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Guide



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Parenting artistic kids

## Heads up

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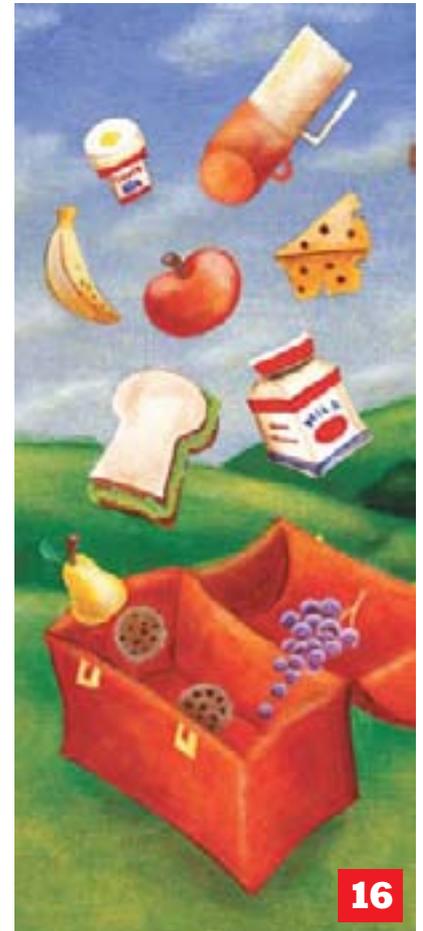
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# Letter from the publisher

## School's open

**W**hat a wonderful summer this was. Not too hot and very little actual need for air-conditioning. The beaches were full and still are as August winds down. September looks to be a continuation of this same pleasant atmospheric reality. What a super way for the kids to return to classes and the many engaging and creative activities we sign them up for.

This issue has a special section that presents many of these programs. Be sure to check it out and see what's right for your family. They say our children are too scheduled but I don't actually agree. I think they have a lot of free time and unfortunately spend too much time on gadgets and such. My belief is that



there's never enough good exposure to skills and alternative learning. Music, art, theater, athletics, enhanced learning centers, hand crafts, cooking, dance and martial arts, are all great programs to have kids experiencing beyond academic classes.

In my day we had a lot of these things in school itself. We had music and art, theater programs, gym, and many athletic teams. We had shop and home economics, and actually discussed household chores, bank accounts, and meal planning. People learned to make things, cut wood, hammer and saw, and were exposed to real life skills. With all the cutbacks in budgets over the years the curriculum has abandoned such things and mostly sticks to the

ABCs. A loss for all, in my opinion, prompting parents to seek out these activities individually.

I'm thinking of those of you whose children are just starting school, going for the first time, perhaps to a new school, a new level, or for the very little ones, preschool. All of these milestones are memorable and should be kept that way. Record them and enjoy them. They will be a part of your memory book for years to come.

We have articles on sleep routines, shopping savings, and the important and timely topic of head injuries and kids sports. Be sure to read it. It's so important and luckily it's being written and talked about a great deal lately. I first began to think about the potential dangers facing our children in their athletic pursuits after watching an interesting sports report on TV. A few years ago. Now it's big news but I'm willing to bet there are still

parents who are their sports-talented kids' biggest fans and will be reluctant to put in place parameters and limitations. Don't be one of them! In addition, make sure you have this discussion with your child's coach or instructor. It's important for them to know that parents are concerned and informed on this topic.

Hopefully your family had a good summer, enjoyed a vacation, and made the most of the free time, fine weather and lazy days of summer. Now it's back to basics and to routines.

Wishing you a great September. Thanks for reading.

Susan Weiss-Voskidis,  
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# Crash course

## Returning to a school-year sleep routine

BY MALIA JACOBSON

**W**ith fall on the horizon, supply lists have been checked off, overgrown locks trimmed, and backpacks filled to the brim. But if kids haven't transitioned back to school-year sleep habits, they're not ready for the first day.

Trading summer's relaxed sleep schedule for a school-year routine is an important part of back-to-school prep, says Dr. Roslinde Collins, medical director of the Sleep Center at Rutland Regional Medical Center in Vermont. Re-establishing an earlier time for lights-out helps ensure that kids get the rest they need to shine at school.

Kids who get their required nine to 12 hours of nightly slumber are primed for school-year success. Proper rest helps children learn and retain information, because memories are incorporated during REM sleep.

If a late summer bedtime lingers into the school year, kids will be

subject to grouchiness, inattentiveness, or worse.

"Chronically sleep-deprived children often exhibit symptoms of hyperactivity and can even be diagnosed with ADHD," says Collins.

Don't expect kids to fall back into their school-year sleep habits without some help. While you can't make them celebrate summer's end, you can plan for brighter mornings and happier days with some advance preparation.

### Slow and steady

Kids depend on a regular sleep schedule, so don't wait until the last day of summer to dig out the alarm clock. Rising early after months of sleeping in can shock little bodies and leave kids in a daze during the critical first weeks of school.

Instead, give them time to adjust to the new schedule.

Beginning a week before the first day, wake kids 15 minutes earlier in the morning, and move bedtime earlier by the same amount

of time. Continue adjusting both wake-up and bedtime by 15 to 20 minutes per day until both are appropriate for their school-day schedule.

### Early to bed, early to rise

During the transition, adjust both bedtime and wake-up time. Hitting the sack early isn't enough, says Collins; kids won't be tired enough to fall asleep at an earlier hour unless they're also waking earlier in the morning.

Once they're up, let the sun shine in — fling open curtains to expose them to morning light, and serve breakfast in the brightest spot in the house. They'll be awake in no time, and the light will reset their internal clock to help them fall asleep earlier at night.

An hour before bedtime, help kids slow down to prepare for sleep. Draw the curtains to block out late-summer rays and limit stimulating television and video games. Spend time winding down as a family with books and other quiet activities.

### Stay in the groove

Kids' bodies and brains depend on consistency, so aim to keep bedtimes in check even on weekends and school breaks. Collins recommends keeping school-vacation bedtimes no more than an hour later than normal.

Sleeping in on weekends is a reality of our sleep-starved culture, but it's no substitute for good everyday habits. A general rule of thumb: "If kids have to sleep in more than two hours later than normal on weekends, they're probably not getting enough sleep during the week," says Collins.

When it comes to sleep, kids are not little adults.

"Parents often wonder why it's hard to get their child up and ready for school after eight hours of sleep. They're not done sleeping yet!" says Collins. Good school-year snooze habits will make this year their best yet.

*Malia Jacobson is a nationally published sleep and health journalist and author of "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*

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# Parenting an ARTIST

Helping  
creative kids  
reach their  
full potential

**BY CAROLYN WATERBURY-TIEMAN**

*"Every child is an artist. The problem is how to remain an artist once he grows up."  
— Pablo Picasso*

**Y**oung children know they are artists. Give them a pencil, and they'll draw. Play music, and they'll dance and sing. Forget the music. They'll dance and sing anyway. Give them an instrument, and they'll play you a tune — most likely an original composition. Children do not doubt their artistic ability. They are uninhibited by social definitions of art and the evaluative process. They exhibit the fundamental human drive to create, to discover, to express themselves, to share what they



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Avoid being either overly critical or overly complimentary. It is important for him to learn to discriminate between excellence and mediocrity.

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have come to know, to tell their story. That is the purpose of art — to communicate and connect with others.

Unfortunately, by the age of 9, the artist has been socialized out of many children. Perhaps, more accurately, he have learned to doubt or mistrust the artist within. He begins to believe, “I can’t do that.” “I’m not good at that.” “That’s not for boys [or girls].”

However, for some children, the desire to create is more powerful than social pressure to stifle their talents. For those of us parenting these children, there are steps we can take to insure that our young artists achieve their full potential:

**Recognize your child’s gifts.** If your child wakes up singing; dances rather than walks; draws on every scrap of paper he find; can play a tune by ear; enjoys making up stories; or creates costumes and stages plays — chances are you have an artistically gifted child. These children are often talented in more than one area. Help them discover and explore all of their gifts.

**Demonstrate your approval of and appreciation for their abilities.** Provide them with the materials they need to create. Take the time to be an audience when they want to sing, dance or play for you. Display their artwork. Offer to write down their stories. Help with costumes or sets for their productions. Let them know that you value what they are doing.

**Look for opportunities that will motivate them to improve their skills.** Arrange for classes or private lessons. Involve your child in school or community art groups and activities. Attend exhibits, concerts, productions, and museums.

**Emphasize the importance of discipline.** Provide outlets for your child’s artistic energy but make it clear when and where this is appropriate. Build practice into

his daily routine. Set reasonable expectations based on age.

**Teach him to be his own best critic.** Be an enthusiastic, but honest, audience. Show appreciation for effort, recognize progress, but also help him identify areas for improvement. Avoid being either overly critical or overly complimentary. It is important for him to learn to discriminate between excellence and mediocrity in his work.

**Avoid unnecessary competition.** Encourage your child to strive for his best, not the best. He can be the former every day of his life. He can waste his life away trying to be the latter. There is no such thing as objectivity in art. It is by its very nature subjective.

**Encourage them to share their gifts.** Participating in the creative process enriches the life of the artist. Sharing that which has been created enriches the lives of others.

**Support the arts.** Become an advocate, not only for your young artist, but for the arts in general.

Research consistently demonstrates that participation in the arts improves everything from attitudes to academic performance to health and well being. In short, art has the potential to bring out the best in us. Perhaps, Terry Semel, chairman of Warner Brothers, said it best: “Kids who create don’t destroy.”

Reasoning, decision-making, creative and critical thinking, problem solving, visualizing, communication, and collaboration have all been identified as keys to success in the 21st century. Enhancement of these skills is a direct outcome of participation in the arts. When we nurture the artist in our children, we are investing in their future success.

*Carolyn Waterbury-Tieman is a resident of Lexington, Kentucky. She has degrees in Child Development, Family Studies, and Marriage and Family Therapy. She spent 15 years in various agencies and clinics as a family therapist and parent educator. She has written extensively on the topic of parenting. After six years as Arts Facilitator for the School for the Creative and Performing Arts, she chose to return to her favorite place of employment — home. Her son, Douglas, 24, is now based in New York City when he is not on the road performing. He is an actor, singer, musician, dancer, writer, and visual artist. Joseph, 14, is a freshman theatre major at the School for the Creative and Performing Arts who also sings, dances, plays piano, and creates visual art.*



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## FABULYSS FINDS

LYSS STERN

# Nutrition and diet help for new moms

**S**eptember means back-to-school time for the kids — and possibly some extra time to take charge of our well-being as well. How much do you love shopping for all new back-to-school supplies? I love getting my boys new backpacks and lunchboxes. (I have a feeling this year will be all sports-themed accessories.) Bento boxes for lunch boxes? Kale chips for the kids? It's all about eating healthy for the entire family.

Second to brides, there's no group of women more motivated to lose weight and feel their best than new moms. And some have turned to a service called Foodtrainers, in which nutritionists work with clients to highlight all the important dos and don'ts of healthy eating. They even offer a prenatal service and during the third trimester visit will go over a Fresh Direct shopping list.

Once moms-to-be have their babies, they can simply click the online list to have all of the essentials delivered to their door.

The nutritionists will also suggest food delivery services that can provide meals (I adore Food Matters, [www.foodmattersnyc.com](http://www.foodmattersnyc.com) — Tricia Williams is a menu magician) to help new moms while they make that "adjustment" to sleeplessness and the emotional and hormonal roller coaster that is postpartum life.

Women should take comfort that Foodtrainers nutritionists will

never suggest iffy or risky items to clients who are breastfeeding. They will also take into account the issues new mothers may face.

Baby blues? Snack on Health Warrior's chia bars; chia is rich in omega 3s to boost your mood. (I love them!) Not making as much milk as you'd like? Oatmeal to the rescue. Mother-in-law driving you nuts? Sorry, there are limits.

The cornerstones of Foodtrain-

ing (and Foodtrainers creator Lauren Slayton's "Little Book of Thin" diet and exercise planning book) are planning and timing, and the good news is that new moms are generally fairly schedule-oriented, so it works well. It has lists for moms such as "top 10 things to deal with while the baby naps," which I appreciate.

And once the baby is sleeping a little more, and you're green lighted to exercise, Foodtrainers will up the weight-loss ante a bit.

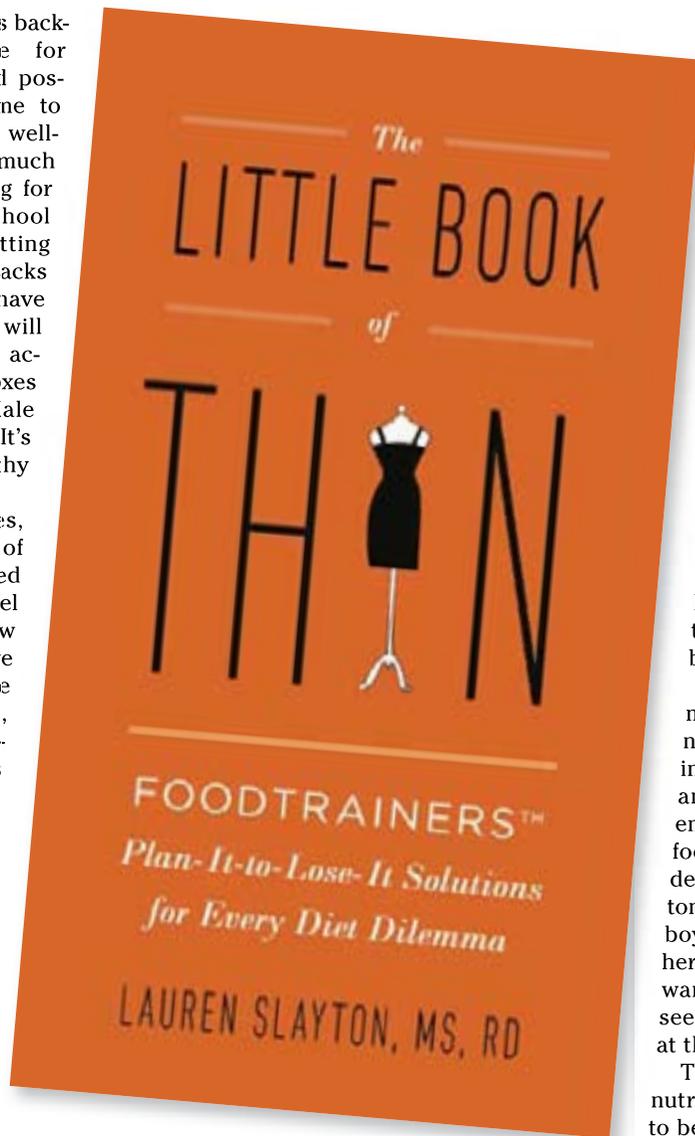
Post-baby they field more complaints from new moms about a feeling of "mushiness" than anything else, so they employ "secret weapon foods" that are known to decrease body fat. Slayton, also the mom of two boys, can't give away all of her secrets, but you may want to shop for sunflower seeds the next time you're at the market.

There's no reason why nutrition or weight loss has to be miserable and boring. Foodtrainers help keep it light and fun!

This September, we will pack our children healthy lunches for school — and we should not be skimping on DeLyssconscious healthy snacks and meals for ourselves.

*Foodtrainers [65 Central Park West between W. 66th and W. 67th streets on the Upper West Side, (212) 769-4300, <http://foodtrainers.com>]*

*Lyss Stern is the founder of DivaLyssconscious Moms ([www.divamoms.com](http://www.divamoms.com)).*



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# A-head of the game

## Understanding concussions in children

BY SHNIEKA L. JOHNSON

**E**very year, thousands of children are sent to emergency rooms nationwide for head trauma and concussions. The causes for these injuries range from standard playground incidents to more serious automobile accidents. One of the most common ways that kids ac-

quire concussions is from participation in youth recreational and competitive sports. Studies have shown that the majority of sports-related concussions occur in children and adolescents, and of those, female participants sustain the most.

To learn more about concussions, treatment, and prevention, I spoke with Dr. Sergio Buzzini, the chief of Adolescent Medicine at Gei-

signer Health System, a physician-led healthcare system in northeastern and central Pennsylvania. Dr. Buzzini, a pediatrician and sports medicine physician, has previously examined the impact of concussions in young athletes, having published a study entitled "Sport Related Concussions in the Youth Athlete."

**Shnieka Johnson:** Why are kids more susceptible to concussions?

**Sergio Buzzini:** The brain develops until the age of 25, so it is believed that children's underdeveloped brains are at a much greater risk and much more susceptible to trauma. Due to the underdeveloped state at younger ages, children have thinner, frailer bones, which provide less protection to the brain.

A child's brain and head are also disproportionately large for the rest of the body. A child's weak neck cannot brace for a hit the way an adult's can and their vulnerabilities to head trauma are far greater.

**SJ:** What sports have a higher risk of serious injury like concussions? Should parents be cautious about these sports?

**SB:** The majority of concussions that happen in organized sports in the United States are football, ice hockey, wrestling, girls' soccer, boys' soccer, and girls' basketball. While it should be noted that certain initiatives have been implemented to try to make them safer, for instance, using the head to tackle in football has been banned and stricter rules on body checking in ice hockey, it should always be a family discussion and decision if there are concerns. Particularly if a child has already suffered a concussion playing one of these sports at a young age, as these preventative measures will not completely suppress the risk for concussion.

**SJ:** How are concussions identified? What are symptoms?

**SB:** There are three types of symptoms to identify a concussion: physical, cognitive, and emotional. Physical symptoms include headache, nausea, vomiting, balance problems, dizziness, fatigue, sensitivity to light and noise, tingling, and loss of consciousness.

For cognitive symptoms, it's important to look out for difficulty with concentration and memory, confusion surrounding recent events, answering questions slowly, and feeling dazed or confused. Emotional symptoms can be seen through



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Before returning to the sport, it is necessary that the child be completely symptom free, or they are more susceptible to another blow.

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a nervous or anxious demeanor, feeling tired, and having a lack of energy for daily activities.

**SJ:** What is the proper care for a child with a concussion? How long is recovery?

**SB:** While managing and caring for a child with a concussion, the most important factor is rest. The more the brain rests, the more it heals. Parents should make sure the child is going to bed early, avoiding caffeine, eating often and well, and limiting screen time with the TV, computer, and other electronics. Parents shouldn't be afraid to keep the child home from school to ensure they don't strain the brain.

If the symptoms continue to get worse, it's essential to receive further evaluation via a trip to the emergency room to have a brain study and make sure there is no bleeding in the brain.

Each child recovers differently, making each recovery process and length different per individual. In general, 80 percent recover within two weeks, but it could be up to a month after the blow to fully recover. Before returning to the sport, it is necessary that the child be completely symptom free or they are more susceptible to another blow.

**SJ:** What are some ways to prevent concussions? What if a young athlete receives multiple concussions?

**SB:** A popular misconception is that helmets will prevent a concussion. While helmets can prevent skin lacerations and inner cranial bleeds, they will not prevent the trauma of a concussion, and we should not rely on them to do so. It is more important to be able to recognize the symptoms of a concussion, and remove the child from play immediately if a concussion is suspected.

Education is the key to protecting children from concussions, and

it helps to promote a healthy and safe environment. By knowing how to identify symptoms, coaches, parents, and young athletes are able to recognize a possible concussion more easily and take immediate action. It is also important to educate young athletes on the symptoms and encouraging them to speak up to coaches, trainers, or parents if they feel that they are suffering from any of them.

On the field, some options include delaying full-contact until later in adolescence, ensuring proper techniques and using the right teaching methods to reduce the risk of concussions for young athletes. Make sure to enforce promotional fair play, which encourages the rules of safe play.

If a young athlete has received multiple concussions, it is important to have a baseline understanding of the child's health before the season starts. This includes a sports physical, notes on the history of past concussions, and other behavioral information, which will make it easier to identify if a child sustains another concussion later in the season. You should always consult your doctor before a child with a history of multiple concussions starts a new season.

**SJ:** How can parents help young athletes carefully return to sports after a concussion? How do we explain to our kids the seriousness of concussions?

**SB:** Once a doctor feels comfortable with a child returning to play after suffering a concussion, it is best to make it a process and not a race back to the field. The young athlete should slowly and cautiously work their activity levels back up. Begin with just fast walking, increase to light activity and so on, increasing each day.

It is important to stress the very serious nature of concussions to young children, and the long-term risks of returning to the field too quickly. If kids return to play while still having symptoms and have a second blow, it is possible to suffer from Second Impact Syndrome. This is a devastating case when an athlete is allowed to return to play before having adequate time to recover, and could result in death or coma in children.

*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](http://www.shniekajohnson.com).*

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# Do the math

## Teaching your children math early will give them an edge

**I**t's back to school season, and for many New York City parents that means back to agonizing over school admissions, interviews, open houses and testing. For the next few weeks and months we'll all be trying to figure out how to give our kids that extra edge.

Doing so may be a lot easier than many of us think. According to new research, early math skills of preschoolers is predictive of later school success — and may be the best way to help kids succeed in school and in life.

Experts now say that when kids learn math before the age of 6 they become better learners. Surprisingly, learning math early also helps them become better readers, and could even improve their vocabulary more so than by reading alone. And of course, teaching preschoolers math also helps them to be better at ... well ... math, even up through high school.

Some of you may be thinking, "What's the big deal? Does anyone really need to be good at math in high school? After all isn't that why they invented rocket-science school?"

Well, times are changing. In the 21st century, having strong math skills is not just a good idea — it is a necessity. A new study done by the Federal Reserve Bank of Cleveland found that students who do well in high-school math go on to make higher incomes than their less-accomplished peers and face dramatically lower rates of unemployment.

So now that we know how important math is for children, how can we teach it? Well, teaching the little ones math doesn't have to mean drilling (which turns kids off) or hiring expensive tutors (which can get costly). You can teach your preschooler math at home pretty easily.

Here are three ways to make learning math easy and fun:

**Talk about it:** Incorporate math into your daily life by using it in your everyday speech. It helps kids to think in math terms and understand that math is useful all the time. For example, instead of saying "You can have strawberries for a snack," say "You can have five strawberries for a snack." You can also use language to teach kids about geometry. At breakfast, you can point out that pancakes are circles, or toast is square.

**Read about it:** We all know that reading is one of the best ways to introduce kids to new ideas, and math books are everywhere — if you know how to look for them. Even books that we don't typically consider to be "math" books can be used to introduce kids to basic counting, measurement, and geometry. "The Three Little Bears" could be an early counting book (by counting the bears in the pictures every time you read the story). It is also great for teaching kids about measurement — small, medium, big. With every book you can also point out geometric shapes and even introduce spatial concepts. For example, you can point out that one character is in front of another, or that one thing is bigger than another.

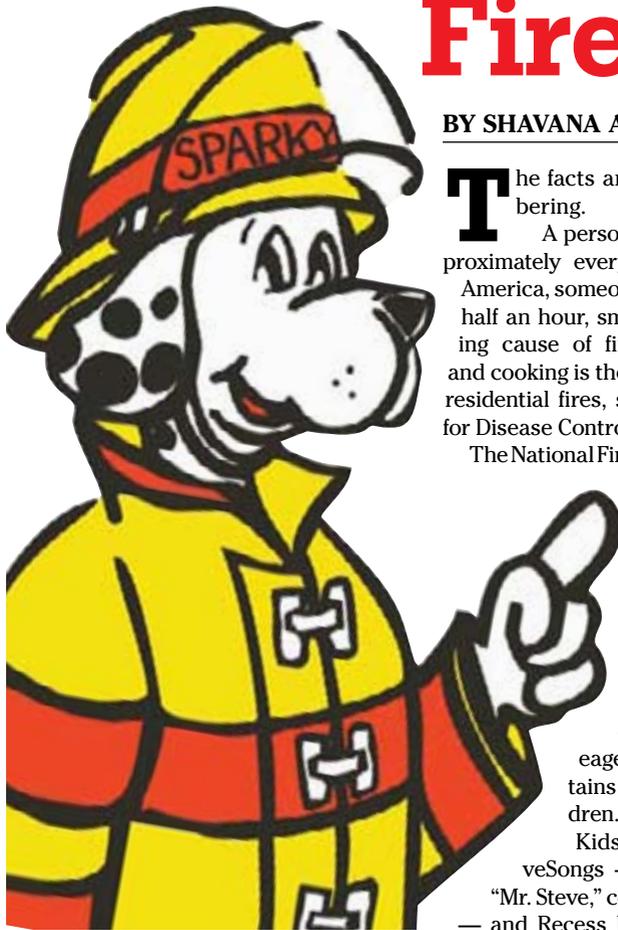
**Use math in board games:** Board games are great at teaching important skills like turn taking, but it can also be a great way to teach math. One recent study showed that kids who played "Chutes and Ladders" had better math skills than their peers by up to 20 percent (a little extra math for you). So start a family game night. It will help your kids develop important social skills and teach them math.



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

# Fire safety can be fun

BY SHAVANA ABRUZZO



**T**he facts are red-hot and sobering.

A person dies in a fire approximately every 169 minutes in America, someone is injured every half an hour, smoking is the leading cause of fire-related deaths, and cooking is the primary cause of residential fires, states the Centers for Disease Control and Prevention.

The National Fire Protection Association takes the burn out with a fun-filled, family-friendly approach to fire safety for National Fire Prevention Week — Oct. 5 to Oct. 11 — that will make eager fire-safety captains of even small children.

Kids' musicians SteveSongs — also known as "Mr. Steve," co-host of PBS KIDS — and Recess Monkey have cre-

ated terrific new songs and music videos with fire safety in mind, so that mom, dad, and the kids can bond over the critical world of fire prevention.

But first, fire up your knowledge of the essentials, says Mr. Steve.

"The key to fire safety for children is to teach them that when they hear the beep-beep-beep of a smoke alarm, they need to get out of the house and find a safe, outside meeting place," says the entertainer, whose real name is Steve Roslonek, and whose music takes audiences on "not just a musical journey, but an entertaining, interactive and educational one," states the Boston Globe.

Roslonek, Recess Monkey, and national fire-safety mascot Sparky the Fire Dog will help kids, families, schools, and communities learn about how to prepare for a fire and prevent it from happening with engaging apps, music videos, lesson plans, activity sheets, and an e-book and games for kids age 3–10, available for free download at [sparkyschoolhouse.org](http://sparkyschoolhouse.org) — the Sparky Schoolhouse website.

On SteveSongs' "Little Rosalie," kids can sing and dance along, as Rosalie and her little brother learn four important steps to follow when they hear the smoke alarm. Recess Monkey's "What's That Sound?" takes a thrilling ride on Sparky's flying smoke alarm, while kids learn what it takes to stay safe in a fire. View the sizzling videos at the Sparky website or on YouTube.

Don't forget to check out the "The Case of the Missing Smoke Alarms," an exciting new app out Sept. 1 that's jam-packed with games, activities, coloring pages, and lots more. Related lesson plans will be posted on the Sparky website shortly thereafter.

National Fire Prevention Week is a personal wake-up call for Mr. Steve, too.

"It's a great reminder for our family to create our own fire escape plan, and agree upon an outside meeting place in the case of emergency," he says.

*National Fire Prevention Week, Oct. 5–11; [sparkyschoolhouse.org](http://sparkyschoolhouse.org) or [www.nfpa.org](http://www.nfpa.org).*

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## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Think outside the lunch box

**N**o matter who packs it — Mom, Dad, caregiver, or the child himself — a lunch is a big deal. It contributes nearly a third of the child's calorie and nutrient needs. It's something to look forward to in the middle of the school day. And it's changed from the lunch your parent prepared for you.

"I think packed lunches were simpler a generation ago," says Katie Morford, registered nurse and author of the cookbook "Best Lunch Box Ever" and the blog Mom's Kitchen Handbook.

"It was a sandwich, piece of fruit, and maybe a bag of chips or a treat. I don't think a whole lot of vegetables went into school lunches or as much thought about the nutritional value of lunches."

### Dispelling lunch myths

**A great packed lunch has to take a lot of time.** Not so. Lunch can be very simple and still tasty and nourishing. Leftovers are a terrific way to save time.

**Kids won't eat salad for lunch.** Not true. If salads are crunchy and fresh with plenty of kid appeal, they can be a real hit.

"In our house, if I pack taco salad or a chicken Caesar the containers always

come home empty," says Morford.

**Lunches should have plenty of "kid food."** Uh uh. There are hundreds of packaged foods marketed for kids, most of which aren't particularly healthful. Kids don't need tubes of artificially flavored yogurt and foil pouches of juice drinks. What kids need is simple, real, whole food.

**Lunches need to be "fun."** Lunches just need to be, for the most part, eaten. A little bit of fun once in a while is great, but pulling out the cookie cutters and colorful toothpicks to make sandwiches everyday isn't necessary.

**It's the parent's job to pack the lunch.** Kids can begin helping with lunch in preschool and build their skills from there. By the time they are 8, they can be pretty independent.

**Kids shouldn't play with their food.** Lunch can be fun! Assemble bite-size cheese and cracker sandwiches. Make tiny fruit kabobs on toothpicks. Dip fruit, vegetables, crackers or bread in sauces.

Morford suggests involving kids by letting them pick fruit and veggies they like or getting adventurous and choosing ones they've never tried before.

"You might be surprised to find



your child loves jicama or kumquats."

Finally, include enough range to keep the kids from boredom. But don't be surprised if they settle on a few faves and request them week after week.

Little ones enjoy a few familiar, comforting items nearby when they're away from home.

*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.*



### Kiddie Cobb salad

The Cobb is a protein-packed salad that will stick with your kids through the school day. This version relies on smoked turkey for the signature flavor that typically comes from bacon. Blue cheese is an optional add-in since its flavor is too strong for a lot of little ones. The assembly is more composed than chopped, which makes it as pretty as it is tasty.

Makes two salads

#### INGREDIENTS:

2 cups chopped butter, red leaf, or romaine lettuce  
1/2 cup chopped tomato or 10 cherry tomatoes, halved  
1/2 large ripe avocado, cubed

2 or 3 slices smoked turkey, coarsely chopped  
2 hard-boiled eggs, peeled and chopped  
2 Tbsp. crumbled blue cheese (optional)  
Dressing  
1 tsp. soy sauce  
2 tsp. balsamic vinegar  
4 tsp. extra-virgin olive oil

**DIRECTIONS:** Divide the lettuce between two large containers. In each container, arrange half the tomato, avocado, turkey, eggs, and blue cheese (if using) in rows on top of the lettuce. To make the dressing, divide the soy sauce, balsamic vinegar, and olive oil between two small contain-

ers. Put on the lids and shake well.

**MAKE-AHEAD NOTES:** The salad and dressing can be made the night before and stored in the refrigerator, but wait until morning to cut and add the avocado. Be sure to give your child instructions for drizzling the dressing over the salad at lunchtime.

**NUTRITION INFORMATION:** 260 calories, 9 g carbohydrate, 13 g protein, 21 g fat (3.5 g saturated), 200 mg cholesterol, 590 mg sodium, 3 g sugar, 3 g fiber, 50% daily value for vitamin A, 20% daily value for calcium, 10% daily value for iron.

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



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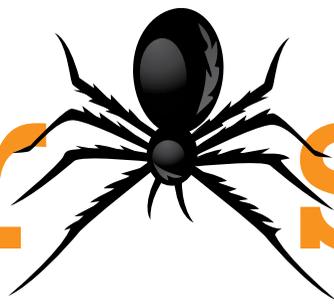
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# Spider sense



Get caught up  
in this web of  
fun facts

BY SHNIEKA L. JOHNSON

**F**or ages, arachnids have spun their silk of fascination through our imaginations, movies, and literature — think of E.B. White’s classic book “Charlotte’s Web” and the pop culture phenom that is Marvel’s Spider-Man. And when you learn more about their real life power to survive in all types of environments — ranging from deserts to rain forests to urban centers like New York — it’s not hard to gain an even deeper appreciation for these animals.

In the latest exhibit at the American Museum of Natural History, “Spiders Alive!,” you can learn what the museum’s researchers have discovered about these creatures, their anatomy, and defense mechanisms. In addition to displaying arachnids from the museum’s vast collection, the exhibit includes an opportunity to see museum staff handling live specimens and to see these creatures up close.

“Spiders Alive!” does an excellent job of explaining — in an entertaining way — various spiders’ biology, habitats, and how they impact human life. You will also gain insight into how the museum researchers study spiders.

I had the chance to discuss the exhibit with Hazel Davies, the associate director of Live Exhibits at the American Museum of Natural History:

**Shnieka Johnson:** This is a second run for “Spiders Alive!” How is it different from the last exhibit?

**Hazel Davies:** It’s pretty much the same. The first run was a big success, so there was no reason to change. There is one different species of spider, the funnel-web grass spider.

**SJ:** Where were samples of the various species collected by researchers? How did the museum acquire the live specimens on view?

**HD:** The live exhibits collection is very different and separate from the research collection. The species for the exhibit came from several sources. As many as possible were bought from breeders in the hobby, for example, all 17 Chilean rose hair tarantulas... Some were sent by researchers who had them spare, and some were collected because they are so seasonal, living less than a year, just a couple are taken from areas with high population densities. None of them are endangered species.

**SJ:** This is considered a hands-on exhibit? What are some of the

hands-on components?

**HD:** It’s not exactly “hands on” — no [visitor] touches the spiders. It’s interactive in that you can get nose-to-nose with many species, some of them very large. The presentation area is the main feature where staff have a live tarantula and scorpion in open containers and use a magnifying camera to point out their features and explain anatomy and natural history. Visitors get to ask questions and learn a lot. There is a big climbable model so younger kids can really explore the features of spider’s bodies — that is hands on.

**SJ:** How can parents use this exhibit to teach children about spiders and minimize their fear of them?

**HD:** Most people are afraid of things they don’t really understand, and this exhibit goes a long way towards educating young and old alike about spider’s lives and how they are beneficial to humans.

Yes, spiders are venomous, but less than one percent of all species pose any problem to humans, and you can see two of those species in the exhibit and learn how to distinguish them. The exhibit explains how spiders really just want to hide, they don’t want to have to interact with humans, and will only bother you if you really bother them.

They keep insect populations under control — without spiders we would be overrun with many insect species that could affect agriculture. So having spiders around your home and garden is a good thing. The exhibit also introduces you to really cool facts about spider webs, hunting strategies, adaptations, and behavior. When children see how fascinating spiders are, most in the exhibit think they are really cool and want to get as close as they can to the ones at the presentation area.

...  
*Spiders Alive! exhibit at the American Museum of Natural History [Central Park West and W. 79th Street on the Upper West Side, (212) 769-5100, amnh.org]. Now through Nov. 2.*

*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](http://www.shniekajohnson.com).*



Photo by Denis Firmin

# Backpack safety

BY ALEXA BIGWARFE

**T**his may seem like an unusual fact, but according to an occupational therapist at the Children's Hospital of Georgia, approximately 6,000 children are injured each year due to wearing a backpack

that is inappropriate for them.

As our children head back to school and look forward to choosing a new book bag with their favorite superhero or Disney character, make sure they have a bag that is appropriate and will not cause them injury or harm. Their bag needs to carry all of their necessary supplies and books, but not so large that your child will overload it. If backpacks are too heavy or not properly used, they can cause pain, strain, and injury to your child.

Here are five tips for backpack safety and proper use:

- Actually use a backpack. The muscles in the back are the strongest muscles and can support the bag better than shoulder bags and other types of bags. Pick one that is the right size for your child — not too big. It should fit him between the shoulder blades down to his waist.

- The bag should be lightweight, have two shoulder straps that are wide and padded, and have pad-

ding on the back for additional comfort and protection.

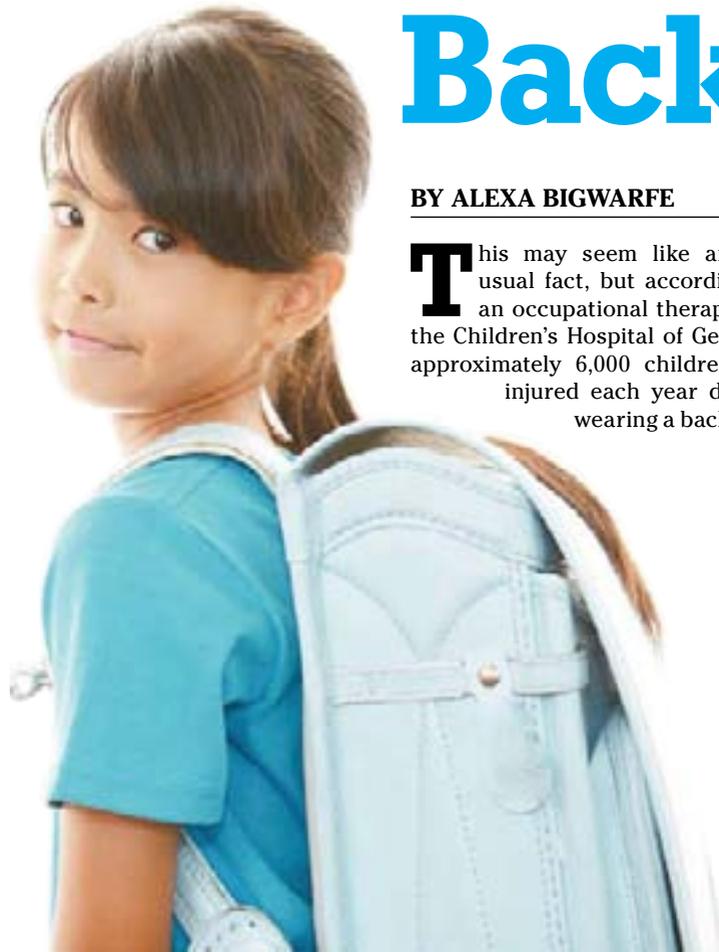
- Don't overload it. Your child should not be leaning forward from the weight. Be sure to place the heaviest books in the back of the bag for best muscle support.

- Have your child wear the backpack on both shoulders and make sure the straps are snug, but not too tight.

- For his personal safety, avoid writing the child's name on the outside of the backpack.

It's exciting for kids to pick out the "coolest" book bag to show to their friends at school, but it's more important to provide them with a bag that will be safe and not cause pain. But don't worry, there are plenty of superhero and princess options that meet these criteria!

*Alexa Bigwarfe is the mother of three young children, one in elementary school and two in preschool. All three have their own strong opinions about backpacks!*



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# Building a better mammogram

Breast tests  
that could  
save your life

BY SANDRA GORDON

**A** yearly mammogram is the gold standard for breast-cancer screening and detection. The National Cancer Institute and the American Cancer Society recommend a mammogram yearly for all women age 40 and older. If you have a family history of breast cancer, your doctor may advise starting mammography before age 40. Mammography is the only test that has been scientifically proven to save lives.

Still, it's not infallible.

"In women with very dense breasts, mammography will miss cancer 58 percent of the time," says Dr. Thomas Kolb, a breast-cancer radiologist and leading ultrasound researcher in New York City. Dense breasts contain more glands, ducts and connective tissue than fat. Breasts tend to be denser during a woman's reproductive years; density makes it harder to detect suspicious lumps on a mammogram. That's because glandular tissue appears white on a mammogram, just like a mass can.

Fortunately, new tools can give a more precise diagnosis, especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family

health history. Here are four that may give you a clearer picture of your breast health — and could possibly save your life:

## Tomosynthesis

The latest in breast cancer-detection technology, tomosynthesis is done in addition to a digital mammogram. During tomosynthesis, the breast is compressed, though slightly less so than with a conventional, digital mammogram, and a series of images are obtained from multiple angles. Tomosynthesis takes an arc of pictures through each breast, in 5 millimeter slices, which are then reconstructed into a three-dimensional image.

It allows radiologists to see through the breast tissue. They can more easily distinguish a true mass from overlapping structures, such as ligaments or glandular tissue. Tomosynthesis can be used for screening and diagnostic mammograms.

**Pros and cons:** Compared to a digital mammogram, women with dense breasts who undergo tomosynthesis are 40 percent less likely to be called back for additional imaging. Women who undergo tomosynthesis will be exposed to the same amount of radiation as a traditional, analog (film) mammogram, which is slightly more than today's digital mammogram. The risk of radiation-induced breast cancer is extremely low, affecting only 0.1 percent of women screened. In comparison, the screening test itself can reduce the risk of dying from breast cancer by about 50 percent.

**Should you ask for it?** Screening tomosynthesis is in order if you have dense breasts, but no symptoms. It takes a global 3D picture of each breast. If you have a complaint or something is found during

a screening mammogram, you'll go to the diagnostic level, which is a mammogram with tomosynthesis that magnifies and focuses on one particular area of the breast. Because the FDA-approved technology is relatively new, screening tomosynthesis isn't routinely covered by health insurance. Diagnostic tomosynthesis is typically covered by health insurance with no copayment necessary.

## Computer-aided detection

With this technique, a computer scans a digital mammogram and flags areas of concern, enabling a radiologist to take another look and decide whether the computer markings warrant further action.

"It's like having an automatic second opinion," says Dr. Mitchell D. Schnall, professor of radiology at the University of Pennsylvania in Philadelphia.

**Pros and cons:** Two studies reported that Computer-Aided Detection (CAD) found 20 percent more cancer than mammography alone. But it also tends to also mark non-cancerous lesions, such as bunched-up tissue, benign lymph nodes and benign calcifications, so the rate of false positives is high. Less than one percent of findings marked by Computer-Aided Detection turn out to be cancer. It is widely available at mammography centers and university- and hospital-affiliated breast clinics across the country and is generally covered by insurance.

**Should you ask for it?** Although it isn't a perfect tool, "it should be the standard of care for every woman who gets a mammogram," says Dr. Stamatia Destounis, staff radiologist at the Elizabeth Wende Breast Clinic, in Rochester, New York. "But there's

## Do you have dense breasts?

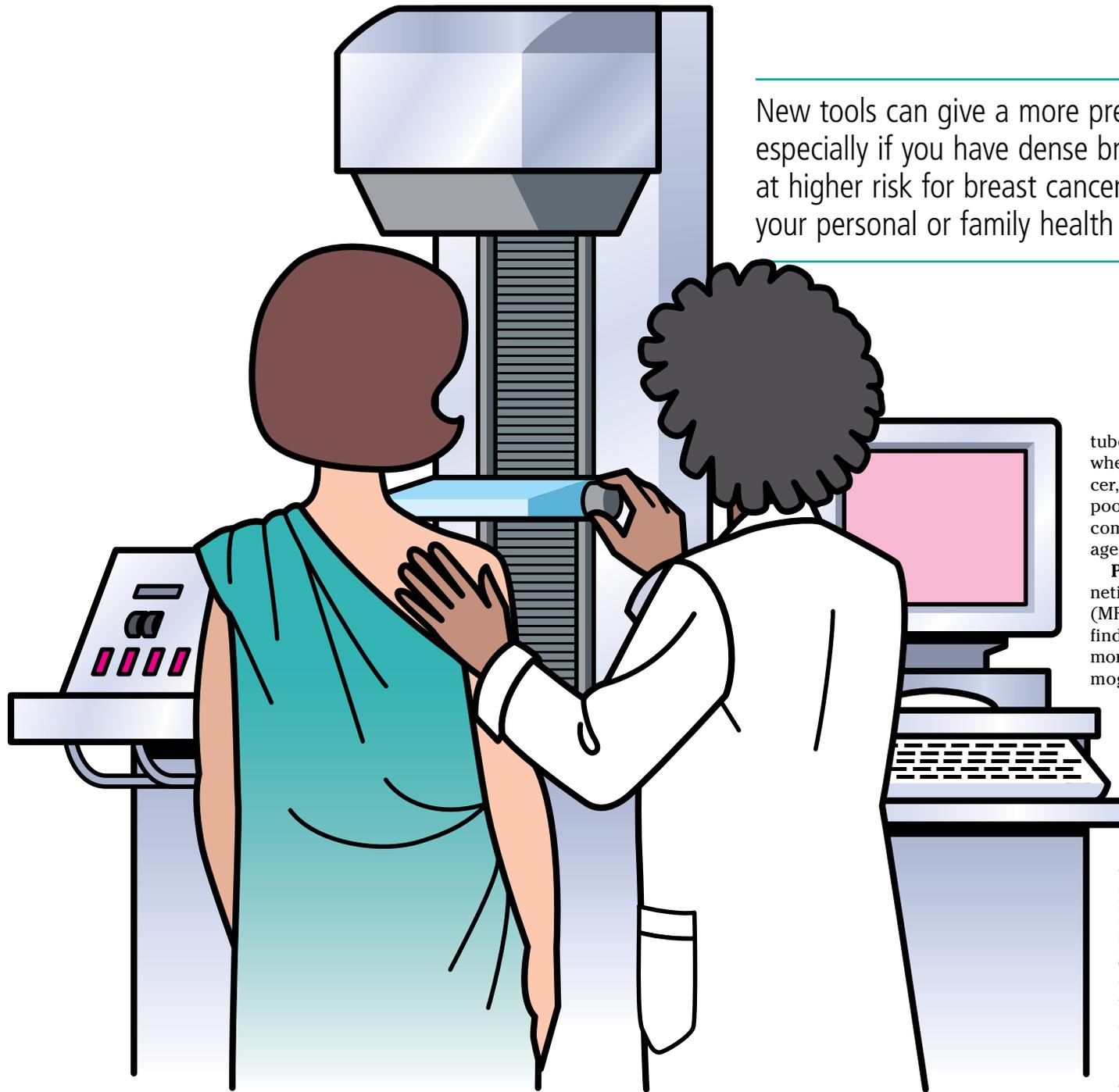
Breast density depends in part on hormonal status, which is why premenopausal women are more likely to have dense breasts. Genetics also plays a part. If your mom had dense breasts, you're more likely to have them. But only a mammogram can make that determination.

In some states, radiologists are required by law to tell you, in the letter you receive about your mammogram results, whether you have dense breasts. If your state doesn't require that information, simply ask your doctor if your mammogram results indicate that you have dense breasts.

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New tools can give a more precise diagnosis, especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family health history.

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tube-like magnet. In areas where there might be cancer, the contrasting agent pools and is illuminated computer-generated images.

**Pros and cons:** Magnetic Resonance Imaging (MRI) has been shown to find two- to six-percent more cancers than mammograms and clinical breast exams in high-risk women. MRI can't detect calcifications (a frequent sign of Ductal Carcinoma In-Situ), which is why it's used as a complement to mammography, not a replacement. It has also a significant risk of false positives. Screening breasts costs \$1,000 to \$2,000, though many insurance carriers now cover it.

**Should you ask for it?** "Even if you have as little as a two percent

definitely a learning curve."

To reduce your risk of unnecessary additional testing, such as biopsy, find a facility with mammography-certified technologists and trained radiologists who have been using CAD for at least a year.

### **Automated breast ultrasound**

During this test, an automated ultrasound machine, which uses a computer program, takes ultrasound images of breast tissue. The images are recorded and given to a radiologist who can interpret them. Doctors currently use handheld ultrasound devices to hunt for breast

tumors in some patients. The labor-intensive process can skip some tumors. Automated breast ultrasound eliminates the need for an ultrasound technologist, so there's less risk of missing a lesion.

**Pros and cons:** Automated breast ultrasound can help detect breast cancer. Breast cancer detection doubled from 23 to 46 in 6,425 studies using automated breast ultrasound with mammography, resulting in a significant cancer detection improvement. Some insurance providers don't cover the test yet, so check your policy.

**Should you ask for it?** Ask for it in addition to a screening mam-

mogram if you have dense breast tissue. If you're at high risk but you don't have dense breasts, a mammogram should suffice.

### **Magnetic resonance imaging**

This tool employs magnetic and radio waves instead of X-rays to create high-definition cross-sectional images of breast tissue. For the test itself, the patient is injected with safe, nonradioactive contrasting salt solution in the arm, then lies face down on a table with both breasts positioned into cushioned coils that contain signal receivers. The entire bed is then sent through

risk of breast cancer over the next five years, talk to your doctor about adding MRI," says Dr. Wendie Berg, a breast imaging consultant in Baltimore. MRI breast-imaging centers are springing up across the country, but it's important to seek out a facility that has MRI-guided biopsy capability, so a tissue sample can be retrieved for diagnosis at the time of your scan if a questionable mass is spotted.

*Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.*

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*Continued on page 24*

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## Activity

### DIRECTORY

*Continued from page 22*

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*Continued on page 26*

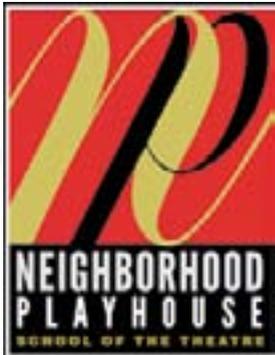
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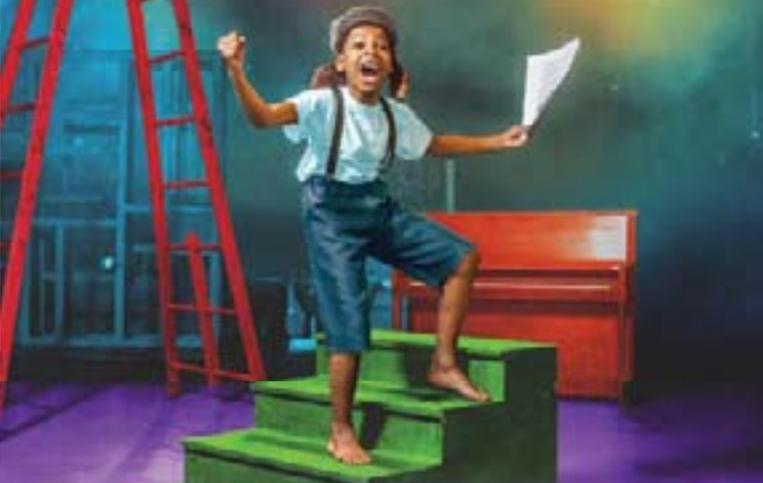
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## Activity

### DIRECTORY

Continued from page 24

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# Healthy food for every kid

How the right diet can fuel a successful school year

BY MAXINE YEUNG

**S**chool is back in session, and while every child is different, making sure your children maintain a healthy diet during the new school year should be a priority for everyone. Whether you have a brainiac, star athlete, or a child with a peanut allergy, Montefiore Medical Center's associate wellness dietitian Maxine Yeung shares important nutritional advice that will set your child up for success.

## **The picky eater**

Parents of picky eaters need to show kids how to eat healthily, not just talk about it. Being a good role model and leading by example will encourage kids to follow. But don't expect it to happen right away. For some children, it can take up to 15 tries before they will eat a new food.

Patience and repetition are key:

introduce new, healthy foods in a fun and visually appealing way, and encourage children to "eat the rainbow" by incorporating colorful fruits and vegetables. Use cookie cutters to turn food into fun shapes and always pair healthy foods with other ingredients children already enjoy. For the pickiest of eaters, try hiding healthy foods in meals they love. For example, blend vegetables in the meat used for spaghetti and meatballs.

## **The eager beaver**

If your child is always willing to lend a hand, letting her get involved with meal planning is a fun way to introduce new foods. Grocery shopping as a family gives kids an opportunity to make healthy food choices with their parents and offers a platform for discussing healthy habits.

In the home, parents can turn their kitchen into a fun, interactive,

healthy eating classroom by letting kids help cook. Allowing children to be involved in meal preparation gives them a sense of responsibility and increases the likelihood of them trying healthy foods.

## **The athlete**

Hydration is important for everyone, but especially for children involved in sports. Even slight dehydration can lead to impaired memory and fatigue, so kids need to hydrate before, during and after physical activities.

Limit sweetened beverages like soda and juice and encourage your children to drink water. If your child is reluctant, add fresh fruit or a small amount of 100 percent fruit juice to help make water sweeter. On game day, avoid sending your kid with a sports drink and instead pack her water and a snack such as a banana or orange.

## **The over-achiever**

Back-to-school means the return of extracurricular activities, including clubs, sports and after-school programs. Meal preparation is key for families that are always on-the-go.

Ease the stress that comes with a child's busy schedule by packing lunch and snacks the night before, or even cooking meals a week in advance.

## **The child with food allergies**

Food allergies are a growing problem in this country, affecting one in 13 children. Returning to school can increase the risk of an allergic reaction among children with food allergies, because it's difficult to control a school environment.

Parents need to inform school officials about their child's food allergies and make them aware of triggers, signs, and medication. Families can also ask about accommodations their school can make for students with food allergies, such as peanut-free tables, meal service practices, and restricted food zones.

## **The early- or late-luncher**

Children need to eat frequently, and while a snack is a good idea for most young students, it's essential for kids whose lunch is scheduled very early or late in the day.

Healthy snacks, like other meals, need to be balanced with protein and fiber, and should be low in sugar, saturated fat, and salt.



## JUST WRITE MOM

DANIELLE SULLIVAN

# What I dread about back-to-school time

Quite a few moms are gearing up to breathe a collective sigh of relief when school opens up again, but I'm dreading back-to-school season almost as much as the kids. I've completed the immense task of tackling the shopping list, the supplies have been purchased and the kids' uniforms have arrived. We've picked out new backpacks and lunchboxes, so we're okay on that front. It's not the preparation that's bothering me. It's the many things that occur when school opens up again for a new year that I detest.

### Kids get sick!

I've had two glorious months of three kids with no sniffles, sneezes, or coughs. Not even so much as swimmer's ear has slowed them down this summer. Yet, I know that once school opens up, by the third week in September, my youngest will have a contagious, nasty cold of some sort. Typically, it will happen right around the welcome back to school meeting. Two years in a row, I have exited my child's school excited about a new school year while on my way to the pharmacy to purchase a fever reducer.

### Lunches

I can't pinpoint why I hate making school lunches so much, but I certainly do not enjoy doing it. It's like math and here is a sample problem: Suppose you're pulling double duty by making breakfast and lunch simultaneously. Multiply that by the number of children you have. Factor in that at 7 am you are also feeding the pets, waking up tired children, locating stray socks, and attempting to exit the house on time. Now tell me how many days until you run out of the house screaming "No more!" The good news is that I have yet to come up with the answer, just like those trig questions back in high school.

### Lice

I'm knocking on wood when I say



that none of my kids have had lice yet, but every year those letters of doom go home, stating that a classmate has acquired the little critters. I usually scratch my head for the rest of that day and the next, as I repeatedly check my children's scalps.

### Homework

Hello inner nag, we'll be meeting again in a few short weeks as I go back to living every day under the tyranny of a countdown clock — ensuring that the homework is complete, dinner is prepared, served, and cleaned up, and the kids are cleaned up and in bed on time. If I never again have to ask, "Did you do your homework yet?," I will be eternally grateful. Mental countdown clock note: six more years to go on that one.

### Getting up at 6 am!

I realize I am fortunate to have ditched my corporate job and be

able to wake up later during the summer as I work from my home office, but man, oh man, getting our day schedules back is gonna be brutal that first week in September. Goodbye to impromptu midnight writing sessions and not setting my alarm. Hello, to a ringtone that will become utterly annoying in a week's time.

• • •

What are you not looking forward to this new school year? Are you dreading a more restrictive schedule when school opens back up? Or are you happy as a lark to have a more defined schedule (with kids out of the house)? Let us know at [www.facebook.com/NYParenting](http://www.facebook.com/NYParenting).

*Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*

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# Lice lessons

What to do  
when they  
visit *your*  
home

BY RUTH HANLEY

**P**arents dread getting that note from school or a text from another mother that a classmate has lice. They cautiously give their kids' hair a quick search, find a louse, and panic. Memories of childhood experiences make us recall the myths and stigma about lice. Lice are not a sign of a dirty house or a dirty child, and they can show up on anyone. In fact, six to 12 million school-aged children are treated for lice each year.

"We all seem to equate it with cleanliness, but really, it's more like catching the flu or a cold from someone," says Mary Spryer, a California mom of two.

The way to ease the panic caused by this minuscule menace is to equip yourself with a good

plan, so that you'll be ready when necessary:

**Keep calm and buy the shampoo.** Head lice are common among children 3 to 12 years of age, though children as young as 2 months old can be treated with an over-the-counter lice shampoo. If you are pregnant or have a child younger than 2 months old, consult your doctor about other available treatments. Over-the-counter shampoo treatments usually contain only one percent permethrin solution, which is enough to be neurotoxic to lice, but very mild to humans.

Home remedies abound on blogs and websites, but they are not recommended for use alone. Dr. Roberta Winch, pediatrician at Pediatric Associates in Sammamish, Washington found that mayonnaise helped her pick the nits out of her child's long, thick hair, but she recommends using a lice shampoo to kill the live lice first.

**Get comfortable with a comb.** There is a reason that nit-picking means being excessively concerned with small details. Nits are small white lice eggs that are teardrop shaped and stick to one side of the hair shaft. A louse is light brown and can be as tiny as a carrot seed. Lots of debris can get stuck in your child's hair and look like lice: food, flakes of dry skin, dirt or plant matter. However, lice move and nits cling to the hair shaft and are hard to remove. If you can flick or blow it away, it's not a nit.

Use a spray bottle of water or detangling solution to wet-comb your child's hair with a fine-toothed lice comb. Wipe your comb on a paper towel and check for nits on the towel. Continue each day until you no longer find nits as you comb. Letting your child watch a movie, read a book, or play a handheld gaming device will help her sit still.

**You're gonna do a lot of laundry.** Wash and dry clothing, bedding, and stuffed animals on the hottest setting

you can. Vacuum car interiors, mattresses, and the surfaces of furniture and floors in your house and wash sheets frequently for the next few weeks. Store items that can't be washed in garbage bags that are closed up and set aside for two weeks.

"Adult lice can survive up to 55 hours without a host and eggs can hatch up to ten days later," says Dr. Winch. "It takes 12 days for a newly hatched egg to become an adult."

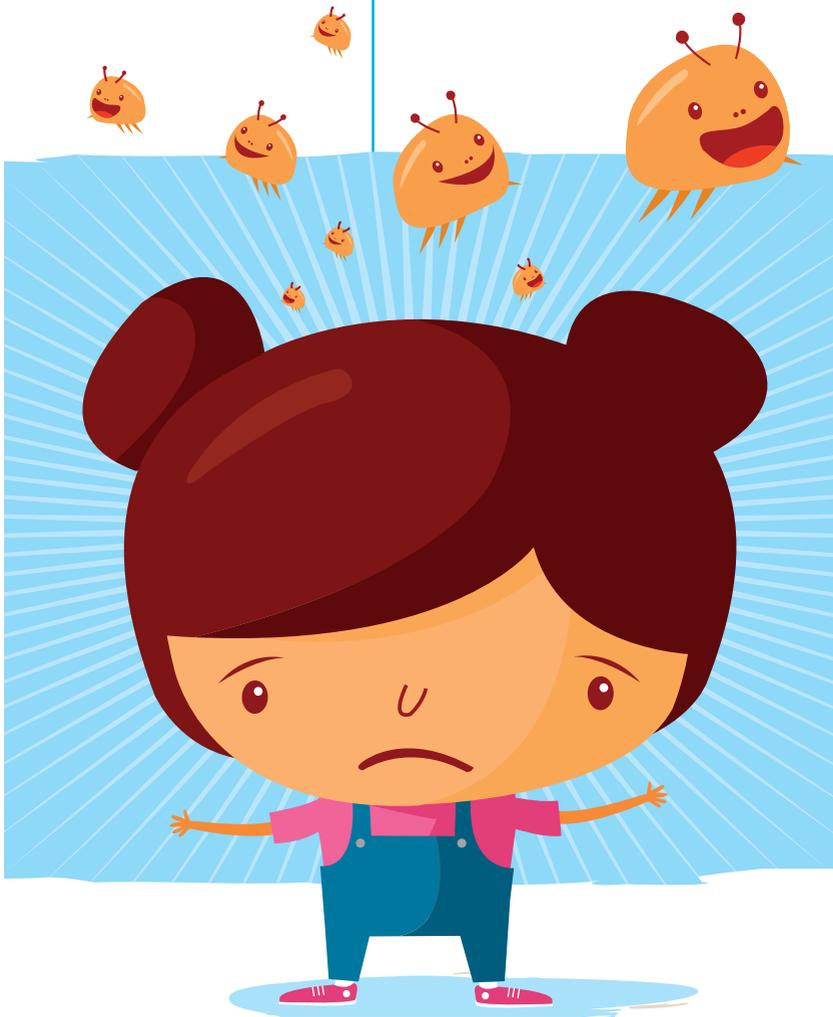
Cleaning and doing laundry can seem overwhelming, but don't assume you're surrounded by these nefarious creatures. Head lice crawl, rather than hop or fly, and are not transmittable to or from your pets. Also, according to the American Academy of Pediatrics, unless there is a heavy infestation, a louse isn't likely to wander off a person's head, because as soon as it does, it starts to die of starvation.

**An ounce of prevention.** Check your child's hair once a week for lice or nits. Lice Knowing You, a lice removal chain on the West Coast has the motto, "Take a peek once a week." If you find one in your weekly search, you'll likely catch it early and have a milder case. Remind your child not to share helmets, hair bands, brushes, or hats. It is also helpful to use a lice-repellent shampoo and detangling solution (such as Fairy Tales) on your child's hair and keep it in a ponytail or braid for school and camp.

Ultimately, educating yourself about how to look for lice and checking regularly are the best ways to avoid getting lice. Tara Clark, a mom of two girls from Washington State says, "Talk to friends with children of a similar age, and you will learn that everybody deals with it. It helps to know you aren't the only one." Take it from moms who have been there.

Let's get real about lice. When they show up at your house, it's not the end of the world. Things will get better, but first you'll have a lot of laundry to do!

*Ruth Hanley has two daughters and she did a lot of laundry, vacuuming, and combing last year when lice came to visit her house. She was glad to see them go.*



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**Britax**

# Back to savings

## Ten ways to save big on back-to-school shopping

BY MALIA JACOBSON

**L**ooking to save on back-to-school shopping? You're in good company. Parents everywhere are feeling the pinch of the economy, and four out of five have reduced their school-related spending. The National Retail Federation reports that 56.2 percent of back-to-school shoppers are looking for discounts, 41.7 percent are ditching brand-names in favor of generics, and 40 percent are using more coupons.

Welcome the new school year in frugal fashion with these tips for back-to-school saving:

### Start at the beginning

Get organized, and get "the list." Review your child's list of required supplies and take inventory of what you'll need. If you don't have a list, contact your child's school or friends with older children.

Aim to be thorough in your shopping. Forget a few items, and you'll find yourself fighting with the masses — and paying full price — for picked-over supplies at the last minute. Instead, save money and hassle by checking everything off the list before the first day.

### Never stop shopping

Buy the basics on sale year-round and squirrel them away for back-to-school. According to Jonni McCoy, author of "Miserly Moms: Living Well on Less in a Tough Economy," shopping over time spreads out the expendi-

tures and maximizes your purchasing power.

"Don't try to get it all done in one day," says McCoy. "Not everything is on sale on one day. Every week, check what school items are on sale and get those. Then do the same the next week, and the next."

### Cash in on the coupon craze

Budget-minded shoppers are couponing like never before. Promotional transaction vendor Inmar reports that coupon use is reaching record highs. In 2013, 96 percent of shoppers reported using coupons, and not just for groceries — a third of the 3 billion coupons redeemed were for non-food items.

Cents-off coupons can add up to big savings, but you can raise the stakes considerably with a little extra legwork. Major retailers like Target and Rite-Aid offer discounts up to \$25 for transferred prescriptions. Find a local store that doubles the value of manufacturer's coupons at [couponing.about.com](http://couponing.about.com), and you can buy supplies for next to nothing.

Shoppers are increasingly turning to the web to score coupons. Inmar reports that more than half of the coupons redeemed were digital; more than 43 percent of coupons used were printed at home. Websites such as [Smartsources.com](http://Smartsources.com), [retailmenot.com](http://retailmenot.com), and [coupons.com](http://coupons.com) offer printable coupons, many with savings of \$1 or more.

### Surf the savings

Sites like [Craiglist.org](http://Craiglist.org) and [Ebay.com](http://Ebay.com) offer everything from computers to graphing calculators to brand-name backpacks at huge discounts. While you're at it, why not unload things your kids have outgrown? Last year's trendy outfit, bike, or winter coat can yield cash to put toward this year's list.

### Join the club

Register to get exclusive discounts, deluxe coupons, and other perks delivered to your inbox from major retailers including The Gap, Old Navy, and Fred Meyer. Sign up online or in store. If you don't want to clog your personal account with marketing e-mail, snag a free e-mail

account just for promotional sign-ups.

### Dollars and sense

Your local dollar store is a great place to find basic supplies for less. McCoy recommends shopping for supplies at discount stores and taking advantage of sales to stretch your dollar even further. Staples and Walmart host well-known sales offering back-to-school supplies for pennies. Mark your calendar for sale days and scoop up the savings.

### Swap to save

Score some new-to-your-kids clothing by hosting a swap. Lay down a few ground rules — clothing should be free of stains and rips, and no payment or bartering is allowed. People take what they want, and leave what they don't. Afterward, leftover items can be donated to charity.

### Say 'yes' to yard sales

Summer is yard-sale season. Binders, notebooks, pencil cases, scissors, staplers, loose-leaf paper, and more are yours for the finding. Bring small bills and change and don't be afraid to haggle. Carry a reusable bag to tote home your treasures.

### Bulk up your budget

Big-box discounters and warehouse stores sell high-quality office and school supplies in bulk. If you have a large family, the supersized packages of pens, highlighters, binders, tape, and folders make sense.

You can take advantage of bulk deals even if you don't have a large brood. Gather a group of moms, divide the list, and pool the savings.

### Grab some inspiration

Creativity is in. Spice up a plain or hand-me-down binder with a digital photo collage. Protect school books with covers made from gift wrap or newspaper. Refresh last year's backpack with new buttons and iron-on patches. The possibilities for inspiration — and savings — are endless.

*Malia Jacobson is an award-winning health and parenting journalist and mom of three. Her latest book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."*



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# Rent & succession

*I live in a rent-stabilized apartment. Am I able to state who can live in my apartment when I die?*

**R**ent-stabilized and rent-controlled apartments in the City of New York are interesting “animals,” so to speak. A relatively recent New York Court of Appeals case of *Amy L. Roberts v. Tishman Speyer Properties* in connection with the Peter Cooper Village and Stuyvesant Town apartments put a spotlight on rent-stabilized apartments. When dealing with these types of apartments, what it is critical to document and be able to prove your primary residency in the apartment, and to document your spouse's, domestic partner's, or child's residence in the apartment to protect their succession rights.

Rent-stabilized and rent-controlled apartments are governed by strict rules regarding residency and occupancy of the apartment. You need to be diligent in protecting your own rights and the rights of your successors.

Currently, most family members of a tenant can have a right to a renewal lease or protection from eviction when the primary tenant dies or permanently leaves the apartment. However, the person terminating the lease or who has died must have been a qualified primary tenant.

What is a qualified primary tenant? A qualified primary tenant is someone who uses the apartment as the primary residence, and whose household income is under \$175,000 for the two consecutive years prior to vacancy or termination or death. The rent of the apartment must still be under \$2,000.

How do you prove primary residence? In the same manner as the successor will have to prove residence, such as bank records, debit card purchases, doctor's visits, library books, and phone records, all of which can help deter-

mine where you actually were and where you habitually are located. (A good example of this was a recent dispute between Zephyr Teachout and Andrew Cuomo regarding the Democratic primary — he challenged her residency qualifications, even bringing her grocery shopping habits into question!) Other questions are: where is your car registered? Where do you file taxes? What does your driver's license say? Where do you vote? Where do you go to the gym? Which local Starbucks do you habit? What does your EZ Pass or MetroCard say? Where is your synagogue or church? Where do your kids go to school?

The main issue is providing evidence and indicia of your day-to-day life. Caution is advised here; since today everything is digitized, many apartment houses have card-swipe entry that tracks dates and times of ingress, if not egress. This can be used by a landlord to thwart any contention that you really lived in the apartment 183 days in the year.

Of course, the best evidence when faced with a residency question is a RA-23.5 form: Notice to Owner of Tenant Who May Be Entitled to Succession Rights. You can voluntarily inform the landlord of the succeeding tenant's occupancy or the owner can request one every 12 months. The form can identify if the person is a family member, if the person may become entitled to be named as a tenant on a renewable lease or become entitled to protection upon passage of applicable minimum period of required residency; date of commencement of person's primary residence with the tenant; if the person is a senior citizen or disabled.

Failure to provide the RA-23.5 information shall place on all such persons whose names were not submitted and who seek to exercise the right to be named as a tenant on the renewal lease or protection from eviction the affirmative obligation to establish such right.

Who is a qualified tenant in suc-

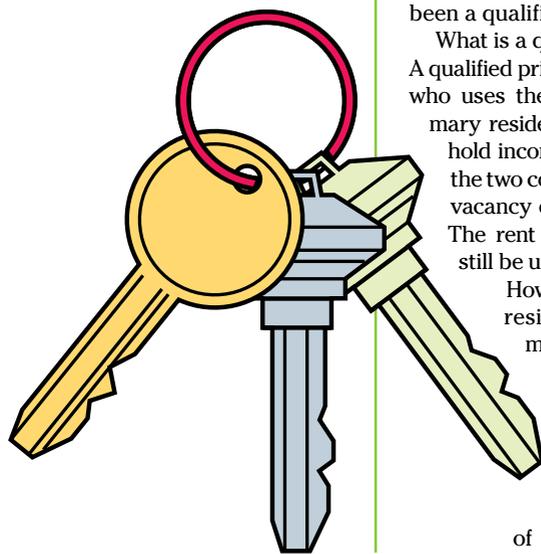
cession? There is a limited class of persons that can inherit a rent-stabilized apartment:

- Parents (stepparents) and mother-in-law or father-in-law.
- Spouses (husband and wife).
- Siblings and step-siblings (but not necessarily siblings-in-law unless it meets the catch-all).
- Grandparents.
- Grandchildren.
- Children, stepchildren, and in-laws.
- Catch-all: “any other person(s) residing with the tenant or permanent tenant in the housing accommodation as a primary resident, who can prove emotional and financial commitment and interdependence between such person(s) and the tenant.”

The catch-all provision can arguably apply to domestic partners; children of domestic partner or spouse who has not yet been biologically adopted; nieces, nephews, uncles, aunts, great-aunts, and cousins who meet the criteria; or even close family friends. However, it would have to be something more than just a “roommate” situation. Nieces, nephews, uncles, aunts, great-aunts, and cousins are not necessarily entitled to succeed to the apartment by virtue of the blood relation, but can still qualify for the catch-all.

The qualified tenant in succession's right to a renewal lease or protection from eviction is dependent on that person having resided with the tenant as a primary resident in the apartment for two consecutive years immediately prior to the death of (or permanent leaving of) the apartment by the tenant. If the qualified tenant in succession was in military service, hospitalized, enrolled as a full-time student, or temporarily relocated for work, the two-year period is not interrupted and there is an effective “toll.”

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C. You can find her on Twitter @estatetrustplan and at [www.besunderlaw.com](http://www.besunderlaw.com).*



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## HEALTHY LIVING

DANIELLE SULLIVAN

# New York hospitals among nation's best

**W**ith all of the pressures and headaches that come with living in possibly the most fast-paced city in the world, New Yorkers can take comfort in the fact that we have the nation's top hospitals available to us to keep us on the move and healthy.

According to U.S. News & World Report, which ranked more than 4,700 hospitals in the country, New York City has three hospitals which rank in the top 17 across the nation: New York-Presbyterian Hospital of Columbia and Cornell came in at number six, and NYU Langone Medical Center and Mount Sinai Medical Center ranked 15 and 16, respectively.

In addition to the overall performance of these medical centers, New York City also ranked quite high in medical specialties. Memorial Sloan Kettering Cancer Center ranked number one in cancer and The Hospital for Special Surgery came in at number one in orthopedics. In total, 50 of the 180 New York metropolitan area hospitals were deemed excellent in one or more specialties.

Some municipal hospitals took top honors in specialties as well. Harlem Hospital and Bellevue were recognized for their excellence in nephrology (the branch of medicine that deals with the physiology and diseases of the kidneys).

This news is not a surprise to many native New Yorkers who realize that not every city has such quality medical care available. Patricia Daniels, a Windsor Terrace native who has since transplanted to Edison, N.J. and is a 10-year breast cancer survivor, says that when she was first diagnosed, she knew immediately she would make the regular trek to Memorial Sloan



Kettering for treatment, and she credits her long-term recovery with the doctors there.

"My doctors at Sloan were wonderful," said Daniels. "They were very thorough and truly caring through chemo[therapy] treatments. I still see them now for regular visits."

Daniels also had a knee replacement performed at The Hospital For Special Surgery and says she had a great experience during that operation and hospital stay, as well.

Many parents and families rely on the quality medical care offered in New York. Mariel Gomez of Brooklyn Heights says she and her husband often considered leaving the city to move to a slow-paced farm or rural town in middle America before they had children, but

after having their son who suffers from autism, they realized that he is receiving the very best medical care (and education) right here in New York City.

When asked if the news of New York City's top performing hospitals surprised her, Gomez said, "Absolutely not." She also said she would not consider raising her son in any other city, "Why would I go anywhere else, when we have the best treatments and doctors right outside our door?"

*Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*



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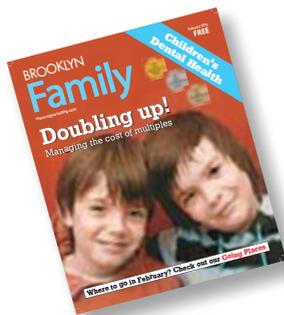
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THE BOOK WORM

TERRI SCHLICHENMEYER

Rethink American history

For most of your life, you've eaten what's put in front of you.

You've also swallowed most everything you've been taught in school, particularly in history class.

But did you ever think that there are two sides to it all — what you've learned and what others perceive? Maybe there's more to history than what your textbooks have said, so read "A Most Imperfect Union" by Ilan Stavans, illustrated by Lalo Alcaraz, and you'll find more to chew on.

History, says Stavans, is "plastic." One person sees things one way, someone else notices something different; we remember the big events, but not the everyday. This "contrarian," likes to poke around the hidden recesses of history, to see what might be missed, almost-wrong, or just interesting.

We already know, for instance, that Columbus didn't "discover" America. Not only did the Vikings get here long before he did, but there were people here even before that. Native Americans — a continental population now estimated to be up to 100 million — had culture, religion, trade, and organized government.

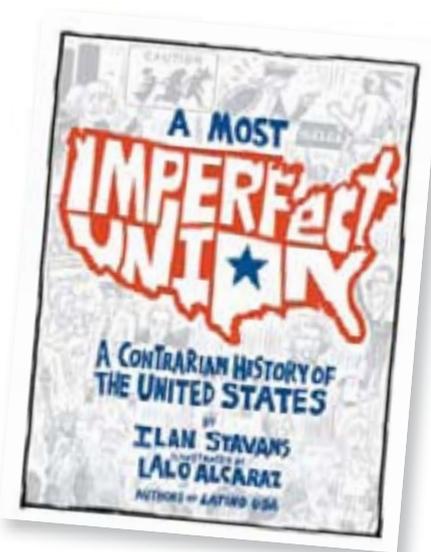
But "clashes ... are how the na-

tion took shape." Indians fought the Pilgrims, Pueblo Indians revolted against the Spanish, British colonies fought amongst themselves, and the colonists fought against the British. The colonists didn't get much land when the war was over, but through the decades, the United States grew.

Immigrants, who "know what it means not to have something they cherish," contributed literature, food, and more, all of which has had "a powerful effect on American culture." Americans invented new transportation methods, movies, new music, photography, and all kinds of science. We've taken good, worked through bad, and made an "amazing patchwork landscape ... that's always striving for perfection."

In his introduction, author Stavans explains why he enjoys "contrarianism": he's an immigrant himself, which gives him an individual perspective on American history and an inclination to question things that he believes need questioning.

And you'll find plenty of thought-



provoking here in a fascinating everything-old-is-new-again way, since similar events from decades ago are again in the news. Because of those fresh outlooks on old-new issues, Stavans's point of view and Alcaraz's drawings may lead you to some reflection of your own this school year.

If you're the kind of person who enjoys creating your own opinion about old tenets, if you love dissension and debate, or if you want the kind of history book your father never had, then "A Most Imperfect Union" is a book you'll savor.

"A Most Imperfect Union," by Ilan Stavans [269 pages, 2014, \$25.99].



Say 'aloha' to 'Lulu in Honolulu'

Your daughter tries to be helpful. She keeps her room clean, cooks super-easy meals, and keeps her little brother quiet.

But sometimes her well-meaning plans backfire, such as in the new book "Lulu in Honolulu" by Elisabeth Wolf, when Lulu Harrison's parents really wish they'd left her in Los Angeles!

It was supposed to be the family vacation of a lifetime, with a little work on the side: beautiful Fiona Harrison was directing a new film on location in Honolulu, and her handsome husband, Linc, was the star. They brought along 16-year-old, bikini-obsessed Alexis, who'd been a model once; and 11-year-old Lulu, who had frizzy hair, freckles, and a total inability to hula.

That's not good when you're spending the summer in Hawaii.

But it was okay. Lulu, "the world's most freckled fish out of water," was perfectly happy to wear SPF-50 clothing, dorky shoes, and thick sunscreen while she attended Ohana Day Camp. The camp was where she met her best friend, Noelani, who was the finest hula dancer Lulu had ever seen, but who seriously lacked "koa" (bravery).

Both of Lulu's parents were overworked, and the film was over budget, which meant that they didn't have any free time. Lulu tried to help with a few schemes that seemed like great ideas, but she just made things worse every time. Then Fiona got fired, and she threatened to send Lulu back to Los Angeles. Alexis was mad, too. Was there any way to get her "ohana" (family) to forgive her?

I struggled for the better part of an evening to read "Lulu in Honolulu," and I wasn't sure why. The story's basically good; young girls will get a kick out of Lulu's well-

meaning personality, and her adventures were fun.

Finally, I realized what I really didn't like about this book.

First, its formatting makes it seem slow. Author Elisabeth Wolf presents this tale as though it were a movie script, which means it's filled with directions and asides that don't play well. Kids might like the hook for awhile, but I didn't.

I also greatly disliked Lulu's too-busy-for-her, rich-and-famous, gorgeous-and-they-know-it parents. On the first page, this 11-year-old character compared herself to them, and came up woefully short. That made me sad.

I'm always a big know-your-audience-advocate, and that goes doubly for this book. It's not totally horrid. It's worth a try, but keep in mind: your 8-to-10-year-old might love "Lulu in Honolulu," or she might not even want it around.

"Lulu in Honolulu," by Elisabeth Wolf [280 pages, 2014, \$6.99].

# Villains get their day

## Kid critics weigh in on Gotham action

*"Batman: Assault on Arkham" is a direct-to-video animated superhero film. Kids First film critics Keefer B. and Anthony A. weigh in.*

**V**igorous! This is your typical, entertaining comic book film, only this time you're cheering for, and looking from, the bad guys' point of view.

Amanda Waller (C.C.H. Pounder) assembles a team of six criminals, called The Suicide Squad. Their mission is to break into Arkham and retrieve The Riddler's (Matthew Gray Gubler) cane. However, it does not go according to plan.

This film is rated PG-13 for violence, sexual content, and language, and I agree with this film's judgment. Not long ago, I wrote a blog post about the rating



system and how casually the ratings are letting mature content into PG-13 films without warning. I can't complain, since this film gives us a clear heads up! I will say, towards the end, one of the film's characters says, "M-----" and then the audio cuts off. I don't believe that counts as using the "F" word.

The characters are dynamic. As much as I love heroes, I adore villains. A protagonist is nothing without an antagonist and these criminals take the cake. "Batman" villains are unlike your regular, "Want to take over the world" bad guys. They are complex criminals that are assassins, deranged psychologically, destined to kill and maim for fun, and sometimes all of the above at once.

What's even better, these characters are lesser known villains such as King Shark (John DiMaggio), Captain Boomerang (Greg Ellis) and more — all with their own vendetta both personal and business. This creates engaging conflict between the characters.

The artistry in the animation never ceases to amaze me. Batman's universe is dark and brooding with lots of shadows and dim lights. Colors like red, green, and purple are done in darker shades instead of bright tones. The characters all have costumes and designs that define them. The brightly colored suit of the Joker (Troy Baker) stands out from the rest of the characters while still looking like a part of the world he lives in.

My favorite character is Deadshot (Neal McDonough). Deadshot is the leader who only wants to be with his daughter. He's cunning, a sharp shooter, and deadly. He even manages to get into Joker's mind and outsmart him. That's impressive.

My favorite scene is when the squad is up against Batman (Kevin Conroy). This takes place in a building full of confiscated belongings from the criminals of Arkham. So if you're a comic book fan, like me, see how many different Easter eggs you can spot. Plus this is one of the rare times you see Batman do what he does best.

I give this film 4 out of 5 stars and recommend it to 13- through 18-year-olds. As I mentioned earlier,

there is content that is inappropriate for younger kids. This film is out on DVD and Blu-ray now.

— Keefer B.

See Keefer's video review here: <http://youtube/HCOhWerdQsg>

**T**his movie is funny, but has a lot of action, violence, and gore. I really enjoyed this movie and I hope you will, too.

The film is all about a group of super villains called The Suicide Squad. They have to listen to a government employee named Amanda Waller who wants to kill the Riddler. If anyone from The Suicide Squad tries to run or disobey, or if they try to kill Amanda, they will die. All the members have a bomb in the back of their neck, which she can set off, and it will blow their heads clean off. So they all go to Arkham to try to kill the Riddler for her.

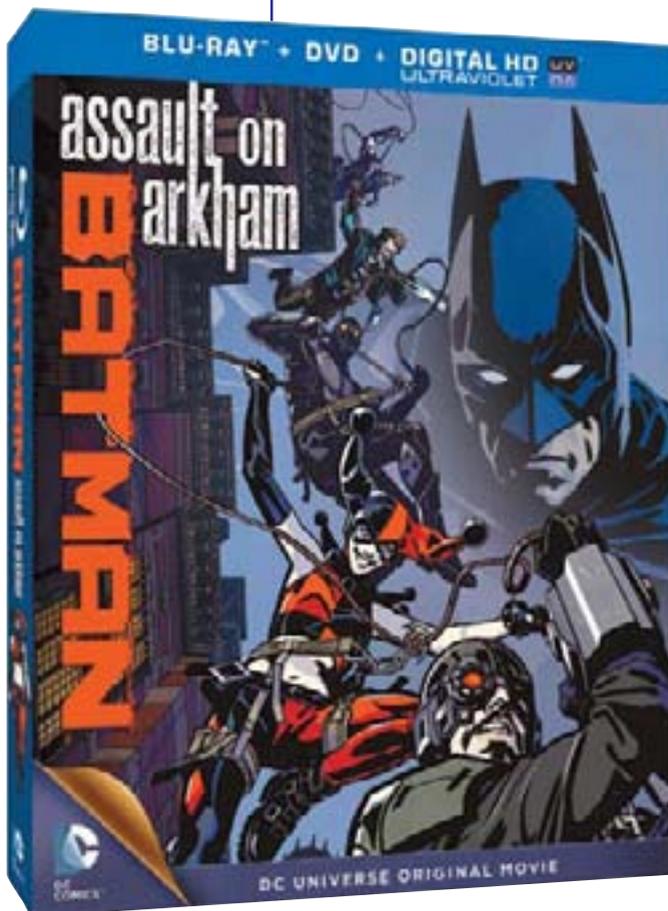
The main characters in this movie are The Joker (Troy Baker), Harley Quinn (Hynden Walch), Batman (Kevin Conroy), Deadshot (Neal McDonough), Killer Frost (Jennifer Hale), Captain Boomerang (Greg Ellis), The Riddler (Matthew Gray Gubler), Amanda Waller (CCH Pounder), King Shark (John Dimaggio), and Black Spider (Giancarlo Esposito). My favorite character in the movie is Deadshot, because he may be a bad guy, but he is more like a good guy. He will do anything for his daughter, even if he has to kill a few people. I guess that explains why he is in prison.

My favorite part in the movie is when The Joker gets out of jail and kills a few people, because it has a good amount of action. It also had a little gore and involves a smoke bomb. It is really cool and since The Joker's out of jail, no one is laughing but him.

I would recommend this movie for ages 12 to 18 because it has a few bad words, killing, and gore.

— Anthony A., age 12

See Anthony's video review here: [http://youtube/IH\\_IraUffFI](http://youtube/IH_IraUffFI)



# Calendar

SEPTEMBER



Photo by Filip Wolak

## Get arty with Koons family day

The whole family will enjoy Koons Family Day at the Whitney Museum of American Art on Sept. 27. The exhibit, Jeff Koons: A Retrospective, features a giant sculpture of a balloon dog, a larger-than-life sculpture of Play Doh, hands-on-activities, gallery stations, and fun ways to learn about the artist's work and pro-

cess. The event is suitable for children of all ages.

Koons Family Day, Sept. 27, 9:30 am to 11 am. Free with museum admission.

*Whitney Museum of American Art [945 Madison Ave. between E. 74th and E. 75th streets on the Upper East Side, (212) 671-1846; [www.whitney.org](http://www.whitney.org)]*

## Submit a listing

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

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

## MON, SEPT. 1

### IN MANHATTAN

**West Indian Carnival Headdress and Masking Making:** Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; [www.cmom.org](http://www.cmom.org); 10 am; Free with museum admission.

Children design their own headdress or mask to celebrate The Labor Day Parade.

**Labor Day At The Met:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 11 am–3 pm; Free with museum admission.

Children, ages 5–12, spend Labor Day enjoying family programs at the museum.

**Washington Square Outdoor Art Exhibit:** Show takes place on the sidewalks from University Place on E. 13th St. and continues south along the east side of Washington Square Park into NYU's Schwartz Plaza to W. Third Street.; (212) 982-6256; [www.wsoae.org](http://www.wsoae.org); Noon–6 pm; Free.

More than 120 individual artists and craft artisans, both new and veterans showcase their creations and sell directly to the public, featuring paintings, photography, sculpture, jewelry, glass, woodworking, ceramics, fiber and mixed media.

### FURTHER AFIELD

**Labor Day:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 9 am–5:30 pm; \$8 (\$4 students and seniors); \$2 children 6-18).

The garden is open — 28 beautiful acres overlooking the Hudson River and Palisades. Enjoy the views, the artistry, and legacy of the landscaping.

## TUES, SEPT. 2

### IN MANHATTAN

**Caring For A Newborn:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org);



## It's time for mimes

The Funny Bones Mime Trio comes to Lincoln Center on Sept. 13.

Meet the Artist Saturdays presents a lesson of the history of mime featuring Gregg Goldston, Haruka Moriyama and Joseph Herschel, the Funny Bones Mime Trio.

Children enjoy a performance

6:30–8:30 pm; \$140 per family for 2 sessions.

Led by pediatrician Dr. Liza Natale, this class covers the essentials expecting or adopting parents need to know: feeding, bathing, comforting, what you and the baby need at home, choosing a pediatrician, and what to expect during those first weeks at home.

## WED, SEPT. 3

### IN MANHATTAN

**Toddler Playtime:** Kips Bay Library, 446 3rd Ave.; (212) 683-2520; [www.nysl.org](http://www.nysl.org); Noon – 1:30 pm; Free.

Toddlers (ages 18 months to 3 years accompanied by a parent or caregiver) listen to music, play with toys, and meet other toddlers in the neighborhood.

**My 5 Senses:** Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; [www.cmom.org](http://www.cmom.org); 1 pm; Free

of the group's debut work, "The History of the Modern Mime," a hilarious travelogue about the art of mime.

The Funny Bones Mime Trio on Sept. 13 at 11 am. Free.

*Lincoln Center of the Performing Arts [10 Lincoln Center Plaza at Central Park West, (212) 875-5374; [www.lincolncenter.org](http://www.lincolncenter.org)].*

with museum admission.

Children, ages 4 and younger, use a mixture of textured collage materials to create unique masks that help build teach and emphasize the importance of using all five senses when making food choices.

## THURS, SEPT. 4

### IN MANHATTAN

**Start with Art and Music:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 2–3 pm; Free with museum admission.

Children look, move, and sing while exploring art and music together in the galleries. This month's theme is Art in the Round.

### FURTHER AFIELD

**Fishing clinic:** Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue, Brooklyn; (718)

287-3400; [www.prospectpark.org/audubon](http://www.prospectpark.org/audubon); 6–8 pm; \$5 per person.

Families learn about catch-and-release fishing. Experienced naturalists teach participants how to attach bait, cast a line and try to hook that big one. For children 8 years and older. Reservations required. All equipment provided.

## FRI, SEPT. 5

### IN MANHATTAN

**Shababa at 92Y:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 9:30–10:15 am OR 10:45–11:30 am; \$10 adults.

Enjoy a friendly, welcoming atmosphere and give your toddler an opportunity to embrace the festive feeling of Shabbat with songs, stories, challah and snacks.

**Shababa Bakery:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:15 am; \$15 child and adults free.

Children of all ages squish, roll and braid their own challah to take home and bake.

**"The Dancing Fox":** Cathedral of St. John the Divine, 111th Street & Amsterdam Ave.; (212) 929-4777; 7:30 pm; \$14, \$7 for children & seniors.

Five enchanting tales from the shared folk traditions of Jews and Arabs, including the writings of Sufi mystics, along with fables and folklore of the region.

### FURTHER AFIELD

**First Friday Trolley & Music:** Bartow-Pell Mansion Museum, 895 Shore Rd., The Bronx; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 5:30–8:30 pm; \$10 (\$8 seniors & students).

Explore the museum, stroll through the gardens and savor light refreshments.

## SAT, SEPT. 6

### IN MANHATTAN

**Shababa Saturday Experiences:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am–noon; Free.

Newborn-10 year olds join the Shababa community on Saturday for singing, art projects, playground visits, holiday-themed celebrations and much more.

**Re-Envisioning Times Square:** The Skyscraper Museum, 39 Battery Place; (212) 945-6324; [www.skyscraper.org](http://www.skyscraper.org); 10:30 – 11:45 am; \$5.

Using the Times Tower competition entries in the gallery as an example, kids ages 7 and up make their own proposals for the site in the future.

*Continued on page 42*

# Calendar

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

## Continued from page 41

Then, they design their own poster board filled with architectural sketches, plans, and ideas.

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

Two children's screenings today: "Go, Diego, Go: Gorilla Fun" and "Go, Diego, Go: Egyptian Camel Adventure."

**Sci-Tech Workshop Spiderman Animation:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am-1 pm; \$6.

Children design their own stop-motion movie in tribute to the urban hero Spider-Man as they learn the basic techniques behind frame-by-frame animation and burn a copy of their own short movie to take home.

**Get Tiled Away:** The Museum of the City of New York, 1220 Fifth Ave., between E. 103rd and E. 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am-2 pm; \$10 admission price(adults), Free for children under 12.

Bring the kids for a fun family activity exploring the architectural marvels of Guastavino tile vaulting in the Palaces for the People, then help the little ones design their own tiled picture frame.

**Mid-Autumn Moon Festival:** Museum of Chinese in America, 215 Centre Street; (212) 619-4785; Noon - 4 pm; \$10 (\$8 members; free for children under 2).

Mooncakes, lanterns, and the Jade Rabbit in the moon. Come by for drop-in arts, crafts, storytelling and mooncake tasting. Advanced tickets recommended.

**Autumn Moon Festival:** Chinatown, Mott St. between Canal and Bayard streets; (917) 660-2402; Noon; Free.

Celebrating the cultural history of China with dance and song. Mooncakes, lantern ceremonies, dragon dancing, and more.

**Washington Square Outdoor Art Exhibit:** Noon-6 pm. See Monday, Sept. 1.

**The Amazing Spider-Man 2 Movie:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 12:15 and 3 pm; Free.

Only Spider-Man can protect his fellow New Yorkers from the formidable villains that threaten the city.

**"The Dancing Fox":** 7:30 pm. Cathedral of St. John the Divine. See Friday, Sept. 5.



## Fun for all at festival

Families can have a blast at the annual 92nd Street Y Festival on Sept. 14.

Activities for kids of all ages include arts and crafts, drop-in-drawing, demos by the 92nd Street Y gymnastics team, and

an obstacle course for tiny tumblers.

92nd Street Y Street Festival on Sept. 14 from noon to 5 pm. Free.

92nd Street Y [1395 Lexington Ave. at E. 92nd Street in Carnegie Hill, (212) 415-5500; [www.92y.org](http://www.92y.org)]

## FURTHER AFIELD

**Annual TEAL Walk:** Prospect Park Band Shell, Prospect Park West and Ninth Street, Brooklyn; (718) 965-8900; [www.tealwalk.org](http://www.tealwalk.org); 8 am-1 pm; See website.

This walk-run raises funds and awareness for ovarian cancer survivors and families who have been touched by the disease.

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Become a Palisades protector. Children learn all about Theodore Roosevelt's role in preserving the cliffs and the Palisades, then make a painted and collaged image and add it to the panorama installation.

**Depot time:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

New York's 4,431 buses roll out from 30 different depots throughout the five boroughs transporting riders. Children learn all about these giant houses for buses, where to find them and how to design their own.

## SUN, SEPT. 7

### IN MANHATTAN

**Creative Kids Club:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am-noon; Free.

The whole family can dabble in drawing, try your hand at guitar or dance the day away.

**Washington Square Outdoor Art Exhibit:** Noon-6 pm. See Monday, Sept. 1.

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

Families with children ages 3-10 enjoy creative, interactive projects led by museum educators and explore highlights from Under the Same Sun and Wang Jianwei: Time Temple.

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

Families with children ages 5-14 discover more about the themes and materials seen in the works on view in the Zero: Countdown to Tomorrow 1950s-60s or Under the Same Sun exhibitions.

**Family Art Tour:** Robert F. Wagner, Jr. Park, 20 Battery Pl.; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); 2 pm; Free.

Take a fascinating look at the playfully political sculptural installation The Real World by Tom Otterness, a bustling miniature society cast in bronze in the northeast corner of Nelson A. Rockefeller Park.

**"The Dancing Fox":** 7:30 pm. Cathedral of St. John the Divine. See Friday, Sept. 5.

## FURTHER AFIELD

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Sept. 6.

**Depot time:** 1:30pm. New York Transit Museum. See Saturday, Sept. 6.

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

Family-friendly peek inside the gardens, learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

**Block Printing:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30-12:30 pm; \$8, plus museum admission.

Children ages 18 months and older carve groovy designs into foam blocks and use colorful ink to create a one-of-a-kind print.

## MON, SEPT. 8

### IN MANHATTAN

**Baby Lapsit:** Kips Bay Library, 446 Third Ave.; (212) 683-2520; [www.nypcl.org](http://www.nypcl.org); 11:30 am; Free.

Babies listen to stories, sing songs, and interact with other babies in the neighborhood.

## TUES, SEPT. 9

### IN MANHATTAN

**Caring For A Newborn:** 6:30-8:30 pm. 92nd Street Y. See Tuesday, Sept. 2.

**Planning Your Child's Early School Years:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 8-9:30 pm; \$45.

Parents of children ages 3-4 learn what to look for in a preschool, when to start looking, the appropriate age for your child to begin, what programs are available and what to expect in the application process.

## WED, SEPT. 10

### IN MANHATTAN

**Going Back to Work...Or Not:** 92nd Street Y, 1395 Lexington Ave.

*Continued on page 44*

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# Calendar

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## Continued from page 42

at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am-noon; \$10/session.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

**Jason Segel and Kirsten Miller discuss "Nightmares!":** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 7 pm; \$25.

Actor Jason Segel ("How I Met Your Mother," "The Muppets") teams up with New York Times bestselling author Kirsten Miller ("Kiki Strike") to discuss their hilariously frightening middle-grade novel "Nightmares!", the first book in a trilogy about a boy named Charlie and a group of kids who must face their fears to save their town.

## THURS, SEPT. 11

### IN MANHATTAN

**Movie Time:** "The Smurfs 2": Kips Bay Library, 446 3rd Ave.; (212) 683-2520; [www.nypil.org](http://www.nypil.org); 3 pm; Free.

Gargamel is back, and this time he's sending the Smurfs on a wild adventure through Paris in this globe-trotting sequel.

## FRI, SEPT. 12

### IN MANHATTAN

**Shababa at 92Y:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 9:30-10:15 am OR 10:45-11:30 am; \$10 adults.

Enjoy a friendly, welcoming atmosphere and give your toddler an opportunity to embrace the festive feeling of Shabbat with songs, stories, challah and snacks.

**"The Dancing Fox":** 7:30 pm. Cathedral of St. John the Divine. See Friday, Sept. 5.

## SAT, SEPT. 13

### IN MANHATTAN

**Shababa Saturday Experiences:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am-noon; Free.

Newborn-10 year olds join the Shababa community on Saturday for singing, art projects, playground visits, holiday-themed celebrations and much more.

**The Funny Bones Mime Trio:** Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; [www.lincolncenter.org](http://www.lincolncenter.org); 11 am; Free.

## Visual language

Children's Museum of the Arts presents the exhibit Drawn to Language from Sept. 18 through Jan. 11, 2015.

The exhibit brings together words and images relating to language and invites viewers to explore language in a whole new way. Children view the works of Adam Ames, Erik Den Breejen, Anne-Lise Coste, Jenny Holzer, and many others.

The museum is open Mondays through Wednesdays from noon to 5 pm, Thursdays and Fridays from noon to 6 pm, and Saturdays and Sundays from 10 am to 5 pm. Admission is \$11 and children,

Gregg Goldston, Haruka Moriyama, and Joseph Herschel debut their newest work: "The History of Modern Mime," a hilarious and educational travelogue for families about the art of mime.

### "Elmo's World of Opposites"

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

Join Sesame Street's curious red monster as he explores opposites.

### Decorate FREE School Supplies:

The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am-2 pm; \$10 admission price (adults), Free for children under 12.

Kids give their school supplies a special New York City flare by decorating a free pencil pouch with their own painting inspired by cityscape paintings of New York City 100 years ago.

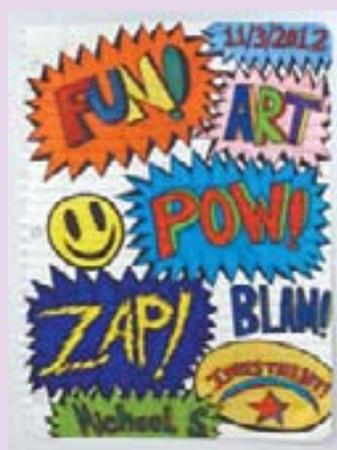
### Tech For Tots Opposites Attract:

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

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

**"Captain America":** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 12:15 and 3 pm; Free.

Steve Rogers struggles to embrace his role in the modern world as Captain



free for seniors and infants to 12 months, and pay as you wish on Thursdays from 4 to 6 pm.

Children's Museum of the Arts [103 Charlton St. at Greenwich Street in Lower Manhattan, (212) 274-0986; [www.cmany.org](http://www.cmany.org)].

America, and battles a new threat from old history.

**"The Dancing Fox":** 7:30 pm. Cathedral of St. John the Divine. See Friday, Sept. 5.

### FURTHER AFIELD

**Columbia Waterfront Fall Festival:** Street Fare, Columbia St. between Degraw and Union streets, Brooklyn; [www.carrollgardensassociation.com](http://www.carrollgardensassociation.com); Noon-5 pm; Free.

Family friendly event featuring rides, animal rescue adoption truck, street food fare, live music, dance performances and raffles, lots of raffles.

**Knitting and Wildlife:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1-4 pm; \$30 (\$20 members).

Learn how to knit with multiple yarns and colors with the Recapturing the Scenic Wilds artist Ruth Marhsall. Using photos from her own research learn how to design and knit a four-inch swatch. Participants should know the basics of knit and purl. Recommended for older teens.

**Depot time:** 1:30 pm. New York Transit Museum. See Saturday, Sept. 6.

## SUN, SEPT. 14

### IN MANHATTAN

**92Y Street Festival:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); Noon-5 pm; Free.

92Y's annual Street Fest brings its

programs out onto Lexington Avenue with fun for all ages. Kid Central zone features performances, arts & crafts, drawing, cartooning, and more.

**Just Drop In!:** 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Sept. 7.

**Open Studio:** 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Sept. 7.

**"The Dancing Fox":** 7:30 pm. Cathedral of St. John the Divine. See Friday, Sept. 5.

### FURTHER AFIELD

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Outdoor painting for budding to artists put their own abstract spin on nature. Follow the easy techniques of abstract painter Helen Frankenthaler.

**Special day:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 10 am-noon; Free with museum admission.

The museum is partnering with Extreme Kids & Crew for another exciting day for families with special needs children. Families explore the museum before it's open to the public, participate in arts and crafts and games.

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

Pre-schoolers start a brand new year with fun art activities in the Totally Tots art studio.

**Depot time:** 1:30 pm. New York Transit Museum. See Saturday, Sept. 6.

**Cardboard Creations:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30 - 12:30 pm; \$8, plus museum admission.

Children ages 18 months and older design new ways of joining cardboard pieces to transform them into cool creations.

## MON, SEPT. 15

### IN MANHATTAN

**Breastfeeding Support Group:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 11:15 am-12:30 pm; \$20/session.

Breastfeeding is an evolving process that raises many questions and concerns. Meet with other moms, babies and a lactation specialist at this drop-in

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class to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, how to juggle breastfeeding and work, and whether and how to supplement.

## FURTHER AFIELD

**Fall Walk:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1 pm; Free with admission to the grounds.

After the Family Art Project, explore the grounds with a naturalist on walk. Children 6 and older. Children must be accompanied by an adult.

## TUES, SEPT. 16

### IN MANHATTAN

**Exploring Science:** Swimming with the Fishes!: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; [www.cmom.org](http://www.cmom.org); 10 am; Free with museum admission.

Children, ages 4 and younger, collage a seascape inspired by the creatures that live under water.

## WED, SEPT. 17

### IN MANHATTAN

**Choosing Childcare:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am-noon; \$10/session.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

## THURS, SEPT. 18

### IN MANHATTAN

**Movement & Circle Time:** Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; [www.cmom.org](http://www.cmom.org); 4 pm; Free with museum admission.

Children, ages 4 and younger, sing, move, and listen while enjoying special stories.

## FURTHER AFIELD

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

Children learn and play and strengthen developmental, and language skills.



## Guggenheim for kids

Families enjoy the tour Just Drop In at the Solomon R. Guggenheim Museum Sundays from Sept. 7 through Sept. 28.

Museum educators lead children ages 3 to 10 through interactive projects and explore highlights from the exhibits Under the Same Sun and Wang Jianwei:

Time Temple.

Just Drop In, Sundays from Sept. 7 through Sept. 28 from 1 to 4 pm. Free with museum admission.

*Solomon R. Guggenheim Museum [1071 Fifth Ave. at 89th Street in Carnegie Hill, (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org)].*

## FRI, SEPT. 19

### IN MANHATTAN

**Shababa at 92Y:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 9:30-10:15 am OR 10:45-11:30 am; \$10 adults.

Enjoy a friendly, welcoming atmosphere and give your toddler an opportunity to embrace the festive feeling of Shabbat with songs, stories, challah and snacks.

**Shababa Bakery:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:15 am; \$15 child/adults free.

Children of all ages squish, roll and braid their own challah to take home and bake.

## FURTHER AFIELD

**Learn and play:** 3-6 pm. Brooklyn Children's Museum. See Thursday, Sept. 18.

## SAT, SEPT. 20

### IN MANHATTAN

**Dads' Boot Camp:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am-1 pm; \$65.

Expectant and new dads (and their

babies) connect with veteran dads for a frank discussion on becoming a father.

**Go Fish With Key Wilde & Mr. Clarke:** Robert F. Wagner, Jr. Park, 20 Battery Pl.; (212) 267-9700; [www.bpc-parks.org](http://www.bpc-parks.org); 10 am-2 pm; Free.

This family performance tops off the GO Fish program, which includes a catch and release event, art project and bird watching. Concert at 12:30 pm.

**Stamp Club For Kids:** Collectors Club, 22 E. 35th St.; (212) 683-0559; [info@collectorsclub.org](mailto:info@collectorsclub.org); [www.collectorsclub.org](http://www.collectorsclub.org); 10-11:30 am; Free.

Kids, ages fourth grade and up, enjoy this fun and educational introduction to stamp collecting. Space is limited; early registration is encouraged. All materials are provided.

**Shababa Saturday Experiences:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am-noon; Free.

Newborns to 10 year olds join the Shababa community on Saturday for singing, art projects, playground visits, holiday-themed celebrations and much more.

**Decorate FREE School Supplies:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am-2 pm; \$10 admis-

sion price (adults), Free for children under 12.

Kids give their school supplies a special New York City flare by decorating a free pencil pouch with their own painting inspired by cityscape paintings of New York City 100 years ago.

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

Children, ages 7 and up, participate in hands-on activities that explore the properties, structures, materials and scale of nanoscience and nanotechnology.

**Teen Tour and Workshop:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); 2-4:30 pm; \$10.

Teens explore the concept of place while viewing Under the Same Sun and respond through art-making activities in the studio led by teaching artist Antonia Perez.

## FURTHER AFIELD

**Fifth Annual World Maker Faire:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.ny-science.org](http://www.ny-science.org); 10 am-7 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performance, demonstrations and a speaker roster including authors, innovators, and leading thinkers in the Maker movement.

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Families Mix up pulp and add some real flavor to handmade paper in Spicy Paper Visiting papermaking pro Randy Brozen will show you how to use household spices — like cumin, chili and turmeric — and other natural items for a naturally pigmented papermaking extravaganza.

**"Dinosaur vs. School":** Brooklyn Academy of Music Hillman Studio, 321 Ashland Place, Brooklyn; (718) 763-4100; [www.bam.org](http://www.bam.org); 10:30 am; Free.

An interactive book reading of the latest Dinosaur series with author Bob Shea. Following the event there will be a book signing. Suitable for children 2 to 5 years old.

**Met Life Early Learner Performance - Meet the Strings:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org).

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**Continued from page 45**

org; Noon and 1 pm; Free with museum admission.

Hear beautiful melodies and learn about string instruments with instructors from the Noel Pointer Foundation.

**Trav-o-lution university:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

How did we get from horse drawn streetcars to motorbuses. Children get honorary degrees in trav-o-lutionary science by learning all about the history of travel.

**Learn and play:** 3-6 pm. Brooklyn Children's Museum. See Thursday, Sept. 18.

## SUN, SEPT. 21

### IN MANHATTAN

**Pseudonymous Bosch:** Bad Magic: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 1 pm; \$15.

The mysterious author of "The Name of This Book is Secret" goes behind-the-scenes of his new adventure series "Bad Magic" for ages 9 to 12.

**Sunday Studio:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 1-4 pm; Free with museum admission.

Try your hand at creating works of art in the galleries in this drop-in program. Focus on a different art form each session with family-friendly activities led by an artist.

**Just Drop In!:** 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Sept. 7.

**Open Studio:** 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Sept. 7.

**Art Making Workshop:** Robert F. Wagner, Jr. Park, 20 Battery Pl.; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); 2 pm; Free.

Children ages 5 and up create a fanciful tower or archway based on Rector Gate, a work by artist R.M. Fischer.

### FURTHER AFIELD

**Fifth Annual World Maker Faire:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.ny-science.org](http://www.ny-science.org); 10 am-6 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performance, demonstrations and a speaker roster including authors, innovators, and leading thinkers in the

## Back to the future

Take a trip back to the future with *Traveling in the World of Tomorrow: The Future of Transportation at the New York's World's Fairs at the New York Transit Museum at Grand Central Terminal* now through Nov. 2.

The new exhibit examines the visions of transportation as presented at the 1939 and 1965 World's Fairs. Come and celebrate the 50th and 75th anniversaries of the fairs and view a variety of postcards, photos, ephemera and souvenirs.

*Traveling the World of Tomorrow*, now through Nov. 2 Mondays through Fridays, 8 am to 8 pm and Saturdays and Sundays 10 am to 6 pm. Free.

*NY Transit Museum Gallery Annex at Grand Central Terminal [42nd Street and Park Avenue in Midtown, (212) 878-0106; [www.grandcentralterminal.com](http://www.grandcentralterminal.com)].*



Maker movement.

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Sept. 20.

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

Have your family meet the brass family of instruments during an interactive concert featuring the science and fun of making music.

**Nature Hike:** Bartow-Pell Mansion Museum, 895 Shore Rd., The Bronx; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 1 pm; Free.

Explore the only mansion left on the shores of Pelham Bay. Learn about the other country estates that neighbored the estate on this hike. Wear comfortable shoes or boots, bring water, and a light snack. Meet in the Parking Lot. Recommended for older children. Registration required.

**Trav-o-lution university:** 1:30pm. New York Transit Museum. See Saturday, Sept. 20.

## MON, SEPT. 22

### IN MANHATTAN

**Breastfeeding Support Group:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 11:15 am-12:30 pm; \$20/session.

Breastfeeding is an evolving process that raises many questions and concerns. Meet with other moms, babies and a lactation specialist at this drop-in class to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, how to juggle breastfeeding and work, and whether and how to supplement.

## TUES, SEPT. 23

### IN MANHATTAN

#### An Evening with Patricia

**Polacco:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 6 pm; \$15.

Author and illustrator of *Thank You, Mr. Falker*, and dozens of other favorite children's books, discusses her life and award-winning work, including her latest, "Mr. Wayne's Masterpiece," an inspired-by-true-life story about overcoming the fear of speaking in public, for ages 6 and up.

## WED, SEPT. 24

### IN MANHATTAN

**Becoming A Family:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am-noon; \$10/session.

Led by 92Y Parenting Center director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

### FURTHER AFIELD

**Young Scholars Talk:** Bartow-Pell Mansion Museum, 895 Shore Rd., The Bronx; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 4 pm; Free.

Claire McRee will discuss the history of white as a color for baby clothes, everyday and wedding dresses. Clothing from the museum's collection will be on view. Recommended for teens. Registration required.

## THURS, SEPT. 25

### IN MANHATTAN

#### Rosh Hashanah Family Ser-

**vices:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am, 2 pm; \$50 and up (free for children under 1 year).

Celebrate with traditional and contemporary music, prayers, songs and stories on the themes of the holiday, led by Karina Zilberman, 92Y's Director of Jewish Family Life and Culture. Select services at 10 am or 2 pm.

#### Sci-Tech Workshop Shofar

**Sounds:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); 11 am-1 pm; \$10.

Children learn how the shape of the shofar affects the sound that it makes, and experiment with different ways of playing while creating their own shofar to celebrate Rosh Hashanah.

## FRI, SEPT. 26

### IN MANHATTAN

**Shababa at 92Y:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 9:30-10:15 am or 10:45-11:30 am; \$10 adults.

Enjoy a friendly, welcoming atmosphere and give your toddler an opportunity to embrace the festive feeling of Shabbat with songs, stories, challah and snacks.

#### Rosh Hashanah Family Ser-

**vices:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am; \$50 and up (free for children under 1 year).

Celebrate with traditional and contemporary music, prayers, songs and stories on the themes of the holiday, led by Karina Zilberman, 92Y's Director of Jewish Family Life and Culture.

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

## SAT, SEPT. 27

### IN MANHATTAN

**Jeff Koons Family Day:** Whitney Museum of American Art, 945 Madison Ave. between E. 74th and 74th streets; (212) 671-1846; [whitney.org](http://whitney.org); 9:30-11 am; Free with museum admission.

This family-friendly exhibition features a giant sculpture of a balloon dog, a larger-than-life sculpture of Play-Doh, art making activities, hands-on gallery stations, and more!

**2014 NYC CureSearch Walk for Children's Cancer:** Solar One's Stuyvesant Cove Park, 24-20 FDR Drive, Service Road at E. 23rd St.; [www.curesearchwalk.org/nyc](http://www.curesearchwalk.org/nyc); 10am; \$10 Registration.

Help honor NYC children who have been affected by children's cancer. This very special day includes music, food, and fun activities for the entire family. The CureSearch Walk celebrates and honors children whose lives have been affected by childhood cancer, while raising funds for lifesaving research. Registration at 10am, Opening Ceremony and Walk at 11 am.

**Shababa Saturday Experiences:** 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10:30 am-noon; Free.

Newborn-10 year olds join the Shababa community on Saturday for singing, art projects, playground visits, holiday-themed celebrations and much more.

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

Dora and Boots need your help to save the Mermaid Kingdom from a mean garbage dumping octopus.

**Design Book Covers:** The Museum of the City of New York, 1220 Fifth Ave., between E 103rd and E 104th streets; (212) 534-1672; [www.mcny.org](http://www.mcny.org); 11 am-2 pm; \$10 admission price (adults), Free for children under 12.

Taking inspiration from their favorite storybooks, families design book covers in the bold, colorful style of one of our city's great illustrators: Mac Conner.

**Tech For Tots Little Oceans:** SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com); Noon-1 pm; Free.

Children learn about waves, and then create their own tiny ocean using recycled plastic bottles.

**Celebrate Latin America:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; [www.metmuseum.org](http://www.metmuseum.org); 1-5 pm; Free



## Jewish New Year fun

Celebrate the Jewish New Year with a performance of Apples and Honey in the Big Apple with Mama Doni, at The Museum of Jewish Heritage on Sept. 28.

Kids' group the Mama Doni Band performs its high-energy concert of rock, disco, Latin, and Klezmer music, featuring the talents of Doni Zasloff Thomas. The concert is suitable for children ages 3 to 10 but just as much fun for parents, too. After the concert families are invited to make

holiday-themed crafts and take a mini-tour of the gallery.

The concert is at 2 pm on Sept. 28 and craft time is 1 to 4 pm. Admission is \$10 for nonmember adults, and \$7 for children 10 and under. Members pay \$7 per adult and may bring up to three children free. Tickets available online or at the box-office.

*Museum of Jewish Heritage [36 Battery Pl. at First Place in Battery Park City, (646) 437-4202, [www.mjhnyc.org](http://www.mjhnyc.org)].*

with museum admission.

Connect and celebrate during the annual Museum-wide festival. Bring family and friends to explore art, enjoy performances and stories, create, and more.

**Spike and Mike's Festival of Animation:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 3 pm; \$10 for children, \$14 for adults.

The Just Kidding Series at Symphony Space kicks off today with this fun collection of the world's most unique animated short films.

### FURTHER AFIELD

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave., The Bronx; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Visual artist Tammy Nguyen takes participants on a mythological journey in Nature Becomes a Greek God to transform found materials in nature, such as leaves, dirt and twigs, into a

portrait of a nature deity or a fantastical Greek god.

**Museum Day:** Bartow-Pell Mansion Museum, 895 Shore Rd., The Bronx; (718) 885-1461; [www.smithsonian-mag.com/museumday](http://www.smithsonian-mag.com/museumday); Noon-4 pm; Free.

The annual event hosted by the Smithsonian Magazine provides open door access to participating museums and a guided tour of the estate. Recommended for teens. Registration required. Visit the Smithsonian Magazine website for tickets.

**MAP NYC:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 1:30 pm; Free with museum admission.

There are more than 468 square miles in New York City that buses travel everyday. Children learn all about the different routes.

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

Children of all ages enjoy a half-hour film from Hippo Works that inspires children to be Eco Heroes. Take a trip with Simon the Hippo and friends and learn about the changing climate, the role of carbon dioxide and methane and the good eco-habits that can be developed. After the film, children play a matching memory game and take home a coloring page.

## SUN, SEPT. 28

### IN MANHATTAN

**Just Drop In!:** 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Sept. 7.

**Open Studio:** 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, Sept. 7.

**Kids Band Mama Doni Celebrates The Jewish New Year:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); 2 pm; \$10, \$7 for children 10 and under.

Kids, parents, and grandparents are all invited to sing and dance along to Mama Doni's original songs and her new twists on holiday favorites.

**Walks & Talks:** Battery Park, 6 River Terrace; [www.bpcparks.org](http://www.bpcparks.org); 2 pm; Free.

City naturalist Dave Taft discusses growing up with bats in Brooklyn and watching wild turkeys in lower Manhattan. Then look for birds and rare native plants reintroduced in Battery Park City Parks Conservancy's gardens.

### FURTHER AFIELD

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Sept. 27.

**Annual Bus Festival:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 11 am-5 pm; Free with museum admission.

Come on down and enjoy the 21st annual festival and discover The Bus of the Future. Visitors see new technologies, learn about tracking buses, select bus service, and also view the collection of vintage buses. For all ages.

**Eco Heroes Save the Climate:** 2:30 pm. Brooklyn Children's Museum. See Saturday, Sept. 27.

**Harvest Time Jam:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10:30-12:30 pm; \$8, plus museum admission.

Children ages 18 months and older smash and stir seasonal fruit into a yummy batch of homemade jam.

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# Calendar

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

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## MON, SEPT. 29

### IN MANHATTAN

#### Breastfeeding Support Group:

92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 11:15 am-12:30 pm; \$20/session.

Breastfeeding is an evolving process that raises many questions and concerns. Meet with other moms, babies and a lactation specialist at this drop-in class to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, how to juggle breastfeeding and work, and whether and how to supplement.

## TUES, SEPT. 30

### IN MANHATTAN

**Mural Wall Painting:** Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; [www.cmom.org](http://www.cmom.org); 4 pm; Free with museum admission.

Children, ages 4 and younger, mix paint on the PlayWorks Mural Wall, while learning kindergarten readiness skills.

## 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](http://www.grandcentralterminal.com); Free. Monday - Friday, 8 am - 8 pm, Saturday and Sunday, 10 am - 6 pm.

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.

#### Marvel's AVENGERS

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

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

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

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

**Children's Basketball:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Mondays, 3:30 pm & 4:30 pm, 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 to 6 play from 3:30 to 4:30 pm, and children 7 and up play from 4:30 to 5:30 pm.

**Children's Soccer:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Tuesdays, 2:30 pm, 3:30 pm, & 4:30 pm, Now - Tues, Oct. 28; Free.

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

**Young Sprouts Gardening:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Tuesdays, 3:15-3:45 pm, Tues, Sept. 2 - Tues, Oct. 28; Free.

An introduction to organic gardening for children, ages 3 to 5 years, accompanied by an adult.

**Wednesdays in Teardrop:** Battery Park, 6 River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Wednesdays, 3:30-5:30 pm, Wed, Sept. 3 - Wed, Oct. 29; Free.

Kids, ages 5 and up, enjoy energetic lawn games and art projects, ranging from designing fantasy cities to making animal headdresses.

**Wednesdays in Teardrop:** Teardrop Park, Warren St.; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); Wednesdays, 3:30-5:30 pm, Wed, Sept. 3 - Wed, Oct. 29; Free.

Kids, ages 5 and up, enjoy energetic lawn games and art projects, ranging

from designing fantasy cities to making animal headdresses.

**Art+Games:** Nelson A. Rockefeller Park, Chambers Street & River Terrace; [www.bpcparks.org](http://www.bpcparks.org); Thursdays, 3:30-5:30 pm, Thurs, Sept. 4 - Thurs, Oct. 30; Free.

Join other school-age children for fun, creative art activities and lawn games.

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

**Storytime:** Museum of Jewish Heritage, 36 Battery Place at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); Wednesday, Sept. 17, 3:30 pm; Wednesday, Oct. 1, 3:30 pm; Wednesday, Oct. 29, 3:30 pm; Wednesday, Nov. 12, 3:30 pm; Wednesday, Dec. 3, 3:30 pm; Wednesday, Dec. 17, 3:30 pm; Free.

Drop-in program warm, whimsical tales about traditions, holidays, and families from some of today's best storybooks for children ages 0-4.

**Drawn to Language:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); \$11.

In this new exhibition, words are given visual form. Letters, words, or phrases are transcribed, visualized, verbalized, symbolized, morphed into patterns, scrambled, or even erased.

### FURTHER AFIELD

**Museum closed - annual maintenance:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Closed.

The museum is closed for its annual exhibit facility maintenance program. will reopen on Sept. 13.

**Science Playground:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$4, plus museum admission.

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

**Rocket Park Mini Golf:** New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key 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](http://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.

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

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

**Touch tank:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Wednesdays, Saturdays and Sundays, 11:30 am-12:30 pm and 2:30-3:30 pm, Sun, Sept. 14 - Sat, Nov. 1; Free with museum admission.

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

**Haunted Pumpkin Garden:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Mondays - Thursdays, 1:30-5:30 pm, Fridays, 1:30 - 5:30 pm, Saturdays, 10 am to 5:30 pm, Sundays, 10 am-5:30 pm, Sat, Sept. 20 - Fri, Oct. 31; Free with garden admission.

Youngsters experience guided activities, play inside a pumpkin house, go on a scavenger hunt, put on a show, and read spooky stories. On Saturday and Sunday there's a costumed parade.

**Creepy Creatures of Halloween:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, Noon and 2 pm, Sat, Sept. 20 - Fri, Oct. 31; Free with garden admission.

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# New & Noteworthy

BY LISA J. CURTIS

## DIY rock star

There are many virtuous reasons to give your child music lessons, but there is also that wonderful, purely selfish motivation: “I, the parent, have ‘learn to rock on an electric guitar’ on my bucket list, and I will now live vicariously through my child.”

Making it even easier to nurture your little rock star, Upper West Side-based Rafael Atijas has just put an electrified version of his Loog guitar on the market. With just three strings, Electric Loog guitars are easier for kids to tune and play than the traditional six-string, partly because there are fewer strings and also because the neck is slimmer and easier for them to get their little hands around.

Electric Loogs are available in a vintage, pastel color palette; choose from blue, green, red, white, or yellow. They also arrive in pieces, so you and your child will become intimately acquainted with the inner workings of the instrument when you assemble it.

A series of how-to videos featuring music educator David Mills, dubbed the “Loog Academy,” can be viewed



for free on loogguitars.com, so it won't be long before you, er, your child, is strumming like Keith Richards.

*Electric Loog II guitar, \$199, www.loogguitars.com.*

## Adventure in Chinatown

Just in time for the mid-autumn moon celebrations, Entertainment One has released “Geronimo Stilton: Going Down to Chinatown,” a set of four animated episodes

starring New Mouse City reporter Geronimo Stilton, the main character of the adventure-rich Scholastic book series, now celebrating a decade in print. Here, Stilton is on a quest to piece together a treasure map and pursue its prize all the way to Beijing. Viewers are given a taste of Chinese culture and a mouse version of Qin Shi Huang Di's terra-cotta army, where Stilton's bumbling cousin Trap hilariously triggers a domino effect, knocking over the priceless 2,000-year-old sculptures.

After watching, visit Manhattan's Museum of Chinese in America, which will celebrate the mid-autumn moon on Sept. 6.

*“Geronimo Stilton: Going Down to Chinatown” DVD, \$12.98, www.amazon.com.*



## In on the yolk

Joanie Leeds and the Nightlights serve up songs ranging from folk to punk, making a really “Good Egg.” In her latest album, Leeds bares her

Big Apple pride, imagining a Dino on the Upper West Side and gently needling the uber cool

kids from her Williamsburg nabe in “Hipster in the Making”: “I ride my bike in my skinny jeans / that I bought at the thrift shop off Bedford you see.”

Speaking of the clothes making the man, er, boy, as Halloween approaches, in Leeds's “Confusing Costume”; she sings about a penchant for sporting homemade disguises, despite bristling over the question: “Who are you supposed to be?”



And the delightfully geeky Leeds joins with the Pop Ups's Jacob Stein in a tuneful discussion of idioms in “The World is Your Oyster” where she cheerfully egg-sploits every yolk, er, joke.”

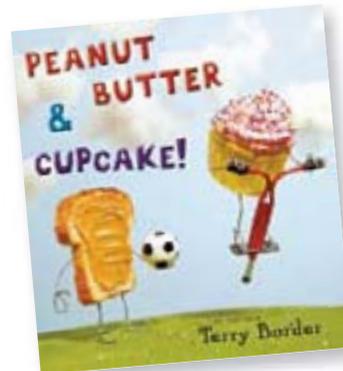
*“Good Egg” CD by Joanie Leeds and the Nightlights, \$15, www.joanieleeds.com.*

## ‘Peanut Butter’ is in a jam

Terry Border's “Peanut Butter & Cupcake!” is the sweet story of a new kid in town who endures help-

ings of rejection before he finally makes a friend. This artist's message is conveyed through photographs of his main characters fashioned from children's menu foods anthropomorphized with wire limbs. A soccer ball-toting piece of bread slathered with peanut butter is surprisingly able to convey determination, loneliness, and happiness — and he doesn't even have eyes! Border's “Peanut Butter & Cupcake!” (Philomel) can be enjoyed by readers of all ages, especially those 3 and older. Please sir, may we have some more?

*“Peanut Butter & Cupcake!” by Terry Border, \$17.99, barnesandnoble.com.*



## Foxy news

Great Britain-based clothing line Mini Boden has created a line of colorful, woodland-themed novelty tights that finally put a fashionable focus on those long neglected joints — the knees! Choose from berry and purple tights with sweet, orange-faced foxes at the knees; or a fountain blue and gray version with purple and yellow birds



at the knee; or blueberry-and-white striped tights with bold red hearts at the knee. These cotton-rich tights include 24-percent nylon and 3 percent elastane, and they're machine washable. Girls ranging in age from 18 months-to-two-years all the way up to 11-to-12-years old will keep cozy and warm all winter long with a pair of these adorable tights.

*Mini Boden Novelty Tights, \$18, www.BodenUSA.com.*

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