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Letter from the publisher

Mid-summer musings

Talking about Back to School at the end of July is getting on my nerves. I'm not the only one. Our social media guru and columnist Danielle Sullivan and I had the same thought going.

It seems that we are pushing the marketing of things up further and further and the phrase itself is so worn out that we want to dispose of it and replace it with something else, but what? TV commercials and print ads are already overusing this tired expression.

The return to classes will mean summer's over and that a family's regular routine will resume. Vacations will be behind us and summer schedules and long days of light will



come to a close, as will the beaches. But not yet, and not now! We have weeks ahead of us of still lovely summer weather. Personally I love the beach!

There are great summer foods in the farmer's markets and food stalls with the first of the summer corn showing up in the last week or so. Peaches and nectarines have appeared and tomatoes too! Sunflowers are for sale and up in the loveliest places. To me they mean mid-summer.

New York is such a great place to be in the summer with many events taking place in every borough. Our calendars are full of wonderful things for every family to do wherever you live or want to play.

Signing up for our e-blasts and utilizing our website can help keep you in the loop about what's happening in every part of the city. Log onto www.NYParenting.com and sign up for the newsletter. Twice a week we will send you links to interesting articles and ideas for the weekend that will inspire you and your family. You'll also get a chance to win tickets and other prizes.

Speaking of winning, we are giving away a gorgeous Britax Affinity Stroller to some lucky family. Enter to win by clicking on the link www.NYParenting.com/stroller and make sure you fill out the form completely. That means also telling us why you would like to win it. Only city residents can enter, so don't tell your sister-in-law on the island or in Westchester. They are not eligible.

This issue has some great arti-

cles that we hope you enjoy. Allison Plitt has written an interesting piece on Smart Snack guidelines for the schools. Be sure to read it.

Whatever your plans are for the coming weeks, enjoy! If you're like me and you're hard at work except on the weekends, then make the most of those days. If the kids are away at camp or in a day camp nearby, they should be doing the same, relishing the summer time outdoors in all the ways that kids do.

Thanks for reading.

Susan Weiss-Voskidis,
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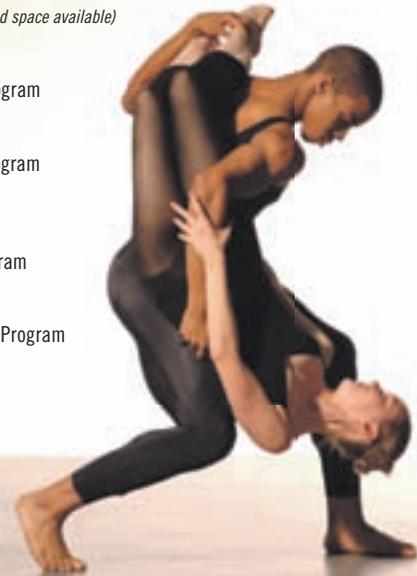
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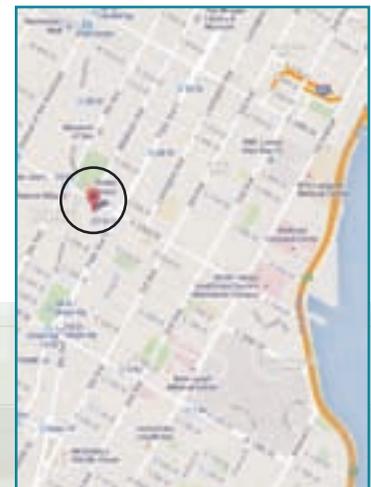


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Kindergarten 101

Help your child score a smoother transition into school

BY CHRISTA MELNYK HINES

For many parents, kindergarten signals an important transition from the all-consuming baby and toddler years. Suddenly, your “baby” is expected to make more choices on her own, stay focused over a longer period of time, learn new skills, and navigate a social circle with less oversight from you. Plan ahead to pave the road to a happier kindergarten transition for all with these tips:

Visit the school. Before school begins, attend school orientations and meet the teacher to help your child grow familiar with his new learning environment.

Calm kindergarten jitters. Build excitement and optimism for school. Shop together for a new backpack or lunchbox, school supplies, and new clothes.

“Even if parents are feeling nervous, they should do their best not to portray that to their child,” says Kathy Weller, a kindergarten teacher. “Be very upbeat about the upcoming new experience.”

Recognize friendly faces. Before school starts, arrange play dates with future classmates. A few familiar faces on the first day may help calm any nervous butterflies.

Read together. Reading to your child teaches valuable listening skills and creates an opportunity to help your child prepare for the kindergarten experience. Check out books like “The Night Before Kindergarten” by Natasha Wing and “Kindergarten Rocks” by Katie Davis.

Tackle a few skills. While knowing his colors, the ABCs, and how to count to 10 will give your child a head start, work on other skills like teaching him to tie his shoes and knowing his full name, phone number, and birthday.

Plan transportation. Avoid transportation snafus by sticking to a plan and keeping your child (and the teacher) informed. If your child will ride the bus and is nervous, listen and reassure her. Drive the route ahead of time. Also, seek out a “bus buddy” for your child, whether a responsible older neighbor child or another bus-riding classmate. On the first day of school, arrive early at the bus stop. Introduce yourself and your child to the driver. Assure your child that you (or whoever you’ve designated), will be waiting for her when the bus returns after school.

Get good eats and sweet dreams. Make sure your new kindergartener gets plenty of rest and eats healthy meals, which will help

him better manage the stress of the transition and stay focused during school. Wake up a little earlier to avoid a rushed first day.

Team up with the teacher. Share insights about your child’s strengths with the teacher to help her understand what motivates and interests your child.

“Parents should approach school with the idea that the teacher has their child’s best interest at heart,” says Dr. Holly Schiffrin, an associate professor of psychology at the University of Mary Washington, who specializes in child development and parenting practices. “The parent should convey that they are on the same team as the teacher (even if they have different ideas about how to assist their child).”

Reflect on the day. Having a hard time getting your child to discuss his day?

“Keeping a daily journal of their day (with mom’s help) is a fun way to get your kids to talk about school,” says kindergarten teacher Wendy Hughes. “Ask your child to tell you some funny or interesting things that may have happened that day.”

Manage adversity. Every child is bound to have a rough day. Encourage her to resolve her own problems and take responsibility for her actions.

“Ask your child for her input and perspective, genuinely listen, acknowledge and empathize, and then shift the focus towards reaching solutions as a family and in unison with your teachers and school,” says parent coach Tom Limbert, author of “Dad’s Playbook: Wisdom for Fathers from the Greatest Coaches of All Time.” “Focus on giving your child the tools, morals, and lessons she will need when not in your presence, which will now be more and more often.”

Mark the occasion. Celebrate your child’s first day of school with a special outing after school like a frozen yogurt, dinner out or a play date at her favorite park. Who knows? You may find that initial celebration turns into an annual first-day-of-school tradition for your family.

Freelance journalist Christa Melnyk Hines is a family communication expert, wife, and mom. She and her two sons plan to celebrate the first day of school with a trip to the ice-cream counter.



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Snacking smarter at school

BY ALLISON PLITT

There is a revolution going on in our country's schools this year and it's not about the Common Core Standards. It's about ensuring that all food sold in schools (outside of the National School Lunch Program and the School Breakfast Program) adhere to the United States Department of Agriculture's Smart Snacks nutritional standards, in which schools must have transitioned to complete compliance by July 1.

To better understand the evolution of the Smart Snacks guidelines, it is important that parents and caretakers revert back to 1979, when the Department passed competitive food rules for the first time. Regulations limited sales of food with less than five percent of the recommended dietary allowances per serving for eight key nutrients. These products included soft drinks, chewing gum, and other sugar-based foods. These

items could not be sold in food-service areas during mealtimes but could be sold anywhere else in a school at any time.

President Obama signed the Healthy, Hunger-Free Kids Act of 2010, which required the Department for the first time in more than 30 years to establish national nutritional standards for all foods sold and served at schools any time during the day. This law exempts fundraisers from its compliance as long as they are approved by the school and are infrequent.

Three years later the Department proposed new competitive food rules and opened them for public feedback for 60 days. After public comment and revision, it published a revamp of school snack standards called "Smart Snacks in School" in June 2013 and informed all participating schools that they had 14 months in which to comply. The rules are in effect only during the school day and 30 minutes thereafter.

“I want us to imagine a new world. A world where healthy food is actually more convenient than junk food.”

Helping United Mankind and Nutrition Healthy Vending Machines is one of the new merchants selling healthy food and beverages in schools across the nation. The company also published a “Smart Snacks In School Guide,” which contains a summary of food and beverage rules as well as nutrient standards.

Any competitive snack food sold must be a fruit, vegetable, dairy product, protein-rich food (meat, beans, poultry, seafood, eggs, nuts, seeds), whole-grain rich food (first ingredient is a whole grain or product is 50 percent whole grains), or a combo food that has at least a quarter cup fruit or vegetable. All the competitive foods have nutrient limits in calories, sugar, sodium, and fat.

Competitive snack beverages are sold in limited portions and have limited calories. They include water, carbonated water, unflavored low-fat milk, flavored or unflavored fat-free milk and soy alternatives, 100-percent fruit or vegetable juice, and diet sodas. Caffeinated drinks can only be sold in high schools.

Sean Kelly, chief executive officer of Helping Unite Mankind and Nutrition Healthy Vending Machines, explains, “Kids consume up to 60 percent of their total calories from school and up to 40 percent of their caloric consumption comes from junk food. To exacerbate this problem, the nutritional education that we provide our kids in our society is negligible at best.”

Some schools have already started selling healthful snacks at lunchtime either on the menu or from vending programs. As a result, these schools have already seen their students boost their overall daily consumption of fruit by 26 percent, vegetables by 14 percent, and whole grains by 30 percent. They also ate more fiber, calcium, and vitamins A and C.

Kelly believes there is a correlation between the declining aca-

demical performance of the United States’ students (ranked 17th among 50 other countries according to a study done by the Economist Intelligence Unit in 2012) and an increase in the processed food industry in our country.

“This isn’t just about obesity and malnutrition,” Kelley remarked. “It’s also about the state of education in America. Maybe the reason our kids can’t learn what we want them to learn is because they can’t focus or retain information because they’re falling asleep in class and they continually experience blood sugar-induced erratic energy swings as a result of poor nutrition.”

According to Kelly, when people talk about the solving of the obesity epidemic, they talk about educating people more about nutrition, getting people to eat less harmful food and more healthy food, and having people exercise more.

Kelly, who was a personal trainer while in college, does believe in those solutions, but he also adds one more component to the mix — easy and convenient access to healthy foods.

“The reality of the world we live in today is that it is very, very difficult to be healthy, but for a second, I want us to imagine a new world. A world where healthy food is actually more convenient than junk food. Where it’s easy to access nutrition and nutrition is everywhere. Where convenience stores and vending machines and micro-markets bring nutrition directly to people rather than asking people to get educated about it and go and find it on their own,” Kelly says.

He continues, “Where it’s incredibly difficult to find and, therefore, eat those foods that are harmful to you, so you do so sparingly as was the original intention. Where everywhere you turn there are fresh foods, energy-sustaining health snacks, foods from the earth, healthy drinks, fruits and vegetables. In this world, it’s almost impossible to consistently eat harmfully and, as a result, the problems related to obesity, malnutrition, even education, began to fade away. Access, therefore, is the answer.”

To find out more about Smart Snacks in School, visit www.smartsnacksin-school.com.

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

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Make the most of the dog days of summer

To be honest, August in the city can sometimes get very quiet and slow, and finding activities to do with your kids can be hard. However, there are actually lots of fun, #FabuLyss, family-friendly attractions all over the city throughout the month of August that your kids will absolutely love! Don't let the heat get to you — make sure to check out some of my Au-

gust FabuLyss finds.

Did you know that Hudson on Sailing offers public sailing on the Hudson River from now until Thanksgiving? It offers lessons, excursions, group outings, memberships, and, best of all, youth programs! There are so many activities that your children can do, so go ahead and check it out! (<http://hudsonsailing.org/youth-programs/>).

Don't want to spend too much money on activities? There are also tons of free attractions in New York throughout the month of August! You can bike or stroll with your family through Park Avenue at Summer Streets on Aug. 2, 9, and 16 from 7 am to 1 pm. There are tons of fun attractions including; mini-golf, live music, picnics and so much more! (www.nyc.gov/html/dot/summerstreets/html/route/route.shtml).

Do your kids love movies? Then the Bryant Park Film Festival is a great activity for them and you! It runs every Monday until Aug. 18 and you can catch "The Karate Kid"

on Monday, Aug. 4 with your kids (<http://bryantpark.org/plan-your-visit/filmfestival.html>).

You can also pass by the playground in Madison Square Park (Madison Avenue at between E. 23rd and E. 26th streets) for story-time and fun craft projects every Wednesday all the way through October. There is gorgeous artwork displayed along with live music and great food for you and your family to enjoy! (<http://www.madison-squarepark.org/tag/reading-rangers>).

Go ahead and practice your swing at the brand-new Bryant Park Putting Green, which is open everyday until September. It is a great activity for a son and father, or you can just have a friendly (or not so friendly) competition between your family and friends! (www.bryantpark.org/things-to-do/the_green.html).

The High Line is also offering free stargazing with astronomers every Tuesday night throughout the summer! After admiring the stars you can go have dinner and dessert with your family at the amazing restaurants all along the High Line. (www.thehighline.org/events/free/2014/6/every-tuesday-stargazing-on-the-high-line)

Also, if you'd like to get out of the city for a weekend or two, there are so many fun activities that you and your family can do in the Hamptons. From horseback riding (www.deep-hollowranch.com/), to surfing there are so many outdoor activities just within a two-hour drive!

August is the last month of summer, so make it fun for your family, whether it's going sailing, taking a stroll through the Summer Streets on Park Avenue, or hanging out at one of the many beautiful beaches, you and your family will have an amazing time! Before we know it, September will be here and the kids will be back in school. Make August a month to make lots of lasting summer memories.

Lyss Stern is the founder of Divalys-sious Moms (www.divamoms.com).



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Rosie Pope

Room for romance

A consummate multitasker offers tips for keeping the spark alive

BY TAMMY SCILEPPI

Summertime and the livin' is easy? Well, not so much, especially after those long, hot, stressful workdays that inevitably turn into even longer, more hectic evenings at home. Now that the kiddies seem to be underfoot 24 hours, seven days a week, that hint of romance on a balmy summer night may easily go unnoticed.

When you and your partner are in the mood for love, but your little darlings won't go beddie-bye, how do you keep that spark alive?

Rosie Pope has some great tips. Along with mastering the art of looking fabulous and sexy in her stylish high heels — while pregnant — the popular parenting diva, and star of Bravo's hit show, "Pregnant in Heels" (where she's a maternity concierge), has also mastered the art of keeping things fun and romantic with hubby Daron, despite the daily chaos of family life.

Married 10-plus years, Rosie and her husband are facing the challenges of raising four adorable, active kids, (ranging in age from 7 years to only 4 months), while juggling full-time careers. The couple has lived in New York and the surrounding area since meeting in an elevator one day, and falling in love. It was an urban romance.

"Juggling my dual life as business owner and a mother of four is not something that I've mastered with total elegance," she says. "While it may at times look like that from the outside — thanks to a great blow out and some snazzy wedges — the inside is a hurricane of emotion! Like so many other mothers in America, I was not able to take the maternity leave that I would have liked. After all, I run my own business, so stopping work for months at a time really wasn't an option."

While maintaining her whole-

some image, the dotting mom has skillfully managed to channel her inner temptress (much to her hubby's delight), and reminds harried New York parents to work on keeping that spark alive — no matter what!

According to Rosie, it's all about that all-important date night — even when mom's exhausted and not really in the mood.

"Every night can be Friday! Don't wait till the weekend to have a special date — if the opportunity presents itself, seize the moment!"

Here, she offers NY Parenting's moms and dads her insights as a parent, so they can better balance motherhood (and fatherhood) with intimacy, and discusses how you and your better half can find time for amoré (every night!).

Rosie reveals her secrets to a healthy and lasting relationship and marriage:

Communication: Communicate — even when it's hard (and quite often, frustrating).

Empathy: Don't forget to think of things from your partner's perspective. (It's tricky, especially when he or she is annoying the heck out of you. But it's do-able and works wonders to foster a loving atmosphere).

Work on intimacy! It is unequivocally a very important part of your relationship, and it's kind of like going to the gym: you may not like feel like it, but you are always glad you did it!

Feel good about yourself: Do what you need to look and feel confident. Remember —





How does Rosie find time for date nights and late-night shenanigans with four demanding kids, her maternity shops, and a line of baby clothing she designs?

confidence is attractive!

Tell your love story: Everyone has one, so regularly remind yourselves of that moment you fell in love. Those feelings live on inside of you and you need to revisit them often.

So, how does Rosie find time for date nights and late-night shenanigans with four demanding kids, her maternity shops, and a line of baby clothing she designs? Well, it ain't easy, but she truly believes the trick is to "seize that moment!"

"Any night can be a date night once the kids are in bed," she says. "We are strict about their bedtimes, so we have time with each other most evenings. My husband is a fantastic cook, so we don't need to go out. I pour the bubbly, make the play list, and he

grills the fish.

"We work together, so we actually get to spend a lot of time together. It's less about the need for us to go out to special places and more about finding those key points everyday — to check in with each other on a personal level, rather than on a parenting or business subject."

She admits they're very lucky to have help at home, and grandparents that really help out a lot.

And what's Rosie's advice for single parents dating and bringing someone new into the family?

"Be honest with your children. My parents separated when I was very young and I think some of the difficulty I had growing up was being kept in the dark about relationships. And so when I learned of them, they were very serious, and it seemed so out of left field to me and made it hard for me to adjust or accept this new person. Kids can handle a lot when you are honest with them."

So, on those balmy nights when a hint of romance is in the air, she reminds couples to "keep it fun and often!" You can fill in the blanks.

Rosie Pope stores: [55 Warren St. between W. Broadway and Church Street in Tribeca, (212) 213-3393, www.rosiepoppe.com] and [1265 Madison Ave. between E. 90th and E. 91st streets on the Upper East Side, (212) 608-2036].

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DEAR
DR. KARYN
DR. KARYN GORDON

20 things teen guys want moms to know

Dear Dr. Karyn,

I have three sons and find it difficult at times to know what they need and expect from me. I heard you on the radio sharing your Top 20 list about what teen guys want their moms to know. Can you share again? Loved hearing this!

Dear parent,

I've received many e-mails and calls from parents wanting this list. Last year I shared the 20 things girls wanted their dads to know — so this is a nice continuation to that conversation! The following list was created by a group of teen guys I worked with, so sit back and enjoy.

Ask your son how many of these apply to him:

- Stop telling us to pull up our pants.
- Our first shave should not be considered a Kodak moment.
- Don't take it personally that we don't want to go shopping with you anymore.
- What may be "just a game" to you — e.g., sports game, video games — could be extremely important to us.
- You'll never think that a girl is good enough for us, but we need to find out for ourselves.
- Leave "the talk" to Dad.
- Try to bite your tongue when our voices crack.
- What may sound like noise to you is great music to us.
- Reminding is different than nagging.
- If you think something's wrong, there probably is. Please don't press the issue. We'll come to you when we're ready.
- We eat a lot.
- Just because video games weren't around when you were a kid doesn't make them any less fun.
- My room isn't messy, it's "lived-in."
- If you give us too much freedom we might abuse it. If you give us too little, we'll definitely abuse it.
- My cellphone is not a 24-hour personal walkie-talkie.



- It's not just good decisions we learn from.
- Assuring us that our current problem is "not a big deal" won't change our minds.
- It's one thing to introduce yourself to our friends, but another to interrogate them.
- Schoolwork is obviously important. That doesn't mean that other things aren't.
- Even if we don't say it enough, we do appreciate you.

How to connect with introverted children

Dear Dr. Karyn,

How can I connect to my introverted child?

Dear parent,

According to a popular personality test called Myers Briggs, there are 16 common personality types. In families, there are often different personality types with differences that can lead to conflict. I find misunderstanding between parent and child is common especially if the parent is an extrovert and the child is an introvert.

Extroverts talk fast, like to be the center of attention, thrive in social settings, and enjoy being where the party is. Introverts may like to be where the party is, but generally don't want to be in the spotlight. They often

prefer conversations that are one-on-one and they usually need much more alone-time. Also, introverts like to collect their thoughts before they speak, while an extrovert speaks and thinks at the same time. This means the extrovert often becomes impatient waiting for the introvert to speak.

If a parent is an extrovert and a child is an introvert, they will often misunderstand each other. The extroverted parent will try to get the child to go out more, speak faster, and encourage her to have more friends. The introverted child may feel rushed and forced to be more social than she prefers.

It's important to remember that we are all different — not better or worse — just different. Extroverted parents: it's important to respect that your introverted child will not need to go out and socialize as much as you. And she will need more time to talk, so don't rush or cut her off in conversation. She has lots to say — she just needs more time to say it.

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

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New York Parenting and Queens Family was proud to send a Queens family to the Mets game on May 24 at Citi Field. Pictured here are 9-year-old Casey Golinski and mom Linda Penberg, who had a great time at the game.

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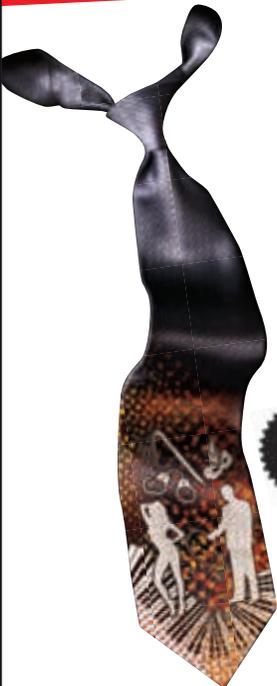
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Understand your child's brain

What neurology can teach you about parenting

BY ALLISON PLITT

Steven Jay Fogel, a longtime student of human behavior and development, explains in his new book — “Your Mind Is What Your Brain Does for a Living: Learn How to Make It Work for You” — the way our brain functions, the importance of parent-child attachments, and how our addictive use of technology has brought about a digital revolution.

He recounts his story of financial success at a young age, but that happiness still eluded him. Having studied with psychologists, educators and rabbinical scholars, Fogel has published this book to share his insights and experiences with others about how he found that inner joy.

Brain function

Initially, Fogel dispels the myth that the brain functions like a computer. The brain does process information like a computer, but the likeness ends there.

“Every-day experiences reveal ways in which your brain operates in a most uncomputer-like fashion,” he writes. “Examples include visual illusions, the emotional basis of decision making, irrational approaches to problem-solving, and the unreliability of human memory.”

Fogel said for years neuroscientists believed that humans only used 10 percent of their brain, but now they have discovered that people use all parts of their brain. They have also discovered that the brain is fully developed around the time a person is 25 years old.

Neuroscientists, furthermore, did a study in which 3-month-old babies showed a distinct preference for a puppet that was helpful to another puppet instead of a puppet that hindered another puppet. They concluded from the study that the babies were innately able to sense right from wrong.

One term Fogel often refers to is “default programming,” which is created by emotionally impactful experiences we have growing up. In



his own words, Fogel describes “default programming” as “the wiring that we have been developing since infancy.” Past traumatic experience often leads to an adult responding to an event without rational thought or emotion.

Fogel’s book takes an optimistic stance about neuroscience because he writes, “Brain research has revealed that our brains are malleable, with the capacity to be shaped and reshaped, which scientists refer to as neuroplasticity.” Although our brain may be programmed to a default setting that is based on past experiences, Fogel said it is possible to be “mindful” in which you are aware of your present thoughts and actions in order to

make reasonable decisions that defeat old self-destructive behavior.

Parenting

For parents, Fogel’s chapter about parent-child attachment stresses the importance of children feeling secure in their bond with their parents.

“If you have a good parent-child attachment, then the child can go off into the world with a strong feeling of self-worth, feeling confident that they can handle things,” he writes. “If a parent or caretaker is remote, unresponsive, or emotionally turbulent and insensitive to the child’s needs, the parent-child bond won’t be secure, and children raised in these circumstances will grow-up with a poor self-image and are likely

to have other problems as well.”

Fogel believes another crucial aspect of parenting are the messages that parents communicate to their children.

He explains, “If a child has a mother or a father or a caretaker or a sibling who is in that child’s daily life, and if that person is always saying that around every corner is disaster and that the child’s only choice in handling things is just going to be shooting himself or herself in the foot, how can that child go out into the jungle and expect to find berries? All that child is going to expect to find are snakes.”

The middle prefrontal cortex, located behind the forehead, provides the brain with higher cognitive functions, which are a result of a healthy parent-child attachment.

“The more attuned a parent is to his or her child, the safer the child will feel; the more secure the bond between parent and child will be; and the healthier the child’s development will be in the first seven areas the middle prefrontal cortex participates in that enable us to modulate ourselves mentally, emotionally, and physically. Thus, parents who are mindful in their relationships with their children provide secure attachments,” he writes.

Fogel lists the first seven areas of the middle prefrontal cortex, which are responsible for the following cognitive functions: regulating your body (vital organs such as your heart and other bodily functions to keep them in balance), attuned communication with people, emotional balance, response flexibility (taking in information, stopping and reflecting before you act), insight, empathy and modulating fear. When the parent-child attachment is strong, these cognitive behaviors function properly, giving the child a sense of well-being.

Technology and the brain

Another topic Fogel broaches is our modern-day addiction to technology, which is making us less-mindful individuals. Fogel says humans are fear-based creatures, as we walk around with our smart phones anticipating upsetting e-mails and text messages. He credits the smart phone for creating the 13-hour-a-day work mode, where it is not uncommon for a boss to call an employee for a file at 7 pm.

In regards to e-mails and text messages constantly coming in on our smart phones, Fogel says that



Steven Jay Fogel

often the messages that come in make people become “activated,” by which he means a highly dramatic state of intense emotions catalyzed by our default programming.

Fogel advises, “Any time you get a digital communication that activates you, don’t answer it for two hours. You want to be able to detach yourself, so you can be mindful enough to consider different possibilities for your response and respond productively rather than defensively. Once you’ve sent an angry or otherwise intensely emotional e-mail, you can’t take it back. As the old saying goes, ‘Once the bullet leaves the gun, there’s not much you can do.’ So when a digital communication upsets you, take a deep breath, keep breathing, and think about what you want to communicate and the way that you want to communicate it.”

According to Fogel, there are two crucial points in his book that can change someone’s life. He says, “First, we are not the voice in our head. The voice in our head sounds like an authority to us, and we believe it’s always right, but it’s not. Sometimes what the voice tells us is actually wrong — because what the voice says is just the interpretation of our default programming. We, not the voice in our head, are the ones that have to make the decision about how we’re going to act.”

The second vital point to his book, Fogel says, “Is that our feelings are not facts. Just because we feel our boss doesn’t like us, it doesn’t mean he doesn’t like us. Just because we feel someone is wrong about something and that we’re right doesn’t mean that it’s true.”

For more information about Stephen J. Fogel, visit <http://stevenjayfogel.com/>.

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

2014-15 Private/Independent School Guide on NYParenting.com



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Harlem Hebrew Language Academy Charter School

147 St. Nicholas Avenue
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Harlem Hebrew Language Academy Charter School is a free public charter school in Manhattan's CSD 3 that provides students with the foundation to successfully pursue advanced studies and achieve continued personal growth as global citizens. We have 2-3 teachers in each class. We offer a nurturing, rigorous curriculum featuring intensive instruction in Modern Hebrew language. Our model includes Teachers College Readers/Writers Workshop designed to meet the needs of all learners. Our diverse student body develops social/civic responsibility through service learning. Our social studies curriculum explores Israeli history and culture and Harlem's history as a focal point of migration and immigration. Like all public schools we are non-sectarian and do

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Education

DIRECTORY

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1 Avenue B, NYC 10009
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Continued on page 22

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Continued from page 20

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Twin Parks Montessori Schools

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**Park West Montessori
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212-678-6072**

**Riverside Montessori
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Wee Care Child Care and Preschool

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DIRECTORY

Continued from page 22

welcomes children from ages six weeks through five years. Our center is licensed by the Department of Health and Mental Hygiene and we take pride in our creative learning programs. These programs are grounded in teacher-guided activities based on monthly themes, with modifications based on age group. Our teachers work on developing and modifying routines for infants, providing language development for toddlers, and teaching the fundamentals of art, math, and science for preschoolers. Our caregivers seek to establish active communication with parents in order to design a program for your child in which he or she can thrive, experience the world, learn, and grow. In addition, our staff members are trained in CPR and First Aid. Our ratios per age group are as follows: Infants 1:4, Toddlers 1:5, and Preschoolers 1:10.

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Overdosing on vitamins

Learn the risks to your child

BY ALEXA BIGWARFE

Iwould never have thought that I could make my child sick from giving them too many vitamins. However, the Environmental Working Group is warning parents that we may be harming our children by feeding them too many vitamins and minerals, particularly vitamin A, zinc, and niacin. These are commonly added to “fortified” cereals and other foods.

Vitamins and minerals were originally added to everyday foods to protect children’s health, but the Food and Drug Administration’s percentage of daily values shown on food nutrition labels are for adults and exceed maximum safe levels for

children. The group states that the agency’s guidelines on what food companies should show on the nutrition facts label — the percentage of daily values — are inadequate. Furthermore, those calculated on products made for children still show the values for adults, not children.

Does it really matter if children “overdose” on vitamins and minerals? The answer is yes. Too much vitamin A can result in short-term health problems, such as brittle nails and hair loss. In the long term, over consumption of vitamin A can lead to liver damage and skeletal abnormalities. If pregnant women consume too much vitamin A, it can cause developmental abnormalities in the fetus.



Too much zinc can result in anemia and can, impair immune function.

Excess niacin or vitamin B3 leads to rashes and skin reactions, nausea and toxicity in the liver.

Children are much more at risk of overdosing on vitamins than adults.

Where are the biggest sources of these excess vitamins? The Environmental Working Group’s report states: “Fortified breakfast cereals are the No. 1 source of added vitamin A, zinc, and niacin in children’s diets.” In 23 of the cereals with the highest added doses, just a single serving would exceed the daily safe level of a child age 8 or younger. Most of those cereals in the highest ranges are not marketed toward children, but there are also high levels in snack bars (consumed by children) as well.

To be safe, make sure you know about these vitamins and minerals, and limit your children’s intake of foods fortified with vitamin A, zinc, and niacin to only 20-25 percent of the adult daily value.

Alexa Bigwarfe is the mother to three young children. She is a strong advocate for all things related to children’s safety and health issues.

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Britax

Prenatal fitness

Amazing benefits for mother — and child

BY AMY GRIFFITH

Exercise during pregnancy is not only imperative to keep a mom-to-be fit and healthy, but it can also benefit the child's lifelong health. This is according to recent research from the University of Virginia School of Medicine, which determined that exercise during pregnancy has a distinct molecular consequence on the unborn child that essentially allows the child to be more fit. Other studies have shown that maintaining a healthy weight during pregnancy is tied to preventing childhood obesity, which has reached epidemic proportions in the U.S. Of course, prenatal fitness is also an imperative for the budding mom's own health with respect to both her physical and emotional well-being.

That said, while most understand that maintaining a pregnancy fitness regimen is beneficial, many women harbor erroneous fears and misconceptions about prenatal exercise or simply don't know the best way to go about integrating fitness into their daily lifestyles, both of which undermine and inhibit a pregnant woman's opportunity to optimize her health and fully enjoy the experience.

To help moms-to-be (with no applicable medical complications) gain expert-based knowledge and innate confidence relating to their fitness choices, below prenatal lifestyle expert, Amy Griffith, star of her own "Active Prenatal Yoga" Workout DVD, offers eight tips and truths to give di-

rection, debunk myths, and provide overall peace-of-mind to foster a fit, healthy and happy nine months:

- **Start now.** If a woman becomes pregnant and has not had a structured fitness routine beforehand, she can certainly start now — and should — since exercise develops muscle tone, can help prevent gestational diabetes, aids in digestion and can help regulate blood pressure. Just be sure to begin with some gentle forms of exercise. As the due date approaches, remaining active can also encourage the baby to move into proper position for birth. Even activity as simple as walking is hugely beneficial to a pregnant woman. She can even run, bike, dance, and strength train as long as it still feels safe for her body. Whatever modality of exercise she decides to engage in, it is always of utmost importance that she listen to her body and recognize individual limitations.

- **Exercise to release endorphins.** Exercise not only has countless physical benefits with keeping muscles toned, maintaining healthy body fat levels, and improving cardiovascular health among them, but it also releases endorphins that can help boost mood, improve self-esteem, reduce anxiety and depression, decrease stress, alleviate pain, and improve sleep. All of these can greatly enhance the lifestyle of a pregnant woman, helping her enjoy the overall experience.

- **Yes, "do abs."** Pregnant women still have them and will benefit from strengthening them in advance of

delivery. Exercising abs and the entire core group of muscles will help prevent back and posture problems caused by the growing stomach, will make pushing more effective pushing during labor, and will help the new mother recover quicker. For example, a pregnant mother in her second and third trimester will mainly be working her transverse abdominus, which wrap from front to back like a corset, and also the obliques. Keeping these muscles toned and active will help them to return to their pre-pregnancy state far sooner. Abdominal exercises during pregnancy can also reduce the risk of abdominal separation, which can lead to other physical ailments. Beforehand, be sure to research the safest types of abdominal exercise for the various trimesters and execute with proper form.

- **Try yoga:** Yoga is not just about gaining strength and flexibility, and finding calm in moments of stress; it also helps slow down our busy lives. Prenatal yoga is a very safe form of exercise. Executed with the use of props to support the pregnant woman as baby grows, the mother can maintain the standard yoga poses but in a modified way. Prenatal yoga also teaches the powerful connection of breath and movement, encouraging the woman to let go of tension trigger points in her body. All of these elements combine to cultivate a deeper understanding of how the woman's body moves, and what she can do to relax in an uncomfortable situ-



ation, both physically and mentally. Many of the elements of a prenatal yoga class can be utilized by the mother as she moves through labor and delivery, including poses to ease labor pains, breathing techniques, and meditation.

• **Cardiovascular exercise is a-ok.** The old theory of not allowing your heart rate to exceed 140 beats per minute is no longer supported by the medical community. There is about a 50 percent increase in blood flow when a woman is pregnant, so the heart works much harder to deliver all of these nutrients throughout the body and especially the placenta. While a pregnant woman who is exercising may tire out more quickly, there is no evidence that such exertion is harmful to her baby. The general rule of thumb is if a pregnant woman can continue to carry on a conversation while performing an exercise routine, then she is in a cardiovascular safe zone.

• **Set a fitness mantra.** A mantra is a positive intention — word or phrase that you come back to daily to “check in” and be reminded that everything is okay and on course. Setting a mantra will help you to trust your body, and accept the changes that are occurring

physically. It can help to quiet down the ego and encourage you to slow down and even accept the temporary fitness limitations. This is a key lesson to reiterate throughout pregnancy and can help to keep the pregnant woman safe while exercising. Some mantras are, “I accept,” “I trust,” and “I am strong.” These positive reminders carry throughout the pregnancy and the birth of the baby.

• **Massage to recover faster.** A carefully delivered massage from a prenatal massage specialist can alleviate pain in various parts of the body that can be caused by too much physical activity — exercise and otherwise. Massage stretches and loosens muscles that become tight as baby grows and the woman's body changes. Massage will also benefit the pregnant woman as it relieves tension. A pregnant woman's low back pain, headaches, sciatica, and swelling can all be eased by a trained massage therapist. When her body feels better, she is able to continue to keep herself healthy with regular exercise.

• **Meditate to de-stress.** Meditating can connect to a mantra you set or simply help to quiet down, clear your mind, calm your nervous system, and regulate your blood pressure. When employed in combination with a fitness regime, a pregnant woman can reap the rewards of both physical and emotional health. Pregnant women can quiet down fears and release them through the practice of meditation. When the mother lets go of fear, it opens her up to having a positive pregnancy and birth. Labor and delivery are certainly a physical experience, but many women say it is 90 percent mental. Allowing oneself to move inward and “step out of your own way” gives the body permission to do exactly what it knows how to do: birth baby! Meditation enables the mom-to-be to mentally surrender while exercise gives her physical strength and confidence.

Nationally certified prenatal yoga instructor Amy Griffith is one of America's leading prenatal fitness and lifestyle experts, providing free advice, including eBook and video content, to her army of followers and fans at www.AmyGriffith-workout.com. The above should not be construed as medical advice. Individuals should consult with their own physicians before starting any fitness or exercise regime.

Prep list

Is your
child ready
for school?
Are you?

BY JUDY M. MILLER

Anticipation builds as the new school year approaches. Every year, my kids become antsy as the stores fill up with new backpacks, fun and colorful accessories, and the latest in locker and school supplies. And even though I am not ready to begin the process of letting summer with my kids slip through my fingers, I grudgingly give in and get to work. The excitement of and preparation for a new school year can be stressful for the parents and their children.

So, what can parents do to make the transition smooth for themselves and their children? Especially for the child who is attending a traditional school for the first time or going to a new school? Here are some ideas to get everyone ready for school.

Schedule a visit. Meeting the teacher and walking through the building does a lot to ease the stress of change. If your child's schedule requires changing classrooms and the use of a locker, take her to school and encourage her to physically walk through her schedule and become familiar with her locker. Your child gains a sense of the familiar and you, when you think of your child during the day, can be calm knowing where your child is. (Make and keep a copy of her schedule.)

Get the paperwork done. Mark this task off your to-do list early. Doing so allows you the time to address anything that may have been overlooked, like a copy of your child's inoculations. Make and keep copies in case paperwork is misplaced. Keep a folder at home for each of your children with all required school paperwork, class list, phone numbers, class schedule, and any other important papers. If you need something, you'll know where it is. Last-minute worries and misplaced paper add to stress. You're working towards smooth, yes?

Take your child shopping. Going shopping for school supplies is our annual first step of getting ready for



Gradually begin moving bedtimes and wake-up times back to school schedules. The excitement of the new school year, adjustment to class work and studying, and added expectations wears your child out.

school, part of our tradition for transitioning from summer back to school. In the early part of August we wade through the aisles with shopping carts and our lists of required school supplies. Each of my four kids has a copy of their list and runs through the aisles, grabbing the items on their list and throwing the supplies into the carts. I check what is in the carts against my master list. I also adjust supplies, to account for the myriad of school projects that will be pop up throughout the school year, and the items that may not go the distance during the course of the school year (extra poster board, erasers, folders, plastic rulers, highlighters, dry-erase makers).

Checkups! If your insurance allows, consider scheduling checkups in early to mid-summer. Seeing the dentist and doctor earlier, especially when inoculations are required, disassociates them with the start of the school. Middle and high school sports physicals will need to be completed before your child begins practices for her fall sports.

Connect or reconnect. Consider a simple get-together or picnic with school friends and families you may not have seen over the summer. Reestablishing friendships and catching up does wonders for everyone. This is a great opportunity for new families to get acquainted as well. If you are the new family, ask for a mentor family who has a child of the same age as yours. The mentor family can “hold your hand” as you and your child transition into the new school environment, answering questions and helping you become familiar

with the system.

Move the clock up. Summer is time to replenish. To slow and let down. Even if you work, your child, whether she has been at camp or at home, has been sleeping in and staying up later. Gradually begin moving bedtimes and wake-up times back to school schedules. Changing the schedule early should help you get some added sleep since you aren't staying up as late either. Help the younger kids say good bye to the fireflies and flashlight tag, and assist your middle or high-schooler with a small scavenger hunt or barbecue with friends. The excitement of the new school year, adjustment to class work and studying, and added expectations wears your child out.

Go over expectations. Sit down with your children and go over what you and your child's school expects of them. Some schools require signed agreements from the student that holds them responsible for their actions, like cheating, turning work in on time, responsibility, and treatment of other students. If these are required by your child's school, make sure you discuss the agreement and that your child understands what she is signing. If you or your child feels anything needs clarification, get it and keep a copy of the signed agreement.

Organize and mark everything. When you are shopping for school supplies with your child, get yourself some new supplies, too. I always get myself a new supply of sticky notes, permanent markers, highlighters, paint pens, and notebooks. I purchase storage bins if they are needed. Extra supplies go into the bins and are used by my kids as needed throughout the school year. My personal supplies go into the desk drawer, necessary for marking clothing, new backpacks and school supplies. Permanent markers won't work on every surface, so paint pens come in handy (and they come in white).

Moving through the steps of preparing your child to return to school allows you and your child to become ready for school. If you find you aren't there when the bus picks her up that first morning, remember, you'll see her sweet face across the dinner table later.

Judy M. Miller is a freelance writer living in the Midwest with her husband and four children. She is the author of "What To Expect From Your Adopted Tween."

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

'I'm vegetarian now!'

Do you remember “The Simpsons” episode when Lisa — the politically active 8 year old — became a vegetarian? It was the same day her mother served lamb chops for dinner after the girl had bonded with a lamb at the petting zoo.

What if your own child suddenly announces, “I’m a vegetarian now”?

“A parent should have a conversation with their child about what their reasons are to be sure that their child is interested in vegetarianism for a legitimate reason,” says Rachel Meltzer Warren, author of “The Smart Girl’s Guide to Going Vegetarian.” “You don’t have to agree with the reason, but it’s important that your child has a responsible rationale for their choice.”

The majority of reasons are understandable. Kids are concerned about the environment, they think it’s a more ethical way to eat, or they simply do not like the taste or texture of meat.

Yet, some young people mistake vegetarianism as an easy way to lose weight or to achieve perfection. These are red flags for disordered eating, which is best to address as soon as possible.

People often shy away from the term “vegetarian” if they’re not 100 percent meat-free all of the time. Warren says it’s extremely common for a teen to be “veg curious.” They experiment with different parts of the vegetarian spectrum without of-



ficially choosing one defined label.

For example, there are red meat abstainers, pescetarians who eat no meat but do eat fish, and lacto-ovo vegetarians who eat dairy and eggs, but no meat.

Peaceful coexistence

There’s no argument about the health benefits of shifting to a more plant-based diet, regardless of where

on the vegetarian spectrum your child is.

How to survive this change at the kitchen table without the muss and fuss of preparing two separate meals?

- The vegetarian can offer to make the family’s dinner every so often.

- Take one recipe. Set some of it aside to be infused with plant-based protein, and then toss some meat, poultry or seafood into the remaining portions.

- If a recipe calls for ground beef, try French green or brown lentils. These protein-packed legumes are terrific for mimicking the texture of ground meat in stews, chilies and casseroles.

- Tempeh is a good stand-in for cubed meat in stir-fry and curries, or it can be crumbled and used in place of ground meat in casseroles.

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.

Fignana smoothie

This sweet smoothie is a good source of iron and calcium, two nutrients that almost every teenage girl, veg or not, could use more of.

INGREDIENTS:

- 1 medium banana, frozen
- 3 large dried figs, stems removed and soaked in water for at least 30 minutes
- 1 cup plain lowfat yogurt
- ½ cup lowfat (1 percent) milk
- 2 tsp. blackstrap molasses

DIRECTIONS: Place all ingredients

in blender and blend on high until smooth.

VEGANIZE IT: Replace vanilla yogurt and milk with nondairy substitutes such as soy, coconut, or almond yogurt and milks.

NUTRITION FACTS: 390 calories, 6 grams fiber, 18 grams protein, 3.2 mg iron, 0.8 mg zinc, 371 mg calcium, 0.57 mcg vitamin b12, 59 IU vitamin D, 37 mg choline.

Used with permission from The Smart Girl’s Guide to Going Vegetarian by Rachel Meltzer Warren. Sourcebooks Fire, 2014.





LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Teens and politics

Most teens are quite savvy with their cell phones, checking out the latest posts on Instagram, sending Snapchats, texting at lightning speed, or using GPS to find a friend's house. They are completely in tune with the latest apps and online trends, tapping into the most obscure social networking sites before the rest of the population catches on.

Could you imagine a world where teens cared more about their state senator's position on education reform than their friend's Instagram collage? In the 1960s, millions of young people across America became involved in politics due to their opposition to the Vietnam War. Since then, teens don't seem to be as universally involved in politics.

How can parents and educators encourage teens to become involved and passionate about the political and economic issues affecting our country?

The youth demographic and voting statistics

Most experts agree that a knowledge of civic responsibility, U.S. political history, as well as registering to vote as soon as one turns 18 all contribute to a lifelong interest in government and politics. However, the youth vote and youth registration rates still lag far behind other age groups. According to the Center for Information and Research on Civic Learning and Engagement at Tufts University, 45 percent of registered youth aged 18 to 29 voted in the 2012 presidential election, while all other age groups voted at turnout rates of 60 percent and higher. In New York, the youth turnout vote was 42.4 percent as compared to 63.4 percent of registered voters above 30 years of age (www.civicyouth.org).

According to Campusvoteproject.org, "Despite widespread reports of overwhelming youth engagement in the 2008 election, young voters only made up about 19 percent of the electorate."

What keeps young people from the polls?

"Young people don't vote right away because they don't see the im-



portance," explains Mary Ellen Balchunis, assistant professor of political science at La Salle University in Philadelphia. "Once they get their first paycheck, see the taxes taken out, have car payments, and pay health insurance premiums, they begin to realize that it is important who is in government."

Mary A. Evins, campus coordinator of the American Democracy Project and associate professor of history at Middle Tennessee State University, points out, "Some 18 year olds express that they aren't ready to vote yet, and some see voting as a chore and an inconvenience."

What educators can do

"As a college professor, I know how to get young people involved in politics," says Balchunis. She reports that having discussions about issues that directly affect teens is key, such as staying on their parents' health insurance or lowering interest rates on student loans. Balchunis regularly invites political figures to visit her classroom. As a candidate for U.S. Congress, Balchunis has also worked with teens on the campaign trail and understands that teens will want to get involved if they can do something they are good at.

My daughter's U.S. government teacher helped her students get registered to vote. She passed out registration forms and hand-delivered them to the county board of elections office. Many of these students were then eligible to vote for the school budget in May.

What parents can do

Young people should develop an interest in government and politics well before the age of 18. I used to take my kids to the polls with me at a young age so they could experience the democratic process first-hand. They watched their father and I vote in all types of elections — school, local, and national. Evins instructs parents to have frequent, thoughtful dialogues about community, state, national, and global issues. She also advocates visiting sites of local, state, and national governance.

"Parents who include civics education as part of regular family activities will help children grow naturally into understanding what their responsibilities are as good citizens," she adds.

Balchunis recommends, "Share the newspaper with them and watch the news with them."

Tips and tales

Please share these tips from our past presidents with your teens (provided by: <http://www.cleanslatenow.org>):

- "Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost." — John Quincy Adams, sixth U.S. president.

- "The future of this republic is in the hands of the American voter." — Dwight D. Eisenhower, 34th U.S. president

- "To vote is like the payment of a debt, a duty never to be neglected, if its performance is possible." Rutherford B. Hayes, 19th U.S. president.

Share your ideas

Upcoming topic: How does a parent cope with an empty nest once their children are off to college or work?

Please send your full name, address, and brief comments to myrna-haskell@gmail.com or visit 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.

Travel writing teens

Kids get more
out of a trip
when they
document it

BY SHNIEKA L. JOHNSON

Weekends away, school breaks or summer excursions abroad — traveling with kids takes planning.

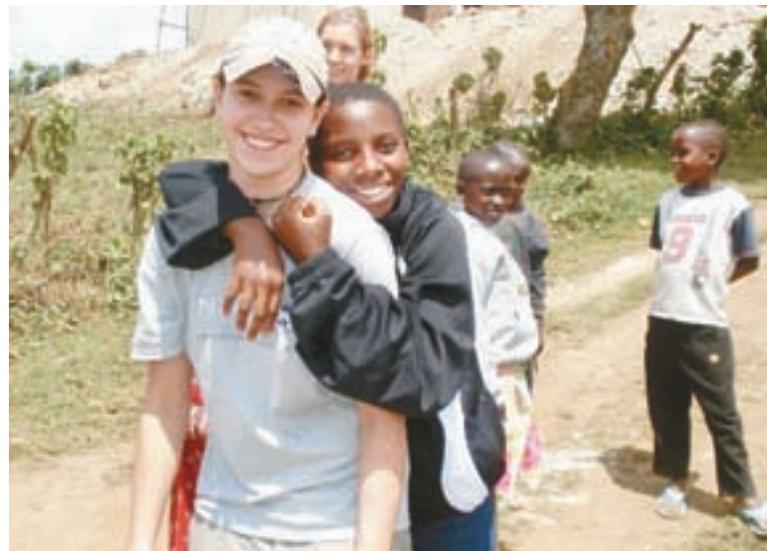
The Family Travel Forum is a website that offers tips and first-hand examples of travel with children written by parents and kids.

The site encourages families to think ahead — like reviewing maps in weeks leading up to the trip.

By planning ahead to discover the sites and events that the destination has to offer, families can engage their older children in the research and encourage them to select some of the families' excursions. This is one of the great tips on the Family Travel Forum website.

Some other tips include con-

firming — in advance — the travel budget, the distance you're willing to travel, and the mode of transportation that will be used. On the



Scenes from teen travels: (Above) A friendship blossoms in Uganda. (Left) The teen author bonds with her host father in China.

day of your departure, be sure to pack plenty of snacks and quiet activities in a small bag or carry-on luggage to keep the children entertained during the travel to your destination.

Another great idea encouraged by the Family Travel Forum is to have children write and document their travel experiences in a journal or via a blog.

These activities will promote literacy and other artistic skills (i.e., photography, drawing, etc.), which will not only

help with your child's development and growth, but could also earn them scholarship money for their education or future travel.

About the contest

Now in its eighth year, Family Travel Forum's merit-based contest is open to students ages 13 to 18 who are enrolled in junior high or high school or being home-schooled. Candidates submit a 600-word essay on any trip they have taken in the past five years

along with a photo or video. Family Travel Forum rewards the best posts with scholarship grants or travel prizes.

The top three essays are rewarded with cash (with first place receiving \$1,000; second place \$500; and third place \$250) and

25 honorable-mention winners receive travel gifts. Additionally, there is a prize for Best Video. These prizes are given by Family Travel Forum, along with the Society of American Travel Writers, our partner in this program.

This year, Family Travel Forum is offering two additional scholarships and more prize money

with its new sponsors I Love New York and the New York Travel Writers Association, increasing teen travel writers' chances to win.

Visit http://myfamilytravels.com/Teen_travel_writing to review the rules, requirements and prizes, and to find a link to the Scholarship Submission Form.

“Documenting travel experiences contributes to overall literacy, and that as kids and teens enjoy sharing their experiences, this is both a fun and educational activity.”

Family Travel Forum, the Society of Travel Writers, the New York Travel Writers Association and New York State’s Tourism Board (through the effective “I LOVE NEW YORK” travel campaign) have partnered for the past eight years to award grants and travel gifts to teen writers and bloggers ages 13 to 18. Thus, by encouraging your budding travel writer or photojournalist during your next family trip, it is possible that they could fund their own excursions in the future.

To get more information about the scholarship, Family Travel Forum, and traveling with children, I interviewed Fran Falkin, an editor for the website:

Shnieka Johnson: Why is it important to encourage kids and teens to document and write about travel experiences?

Fran Falkin: At Family Travel Forum we feel that documenting travel experiences contributes to overall literacy, and that as kids and teens enjoy sharing their experiences, this is both a fun and educational activity.

SJ: Is there a way to introduce writing and documentation at a younger age?

FF: Absolutely. Little ones can draw pictures in a travel journal and also dictate some words for a parent or older sibling to add, or they can make a collage of images from travel brochures or pictures printed from the internet.

SJ: Can this be done for trips both big and small? Even in “stay-cations?”

FF: Sure. It’s great for kids to connect with their own backyard. Last year’s scholarship topic asked teens to write about

why people should visit their hometowns, and we received a lot of great pieces.

SJ: What do you suggest to parents that want their kids and teens to write more?

FF: Kids really model their parents’ behavior, even when you think they’re ignoring you! Start your own family journal and give every child their own space to write on pages that you begin. You can start by noting that day’s activities, or your itinerary and hotel name if you’re on vacation. If kids only want to paste in their cut-out pictures, add postcards, ticket stubs, or other travel souvenirs, encourage them to add a caption explaining why that item is important to them. Soon you’ll have a big scrapbook that everyone will enjoy looking at. If your family is more comfortable typing, start an online blog together using a free service like <http://blogger.com>

SJ: Does technology play an important role? Or is a travel journal a sufficient start for young writers?

FF: Technology plays an important role in everything today. Teens love to tweet and share their pictures on Instagram, where they can write long captions. But, for story writing, the “travel journal” can be the old-fashioned bound notebook, or a tablet computer — whatever works for your teen.

SJ: Is there a larger number of teen travel writers and bloggers?

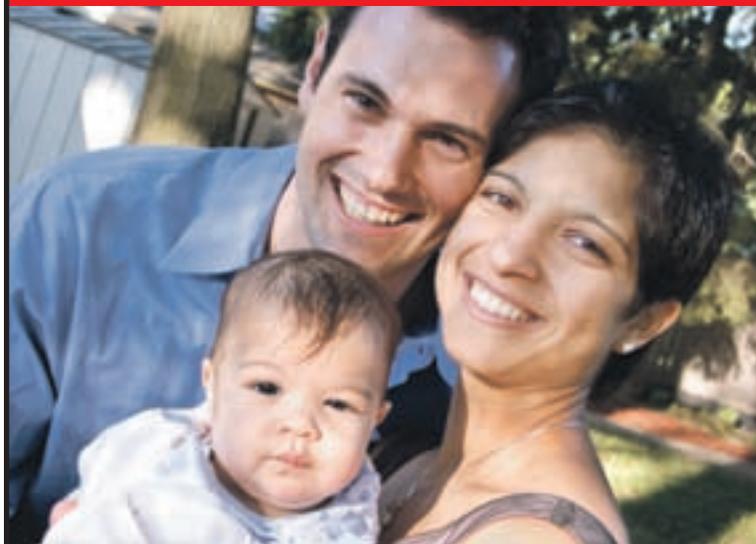
FF: Each year we receive several thousand applicants signing up for the scholarship from all 50 states, and most of them have never blogged before.

SJ: Tell me about the scholarship that you offer annually, how did it come to fruition?

FF: Family Travel Forum always encouraged kids to write about their family trips and at one time had a separate website called kidtravels.com. In 2007, we realized that kids, especially teens, would be more likely to participate if there was a chance to win a prize, and so the Family Travel Forum Teen Travel Writing Scholarship was born.

Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: www.shniekajohnson.com.

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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

Affording home care

My parents are in their early 80s and my father was just diagnosed with Alzheimer's. My mom is afraid that she will not have enough money to pay for his long-term care, but that she has too much money to qualify for government benefits. What should we do at this point?

“Aging in place” is the generally preferred course of action for our parents’ generation, meaning that they would rather remain in their home as they age. Many people are concerned that they will not have assets sufficient to pay for their care either in their home or a facility. There are options available to New York State residents that can help defray the cost of care, and allow the elderly to obtain assistance without emptying their or their children’s pocketbooks.

Medicaid (not to be confused with Medicare, which provides health insurance and prescription drugs for the elderly) is a joint federal and state program that is becoming increasingly relied upon as the long-term care solution for the middle class. Contrary to common belief, being on Medicaid does not mean that you receive substandard care. The Med-

icaid program is simply a source of payment for those who qualify for it.

The Medicaid program is “means based,” meaning that you cannot have assets in excess of a certain amount to qualify. The asset threshold changes each year, and is \$14,550 for an individual for 2014.

Assets do not disqualify you from Medicaid home care

Many people believe that they are disqualified from Medicaid Home Care because they are over the maximum \$14,550 Medicaid asset allowance. This is a misconception. First, an applicant’s home is an “exempt resource” and does not count toward the maximum. Second, certain transfers can be made in anticipation of Medicaid, which would not necessarily disqualify an applicant from Medicaid Home Care Services. People commonly cite the “five-year look-back,” but do not know that the look back applies only to nursing home care and not home care in New York State. Many are also unaware that retirement accounts are exempt and do not count toward the threshold.

There are various ways of transferring assets in order to qualify for Medicaid. This is often necessary where a parent is “house rich,” but cash poor, and wants to avoid selling their house in order to obtain care. The methods are too many and too complex to list here, but these transfers can be accomplished and, in many cases, can yield a favorable result to help keep a parent in his home while providing him with care. You should always consult with an attorney before transferring your assets.

Income does not disqualify you from receiving Medicaid home care

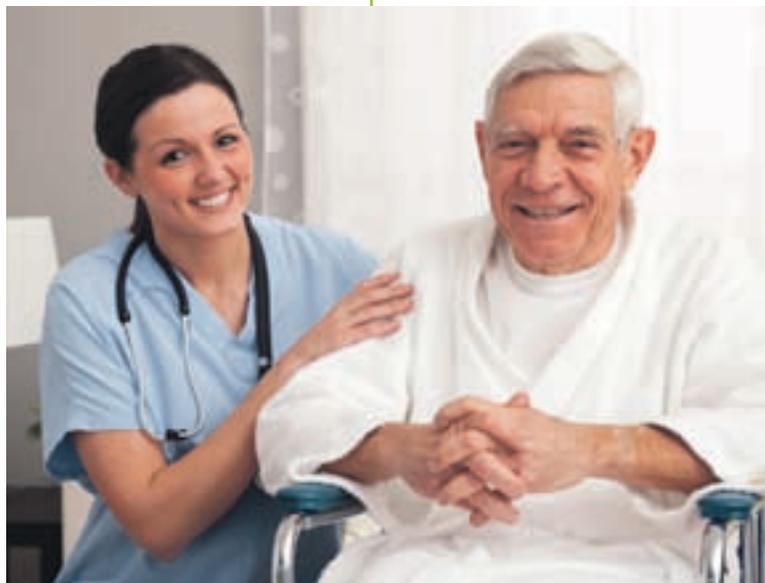
There is an income limitation on Medicaid applicants. The income limitation for a single applicant for 2014 is \$809 to \$829. Many people are under the false assumption that their

income is too high to allow them to qualify for Medicaid. Wrong again!

In New York State, eligible applicants can employ what is called a “Not-for-Profit Pooled Trust.” The Pooled Trust operates similarly to a “flex account” that you might have through your employer at work to pay for qualified medical expenses. With a Pooled Trust, your income in excess of the threshold gets sent to the Pooled Trust organization (a non-profit organization that “pools” excess income from many other people). You are the beneficiary of that excess income and it can be used to pay qualified expenses. As a result, your income is reduced sufficient for you qualify for Medicaid Home Care services, while allowing you to still reap the benefit of the excess income. There is an annual fee for the Pooled Trust, and thus there should be enough excess income to justify payment of the annual fee. In addition, your bills (only bills in the beneficiary’s name) must be submitted to the Pooled Trust each month for payment. Lastly, the Pooled Trust is not a savings account. Any assets that are remaining in the beneficiary’s account at the beneficiary’s death revert to the Pooled Trust. It is important to use as much as possible in the Pooled Trust each month.

In short, if one or both of your parents are concerned about the cost of long-term care and implementing long-term care solutions, a consultation with an elder law attorney is invaluable. The best time to start planning for these situations is before your parents become ill or injured, but even if you have not done so, it might not be too late.

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.



Disclaimer: This column is provided by the Law Offices of Alison Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual’s situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.

MANHATTAN
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July 2014
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Preschool Guide

40 winks
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Calendar

AUGUST



Photo by Filip Wolak

Old-time fun on Governor's Island

Gather the kids and head to Governor's Island for this amazing Jazz Age lawn party on Aug. 16 and 17. Music, dancing, dance lessons, kids' carnival activities, and more await you. This unique festival is the perfect way to spend a summer

weekend.

Jazz Age Lawn Party on Aug. 16 and 17, from 11 am to 5 pm. Admission is free.

Governor's Island [Colonels Row, (212) 825-3045, www.jazzagelawn-party.com]

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 — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

FRI, AUG. 1

IN MANHATTAN

FIDi Families: Front Row Stage, 19 Fulton St. at Pearl St.; 10 am; Free.

Fun, activities and/or musical performances.

The Lions Lego Zone: Stephan A Schwarczman Building Children's Center, Fifth Ave. at 42nd Street; 10:30 am–noon; Free.

Children have a chance to show off their building skills with Legos.

Earthquakes and Volcanoes Workshop: Epiphany Library, 228 E. 23rd St. Between Second and Third avenues; www.nypl.org/events/programs/2014/06/09/space-oddities-earthquakes-and-volcanoes; 3 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.

Flicks for Children: Hudson River Park, Pier 46; Hudson River Greenway at Charles Street; 8:30 pm; Free.

Outdoor series features family-oriented movies that begin at dusk.

FURTHER AFIELD

The Kung Fu Caper: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West, The Bronx; (718) 960-8833; www.LehmanCenter.org; 10 am; \$1.

A hilarious play featuring the Children's Theater Company at Lehman (Peace Grove).

Fordham Fever Fridays: Muller Park & Plaza, Creston Ave. and E. Fordham Rd., The Bronx; www.facebook.com/events/865; 11 am–4 pm; Free.

Health and Wellness highlights, and children's activities.

Family Jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3



Friendly family competition

Mom, dad, and the kids: gear up for the great Adventure Race on Aug. 9 at Inwood Hill Park.

Cheer on your favorite teams or compete with your family! Participants from across the city will be competing in a healthy, one-hour

dose of fun!

The course includes 12 activity stations, including javelin toss, jump rope, basketball free throw, hurdles, and a mini-climbing wall. Awards will be given to the top three competitors in different age

groups.

Adventure Race on Aug. 9, at 11 am. Free.

Inwood Hill Park, (Indian Rd. & West 215th St., in Inwood, www.cityparksfoundation.org/sports/kids-fitness/).

pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

Learn and play: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3–6 pm; Free with museum admission.

Children learn and play and strengthen developmental and language skills.

SAT, AUG. 2

IN MANHATTAN

Third Annual Great Hudson River Estuary Fish Count: Inwood Hill Park at the Penin-

sula, Dyckman St., at Harlem River South; www.nycgovparks.org/events/2014/08/02/third-annual-great-hudson-river-estuary-fish-count2; 10 am; Free.

Participants help collect a variety of wriggly and fascinating creatures usually hidden below the surface of the water.

Hans Christian Andersen Story Telling: Hans Christian Andersen Statue, 72nd Street & Fifth Avenue; hcastorycenter.org; 11 am; Free.

Listen to Andersen tales and other stories, folktales, and fairytales from around the world told by a group of brilliant storytellers.

Sweet Spot Festival: West Harlem Piers, Henry Hudson Pkwy.,

between St. Clair Place and W. 135 Street; sweetspotfestival.com; 2–9 pm; Free.

Showcase of select visual artists installations, art activities, on-site fitness workshops and a market place with an array of unique vendors.

Firefly Pajama Party: Jacob Javits Playground in Fort Tryon Park, Fort Washington Ave., at Fort Tryon Place; www.nycgovparks.org/parks/forttryonpark/events/2014/08/02/nature-adventure-for-kids-firefly-pajama-party; 7:30 pm; Free.

Children will try to catch the last fireflies of the season.

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Calendar

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FURTHER AFIELD

Cultural Connections: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Noon and 1 pm; Free with museum admission.

Hear the peaceful sounds of the mbira (an African thumb piano) with Kevin Hylton.

Kids Rule: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West, The Bronx; (718) 960-8833; www.LehmanCenter.org; noon-5 pm; Free.

Fun, games, magic shows, and children's theater along with water slides and pony rides.

Garden tour: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; 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 online. Cancelled in case of inclement weather.

SUN, AUG. 3

IN MANHATTAN

Tales from the Garden: Peter Jay Sharp Children's Glade, Central Park West at Duke Ellington Blvd.; www.nycgovparks.org/parks/centralpark/events/2014/08/03/family-performance-festival-tales-from-the-garden; Noon; Free.

Children will go on a journey through the gardens and trees of Central Park with storyteller Diane Edgecomb.

Le Carrousel Magique with Jeff Moche: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 1 pm; Free.

Magicians return with tricks up their sleeves and feats that dazzle.

Plant Your Own Peas: Dyckman Farmhouse Museum, 4881 Broadway at W. 204th Street; dyckmanfarmhouse.org; 3 pm; Free.

Young visitors are invited to drop in and help harvest vegetables from the Kitchen Garden.

FURTHER AFIELD

Cultural Connections: Noon and 1 pm. Brooklyn Children's Museum. See Saturday, Aug. 2.

Kids Rule: Noon-5 pm. Lehman Center for the Performing Arts. See Saturday, Aug. 2.



Kevin St. Jean/Juste Photography

Dance to the music

Bring the family for this very popular festival, happening on Saturday, Aug. 9. You'll enjoy live music, dance performances, street vendors, and delicious food. Interact with community members, students from the Dance Theatre of Harlem, and more.

Street Festival on Aug. 9, from noon to 7 pm. Admission is free.

[W. 152 Street between Amsterdam and St. Nicholas avenues in Harlem, (212) 690-2800 X 448, www.dancetheatreofharlem.org/outreach/2014-dth-annual-street-festival]

MON, AUG. 4

IN MANHATTAN

Collage in Style Family Program: Museum of the City of New York, 1220 Fifth Avenue at 103rd Street; www.mcny.org; 11 am; Free.

Create a collage highlighting your name and identity, with inspiration from graffiti writers' multimedia works.

Animal Adventures Medley: Hamilton Grange Library, 503 W 145 St., at Amsterdam Avenue; www.nypl.org/events/programs/2014/08/04/animal-adventures-medley; 4 pm; Free.

Children will learn basic animal concepts such as shapes, sounds, locomotion, and metamorphosis.

Monday Night Movies: Waterside Plaza, East River between 25th and 29th streets; <https://watersideplaza.com/events/?p=viewPage.jsp&id=103&did=282>; 8 pm; Free.

Families are invited to enjoy free movies every week.

TUES, AUG. 5

IN MANHATTAN

Free Summer Kids Film Series: Chelsea Cinemas, 260 W 23rd St., at

Eighth Avenue; www.bowtiecinemas.com/locations/chelsea; 9 am; Free.

Free admission to popular children's movies. Seats are limited and on a first-come, first-served basis.

National Dance Institution: Columbus Park, Baxter St., at Mulberry & Park streets; www.nycgovparks.org/parks/M015/events/2014/08/05/summerstage-kids-presents-national-dance-institution; 10:30 am; Free.

Enjoy a one-of-a-kind performance by this world-renowned dance institute.

The Okee Dokee Brothers: Madison Square Park, Madison Avenue at E 23 Street; www.nycgovparks.org/parks/madisonsquarepark/events/2014/08/05/mad-sq-kids-the-okee-dokee-brothers; 10:30 am; Free.

The Okee Dokee Brothers share music exploring the natural world through the Americana folk genre.

Tuesdays At The Pavilion: Union Square Park, The Pavilion, 20 Union Square West; www.nycgovparks.org/events/2014/06/24/tuesdays-at-the-pavilion; 3-5 pm; Free.

Enjoy arts & crafts, story time and more.

Stargazing on the High Line: The High Line, between W 13 and

W 14 streets; www.thehighline.org/events/free/2014/4/every-tuesday-stargazing-on-the-high-line; 7:30 pm; Free.

Gaze at the stars, planets, and moon through the high-powered telescopes of the Amateur Astronomers Association.

WED, AUG. 6

IN MANHATTAN

Tots Soccer and Pee Wee Basketball: Riverside Park South, Riverside Blvd., at W 71 Street; www.nycgovparks.org/events/2014/07/23/summer-on-the-hudson-tots-soccer-pee-wee-basketball; 9:30 am & 10:30 am; Free.

Children ages 5 and under will learn the basics at this introduction to soccer and basketball.

Reading Rangers: Madison Square Park, Madison Avenue at E 23 Street; www.madisonsquarepark.org; 10 am-Noon, & 2-4 pm; Free.

Free outdoor story time for children.

Wild Wednesday: The High Line at 14th Street Passage; www.thehighline.org; 4-6 pm; Free.

Explore the natural world with hands-on activities, art, and touchable specimens for kids.

NYPR Summer Movie Series:

Swindler Cove at Sherman Creek Park, 10th Ave., between Dyckman Street and Harlem River Drive; www.nypr.org/Calendar_Programs/Public_Garden_Programs_Workshops; 8 pm; Free.

Bring a blanket to see a family movie under the stars as part of this summer movie series, plus enjoy free popcorn, too!

See Change/NY Family Film Screenings: South Street Seaport, 89 South Street; www.southstreetseaport.com/events/#; 8 pm; Free.

Family outdoor movie screenings at the Seaport all summer long.

FURTHER AFIELD

Plant walks: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; www.bbg.org; 5:30-6:30 pm; \$12 (\$15 non-members).

Children 8 to 12 years old discover the plants of the garden.

THURS, AUG. 7

IN MANHATTAN

Summer on the Hudson Children's Performance Series: Riverside Park South, Pier 1, at W. 68 St.; www.nycgovparks.org/events/2014/07/10/summer-on-the

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hudson-childrens-performance-series1; 10:30 am; Free.

Families with children ages 7 and under will enjoy music, storytelling & theater performances.

Cross Stitch circle: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30-5:30 pm; Free with museum admission.

Children 6 years and older drop in and learn the basics of this oldest form of sewing handicraft.

River & Blues Concert Series: Wagner Park, 20 Battery Place; www.bpcparks.org/bpcp/events/events.php; 7 pm; Free.

Enjoy summertime blues against the backdrop of spectacular sunsets over the Hudson River.

Sixth Annual Intrepid Summer Movie Series: Intrepid Sea, Air & Space Museum, Pier 86, W. 46th St. and 12th Ave.; www.intrepidmuseum.org; 7:30 pm; Free.

Families are invited to bring lawn chairs, picnic baskets and blankets to the Intrepid Museum to view a popular movie outdoors.

FURTHER AFIELD

Carousel: Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; www.prospect-park.org/visit/places/carousel; Noon-6 pm; Free.

Children 12 years and younger ride free all day every Thursday in August. Sponsored by Astoria Bank. Children must be accompanied by an adult.

FRI, AUG. 8

IN MANHATTAN

FiDi Families: 10 am. Front Row Stage. See Friday, Aug. 1.

Flicks for Children: 8:30 pm. Hudson River Park. See Friday, Aug. 1.

FURTHER AFIELD

Family Jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

Learn and play: 3-6 pm. Brooklyn Children's Museum. See Friday, Aug. 1.

SAT, AUG. 9

IN MANHATTAN

Circle Line Cruise's Pirate and Princess Party: Circle Line, Pier 83 at W. 42nd St.; (212) 563-3200; www.circleline42.com; \$28 adults,



Photo by Gabriel Desblens

The circus comes to the parks

The 2014 International Contemporary Circus Festival brings the circus to city parks on Aug. 19 through Aug. 21.

Families can gather for a fantastic evening under the stars to

enjoy world-class performers on stage, as well as strolling performers from Circus to Go by the Big Apple Circus. This evening brings the circus outside the tent and into the park, as part of the Summer-

Stage Kids series.

Aug 19 through 21, 7 pm. Free. *Marcus Garvey Park, (W. 122nd Street & Mount Morris Park Westin Harlem, www.cityparksfoundation.org).*

\$20 children 3-12.

The 75-minute tour is an opportunity for kids to cruise to the Statue of Liberty and back while enjoying live entertainment, and kid-friendly food and drinks for purchase. Boarding at 9:30 am, cruise begins at 10 am.

Family Adventure Race: Inwood Hill Park, Indian Rd. and W. 215th Street; www.cityparksfoundation.org; 11 am; Free.

Families gear up and take the challenge; obstacle courses, javelin throwing, jump roping, basketball, hurdles and a mini climbing wall. Prizes given to the top three competitors.

Hans Christian Andersen Story Telling: 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

Civil War Heritage Weekend: Governor's Island, Battery Maritime Building, 10 South St., off of Whitehall Street; www.govisland.com/html/visit/calendar.shtml; 11 am-6 pm; Free.

Civil War living historians from the region offer a glimpse of Civil War life as a soldier with camp, musket and cannon firing demonstrations.

Dance Theatre of Harlem Street Festival: Dance Theatre of Harlem, 466 W. 152nd St. between Amsterdam and Saint Nicholas avenues; www.dancetheatreofharlem.org/outreach/2014-dth-annual-street-festival; Noon-7 pm; Free.

The Festival offers seven hours of fun and entertainment including live performances of music and dance, plus vendors, and more.

"And Then Came Tango": The Theater at the 14th Street Y, 344 E 14 Street; www.14streety.org/laba/theater-at-the-14th-street-y; Noon; \$13.

A celebration of the modern family inspired by the true story of Roy and Silo, male Chinstrap Penguins at the Central Park Zoo.

"Frog and Me": Bryant Park, 42nd

Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 1 pm; Free.

Flaubert Frog and Cali Co Cat presents stories, songs and poems from the celebrated book "Free to Be... You and Me."

Summer on the Hudson Play Dates: West Harlem Pier Park, W 125 St. and Henry Hudson Pkwy.; 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.

"Alienne - The Musical Adventures of My Little Martian": The Theater at the 14th Street Y, 344 East 14th Street, at First Avenue; www.14streety.org; 1:45 pm; \$13.

Children will love the story of Alienne, a feisty Martian teenager who longs to be an Earthling.

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Calendar

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Great Jazz on the Great Hill:

Great Hill in Central Park, 106 Street and Central Park West; www.centralparknyc.org/calendar/events/great-jazz-on-the-great-hill-080914.html; 3–6 pm; Free.

An afternoon of live music by some of the best local jazz performers.

Little Red Lighthouse by Candlelight:

Fort Washington Park, West 181 Street and Plaza Lafayette; www.nycgovparks.org/parks/fort-washingtonpark/events; 8 pm; Free.

Explore this unique landmark by lantern light. Registration is required.

FURTHER AFIELD

Perseid Meteor Shower: Salt Marsh Nature Center, 3302 Avenue U, Brooklyn; (718) 421–2021; 9 pm; Free.

This wonder of the universe appears each year in August peaking Aug. 9 through the 13. The best place to see it is here.

SUN, AUG. 10

IN MANHATTAN

Civil War Heritage Weekend:

11 am–6 pm. Governor's Island, Battery Maritime Building. See Saturday, Aug. 9.

"And Then Came Tango":

Noon. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Le Carrousel Magique with

Jeff Moche: 1 pm. Bryant Park. See Sunday, Aug. 3.

MON, AUG. 11

IN MANHATTAN

Monday Night Movies: 8 pm. Waterside Plaza. See Monday, Aug. 4.

TUES, AUG. 12

IN MANHATTAN

Free Summer Kids Film Series: 9 am. Chelsea Cinemas. See Tuesday, Aug. 5.

Tuesdays At The Pavilion: 3–5 pm. Union Square Park. See Tuesday, Aug. 5.

Stargazing on the High Line: 7:30 pm. The High Line. See Tuesday, Aug. 5.

WED, AUG. 13

IN MANHATTAN

Tots Soccer and Pee Wee Basketball: 9:30 am & 10:30 am. Riverside Park South. See Wednesday, Aug. 6.



Stitch up a new skill

Take a stitch in time at the Cross-Stitch Circle at the Dimenna Children's History Museum from Aug. 3 through Aug. 31.

This unique drop-in workshop allows children ages 6 years and older to try their skills at one of the oldest forms of embroidery in the world.

Participants can learn the basics of this craft, or they can

make a handcrafted gift.

Cross-Stitch Circle on Thursdays, Aug. 3 through Aug. 31, from 3:30 to 5:30 pm. Free with museum admission.

DiMenna Children's History Museum at the New-York Historical Society [170 Central Park West, between W. 76th and W. 77th streets, (212) 485–9273, www.DimennaChildrensHistoryMuseum.org].

Reading Rangers: 10 am–Noon, & 2–4 pm. Madison Square Park. See Wednesday, Aug. 6.

"And Then Came Tango": 3:45 pm. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Wild Wednesday: 4–6 pm. The High Line. See Wednesday, Aug. 6.

See Change/NY Family Film Screenings: 8 pm. South Street Seaport. See Wednesday, Aug. 6.

FURTHER AFIELD

Plant walks: 5:30–6:30 pm. Brooklyn Botanic Garden. See Wednesday, Aug. 6.

THURS, AUG. 14

IN MANHATTAN

Summer on the Hudson Children's Performance Series: 10:30 am. Riverside Park South. See Thursday, Aug. 7.

"Alienne – The Musical Adventures of My Little Martian": 2 pm. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Cross Stitch circle: 3:30–5:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, Aug. 7.

Sixth Annual Intrepid Summer Movie Series: 7:30 pm. Intrepid Sea, Air & Space Museum. See Thursday, Aug. 7.

FURTHER AFIELD

Carousel: Noon–6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

FRI, AUG. 15

IN MANHATTAN

FiDi Families: 10 am. Front Row Stage. See Friday, Aug. 1.

"And Then Came Tango": 2 pm. The Theater at the 14th Street Y. See

Saturday, Aug. 9.

Flicks for Children: 8:30 pm. Hudson River Park. See Friday, Aug. 1.

FURTHER AFIELD

Family Jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 3 pm; Free.

Celebrate summer and play, learn, build, and experience adventure.

Learn and play: 3–6 pm. Brooklyn Children's Museum. See Friday, Aug. 1.

SAT, AUG. 16

IN MANHATTAN

FlyNYC 2014: Riverside Park South, Pier 1 at 70 Street; www.nycgov-parks.org/events/summer_on_the_hudson; 11 am–4 pm; Free.

Come fly a kite at this festival for all ages featuring kite-making and live music.

Family Day At The Center: Center For Architecture Foundation, 536 LaGuardia Pl., off of W Third Street; main.aiany.org; 11 am–1 pm & 2–4 pm; \$20 (family of 4); \$5 (each additional ticket).

Families will learn about different types of bridges and how they work, then design and construct their own model bridge to take home.

Chalk the Walk: Museum of the City of New York, 1220 Fifth Ave. at 103rd Street; www.mcny.org; 11 am–2 pm; Free with museum admission.

Children will use the fun and eclectic work of the graffiti writers in the City As Canvas exhibition for inspiration, and then they will decorate the Museum's Fifth Avenue sidewalk with chalk.

Hans Christian Andersen Story Telling: 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

Jazz Age Lawn Party: Governor's Island, Battery Maritime Building, 10 South St., off of Whitehall Street; www.govisland.com/html/visit/directions.shtml; 11 am–5 pm; \$35 (adults), free (children under age 12).

An afternoon of dance, picnicking, and games, all to the Jazz Age sounds.

FURTHER AFIELD

Aztec innovations: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children learn what chocolate,

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chewing gum and popcorn all have in common — it's the Aztecs. Children discover the food, culture, and architecture of this ancient culture.

SUN, AUG. 17

IN MANHATTAN

Jazz Age Lawn Party: 11 am–5 pm. Governor's Island, Battery Maritime Building. See Saturday, Aug. 16.

"Alienne – The Musical Adventures of My Little Martian":

Noon. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Harlem Family Day: Marcus Garvey Park, 18 Mt Morris Park West; www.nycgovparks.org/parks/marcus-garveypark/events; 4–7 pm; Free.

A day dedicated to engaging young audiences and their families through thrilling performances.

FURTHER AFIELD

Aztec innovations: 11:30 am. Brooklyn Children's Museum. See Saturday, Aug. 16.

MON, AUG. 18

IN MANHATTAN

Central Park Conservancy Film Festival: Central Park, Mid-park at 69 Street; www.centralparknyc.org/things-to-see-and-do/film-festival.html; 6:30 pm; Free.

Enjoy screenings of movies which celebrate filmmaking in NYC.

Monday Night Movies: 8 pm. Waterside Plaza. See Monday, Aug. 4.

TUES, AUG. 19

IN MANHATTAN

Free Summer Kids Film Series: 9 am. Chelsea Cinemas. See Tuesday, Aug. 5.

"And Then Came Tango": 2 pm. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Tuesdays At The Pavilion: 3–5 pm. Union Square Park. See Tuesday, Aug. 5.

Central Park Conservancy Film Festival: 6:30 pm. Central Park. See Monday, Aug. 18.

Loki Circus Theater company: Marcus Garvey Park, West 122nd St. and Mount Morris Park West; www.cityparksfoundation.org; 7–9:30 pm; Free.

Thanks to SummerStage Kids there are puppets, jugglers, hip-hop jugglers and more.

Stargazing on the High Line: 7:30 pm. The High Line. See Tuesday,



How Sweet Spot it is!

How sweet it is at the Sweet Spot Festival at Riverside Park South on Aug. 30.

This one-of-a-kind, free, family-friendly festival is back at Pier 1 in Riverside Park South for its final presentation of the season. Enjoy live music, art workshops for kids, fitness sessions, a vintage and artisan market-

place, plus more.

Get ready to dance and celebrate summer with local artists and other families!

Aug. 30, from noon to 6 pm. Admission is free.

Pier 1 in Riverside Park South (W. 68th Street and Riverside Boulevard on the Upper West Side, <http://sweetspotfestival.com>).

Aug. 5.

WED, AUG. 20

IN MANHATTAN

Tots Soccer and Pee Wee Basketball: 9:30 am & 10:30 am. Riverside Park South. See Wednesday, Aug. 6.

Reading Rangers: 10 am–Noon, & 2–4 pm. Madison Square Park. See Wednesday, Aug. 6.

Wild Wednesday: 4–6 pm. The High Line. See Wednesday, Aug. 6.

Central Park Conservancy Film Festival: 6:30 pm. Central Park. See Monday, Aug. 18.

Loki Circus Theater company: 7–9:30 pm. Marcus Garvey Park. See Tuesday, Aug. 19.

See Change/NY Family Film Screenings: 8 pm. South Street Seaport. See Wednesday, Aug. 6.

THURS, AUG. 21

IN MANHATTAN

Cross Stitch circle: 3:30–5:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, Aug. 7.

"And Then Came Tango": 6 pm. The Theater at the 14th Street Y. See

Saturday, Aug. 9.

Central Park Conservancy Film Festival: 6:30 pm. Central Park. See Monday, Aug. 18.

The Acrobatic Conundrum: Marcus Garvey Park, W. 122nd St. and Mount Morris Park West; www.cityparksfoundation.org; 7–9:30 pm; Free.

Thanks to SummerStage Kids it's a thro-mantic comedy of acrobats, aerialists, and jugglers — oh my.

Sixth Annual Intrepid Summer Movie Series: 7:30 pm. Intrepid Sea, Air & Space Museum. See Thursday, Aug. 7.

FURTHER AFIELD

Carousel: Noon–6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

FRI, AUG. 22

IN MANHATTAN

FiDi Families: 10 am. Front Row Stage. See Friday, Aug. 1.

"Alienne – The Musical Adventures of My Little Martian": 3:45 pm. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Central Park Conservancy Film Festival: 6:30 pm. Central Park. See

Monday, Aug. 18.

Flicks for Children: 8:30 pm. Hudson River Park. See Friday, Aug. 1.

SAT, AUG. 23

IN MANHATTAN

Hans Christian Andersen Story Telling: 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

"Alienne – The Musical Adventures of My Little Martian": Noon. The Theater at the 14th Street Y. See Saturday, Aug. 9.

Hudson River Park's Blues BBQ: Hudson River Park, Pier 84, at W 44 Street; www.hudsonriverpark.org/explore-the-park/locations/pier-84; 2 pm; Free.

This festival pairs America's best blues and roots musicians with three of New York City's best BBQ restaurants.

FURTHER AFIELD

Summer crafting: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 11:30 am and 2:30 pm; Free with museum admission.

Children make a sun hat and learn how to stay cool in the shade.

SUN, AUG. 24

IN MANHATTAN

NYC Volkswagen Traffic Jam: Governor's Island, Battery Maritime Building, 10 South St., off of Whitehall Street; www.govisland.com/html/visit/calendar.shtml; 10 am; Free.

It's a spectator-judged vintage Volkswagen car show and picnic.

FURTHER AFIELD

Summer crafting: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 11:30 am and 2:30 pm; Free with museum admission.

Children make a sun hat and learn how to stay cool in the shade.

MON, AUG. 25

IN MANHATTAN

Monday Night Movies: 8 pm. Waterside Plaza. See Monday, Aug. 4.

TUES, AUG. 26

IN MANHATTAN

Free Summer Kids Film Series: 9 am. Chelsea Cinemas. See Tuesday, Aug. 5.

Continued on page 42

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Continued from page 41

Tuesdays At The Pavilion: 3–5 pm. Union Square Park. See Tuesday, Aug. 5.

Stargazing on the High Line: 7:30 pm. The High Line. See Tuesday, Aug. 5.

WED, AUG. 27

IN MANHATTAN

Tots Soccer and Pee Wee Basketball: 9:30 am & 10:30 am. Riverside Park South. See Wednesday, Aug. 6.

Reading Rangers: 10 am–Noon, & 2–4 pm. Madison Square Park. See Wednesday, Aug. 6.

Wild Wednesday: 4–6 pm. The High Line. See Wednesday, Aug. 6.

See Change/NY Family Film Screenings: 8 pm. South Street Seaport. See Wednesday, Aug. 6.

THURS, AUG. 28

IN MANHATTAN

Cross Stitch circle: 3:30–5:30 pm. New-York Historical Society DiMenna Children's History Museum. See Thursday, Aug. 7.

Sixth Annual Intrepid Summer Movie Series: 7:30 pm. Intrepid Sea, Air & Space Museum. See Thursday, Aug. 7.

FURTHER AFIELD

Carousel: Noon–6 pm. Prospect Park Children's Corner. See Thursday, Aug. 7.

FRI, AUG. 29

IN MANHATTAN

FIDi Families: 10 am. Front Row Stage. See Friday, Aug. 1.

FURTHER AFIELD

Back to school jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 11 am; Free with museum admission.

Enjoy the last days of summer vacation with snacks, crafts, music and giveaways.

Artpalooza: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children under 5 years old paint, draw, glue and weave to exploring and experiencing their inner artist.



Penguin love story

“And then Came Tango” dances into the theater at the 14th Street Y on Aug. 10, 13, 15, 19 and 21.

Inspired by the true story featuring two penguins from the Central Park Zoo, this play tells the story of a modern family who formed a pair bond and caused a public outcry when they raised and hatched a chick named Tango.

Best suited for children 6 to 12 years old.

“And Then Came Tango” on Aug. 10 at noon, Aug. 13 at 3:45 pm, Aug. 15 at 2 pm, Aug. 19 at 2 pm, Aug. 21 at 6 pm. Tickets are \$13.

The Theater at the 14th Street Y [344 E. 14th St. at First Avenue in the East Village, (212) 279–4466, www.fringenyc.org/index.php/about-us/fringejr].

SAT, AUG. 30

IN MANHATTAN

Hans Christian Andersen Story Telling: 11 am. Hans Christian Andersen Statue. See Saturday, Aug. 2.

Sweet Spot Festival: Pier 1 at Riverside Park South, W. 68th St. and Riverside Blvd.; www.sweetspotfestival.com; Noon–6 pm; Free.

have fun with workshops, concerts, fitness sessions and a vintage and artisan marketplace.

NYC Unicycle Festival: Governor's Island, Colonels Row; www.nycunifest.com; Noon–5 pm; Free.

Two-day event featuring world-famous unicyclists performing stunts and giving lessons.

SUN, AUG. 31

IN MANHATTAN

Annual Running of the Great North River Tugboat Race & Competition: Hudson River Park, Pier 84, W 44 Street and Hudson River; workingharbor.com/tugrace_home.html; 10 am; Free.

Watch as these boats parade, compete, and more in this annual event.

NYC Unicycle Festival: Noon–5 pm. Governor's Island. See Saturday, Aug. 30.

“Kokuriko-Zaka Kara”: Alianza Dominicana Cultural Center, 530 W. 166th St. and Amsterdam Avenue; (212) 740–1960; 2 pm; Free.

“From Up on Poppy Hill” is a children's movie suitable for children 6 years and older and helps support learning, in an artistic environment to improve skills in critical thinking and literacy.

LONG-RUNNING

IN MANHATTAN

Traveling in the World of Tomorrow: The Future of Transportation at New York's World's Fairs: New York Transit Museum Gallery Annex at Grand Central Terminal, 42nd Street and Park Avenue; (212) 878–0106; www.grandcentralterminal.com; Monday – Friday, 8 am – 8 pm, Saturday and Sunday, 10 am – 6 pm; Free.

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. With a variety of postcards, photos, ephemera and souvenirs, the exhibition shows how transportation was a symbol for the future, its potential effect on modern American life, and the technological advancements in transportation that American corporations claimed would make a better world possible.

City as Canvas: Graffiti Art from the Martin Wong Collection: The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534–1672; www.mcny.org; Daily, 10 am–6 pm; Now – Sun, Aug. 24; \$10 (adults), Free for children under 12.

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

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; 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

Avengers.”

Civil War Life Workshops: Battery Maritime Building, 10 South St., off of Whitehall Street; www.nps.gov/gois/planyourvisit/things2do.htm; Wednesdays – Fridays, 10:30 am, Now – Sat, Aug. 16; Free.

Children and families will learn what life was like on Governor's Island during the Civil War.

Park Ping Pong: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; Daily, 11 am–7 pm; Now – Tues, Sept. 30; 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; Daily, 11 am–7 pm; Now – Tues, Sept. 30; Free.

Head over to the park for a break to play your favorite board games, from Scrabble to Candy Land and everything in between.

Bryant Park Kubb: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; Daily, 11 am–7 pm; Now – Tues, Sept. 30; Free.

Participants will learn how to play chess as the Vikings did in this Scandinavian lawn game.

Bryant Park Putting Green: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; Daily, 11 am–7 pm; Now – Tues, Sept. 30; Free.

Practice technique or play for fun. All equipment is provided.

Little New Yorkers: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873–3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Fri, Aug. 1 – Fri, Aug. 29;

Our online calendar is updated daily at www.NYParenting.com/calendar

Free with museum admission.

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

"As You Like It": Central Park, W 103 St. and Central Park West; newyorkclassical.org/whats-playing; Thursdays – Sundays, 7 pm, Now – Fri, Aug. 22; Free.

Audiences will enjoy this performance of Shakespeare's classic tale, as performed by the New York Classical Theatre, which is celebrating its 15th anniversary.

Parent and Me Yoga: Fort Tryon Park, Fort Tryon Pl., between Broadway and Henry Hudson Parkway; (212) 795-1388; www.nycgovparks.org/events/2014/06/21/parent-me-yoga; Saturdays, 9 am, Now – Sat, Aug. 9; Free.

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

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; Saturdays and Sundays, 10 am–5 pm, Now – Sun, Sept. 28; Free.

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

Hester Street Fair: Hester St., and Essex St.; www.hesterstreetfair.com; Saturdays and Sundays, 11 am–6pm, Now – Sun, Oct. 26; Free.

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

Children's Basketball: Nelson A. Rockefeller Park, Chambers Street & River Terrace; www.bpcparks.org; Mondays, 3:30 pm & 4:30 pm, Now – Mon, Oct. 27; 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.

Bryant Park Reading Room: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; Tuesdays, 10:30 am, Now – Tues, Aug. 12; Free.

This weather-permitting story time is hosted by Cali Co Cat, and will feature arts and crafts, too.

Children's Soccer: Nelson A. Rockefeller Park, Chambers Street & River Terrace; www.bpcparks.org; Tuesdays, 2:30 pm, 3:30 pm, & 4:30 pm, Now – Tues, Oct. 28; Free.

Children will learn the basics of soccer at this weekly workshop. Ages 3-4



Life on one wheel

It sure is unique — it's the NYC Unicycle Festival and it's on Governor's Island on Aug. 30 and 31.

During this two-day festival, world-famous unicyclers show off their skills by performing all sorts of stunts, including unicycle basketball and hockey. There

will be demonstrations, performances, and even lessons given to children.

NYC Unicycle Festival on Aug. 30 and 31, from noon to 5 pm. Admission is free.

Governor's Island (Colonels Row, <http://nycunifest.com>)

play from 2:30 – 3:15 PM, ages 5-7
play from 3:30 – 4:15 pm, and ages
8-11 play from 4:30 – 5:30 pm.

Yoga for Kids: Garibaldi Plaza in Washington Square Park, University Pl., between W Fourth Street and Waverly Place; www.nycgovparks.org/events/2014/07/02/healthy-summer-mornings-sacred-sounds-yoga-kids-edition; Wednesdays, 10 am, Now – Wed, Aug. 13; Free.

Children and their chaperones will learn the basics at this weekly workshop. Bring your own mats.

Outdoor Family Film Series: South Street Seaport, 89 South St., at Beekman Street; www.southstreetseaport.com/events/#; Wednesdays, 8 pm, Now – Wed, Aug. 27; Free.

Enjoy fun family films every week, as part of the See/Change NY Kids Series.

Yoga StoryTime With Karma Kids: Union Square Park, Broadway and E 14 Street; www.nycgovparks.org/events/2014/07/10/summer-in-the-square-yoga-storytime-with-karma-kids-union-square-park; Thursdays, 10 am, Now – Thurs, Aug. 7; Free.

Children ages 6 and younger participate in this special story time with puppets, songs, and yoga poses.

Summer in the Square: Union Square Park, Broadway and E 14

Street; unionsquarenyc.org/summer-in-the-square; Thursdays, 11 am, Now – Thurs, Aug. 7; Free.

Bring the children every week for fun activities, face painting, shows and performances.

Technique-Based Workshops: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; 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.

FURTHER AFIELD

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; 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, weather permitting.

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; 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 science 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; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm, Now – Sun, Nov. 2; \$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. The 40 foot T-Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

Kids' Discovery Stations: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; www.bbg.org; Tuesdays – Saturdays, 10:30 am–12:30 pm, Now – Fri, Aug. 29; Free with admission to the gardens.

Families drop by for a craft and learn about plants, composting and garden stories.

Art Kid: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Fridays, 11:30 am, Fri, Aug. 1 – Fri, Sept. 26; Free with museum admission.

Children 5 years and older explore a new style each week.

Carousel: Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; www.prospectpark.org/visit/places/carousel; Thursdays – Sundays, Noon–6 pm, Now – Sun, Aug. 31; \$2 per ride (\$9/a book of 5 tickets).

Take a ride on the park's historic carousel.

Touch tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; 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; Saturdays and Sundays, 12:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.



THE BOOK WORM

TERRI SCHLICHENMEYER

Informative books that aren't boring

If your child knows he had an awesome summer and would like a little more time to enjoy, then read “Why Spacemen Can’t Burp” by Mitchell Symons and “Poo! What Is That Smell?” by Glenn Murphy, illustrated by Lorna Murphy, and he’ll know things he can share when he gets back to class.

In “Poo! What Is That Smell?” you’ll learn why the little things you do each and every day are incredible!

Use your eyes to read this book and learn that eyes first evolved more than 525 million years ago. Read why animals see differently than you do. Learn that “hearing is really just a sense of touch that works at a distance” and that snakes have ears! You’ll see how your tastebuds are linked to your nose, why some things smell horrible, why animals eat disgusting stuff, why you can feel different

surfaces with different parts of your body, and how you’re wrong if you think you have only four basic tastes.

Speaking of senses, have you ever noticed why the first sniff of something is more powerful than the second sniff? Or why triangular-cut sandwiches taste better than half-cut ones? The answers to those difficult questions — and more — are inside “Why Spacemen Can’t Burp.”

In this book, you’ll learn when it’s acceptable to say the word “ain’t.” You’ll find out why you rubbed your knee last time you bumped it hard.

You’ll learn which are the most difficult letters for a ventriloquist to learn, why killer whales have such a bad reputation, how long laughter has been around, why Mom could be right if she thinks you were raised by wolves, why your little fingers are “pinkies,” and what you can do much better than any adult you know.

You want your child to be up-to-speed when school starts soon. You want him to keep reading between semesters, too, but nobody said it had to be boring — two good reasons to find “Why Spacemen Can’t Burp” and “Poo! What Is That Smell?”

With quick paragraphs enhanced by cute illustrations and humorously presented paragraphs, these two books speak to the hearts of young readers who don’t necessarily want the involvement of

narrative chapters.

No, these trivia-type books are the kind that kids can pick up and put down at will. They’re out-of-order browse-able, contain something that will interest just about any child, and the price is right on both.

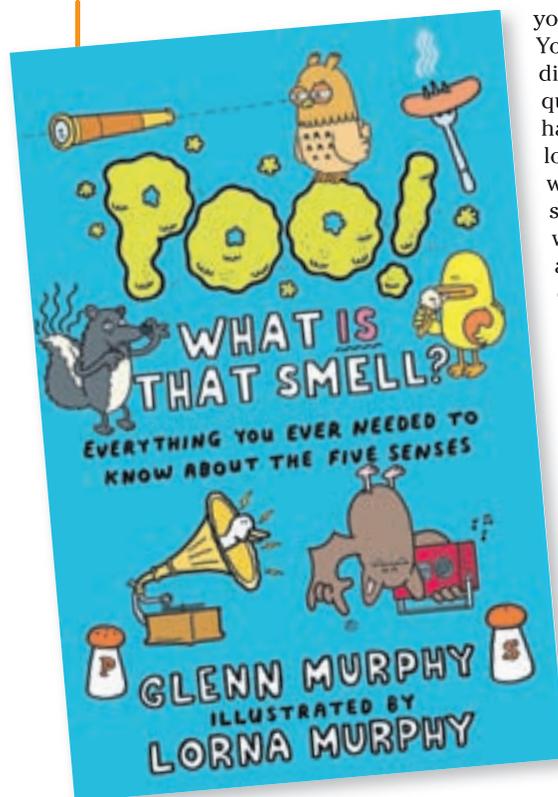
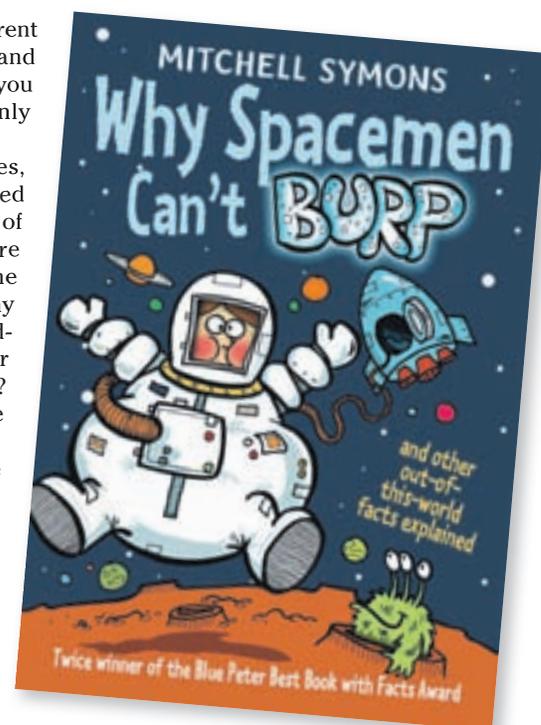
What’s not to like?

Be aware that there are Britishisms in the Symons book and bigger words in both, which makes them challenging for 7- to 8-year-olds, but still enjoyable for 9- to 12-year-olds. And if that sounds good, then “Poo! What Is That Smell?” and “Why Spacemen Can’t Burp” are books you know you need.

“Why Spacemen Can’t Burp,” by Mitchell Symons [272 pages, 2013, \$9.99].

“Poo! What Is That Smell?” by Glenn Murphy [158 pages, 2013, \$8.99].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.



theMarketplace

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New & Noteworthy

BY LISA J. CURTIS



Making a splash

Make this summer a memorable one for your little mermaid by surprising her with a Mahina MerFin from Australia. This fantastic beach and pool accessory is a rubber monofin — molded, in part, from recycled materials — that she will put both feet into and instantly transform from a biped into a mythical sea creature. (When she's ready to step ashore, your little mermaid will tug on the single flick release strap at the ankles.) The rubber flip-

pers come in three lovely marbled colors; choose from aqua marine, coral pink, or sunset orange. Judy Ishayik of Mary Arnold Toys on Manhattan's Upper East Side says that she has already re-stocked the fins twice this season — not surprising as her customers report attracting scores of admirers poolside. The MerFins come in children's sizes 12-2, 2-4, 4-6, 6-8, 8.5-10.5, and 10.5-12.5, and if mom wants to make waves on the beach, too, Ishayik can place a special order for adult-size MerFins.

Mahina MerFins, \$89, www.maryarnoldtoys.com.

Just beet it

Most parents want to give the best foods to baby but they simply do not have the time — or personal chef.

Well, Beech-Nut has come out with a new-and-improved line of 40 jarred, pureed foods that will make parents and kids alike open wide for the chew-chew train. Our testers are fans of its flavorful “Just Honeycrisp Apples” and the “Beets, Pear & Pomegranate” blend. The purees are gently cooked, leaving color and flavor intact, and the 83-year-old company says they are free of artificial colors, flavors, or preservatives. These jars prompted us to pull out Jessica Seinfeld's 2007 cookbook, “Deceptively Delicious,”



that has recipes for including vegetable purees in unexpected places (pancakes, quesadillas, brownies, etc.). Go ahead — reap the fruits of our tasty research.

Beech-Nut baby food (4.25-ounce jar), \$1.09, www.beechnut.com.

These plates = success

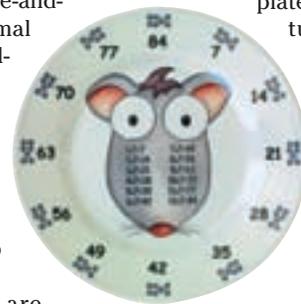
The Multiples are melamine plates adorned with Wallace-and-Grommet-esque animal illustrations and multiplication equations! These dishes serve up math in a palatable way in a social setting that can't help but improve a student's relationship with numbers.

The Multiples are available in individual pieces

including a 9-inch plate, 6.5-inch plate, bowl, and a 10-ounce tumbler) in three versions: The Early Years (x1-x4), The Middle Years (x5-x8), and The Later Years (x9-x12).

Everything about these dishwasher-safe, BPA-free dishes is a plus!

The Multiples four-piece Curriculum Set of dishes, \$34.99, www.themultiples.com.



'None' better than Jeffers

When you read this book by Oliver Jeffers, you can count on laughing.

In the Brooklyn author-illustrator's latest — “None the Number: A Counting Adventure” — starring his lovable oval characters, the Hueys, Jeffers tackles the mathematical concept of “the number before one.” The counting book, particularly suited

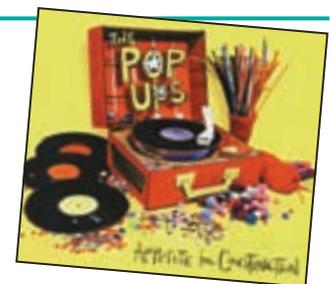


to tots ages 3 to 5, has his delightfully unexpected text — “Nine seagulls that are after Frank's French fries,” and enjoy! When it comes to “None the Number: A Counting Adventure,” we have zero complaints.

“None the Number: A Counting Adventure” book by Oliver Jeffers, \$17.99, www.barnesandnoble.com.

Sounds like fun

When we heard that Brooklyn's the Pop Ups had a third CD coming out, it was music to our ears! Jason Rabinowitz and Jacob Stein — the talented duo that is the Pop Ups — will serve up their electro-pop “Appetite for Construction” on Aug. 19. It'll sate the cravings of parents yearning to hear fun, dance-able music that reminds them of their own carefree youth (“Block House” has tinkling echoes of Madonna's “Lucky Star”!). Even the lyrics have delightfully retro references — when brainstorming the possibilities in a square, they sing: “You could be a



window or a tooth, or a CD case for Sonic Youth.” Most importantly, their fanciful word play encourages wee ones to collage, build, and aim high, asking, “Are you more influenced by Frank Gehry or Rem Koolhaas?” We recommend this CD for listeners of all ages.x

“Appetite for Construction” CD by The Pop Ups, \$14.98, www.thepopups.com.

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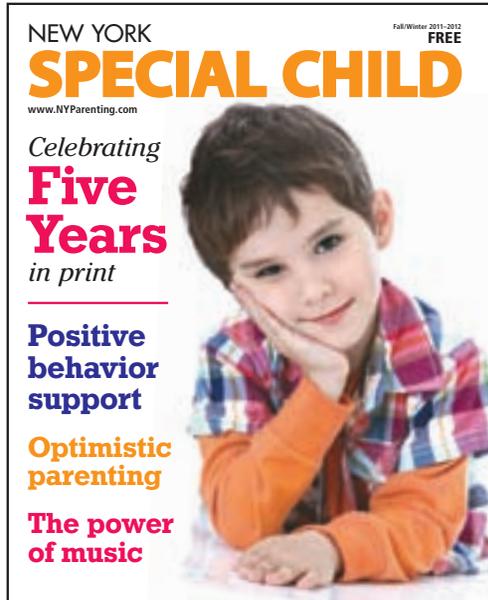
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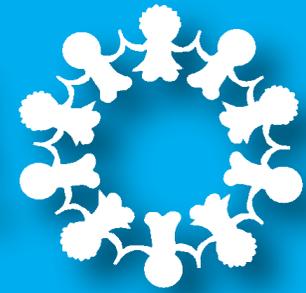
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