.besunderlaw.com](http://www.besunderlaw.com).*



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**DOWNTOWN  
MOMMY**  
NOTOYA GREEN

# Comics vs. classics

Story time holds great value regardless of genre

**M**y kids love books. They love everything from classic hits like “The Cat In The Hat” to “Pete the Cat.” Well, at least they did.

Until they discovered “The Super Friends.” Now during story time, I don’t get very many requests for Dr. Seuss anymore. It’s all about Batman, Superman, and Wonder Woman.

For a while I didn’t mind the change in genre. After all, it never hurts to switch things up. But for the last few months it’s been all they want to hear. Every now and then I try and sneak in some other options only to be told “no” by them and met with yet another request for “Superman Saves Smallville” — not exactly considered a literary classic in most circles.

So, I started to worry a bit that perhaps our story time was going from fun and educational to just plain-old fun. Reading “Superman Saves Smallville” is still considered “reading,” but it just seemed wrong somehow to choose stories about comic book superheroes over classic children’s books.

Then I came across two great articles that changed my perspective on everything.

The first was a New York Times article entitled “Read, Kids, Read” by Frank Bruni. In the article, the writer talked about the importance of reading and how it positively impacts the brain. No big surprises there. Right? I know, but in the article he also mentioned something else — that research now shows that American kids are reading less.

The second article was by Dan Hurley from the U.K.’s The Guardian entitled, “Can reading make you smarter?” In it, the writer provided research showing that reading can actually make you smarter and claims that it made him smarter, too. He said that when he was 8 he couldn’t read and was labeled a “slow learner” by teachers. Then, he discovered a genre of books that caused him to read — all the time. By the following year, he became a



straight-A student, and do you know what books he loved to read? Well, it wasn’t John Steinbeck’s “Of Mice and Men.” He loved to read “The Amazing Spider-Man.”

Now, reading that made me very happy. You see, it really doesn’t matter if my kids prefer stories of the Caped Crusader to that award-winning “Pete the Cat.” What matters most is that they are happy when I read to them. And when I read the stories they love most, their eyes light up. They ask me questions about what the characters are doing and why they’re doing it. The superhero stories even inspires

them make up their own stories (the latest being what happened to them when they were babies on the planet Krypton).

So, yes, story time for them is fun, and that is precisely what makes it educational. I see that now and I hope for them their love of story time will never end and they too will find themselves reading all the time as children and as adults.

*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.*

# Calendar

JUNE



Photo by Lois Greenfield

## Young dancers take flight

Ballet Tech Foundation presents Kids Dance for five performances at The Joyce Theater from June 12 to 15.

Forty talented dancers, ranging in age from 9 to 14, will dance three works of Elliot Feld, an amazing choreographer and dancer who started at the age of 11 himself. "KYDZNY," "A Stair Dance," and "Apple Pie" are all

designed to showcase the innate talent of the Ballet Tech students.

June 12–15, Thursday at 8 pm, Friday at 7 pm, Saturday at 2 and 7 pm, and Sunday at 2 pm. Tickets are \$10–\$39.

*The Joyce Theater [175 Eighth Ave. between W. 18th and W. 19th streets in Chelsea, (212) 242-0800, [www.joyce.org](http://www.joyce.org)].*

## 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, MAY 31

### IN MANHATTAN

**A Children's Festival of Flowers:** Jefferson Market Garden, Greenwich Ave., Sixth Avenue & W. 10th Street; [jeffersonmarketgarden.org/Images/flowerfest\\_flyer\\_color.jpg](http://jeffersonmarketgarden.org/Images/flowerfest_flyer_color.jpg); 11 am–2 pm; Free.

This event for children of all ages features free educational and craft activities, music, and entertainment featuring Dave The Worm Guy.

**"Eeek! A Mousical":** Stage 72, 158 W. 72nd St., between Columbus and Amsterdam avenues; [www.brownpapertickets.com/event/596463](http://www.brownpapertickets.com/event/596463); 11 am; \$15–\$49.50.

This musical fable is brought up to date in a fun and lively show for all ages.

**Mural Mural on the Wall Workshop:** Museum of the City of New York, 1220 Fifth Ave., between E. 103rd and E. 104th streets; [www.mcny.org/content/museum-exploration-stations](http://www.mcny.org/content/museum-exploration-stations); 11 am–2 pm; Free with museum admission.

Families will be inspired by the styles, colors, and inspirations used by graffiti artists in New York City in the Museum's exhibition *City as Canvas: Graffiti Art from the Martin Wong Collection*, then create a large-scale mural.

**Puppets with Cameron:** Epiphany Library, 228 E. 23rd St., between Second and Third avenues; (212) 679–2645; [www.nypl.org/events/programs/2014/05/03/puppets-cameron](http://www.nypl.org/events/programs/2014/05/03/puppets-cameron); 11 am; Free.

Children ages 2–5 will enjoy puppet shows of their favorite stories.

**Saltbush:** The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223–3010; [www.newvictory.org/Show-Detail.aspx?ProductionId=5292](http://www.newvictory.org/Show-Detail.aspx?ProductionId=5292); Noon and 5pm; \$25.

Children ages 5 and up will discover the language, lore and music of an indigenous culture in the latest at the New Vic Theater.



Photo by Gisela Florez

## All in the family ... band

Grammy-nominated Elizabeth Mitchell and her family band *You Are My Flower* are taking the stage for an all-ages show at the David Rubenstein Atrium at Lincoln Center on June 7, as part of Meet the Artist series.

Mitchell will be performing with her daughter Storey, and audience participation is encouraged, too. With admission being free, seating is limited and available on a first-come, first-served basis.

June 7, at 11 am. Admission is

free.

*David Rubenstein Atrium at Lincoln Center [Broadway between 62nd and 63rd streets on the Upper West Side, (212) 875–5000* <http://atrium.lincolncenter.org/index.php/2014-elizabeth-mitchell>].

### FURTHER AFIELD

**Meet the authors:** 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 pm; Free with museum admission.

Poets Paul Dubois Jacobs and Jennifer Swender, share their prose with children 3 years and older.

**Family walk:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623–7220; [www.bbg.org](http://www.bbg.org); 3–4 pm; Free with admission to the gardens.

Celebrate 100 years of the children's garden with an interactive walk and hands-on activities.

## SUN, JUNE 1

### IN MANHATTAN

**Chess Tournament:** Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; [www.bryant-park.org](http://www.bryant-park.org); 9 am–4:30 pm; \$45 (in ad-

vance), \$55 (day of).

Players ages 4 and up to adult will participate in four rounds of the tournament, with trophies, medals and cash prizes will be awarded to winners.

**First Annual Indoor Triathlon:** Asser Levy Recreation Center, 392 Asser Levy Pl., at E. 23rd Street; Trevor.Merk@parks.nyc.gov; [www.nycgov-parks.org/events/2014/06/01/asser-levys-first-annual-indoor-triathlon](http://www.nycgov-parks.org/events/2014/06/01/asser-levys-first-annual-indoor-triathlon); 10 am; Free.

Participants of all ages are invited to swim, bike and run in this first annual indoor triathlon.

**The Ultimate Science Street Fair:** Washington Square Park, Washington Square S., between MacDougal Street and Waverly Place; [www.worldsciencefestival.com/tag/2014-world-science-festival-youth-family-programs](http://www.worldsciencefestival.com/tag/2014-world-science-festival-youth-family-programs); 10 am–6 pm; Free.

Aspiring scientists of all ages can find entertainment both inside the buildings and outside at performances and demonstrations.

**Open Air Street Fair:** Housing Works Book Store & Cafe, 126 Crosby St., between Prince and East Houston streets; [www.housingworks.org/events/open-air-street-fair](http://www.housingworks.org/events/open-air-street-fair); 10 am–5 pm; Free.

This 10th annual block party will feature books and CDs for only \$1, shopping, live music, and good food.

**The Epiphany School Spring Carnival:** The Epiphany School, 234 E. 22nd St., between Second and Third avenues; [www.theepiphany-school.org/index.html](http://www.theepiphany-school.org/index.html); 11 am; Free.

Children of all ages will enjoy this classic carnival, with games, rides, and even a silly string squirting area.

**Twelfth Annual Drums Along The Hudson:** Inwood Hill Park, W. 218th Street and Indian Road; [www.drumsalongthehudson.org/index.shtml](http://www.drumsalongthehudson.org/index.shtml); 11 am–6 pm; Free.

Families will enjoy activities like Native American crafts, storytelling, and international cuisine, plus the only

*Continued on page 36*

Continued from page 35

open air pow wow in Manhattan.

**21st Annual Spring Crafts Festival:** Lincoln Towers, Broadway from W. 65th to W. 72nd streets; [projectopenlincolntowers.org/activities.html](http://projectopenlincolntowers.org/activities.html); 11 am–6pm; Free.

Festival goers can expect to find artisans, food, street performers and more at this annual event.

**Macy's Sunday Story Time:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11:30 am; Free with museum admission.

From the 17th century to the 21st, through fiction and through fact, hear tales of New York City and the people who made it great.

**"Little Red's Hood":** St. Catherine's Park, First Avenue and E. 67th St.; [nfo@cityparksfoundation.org](mailto:nfo@cityparksfoundation.org); [www.nycgovparks.org/events/2014/06/01/cityparks-puppetmobile-presents-little-reds-hood](http://www.nycgovparks.org/events/2014/06/01/cityparks-puppetmobile-presents-little-reds-hood); Noon & 2 pm; Free.

CityParks PuppetMobile is partnering with the Swedish Cottage Marionette Theatre to present this retelling of the classic tale with hand-made marionettes and modern twists.

**Saltbush:** Noon & 5pm. The New Victory Theater. See Saturday, May 31.

**World Science Festival Presents Cool Jobs:** NYU Skirball Center, 566 LaGuardia Pl. between West Third Street and Washington Square South; (212) 998-4941; [www.worldsciencefestival.com/programs/cool\\_jobs](http://www.worldsciencefestival.com/programs/cool_jobs); 1 pm; \$30 (adults,) \$15 (children).

The World Science Festival has assembled an interesting group of scientists with the most unique jobs to tell you first hand about their explorations and much more.

**Reading into History:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3 pm; Free with museum admission.

Book club families and author Kristin Levine will discuss "The Lions of Little Rock" and the history of segregation in American schools. Best for ages 9-12.

## FURTHER AFIELD

**Garden tour:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Family-friendly peek inside the gardens. Learn about garden plots and make a tasty treat. Pre-registration required and available online. Cancelled



## Circus on the river

The Showboat Circus returns to Tribeca with "DeadPan Alley," featuring Will Shaw, on Sunday, June 22.

This one-of-a-kind, one-man show will feature juggling, boomerangs, hat tricks, physical comedy, and of course, audience participation. An hour long and perfect for all ages, even adults will be left wondering, "How'd he do that?" After the show, families

can enjoy many free activities happening on Pier 25.

June 22 at 1 and 4 pm. Tickets are \$13 for adults and \$10 for children if purchased in advance. Tickets at the door are \$15 for adults and \$12 for children.

Hudson River Park Pier 25, [225 West St. at N. Moore Street in Tribeca, (718) 624-4719, [www.waterfrontmuseum.org/events/performances/showboat-circus-2014](http://www.waterfrontmuseum.org/events/performances/showboat-circus-2014)].

in case of inclement weather.

## MON, JUNE 2

### IN MANHATTAN

**Scavenger Hunt:** George Bruce Library, 518 W. 125th St., between Amsterdam Avenue and Broadway; (212) 662-9727; [www.nypl.org/events/programs/2014/06/02/scavenger-hunt-animal-dads](http://www.nypl.org/events/programs/2014/06/02/scavenger-hunt-animal-dads); 4 pm; Free.

A hunting game using the Internet/library resources to find answers to a list of questions/clues about "how animal fathers help raise their young."

## TUES, JUNE 3

### IN MANHATTAN

**Children's Tennis Clinics:** Washington Market Park, Chambers Street and Greenwich Street; [www.washingtonmarketpark.org/events/childrens-tennis-clinics](http://www.washingtonmarketpark.org/events/childrens-tennis-clinics); 3 & 4 pm; Free.

Children will be grouped by age to receive instruction from the tennis pros

through drills and games to learn the basics of the sport. Children 7-8 years old from 3 to 4 pm. Children 9-10 years old from 4 to 5 pm.

**Animal Odyssey:** Jefferson Market Library, 425 Avenue of the Americas, at W. 10th Street; (212) 243-4334; [www.nypl.org/events/programs/2014/06/03/animal-odyssey](http://www.nypl.org/events/programs/2014/06/03/animal-odyssey); 3:30 pm; Free.

Participants will enjoy visits from 1-2 live animal ambassadors, plus experiments and investigations using real animal artifacts to discover more about a variety of amazing creatures. For ages 7 and up.

**Buzzy Bots & Crawly Critters:** Countee Cullen Library, 104 W. 136th St., at Lenox Avenue; (212) 491-2070; [www.nypl.org/events/programs/2014/06/03/buzzy-bots-crawly-critters](http://www.nypl.org/events/programs/2014/06/03/buzzy-bots-crawly-critters); 3:30 pm; Free.

Elementary school participants will enjoy a free hands-on, science-based workshop series.

**Bristly Bots & Crawly Crit-**

**ters:** Columbus Library, 742 10th Ave., at W. 51st Street; (212) 586-5098; [www.nypl.org/events/programs/2014/06/03/bristly-bots-crawly-critters](http://www.nypl.org/events/programs/2014/06/03/bristly-bots-crawly-critters); 3:30 pm; Free.

Children in grades first to fifth will perform experiments with bugs and crayfish, and compare them to robots that they will build.

**Art Explorers:** 67th Street Library, 328 E. 67th St., between First and Second avenues; (212) 734-1717; [www.nypl.org/events/programs/2014/06/03/art-explorers-0](http://www.nypl.org/events/programs/2014/06/03/art-explorers-0); 4 pm; Free.

Children ages 3-6 will enjoy stories and a craft that involves the senses and art education concepts in a fun setting.

## WED, JUNE 4

### IN MANHATTAN

**Children Sing and Celebrate Around the World:** Seward Park Library, 192 E Broadway, between Clinton and Essex streets; (212) 477-6770; [www.nypl.org/events/programs/2014/06/04/children-sing-and-celebrate-around-world](http://www.nypl.org/events/programs/2014/06/04/children-sing-and-celebrate-around-world); 1 pm; Free.

Children will learn about the great variety of ways that people sing and celebrate around the world to kick off the summer.

**Radical Robots Stations:** Seward Park Library, 192 E Broadway, between Clinton and Essex streets; (212) 477-6770; [www.nypl.org/events/programs/2014/06/04/radical-robots-stations](http://www.nypl.org/events/programs/2014/06/04/radical-robots-stations); 3:30 pm; Free.

Children will learn about and play with robots while we discuss what makes robots different from humans by conducting experiments.

**The Industrious Mr. Franklin:** St. Agnes Library, 444 Amsterdam Ave., between W. 81st and W. 82nd streets; (212) 621-0619; [www.nypl.org/events/programs/2014/06/04/industrious-mr-franklin](http://www.nypl.org/events/programs/2014/06/04/industrious-mr-franklin); 4 pm; Free.

Children will meet the inventor, author, scientist, and founding father: Mr. Benjamin Franklin in this new play.

**Buzzy Bots and Crawly Critters:** Mulberry Street Library, 10 Jersey St., between Prince and E. Houston streets; (212) 966-3424; [www.nypl.org/events/programs/2014/06/04/buzzy-bots-and-crawly-critters-0](http://www.nypl.org/events/programs/2014/06/04/buzzy-bots-and-crawly-critters-0); 4 pm; Free.

Children will create their own robots and conduct experiments with exciting, living creatures.

**Biology Workshop:** Battery Park Public Library, 175 North End Ave.; (212) 790-3499; [www.nypl.org/events/programs/2014/06/04/gross-biology](http://www.nypl.org/events/programs/2014/06/04/gross-biology); 4 pm; Free.

Children ages 5 and up discover what's inside of them, how their body works hard to keep them healthy and why it is important for each one of us to make healthy choices.

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

**Teen Beach Volleyball:** Hudson Beach in Riverside Park, W. 103rd St. and Riverside Drive; [www.nycgovparks.org/events/2014/06/11/teen-beach-volleyball](http://www.nycgovparks.org/events/2014/06/11/teen-beach-volleyball); 5–7 pm; Free.

This sports program lets teens learn the basics of volleyball while making new friends.

## THURS, JUNE 5

### IN MANHATTAN

**Locomotive Lawn Live:** Riverside Park South, Riverside Drive between W. 65th and W. 72nd streets; [www.nycgovparks.org/events/2014/06/05/summer-on-the-hudson-locomotive-lawn-live](http://www.nycgovparks.org/events/2014/06/05/summer-on-the-hudson-locomotive-lawn-live); 10:30 am; Free.

This music class encourages children to dance, play, and sing along with a live rock band.

**The Industrious Mr. Franklin:** Chatham Square Library, 33 E. Broadway, off of Market Street; (212) 964–6598; [www.nypl.org/events/programs/2014/06/05/summer-reading-kickoff-industrious-mr-franklin](http://www.nypl.org/events/programs/2014/06/05/summer-reading-kickoff-industrious-mr-franklin); 3 pm; Free.

Children will meet the inventor, author, scientist, and founding father: Mr. Benjamin Franklin in this new play.

**Mighty Action Racket Theater Workshop:** Kips Bay Public Library, 446 Third Ave., at E. 31st Street; (212) 683–2520; [www.nypl.org/events/programs/2014/06/14/mighty-action-racket-theater-workshop](http://www.nypl.org/events/programs/2014/06/14/mighty-action-racket-theater-workshop); 3 pm; Free.

Young actors between the ages of 5–12 are guided on a unique theatrical path, based on their own questions, thoughts, and imaginations.

**Cross-Stitch Circle:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873–3400; [nyhistory.org](http://nyhistory.org); 3:30 pm; Free with museum admission.

Beginning cross stitchers ages 6 and up will learn the basic stitch and create a bookmark with their new skill.

**Summer Reading Party:** Battery Park Public Library, 175 North End Ave.; (212) 790–3499; [www.nypl.org/events/programs/2014/06/05/summer-reading-celebration-birds-prey](http://www.nypl.org/events/programs/2014/06/05/summer-reading-celebration-birds-prey); 4 pm; Free.

Start your summer reading log, and enjoy a special performance from the New Canaan Nature Center.

### FURTHER AFIELD

**Antique Car Collection:** Brooklyn Historical Society, 128 Pierrepont St. at Clinton Street, Brooklyn; (718) 222–4111; [www.brooklynhistory.org](http://www.brooklynhistory.org); 6:30 pm; \$15 (\$10 members).

Explore Lenny Shiller's collection of antique autos, including a 1929 Durant rumble seat coupe, a 1953 Packard convertible and a 1947 international



## Park's biggest show

The largest free festival celebrating the performing arts of the city is back! City Park's Foundation SummerStage 2014 will feature a variety of performances at Rumsey Playfield in Central Park.

With food and drink options from Brooklyn Flea, and your choice of local music artists — ranging from American pop, Latin and World music to dance,

comedy and theater — there's something to please everyone in your family. You and your family will be having a great time all summer!

June 3 to Aug. 24, various times. Admission is free.

*Rumsey Playfield [69th Street and Fifth Avenue in Central Park on the Upper East Side, (212) 360–2789 <http://cityparksfoundation.org/summerstage/>].*

soda truck. Reserve tickets in advance.

## FRI, JUNE 6

### IN MANHATTAN

**Art Adventures:** 96th Street Library, 112 E. 96th St., at Park Avenue; (212) 289–0908; [www.nypl.org/events/programs/2014/06/06/art-adventures-plastic-texture](http://www.nypl.org/events/programs/2014/06/06/art-adventures-plastic-texture); 11 am; Free.

This early childhood program explores formal art themes through story time, body movement, and art projects.

**Buzzy Bots & Crawly Critters:** Stephen A. Schwarzman Building, Fifth Avenue at 42nd St.; (917) 275–6975; [www.nypl.org/events/programs/2014/06/06/buzzy-bots-crawly-critters-pillbug-investigation](http://www.nypl.org/events/programs/2014/06/06/buzzy-bots-crawly-critters-pillbug-investigation); 4:30 pm; Free.

Students ages 6–12 will create their own robots and conduct experiments with exciting living creatures.

**Saltbush:** 7 pm. The New Victory Theater. See Saturday, May 31.

## SAT, JUNE 7

### IN MANHATTAN

**I am an Artist Workshop:** George Bruce Library, 518 W. 125th St., between Amsterdam Avenue and Broadway; (212) 662–9727; [www.nypl.org/events/programs/2014/06/07/i-am-artist](http://www.nypl.org/events/programs/2014/06/07/i-am-artist); 10:30 am–1 pm; Free.

Children ages 7–12 will explore art through a brief art history lesson before each art-making process.

**"Little Red's Hood":** Frederick Douglas Circle, W. 110th St. and Central Park West; [www.nycgovparks.org/events/2014/06/07/cityparks-puppet-mobile-presents-little-reds-hood](http://www.nycgovparks.org/events/2014/06/07/cityparks-puppet-mobile-presents-little-reds-hood); 11 am; Free.

CityParks PuppetMobile is partnering with the Swedish Cottage Marionette Theatre to present this retelling of the classic tale with hand-made marionettes and modern twists.

**Big Apple Barbeque Block Party:** Madison Square Park, Madison Ave., between E. 23rd and E. 26th streets; [www.bigapplebbq.org/barbecue.php](http://www.bigapplebbq.org/barbecue.php); 11 am–6 pm; Free admission, food available for purchase.

Visitors from near and far will come to celebrate America's authentic culinary and musical traditions, with a special appearance by Celebrity Chef Lorena Garcia.

**Puppets with Cameron:** 11 am. Epiphany Library. See Saturday, May 31.

**Saltbush:** Noon & 5 pm. The New Victory Theater. See Saturday, May 31.

**Jeffrey's Hook Lighthouse Open House:** Little Red Lighthouse in Fort Washington Park, W. 181st St. and Plaza Lafayette; (212) 304–2365; [www.nycgovparks.org/events/2014/06/07/jeffreys-hook-lighthouse-open-house](http://www.nycgovparks.org/events/2014/06/07/jeffreys-hook-lighthouse-open-house); 1–4 pm; Free.

Urban Park Rangers will open the doors and allow visitors to enjoy the views and sights on this self-guided tour.

**Natural History of Owls:** Inwood Library, 4790 Broadway, near Dyckman Street; (212) 942–2445; [www.nypl.org/events/programs/2014/06/07/clone-birds-prey](http://www.nypl.org/events/programs/2014/06/07/clone-birds-prey); 2:30 pm; Free.

Families will learn about these fascinating birds by meeting live owls and investigating owl artifacts such as feathers and pellets.

### FURTHER AFIELD

**Sproutfest:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623–7220; [www.bbg.org](http://www.bbg.org); Noon–4 pm; \$10 (\$5 seniors and students; free for members and children under 12).

Children enjoy 100 years of the garden with music, storytelling, face-painting, workshops and games for all ages. Entertainment by the Ebony Hillbillies and Shine and the Moonbeams.

**Mils Trills:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; [www.brooklynkids.org](http://www.brooklynkids.org); 4 pm; Free with museum admission.

Amelia Robinson plays her electric uke with surprise musical guests — join in for interactive songs that feature urban funk, honky-tonk, and calypso beats.

## SUN, JUNE 8

### IN MANHATTAN

**LES Kids Rock:** The Manny Cantor Center, 197 E. Broadway, at Jefferson Street; [www.MannyCantor.org](http://www.MannyCantor.org); 11 am; \$10 per family.

Shine and the Moonbeams are ready to party with families celebrating the community.

**Almost Summer Celebration:** Robert F. Wagner, Jr. Park, 20 Battery Pl., between West Street and First Place; [www.mjhnyc.org](http://www.mjhnyc.org); 11 am–2 pm; Free.

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# Calendar

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

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The day will include a family concert featuring Brady Rymer and the Little Band That Could, interactive performances by Native American hoop dancer Marie McKinney-Poncé, plus lawn games, arts and nature activities.

### Big Apple Barbeque Block

**Party:** 11 am–6 pm. Madison Square Park. See Saturday, June 7.

### Macy's Sunday Story Time:

11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

### Drawing at Dyckman Farmhouse:

Dyckman Farmhouse Museum, 4881 Broadway, at W. 204th Street; (212) 304-9422; [www.nycgovparks.org/events/2014/06/08/history-play-date-drawing-at-dyckman-farmhouse](http://www.nycgovparks.org/events/2014/06/08/history-play-date-drawing-at-dyckman-farmhouse); Noon–2 pm; Free.

Children ages 5 and up can draw their own interpretations of the classic farmhouse.

**Saltbush:** Noon & 5 pm. The New Victory Theater. See Saturday, May 31.

### Lost Arts Series Presents Quilting:

New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 2 pm; \$15, \$12 (members).

Visitors will explore the quilts in the exhibition "Homefront and Battlefield: Quilts & Context in the Civil War" then create their own quilt pattern.

## MON, JUNE 9

### IN MANHATTAN

**Butterfly Boogie:** Webster Library, 1465 York Ave., at E. 78th Street; (212) 288-5049; [www.nypl.org/events/programs/2014/06/09/butterfly-boogie](http://www.nypl.org/events/programs/2014/06/09/butterfly-boogie); 4 pm; Free.

Children ages 5 and up will see a giant cockroach puppet explain why insects are important, then enjoy an interactive musical performance which demonstrates the interdependence among plants and animals.

### Earthquakes and Volcanoes

**Workshop:** Countee Cullen Library, 104 W. 136th St., at Lenox Avenue; (212) 491-2070; [www.nypl.org/events/programs/2014/06/09/space-oddsities-earthquakes-and-volcanoes](http://www.nypl.org/events/programs/2014/06/09/space-oddsities-earthquakes-and-volcanoes); 4 pm; Free.

Children ages 6-12 will get an introduction to geology, how mountains are made, how earthquakes are measured and how volcanoes change the face of the Earth.

## TUES, JUNE 10

### IN MANHATTAN

### Father Goose Dance Party:

Madison Square Park, Madison Ave.,



## Rhyming and miming

This unique event on June 8 at Pono is one that combines poetry, miming, and art!

Everyone's favorite nanny, Mary Poppins (sorry, not the actual Julie Andrews), will be on hand to read her favorite poems to children between the ages of 3 and 8.

Plus, Haruka Moriyama, one of the world's best mimes, will mime the illustrations, too! Afterward,

families are invited to participate in an art workshop with Poppy Luca, where you can use your imagination to create a masterpiece to take home.

June 8 from 3 to 5 pm. Admission is \$15. Workshop fee is \$5 per person. Children under 2 are free.

*Pono [2002 Fifth Ave. at W. 124th Street in Harlem, (646) 490-8517, [www.ponolearning.org](http://www.ponolearning.org)]*

between E. 23rd and E. 26th streets; (212) 538-1884; [www.nycgovparks.org/events/2014/06/10/mad-sq-kids-father-goose](http://www.nycgovparks.org/events/2014/06/10/mad-sq-kids-father-goose); 10:30 am; Free.

The kickoff performance for the 2014 Madison Square Kids concert series, this show will feature new and classic songs by Father Goose of the Dan Zanes and Friends band.

**Children's Tennis Clinics:** 3 & 4 pm. Washington Market Park. See Tuesday, June 3.

**Animal Odyssey:** 3:30 pm. Jefferson Market Library. See Tuesday, June 3.

**Buzzy Bots & Crawly Critters:** 3:30 pm. Countee Cullen Library. See Tuesday, June 3.

**Bristly Bots & Crawly Critters:** 3:30 pm. Columbus Library. See Tuesday, June 3.

**Art Explorers:** 4 pm. 67th Street Library. See Tuesday, June 3.

## WED, JUNE 11

### IN MANHATTAN

**Abracadabra:** Hamilton Grange Library, 503 W. 145th St., between Amsterdam Avenue & Broadway; (212) 926-2147; [www.nypl.org/events/programs/2014/06/11/abracadabra](http://www.nypl.org/events/programs/2014/06/11/abracadabra); 4 pm; Free.

Children will be wowed and amazed at the sleight of hand tricks and the comedic talents of children's magician Evan Paquette, then test their own magic making abilities.

**Biology Workshop:** 4 pm. Battery Park Public Library. See Wednesday, June 4.

**Teen Beach Volleyball:** 5–7 pm. Hudson Beach in Riverside Park. See Wednesday, June 4.

## THURS, JUNE 12

### IN MANHATTAN

**Josh & the Jamtones:** Madison

Square Park, Madison Ave., between E. 23rd and E. 26th streets; (212) 538-1884; [www.nycgovparks.org/events/2014/06/12/mad-sq-kids-josh-the-jamtones](http://www.nycgovparks.org/events/2014/06/12/mad-sq-kids-josh-the-jamtones); 10:30 am; Free.

Get ready for an all ages dance party with Josh & the Jamtones, as part of the Madison Square Kids concert series.

**Locomotive Lawn Live:** 10:30 am. Riverside Park South. See Thursday, June 5.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, June 5.

**Rhythm and Sound:** Webster Library, 1465 York Ave., at E. 78th Street; (212) 288-5049; [www.nypl.org/events/programs/2014/06/12/rhythm-and-sound](http://www.nypl.org/events/programs/2014/06/12/rhythm-and-sound); 4 pm; Free.

Children ages 4 and up will use percussion instruments from all over the world to tell stories, create moods, and enhance movement.

**Story Time with LuAnn Adams:** 125th Street Library, 224 E. 125th St., between Second and Third avenues; (212) 534-5050; [www.nypl.org/events/programs/2014/06/17/how-parrot-got-beautiful-colors-and-other-tales-celebrate-earth](http://www.nypl.org/events/programs/2014/06/17/how-parrot-got-beautiful-colors-and-other-tales-celebrate-earth); 4 pm; Free.

Children ages 4 and older will enjoy hearing the tale of How the Parrot Got Beautiful Colors and Other Tales to Celebrate Earth.

## SAT, JUNE 14

### IN MANHATTAN

**I am an Artist Workshop:** 10:30 am–1 pm. George Bruce Library. See Saturday, June 7.

**Puppets with Cameron:** 11 am. Epiphany Library. See Saturday, May 31.

**Erin Lee and the Up Past Bedtime Band:** Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; [www.bryantpark.org](http://www.bryantpark.org);

Noon; Free.

Erin Lee and the Up Past Bedtime Band will perform songs all children can relate to, like losing a lunchbox or having a loose tooth.

### Summer on the Hudson Play

**Dates:** West Harlem Pier Park, W. 125th St. and Henry Hudson Pkwy.; [www.nycgovparks.org/events/2014/06/14/summer-on-the-hudson-play-dates](http://www.nycgovparks.org/events/2014/06/14/summer-on-the-hudson-play-dates); 1–4 pm; Free.

These monthly family play dates will feature children's entertainment, arts and crafts, and new friends.

**The World of Nocturnal Animals:** 67th Street Library, 328 E. 67th St., between First and Second avenues; (212) 734-1717; [www.nypl.org/events/programs/2014/06/14/world-nocturnal-animals](http://www.nypl.org/events/programs/2014/06/14/world-nocturnal-animals); 3 pm; Free.

Children ages 4 and up will learn about the world of nocturnal animals as presented by the New Canaan Nature Center as they bring these live animals and their sounds to this workshop.

**Family Camping:** Central Park, Near 79th Street Transverse; [www.nycgovparks.org/events/2014/06/14/family-camping](http://www.nycgovparks.org/events/2014/06/14/family-camping); 6 pm; Free.

Camp out with your family in Central park! Tents are provided, participating families will be chosen by lottery.

### FURTHER AFIELD

**Birthday Bash:** New York Transit Museum, Boerum Place and Schermerhorn St., Brooklyn; (718) 694-4952; 51281.blackbaudhosting.com/51281/subway-birthday-bash; 9 am to 11 am; \$55 (\$30 children; Free for children under 2).

The New York City subway system is celebrating 110 years of service. Ride historic trains, costumed interpreters, craft project and live entertainment.

**Block Party:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30

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am; Free with museum admission.

Children enjoy erecting new buildings with an assortment of blocks.

**Craft workshop:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 1-4 pm; \$31 (\$28 members) includes \$8 materials fee.

Make your own journal using nature's materials; then explore the gardens and collect specimens for your book. Pre-registration required.

**Father's Day:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 2:30 pm; Free with museum admission.

Celebrate the daddy in your life, listen to jazz music and make a great gift to dear old dad. For children under 5 years old.

## SUN, JUNE 15

### IN MANHATTAN

**Macy's Sunday Story Time:** 11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

### FURTHER AFIELD

**Block Party:** 11:30 am. Brooklyn Children's Museum. See Saturday, June 14.

**Father's Day:** 2:30 pm. Brooklyn Children's Museum. See Saturday, June 14.

## TUES, JUNE 17

### IN MANHATTAN

**Happy Birthday Gertrude Ederle Recreation Center:** Gertrude Ederle Recreation Center, 232 W. 60th St., between 10th and West End avenues; (212) 397-3159; [www.nycgovparks.org/events/2014/06/17/open-house-oneyear-anniversary-of-gertrude-ederle-recreation-center](http://www.nycgovparks.org/events/2014/06/17/open-house-oneyear-anniversary-of-gertrude-ederle-recreation-center); 6:30 am-9:30 pm; Free.

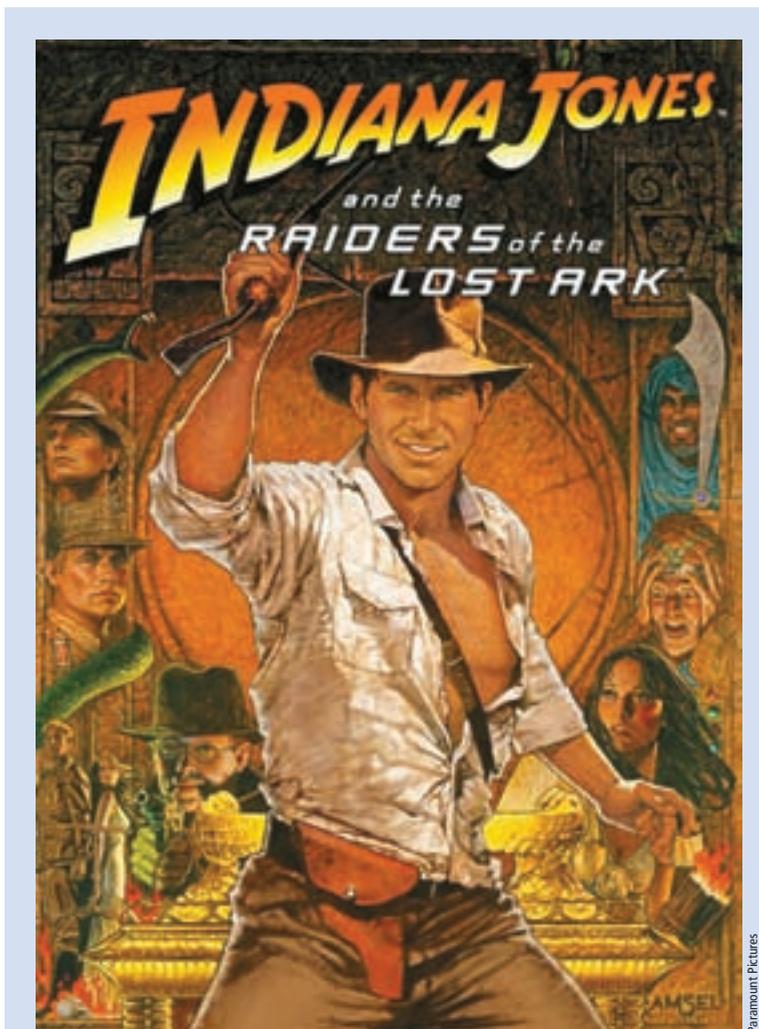
Celebrate the one year anniversary of the rec center by swimming, exercising, or playing sports at the facility.

**Audra Rox:** Madison Square Park, Madison Ave., between E. 23rd and E. 26th streets; (212) 538-1884; [www.nycgovparks.org/events/2014/06/17/mad-sq-kids-audra-rox](http://www.nycgovparks.org/events/2014/06/17/mad-sq-kids-audra-rox); 10:30 am; Free.

Audra Rox has performed at the Madison Square Kids concert series since its inception, and will bring her rocking kiddie music back for another round this year.

**Children's Tennis Clinics:** 3 & 4 pm. Washington Market Park. See Tuesday, June 3.

**Animal Odyssey:** 3:30 pm. Jef-



## Celebrate Spielberg

Love Steven Spielberg? You're in luck! Eight of his classic films will be screened this summer at The Jewish Museum as part of its Close Encounters of the Spielberg Kind series.

Every Wednesday, audiences will enjoy another free screening, along with raffle prizes. Tickets

are required, and are given on a first come, first served basis.

Wednesdays, June 25 to Aug. 13 at 6:30 pm. Tickets are free with museum suggested admission.

*The Museum of Jewish Heritage (36 Battery Pl. at First Place in Battery Park City, [www.mjnhyc.org/spielberg/](http://www.mjnhyc.org/spielberg/)).*

erson Market Library. See Tuesday, June 3.

**Buzzy Bots & Crawly Critters:** 3:30 pm. Countee Cullen Library. See Tuesday, June 3.

**Bristly Bots & Crawly Critters:** 3:30 pm. Columbus Library. See Tuesday, June 3.

**Come as You Are Puppet Show:** Tompkins Square Library, 331 E. 10th St., between Avenues B and A; (212)

228-4747; [www.nypl.org/events/programs/2014/06/17/kids-project-come-you-are-puppet-show](http://www.nypl.org/events/programs/2014/06/17/kids-project-come-you-are-puppet-show); 4 pm; Free.

A program of disability awareness for children ages 5 to 12, featuring activities, a puppet friend who is blind, stories, sign languages, adaptive equipment and song.

**Art Explorers:** 4 pm. 67th Street Library. See Tuesday, June 3.

## WED, JUNE 18

### IN MANHATTAN

**Big Jeff Music Show:** Mulberry Street Library, 10 Jersey St., between Prince and E. Houston streets; (212) 966-3424; [www.nypl.org/events/programs/2014/06/18/big-jeff-music](http://www.nypl.org/events/programs/2014/06/18/big-jeff-music); 4 pm; Free.

Award-winning singer/songwriter "Big Jeff" DeSmedt presents a show for children of all ages.

**Biology Workshop:** 4 pm. Battery Park Public Library. See Wednesday, June 4.

**Teen Beach Volleyball:** 5-7 pm. Hudson Beach in Riverside Park. See Wednesday, June 4.

## THURS, JUNE 19

### IN MANHATTAN

**Rabbit Days and Dumplings:** Madison Square Park, Madison Ave., between E. 23rd and E. 26th streets; (212) 538-1884; [www.nycgovparks.org/events/2014/06/19/mad-sq-kids-rabbit-days-and-dumplings](http://www.nycgovparks.org/events/2014/06/19/mad-sq-kids-rabbit-days-and-dumplings); 10:30 am; Free.

This Madison Square Kids concert will feature children's folk songs from all over East Asia.

**Locomotive Lawn Live:** 10:30 am. Riverside Park South. See Thursday, June 5.

**"Little Red's Hood":** Union Square Park, Broadway and E. 14th Street; [www.nycgovparks.org/events/2014/06/19/cityparks-puppet-mobile-presents-little-reds-hood](http://www.nycgovparks.org/events/2014/06/19/cityparks-puppet-mobile-presents-little-reds-hood); 11 am; Free.

CityParks PuppetMobile is partnering with the Swedish Cottage Marionette Theatre to present this retelling of the classic tale with hand-made marionettes and modern twists.

**Meet Gustafar Yellowgold:** Kips Bay Public Library, 446 Third Ave., at E. 31st Street; (212) 683-2520; [www.nypl.org/events/programs/2014/06/19/meet-gustafar-yellowgold](http://www.nypl.org/events/programs/2014/06/19/meet-gustafar-yellowgold); 3 pm; Free.

Children of all ages will meet Gustafar Yellowgold, the friendly creature who comes to Earth from the sun, in this multimedia program by Morgan Taylor.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, June 5.

**Bristly Bots & Crawly Critters:** 3:30 pm. Columbus Library. See Tuesday, June 3.

**Going on a Mystery Hunt:** Harlem Library, 9 W. 124th St., between Madison and Lenox avenues; (212) 348-5620; [www.nypl.org/events/](http://www.nypl.org/events/)

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# Calendar

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programs/2014/06/19/going-mystery-hunt; 4 pm; Free.

Children ages 4 and up will go on a hunting adventure with Robin Brady, singing songs and listening to stories.

## FURTHER AFIELD

**Celebrate Haiti:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am and 2:30 pm; Free with museum admission.

What would you eat if you lived in a place surrounded by water? What would you wear? Children discover the wonder of Haiti by viewing art forms like Drapo flags. Little ones — 5 years and younger — make a craft inspired by the Haitian art.

## FRI, JUNE 20

### IN MANHATTAN

**Build a Wood Bird feeder:** Ot-tendorfer Library, 135 Second Ave., between E. Ninth Street & St. Mark's Place; (212) 674-0947; [www.nyp.org/events/programs/2014/06/20/build-wood-birdfeeder](http://www.nyp.org/events/programs/2014/06/20/build-wood-birdfeeder); 3:30 pm; Free.

Children ages 9 and up can build a bird feeder and decorate it as they wish.

## SAT, JUNE 21

### IN MANHATTAN

**GreenThumb Summer Festival:** Marcus Garvey Park Amphitheater, W. 125th St., between Madison and Lenox avenues; (212) 788-8070; [www.nycgovparks.org/events/2014/06/21/greenthumb-summer-festival](http://www.nycgovparks.org/events/2014/06/21/greenthumb-summer-festival); 10 am-4 pm; Free.

Families will enjoy live music and dance, gardening workshops, children's activities, food demonstrations and much more.

**Portraits of the Past:** Dyckman Farmhouse Museum, 4881 Broadway, at W. 204th Street; (212) 304-9422; [info@dyckmanfarmhouse.org](mailto:info@dyckmanfarmhouse.org); [www.nycgovparks.org/events/2014/06/21/history-play-date-portraits-of-the-past1](http://www.nycgovparks.org/events/2014/06/21/history-play-date-portraits-of-the-past1); 10:30 am; Free.

Children ages 6 and up will learn about the original selfie, the painted portrait, and then create one of their own.

**Puppets with Cameron:** 11 am. Epiphany Library. See Saturday, May 31.

## FURTHER AFIELD

**Jamaica!:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

Caribbean-American heritage month continues with an exploration of the island nation of Jamaica. Discover the

rich culture by sampling Jamaican buns, desserts and snacks. Children 2 and a half to 5 years old chew on sweet sugar cane, then wash it down with Jamaican Punch.

**Krik Krak, storytelling:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 4 pm; Free with museum admission.

Celebrate Haitian art and culture with songs and stories that tell the oral history of the island.

## SUN, JUNE 22

### IN MANHATTAN

**Saltwater Fishing:** East River Esplanade, 96th Street and FDR Drive; (212) 628-2345; [www.nycgovparks.org/events/2014/06/22/saltwater-fishing](http://www.nycgovparks.org/events/2014/06/22/saltwater-fishing); 11 am; Free.

Families with children 8 and up will learn the basics of catch and release in this program. All equipment is provided.

**Macy's Sunday Story Time:** 11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

**"DeadPan Alley":** Waterfront Museum and Showbarge at Hudson River Park, 225 West St., Pier 25; (718) 624-4719, x 11; [www.waterfrontmuseum.org/events/performances/showboat-circus-2014](http://www.waterfrontmuseum.org/events/performances/showboat-circus-2014); 1 & 4pm; \$15 (adults.) \$12 (children).

Audiences of all ages will enjoy the latest Showboat Circus presentation, a one-man show full of physical comedy, sight gags and audience participation called "DeadPan Alley," starring Will Shaw.

## FURTHER AFIELD

**Jamaica!:** 11:30 am. Brooklyn Children's Museum. See Saturday, June 21.

## TUES, JUNE 24

### IN MANHATTAN

**Joanie Leeds and the Nightlights:** Madison Square Park, Madison Ave., between E. 23rd and E. 26th streets; (212) 538-1884; [www.nycgovparks.org/events/2014/06/24/mad-sq-kids-joanie-leeds-and-the-nightlights](http://www.nycgovparks.org/events/2014/06/24/mad-sq-kids-joanie-leeds-and-the-nightlights); 10:30 am; Free.

Everyone's favorite band, Joanie Leeds and the Nightlights, will be performing as part of the Madison Square Kids concert series, and launching their latest album, Good Egg.

**Children's Tennis Clinics:** 3 & 4 pm. Washington Market Park. See Tuesday, June 3.

**Buzzy Bots & Crawly Critters:** 3:30 pm. Countee Cullen Library. See Tuesday, June 3.

**Art Explorers:** 4 pm. 67th Street Library. See Tuesday, June 3.

## WED, JUNE 25

### IN MANHATTAN

**Biology Workshop:** 4 pm. Battery Park Public Library. See Wednesday, June 4.

**Teen Beach Volleyball:** 5-7 pm. Hudson Beach in Riverside Park. See Wednesday, June 4.

## THURS, JUNE 26

### IN MANHATTAN

**Lucky Diaz and the Family Jam Band:** Madison Square Park, Madison Ave., between E. 23rd and E. 26th streets; (212) 538-1884; [www.nycgovparks.org/events/2014/06/26/mad-sq-kids-lucky-diaz-and-the-family-jam-band](http://www.nycgovparks.org/events/2014/06/26/mad-sq-kids-lucky-diaz-and-the-family-jam-band); 10:30 am; Free.

Latin Grammy award winning duo Lucky Diaz and the Family Jam Band are the definitive indie rock band, and they're performing as part of the Madison Square Kids concert series.

**Locomotive Lawn Live:** 10:30 am. Riverside Park South. See Thursday, June 5.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, June 5.

## FRI, JUNE 27

### IN MANHATTAN

**Family Camping:** Inwood Hill Park, Dyckman St, Hudson River, Harlem River S; (212) 304-2365; [www.nycgovparks.org/events/2014/06/27/family-camping](http://www.nycgovparks.org/events/2014/06/27/family-camping); 6 pm; Free.

Camp out with your family in Inwood Hill park! Tents are provided, participating families will be chosen by lottery.

## FURTHER AFIELD

**Superhero day:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 10 am-2:30 pm; Free with museum admission.

Celebrate the Man of Steel and other comic book legends by making a fun cape, honing detective skills, and for the ladies, make the lasso of truth with Wonder Woman. Children who come dressed as their favorite character get half off admission. For all ages.

## SAT, JUNE 28

### IN MANHATTAN

**Family Day:** Morris-Jumel Mansion in Roger Morris Park, 65 Jumel

Terrace, between W. 162nd Street and Edgecombe Avenue; (212) 923-8008; [www.nycgovparks.org/events/2014/06/28/family-day](http://www.nycgovparks.org/events/2014/06/28/family-day); 11 am-4pm; Free.

Play colonial games, make a historic craft project, watch live music performances, take a tour of the mansion, and more.

**Puppets with Cameron:** 11 am. Epiphany Library. See Saturday, May 31.

**Spinning Straw Into Gold Magical Tales of Alchemy:** Stephen A. Schwarzman Building, Fifth Avenue at 42nd St.; (917) 275-6975; [www.nyp.org/events/programs/2014/06/21/spinning-straw-gold-magical-tales-of-alchemy](http://www.nyp.org/events/programs/2014/06/21/spinning-straw-gold-magical-tales-of-alchemy); 3 pm; Free.

Award-winning storyteller LuAnn Adams will present magical tales to children ages 4 and up.

## SUN, JUNE 29

### IN MANHATTAN

**Summer on the Hudson River-Fish Celebration:** West Harlem Pier Park, W. 125th St. and Henry Hudson Pkwy.; [www.nycgovparks.org/events/2014/06/29/summer-on-the-hudson-riverfish-celebration](http://www.nycgovparks.org/events/2014/06/29/summer-on-the-hudson-riverfish-celebration); 11 am-3 pm; Free.

A celebration featuring fishing, live music, and river-related arts & crafts.

**Macy's Sunday Story Time:** 11:30 am. New-York Historical Society DiMenna Children's History Museum. See Sunday, June 1.

**"Little Red's Hood":** Bennett Park, Ft Washington Ave., between W. 183rd Street and Pinehurst Avenue; [www.nycgovparks.org/events/2014/06/29/cityparks-puppet-mobile-presents-little-reds-hood](http://www.nycgovparks.org/events/2014/06/29/cityparks-puppet-mobile-presents-little-reds-hood); 1 pm; Free.

CityParks PuppetMobile is partnering with the Swedish Cottage Marionette Theatre to present this retelling of the classic tale with hand-made marionettes and modern twists.

**"Mia and the Mingoo":** Alianza Dominicana Cultural Center, 530 W. 166th St. and Amsterdam Avenue; (212) 740-1960; 2 pm; Free.

Children's movie to support learning, in an artistic environment for teens and families to improve skills in critical thinking and literacy.

**Reading into History:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3 pm; Free with museum admission.

"A Diamond in the Desert" by Kathryn Fitzmaurice explores the incredible history through the life of the fictional Tetsu, an 11-year-old baseball fanatic

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living in an internment camp with his family. Best for ages 9-12.

## LONG-RUNNING

### IN MANHATTAN

**City as Canvas:** 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; Now - Sun, Aug. 24; \$10 (adults), Free for children under 12.

This new exhibit, Graffiti Art from the Martin Wong Collection, 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.

**A Year with Children 2014:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Sundays - Wednesdays and Fridays, 10 am-5:45 pm, Saturdays, 10 am-7:45 pm, Now - Wed, June 18; Free with museum admission.

The annual exhibition showcases select artworks by students in grades two through six from 11 public schools representing each of New York City's five boroughs, and features collages, drawings, found objects, prints, paintings, sculptures, and photographs.

### Kayaking on the Hudson:

Riverside Park, 72nd St. and Hudson River; [www.nycgovparks.org/events/2014/06/08/summer-on-the-hudson-kayaking-on-the-hudson](http://www.nycgovparks.org/events/2014/06/08/summer-on-the-hudson-kayaking-on-the-hudson); Saturdays and Sundays, 10 am-5 pm; Free.

These 20-minute instructional paddles are suitable for all ages who know how to swim.

**A Mercantile Novel:** David Zwirner Gallery, 519 W. 19th St., between 10th and 11th avenues; (212) 727-2070; [www.davidzwirner.com/exhibition/a-mercantile-novel](http://www.davidzwirner.com/exhibition/a-mercantile-novel); Tuesdays - Saturdays, 10 am-6 pm, Now - Sat, June 14; Free.

This one-of-a-kind art exhibit by Oscar Murillo depicts the inside workings of a candy making factory- and tens of thousands of candies are produced and given away to visitors.

### Marvel's AVENGERS

**S.T.A.T.I.O.N.:** Discovery Times Square, 226 W. 44th St., between Seventh and Eighth avenues; (866) 987-9692; [www.discoverytsx.com/exhibitions/avengers](http://www.discoverytsx.com/exhibitions/avengers); Sundays - Tuesdays, 10 am-7 pm, Wednesdays and Thursdays, 10 am-8 pm, Fridays and Saturdays, 10 am-9 pm; \$19.50-\$27.

Fans of all ages will be immersed in this experience that brings them deep into the world of Marvel's The



Photo by Paul Watt

## Ready for a close-up

We all can relate to Martin — a young boy who moves to a new school where he knows no one. Until he meets Simon McGurk, that is.

This latest show, "The Ballad of Pondlife McGurk," running June 13 to 22 at the New Victory Theater, will take the audience through Martin's story in a unique way.

Families with children ages 8 years and older will be sitting

on the floor of the actual stage as they watch the one-man show unfold.

Fridays, Saturdays, and Sundays, June 13 to 22. Fridays at 7 pm, Saturdays at 2 and 7 pm, and Sundays at noon and 5 pm. Tickets are \$25, \$18 for members.

*The New Victory Theater [209 W. 42nd St. between Seventh and Eighth avenues in Times Square, (646) 223-3010, [www.newvictory.org/Show-Details.aspx?ProductionId=5295](http://www.newvictory.org/Show-Details.aspx?ProductionId=5295)].*

Avengers.

**Park Ping Pong:** Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; [www.bryantpark.org](http://www.bryantpark.org); Daily, 11 am-7 pm; Free.

Grab a paddle and show your table tennis skills at one of the two state of the art tables in Bryant Park.

**Bryant Park Games:** Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; [\[www.bryantpark.org\]\(http://www.bryantpark.org\); Daily, 11 am-7 pm; Free.](http://www.bryant-</a></p>
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Head over to the park for a break-to play your favorite board games, from Scrabble to Candy Land and everything in between.

**"Bessie's Big Shot":** Swedish Cottage Marionette Theater, 79th Street & West Drive; (212) 988-9093; Tuesdays - Fridays, 10:30 am & Noon, Saturdays and Sundays, 1 pm, Now - Sun, June 29; \$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, this popular production is making its debut at the Swedish Cottage Marionette Theatre.

**Storytime:** Nolen Library, The Metropolitan Museum of Art, Fifth Avenue at E. 81st Street; (212) 570-3788; [www.metmuseum.org](http://www.metmuseum.org); Sundays - Wednesdays and Fridays, 10:30 am-11 am, Now - Thurs, July 3; Free.

Look, listen, and have fun with picture books. Children 3 to 7 years old start with a book and then explore the museum on a self-guided gallery hunt.

**Storytime:** Books of Wonder, 18 W. 18th St., between Fifth and Sixth avenues; (212) 989-3270; [www.booksof-wonder.com/storytime.php](http://www.booksof-wonder.com/storytime.php); Fridays, 4 pm, Sundays, 11:30 am, Now - Mon, June 30; Free.

Bring your young readers and listeners for this super popular weekly story time, where the books are chosen based on the ages of the participating children.

**Bobbi Beck's Special Art Exhibit Just for Kids:** Washington Heights Library, 1000 St. Nicholas Ave., at W. 160th Street; (212) 923-6054; [www.nyp.org/events/programs/2014/06/01/bobbi-beck-special-art-exhibit-just-for-kids](http://www.nyp.org/events/programs/2014/06/01/bobbi-beck-special-art-exhibit-just-for-kids); Daily, 11 am-7 pm; Mon, June 2 - Mon, June 16; Free.

Families will enjoy seeing animals, decorative objects, machines and many other mysterious symbols woven into her drawings.

**Children's Basketball:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Mondays, 3:30 pm & 4:30 pm; Free.

Children can learn to play basketball with adjustable height hoops for all sizes, with fun drills to improve skills. Ages 5-6 play from 3:30 to 4:30 pm, and children 7 and up play from 4:30 to 5:30 pm.

**Children's Soccer:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Tuesdays, 2:30 pm, 3:30 pm, & 4:30 pm; Free.

Children will learn the basics of soccer at this weekly workshop. Ages 3-4 play from 2:30 to 3:15 pm, ages 5-7 play from 3:30 to 4:15 pm, and ages 8-11 play from 4:30 to 5:30 pm.

**Little New Yorkers:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays and Fridays, 3:30 pm, Tues, June 3 - Fri, June 27; Free with museum admission.

This program introduces New York

*Continued on page 42*

# Calendar

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

## Continued from page 41

and American history to the littlest New Yorkers with weekly age-appropriate themes and engaging hands-on activities. Best for ages 3-5.

### Technique-Based Workshops:

Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Thursdays, 2-6 pm, Now - Sun, Aug. 31; Free with museum admission.

Children 5 and over will experiment with alternative photo processes, both manually and digitally.

**Sunset Singing Circle:** Robert F. Wagner, Jr. Park, Battery & First Place; (212) 267-9700; [www.bpcparks.org/bpcp/home/index.php](http://www.bpcparks.org/bpcp/home/index.php); Fridays, 7 pm, Now - Fri, June 27; Free.

Share rounds and folk songs at this weekly singing circle for families.

**Hester Street Fair:** Hester St., and Essex St.; [www.hesterstreetfair.com](http://www.hesterstreetfair.com); Saturdays and Sundays, 11 am-6pm, beginning Sat, June 7; Free.

Visitors will enjoy artisanal food, vintage clothing, jewelry, crafts, home goods and much more.

**Parent and Me Yoga:** Fort Tryon Park, Fort Tryon Pl., between Broad-

way and Henry Hudson Parkway; (212) 795-1388; [www.nycgovparks.org/events/2014/06/21/parent-me-yoga](http://www.nycgovparks.org/events/2014/06/21/parent-me-yoga); Saturdays, 9 am, Sat, June 21 - Sat, Aug. 9; Free.

This weekly free yoga session is perfect for the entire family.

### FURTHER AFIELD

**Little Kids, Big Stars:** MCU Park, 1904 Surf Ave. at W. 17th St., Brooklyn; (718) 37-BKLYN; [info@brooklyncyclones.com](mailto:info@brooklyncyclones.com); [www.brooklyncyclones.com](http://www.brooklyncyclones.com); Now - Saturday, June 7; Free.

Baseball is back and the Cyclones want the little ones to experience the game. Coaches of little league and softball leagues throughout the boroughs can nominate one player their team to be named Little Kids, Big Stars of the week. For boys and girls between the ages of 5 and 14 years old. The child should have a passion for baseball/softball, serve as a leader to the team and be helpful to the coaches. The winners will receive an invitation to a baseball clinic with the Cyclones a chance to throw out a first pitch and a commemorative T-shirt.

**Science Playground:** 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); Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more.

**Rocket Park Mini Golf:** 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); Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronx-zoo.com](http://www.bronx-zoo.com); Weekdays, 10 am-5 pm, Saturdays and Sundays, 10 am-5:30 pm.; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and

has fully animatronic dinosaurs as they move and snarl.

**Touch tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Saturdays and Sundays, 11:30 am-12:30 pm and 2:30-3:30 pm, Now - Sun, Aug. 31; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

**The Art of Math:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Saturdays and Sundays, 12:30 pm, Now - Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

**Urban gardening:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Saturdays and Sundays, 1:30 pm, Now - Sun, June 1; Free with museum admission.

Children 4 years and older learn about seeds, planting, and how to make a garden more efficient.

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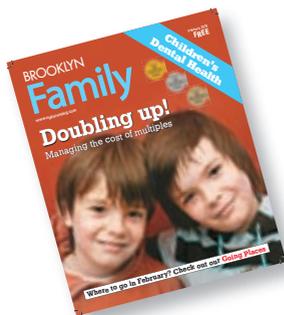
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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Get your mojo back

**Y**our child is thriving and hitting all his developmental milestones. But what about you? Are the demands of motherhood taking their toll?

The way many of us cope with stress is by loading up on caloric, nutrient-poor foods (hello, big ice cream bowl!), drinking too much alcohol, or consuming too much caffeine. But that often exacerbate stress, make us feel worse and sabotaging our health and spirit.

“In order to make any successful changes in how you cope, moms need to first identify how stress affects them and their food, fitness, and lifestyle habits,” says Elisa Zied, MS, RDN, author of “Younger Next Week.”

For example, does stress make you go to the nearest drive-through for fast food? Do you reach for a sleeve of cookies or have one too many cocktails? Do you skip your workout or spend more time watching television or surfing the internet? Do you sleep less (or worse) because you have too much to get done or your mind races?

Once you realize how stress affects your personal habits, work towards tweaking one or two of these behaviors at a time to get back on track, Zied says. For example, set an alarm every hour to remind you to take 10 minutes to stand, stretch, take a short walk or



climb some stairs if physical activity is lacking.

Zied is a fan of snacking on nuts.

“I especially love nuts for moms because they’re portable and pair well with so many other nutritious foods such as whole-grain cereals, yogurt, and dried or fresh fruit.” Eating a small amount of nuts may protect against weight gain. “They can fill you up and help your body burn more calories during digestion,” she says.

### Nutrient-rich plus a treat

“Mad Men” viewers were shocked by the scene of a pregnant Betty Draper smoking and enjoying a glass of wine. Yet, two generations ago, women’s lifestyles were healthier in other ways than they are now. A Mayo Clinic Proceedings study found today’s mothers are less physically active than mothers in the 1960s. Today’s moms need to eat 175 to 225 fewer calories to prevent weight gain than the “Mad Men” era moms.

You know the drill. Focus on a dietary pattern that includes fruits and vegetables, protein-rich foods, low-fat dairy, whole grains, and healthy fats.

What about treats? Zied says to give yourself permission to include small amounts of chocolate, cookies, wine, or even some French fries daily.

“Not every calorie moms consume has to be nutritious. As long as most of the foods and beverages are power-packed, a few items that don’t fall into basic food groups can fit in just fine.”

*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.*

## Peanut butter fruit Napoleon

**PREP TIME:** 15 minutes

**COOK TIME:** 0 minutes

**SERVES:** 4

### INGREDIENTS:

- ½ cup nonfat plain Greek yogurt
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 Granny Smith apple
- 1 pear
- ¼ cup creamy peanut butter
- ¼ cup seedless raisins, plus 4 teaspoons for garnish

**DIRECTIONS:** In a small bowl, com-

bine the yogurt, honey, cinnamon, and nutmeg. Quarter the apple and pear and remove the core. Slice each quarter into 4 thin slices. To build the napoleon, lay 4 pear slices onto each of 4 plates. The pear slices should be facing in the same direction and touching each other to create the bottom layer of the napoleon. Top with 1 tablespoon of peanut butter and, using the back of a spoon, spread evenly to coat. Sprinkle over 1 tablespoon of the raisins. Layer 4 apple slices over the peanut butter and raisins. Spoon over 1 tablespoon of the yogurt mixture and, using the back of a spoon, spread evenly to coat. Sprinkle 1 teaspoon of the raisins over the yogurt to garnish.



Serve immediately.

**NUTRITION FACTS:** (per Napoleon): 218 calories, 34 grams carbohydrate, 4 g fiber, 8 g fat (2 g saturated), 7

g protein, 0 mg cholesterol, 91 mg sodium

Source: Toby Amido for the National Peanut Board

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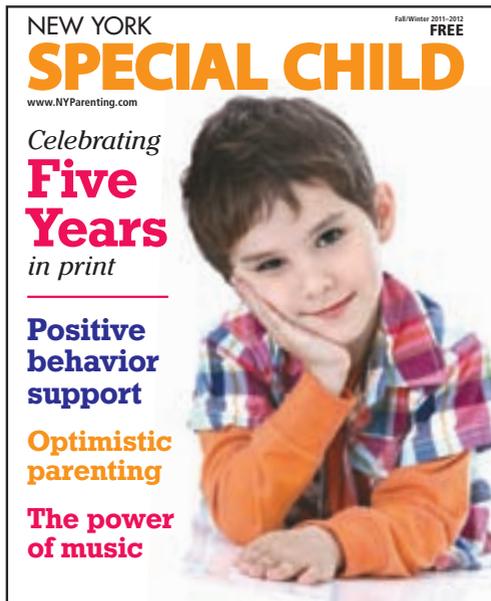
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