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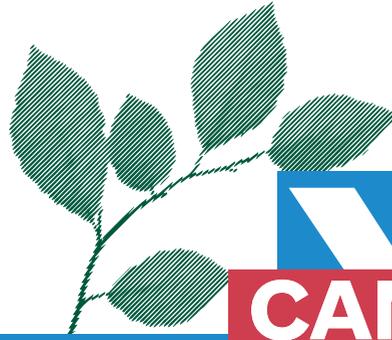
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# Family March 2015

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# Letter from the publisher

## Parenting choices all month long

**W**ho in New York isn't ready for a change in the weather? When those first pussy willows come up and we see some buds, we will be much happier. In the meantime, the days are growing longer and the quality of light will tell us that spring is just around the bend.



Our March issue offers a look ahead at Summer Programs & Camps as well as at Charter School tours. With April registration dates looming, now is the time to begin doing the research necessary to select choices for further investigation. One great thing about being a parent in New York is that there is an abundance of choice. Finding out your options and then going on tours is part of the responsibility of parenting. One needs to be a strong advocate for one's children, although it's a balancing act

every day in every way between being a working parent and working as a parent. I know from first-hand experience.

Although I didn't set out to be a single parent, it turned out that way, and the responsibilities I had combining a very necessary career with raising my child were daunting to say the least. Somehow, however, in spite of the full load, I managed to become the head of our school's parent body, drive my daughter to soccer games all over Long Island for two years, while also managing to take trips, visit museums, and go to the theater and ballet with her.

We are enormously fortunate to have so much intelligent stimulation around us and that we owe it to our children to participate with them in the myriad of possibilities that will further enhance their education and

well being. I argued with teachers sometimes (while being fully respectful of their objectives and priorities) that no, my daughter had not done her homework because we had gone out the night before to the ballet, or had seen a play. I considered us very lucky to have that even as an option, so saying no to the invite would have been nuts. That's what life in New York means to me and why I came here long ago from Chicago.

I believe in the enhancement of a total education that does not always take place in a classroom, but is found on the road on a family trip, in a museum, in front of PBS quality television programming, hearing music, seeing a family show, or reading a book together. Family time used well and fully is an integral piece of life and creates a foundation that is profound.

That said, please make use of our Calendars, both in print and online

at our helpful and informative website, [www.NYParenting.com](http://www.NYParenting.com). Our Calendar Editor Joanna makes a big effort to put together an exciting and full monthly guide to great events around the five boroughs. Speaking of our website, there is more information and helpful and provocative articles on our site than we are able to offer in print. If you like what you read here in the magazine, you will love the site. If you need any help in navigating to find what you're looking for, give us a call.

Have a great month. Watch for the signs of spring. It's definitely around the bend. Thanks for reading.

Susan Weiss-Voskidis,  
Publisher/Executive Editor  
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# Teacher's tips

Advice for  
students taking  
the Common  
Core English  
Language Arts  
exam in third  
through eighth  
grades

BY ALLISON PLITT

**M**y daughter is enrolled in the third grade at a Queens public elementary school. For the past two years, she has come home with report cards saying she performs above grade level in writing. Since I work as a writer I have been trying to help her formulate her ideas into words and then into coherent sentences. Although my daughter is conscientious about doing her homework, I have found she is not receptive to listening to my advice when it comes to helping her compose sentences and essays.

This year I finally made the decision to hire a tutor to help her place her words onto paper. I found a woman through an online tutoring service who had been teaching English Language Arts to middle school students at a Brooklyn public school for 11 years. The New York City Department of Education's English classes are comprised of speaking, listening, vocabulary, reading comprehension, grammar, and writing.

The tutor, Lisa Quercia, also prepares her own students for their yearly state exam, and last year was the first time she taught test preparation for the New York State Common Core Standards English Language Arts exam.

"This is the second real year for the Common Core Exam because the first year is really transitional," she observed.



The Common Core Standards English Language Arts exam for grades three through eight is a three-day test on April 14, 15, and 16. It is comprised of the same types of questions for all six grades. Students are given three booklets: one to complete each day of the test. On the first day, there will be reading passages and multiple-choice questions. On the second day the test booklet is comprised of reading passages, multiple-choice questions, short-response questions, and one extended-response question. The third day's booklet will have reading passages, short-response questions, and one extended-response question.

Students in grades five through eight will have an hour and a half

each day to respond to all the questions in their booklet. Students in grades three and four will have an hour and 10 minutes each day to respond to the questions.

"There is just so much information packed into the English Language Arts testing booklet, so timing is important," Quercia advises.

The night before the exam, Quercia tells parents to make sure their children get enough sleep.

"It's also important to build confidence in your children, so tell them to do the best they can do," she says. On the day of the exam, Quercia advises that students eat a healthy breakfast. "If students eat any sugary foods or drinks for breakfast, then they get tired in the middle of the exam," she observed.



The reading passages are separated into four categories: expository (explanatory), argumentative, instructional, and narrative. Creating a seven-step guide for answering the multiple-choice questions, Quercia says, “I always tell my students to read the directions first. Then, take a look at the title of the piece and also see if there are any pictures to scan over. Sometimes the directions might give them a hint. They might say ‘read this article,’ then you know it’s non-fiction and you’ll probably learn something. If the directions say ‘read this story,’ then you know you’re going to have characters, settings, problems, and solutions.”

Another tip Quercia tells her students is to preview the question before reading the passage.

“I tell them to read the questions first because it gives you an idea about what the passage is about and an idea about what you should be concentrating on,” she said.

After the students preview the questions, Quercia recommends that they read the passages actively.

“Students should be looking for key details from the questions as they read. They can bring and use highlighters on the exam and highlight information that is part of the answer later, but they shouldn’t get carried away with highlighting because it can slow them down.”

As far as answering the multiple-choice questions, Quercia encourages students to use process of elimination. Encouraging students to go back to the passage to find the an-

swers, she says, “They can flip back as much as they need to.” Because an electronic machine scores the multiple-choice part of the test, she says it is important that children fill in all of the bubble for their answers.

As Quercia has proctored the test for many years, she has seen every possible problem happen.

“Every now and then I would catch a kid just answering in the test book and then waiting to transfer the answers to the answer sheet. That can be a disaster if the student puts one answer in one wrong spot — then the whole test is wrong. It’s important that students put their multiple-choice answers on the answer sheet right away.”

In regards to leaving answers

blank, Quercia advises, “Never leave multiple-choice questions blank. The teacher will give you a two-minute warning at the end of the test. With two minutes left, finish the question you’re working on and then you might be able to start one more. Bubble in answers if you have five blank answers left. Just guess. Bubble in ‘C, C, C’ or ‘A, B, C, D.’ There’s no penalty for guessing.”

In regards to the extended-response questions, Quercia uses a formula that her school has been using for years called RAFT. As she explains, “R stands for ‘restate the question.’ A is ‘answer the question’ or parts of the question. F stands ‘for example.’ That’s where you give, for example, your text details. Students can quote the text details or paraphrase them. T is to ‘tie it together,’ to conclude it. Tie your conclusion back to the topic sentence in the introduction. Use summary type phrases like ‘as you can see.’ Those four steps should give you a good solid essay.”

Quercia warns about a part of the exam where students are asked to read two passages on the same topic.

“There will be a paired passage in one of the test booklets. It’s probably the third day. It’s two passages on a similar topic. You’ll read the passages and then there will be questions only about the first passage. Then there will be questions just about the second passage. Then there might be a short-response question about both. Then you write an extended-response question and you must include details from both passages as it says it in the directions.”

Since teachers from other schools will grade the short- and extended-response questions, Quercia says handwriting should be neat and legible.

“I’ve scored the test for the city and you’re sitting in this room with all of these other teachers reading test after test after test. Once you come across that test that’s sloppy, you really have to keep deciphering it. You can ask the other teachers to come over and have this whole group discussion about this one test book because you can’t read it. The truth is the test is easier to grade when it’s legible.”

*To obtain more information about the New York State Common Core Standards exams, educators, parents and students can visit the website [www.engageny.org](http://www.engageny.org).*

*Allison Plitt is an English Language Art writer who lives in Queens with her husband and young daughter. She is a frequent contributor to New York Parenting.*



## HEALTHY LIVING

DANIELLE SULLIVAN

# Debating vaccines

**I**f your pediatrician sent you a letter that said if you didn't follow his vaccination schedule, your child could no longer be a patient, would that bother you? Or would it upset you more to know that your newborn was sitting next a family of children who weren't vaccinated ... ever? The recent measles outbreak confirmed by the Health Department has sent not only a flurry of angst to an already overfilled and angry internet, but also poses real questions that parents and even doctors are mulling over. As with many hot parenting debates, there is no easy answer that will appease all groups.

A couple of years ago, even before the current measles outbreak was top news, eight pediatricians at a Chicago pediatric office informed their patients by mail that they will "no longer see children whose parents refuse to follow the childhood immunization schedule developed by the Centers for Disease Control and Prevention and the American Academy of Pediatrics."

Dr. Scott Goldstein, one of the pediatricians who participated, explained why: "All of the available research shows that the safest and most effective way to vaccinate children is on the schedule set by the CDC and AAP. To go against that schedule goes against proven scientific research and puts patients who do follow the schedule at risk."

"I would want my pediatrician to refuse unvaccinated patients. It is for the safety of all children in the practice," says mother of two, and Staten Island resident, Christina Colombo. "If parents choose not to vaccinate, then they will have to do the legwork of finding a doctor who will take them despite them not following medical advice."

It seems that more pediatric offices are following suit. In addition, the Wall Street Journal reports that, "In a study of Connecticut pediatricians published last year, some 30 percent of 133 doctors said they had asked a family to leave their practice for vaccine refusal, and a recent survey of 909 Midwestern pediatricians found that 21 percent reported discharging families for the same reason."



But the question to do so is not simple. Pediatricians are called to care for the children, even the children (or perhaps, especially the children) whose parents have difficult views, or ill-fitted opinions. Pediatrician Dr. Sydney Spiesel discusses the difficulty of the situation in a recent Slate article:

"On the one hand, we profoundly believe in the value and importance of vaccines. On the other hand, we profoundly believe in the value and importance of caring for all children who need us, and some of those children have parents who refuse to vaccinate."

Emily Patterson, who lives in the West Village and is a mom to a 2-year-old who has just finished up his set of scheduled shots, says that she would not want to go to a pediatrician that turned away children who need help.

"I choose to vaccinate my chil-

dren, so they are protected. If the parent sitting next me chooses not to, that's her business. I highly doubt the whole office will be infected just from taking in patients that haven't been vaccinated. I mean, think about how many people you encounter on the subway, or coffee shop, or plane. Can you safely say that everyone you come into contact with has been vaccinated?"

Does your pediatrician mandate that you must follow the vaccination schedule? Would you leave his practice if he did? Does it bother you to think your child is sitting next to an unvaccinated child? Have you ever thought about it at all?

*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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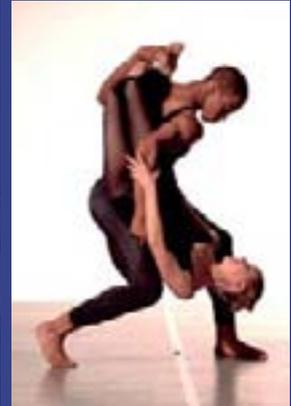
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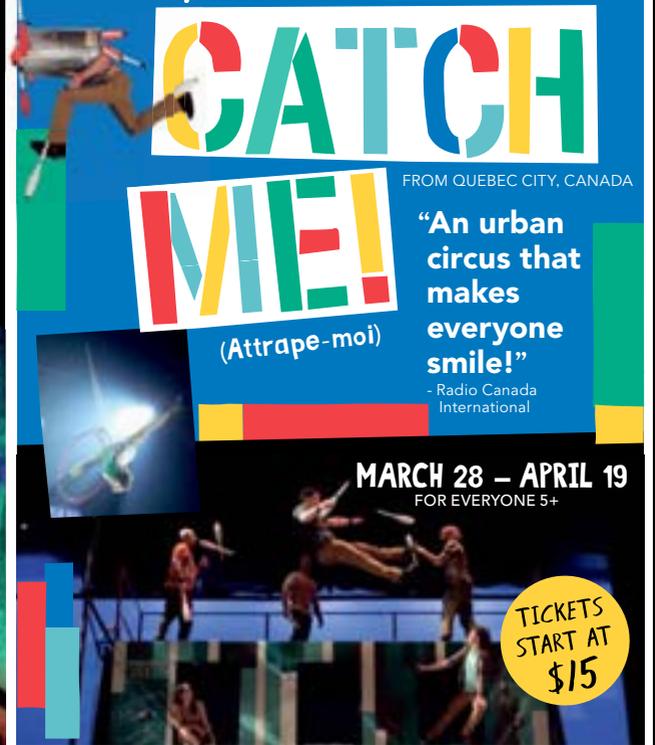
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ART: TOM SLAUGHTER. PHOTOS: TONY LEWIS, MICHELLE BATES

# Under their skin

When acne is spotted, these tips can help

BY JAMIE LOBER

**A**ccording to the American Academy of Pediatrics, acne is one of the most common skin conditions in children and adolescents. We all remember the feeling of embarrassment and self-consciousness that comes with a pimple — and we wish it would clear up over night. But the American Academy of Pediatrics said that it can take three to six weeks or longer to see a change, and 12 weeks for maximum improvement. However, with time and intervention from a dermatologist, your child's skin can improve.

"We wish that patients realized that we are generally going to treat acne rather than cure it and that it takes time to do so," said Dr. Seth Orlow, chairman and professor at the Ronald O. Perelman Department of Dermatology at NYU Langone Medical Center. "Even the most effective treatments work slowly, so you need to stick with them to see the benefits."

Acne can be part of growth and development.

"Adolescent acne is a skin condi-

tion of puberty when the body is producing increased levels of hormones called androgens, which in turn cause increased production of oily sebum and increased blockage of the oil glands facilitating the growth of acne bacteria," said Orlow.

When the oil gets trapped, you have acne inflammation.

"Some individuals are more susceptible to this problem and that is why some have worse acne than others," said Orlow.

Remind your child that nobody is to blame for the acne.

"It has little if anything to do with cleanliness, and you cannot scrub it away," said Orlow. Some kids are at higher risk than others.

"In women, irregular periods, excess facial hair, and obesity may be linked to acne," said Orlow. Time is the best medicine.

"Red marks that are left as inflamed acne lesions go away with continued treatment, so please do not pick at your acne lesions because we want to avoid scarring, and not foster it," said Orlow.

When it comes to treatment, peo-

ple usually start with over-the-counter medications for mild acne.

"I suggest something that contains benzoyl peroxide, which helps prevent the formation of acne pimples, or salicylic acid, which helps open up the clogged pores," said Orlow.

If over-the-counter treatments don't seem to work, make an appointment with a dermatologist. Prepare for your appointment by making a list of "everything you used before, and try to recall what worked and what did not," said Orlow.

Be an active participant in your healthcare.

"Do not be afraid to ask questions like how much to put on, exactly how to use the medications, and if something seems so impractical that you cannot make it work, let your doctor know rather than just not using it," said Orlow. Topical retinoids are often prescribed to help, or, oral antibiotics may be given for moderate to severe cases.

Patients failing to comply with treatment regimens are one of the biggest obstacles that dermatologists face.

"Too often, patients become frustrated with slow progress, and as a result, lose interest in following recommendations," said Orlow.

While there are always new remedies, the idea behind treatment is the same as it was years ago.

"The focus is on three key factors: preventing dead skin cells from blocking the oil glands, reducing excessive oil production, and reducing acne-causing bacteria," said Orlow.

While most over-the-counter medications take care of skin cell shedding and acne bacteria, they do not all attack the excessive oil production. Finding a doctor that you trust can make a difference as well.

"Board-certified dermatologists are well-trained to treat even the most severe acne, but you need a doctor with whom you feel comfortable and who can serve as both quarterback and cheerleader simultaneously," said Orlow.

*Jamie Lober, author of Pink Power (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.*

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# How to be a better cheerleader for your young athlete

What mom and dad can do to support their kids' athletic endeavors

BY DENISE YEARIAN

**C**hildren who participate in sports programs can maximize their potential physically, mentally, emotionally, and socially. But it doesn't just happen. Although good coaching and league administration are important, nothing can replace knowledgeable, interested, and supportive parents. So how can moms and dads make the most of their athletic endeavors? Here are 10 tips:

**Recognize game rules.** The more you know about the sport your child is playing, the calmer and more at ease you will be. Some rules for a given sport may have been modified due to age and developmental level. So when you sit on the sidelines, it will help you know why a call was or wasn't made.

**Assess developmental milestones.** Be aware of the developmental milestones for the activity, so you can ascertain if your child is physically and mentally ready to take on the sport (see below).

**Assist with goal setting.** Help your child set realistic goals for himself. Just make sure they are goals he can own for himself. The more personal goals he sets and achieves, the more successful he will be and the more fun he will have.

**Collaborate with the coach.** Coaches may be a good source for providing drill pointers, but collaborating with them has even greater value. Know who's coaching your

kids and make sure he is in a safe environment and is being instructed in appropriate ways — that the coaches aren't too tough on him and are giving lots of positive reinforcement.

**Volunteer to help.** One of the best ways to know your child's coaches is to volunteer. Ask if the team needs an assistant coach or administrator, offer to spearhead a fund-raising event, or sign up to bring snacks for the kids after the game. Or volunteer to be the team journalist. Bring your camera and take pictures of the kids at practices and games. Then create an online photo album for the entire team. This can encourage communication and unity among team members, their families, and coaches.

**Communicate a life lesson.** Communication is a key role in sports parenting, especially when it comes to talking with your children about life lessons such as winning well, dealing with defeat, cooperation, perseverance and the like. For example, talk about how players have to work together to protect the goal, and how it's important to pass the ball, particularly if another player is near the goal. Also, discuss the need to be patient with everyone, because we all make mistakes.

**Listen up.** Listen to your child's frustrations and excitements. Sometimes he doesn't want you to solve his problem, he just needs you to listen.

**Maintain proper nutrition.** For children who are involved in rigorous athletics, it is particularly impor-

tant to have proper nutrition and hydration. An appropriate diet includes getting adequate complex carbohydrates, a lean protein source, and plenty of fruits and vegetables. During dinner, your child's plate should have 50 percent fruits and vegetables, 25 percent whole grains, and 25 percent protein. Think ahead on how you can provide healthy food options in the car. Also, make sure your child is staying hydrated. If the team isn't taking a water break during practice, speak up.

**Live it out.** Be a good role model for your kids, so your words and actions align. Workout on a regular basis and eat healthy, and encourage your kids to do the same. When you are in the stands, keep a positive attitude and cheer everyone on, even the other team if it has made a good play.

**Be a good cheerleader.** Make it to as many games and practices as you can, offer encouragement and support, and look for little ways to let your child know you are his greatest fan. After weekend game days, do something special — get a bite to eat, take in a movie, or go swimming. In everything, let him know you are his biggest fan.

## Developmental milestones for children in sports

**Preschool.** Many children at this age are beginning to get involved in organized sports. To see if your child is ready, assess his basic skills such



as running, throwing, and tracking objects in motion. Also consider his attention span. Is he focused enough to learn from group instruction? Most children aren't ready to participate in organized sports until they are around 4 or 5. Even then, practices should be short and allow time for free play. Programs should focus on the fundamentals of skill de-

velopment and emphasize fun over competition.

**Early elementary.** By now, most children have had at least one experience with an organized sport. The emphasis should continue to be on skill development and having fun, not on competition. This is a good time to analyze what you want your child to get out of sports participa-

tion. Ask him and he will more than likely say to have fun, be with his friends, and learn a new skill. Make sure this philosophy lines up with your child's coach and league's instruction. Let him sample different sports activities until he finds one he truly enjoys.

**Late elementary.** At this age, children are beginning to get a grip on

coordination and have a better concept of team effort. This is also a time when relative age factor comes into play and those who mature physically and mentally may seem to have an advantage. If not handled properly, it may put extra pressure on the mature child to perform, which could lead to burnout.

Children who mature later may have to work harder on skill development and may not initially get their coaches' attention, but given time and encouragement they often catch up with their counterparts. Because children mature at different rates, it is important to continue to emphasize the process, not the results, and to praise effort instead of outcome. This is especially important as competition elevates. Look for programs that adhere to this philosophy and make sure the entire team has an opportunity to participate in play, regardless of skill level.

**Middle school.** This is a time when children are beginning to master skills and techniques. This can also be a time when league politics, controlling parents, and abusive coaches may dominate an activity, though it happens earlier. If the child feels as if he has lost control over his activity or is being pressured by others, he may be in danger of burnout.

Kids at this age are better able to understand and handle the pressure of competition, but performance and self-esteem issues are closely tied now and can affect how youth feel about themselves in other facets of life. They may also need encouragement and information to deal with the awkwardness of changing bodies and minds.

### **Resources for parents**

#### **Books:**

"Home Team Advantage: The Critical Role of Mothers in Youth Sports" by Brooke de Lenche

"How to Win at Sports Parenting: Maximizing the Sports Experience for you and your Child" by Jim and Janet Sundberg

"101 Ways to be a Terrific Sports Parent: Making Athletics a Positive Experience for Your Child" by Joel Fish and Susan Magee

**Websites:** [www.sportsparenting.org](http://www.sportsparenting.org), [www.momsteam.com](http://www.momsteam.com), [www.nays.org](http://www.nays.org)

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



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Boning up on health

**A**s long as their children are growing normally, most parents are largely unconcerned about the health of their kids' bones. After all, osteoporosis is for old people, right?

Not so fast. According to a recent report by the American Academy of Pediatrics, osteoporosis may have its roots in the bone mass acquired in childhood and adolescence.

Lifestyle factors — consuming enough calcium and vitamin D, plus weight-bearing activity — all factor in.

It's no secret that physical activity has changed for many children compared to a generation ago. Recess is short, physical education is often weak, and kids don't necessarily walk to school or play outside with their friends.

The Academy report urges kids to exercise to strengthen their bones. Jumping, skipping, running, and dancing are some enjoyable weight-bearing exercises. Some sports that include these are rowing, tennis, volleyball, karate, soccer, basketball, gymnastics, and cheerleading.

### Nutrition

Today's parents are increasingly



choosing plant-based milk beverages in lieu of dairy milk because of perceived health benefits, milk allergies, or lactose intolerance.

And this has Debra Barone

Sheats, director of dietetics programs at St. Catherine University in Minnesota, concerned.

"Many parents think they're equivalent, but they're not equal at all," says Sheats. "Dairy milk contains nine essential nutrients. The white beverages made with plant sources don't necessarily contain these nutrients."

Children who drink alternative milks are twice as likely to have low vitamin D levels, according to a new study published in the *Canadian Medical Association Journal*.

"In Canada, as well as the U.S., vitamin D levels vary in non-cow's milk beverages," says Dr. Jonathon Maguire of the University of Toronto.

Vitamin D is a fat-soluble hormone necessary for calcium absorption and utilization. Without it, only 10 to 15 percent of dietary calcium is absorbed.

Another nutrient of concern to Sheats is calcium.

"Often, these milk substitutes have calcium added. But there's a fair amount of data that the form of calcium is not absorbed as well as dairy milk. It probably has to do with the fact that milk has lactose and vitamin D. Often, these milks are lactose free."

The pediatricians' report does not recommend calcium supplements.

Other nutrients of concern highlighted in the report include protein and sodium. Diets too low in protein or too high in sodium tend to reduce the body's retention of calcium.

Finally, caffeine, found in energy drinks, colas, and coffee drinks, is also linked to decreased bone mass, the study found.

*Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. She's grateful she did plenty of weight bearing activity as a kid. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*

### I beg your parsnips

Serve these matchstick fries as a super tasty and healthy alternative to French fries. They're fun to eat and packed with flavor.

Serves 2 (1/2 cup per serving)

#### INGREDIENTS:

Olive oil cooking spray  
1 large parsnip (about 9 inches long, 5 ounces), peeled  
Cracked black pepper  
Salt to taste

**DIRECTIONS:** Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. To make "matchsticks," cut the parsnips into



long, thin strips, using a very sharp knife, or a mandoline if you have one. Spray the parsnip sticks with

olive oil and lay them on the baking sheet. Lightly sprinkle with cracked pepper on both sides. Bake the fries for about 25 minutes, flipping them over halfway through. They are ready when they are cooked completely, crispy, and slightly brown. As you allow them to cool, sprinkle with pepper and salt to taste.

**NUTRITION FACTS:** 50 calories, 0 g total fat and cholesterol, 7 mg sodium, 12 g carbohydrates, 3 g dietary fiber, 3 g sugars, 1 g protein. Percent Daily Value: Vitamin C 19 percent, calcium 2 percent, iron 2 percent.

Used with permission from The Nutrition Twins' Veggie Cure by Tammy Lakatos Shames, RDN & Lysie Lakatos, RDN.

# A St. Patrick's to remember

What to learn from a holiday picnic

## CHERISH THE MOMENTS

BY PATRICK HEMPFING

**P**rior to St. Patrick's Day last year, my 9-year-old daughter, Jessie, came home from school and asked to have a picnic. Jessie loves picnics.

We tossed two blankets in the

yard and placed two lawn chairs on top of them. I relaxed in one of the chairs while Jessie prepared our picnic. She likes to be in charge of the menu and entertainment. About 10 minutes later, Jessie called for assistance. She carried the basket of snacks and a few sheets of paper. I grabbed the crayons and markers.

Of course, Sadie, our dog, joined us; it wouldn't be a picnic without Sadie. A few seconds later, Jessie's feet were free of socks. We munched on pretzels and raisins and shared a can of Orange Crush soda a friend gave her for Valentine's Day.

My future third-grade teacher (her current career aspiration) then distributed my first assignment, a St. Patrick's Day maze. She had downloaded the maze from a teaching website and printed copies for each of us. We raced to see whose leprechaun would reach the pot of gold first. Jessie won.

My second assignment involved a coloring sheet that pictured a pot of gold. I like to color; however, my aspiring teacher gave me the following writing prompt, "If I saw a leprechaun, I would ...". Instead of coloring the pot of gold, Jessie asked me to write my answer inside the pot. My writer friends know I'm not a big fan of writing on demand. I was ready to object, but noticed Jessie had already started to write on her copy, so I hastily began my assignment.

Jessie finished well ahead of me. She wrote, "If I saw a leprechaun, I would ask him nicely to give 1,000 million dollars to help find a cure for cancer."

Jessie's answer clearly beat mine, but for writing on demand, I did okay. "If I saw a lep-

rechaun, I would say, 'Hi, my name is Patrick. No, St. Patrick's Day was not named after me, though I'm a kind and loving man. I already found my pot of gold. I have a beautiful wife, daughter, and dog. I'm a blessed man.'"

Jessie then handed me my third assignment, a coloring sheet with the words "Happy St. Patrick's Day!" surrounded by green clovers. Finally, my chance to color. I searched for a green crayon.

Teacher Jessie had a different lesson plan. She gave me the writing prompt, "If I found a pot of gold, I would spend it on ..." with my answer to be written on the back of the paper. I wanted to raise my hand and ask for a bathroom pass, but I knew my request would be denied. Like before, Jessie finished well before me. She chewed on a pretzel stick and waited patiently.

Jessie's been campaigning for another dog, so her answer didn't surprise me. "If I found a pot of gold, I would spend it on one more dog. It would be a Havanese. I would spend the rest on books."

I've been campaigning for a man cave, a quiet area to focus on my writing. I wrote, "If I found a pot of gold, I would spend it on building a man cave. It would be a luxurious man cave with all the amenities a famous writer would have. I'd have state-of-the-art office equipment. I would install a bell on my desk. I would ring it to have my assistant bring me a snack or whatever else I need. For now, I'm happy with my man chair."

As I reflect on our St. Patrick's-themed picnic, these thoughts stand out. Jessie will make an outstanding teacher. Her best chance for a Havanese is to find a pot of gold; they're expensive little puppies. I'm getting better at writing on demand, though I still don't enjoy it. Wouldn't it be wonderful if Jessie found a leprechaun who could fund research to cure cancer?

Finally, I need to accept that my luxury man cave, with assistant, is not likely to happen. But hey, with the extra writing practice, maybe I'll become a famous author and can upgrade to a man sofa.

Until next month, remember to cherish the moments.

*Patrick Hempfing had a 20-year career in banking, accounting, and auditing before he became a father at age 44. He is now a full-time husband, stay-at-home dad, and writer. Follow him at [www.facebook.com/patricklhempfung](http://www.facebook.com/patricklhempfung) and on Twitter @PatrickHempfung.*



# When Mom & Dad have **camp anxiety**

Terrified about sending your child away?  
Here's how to ease those fears

**BY DR. HEIDI SMITH LUEDTKE**

**I**f your kids are going to sleep-away camp this summer, you may be wrestling with worries and what-ifs:

- What if he wets the bed?
- What if the other kids are cliquish or mean?
- Will the camp director call me if she's miserable?

### **Why parents worry**

"Much of our anxiety as parents stems from the fact that there are so many things we cannot control in our children's lives," says Dr. Paul Donahue, a clinical psychologist and author of "Parenting Without Fear."

You may worry that without structure, kids won't be able to handle routine tasks like showering, brushing teeth, or getting dressed. One mom I know felt so sure her son wouldn't change clothes at camp that she packed his items — one pair of underwear, shorts, shirt, and socks — in gallon-size Ziploc bags, labeled with the days of the week.

Because parents focus so much on kids' needs, it's hard

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Ultimately, parents want kids to become self-reliant, and building self-reliance requires parents do less — not more — for their kids. Camp builds competence and independence. Give your kids time to stretch beyond their comfort zones.

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to step back. Coverage of natural disasters and child predators makes the world seem scary.

“Concern about the safety of children has become something of a national obsession,” Donahue observes. Even though our protective instincts keep us on edge, sometimes we have to trust others to care for our kids, and trust our kids to look out for themselves.

Fear of letting go can also be driven by our own uncertainty about who we are without our kids and what we’ll do while they’re away. Without baseball practice, piano lessons, bedtime routines, and movie night, our lives would be slower and saner and ... emptier.

### How to stop it

Don’t let worries weigh you down. Use them as an opportunity to confront your own needs for safety, control, and closeness. Here’s how:

**Step back.** Anxieties have a way of sucking you in. Your thoughts and emotions may be swirling like a tornado around you. Get out of the eye of the storm and reflect on your feelings. What (exactly) are your worries? Write them down, so you can face them head on.

**Question your assumptions.** Fears may be fueled by irrational beliefs. Kids don’t suffer serious malnutrition from week-long candy binges. And wearing dirty clothes won’t kill them either. Concerned your temperamental child won’t fit in socially? Allow for the possibility she’ll find buddies to hang out with all on her own. Don’t let your beliefs limit kids’ potential.

**Keep goals in mind.** Ultimately, parents want kids to become self-reliant, says Donahue, and building self-reliance requires parents do less — not more — for their kids. Camp builds competence

and independence. Give your kids time to stretch beyond their comfort zones.

**Have a plan.** Keep anxieties in control by making a plan for how you’ll use your “time off.” Schedule special time with siblings who aren’t going camping. Plan a romantic date or overnight getaway with your spouse. Learn something new or catch up on your favorite shows. Stay busy (but in a good way). You deserve a change of pace, too.

**Share stories.** One sure-fire way to break out of anxiety is to remember and share the fun times you had at camp with your kids. Tell them where you went and what you did. The time you flipped your canoe over and got sopping wet in the lake shouldn’t be a secret. Kids love to hear about parents’ camp adventures.

**Stay connected.** The kids will be gone but not forgotten. Find fun postcards, print pictures of family pets, and collect care-package items to send. Getting mail from home makes kids feel special. Resist the urge to check in every day: kids need space. Don’t forget to send supplies so your kids can send letters home. They’ll want to share their experiences and you’ll treasure their letters forever.

Anxiety is understandable, but it shouldn’t stop you from sending kids off to camp. It’s likely that many of your cherished childhood memories involve nature, new friends, and time to explore on your own — summer camp offers all these opportunities and more.

It’ll be okay if they stay up too late, eat burned marshmallows, or lose their swim goggles in the lake. Really.

*Heidi Smith Luedtke is a personality psychologist and mom of two adventurous kids. She is the author of “Detachment Parenting.” Learn more at HeidiLuedtke.com.*

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# Camp

## DIRECTORY

### ACT Programs Summer Camp

1047 Amsterdam Avenue, NYC 10025  
212-316-7530 or [www.actprograms.org](http://www.actprograms.org)

ACT is "Where The Action Is" this summer on the historic Cathedral of Saint John the Divine campus. Mini-ACT (Camp for Preschoolers): Separated into three age groups, campers explore and embark on adventures on the Cathedral campus. Activities are centered on the great outdoors, dance and music performances, games and challenges. July Camps: With 5 exciting weeks of ACTivities, campers enjoy theme-based activities, clubs, lake trips, water games, carnivals, special guests, camping trips, gardening, nature crafts and more. August Camps: Campers have the opportunity to steer the fun in their direction and discover their inner artist, athlete or adventure in specialty sessions. August Adventure Camp offers the youngest campers activities on and around the Cathedral grounds. Older campers venture to New York City sites and landmarks. Customized groups accommodate children 3.11 to 13.9 years old as of September of camp year

### Advantage Tennis

**Advantage All-City Camp**  
**Advantage All-City Camps at Roosevelt Island Racquet Club, 281 Main Street Roosevelt Island, N.Y. Junior Tennis -- 212.935.0250 NEW Sports & Arts -- 646.884.9644 www.advantagecamps.net**

Advantage All-City Camps offer more choices, more facilities, more satisfaction for campers. We deliver just the right amount of tennis, sports and arts for everyone. For lots of tennis plus optional sports and arts, choose Junior Tennis. Directed by Xavier Luna, it's the City's oldest and most established junior tennis program. Every day, campers ages 6-17 receive 3-6 hours of expert instruction, practice and play on 12 HarTru indoor courts and 3 outdoor hard courts. They also enjoy swimming at an adjacent indoor pool and field sports just a short walk from the club. For lots of sports and arts plus tennis, choose Sports & Arts. Paul Fontana directs the camp. Boys and girls ages 5-14 play about an hour of tennis a day, plus basketball, soccer and swimming -- and there's a daily art program featuring acclaimed artist Bonnie Lane. Campers look forward to workshops in kite making, shadow puppets, origami & more, plus weekly "art events." Both camps take place at Roosevelt Island Racquet Club -- an oasis in the East River that's just a short tram or F-train ride away. Choose separate or consecutive weeks, and receive a discount for multiple weeks. Of course, snacks and lunch are included and we offer the option of daily transportation, too. We're here to

help make this the best summer ever for your camper, and for you.

### Asphalt Green Summer Day Camp

212-298-7900 or [www.asphaltgreen.org/camp](http://www.asphaltgreen.org/camp)

**Upper East Side: 550 East 90th Street**  
**Battery Park City: 212 North End Avenue**

Asphalt Green's Summer Day Camp has been synonymous with excellence, fostering a love of sports and fitness that lasts a lifetime. Asphalt Green's summer camp is offered on two campuses in Manhattan: a 5.5-acre Upper East Side campus and an immaculate 52,000 square-foot facility in Battery Park City. The camp offers kids ages 4-13 a fantastic summer of activities in swimming, sports, arts, trips, special events, and more. Camp activities are specially designed to meet the unique age-appropriate physical, mental, behavioral, and social milestones of every camper in the Pee Wee (ages 4-6), Junior (ages 6-8) and Senior Camps (ages 8-13). Also available is a counsel-in-training program for kids ages 14-15. Bus service and pre- and post-camp are available!

### Battery Park City Parks Conservancy

**Art Portfolio Development Summer Intensive for Teens**  
**6 River Terrace, Battery Park City, NYC, 10280**  
212-267-9700 x366 or [www.bpcparks.org](http://www.bpcparks.org)

Learn new techniques with a variety of media. Enjoy creating art with others in a studio and outdoors in a beautiful park. Weekly museum and gallery outings to look, discuss and draw. Option to develop your own portfolio of work for applying to specialized art high schools or colleges. Taught by professional artists with extensive experience teaching young artists. Available to all teens entering grade 7-12. Art materials are included in tuition. Partial scholarships are available.

### British International School

**20 Waterside Plaza, NYC 10010**  
212-481-2700 or [www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp)

Splash into Summer at BIS-NY's summer camp for boys and girls ages 3 to 8. We are committed to offering a stimulating environment while encouraging cultural, social and physical growth. Activities include, but aren't limited to: Swimming, Math and Literacy, Music, Drama, Art, Science, Technology, Block Play/Construction, Recreational Team Sports & Events.

Activities for Nursery to Year 2 will take place in the Lower Playground. Activities

*Continued on page 20*

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- 1 hour daily tennis
- Snacks & lunch

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**Email: [pfontana@advantagetennisclubs.com](mailto:pfontana@advantagetennisclubs.com)**

**Both camps offer expert tennis instruction, snacks & lunch plus:**

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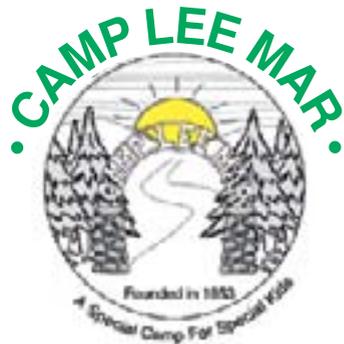


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# Camp

## DIRECTORY

*Continued from page 18*

for Year 3 and Year 4 will take place in the Asser Levy or the Multipurpose Room if it is raining. There will also be a weekly party every Friday; The Friday Party will be a themed celebration with games and activities that will give us the opportunity to say goodbye to campers who will not be returning the following week.

### Camp Lee Mar

**450 Route 590 Lackawaxen, PA 18435**

**215-658-1708 or [www.leemar.com](http://www.leemar.com) or [www.guidedtours.com](http://www.guidedtours.com)**

Camp Lee Mar just celebrated its 62nd season this past summer – a real milestone! Camp Lee Mar actually celebrated a number of milestones in 2014. Ari Segal, the camp's owner/director, celebrated his 22nd season. Academic coordinator Laura Leibowitz celebrated her 32nd and assistant director Lynsey Trohoske celebrated her 17th. Wow! Camp Lee Mar's unique program combines all the fun traditional camp activities – basketball, kickball, boating & fishing, soccer, arts & crafts – with academics, speech & daily living skills. This summer we are excited about the launch of the Lee Mar L.I.F.E. (Living Independently Functional Education) Program for our older campers. Camp Lee Mar also has a therapeutic horseback riding program, a Zip Line and overnight trips. The facilities are exceptional, highlighted by the super-popular Junior Olympic heated pool and air-conditioned buildings (including cabins). Camp Lee Mar holds many special events each summer: the 4th of July celebration, Western Night, Hawaiian Night, Carnival Day and Olympics, to name just a few.

The senior division campers talk all year about Social Dance, which we have every weekend, followed by the Senior Fling (Prom), which takes place in early August. In 2014 we launched our new website, as well as our facebook page. Please visit both. The hallmark of Lee Mar's program is an incredible, nurturing staff, all dedicated to working with children with special needs. Camp Lee Mar is truly "A special camp for special kids."

### The China Institute

**125 East 65th Street, NYC 10065  
212-744-8181 or [www.chinainstitute.org](http://www.chinainstitute.org)**

Designed for different age groups ranging from 3-14, the Children's Summer Program offers instruction of Chinese language and culture in an exciting and interactive environment to students of ALL proficiency levels! Language centers upon exciting themes designed to inspire learning, participation and engagement. Additionally, Children will participate in cultural activities, such as: calligraphy, Chinese sports, theatre, arts and crafts, storytelling and cooking. Friday field trips to many of New York's

cultural institutions will give your child a chance to enjoy the summer sun.

### Dwight Summer Camp

**2116 First Avenue  
917-551-6430 or [www.dwightsummercamp.org](http://www.dwightsummercamp.org)**

With customized programs for children ages 4-13, Dwight offers an extensive range of activities to "ignite the spark of genius in every camper": swimming, basketball, fencing, martial arts, soccer tennis, video game design, 2-D and 3-D art, music, dance, yoga, circus arts, day and overnight trips, theme days, color wars, and more! Based on age and preference, campers customized their day. Choose from two-, four-, and eight-week sessions. Headquartered on the Upper East Side, we provide chaperoned stop-to-stop bus transportation throughout Manhattan, as well as pre- and after-camp activities for additional fees to extend the day.

### ESF Summer Camps at Riverdale Country School

**5250 Fieldston Road, Bronx 10471  
718-432-4807 or 1-800-529-CAMP or [www.esfcamps.com/Riverdale](http://www.esfcamps.com/Riverdale)**

ESF Camps (Education, Sports and Fun) is an award-winning, family-owned and operated camp since 1982. ESF features exciting programs offering over 60 activities, a wide variety of sports and new adventures for boys and girls ages 4 to 15.

Day Camp (ages 4-8) features arts & crafts, swimming, sports, music & drama, Innovation Lab, science, martial arts, fencing, theme days, special events and much more.

Sports Camp (ages 6-14) offers instruction and league games in soccer, basketball, baseball, street hockey, lacrosse, team handball, flag football and golf with swimming available daily.

Senior Camp (ages 9-15) offers art, swimming, sports, martial arts, fencing and "True Life Adventures" into the worlds of outdoor adventure, drama, digital photography, cooking, break-dancing, music production and more.

Major Camps (ages 8-15) Think of it as a Liberal Arts Degree in fun! Offers filmmaking, Minecraft, graphic design, robotics and more!

Tennis Camp (ages 6-15) designed for beginner, intermediate and advanced players. Morning, afternoon and full day sessions available.

ESF offers 2-8 week options. An optional extended day program is available. Optional bus transportation from New York City and Westchester County

### The Harlem School of the Arts

**645 St. Nicolas Avenue, NYC 10030  
212-926-4100 or [www.Hsanyc.org](http://www.Hsanyc.org)**

*Continued on page 22*



## THE BRITISH INTERNATIONAL SCHOOL OF NEW YORK

**KEEP CALM  
AND  
COMETO CAMP!**



**June 22 - July 31 2015**

**5 days a week from 9am - 3pm  
For boys and girls ages 3 - 9 years**

Book before March 31\* to receive 10% early bird discount. Visit [www.bis-ny.org](http://www.bis-ny.org) to book your place!

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- Daily Maths & Literacy games



30 Waterside Plaza, Riverview Campus, New York, NY 10010 | 212-481-3700 | [www.bis-ny.org](http://www.bis-ny.org)



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Day camp for boys  
and girls ages 4-12

Enter code MF2015 to  
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[director@dwrightsummercamp.org](mailto:director@dwrightsummercamp.org) | 917.551.6430

# Summer EXPERIENCES FOR LIFE

Day, Sport, and Specialty Camps  
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JUNE 15 - AUGUST 7

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



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### SPORTS CAMP

**DISCOVER YOUR  
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LEARN & PLAY 9  
SPORTS WEEKLY.**

BOYS & GIRLS, AGE 6-14



### SENIOR CAMP

**EXPERIENCES  
THEY'LL NEVER  
OUTGROW!**

BOYS & GIRLS, AGE 9-15



### SPECIALTY MAJOR CAMPS

**EVEN MORE WAYS  
TO DISCOVER!**

BOYS & GIRLS OF  
VARIOUS AGES



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**for all Ages**



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Please inquire about Learn to Swim for Babies & Children.

The Gym and Dance Studio may also be rented for parties and events.

Battery Park City **Parks** Conservancy

[www.bpcparks.org](http://www.bpcparks.org)  
[www.facebook.com/batteryparkcityparks](http://www.facebook.com/batteryparkcityparks)

## Camp

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*Continued from page 20*

The Harlem School of the Arts offers a summer of fun in the arts for children ages 4-12. ARTScape Summer Day Camp is an arts experience like no other. Campers enjoy a variety of classes in 5 different art forms: music, dance, theatre, visual arts, and musical theatre. Weekly trips to NYC's cultural destinations and afternoon swimming highlight the three 2-week sessions. Each session culminates with a showing for campers' families and friends. Join the fun! Prices start as low as \$325/week. Sign Up Early!

#### Hudson Way Immersion School (Formerly Bilingual Buds)

175 Riverside Blvd NYC 10069  
212-787-8088 or [www.hwis.org](http://www.hwis.org)

At Hudson Way Immersion School, campers don their backpacks, gather their passports, and off they go on this classroom adventure! The children take a virtual tour to Mandarin or Spanish-speaking regions from within the classroom, gaining a dynamic understanding of unique cultures. HWIS Immersion Summer Camps expose children ages 2-12 to Mandarin or Spanish in a 100 percent immersion environment. Experienced, native speaking teachers use non-verbal cues to guide campers of all levels as they acquire language skills and become global citizens. The Upper West Side, NYC campus offers six weekly sessions from June 29-August 7. To learn more about HWIS Immersion Summer Camp programs, visit [www.hwis.org/summercamp](http://www.hwis.org/summercamp).

#### Neighborhood Playhouse School of Theatre: Summer Teen Studio & Youth Workshops

340 E. 54th Street NYC 10003  
212-688-3770 or [www.playhousejuniors.com](http://www.playhousejuniors.com)  
[juniors@neighborhoodplayhouse.org](mailto:juniors@neighborhoodplayhouse.org)

Young actors seeking rigorous, dynamic training in the heart of New York City can now apply for three exciting summer workshops at the Neighborhood Playhouse, where Sanford Meisner's world-renowned acting method was born! Faculty from our adult Professional Acting program, working professionals and master teachers, train students in a conservatory environment. The performance skills learned are applicable to all mediums: film, theatre, television, and new media. The Studio (15-18yrs) mirrors a challenging, diverse college-level curriculum. The Workshop (12-14yrs) provides serious, engaging pre-professional training and the Junior Group (9-11 yrs.), new this summer, explores a variety of techniques for the young actor. Each program culminates in a presentation for family & friends of the skills learned throughout this exhilarating course. Acceptance to

the program(s) is by application and personal interview only. Please see [www.playhousejuniors.com](http://www.playhousejuniors.com) for details. Applications are processed on a rolling basis until the program is at capacity. Space is limited. Apply now.

#### New Country Day Camp

646-395-4355 or [www.14streety.org](http://www.14streety.org)  
A Summer in the Country So Close to the City!

Voted 'Best Day Camp' in NYC by Nickelodeon's ParentsConnect

Fun, healthy outdoor experiences are at the heart of New Country Day Camp, the 14th Street Y's premiere day camp for kids in Kindergarten through 6th grade. Swimming pools, hiking trails and open meadows provide the setting for this idyllic camp on the 75-acre Henry Kaufmann Campgrounds on Staten Island, just 45 minutes from bus pick-up points in Manhattan and Brooklyn. New Country Day Camp is also accredited by the American Camp Association

Activities include instructional swim led by 4x Olympic Gold Medalist Lenny Krayzelburg, free swim, boating, sports, arts and crafts, gymnastics, science and technology, camping, cooking & pioneering, martial arts, and performing arts. Please visit our website for our open house dates. RSVP is required: please email [newcountry@14streetY.org](mailto:newcountry@14streetY.org) or call 646-395-4357.

#### Oasis in Central Park Summer Program

95th & Central Park West  
718-596-4900 or [www.oasischildren.com](http://www.oasischildren.com)

For more than ten years, in association with the Central Park Conservancy, Oasis has provided children with a fantastic opportunity to play and learn in the great outdoors without ever leaving Manhattan. Located on the Upper West Side, Oasis utilizes Central Park's incredible collection of recreational facilities including tennis and basketball courts, softball fields, soccer fields, nature trails, and an incredible Olympic-sized outdoor swimming pool. Oasis also utilizes two indoor facilities, including their new home at The Mandell School on Columbus Ave, with access to classrooms, gymnasiums, an auditorium, and other large meeting spaces. A traditional day camp in every way, Oasis in Central Park's program includes sports and recreation, visual and performing arts, recreational and Red Cross instructional swim, field trips, and an outdoor education component that includes environmental studies, orienteering and much more. Oasis in Central Park is the perfect opportunity for children to have an active and safe summer while making lifelong friends along the way! Oasis day camp is for kids ages 3-11. For emerging teens ages 12-14 Oasis offers the Teen Travel program which gives emerging teens the



## SUMMER at ST. BART'S 2015

### ST. BART'S DAY CAMP

Ages 3-6 • June 8th-August.

### JUNIOR ADVENTURERS & ADVENTURE CAMP

Ages 6-13 • June 29th-August.

All options include **swimming every day!**

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

# Camp

## DIRECTORY

opportunity to take unique trips every day. At Oasis, children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans!

### Oasis Downtown Summer Program

285 Delancey St. Lower East Side, Manhattan  
718-596-4900 or [www.oasischildren.com](http://www.oasischildren.com)

Oasis Downtown is located in the heart of Manhattan's Lower East Side. Oasis partners with Kids Creative to offer a wide variety of performing arts instruction and activities! Still a traditional day camp in every way, other activities include sports and recreation, swim lessons, field trips, and special events. Children have fun participating at the annual carnival, in-camp Olympics, talent shows and themed weeks. Oasis campers also engage in a wealth of enriching activities such as cooking, martial arts, and creative writing. Oasis provides children with all the tools to be active, safe, and develop lifelong friendships this summer! Oasis utilizes East

River Park for plenty of outside summer fun. Oasis Downtown is for kids ages 3-12. At Oasis, children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans!

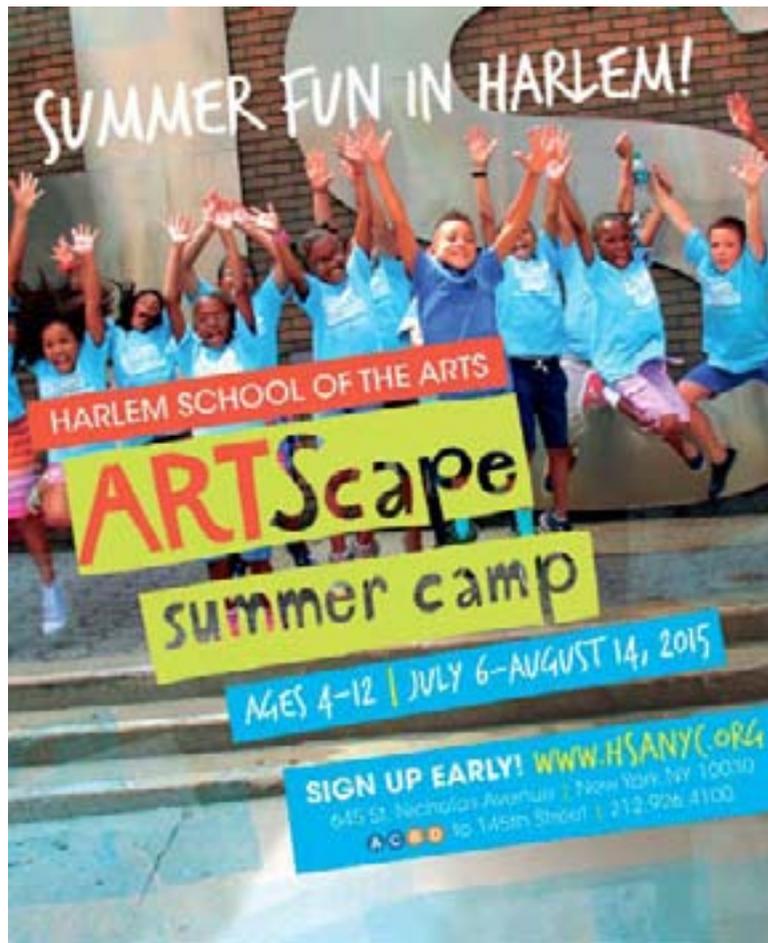
### Physique Swimming

212-725-0939 or [www.physiqueswimming.com](http://www.physiqueswimming.com)

Physique Summer Camp has been a favorite of parents and children alike, and our recent changes - like our new Olympic size pool - will make the experience we provide even better! Enjoy an hour and a half swim, art, science, sports, and cooking! We look forward to having a great time together! Please don't hesitate to contact us with any questions, or to schedule a tour. We have a positive and inclusive social community with individual and group instructional sport.

Instructional swim and Fun Swim is only part of the Physique Summer Camp experience. We also have daily games of organized team sports, weekly intra-camp competition. Campers

*Continued on page 24*



## Winston Preparatory School Summer Program

*Education for the Individual*

- ◆ A unique individually designed program aimed to develop:
  - Reading Comprehension
  - Decoding and Spelling
  - Organizational Skills
  - Study Strategies
  - Writing
  - Math
- ◆ Small class sizes for students in 4<sup>th</sup> through 12<sup>th</sup> grades
- ◆ After-school activities include basketball, art, music, yoga, photography, acting, computing, and dance
- ◆ One-on-one classes and independent study program available during July and August



June 26 – July 24, 2015

126 West 17<sup>th</sup> Street New York, NY 10011  
646-638-2705 ext. 688 • [summer@winstonprep.edu](mailto:summer@winstonprep.edu)  
applications available online at [www.winstonprep.edu](http://www.winstonprep.edu)

# Camp

## DIRECTORY

*Continued from page 23*

will participate in the Physique World Championship (Swimming, Track and Field) with awards for sportsmanship, teamwork, leadership. Campers receive a T-shirt too! Options for extended days are available. We welcome you to call and schedule a tour!

**Summer At St. Bart's**  
**325 Park Avenue (at 51st Street)**  
**212-378-0203 or [www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp)**

"EVERYBODY NEEDS A PLACE"

At Summer at St. Bart's, campers ages 3-13 have week after week of fun! Each day includes swimming, sports, music, arts and crafts, a rooftop playground, dance and movement, and more! Running June 8th-August, the day camp is perfect for ages 3-6. Junior Adventurers or Adventure Camp is great for campers' ages 6-13 and includes fun-filled trips around the city. All options include SWIMMING EVERY DAY! For families with working parents, early drop-off and after camp options are available. To receive more information or schedule a tour, contact Summer at St. Bart's at [info-camp@stbarts.org](mailto:info-camp@stbarts.org) or 212-378-0203. Check out our new online registration at [www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp).

**SummerDay @ The Trevor Day School**

**11 East 89th Street NYC 10128**  
**212-426-3307 or [www.trevor.org/SummerDay](http://www.trevor.org/SummerDay)**  
**[lgoldberg@trevor.org](mailto:lgoldberg@trevor.org)**

At SummerDay we learn through play . . . and play to learn. This two- to five-week summer program for children ages 3-6 offers small groups led by experienced Trevor Day School teachers. Our remarkable staff makes sure your child has a safe summer experience, filled with fun and developmentally appropriate activities. SummerDay provides space, materials, and activities through which your child will have fun, be challenged, and make exciting discoveries. The program includes field trips, cooking, arts and crafts, science experiments, free play, storytelling, sports, movement, swimming lessons for all the children, and much more. We also have our rooftop playground, a favorite of all the children. We have early drop-offs available for all ages and a wonderfully air-conditioned setting for your little campers. Register online or call Lisa Goldberg to discuss your summer program options at SummerDay.

**The Weekday School**

**490 Riverside Drive**  
**212-870-6743 or [www.wdnyc.org/pages/summerside-camp](http://www.wdnyc.org/pages/summerside-camp)**

The Weekday School offers a summer camp program for June and July. The Summerside Program runs for six weeks divided into three two-week sessions.

The Mini-Camp is for children 2.6 to 3.6 years of age and runs from 8:45am to 12:30 daily and included a daily snack. The Full Camp is for children 3.6 to 6 years of age and runs from 8:45am to 2:30pm daily and includes daily snack and hot lunch.

Camp activities for both the Mini and Full Camps include arts & crafts, music, dance/movement, water play and sports on our rooftop play area and play time on our large outdoor and indoor play structures. Children in the Full Camp also take one local walking trip during each two-week session and one field trip to destinations such as the The Central Park Zoo, The New York Hall of Science and Chelsea Pier.

**Winston Preparatory School Summer Program**

**126 West 17th Street**  
**646-638-2705, ext. 688 or [www.winstonprep.edu](http://www.winstonprep.edu)**

The Summer Enrichment Program at Winston Preparatory School provides students with the unique opportunity to participate in an individually designed program to enhance academic skills and performance. Students in grades 4-12 attend four academic classes each day as well as art, music, and gym classes from 9:00 am to 1:30 pm, from June 26-July 24. Students are grouped by learning style and skill level in classes no larger than eight individuals in order to facilitate greater learning and maximize individualized instruction. The program develops decoding and encoding, reading comprehension, critical-thinking skills, memory retrieval, organizational skills, written language expression, self-advocacy, mathematical computation, time-management skills, test preparation, and expressive language skills within a nurturing, academic environment. From 2:00-3:30 pm, students may also enroll in optional one-on-one classes to target specific skill development and/or engage in after-school activities such as digital photography, art, acting, cross-training, music, zumba, and computing basics. Students may also enroll in one-on-one sessions from August 3-20. Students from private, public, and parochial schools from New York City and abroad participate in the program. Scholarships are available. For further information, brochures, or applications, please call or e-mail.

**Young People's Day Camp**  
**914-792-6555 or 800-DAYCAMP or [www.yfdc.com](http://www.yfdc.com)**

Has been "creating childhood memories" for boys and girls ages 5-14, since 1973. Accredited by the American Camping Association, YPDC offers free transportation, swimming instruction, sports, activities, arts & crafts, miniature golf, music, drama, dance and weekly field trips. Parents can choose from two-eight week sessions at a most affordable fee. Ask about our next open house.



## Summer Acting Intensive

Conservatory instruction for serious young actors seeking rigorous, dynamic training in the heart of New York City.



### SUMMER PROGRAMS

(3 Week Program in New York City)

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Monday - Friday 9:30am-5:00pm

**Tween Workshop** 12-14 yrs

Monday - Friday 9:30am-5:00pm

**Junior Group** 9-11 yrs

Monday - Friday 10am-3pm

**July 20th - August 7th**

Apply now! Limited Spaces Available.

"I've learned so much about how to act, sing, and dance, I've met some wonderful people, and most of all, I've gained a life changing experience."

— Anzi D., Summer Teen 2014

### Former Junior Actors



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Brendan SEXTON, III

Scarlett JOHANSSON

Ally SHEEDY

Frances CONROY

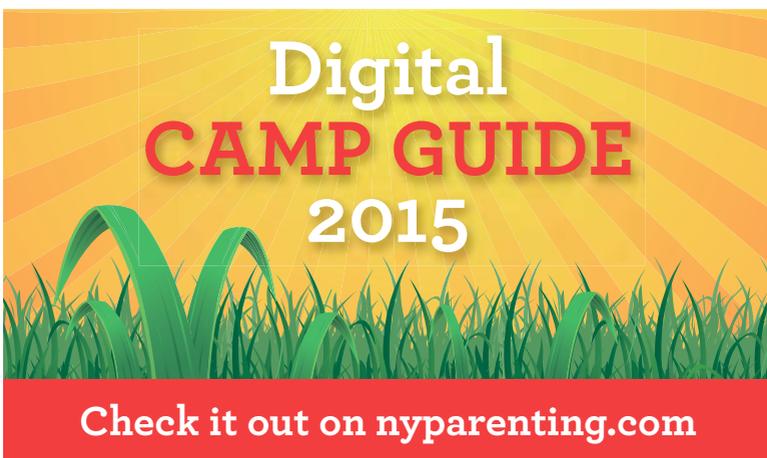
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## Online Activity Guide

Check it out on  
**[www.NYParenting.com](http://www.NYParenting.com)**



Check it out on [nyparenting.com](http://nyparenting.com)



FABULYSS  
FINDS

LYSS STERN

# A memorable March

## Making plans for a cold month with a hint of spring

I can finally see the signs of spring ahead. And boy, am I looking forward to “springing” ahead. What a cold winter we have had! I don’t know about you, but I am ready to pack the ski boots, jackets, gloves, and hats away.

March is a very special month to me because — not only is it my birthday month — it’s also National Women’s History Month. I know my boys are learning about this in school; however, it gives me a reason to open up a deeper conversation with them about amazing, historical women. To me, all of us moms are making history!

Yes, March is still a very cold month, and moms are always asking me for fun things to do close to the city. Recently, my family visited Medieval Times in New Jersey. As we drove up to the castle, I knew we were in for quite the experience. The unique combination of a medieval banquet and thrilling jousts between knights on horseback captured the imagination of all ages, especially that of my boys and husband. Medieval Times is an exciting, family-friendly dinner attraction inspired by an 11th-century feast and tournament. Guests are served a four-course banquet (and, yes, you eat with your hands) and cheer for one of six knights competing in the joust and other tests of skill. It’s a super fun experience and only eight miles outside of the city. Your kids will thank you for taking them on this fun adventure.

*Medieval Times [149 Polito Ave. in Lyndhurst, NJ, (866) 543-9637, www.medievaltimes.com]*

I always love to tell you about exciting new openings around the city. I recently was introduced to the new preschool on the Lower East Side, Evolution Enrichment Center. Not only is the Lower East Side one of the coolest neighborhoods to go out in at night, the neighborhood has really become very popular with families. The brand-new school is geared toward children ages 2 to 5. It has its own enrichment program and after-school program for children up to age 14. It also has wonderful partner-



ships with the non-profit Russian-American School of Ballet, as well as Krav Maga Center of America. Children get an introduction to everything from science to art within the sprawling 15,000-square-foot space. Your kids can learn Mandarin, chess, yoga, and ballet, as well as many other amazing activities.

*Evolution Enrichment Center [38 Delancey St. #2, between Forsyth and Elridge streets on the Lower East Side, (212) 375-9500, www.evolutionenrichment.com]*

There’s a new book that’s taking parents by storm: “The Opposite of Spoiled: Raising Kids Who are Grounded, Generous and Smart about Money” by Ron Lieber (personal finance columnist for The New York Times). This new #FabULySS book explores how money smarts can be a helpful tool in raising good kids. Parents everywhere are buzzing about it.

Please join the #DivaMomsBookClub on Tuesday, March 3 for this very important book signing and reading with Lieber. I promise that you will leave this event more knowledgeable and feeling good about starting conversations about money with your children.

*Book Club meeting on March 3, from 6:30 to 8:30 pm. RSVP@Divamoms.com and visit www.divamoms.com for more*

*location information when available. “The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money” is available at www.amazon.com.*

Join the #DivaMomsBookClub at Kumon, the world’s largest after-school math and reading program, for another #FabULySS event with Tova Klein, the director of the Barnard College for Toddler Development and associate professor of Psychology. We will have a book signing and question-and-answer session with Klein about her amazing book that is now in paperback, “How Toddlers Thrive.” She’s distilled these decades of experience with parents and children ages 2 to 5 into a book that gives you the tools you need to enjoy your interactions with your toddlers, and at the same time, sow the seeds for a lifetime of success.

*Tova Klein book signing and Q & A at the Midtown East Kumon Center (962 First Ave. between E. 53rd and E. 52nd streets in Midtown East, www.divamoms.com, www.howtoddlersthrive.com). March 4, 6:30 to 8:30 pm. rsvp@DivaMoms.com*

As the weather starts to get warmer, parents are always asking me about amazing sports programs for their children. One that both of my boys personally loves is the NY Sluggers, teaching baseball the right way, that has the most #FabULySS after-school baseball programs. Every Friday afternoon starting in April in Central Park children ages 5 to 8 will learn the game of baseball as they teach them the proper throwing and hitting mechanics, fielding positions, catching, and base running. I promise your boys will love this baseball program! Best baseball coaches in New York City!

*NY Sluggers. For more information, call Coach Brett at (917) 301-4295 or e-mail bhb425@me.com. www.nysluggers.net.*

Have a #FabULySS March! I cannot wait for the flowers to start blooming in Central Park. Spring is one of my favorite seasons.

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



# Dos & don'ts at the doctor's office

**BY DR. MATTHEW WEISSMAN**

**A**s every parent knows, children, especially younger children, spend a lot of time at the doctor's office. Whether it's for a check-up or a sick visit, it seems like you and your child are in and out of the doctor's office on a regular basis.

Your child's routine doctor visit is the time to check up on growth and development, get up-to-date on vaccines, and raise any health-related questions or concerns. But, with all the information out there and different options for different tests, a visit to the doctor's office

can quickly become confusing. So, what should parents always do? Never do? Be cautious about?

As an internist, pediatrician, and a father of three, I've seen healthcare in a lot of different forms. Here's my advice on what parents should stick to and what they should question or avoid:

**Do this:**

**Get vaccinated.** It is important to vaccinate young children and adolescents from potentially life-threatening diseases. Schools require certain vaccinations for attendance, and that's a great thing.\* You may have recently heard about

the HPV vaccine, which helps protect children from human papillomavirus — a virus associated with multiple types of cancer. It's recommended for all children and young adults between the ages of 9 and 26, and children need to get three doses over the course of six months. I highly recommend that you add this to your child's list of vaccinations. (You may want to update your own vaccines, including hepatitis A and B, influenza, tetanus, and pertussis.)

**Ask for the flu shot.** Younger children are at the top of the list, along with the elderly, for high risk of hospitalization from the flu. The

Center for Disease Control reports that approximately 20,000 children under the age of 5 are hospitalized with the flu every year. The New York City Department of Education now requires the flu shot for all children, so be sure to get your child vaccinated. The flu shot is never 100 percent effective, but you should still get it 100 percent of the time. Most healthy children over age 2 can get a nasal spray flu vaccine, so needles are not even required.

**Find out Body Mass Index (BMI).** This simple number that measures body fat based on height, weight, age, and gender will reveal whether or not your child is at a healthy weight. If your child's Body Mass Index falls into the "overweight" or "obese" category, she is at greater overall risk for high blood pressure, high cholesterol, breathing problems, and serious health problems as she gets older.

**Check up on vision and hearing.** Medical researchers have estimated that one in eight Americans over the age of 12 have some degree of hearing loss in both ears, and approximately 12 million adults in the US who are in need of vision correction are not using any. It's important to screen children regularly for hearing and vision impairment, as problems can come to the surface from early on.

**Talk with your child's doctor about developmental milestones — and get anticipatory guidance.** You need to make sure that your child is developing at the proper rate. And, since young children grow so quickly, they should be visiting the doctor much more often during their first few years, where someone can assess whether they are meeting their milestones. After that, a child should see the doctor at least once annually, not just to check her development, but also to talk about what to expect over the coming year, and how to best prepare.

**Skip this:**

**Annual blood test.** Healthy children typically do not require a regular blood test, as long as they maintain a balanced and nutrient-rich diet. An exception should be made for children with certain risk factors such as a personal or family history of medical problems or deficiencies.

**Annual urine test.** Unless a

child is showing potential symptoms of a urinary tract infection — such as pain while urinating, the frequent urge to urinate without urination, or a fever or abdominal pain, or has particular family or personal risk factors — there is likely no need for a urine test.

**Annual tuberculosis test.** Tuberculosis has become less common with time, and most children are at very low risk of having the infection. A child's risk for developing it is heightened if she has HIV or another condition that leads to a weakened immune system, if she lives with an adult with tuberculosis, and if she was born in or is visiting a country where the infection is prevalent. Tuberculosis testing (through a skin test or blood test) should be reserved for those at highest risk.

**EKG or chest X-ray.** Radiation exposure is linked to increased risk of cancer, so it is important to limit the amount of X-rays a child receives to only what is necessary. While the risk from a single X-ray is low, cumulative radiation exposure should be avoided. If your child has not demonstrated any risk factors associated with heart problems or heartbeat irregularity, a routine EKG is not necessary or recommended. In general, unnecessary screening tests can drive up medical costs and lead to more invasive testing down the road.

**Finding out your blood type.** For many children, this is part of the birth and vaccine record. If not, there is generally no need to do a blood test just because someone "wants to know." Save your child the blood draw and she can find out her blood type if and when it really matters.

**For more information:**

- New York State Immunization requirements chart: [www.health.ny.gov/publications/2370.pdf](http://www.health.ny.gov/publications/2370.pdf)

- For information on what vaccines are required or recommended for school children by New York State, visit [www.health.ny.gov/prevention/immunization/childhood\\_and\\_adolescent.htm](http://www.health.ny.gov/prevention/immunization/childhood_and_adolescent.htm)

- For other avoidable tests for children, check out [www.choosingwisely.org/doctor-patient-lists/american-academy-of-pediatrics/](http://www.choosingwisely.org/doctor-patient-lists/american-academy-of-pediatrics/)

*Dr. Matthew Weissman is the chief medical officer at Community Health-care Network.*



**ST. BRIGID SCHOOL**

*A Catholic, Private Elementary School  
Educating Students PreK 3 to 8th Grade*

**OPEN HOUSE**



Every  
Tuesday  
9am-7pm

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Thursday  
9am-12pm

We offer a completely free,  
full day, four year old program

Accepting  
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# New York International Children's Film Festival

The country's largest film festival for kids and teens is happening right here in New York City

BY SHNIEKA L. JOHNSON

**R**ather than just taking your kids to the movies, take them to experience a film festival just for them. The country's largest film festival for kids and teens happens right here in New York City. Established in 1997 New York International Children's Film Festival serves as an Oscar-qualifying event for live-action and animated short films. The four-week event takes place Feb. 27 to March 22, showcasing more than 100 films from around the world. Throughout the festival, there are filmmaker question and answer sessions, filmmaking workshops, and audience voting. Best of all, it's all kid friendly!

With more than 3,000 short film entries, selected films are organized by the following categories:

- Shorts For Tots (Ages 3 to 6)
- Short Films One (Ages 5 to 10)
- Short Films Two (Ages 8 to 14)
- Flicker Lounge: For Teens & Adults Only (Ages 12 to adult)
- Heebie Jeebies: Spooky, Freaky & Bizarre (Ages 10 to adult)
- Girls' POV (Ages 10 to adult)

The festival ends with a fun, culminating event, the Closing Night Celebration, where award winners are announced and there is a screening of the "Best of the Fest" short films.

The festival itself is a non-profit organization that offers year-round engagements. If you have a future filmmaker on your hands, investigate the workshops for kids that take place during public school mid-winter and spring breaks as well as summer camps.

The 2015 Festival's schedule of films, many of which your kids will surely enjoy, is detailed below.

## **"Ballet Boys" – Kenneth Elvebakk**

*Documentary, Norway. In Norwegian with English subtitles.*

"Ballet Boys" takes us through four years in the lives of three young dancers. The only boy dancers in a world of girls, they strive to get into Norway's most prestigious ballet

academy. Beautifully constructed, slow-motion dance sequences, and life-altering auditions provide a pulse of drama throughout their journey, but the film is ultimately the story of their friendship, disappointments, victories, first loves, dreams, and doubts.

Recommended ages: 9 to adult

## **"Belle And Sebastian" – Nicolas Vanier**

*Live action, France. In French with English subtitles.*

A story of friendship, courage, and loyalty set against the jaw-dropping scenery and alpine panoramas of the Haute Maurienne-Vanoise region of France. Sebastian lives with his grandfather, César, in a vertiginous mountain village, where he crosses paths with a giant and dirty Pyrenean Mountain Dog who the locals have dubbed "the Beast" for allegedly killing their livestock. But Sebastian sees something good in the misunderstood canine and befriends the animal, renaming her "Belle." Their budding friendship is put to the test when Nazis march into town looking to root out a band of resistance fighters who are guiding Jewish refugees to neighboring Switzerland.

Recommended ages: 7 to adult

## **"Hocus Pocus Alfie Atkins" – Torril Kove**

*Animation, Norway. In English.*

Academy Award-winning director Torill Kove's first feature film is a refreshingly warm and intimate tale based on beloved children's book character Alfie Atkins. Seven-year-old Alfie dreams of owning a dog, but his father insists that he is too small for such a big responsibility. Undaunted, Alfie finds an unlikely ally in George, a kindly magician who performs tricks for the neighborhood kids and has just adopted a puppy of his own. Lovingly animated with thoughtful, honest character interactions, "Hocus Pocus" offers an emotionally and visually rich cinema experience for audiences of all ages.

Recommended ages: 3 to 8

## **"Jellyfish Eyes" – Takashi Murakami**

*Live action and animation, Japan. In Japanese with English subtitles.*

Pop art superstar Takashi Murakami makes his feature film debut with a campy, genre-defying adventure that mixes lo-fi Japanese disaster movie, new kid-on-the-block coming-of-age story, and Pokémon-style anime with a delirious abundance of wonderfully imagined magical creatures. Setting Murakami's fantastical animated designs in an otherwise live action film, "Jellyfish Eyes" tells the story of Masashi, a young boy who moves to a sleepy town in the Japanese countryside in the wake of a natural disaster.

Recommended ages: 9 to adult

## **"Landfillharmonic" – Brad Allgood and Graham Townsley**

*Documentary, USA. In Spanish with English subtitles.*

The world generates more than a billion tons of garbage a year, much of it ending up in poor rural communities like Cateura, Paraguay, where more than 2,000 families survive by separating garbage for recycling. When a teen music program there can't afford new instruments, a garbage picker named Cola fashions a violin from an empty oil tin — thus inspiring the Recycled Orchestra. The film follows the young musicians as they reach even greater heights, performing concerts in the US, Europe, and Asia — even sharing the stage with heavy metal super-group, Metallica.

Recommended ages: 8 to adult

## **"Lou!" – Julien Neel**

*Live action, France. In French with English subtitles.*

Twelve-and-a-half-year-old Lou lives alone with her absurdly immature mother, Emma. Her mom has been in a funk lately, eating junk food in her pajamas, playing video games, and generally behaving more like a teen than her on-the-cusp-of-adolescence daughter. But all this changes with arrival of the new bohemian neighbor, Richard, who ignites her goofy mother's romantic



(Above) A still from "Ballet Boys." (Left) "Mune" is a contestant in this year's festival.



the heir apparent is passed over, and the title Guardian of the Moon is bestowed on the waif-like Mune, a small and frightened forest faun who seems wholly unprepared to take on such a weighty responsibility.

Recommended ages: 5 to adult

**"Satellite Girl And Milk Cow" – Chang Hyung-yun**

*Animation, South Korea. In Korean with English subtitles.*

Festival award-winning "Wolf Daddy" director Chang Hyung-yun has created a wholly original, exuberantly outrageous, sci-fi love story unlike anything before it. An orbiting, out-of-commission female satellite picks up a lovelorn pop song on its radio antenna and descends to Earth to try to discover who could be the source of such heartfelt emotions. On the way, it is transformed into the titular Satellite Girl, complete with Astroboy-like rocket shoes and weapon-firing limbs, while the balladeer in question — a loser 20-something playing at an open mic in a coffee shop — meets the fate that befalls all broken-hearted lovers: he is turned into a farm animal (albeit one who can walk around in a poorly-fitting human suit).

Recommended ages: 8 to adult

**"Secrets Of War" – Dennis Bots**  
*Live action, Netherlands. In Dutch with English subtitles.*

Netherlands, 1943. Best friends Tuur and Lambert spend their time dreaming up adventures and discovering secret passages in the caves and forests that surround their close-knit village. Homemade wooden pistols serve as props in their playful war games, as they make light of the conflict that is building all around them. When new girl Maartje enters their social circle, the boys' friendship faces a challenge typical of adolescence — and Lambert begins to feel more and more like the third wheel. "Secrets of War," with its lush backdrops and strong emotional performances from three young leads, expertly balances the universality of shifting young friendships with the moral complexity of war.

Recommended ages: 9 to adult

**"Wolfy, The Incredible Secret" – Grégoire Solotareff and Eric Omond**

*Animation, Belgium/France. In English.*

Though they're from opposite ends of the food chain, Wolfy and Tom (a wolf and rabbit, respectively) are best friends. Wolfy has always believed he was an orphan, until one day a gypsy tells him that his mother is still alive in the distant dynasty of Wolfenberg, Land of the Wolves. Despite his fear, Tom agrees to accompany his friend as they venture far from their peaceful countryside home. They arrive in the midst of Carne Festival — a grand meeting of the world's most renowned carnivores — and Wolfy's quest for self-discovery quickly turns into Tom's quest for survival. This beautifully animated film is based on the wildly popular French children's book series "LouLou" from writer and director Grégoire Solotareff.

Recommended ages: 5 to 10

**Additional information:**

*New York International Children's Film Festival, Feb. 27–March 22. Schedule: [www.gkids.com](http://www.gkids.com)*

*Locations: DGA Theater [110 W. 57th St., (212) 258-0800, [www.dga.org](http://www.dga.org)]*

*IFC Center [323 Sixth Avenue, (212) 924-7771, [www.ifccenter.com](http://www.ifccenter.com)]*

*Scholastic Theater [557 Broadway, (212) 343-6215, [www.scholastic.com](http://www.scholastic.com)]*

*SVA Theatre [333 W. 23rd St., (212) 592-2980, [svatheatre.com](http://svatheatre.com)]*

*Village East Cinema [189 Second Ave., (212) 529-6998, [www.villageeast-cinema.com](http://www.villageeast-cinema.com)]*



*Shnieka Johnson is an education consultant and freelance writer based in Manhattan.*

interests. Neel has turned the French comic and animated TV series into a quirky, mom and daughter buddy movie, with vibrant and brilliantly kitschy bubble-gum production design and plenty of cringe-worthy, awkward comedic situations.

Recommended ages: 8 to adult

**"Moomins On The Riviera" – Xavier Picard**

*Animation, Finland/France. In English.*

Sixty years ago, when Finnish author and illustrator Tove Jansson launched the Moomin comic strip, little did she know it would reach 20 million daily readers in more than 40 countries. In celebration of her 100th birthday, French director Xavier Picard brings Jansson's carefree and adventurous Moomin family to life, with delicately animated characters set within beautifully designed and

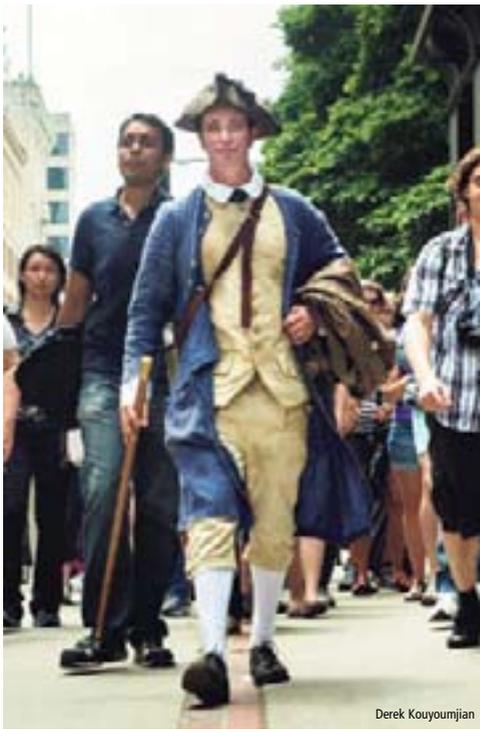
colored backgrounds, and the comic's traipsing storylines translated to the screen with just the right amount of absurdity and humor.

Recommended ages: 5 to 10

**"Mune" (3D) – Alexandre Heboyan and Benoît Phillippon**

*Animation, France. In English.*

A world of wonder, magic, and mythology is the setting in this sumptuously animated CGI adventure about a land divided between the realms of day and night. As legend has it, the first Guardian of the Sun threw a harpoon into the cosmos and roped the sun to bring light and warmth to all of humanity. Then the Guardian of the Moon lured the moon to the Land of Darkness to provide a balance to the sun and supply the world with dreams. At a momentous ceremony to appoint the two new guardians, an accident seems to occur;



Derek Kouyoumjian



Museum of Fine Arts / Leise Jones

# Family-friendly BOSTON

**BY SHNIEKA L. JOHNSON**

One of the oldest cities in our country, Boston, has a rich history. Serving as a port and manufacturing hub, Boston was an integral part of the American Revolution. Many historic events, such as the Boston Massacre, the Boston Tea Party, and the Battle of Bunker Hill, took place in the city. Now the City on a Hill is a destination for arts, sports, and American culture, with attractions suited for all ages.

For the sports fan Boston has a number of professional teams. The city is home to hockey's Boston Bruins, basketball's Boston Celtics, and baseball's Boston Red Sox and, of course, the most-recently crowned Super Bowl champions, the New England Patriots, have their home, Gillette Stadium, shortly outside the city.

During the warmer months, the Cradle of Liberty offers a range of outdoor recreation for the whole family. There are many opportunities for family fun, from fishing and kayaking to whale watching.

If visiting in March, you can take your family can participate in "Dine Out Boston," and enjoy the many restaurants that the Hub has to offer. The two-week event, which provides an opportunity to experience area restaurants at special prices, happens twice a year and is sponsored by the Greater Boston Convention and Visitors Bureau, in partnership with American Express. Participating restaurants offer prix-fixe menus for lunch and dinner, at one of three price options: lunch for \$15, \$20, or \$25 and dinner for \$28, \$33, or \$38 (please note that prices are per person and do not include beverages, tax or gratuity). Whether it is a trendy restaurant, a

local spot, or a chain, your family can dine out on a variety of cuisine from Boston and Cambridge to the suburbs north, west, and south of the city.

Overall, you can easily fill your days visiting a number of attractions and sites in Boston. Here's a list of my favorite things to do in the city. Kid friendly of course!

## **Boston Children's Museum**

[308 Congress St. at Sleeper Street, (617) 426-6500, [www.bostonchildrensmuseum.org](http://www.bostonchildrensmuseum.org)]

This museum is truly for the kids, boasting a multistory climbing structure, art studios, and a hands-on construction zone. Highlights include a full-size replica of "Arthur the Aardvark."

## **The Boston Tea Party Ship Museum**

[Congress Street Bridge between Dorchester Avenue and Harborwalk, (617) 531-6241, [www.bostonteatpartyship.com](http://www.bostonteatpartyship.com)]

Boston Tea Party Ships and Museum will transport you and your kids on an incredible journey back in time. You will feel a part of the famous event that changed the course of American History.

## **Boston Pops**

[301 Massachusetts Ave. between Huntington Avenue and St. Stephen Street, (617) 266-1492, [www.bso.org](http://www.bso.org)]

The Boston Symphony Orchestra

was founded by Civil War veteran and musician Henry Lee Higginson. It's hard to believe that the orchestra gave its first concert in 1881. The organization performs in both formal and informal setting and hosts a series of family concerts.

### Faneuil Hall, Quincy Market

[4 S Market St. between Chatham Street and S. Market Street, (617) 523-1300, [www.faneuilhallmarketplace.com](http://www.faneuilhallmarketplace.com)]

More than 70 retailers occupy the 200,000 square feet of space at this mixed-use marketplace. Customers enjoy local shops, restaurants, and are entertained by street performers and musicians along the cobblestone promenades.

### Freedom Trail Visitor Information Center

[139 Tremont St. between Cufflin Street and Ricker Road, (617) 357-8300, [www.thefreedomtrail.org](http://www.thefreedomtrail.org)]

Download the app and take the kids to explore the 2.5 mile Freedom Trail, the brick-lined route that leads you to 16 historical sites. The trail starts at the front door of the Boston Common Visitors Center and ends at the USS Constitution in the Charlestown Navy Yard.

Your kids can further their experience by doing a little research first and downloading the "Junior Ranger" activities provided by the National Park Service. A great tip that I've received is to reverse the path and end at Boston Common.

### Museum of Fine Arts

[465 Huntington Ave. between Museum Road and Forsyth Way, (617) 267-9300, [www.mfa.org](http://www.mfa.org)]

This museum holds nearly 450,000 works of art and welcomes around a million visitors each year. Take your family to experience art from ancient Egyptian to contemporary, special exhibitions, and innovative educational programs.

### Museum of Science

[1 Science Park at Monsignor O'Brien Highway, (617) 723-2500, [www.mos.org](http://www.mos.org)]

One of the world's largest science centers, the Museum of Science is the most attended cultural institution in the Boston area. The museum offers programming for all ages as well as interactive exhibits.

### New England Aquarium

[1 Central Wharf at Old Atlan-

tic Avenue, (617) 973-5200, [www.neaq.org](http://www.neaq.org)]

Give your children a real feel for marine life and visit this aquarium. There are engaging activities included in your admission to this space, like exhibits that include touch tanks. For a fee, you can schedule in-the-water animal encounters and behind-the-scene tours. For those interested, the aquarium also organizes whale-watching trips to Stellwagen Bank from April to October.

### Public Art Walk at the Mayor's Office of Arts, Tourism & Special Events

[Boston City Hall Room 802, Congress Street at North Street, (617) 635-3245, [www.publicartboston.com](http://www.publicartboston.com)]

Artworks, both permanent and temporary, from traditional to new media are on display throughout Boston. The public art pieces, paintings, murals, statues, bas-reliefs, sculptures, monuments, fountains, arches, and other permanent structures offer meaningful engagement with art throughout Boston's neighborhoods.

### Zoo New England, Franklin Park Zoo

[1 Franklin Park Rd. at Columbia Road, (617) 541-LION, [www.zoone-wengland.org](http://www.zoone-wengland.org)]

The Commonwealth Zoological Corporation is the non-profit that operates Franklin Park Zoo in Boston and Stone Zoo in Stoneham, MA. Franklin Park Zoo is the larger of the two, a 72-acre site. The zoo was founded in 1912 and with more than a century of service continues to be a destination for families.

### Additional info:

**Dine Out Boston**, spring: March 1-6, 9-13

**Greater Boston Bureau:** [www.bostonusa.com](http://www.bostonusa.com)

**American Express:** [www.americanexpress.com](http://www.americanexpress.com)

**NPS Junior Ranger program:** [www.nps.gov/bost/forkids/beajuniorranger.htm](http://www.nps.gov/bost/forkids/beajuniorranger.htm)

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*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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# Open communication

Actions speak  
louder than  
words when  
families try to  
understand  
one another

BY CAROLYN WATERBURY-  
TIEMAN

**A** common complaint in couples and families is “we don’t communicate.” Whether it is between spouses or parents and children, the typical description is, “I keep talking, begging for a response, and he just refuses to communicate with me!” There was a time when I would have accepted this statement and assumed the uncommunicative party just needed to be more communicative. Then I realized that all behavior, both verbal and nonverbal, is communication and conveys a message. So the issue is not whether or not you’re communicating, but what you are communicating and how well you are communicating it.

When people experience others as not communicating with them, it is often because the receiver is not responding in the manner that the sender desired, so the sender assumes the receiver didn’t “hear” the message. Some individuals assume that if the receiver doesn’t agree with the message, the receiver must not have heard or understood correctly. These people tend to confuse lack of agreement with misunderstanding. The confusion may be intensified if the receiver does not know how to effectively express their disagreement.

Then there are those individuals who send incomplete or hidden messages that are supposed to be decoded by the receiver who may not even realize a message has been sent. These message senders tend

to subscribe to the misguided notion that if someone really loves you, they will automatically be able to read your mind.

We sabotage our communication, and ultimately our relationships, in so many ways. It is amazing how well we have learned to communicate poorly. One can only wonder what would happen if we put as much energy into learning to communicate effectively as we put into avoiding it. Some of the practices that get in the way of effective communication are:

**Failure to match verbal and nonverbal cues.** Communication involves more than just the words we speak (studies have actually shown that we pay the least amount of attention to the words). It includes tone of voice, facial expressions, and body language. When the cues from these don’t match, the likelihood of miscommunication is significantly increased.

**The filters we are listening through.** Perhaps you weren’t aware that there are tiny, invisible — and yes, metaphorical — filters in our ears. They begin developing at birth and are shaped by the significant communications we participate in as children. These filters determine how we hear the messages others send. Sometimes they create static that interferes with messages so that we hear criticism, threats, doubt, mistrust, or personal attacks whether or not any was intended. Our filters tend to reflect our level of self-esteem.

**Our emotional vulnerability.** One of the primary reasons we feel

vulnerable is that we give other people the power to determine our self-worth. We forget that at the same time we are protecting ourselves from pain and disappointment, we are also robbing ourselves of the opportunity for deeply satisfying relationships with our spouses, children, relatives, and friends.

Now that we know all behavior is communication, how can we communicate more effectively with our children, and teach them to do the same? Here are a few suggestions:

**Learn and model open, honest communication.** Take the time and make the effort to accurately identify your feelings before speaking. Are you really mad, or are you actually hurt or disappointed? Are you really angry, or are you actually scared, embarrassed, or exhausted? You are much more likely to get the response you desire if you are honest about how you feel.

**Be sure the message you are sending is the one intended.** Attempt to match your words with a tone of voice, facial expressions, and body language that clarify (rather than confuse) the message you are trying to convey. Tacking on the phrase, “I love you,” after a scathing comment or while focused on a computer screen doesn’t feel like love to the receiver. For words to mean anything, actions have to match them.

**Check your filters and replace accordingly.** If you have faulty filters, do something about it. Clean them out and replace them with filters that allow you to listen freely and keep your sense of self-worth



intact. Remember, the way others communicate with you says more about them than about you. Be sure the way you communicate with others reflects the kind of person you are, or perhaps, the kind of person you want to be.

**Be quick to listen, slow to speak.**

Listen with your eyes as well as your ears. (Remember: listening does not mean approval, acceptance, or automatic permission. It just means you are listening.) Listen for the feelings behind the words and behavior, the feelings that are motivating the person to speak and behave in the way you are observing. Restate what you think you heard them say and check for accuracy before formulating a response. Take the time to consider what you want your words to accomplish before delivering a reply. Our communication must convince our children that we care enough to listen and respond thoughtfully.

**Talk “with” rather than “at” your children.** While nagging, criticizing, cajoling, threatening, lectur-

ing, questioning, evaluating, and advising may be done with the best of intentions, these tactics tend to diminish rather than enhance communication. If we expect compliance, cooperation, honesty, and respect from our children, they are much more likely to exhibit these when we communicate clearly, consistently, honestly, and respectfully with them. I know I respond much more favorably to someone who speaks to me in this manner. How about you?

**Use open-ended questions.** Instead of asking, “Did you have a good day?” ask “What was good about your day?” The former requires a simple yes or no response. The latter is an invitation to become engaged in meaningful conversation.

For every complaint you have about a child, find five things you appreciate about him. Be sure you are doing as good a job expressing the latter as the former. It’s easier to comply with, “Thank you for remembering to put your dishes in the dishwasher.” “I really appreciate you getting right in on your homework.” “When you finish, would you please pick up the dirty clothes in your room and put them in the hamper? I need to do laundry,” than “Your room is a mess,” “You are such a slob,” or “Get in there and pick up your dirty clothes this minute!”

The next time you find yourself about to let them “have it” or give them a piece of your mind, ask yourself, “How would I respond to what

I’m about to say?” You might want to find a different way to say it.

We can either encourage or discourage our children’s enthusiasm, curiosity, and willingness to communicate with us by the way we listen and the things we say. Since the relationship we establish with our children is the foundation for every other relationship they will ever have, the model for communication we provide has implications for their relationships with their peers, their spouses, and eventually, their children. If we can’t not communicate, why not invest the time and effort necessary to do it well? Talk may be cheap, but effective communication is priceless!

*Carolyn Waterbury-Tieman has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator. To contact her, e-mail [parentlife@yahoo.com](mailto:parentlife@yahoo.com).*



## DIVORCE & SEPARATION

LEE CHABIN, ESQ.

# Divorce after age 50

**D**anny DeVito and Rhea Perlman, Tipper and Al Gore, Arnold Schwarzenegger and Maria Shriver. What do these couples have in common? In addition to fame and fortune each of these couples ended their respective marriages when the spouses were 50 years of age or older. Such splits — couples who divorce after age 50 — are referred to as “gray” divorces. The number of gray divorces is growing, and not only among the rich and celebrated.

A 2013 study “The Gray Divorce Revolution: Rising Divorce among Middle-aged and Older Adults, 1990 – 2010,” authored by Susan L. Brown and I-Fen Lin, both in the sociology department of Bowling Green State University, found that the divorce rate among adults ages 50 and older doubled between 1990 and 2010. Roughly one in four divorces in 2010 occurred to persons ages 50 and older, and the rate of divorce was 2.5 times higher for those in remarriages versus first marriages, while the divorce rate declined as marital duration rose.

There are many factors and circumstances that may contribute to gray divorces. The study says

some of them are directly related to “the unique events and experiences characterizing” the “life course stages” of middle age (50-65) and older adulthood (65+). During these stages, “many couples confront empty nests, retirement, or declining health, which can pose considerable challenges for marital adjustment. These turning points can prompt spouses to reassess their marriages, ultimately leading them to divorce,” write Brown and Lin.

Other findings include:

- Middle-aged adults are experiencing a higher rate of divorce than older adults.
- Men and women 50 and over are divorcing at very similar rates (9.8 divorced men per 1,000 married persons; 10.3 women divorced per 1,000 persons).
- There is some racial and ethnic variation in the risk of divorce among those ages 50 and older, with 20.5 divorced blacks per 1,000 married persons, 11.3 divorced Hispanics per 1,000 married persons, and nine divorced whites per 1,000 married persons).
- The divorce rate also differs by economic resources — including education.

• Those with a college degree experience a considerably smaller risk of divorce compared to those with lower levels of education.

• The rate of divorce is highest among the unemployed.

• Older adults who are not in the labor force (presumably because they are retired) have the lowest divorce rate.

In addition to the study’s findings — of which there are even more — the authors discuss the “implications for individuals, their families, and society at large.”

It says it is likely that divorce has “negative consequences, particularly for those who did not want the divorce or who are economically disadvantaged or in poor health.”

“Divorced older adults no longer have a spouse on whom to rely and are likely to place greater demands on their children,” write the authors. These children may be asked to serve as caregivers in lieu of the absent spouse:

“The strain of such intense obligations may weaken inter-generational ties ... Adult children are particularly unlikely to provide care to their divorced fathers.”

“Some older adults may not have children available nearby to provide care,” and so “the rise in later life divorce may place additional burdens on society at large, as divorced individuals will be forced to turn to institutional” assistance rather than look to the family for support.

The study, which the authors acknowledge has limitations, is somewhat alarming.

But having this information will surely help society deal with the consequences of gray divorce, which are likely to become more apparent over the coming years.

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

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





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# Calendar

MARCH



Joanie Leeds

## Rock out for Purim

Celebrate Purim with a family friendly concert on March 1 at the JCC Manhattan.

Joanie Leeds, the award-winning Queen of indie rock and the Nightlights, returns to the Jewish community center for a special Purim concert. Families will be dancing, swerving, and rocking to the pop-rock, soul, and folk music

performed by the group with selections from their top CDs that have climbed to the top of the charts.

Joanie Leeds and the Nightlights Purim concert, March 1 from 10 am to 11 am. Tickets are \$16 to \$18.

JCC Manhattan [334 Amsterdam Ave. on the Upper West Side; (646) 505-4411; [www.jccmanhattan.org](http://www.jccmanhattan.org)].

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

## 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!

## SUN, MARCH 1

### IN MANHATTAN

**Joanie Leeds:** Manhattan JCC, 334 Amsterdam Ave.; (646) 505-4411; [www.jccmanhattan.org](http://www.jccmanhattan.org); 10 am – 11 am; \$16 and \$18.

The Queen of indie rock will perform for a special Purim concert.

**Purim Carnival:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 11 am; \$12.

Come in costume and enjoy the fun-filled day.

**The National Pig Day show:** Kids 'N comedy, 208 W. 23rd St. between Seventh and Eighth avenues; (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com); 1 pm; \$15.

Teen comics address the pig.

**Blast off Purim!:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); 1 pm; \$10 and \$7 (\$7 and \$5 for members).

Celebrate the holiday with crafts, concert and a mini tour along with Tim and the Space Cadets. Costumes are encouraged. For children 3 to 10 years old.

**Hot Cup-O-Jokes:** 208 W. 23rd St. between Seventh and Eighth avenues; (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com); 1 pm; \$15.

Come warm up with some hot jokes from the city's funniest teenaged comics. Kids 'N Comedy presents a show so funny you'll forget about your landlord's refusal to raise the building's heat above 50 degrees.

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

In honor of African American History Month, families discuss the 1960s civil rights movement.

### FURTHER AFIELD

**Winter Bird Stroll:** Brooklyn Bo-



## Ride across the river

Sundog Theatre presents "Scenes from the Staten Island Ferry" on March 19, 20, and 21 at the Vital Theatre.

This production focuses on the intersecting plot lines provided by four playwrights about the iconic ferry that crosses the river from Staten Island into Manhattan. The outcome of all four will keep you guessing to the very last plot twist.

tanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 10 am-11 am; Free with garden admission.

Fun for the whole family. Spot where the winter birds are.

**Cosmic creations:** 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 pm; Free with museum admission.

Learn about astronomy and the planets, stars, and space with Dr. Neil Degrasse Tyson, a contemporary African-American astrophysicist. Make a shooting star to take home.

**Drop in Drawing:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 1 pm to 3 pm; Free with garden admission.

Visitors are invited to tour the gallery and then sketch what they see. No reservations necessary and suitable for all ages.

## TUES, MARCH 3

### IN MANHATTAN

**Little New-Yorkers:** New-York His-

torical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

Recommended for children 10 years and older. "Scenes from the Staten Island Ferry," March 19, 20, and 21 — Friday and Saturday showtimes, 8 pm.

Tickets \$20 for general admission and \$18 for seniors and students.

*Vital Theatre [2162 Broadway at 76th Street on the Upper West Side, (718) 816-5453]*

torical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

"The Snowy Day" by Ezra Jack Keats. Say good-bye to these freezing, winter months, while following the adventures of one little boy on his snowy adventure, and then make paper snowflakes. This program introduces New York and American history to the littlest New Yorkers with age-appropriate themes and engaging hands-on activities. For ages 3-5.

**The Bunny Hop:** Gucci, 583 Park Ave.; (212) 639-2103; [www.thesocietyofmskcc.org](http://www.thesocietyofmskcc.org); 5 pm to 7 pm; \$200 adults (\$80 children).

The 24th annual tradition that benefits pediatric initiatives is an enchanting experience full of activities and acts including a live animal show, petting zoo, photo booth, DJ, magicians, balloon artists and Clown Care Doctors. Hosted by the Associates Committee of the Society of Memorial Sloan Kettering.

## THURS, MARCH 5

### IN MANHATTAN

**Cross-Stitch Circle:** New-York His-

torical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

Beginning cross stitchers and younger children will learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers and older children and adults make a handcrafted gift for someone. Ages 7 and up.

## FRI, MARCH 6

### IN MANHATTAN

**Little New-Yorkers:** 3:30 pm. New-York Historical Society. See Tuesday, March 3.

## SAT, MARCH 7

### IN MANHATTAN

**Mike Carbo's Big Apple Con:** Penn Plaza Pavilion, 401 Seventh Ave. at 33rd Street; [www.nycbm.com](http://www.nycbm.com); 10 am – 6 pm; \$20 (\$10 children).

Celebrate the 20th anniversary of the city's longest running comic book sci-fi/fantasy convention, where collectors and enthusiasts will find hundreds of vendor tables, top comics, celebrities, pro wrestlers, dealers, panel discussions, costume contests, and more.

**"Goose":** Florence Gould Hall, 55 E. 59th St. at Madison Avenue; (212) 355-6160; [www.nytb.org/calendar-and-tickets/view/Keith-Michaels-Goose](http://www.nytb.org/calendar-and-tickets/view/Keith-Michaels-Goose); 11 am, 1 pm and 3:30 pm; \$35 (\$40 adults).

New York Theatre Ballet presents the production of Keith Michael's ballet based on children's favorite nursery rhyme characters including Jack and Jill, Little Bo Peep, Little Boy Blue, and Little Miss Muffet, set to Vladimir Shinnov's original score.

**"Beats, Rhymes, and Braking":** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$21 (\$14 children).

From head spins to windmills, and from six-step to the trusty pop and lock, prepare the kids for a unique program of jaw-dropping breakdance action with the Manzana City Crew — returning to Just Kidding after a sold-out extravaganza last season!

**Homecoming:** National Dance Center, 217 W. 147th St.; (212) 226-0083; [www.nationaldance.org](http://www.nationaldance.org); 11:30 am; Free.

Connect with old friends and enjoy a day of memories. RSVP requested.

**Nature's workshop:** Inwood Hill Park, Henry Hudson Parkway; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); Noon; Free.

*Continued on page 40*

# Calendar

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

## Continued from page 39

Learn how trees and natural materials are used to build modern-day and tribal musical instruments. Registration required. All supplies provided.

**Paper planes:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm; Free with museum admission.

Fold down paper and make a bird plane and then fly it at the target wall of clouds. All ages.

**My Superhero Roberto Clemente:** Teatro Sea, 107 Suffolk St.; (212) 259-1545; [www.sea-online.info/calendar](http://www.sea-online.info/calendar); 3 pm; call for tickets.

Bilingual musical for children! Bobby and his friends discover the super powers that make this legendary baseball player and humanitarian a superhero!

## SUN, MARCH 8

### IN MANHATTAN

**"Goose":** 11 am, 1 pm and 3:30 pm. Florence Gould Hall. See Saturday, March 7.

**"Beats, Rhymes, and Braking":** 11 am. Symphony Space. See Saturday, March 7.

**Yippee Skippy Puppet Theater:** Bank Street Bookstore, 610 W. 112th St. between 112th and Broadway; (212) 678-1654; [bankstreetbooks.com](http://bankstreetbooks.com); 1 pm; Free.

Children enjoy creative storytelling through traditional tales with a twist.

**Fire Making skills:** Inwood Hill Park, Isham St. and Seaman Avenue; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm; Free.

Rangers discuss primitive and modern methods of making fire safely and responsibly. Recommended for children 8 years and older.

**Gallery sketching:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 pm; Free with museum admission.

Children explore the world of John James Audubon through the newest exhibit. Then sketch their own views. For all ages.

**"The Pinkertonian Mystery":** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3 pm to 5 pm; \$35.

Live in Theater debuts this interactive and immersive mystery experience. Set in 1875, families will travel throughout the museum galleries and interact with actors and solve the crime inspired by the criminal mastermind El Diablo and the real-live Pinkerton National Detective Agency. Suit-



## Fee-fi-fo-fum puppets

The Swedish Cottage Marionette Theater hosts "Jack and the Beanstalk," now through June 28.

This fresh retelling of the Swedish Cottage original production presented by the City Parks Foundation takes Jack on an enchanting adventure up a magical beanstalk. Jack encounters the notorious giant Milford whose thieving ways have brought misfortune upon Jack and his mother, but with help from friends, he risks his life to take back what the Giant stole.

The play is approximately 45

minutes long and is suitable for children 3 to 9 years old.

"Jack and the Beanstalk," now through June 28, showtimes are Tuesdays, Thursdays and Fridays, 10:30 am and noon; Wednesdays, 10:30 am, noon, and 2:30 pm; Saturdays and Sundays, 1 pm. Tickets are \$7 for children under 12; \$10 for all others.

*Swedish Cottage Marionette Theater [W. 79th Street and West Drive on the Upper West Side; (212) 988-9093; [www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre](http://www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre)].*

able for children 8 years and older.

## TUES, MARCH 10

### IN MANHATTAN

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

"The Tale of Pale Male" by Jeanette Winter introduces children to look up and discover Pale Male, a very special New Yorker. He is a hawk who lives among the city's skyscrapers. Children 3 to 5 years old will make a mini-bird nest. This program introduces New York and American history to the littlest New Yorkers with age-appropriate themes and engaging hands-on activities.

## THURS, MARCH 12

### IN MANHATTAN

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, March 5.

## FRI, MARCH 13

### IN MANHATTAN

**Little New-Yorkers:** 3:30 pm. New-York Historical Society. See Tuesday, March 10.

**"Shakespeare and his Legacy":** Manhattan Movement & Arts Center, 248 W. 60th St. between Amsterdam and West End avenues; (212) 787-1178; [manhattanyouthballet.org](http://manhattanyouthballet.org); 7 pm; \$25 (\$15 students).

Presented by the Manhattan Youth Ballet and Manhattan Movement and Arts Center, featuring the excerpts from Balanchine's "A Midsummer Night's Dream," and "Romeo and Juliet."

## SAT, MARCH 14

### IN MANHATTAN

**"Shakespeare and his Legacy":** 1 pm and 5 pm. Manhattan Movement & Arts Center. See Friday, March 13.

**My Superhero Roberto Clemente:** 3 pm. Teatro Sea. See Satur-

day, March 7.

**Night Sky:** Inwood Hill Park, Isham St. and Seaman Avenue; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 5 pm; Free.

Bring your walking shoes and hike up to Overlook to get a closer look at the stars.

## SUN, MARCH 15

### IN MANHATTAN

**Fan Dance:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 pm; \$15 (\$10 members).

Chinese fan dancing traces its beginnings back 2000 years to the Han Dynasty. This workshop incorporates simple vocabulary and basic dance movements. For children 5 years and older.

**"Shakespeare and his Legacy":** 3 pm. Manhattan Movement & Arts Center. See Friday, March 13.

## TUES, MARCH 17

### IN MANHATTAN

**St. Patrick's Day Parade:** Kick off, 44th Street and Fifth Avenue; 11 am; Free.

Come on down to the world-famous parade, kick up your heels, listen to the bagpipes, and be Irish for the day.

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

"The Snow Rabbit" by Il Sung Na teaches children 3 to 5 years old about the symbols of spring and how animals transition through the seasons, then they make a bunny bracelet. This program introduces New York and American history to the littlest New Yorkers with age-appropriate themes and engaging hands-on activities.

## THURS, MARCH 19

### IN MANHATTAN

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, March 5.

**"Scenes From the Staten Island Ferry":** Vital Theatre, 2162 Broadway at 76th Street; (718) 816-5453; [www.sundogtheatre.org](http://www.sundogtheatre.org); 8 pm; \$20 (\$18 seniors & students).

Presented by the Sundog Theatre, this play features the intersecting plots of four writers who pen the events around New York's iconic ferry- from the Manhattan side perspective and the outcome that will keep you guessing. Suitable for ages 10 years and older.

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

## FRI, MARCH 20

### IN MANHATTAN

**Little New-Yorkers:** 3:30 pm. New-York Historical Society. See Tuesday, March 17.

**"Scenes From the Staten Island Ferry":** 8 pm. Vital Theatre. See Thursday, March 19.

## SAT, MARCH 21

### IN MANHATTAN

**Cooking lesson:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 pm; \$16 (\$10 members).

Sarah Lohman teaches children 8 years and older how Chinese food created a pathway to acceptance in the United States, then teaches children how to prepare dumplings from scratch.

**"Scenes From the Staten Island Ferry":** 8 pm. Vital Theatre. See Thursday, March 19.

## SUN, MARCH 22

### IN MANHATTAN

**Children's Concert:** Museum of Jewish Heritage, 36 Battery Place at First Place; (646) 437-4202; www.mjhnyc.org; 10:30 am; \$10, \$7 for children 10 and under.

Brooklyn band Yellow Sneaker and their puppet pals nurture family bonds and bridge connections to Jewish life and traditions through their performance.

**Prepping for Pranks:** Kids 'N Comedy, 208 W. 23rd St. between



## St. Patrick's Day parade festivities

Grab your shillelagh, don your kilt, and tune up the bagpipes for the annual St. Patrick's Day Parade — when everyone is invited to be Irish.

For the past 254 years the borough of Manhattan has held its

annual parade on March 17. Beginning in 1762, this is the largest of all the celebrations, and kicks off at 11 am on E. 44th Street and Fifth Avenue. Marchers make their way up Fifth Avenue, past the reviewing stand at St. Pat-

rick's Cathedral, 50th street and Fifth avenue, and end at E. 79th Street.

St. Patrick's Day Parade, March 17 at 11 am. Free.

*Kick off, 44th Street and Fifth Avenue in Midtown.*

Seventh and Eighth avenues; (212) 877-6115; www.kidscomedy.com; 1 pm; \$15.

Missteps, embarrassments, and foibles are all important parts of the human experience. On top of that, imagine going to high school. The city's funniest teen comics talk all

about their social blunders and personal triumphs.

## TUES, MARCH 24

### IN MANHATTAN

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

"A Walk in New York" by Salvatore Rubbino is a book that reminds us of the wonderful parts of the city and takes children 3 to 5 years old on a journey with a little boy and his dad, as they spend the day visiting all the tourist attractions. Kids can make their own pop-up New York City. This program introduces New York and American history to the littlest New Yorkers with age-appropriate themes and engaging hands-on activities.

## THURS, MARCH 26

### IN MANHATTAN

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, March 5.

## FRI, MARCH 27

### IN MANHATTAN

**Little New-Yorkers:** 3:30 pm.

## SUN, MARCH 29

### IN MANHATTAN

**Model Seder:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 2 pm; \$10 and \$7 (Members \$7 and free for children under 3 \$5 each additional child).

Interactive storytelling, live music, and traditional Passover fare, led by ShirLaLa. For children 3 to 10 years old.

## TUES, MARCH 31

### IN MANHATTAN

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

"When Everyone Wore a Hat" by William Steig is about hats, hats, and more hats. Travel back in time to an era where everyone sported head gear, and then make a fancy hat to take home. This program introduces New York and American history to the littlest New Yorkers with age-appropriate themes and engaging hands-on activities for children 3 to 5 years old.

*Continued on page 42*

## 'Renewal' for spring

Amanda Selwyn Dance Theatre opens its 2015 season with a world-premier performance of "Renewal" on March 13, 14, and 15.

This production features a series of shorts that offer fresh and vibrant movements, athleticism, energy, and balance.

Each short highlights signature structures and elements. Her dance moves activate emotional expression and offer many in-roads for audiences to make meaning for themselves.

"Renewal" on March 13 and 14 at 7:30 pm and March 15 at 3 pm. Tickets are \$25. Recommended for older teens.

*BMCC Tribeca Performing Arts*



*Center [199 Chambers St. and Harrison Street in Tribeca, (212) 220-1460; <http://tribecapac.org/amanda-selwyn-dance-theater>].*

Continued from page 41

## LONG-RUNNING

### IN MANHATTAN

**“The Light Princess”:** The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; [www.newvictory.org](http://www.newvictory.org); \$15 and up.

Two witty wisemen sing a story of a young princess cursed by a wicked witch to float through life indefinitely. Twirling above the stage, through the kingdom and into a magical forest, she must find a way to come back to earth by her 16th birthday or be doomed to defy gravity forever. Times and days vary; consult the website.

**The Butterfly Conservatory:** American Museum of Natural History, Central Park West at West 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Suggested admission \$22 adults, \$17 students/seniors, \$12.50 children.

In the annual favorite, Tropical Butterflies Alive in Winter, up to 500 live, free-flying tropical butterflies from the Americas, Africa, and Asia are housed in a vivarium that approximates their natural habitat, includes live flowering plants that serve as nectar sources, and features controlled artificial light, temperature, and humidity.

**Freedom Journey 1965:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Daily, 10 am-6 pm; Now - Sun, April 19; \$19 adults, \$6 children ages 5-12.

This exhibit features the stunning and historic photographs of Stephen Somerstein, documenting the Selma-to-Montgomery Civil Rights March in January, 1965.

**Pixelated, Sum of its Pieces:** Children’s Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Mondays and Wednesdays, Noon-5 pm, Thursdays and Fridays, Noon-6 pm, Satur-



## A historic whodunnit?

Join in the mystery at the New York Historical Society on March 8 and find out the culprit in “The Pinkertonian Mystery” interactive production.

Live in Theater presents this interactive and immersive mystery experience with the play set in 1875. Families are invited to solve this Victorian-era crime by traveling throughout the museum galleries and interacting with actors to solve the crime inspired

by the criminal mastermind El Diablo and the real-live Pinkerton National Detective Agency. The event is suitable for children 8 years and older.

“The Pinkertonian Mystery,” March 8 from 3 to 5 pm. Tickets are \$35.

*New-York Historical Society, Di-menna Children’s History Museum [170 Central Park West at 77th Street in Central Park West, (212) 873-3400; [www.nyhistory.org](http://www.nyhistory.org)]*

days and Sundays, 10 am-5 pm, Now - Sun, May 3; Free with \$11 museum admission.

This exhibition brings together emerging and mid-career artists whose work explores different means of perception and brings together visual artists whose works explore the intersection between art and technology.

### Youth Wheelchair Basketball:

Chelsea Recreation Center, 430 W. 25th St. at 10th Avenue; (212) 255-3705; Sundays, 11 am-1 pm, Now - Sun, April 26; Free with NYC center membership.

Sports program for children 6 to 21 years old with physical disabilities. Learn to play wheelchair basketball with the New York Rollin’ Fury, sport-chairs are available if needed.

**Sunday Art Discoveries:** The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; [thejewishmuseum.org](http://thejewishmuseum.org); Sundays, 11:30 am - 12:30 pm, Now - Sun, May 17; Free with museum admission.

Children engage with works of art through exciting activities and gallery tours focusing on themes inspired by to our special exhibitions.

**Drop-In Art Workshop:** The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; [thejewishmuseum.org](http://thejewishmuseum.org); Sundays, 1 - 4 pm, Now - Thurs, May 28; Free with museum admission.

Children, ages 3 and up, paint, draw, sculpt, or craft a work of art inspired by exhibitions on view. Projects explore new themes each week.

**“Jack and the Beanstalk”:** Swedish Cottage Marionette Theater, W. 79th and West Drive; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon, and 2:30 pm, Saturdays and Sundays, 1 pm; \$10; \$7 children under 12.

This fresh retelling of the Swedish Cottage original production takes Jack on an enchanting adventure up a magical beanstalk. Jack encounters the notorious Giant, Milford, whose thieving ways have brought misfortune upon Jack and his mother, but with help from friends, he risks his life to take back what the Giant stole.

**Jazz For Kids:** Jazz Standard, 116 E. 27th St. at Park Avenue South; (212) 576-2232; [www.jazzstandard.com](http://www.jazzstandard.com); Sundays, 2-3 pm, Now - Sun, May 17; Free, guests may give a \$5 donation that benefits the Jazz Standard Discovery Program.

The talented children’s musicians of the The Jazz Standard Youth Orchestra perform every Sunday.

**Free Baby/Toddler Class:** Franciscan Community Center, 214 W. 97th St. between Broadway and Amsterdam Avenue; (212) 932-8040 X 38; [blewis@fccnyc.org](mailto:blewis@fccnyc.org); Tuesdays and Thursdays, 10 am-noon, Now - Thurs, April 30; Free.

Socialization, early literacy, singing, movement and explorative play.

**Storytime:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); Wednesday, March 4, 3:30 pm; Wednesday, March 18, 3:30 pm; Wednesday, April 1, 3:30 pm; Wednesday, April 15, 3:30 pm; Wednesday, May 6, 3:30 pm; Wednesday, May 20, 3:30 pm; Free.

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

## Teen comics leaving 'em laughing

Kids 'n Comedy presents the best of teen comics on March 1 and March 22.

On March 1, it’s all about the pigs, as funny teens celebrate National Pig Day. You will hear some very interesting facts about those curly tailed, little pink oinkers as well as learn about some really far out holidays that we celebrate.

On March 22, teens Prep for Pranks. Missteps, embarrassments, and foibles are all things



these raunchy teenage comics will be trying to force upon their friends, neighbors, and family members this coming April. Watch as they prepare for the elaborate

pranks, nostalgically and painfully remember follies of past years, and generally plot revenge against those who have caused them any emotional anguish.

March 1 National Pig Day and March 22 Prepping for Pranks; both shows are at 1 pm and admission on both days is \$15.

*Kids 'n Comedy [208 W. 23rd St. between Seventh and Eighth avenues in Chelsea, (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com)]*

# Calendar

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

## FURTHER AFIELD

**From Here to There:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); Tuesdays - Sundays, 10 am-5 pm, Now - Sun, May 10; Free with museum admission.

This innovative exhibit teaches the science of how things move by land, sea and air. Visitors can heat up and launch a hot air balloon, operate an authentic canal lock system to move a boat and experiment with pneumatics, pulleys, hydraulics, and levers to move objects mechanically.

**Science Playground:** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm; \$5 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., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 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 propul-



## Yellow Sneaker concert

Enjoy a concert and puppet show when Yellow Sneaker visits the Museum of Jewish Heritage on March 22.

Brooklyn band Yellow Sneaker and its puppet pals nurture family bonds and bridge connections to Jewish life and traditions through

performances.

Yellow Sneaker on March 22 at 10:30 am. Tickets are \$10, and \$7 for children under 10.

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

sion, gravity, escape velocity, launch window, gravitational assist, and more!

**Ice skating:** Lefrak Center in Prospect Park, Parkside and Ocean av-

enues, Brooklyn; (718) 594-7439; [info@brooklynice.org](mailto:info@brooklynice.org); [www.brooklynice.org](http://www.brooklynice.org); Tuesdays - Thursdays, 11 am-6 pm, Fridays, 11 am-8 pm, Saturdays, 10 am-9 pm, Sundays, 10

am-6 pm, Now - Tues, March 31; \$6 (\$8 on Sat. and Sun) plus \$6 skate rental.

Families have a great time twirling and skating and enjoying the rink.

**"Galapagos - Nature's Wonderland in 3D":** New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Weekdays, 11 am & 2 pm, Saturdays and Sundays, 1 & 3 pm; \$6 adults; \$5 children.

In this 3D movie, travel to the Galapagos archipelago to meet giant half-ton tortoises and marine iguanas that spit sea-salt from their noses, hunt fishes with the colorful blue-footed boobies, and swim with tiny penguins.

**Ice skating school:** Lefrak Center in Prospect Park, Parkside and Ocean avenues, Brooklyn; (718) 594-7439; [info@brooklynice.org](mailto:info@brooklynice.org); [www.brooklynice.org](http://www.brooklynice.org); Mondays and Wednesdays, 4-6:30 pm, Now - Tues, March 10; Free.

Instructions, fitness, homework help and lots more. Preregistration required.

**Art Kids:** 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 and 2:30 pm, Now - Fri, March 6; Free with museum admission.

Children explore a new style of art and discover the artistic process while developing artistic skills.

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## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

# A solid foundation for better behavior

**I**n the midst of a crisis, we are all ready to ask for help, jumping in with two feet to the closest resource to get out of the crisis as quickly as possible. Behaviorally, there are lots of quick fixes to get out of crisis behavior. To truly avoid those situations in the first place, however, you need to jump in with two feet to change behavior during the good times.

Positive behavior from your child does not happen without a solid foundation. Challenging behaviors will not transform without putting in effort throughout the entire day. The trick to creating a solid behavioral foundation has two parts: consistency and focusing on the small stuff.

Consistency is important for lots of reasons! Let's focus on how consistency helps change a sassy kid into an angel. To be consistent, you have to think of how you want to respond before the situation occurs. You need a plan. It does not have to be a big, elaborate or written plan, although writing it down is helpful. Simply knowing what you will do and say each time your kiddo has a specific behavior will change the entire dynamic. Being prepared leads to less of an emotion in your response, which is great!

How you decide to respond is not as important as the repetition of your response each time she, let's say, asks for candy. The consistency in your response also means that you won't change your mind based on your child's reaction (aka behavior). Quickly, she will learn that you are not changing your answer simply because she yells louder, argues more, or throws herself on the floor. Your word will start to have a strong meaning to her — and that is powerful!

Here is the trick: Be consistent in the face of good behavior as well as bad.

Let's say that the plan for candy is that it is only allowed after dinner. One day you're at the park for



a lovely afternoon, and everyone is happy and getting along. Your daughter politely asks for candy. You want nothing more than to say "yes"! Also, you're worried: what if saying "no" ruins the nice afternoon? Even in this tempting moment, please, be consistent with the rule. This helps set the foundation for your child knowing that you mean what you say.

The second part of the solid foundation is focusing on the small stuff. The small moments, like being at the park and saying "no" to candy even though you all wanted it, demonstrate to your small beings that the rules you have created are not arbitrary. The structure you have created is thoughtful and intentional.

Often, kids cannot yet understand the logic behind our decisions. So,

don't expect them to understand. What you can teach them to understand is that you are looking out for their best interest. You teach them this by being consistent with your word and rules. The small moments when you remain consistent are so powerful! These are the moments when your child is aware and can understand the message you provide. During a crisis, it is hard for them to understand the underlying point.

Set a solid foundation in your family, by being consistent through all moments, big and small!

*Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. She has worked with thousands of families for more than 15 years and has condensed her observations into her practice and programs. For more on her, visit [www.BehaviorAndBeyond.net](http://www.BehaviorAndBeyond.net).*

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THE BOOK WORM

TERRI SCHLICHENMEYER

Prisoners of love

**T**he Case for Loving: The Fight for Interracial Marriage” by Selina Alko, illustrated by Sean Qualls and Selina Alko, is an important book for children — and adults — who are too young to remember Loving v. Virginia.

Falling in love was very easy for Richard Loving and Mildred Jeter, and it didn't take long for them to decide that they wanted to get married.

But there was one problem: Richard was white. Mildred was “colored.” They didn't think that was a big deal, but in Virginia in 1958, it was illegal for them to get married.

So Mildred and Richard went to Washington, D.C. and tied the knot there. The Lovings “couldn't wait” to start their new lives back home.

Not long after they were back in Virginia, though, the police came in the middle of the night and said that the Lovings' marriage certificate was no good. They put Richard and Mildred behind bars.

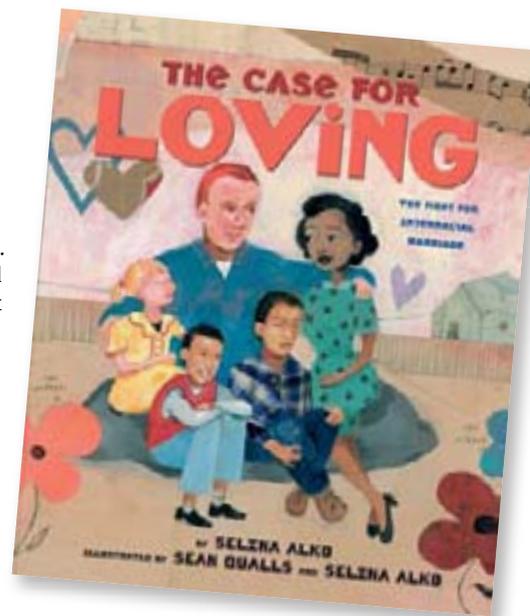
In order to stay out of jail for good, Richard and Mildred had to move to

another state.

In Washington, D.C. again, the Lovings tried to settle in. Richard got a job. Mildred had three children. But the city wasn't a good place for the Lovings. They missed their families. They weren't happy, so nine years after that late-night visit by the police, they hired lawyers to fight for the right to live in their beloved Virginia.

“The Case for Loving” is a very informative, eye-opening book. Author Alko says in her notes that, as a Jewish white woman, she finds it “difficult to imagine” that her marriage (to illustrator Qualls, an African American) might have been illegal 50 years ago. Kids might find that notion to be almost “unbelievable,” too, given that they've never known a world like the one described here.

What parents will want to under-



stand, however, is this: for its 4-to-8-year-old target age group — particularly for those on the younger end — this book could be scary, especially the jail part.

Still, if you're prepared to explain and you keep the youngest audience members in mind, this could be a great read-aloud book.

“The Case for Loving: The Fight for Interracial Marriage” by Selina Alko [40 pages, 2015, \$18.99].

‘Dead or Alive?’ is pure fun

**E**ven though your children quarrel, they still love each other, and nothing dangerous happens—unlike with the creatures in the new book “Dead or Alive?” by Clive Gifford, illustrated by Sarah Horne.

When an animal in the wild gets hungry, there aren't a lot of options. They have to catch their supper, and while nature has given them speed and

claws, potential meals have a few tricks on their side, too.

Take, for instance, opossums and hognose snakes.

When opossums and hognoses are threatened, they act dead, they smell dead, they look dead, and are very unappetizing to predators. That allows them to play dead another day!

On the other hand, though, what about those critters that gotta eat?

They can pretend to be rocks, like an alligator or snapping turtle, and lure their lunches straight to their mouths. Or, like the anglerfish, they might use bioluminescence to invite other creatures to dinner. Or, like orange barnacles, they could turn their prey into zombies and wait until snacktime.

Mayflies have mouths, but they don't use them, because mayflies “don't live long enough to get hungry.” Scientists think there's a possibility that the Antarctic volcano sponge might live for up to 10,000 years! A 4-month-old puppy in England accidentally got flushed down the toilet and survived, and a cat in Boston fell 19 stories and lived. Extinct animals have been discovered alive, and scientists are trying to figure out how to bring other animals back from extinction.

Anybody can spout information about cats and dogs. Many kids know things about horses and cows. But who knows about tardigrades

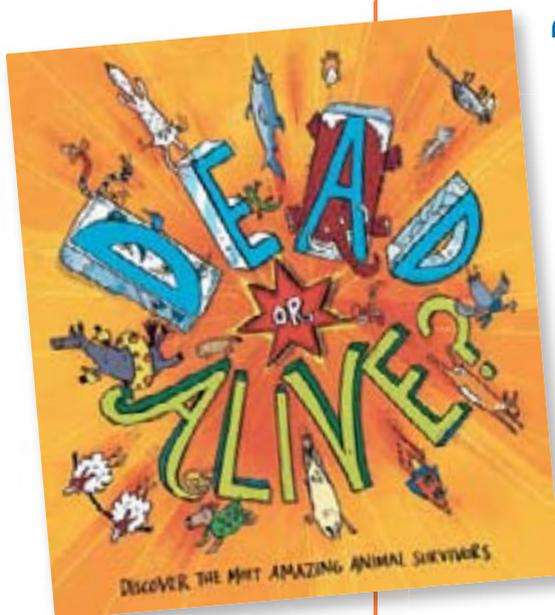
and thylacines? Your child, that's who, once he's got “Dead or Alive?” in his hands.

Inside this book, there are creatures that crawl, walk, run — and are eaten. There are animals that fly, swim, wiggle — and are hunters. And, of course, author Clive Gifford includes critters that have uniquely adapted to survive in ways that your child will find fascinating, maybe a little icky. And if icky isn't enough, there's fun to be had in Sarah Horne's colorful, informative, but cartoon-like illustrations, too.

This book is perfect for kids ages 7 to 12, and I think even adults could learn a thing or two by paging through it. If you've got a young biologist or animal lover around, look for it. Getting him to read “Dead or Alive?” shouldn't be much of a fight.

“Dead or Alive,” by Clive Gifford [48 pages, 2015, \$14.99].

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



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