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Starting the discussion on gender

I've been thinking a lot about gender and the very new issues that the idea of gender is raising lately. I don't think I ever considered it before the last few months, but suddenly one is hearing about gender neutrality and I'm finding it fascinating. There are forms available now where a third gender possibility is optional, neutral.



I recall back when I was in school that there was a boy who sat next to me who was a rather odd character. He was without friends and seemed to actually lack an apparent personality. Every day I said hello to him although he would only nod in response. He was beyond shy, and never spoke to any-

one as I recall. He was an enigma. It made me sad and I purposely went out of my way every day to give him a greeting waiting for the day when he would open up. He never did.

Some years later, I was shopping at a major department store and a rather elegantly dressed and beautiful woman asked me if I had gone to such and such a school. I said yes and she told me she was a former classmate of mine. I couldn't imagine who she could be because she looked like no one I had ever known before. She said she wasn't at all surprised that I didn't recognize her because she was very changed from the way she looked in school. It turned out

that this lovely woman used to be that very shy and repressed boy who sat next to me in class and in the choir. She then went on to tell me that it took her many unhappy years to realize, accept and then act on the fact that she was in the wrong body. She also thanked me for having been kind to her. She said I was the only one.

There have been numerous articles written lately and TV programs about experiences like this and many parents are being advised to take seriously the issues of gender identity confusion or questioning and seek professional counseling. In this issue there is a letter posed to our columnist Sharon Peters from a concerned parent whose child is professing to be a different sex. She is unprepared for this reality and wisely is reaching

out. Fortunately, like many of the other topics in today's more transparent world, this issue is being addressed with greater sensitivity and intelligence.

Parenting is the most important thing anyone will ever do. It demands great patience, skill and adaptability and the willingness to reach out for help when help is needed.

Thanks for reading. Have a great month. It's almost spring

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All photos by Anna Kesztenko

(Left and center) Cozy looks for girls and boys at the Anais & I show. (Above) New Jersey-based designer LaToia Fitzgerald of all-boy brand Dillonger with her son Dillon.

Trending now

In this stylish city, even kids get a fashion week

BY TAMMY SCILEPPI

New York City's tweens and teens, and even their little sisters and brothers, seem to have a built-in sense of street-smart style.

That fashion savvy reverberated down the runway in February, as spirited young models rocked a slew of cool designer threads during petitePARADE's popular bi-annual city event, Kids Fashion Week.

Spring beckons, but those warm, bright, and stylish head-turning looks have been the talk of the town since they were featured at the fall-winter 2015 Showcase, held at historic Bathhouse Studios in Manhattan's East Village. Several unique toddler-to-teen collections got plenty of oohs and aahs from invited guests and families eager to get a sneak peek at what the younger set will be wearing in the coming months.

Rising designer Alia Charvel opened the Showcase with the debut of her Little Miss Galia collection in the American market. The Mexican brand interprets fashion trends with colorful cultural elements and past traditions through lovely fabrics and patterns (littlemissgalia.com).

And designer Jane D' Haene debuted her collection with a fun kickoff that took place at a local school park. Kids modeled her clothes while playing hop scotch and volleyball.

During the grand finale, Manhattan-based designer HJ Chung of Imoga (a petitePARADE alumni brand) walked the runway with her teen daughter, who wore a fabulous wintry jacket that her mom designed. Crafting pint-size silhouettes that maximize style and freedom, Imoga is all about timeless and whimsical, fun-to-wear clothing, and Chung's designs keep little souls delighted all year long. You can find her creations

at dozens of stores all over the city (www.imogacollection.com).

All-boy brand Dillonger's New Jersey-based designer LaToia Fitzgerald and her son Dillon accompanied Chung at the finale walk. Young city dudes really dig the edgy style that makes her clothes stand out in a crowd.

This time around, Manhattan-based designer and mom Bonnie Young emphasized fun geometric shapes and showed off her signature dramatic style on the runway.

Here and there sparkly party and holiday pieces emerged, and a luscious blue velvet jacket was a hit with onlookers.

Short, retro black leather jackets looked hip on the runway; girls wore them with flare skirts, tights and leg warmers, reminiscent of the '80s. And there was lots of big hair.

An exotic flower motif adorned a stunning party dress by Anais &



(Above) Manhattan-based designer HJ Chung of Imoga walked the runway with her daughters, who wore fabulous fur jackets during the grand finale. (Left) This Little Miss Galia design has a throwback vibe.

I — a simple, geometric pumpkin sheath had that unmistakable '60s look. Oh, and your daughter will probably want to check out the newest version of a '70s shirt dress for fall. You can take a cue from petitePARADE designers and show her how she can create a great outfit by wearing a soft sweater (even a cotton one) under an edgy, zipper-accented textured vest. She can complete this look with a pretty skirt or dark leggings.

News flash! This fall, colorful large-print flowers will be popping up amidst those basic blacks and darker hues. And traditional prints and plaids — which were all the rage on the runway — got an unexpected twist. Look for fabulously mismatched prints as well, and muted tones juxtaposed against shiny fabrics. If you're thinking, anything goes! You're right.

Rumor has it that Gotham's trendy young ladies and gents will have a lot of great looks to choose from in the fall. And budget-conscious moms and dads shouldn't worry, because there are so many options out there for every wallet, and in the coming months you and your kids and teens will be finding runway styles at many local retailers.

More than ever before kids designers are saying: cute but not cutesy, sophisticated yet whimsical, basic but not mediocre, comfy but always stylish. Look around you. Long gone are the days of cookie cutter childrenswear — even for babies. Savvy designers are breaking all the rules while holding on to that innocence factor.

My own impressions: Bonnie Young's classy and dressy white colored black dress with white cuffs looked a lot like a piece that my cousin wore to a birthday party back in the '70s (I found an old pic). And one short red jacket with a wide collar looked like a really cool, very updated version of a gray '90s jacket that's still hanging in my friend's closet. Overall, the runway vibe seemed to range from sophisticated chic to slightly lil' rebel for the young set, while the wow factor was amped up for tweens and teens.

If you want to get an idea of what your kids', tweens' and teens' closets might look like this coming fall and winter, check out these awesome collections at: www.petiteparade.com/8th-edition/

Without a doubt, the newest kids' looks are kind of edgy and electric in a fun and funky way. For show highlights, you and your kids can go to: <https://instagram.com/petiteparade>.

And for a behind-the-scenes peek at the recent event, visit: www.youtube.com/watch?v=YhBHov7sNKo.

With more than 100 designers and 10,000 guests, petitePARADE continues to attract media, parents, and the children's industry, but philanthropy has always played a vital role. Each season, it partners with outstanding organizations, such as Only Make Believe, Free Arts NYC, New York Foundling, K.I.D.S./Fashion Delivers, and The Juice Foundation to raise money and awareness and provide the families in attendance with fun, interactive workshops which expose children to the importance of giving back.



FABULYSS FINDS

LYSS STERN

Easter ideas & other seasonal activities

Looks like we can officially put those puffy jackets, hats, gloves, mittens, and snow boots away! Spring fever has sprung! I can't remember the last time I saw so many children happy just from being outside. So many young children were cooped up this winter for way too long. The parks are in full bloom and the kids have never been happier

to skip, hop, slide, and run outdoors. I know the parents are equally as excited to have the kids playing outside, especially with the extra hour of sun we now receive each day.

Moms on the Upper East Side, make sure you book a ride at the new E. 60th Street Flywheel, www.flywheelsports.com. You will want to make sure you're bathing suit ready for summer, which is right around the corner. In all honesty, as much as this exercise is great for our physical being, for me it's so much more for my mental state of mind. It's my 45 minutes of Mommy Time Out, when I can escape in my own head to the music and just let go. As busy city parents, sometimes we need to just let it go, the words right out of Elsa's mouth.

If you are going away for spring break, have a #FabULyss time spending quality time with your family and don't forget to power down. If you are here in New York taking a staycation, there are so many wonderful activities to do with your family.

Easter and Passover are also a great time to spend quality family time with your loved ones. I will be making chocolate-covered matzah with my boys. I especially love this toffee-covered chocolate matzah recipe from Martha Stewart (recipe below).

How much fun is an Easter Egg hunt? Make yours creative and have lots of fun with the family.

Easter egg hunt fun idea #1: Use different colored eggs by age.

Color code the eggs you hide according to age so that means the littlies, or the 2- to 4-year-olds, can hunt for blue eggs, while the older kids go for purple. Or have the boys hunt for blue and the girls hunt for pink.

Easter egg hunt fun idea #2: Add letters to each egg so kids can make words.

Buy some alphabet stickers or write a different letter on the outside of each egg. You can even get crafty enough to paint letters on each egg.

Set the kids loose on their egg hunt and then offer extra Easter prizes to the kid who makes the longest word from his egg stash.

Easter egg hunt fun idea #3: Leave telltale bunny prints.

Make bunny footprints near each hidden Easter egg to give the kids some easy hints as to where the eggs are hidden.

You can also try making the footprints out of plain paper or even sprinkle some baby powder and put a bunny paw print in it with your fingers.

Easter egg hunt fun idea #4: Hide them in the house.

Make a trail of little eggs from your child's bedroom to the living area, and then lead them to one giant clue that will allow them to discover either a larger egg or a non-chocolate Easter gift such as a book or toy.

Most importantly, have a #FabULysslyFun time!

Also this month, don't miss #DivamomsBookClub's night out with New York Times best-selling author Kimberly McCreight, author of "Reconstructing Amelia." Celebrate her newest book release, "Where They Found Her."

Kimberly McCreight book signing and Q and A at New York Design Center (200 Lexington Ave. between E. 32nd and E. 33rd streets in Kips Bay, Manhattan, divamoms.com) April 13, 6:30-8:30 pm. Free. Be one of the first 75 moms to sign up and you will automatically be entered to win a \$1000 gift certificate to Duc Duc. RSVP@Divamoms.com.

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



Handmade toffee-chocolate matzah

INGREDIENTS:

4 sheets unsalted non-egg matzah
1/2 cup (1 stick) unsalted butter, cut into small pieces
1 cup packed dark-brown sugar
1 (12-ounce) package semisweet chocolate chips (2 cups)
Coarse sea salt

DIRECTIONS: Preheat oven to 250 degrees. Line a baking sheet with parchment paper. Place matzah in an

even layer on baking sheet and set aside. Melt butter in a saucepan over medium-low heat. Add brown sugar and immediately reduce temperature to low. Cook, stirring, adjusting heat as necessary, until sugar has completely dissolved and begins to bubble. Drizzle toffee over matzah and spread to cover using a spatula. Transfer toffee-covered matzah to oven and bake until toffee has a rich, shiny sheen, 10 to 20 minutes.

Remove from oven and sprinkle with chocolate chips. Tent matzah with aluminum foil and let stand 20 to 30 minutes. Remove foil tent and spread melted chocolate over matzah to cover; sprinkle with sea salt. Transfer matzah to refrigerator and let chill at least two hours. Break chilled matzah into pieces. Matzah will keep in an airtight container for up to four days at room temperature.

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Collaborating, not competing

New York's
complicated
and sticky
debate over
charter
schools

BY TAMMY SCILEPPI

The ongoing clash between New York City's diverse traditional district schools and charters seems to resemble a World Wrestling Federation Superstars competition at times. And the confusing myths and media distractions swirling around this hot-button debate can make your head spin, especially if you're a parent.

So, what are charter schools?

These publicly funded hybrids are a vital part of the city's sprawling public education system, where there's no shortage of structural and cultural differences. Independently managed, charters are actually free public schools that are open to all New York City children. That includes English Language Learners and special needs kids, as well.

There are 197 charter schools here: Eighty-two in Brooklyn, 52 in the Bronx, 46 in Manhattan, 14 in Queens, and three on Staten Island. And the approximately 83,200 students who attend charters come from all backgrounds and ethnicities.

Charter schools have gotten a bad rap recently for not being inclusive enough, yet it appears they have taken the lead in and have done a good job educating special education students and English Language Learners, while making solid progress in recruiting more of these kids into their schools, according to the New York City Charter School Center, www.nyccharterschools.org.

In fact, according to that site, it seems English Language Learners attending charters become proficient in English more quickly than in public schools citywide, where it appears that many immigrant students

NY'S CHARTER SCHOOLS PART 1 OF A SERIES

may take about five-plus years to reach proficiency.

Opinions are mixed and emotions run high on both sides of the charter school movement issue, while politically driven battles over space, funding, and quality of education seem to add fuel to the fire and hinder much-needed collaboration.

The biggest issues about charter schools generally are:

Co-location

Some parents argue that public schools lose space to fit charter schools into public school buildings. But it turns out the issue may really not be that big of a deal. Did you know that (according to charternyc.org) the Department of Education has been co-locating public schools for nearly 100 years, and that surprisingly, charters are only involved in eight percent of all co-locations citywide?

Outperforming public schools

Charter schools are thought to outperform public schools test-wise. The big picture seems to indicate that charter schools are in fact outperforming peer district schools, but it appears that the quality of charters across the board isn't the same: some have high records of achievement, while others aren't as strong.

Money and funding

Charter schools have been described as "laboratories of innovation" by some and "a drain on public schools" by others.

• • •

For the past six years, early childhood education expert and longtime

Brooklyn resident Renee Dinnerstein, has been doing consulting work at a public school on the Lower East Side that shares space with a charter. She said the public school "serves incredibly needy children — children in shelters, foster homes, abusive homes, and they also have a very large special education population."

Dinnerstein feels that "our democracy should be putting money into public education to make it better, not using funds that they need to pay for charter schools," and she points out that "Special ed is very tricky — a child who needs speech therapy, or who is dyslexic, can be considered special ed. Then there are children with behavior disorders, who are very violent, and these children are also special education children."

Dinnerstein, whose grandson has always attended Brooklyn public schools, believes that "the charter school skims off children who are the highest-achieving students, or at least who come from the most involved families. If they take special ed students (which they tend not to) they absolutely don't take the children with behavior issues. Then the public school is left with the most needy children. Because they are losing more and more population to the charter school, they are losing more and more money and have less money for the children in their school, who need special services."

And in her opinion, "Parents are attracted to the charter school because it has all-new material, carpeted classrooms, two teachers in a classroom, and longer days. They don't understand that the instruction is basically test prep all year.

"Basically, the charter movement is a drive to privatize education. I



know that the people who run charters are saying that it's public education. Not so. Absolutely not so," she said. "Think about all of the money that they have for their advertising campaign. Think about closing all of the schools for a political jaunt to Albany. We should be putting all of our energy and funds into creating the best public education possible."

Dinnerstein's blog, "Investigating Choice Time: Inquiry, Exploration, and Play," www.investigatingchoicetime.com, is a place where she writes about inquiry-based choice time, and advocates for developmentally appropriate instruction for children in grades pre-K through third. She is also writing a book on inquiry-based choice time, scheduled to be published by Heinemann in the fall of 2016.

Indeed, finding a peaceful solution isn't easy, but there's hope.

In February, Schools Chancellor Carmen Fariña called for collabora-

Opinions are mixed and emotions run high on both sides of the charter school movement issue, while politically driven battles over space, funding, and quality of education seem to add fuel to the fire and hinder much-needed collaboration.

tion with (and from) charters, during a professional development day for district teachers and principals, held at an Uncommon Charter School in Brooklyn. She said that the future of the city depends on how all kids do, no matter what kind of school they come from. And it appears she's interested in finding ways for schools to share space and resources more effectively, according to a recent capitalnewyork.com article.

With 21 charters in Brooklyn, Uncommon New York City Charter

Schools, www.uncommonschools.org, serve more than 5,900 kindergarten through 12th grade students, including both single-sex and co-ed schools. According to its site, the main goal is to prepare students to enter, succeed in, and graduate from college. Students are randomly selected by public lottery in grades kindergarten and fifth, and waiting lists are kept through grade eight. It currently has schools in Bedford-Stuyvesant, Brownsville, Crown Heights, East Flatbush, Prospect

Heights, and Williamsburg.

Uncommon Schools CEO Brett Peiser said they are incredibly fortunate to have had so many great minds united at their Collaboration Day event, including Schools Chancellor Fariña, and more than 170 educators from 14 district partner schools.

"It is exciting to collaborate with such talented, committed educators working in the same communities as we do each day. We get better as educators when we collaborate closely and learn from one another in order to keep making a meaningful impact in the lives of our students – and that is what we are all doing each and every day."

After weighing the pros and cons of charters vs. traditional district schools, interested parents should research, call, interview staff, and visit charter schools in their area to decide which is the best fit for their child(ren). For more info, you can visit: www.uncommonschools.org/our-schools/all-charter-schools-by-city.

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Remembering Lily

It's not easy to say 'goodbye' to a beloved pet

About a week ago, our oldest cat, Lily, stopped eating out of the blue. She began vomiting a bit and quickly appeared dehydrated. She had become very skinny over the past few months, but I chalked that up to age, because she was still so friendly, happy, and lively. However, one day she was rubbing up on the kitchen chair and chomping down on a bite of pizza with the kids, and yet, just a few days later, she was vomiting and parched. I took her to our vet, Dr. Jeff Beverly, at Marine Park Vet Group in Brooklyn on Wednesday.

Initial blood tests ruled out a few suspected diseases, like thyroid issues and kidney failure. She was given fluids for dehydration and the next step was an ultrasound sched-

uled for Monday morning. But on Friday night, she looked listless and was projectile vomiting. Dr. Beverly said to bring her in at any time if she became any worse, and I did just that on Saturday morning. I was sure she needed fluids and, honestly, I was afraid to keep her at home.

Dr. Beverly agreed she should be hospitalized, because she needed IV fluids and had a heart murmur, but since the practice is closed on Sundays, he quickly set us up with an emergency care hospital where they could also perform an immediate ultrasound. In less than an hour, Lily was being triaged at the 24-hour facility.

A nice vet that I had never met before quickly proceeded to give Lily and exam and an ultrasound, and then informed us that Lily has intestinal cancer. There was a large tumor in her intestine, which is why she could not keep anything down. Then she said we could put her down that day.

When I heard that, I pretty much lost my train of any rational thought. I was just told Lily had cancer and needed to be put down all within 30 seconds. My brain was spinning, and as the vet calmly and sympathetically explained why Lily was not going to recover from this, I couldn't wrap my head around it all.

My oldest daughter, Amanda, was with me, thank goodness, and she asked if we could talk to Dr. Beverly before we made any decisions. The doctor said she'd call him to fill him in, and then we could call and speak with him. Just a few minutes later, she came back in the room and said he was coming right over.

I asked Dr. Beverly so many questions, but they all really boiled down to "what should we do?"

I didn't want Lily to suffer, but I didn't want to lose her, either. When he said that we could certainly take her home and bring her back when we reconciled ourselves with the poor prognosis, I took one look at beautiful Lily being cradled in my daughter's arms, her lethargic look, and her obvious dehydration, and I

knew we had to let her go.

I have said before that Dr. Beverly is outstanding, but he was even beyond that on Saturday. I don't think I would have been able to make that decision if it wasn't for his medical expertise and compassionate, thoughtful words.

I also would never have been able to do it without my daughter there. She was my rock. We cuddled and talked to Lily for hours that day while waiting, and then a little while after we made the decision, we kissed her sweet head and said "goodbye."

Now, even though I know it was the right thing to do, we are all still so very sad. We miss petting her, feeding her, and even talking to her. I always say "hi" to our pets every morning, and it feels strange to leave Lily's name out of the loop.

But I also feel slightly relieved, because I don't see her looking incredibly weary and trying so hard to get her to eat when it was the last thing she wanted to do.

I want to remember her the way she looked when she was healthy, a bright-eyed, loving, happy cat. The photo here really shows the true Lily, and that's the way I'd like to remember her. It is never easy to say "goodbye" to a beloved pet, but hopefully, the memories of the good years outweigh the suffering at the end. Lily had a wonderful and happy life, and that's what I try to keep reminding myself every time I miss her.

As I was finishing up this piece, I checked the mail and found a condolence card from the vet's office, and the text is on target: "Some friends come into our lives and quickly go. Some stay for a while, leave paw prints on our hearts, and we are never, ever the same."

We'll always have Lily's paw print, and we are definitely all the better for it.

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.



Lily is remembered after losing her life to intestinal cancer.



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Party in the PARK

Creative ideas
for planning
an outdoor
celebration

BY DENISE YEARIAN

Plant seeds for a memorable birthday bash or just celebrate spring! Here are several great outdoor party ideas to get you started.

Bloomin' invitations

Create flowers from cardstock and include party details, along with a suggestion for the children to wear outdoor play clothes. Place in an envelope, along with flower seed packets.

Turf top tommy

Items needed: old pantyhose; ruler; scissors; rubber bands; potting soil; grass seed; small, flat plastic bowl with lid; permanent marker; straight pins.

Cut off approximately 5-1/2 inches from one-foot section of a pair of pantyhose. Pour a little potting soil into the toe. Gather hose around the

soil and wrap a rubber band around it to make a nose. To make the head, fill the stocking with about 1 inch of soil (nose should be positioned to the side of the head). Sprinkle grass seed on top of the soil and, without shifting it, add more soil on top of the grass seed until the head is proportionate to the nose. Gather the nylon opening and tie it off with another rubber band. Carefully turn the head over (tied off end will be at the back) and place in a shallow plastic bowl. Cut two small oval eyes from the lid, and use a permanent marker to draw in pupils. Attach the eyes to the head just above the nose with straight pin. When guests leave, tell them to add a little fresh water to the bowl daily. Within days, "hair" will begin to grow.

Prize planter

Items needed: small terra cotta planters painted with bright colors; faux gemstones; glue guns (low setting); permanent marker; aluminum foil; small stones; potting soil; flowers.

Glue gemstones around the upper, outer rim of the planter. Around the lower section of the planter, write "My Garden of Delights!" Place aluminum foil around the outside of the planter to protect it from getting dirt. Place the stone over the planter's interior hole to keep soil from leaking through during watering. Fill planter one-third full of potting soil. Place flowers in

the center of the planter then cover the roots with potting soil, gently pressing around the plant to secure in place. Remove foil.

Crazy critters

Items needed: cardboard egg cartons; tempera paint; tacky glue; wiggly eyes; miniature pompoms; hole punch; pipe cleaners; pencil.

Cut and trim egg cups from the carton bottom. Paint outsides of the cups with tempera paint. Glue two wiggly eyes and a pompom nose on one side. Let dry. Trim pipe cleaners to 4 inches. With a sharp pencil, punch three holes on opposite sides of each carton cup. Push pipe cleaners from the outside of one hole through the inside of the opposite hole, bending pipe cleaner ends to create legs. Poke two holes on top of the cup near the eyes and insert pipe cleaners to make antennae.

Other activity ideas: Have children create a mosaic design using various kinds of seeds, or create garden markers for plants by painting individual vegetable designs on flat stones.

Flourishing games

Divide children into teams and play one or more of these relay games: "Water Down." Use a small, plastic watering can to transfer water from one bucket to another. "Budding Bouquet." Transport flowers one at a time from a bucket to a vase. "Can You Dig it?" Use child-sized shovels to move dirt from a pile to fill a bucket. Another fun idea is to give kids a magnifying glass and paper bag and have a nature treasure hunt.

Dirt diggin' treat

Items needed: Instant chocolate pudding; milk; whipped cream (in a tub); crushed Oreo cookies; gummy worms; serving cups, spoons.

You can prepare this fun treat or let the guests help. Prepare instant pudding according to box instructions. Let mixture sit for 5 minutes until it thickens. Add whipped cream and cookies. Transfer into serving cups. Add more crushed cookies on top of the pudding mixture. Garnish with gummy worms. Give children spoons and let them dig in!

Other food ideas include a veggie tray; cucumber and cream cheese sandwiches; veggie or fruit pizza; chocolate-dipped strawberries and fruit punch.

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



PARENTS HELPING PARENTS

SHARON C. PETERS, MA

Questioning gender

Dear Sharon,

Our 5-year-old son wants to dress like a girl. He says he's not really a boy and that he is a girl. What should we do?

Dear Parents,

Every 5 year old is unique. When parents ask me questions such as this I usually talk for quite a while before agreeing on useful perspectives.

Here are some general ideas that might be helpful as you think this through.

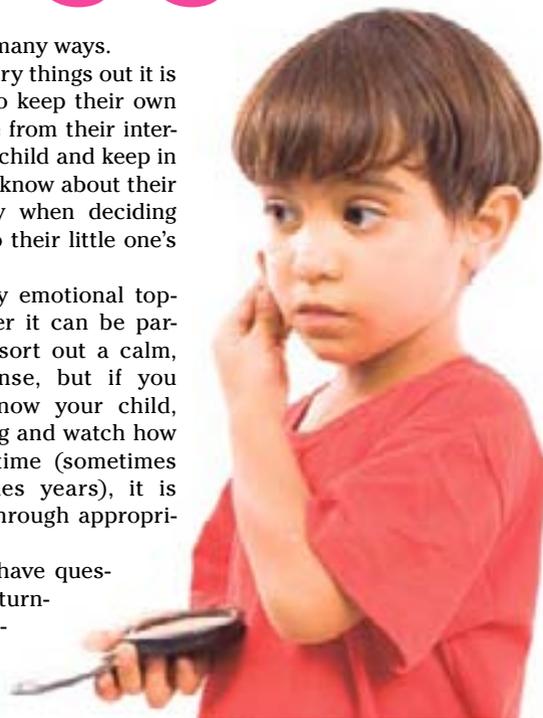
Five year olds experiment with all kinds of ideas that grow and change with time, including sorting through the differences between

girls and boys, in many ways.

When children try things out it is best for parents to keep their own emotions separate from their interactions with their child and keep in mind all that they know about their child's personality when deciding how to respond to their little one's ideas.

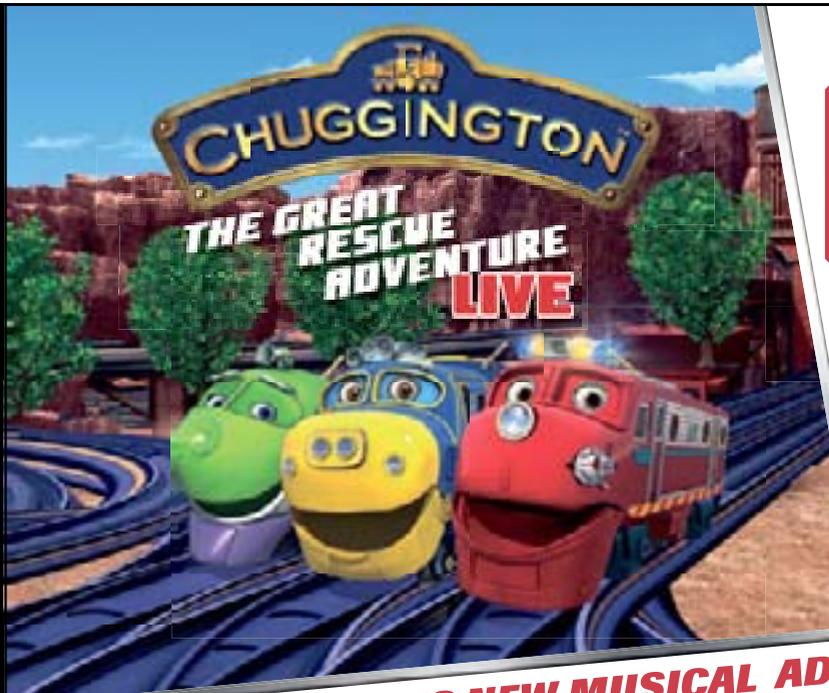
With potentially emotional topics such as gender it can be particularly hard to sort out a calm, thoughtful response, but if you remember you know your child, trust your thinking and watch how things go. Over time (sometimes months, sometimes years), it is possible to sort through appropriate reactions.

In time, if you have questions or concerns, turning to a trusted professional for support is always an option.



Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, www.PHPonline.org.

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at Family@cnglocal.com.



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Camp empowered



How to help your child achieve self-determination this summer

BY DR. HEIDI SMITH LUEDTKE

Parents spend a lot of time trying to motivate kids. We use chore charts, checklists, reminders, and rewards to get them to feed the dog, clean their rooms, and complete schoolwork. But these techniques don't change behavior long-term. Real motivation must come from within. And time at camp may be all it takes to

spark a little self-determination in your kid.

I know it sounds too good to be true. Your school-age slacker — the one who expects you to find his homework and pack his lunch — might start doing some things for himself. And your often-bored tween might come home with more pep in her step.

Psychologists use self-determination theory to explain why some

experiences make us feel engaged and excited while others drain and deplete us.

The premise is simple: when an activity meets our needs for autonomy, competence, and relatedness, we are energized and empowered. Kids' basic needs are no different from adults'.

Kids want to do things for themselves. They crave a sense of accomplishment and routinely seek feed-

Kids want to do things for themselves. They crave a sense of accomplishment and routinely seek feedback. And kids thrive on connections with loved ones and peers.

back. (“Look what I made, Mom!”) And kids thrive on connections with loved ones and peers. Feelings of belongingness boost their self-worth. Summer camp offers loads of opportunities to meet all these needs. And that should make kids (and the parents who love them) very happy campers indeed.

Autonomy

The need for autonomy is satisfied when kids control their own lives.

At camp, your son will have endless opportunities to care for himself. Staff won't select his clothes, organize the contents of his locker, or remind him to put on deodorant. No one will delay dessert until he eats his veggies. Independence is what camp is all about. Don't worry. The world won't stop if your son wears the same shirt three days in a row. His peers will speak up if he gets super stinky.

During the school year, many kids jump from one regularly scheduled activity to the next with no unstructured time in between.

Camp puts kids in charge of their own activities. Maybe your daughter will take a hike. Maybe she'll paint pottery. Maybe she'll write you an email. It is up to her to decide how she'll spend her free time. One thing is certain: she won't sit around whining about having nothing to do. And if she does, you won't be there to hear it.

Competence

The need for competence is satisfied when kids learn new things and get positive feedback about their efforts. Your kid might

choose a camp focused on art, science, sports, or music. Or, he may opt for a good, old-fashioned sleep-away experience, complete with row boats and weenie roasts. Some camp activities may be outside your kid's comfort zone. Stretching is good.

Your child may be unsure she can cross the slippery log over the creek. She may tremble with excitement about her role in the theater production. Peers and counselors will coax her along and give constructive advice. By the end of camp, she'll be the star of her own adventure stories.

If your kid is an experienced camper, encourage him to share what he knows with newbies. Being an ambassador or mentor affirms kids' competence in a big way. Teaching a peer how to trim a sail or chip a golf ball out of the tall grass will take your son's skills to a higher level. His confidence will soar in response.

Relatedness

Your biggest concerns about summer camp may center on the social scene. Your child may not know anyone on arrival. That's okay. Camps create connections in many ways. Your kid will be instantly bonded with bunkmates because they share a home base. Family-style dining and friendly competitions encourage interaction, too. The pursuit of shared goals — like building a robot or putting a frog in the counselor's sleeping bag — cements kids' camaraderie.

Extroverted kids may make lots of friends at camp. Less-social souls may not. What matters most is that kids have opportunities to talk, play, and live with a diverse group of peers. They won't all become fast friends.

Learning to navigate the choppy waters of friendship formation is a big part of the camp experience. Your kid's social skill set will expand — even if she doesn't find a new BFF.

No matter what your kid takes to camp, he'll come home with a suitcase full of memories and a renewed sense of self-determination. You'll see it as soon as he wakes from his long post-camp nap.

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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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

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Continued on page 22



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Camp

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Continued from page 20

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Oasis Downtown Summer Program

285 Delancey St. Lower East Side, Manhattan, 718-596-4900 or 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

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 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!

Reading In Preschool

Private In-Home Tutoring Manhattan NYC, 917-723-1159 or www.readinginpreschool.com

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Balancing out daytime sports and activities outside, and then having an hour of tutoring at the end of the day, is a great way to make sure your child stays ahead of the game, and enters the new school year with confidence. Book in April to make sure you get your own private tutor!

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Continued on page 24



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Camp

DIRECTORY

Continued from page 22

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325 Park Avenue NYC 10022
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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 21st, 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 or 212-378-0203. Check out our new online registration at www.stbarts.org/summer-camp.

SummerDay @ The Trevor Day School

11 East 89th Street NYC 10128
212-426-3307 or www.trevor.org/SummerDay
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.wdny.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

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.

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Sunny skies

Safe, happy
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BY MALIA JACOBSON

Whoever said, “Getting there is half the fun,” never flew cross-country with a needy newborn, a boisterous toddler, or a moody tween. Not to mention a purse full of wrinkled airline tickets and coloring books, snacks for every member of the family, and a caravan of luggage.

At best, airplane travel with children can be educational and exciting. At worst, it’s an all-out nightmare. Here’s how to plan for a memorable (in a good way) trip that starts before you land.

Baby-toddler years 0-4: Plane plan

Air travel with tots in tow takes planning, patience, and more planning. Celebrity travel expert and mom Amy Graff recommends using

a packing list (you can find one online at BabyCenter.com).

“You might not find the right kind of diapers or that exact baby food your little one loves at your destination. This is the time when you don’t want to forget anything.” Prep for a smooth takeoff and landing by planning to feed baby — by breast or bottle — during the plane’s ascent and descent; the sucking motion helps equalize pressure inside their tiny ears to minimize painful popping (and the resulting screams). Remember to pack a few more diapers than you think you’ll need on flight, and a change of clothes — or several. And don’t forget to pack extra clothes in your carry-on for a toddler or preschooler.

On a long flight from California to North Carolina, Raleigh native Christen Pope remembered to pack plenty of clothes for 7-month-old Sydney, but forgot a change for her newly potty-trained 3-year-old Jaden. Guess who needed fresh pants shortly after take-off? She can bet she’ll never forget again.

School years 5-12: Fun fare

Elementary-age children usually love plane travel, but can be notori-

ously slow to get through airports. Yelling “Let’s go!” at the top of your lungs may turn some heads, but it won’t make your poky pre-teen move any faster. Instead make the most of kids’ pre-vacation excitement by treating the airport like a fun destination. Start by turning the dreaded security screen into a race; have kids try to get their shoes off and unload their luggage onto the conveyor belt as fast as they possibly can, says Graff.

“It’s a game of speed and it can be a lot of fun.”

School-age kids respond well to delegation, so assign each child a responsibility pre-take-off and in-flight, like carrying the family’s flight snacks or marshalling carry-ons as they come through the security conveyor. Grade-schoolers are also old enough to take responsibility for their personal belongings, both in the airport and in-flight; before boarding and deplaning, gently remind your child to gather her things — but don’t do it for her (you undoubtedly have your own hands full).

Teen years 13-18: Time travel

A long flight layover with bickering teen siblings is a recipe for vacation disaster; quell squabbles by allowing each sibling to take charge of a family decision (one sib can pick a lunch locale at the airport, while another gets to select dinner fare at the destination). Bring a deck of cards, teen-friendly snacks, and an extra set of batteries and AC adapters to keep electronics charged up while you wait.

On the trip, avoid the “teen tune-out” during travel by creating a connection to your destination before you leave. Did your family’s ancestors hail from the region? Do you have any childhood stories about the area? Any major historical happenings? Young teens may get a kick out of an on-flight scavenger hunt with landmarks to watch for during take-off and landing. Appointing a teen “trip historian” with responsibility for journaling and documenting the trip with photos ensures that you’ll have plenty of memorabilia — and gives you a chance to view the trip through your teen’s eyes.

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

Beware the Nanny Tax

How to protect yourself and your caregiver by following the law at tax time

BY SHNIEKA L. JOHNSON

For working families it is nearly impossible to care for children without additional help of a hired caregiver, like a nanny. Some families pay their nanny “under the table,” which is not legal and can be costly. When families fail to pay what many refer to as the “Nanny Tax,” fines and penalties can cost them significantly — up to \$25,000. However, the process of properly calculating, filing, and paying payroll taxes can be confusing for the average person. To address this issue, services have appeared, known as Nanny Tax services, to consistently and accurately document and pay a nanny or other domestic service providers.

There are several advantages of using a Nanny Tax service. You will not only protect yourself as an employer from potential penalties, but you will also ensure that your nanny receives short and long-term benefits (e.g., Social Security and Medicare) upon retirement and unemployment benefits for when you no longer need full-time care. This also provides a verifiable employment history and the possibility of reduced health care via the Affordable Care Act.

To learn more about the Nanny Tax, I spoke to mom entrepreneur Nikki Kristol, the founder and managing Partner at My Home Payroll, www.myhomepayroll.com.

Shnieka Johnson: What are the steps to legally hire a nanny?

Nikki Kristol: Step one would be to consider hiring a nanny tax professional to do your home payroll. The steps to legally hire a nanny are very involved and time-consuming. If you are determined to do-it-yourself, there is a lot to do.

Step 2: Track your nanny’s hours,

gross pay, withholdings, and net pay. With a log of her hours, and the total amount paid, your filing obligations are easier to determine. There are several paycheck calculators online. However, these tools alone will not help determine what your filing obligations are, what filing deadlines apply to your situation, and any other employer issues, such as Workers’ Comp., Disability, benefits, sick pay, and paid rest.

Step 3. Apply for a Federal Employer Identification Number (EIN).

Step 4. Ask your nanny to complete form W-4 and form I-9, as soon as possible. Form I-9 is your record that she is legally able to work in the United States. Form W-4 is used to determine how much should be withheld from the nanny’s check each pay period.

Step 5. Register with your state as an employer. For New York, look for Form NYS 100. Form NYS 100 is for businesses and household employers to apply for an Employer Registration Number, to ensure that quarterly tax remittances are credited promptly and accurately.

Step 6. Fill out a state New Hire Report for your nanny. This will alert state agencies that you have a new employee. Simply Google: “New Hire for State (X),” and you will find the reporting instructions. For New York, the website is www.nynewhire.com.

Step 7. Check to see if Workers’ Compensation is required in your state. I do this for clients as soon as possible. The penalties for not having adequate workers’ comp are usually more punitive and immediate than failure to pay nanny taxes. For example, in New York State, if your nanny works less than 40 hours a week, and does not live in your home, you are not required to carry Workers’ Compensation Insurance

for the employee. However, if the nanny does meet those thresholds, the employer is liable for a penalty of \$2,000 per 10-day period of non-compliance.

SJ: Are there certain qualifications or rules to abide by?

NK: A good nanny tax payroll service should have someone who is well versed in the Domestic Employer Laws of your state. In New York, that means the New York State Domestic Workers’ Bill of Rights, Days of Paid Rest, and the city’s Paid Sick Leave Law.

SJ: What are the benefits to the nanny?

NK: Immediately, your nanny is able to show proof of income. Without this proof, how will your nanny rent a better apartment, be approved for a mortgage, or get a new car loan? In the short term, she may be eligible for the earned income credit. Being paid on the books could mean access to better healthcare under the Affordable Care Act. She could draw unemployment once her charges are school-aged, and her services are no longer needed. In the long term, she contributes to Social Security and Medicare, which she will need to draw from at retirement age.

She also establishes a legitimate work history. It means a lot to employers to know you were trusted with small children for a number of years. You are a stronger employment reference for your nanny.

The nanny profession needs to be elevated somehow. What we have is a reputable profession that is usually paid in a disreputable manner (i.e., off the books).

Today’s money-grab for the nanny comes at a cost tomorrow. The nanny may one day realize she is working very hard at a job that offers no benefits in the long term. She may become resentful of that, but



“The nanny profession needs to be elevated somehow. What we have is a reputable profession that is usually paid in a disreputable manner (i.e., off the books).”

so accustomed to not paying the tax, and therefore unable to change the situation. I like to work with nannies that know from the start they want to be paid on the books, and won't accept anything less. These nannies are usually happy with their work, and are treated as professionals.

SJ: What are the benefits to the employer?

NK: A benefit to clients of My Home Payroll is that we pay your nanny by direct debit, and we file your nanny taxes automatically. Our clients have the added benefit of no paperwork and no running to the ATM on Fridays to withdraw cash for the nanny.

Avoiding the nanny tax can expose you to back taxes, interest and penalties. For some parent-employers, it could mean sanctions, or the loss of a professional qualification.

As a mom, I feel that I have a unique perspective on household employment, and how to pay for it properly. I believe paying off the books taints the relationship you have with your nanny from day one. Because you don't set boundaries in terms of pay, you don't create a professional relationship to take seriously. You place yourself in “cahoots” with your nanny from the start. The nanny may see you as a rule-breaker. The nanny may, in turn, expect you to turn a blind-eye to her occasional rule-breaking. Is this the kind of environment you want your child to live in?

SJ: Does the “Nanny Tax” only apply to nannies?

NK: No, the nanny tax applies to anyone who can be considered a household employee. It includes any housekeeper, yard-worker, driver, sitter, private nurse, domestic worker, caregiver, etc., where you determine what work they do and how it has to be done. Your nanny is your household employee, regardless if she works part-time or full-time. Your household employees are to receive a W-2, not a form 1099, at the end of the year.

SJ: Why is it important for families to hire a “Nanny Tax” professional?

NK: Many working families simply do not have time and tax knowledge to be their own payroll service. Paying the nanny tax means paperwork, filings, and record keeping. If there is a problem with the record keeping or the payments, the employer may have to speak to, and correspond with taxing authorities, and other government agencies. It is time-consuming. Knowledgeable tax professional will be able to help the family pay nanny taxes seamlessly, and handle all of the extras.

SJ: Are there tax credits that every parent should be familiar with?

NK: Yes. Every parent should know about the Dependent Care FSA, and the Child or Dependent Care Tax Credit.

The Dependent Care Flexible Spending Account is a benefit offered by your employer. It allows the parent to set aside up to \$5,000 of pre-tax dollars to pay for child care. Check with your HR department to see if your employer offers an FSA.

Child and Dependent Care Tax Credit, this “Child Tax Credit” is available to taxpayers who both are full-time students, work outside of the home, or are looking for work, and have to pay for child care. The Tax Credit is a dollar-for-dollar reduction in tax liability of \$600 or \$1,200, depending if you have one or more children. Apply for this credit on Form 2441 and attach it to your yearly tax return form 1040.

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.



(Clockwise from top left) The touch tank at Ripley's Aquarium. The Toronto skyline. Casa Loma. The CN Tower observation deck.

Time to visit **Toronto**

Ontario's
diverse
capital city
offers lots of
family fun

BY SHNIEKA L. JOHNSON

Toronto is a city that caters to almost anyone — it is kid-friendly, multinational, and has a vibrant culture. The capital of Ontario, Toronto, is the most populated city in Canada and the most diverse. Exploring the city is a unique experience, because many neighborhoods host distinctive shops and places to eat, such as Kensington Market. One of the best ways to explore the city is through a free heritage walk or a city-sponsored and themed “discovery walk” around the city.

The city is brimming with activity, and you will not lack for something to see or do. Toronto has a reputation for high-quality, live theatre, and it now boasts the third largest theatre scene in the world.

Of course, there is a lot to like for the sports lovers because Toronto has several professional teams, including baseball's Blue Jays, the Maple Leafs hockey team, basket-

ball's Raptors, and soccer's Toronto FC. The city also has a football team (the Argonauts), a lacrosse team (the Toronto Rock) and a second hockey team (the Marlies) that is affiliated with the Maple Leafs.

In getting around Toronto, it is quite manageable by foot or on public transit. There is also “Bike Share Toronto,” which is similar to New York City's own bike-sharing program. One of the best resources available while exploring Toronto is the “See Toronto” mobile app, which can be downloaded for free and will list things to see and do while you are there. The app includes easy-to-search listings for events, dining, attractions, and shopping.

A great way to see attractions at a discounted price is to purchase a CityPASS, which is a booklet that will give you admission to five tourist attractions. CityPASS booklets are valid for nine consecutive days, beginning with the first day of use, and it allows you to skip most ad-

mission ticket lines. In the booklet, you will find your tickets, detailed attraction information, coupons, and a map.

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.

Black Creek Pioneer Village

[1000 Murray Ross Pkwy., (416) 736-1733, www.blackcreek.ca]

Toronto's largest outdoor living history museum. Take your family to enjoy a unique experience, and learn what it was like to live in rural Ontario. You can learn about Victorian costumes, take a horse-drawn wagon ride, and see the process of making maple syrup using traditional syrup cauldrons.

Hockey Hall of Fame

[30 Yonge St. between Wellington Street W and Front Street E, (416) 360-

7735, www.hhof.com/

At 60,000 square feet, the Hall of Fame offers something for every member of the family. The space showcases a collection of hockey artifacts, offers hands-on activities that challenge shooting and goal-keeping skills. There are also themed exhibits dedicated to the game's greatest players, teams, and achievements. For the tech savvy, you'll find multimedia stations to further learning about the sport.

Niagara Falls

[6650 Niagara Pkwy., (905) 358-3268, www.niagaraparks.com/]

One of the Seven Wonders of the World is just a short drive from Toronto. Experience the power of the Falls and the natural beauty of the surrounding area.

Ripley's Aquarium

[288 Bremner Blvd. at Lower Simcoe Street, (647) 351-FISH (3474), www.ripleyaquariums.com/canada/]

Canada's largest indoor aquarium, it features extensive exhibits and touch pools for hands-on learning. A very special activity offered at the aquarium is the "Family Sleepover." (Please note, there is an additional fee to stay overnight.) You and your family can spend the evening exploring the aquarium, participating in hands-on experiences, and learning about the animals, and then tuck into your sleeping bags in the "Dangerous Lagoon" shark tunnel. Upcoming Family Sleepover Dates: May 23, June 13, and June 27.

Textile Museum

[55 Centre Ave. between Dundas Street W and Armoury Street, (416) 599-5321, www.textilemuseum.ca/]

The museum houses more than 13,000 textile artifacts, archaeological to contemporary. The museum addresses the nuances of cultures and identities in a global context. Through initiatives like TXTilecity, the museum moves beyond its physical space and merges into the diverse communities that surround it in new ways, and in new spaces.

CN Tower

[301 Front St. W at Lower Simcoe Street, (416) 86-TOWER (868-6937), <http://cntower.ca/>]

In the heart of the Toronto Entertainment District, Canada's most celebrated piece of architecture, the CN Tower offers the most spectacular views of Toronto. This is an entertainment and dining desti-

nation with two observation levels and an outdoor SkyTerrace.

Casa Loma

[1 Austin Terr. at Walmer Road, (416) 923-1171, <http://casaloma.org/>]

Casa Loma is the only landmark castle in North America. Your family can explore secret passages and tunnels, tour the stables, or view an exhibition of vintage cars from the 1900s. Take a look at the city view from various towers. The castle's gardens are open May through October.

Ontario Science Center

[770 Don Mills Road between Eglinton Avenue East and Gateway Boulevard, (416) 696-1000, <http://ontariosciencecentre.ca/>]

The science center boasts interactive experiences, more than 500 exhibits, live demonstrations, a planetarium, and IMAX dome theatre. Your little one will love KidSpark, a playground and learning space for children, ages 1 to 8.

Royal Ontario Museum

[100 Queen's Park at Bloor Street W and Charles Street W. Main entrance off Bloor Street West in the Michael Lee-Chin Crystal, (416) 586-8000, <http://www.rom.on.ca/>]

This is Canada's largest museum of natural history and world cultures. Whether your child loves dinosaurs, is interested in history or nature — there's something exciting for everyone at this museum!

Toronto Zoo

[2000 Meadowvale Rd., Northeast of downtown at Highway 401 and Meadowvale Road (exit 389), (416) 392-5929, <http://torontozoo.com/>]

The 700-acre zoo showcases more than 5,000 animals, representing 450 species. Learn how the Toronto Zoo is working to protect animals and endangered species at home and abroad. Open year round! Bring the kids in spring, summer, fall, or winter!

Additional links:

www.toronto-theatre.com/index_family.php, <http://txtilecity.ca/index.php>

Tourism: www.seetorontonow.com/mobile-app, www.citypass.com/toronto, www.kensington-market.ca, www.bikesharetoronto.com

Sports: <http://toronto.bluejays.mlb.com>, www.torontofc.ca, [www.mapleleafs.nhl.com](http://mapleleafs.nhl.com), www.nba.com/raptors, www.marlies.ca, www.argonauts.ca, www.torontorock.com



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Young actress puts spotlight on hungry kids

BY SHNIEKA L. JOHNSON

Actress Quvenzhané Wallis first gained notice for her role in the 2012 film “Beasts Of The Southern Wild.” The role of Hushpuppy led her to becoming the youngest actress to ever receive an Academy Award nomination. At the time, she was just 9 years old. She most recently starred in Sony Picture’s 2014 remake of “Annie,” in which she played the title character. The 11-year-old, Louisiana native is known for playing children from disadvantaged backgrounds, and this has inspired her to help other kids suffering from childhood

Action for Healthy Kids

Action for Healthy Kids is a nonprofit and volunteer network targeting both childhood obesity and undernourishment. The kids would otherwise not get that first meal of the day. By helping schools create or improve existing breakfast programs, the organization works to make schools become healthier places where kids learn to eat right, be active, and develop healthy habits.

It helps nearly 12.9 million kids in 29,000 schools across this country. Through its School Grants for Healthy Kids program and Kellogg’s, it’s working to help provide one million breakfasts during the 2015-2016 school year. To apply for grants, visit www.actionforhealthykids.org/tools-for-schools/apply-for-grants.

Links: www.kelloggs.com/en_US/give.html, www.actionforhealthykids.org/



Academy Award-nominee Quvenzhané Wallis wants to end the blight of childhood hunger in America.

hunger. Millions of school children in the United States are faced with this challenge.

Quvenzhané’s mother, Qulyndreia, is a former school teacher, and she knows firsthand how hunger can impact children on a day-to-day basis. Mother and daughter joined Kellogg’s efforts to give breakfast to kids in need. The two have been promoting the “Breakfasts for Better Days” campaign, which is part of Kellogg’s commitment to provide one billion servings of cereal and snacks to disadvantaged children and families around the world by 2016. Kellogg’s is taking a step towards that goal by providing up to one million breakfasts in 2015. The company is also partnering with the nonprofit organization Action for Healthy Kids — for a fifth year — to provide more children with breakfasts in schools.

I spoke to Quvenzhané about her partnership with Kellogg’s, other upcoming projects, and just what it’s like to juggle adolescence and Hollywood.

Shnieka Johnson: What projects are you currently working on?

Quvenzhané Wallis: Right now,

I am partnering with Kellogg’s in order to spread the word about childhood hunger in America. I learned that one in five children may go to school hungry, including my peers at school, and knew that I wanted to join Kellogg’s in spreading awareness on this issue.

SJ: Can you tell me a little about the “Give A Child A Breakfast” program?

QW: I am partnering with Kellogg’s in order to spread the word on childhood hunger in America. My mom, being a teacher, has always made sure I have breakfast before I leave for school. All kids need and deserve the opportunity to reach their full potential — and starting the day with a great breakfast can help get you going.

SJ: Why did you choose to team up with Kellogg’s for this initiative?

QW: I joined Kellogg’s when I learned that one in five children may go to school hungry, including my peers at school. Even though I’m an actress, I’m still a normal kid that goes to school and has homework. I’m fortunate enough to start my day with a great breakfast, like Kellogg’s Rice Krispies and milk,



Wallis acted opposite Jamie Foxx in "Annie" in 2014.

and I want to help other kids have that same opportunity. I'm excited for the chance to help other kids my age to reach their full potential. You can learn more at www.kelloggs.com/give.

SJ: Any upcoming movies or television appearances that we should look out for?

QW: "Annie" came out on DVD and Blu-Ray on March 17. Later this year, I have two new movies coming out, Kahlil Gibran's "The Prophet" and "Fathers and Daughters."

SJ: What are some of your hobbies when you're not acting?

QW: When I'm not acting, I love spending my time playing sports, especially basketball, volleyball, and cheerleading. I also like reading, playing video games, hanging out with friends, and playing with my two dogs.

SJ: What advice do you have for other kids interested in acting?

QW: Acting is all about having fun and keeping focus on your character. If you are determined and work hard, you can reach success in whatever you are doing. I believe that starting your day with breakfast can help you reach your full potential every day!

• • •

I also had a chance to speak with Quvenzhané's mother, Qulyndreia, about her daughter's career.

Shnieka Johnson: How do you manage your daughter's schedule between home life, work, and school?

Qulyndreia Wallis: The number one thing is that my husband and I treat her like a normal kid. We make sure she has structure in her day, does her homework and her chores, has time to have fun and experience life like every other kid. No matter how busy we get, we make it work. At the end of the day, she's just like any daughter. She's just been blessed to have an amazing opportunity, and I want to continue to encourage her to just do her best.

SJ: What do you do to keep your daughter grounded while working in the film industry?

QW: I think that focusing on giving back to the community is very important. That is why I support Quvenzhané's partnership with Kellogg's in helping give breakfasts to children in need. As a school teacher, I know how important it is for students to have breakfast before school. I'm proud of my daughter for helping raise awareness for this worldwide issue — Kellogg's has committed to a great goal.

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



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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

How to talk openly about elderly care

My parents are getting older, and I am concerned about how my siblings and I are going to be able to take care of them while taking care of our own families. How can I broach the topic with my parents without upsetting them?

Starting the conversation with your parents is a tricky thing. They are already anxious about approaching or being in their golden years. Many of their friends in their age-group may be sick or have died, and this is a sobering reminder of one's own mortality. It is challenging to approach this issue without having some people feel like you are rushing them to their grave.

I advise my clients to approach the topic slowly and with sensitivity. Sometimes framing it in a way that makes your parents think that they are doing you a favor is helpful. Some examples:

"Dad, you know, Bob and I went to see an estate planning attorney to get our estate planning documents in order. She advised us to let our family know where we keep our documents. It made me think that I don't know where you keep any of your documents. Would you be willing to

talk about this with me?"

Or:

"Mom, a friend of mine is in a nasty lawsuit with her brother over their dad's estate because his affairs weren't in order. I'd really hate to have that happen with my siblings and I'm sure you wouldn't want your legacy to be us having an irreparable rift after you're gone. Can we have an open discussion about this when you're ready?"

Once you've benignly introduced the topic at an appropriate time (i.e., not Thanksgiving or Christmas!), below are some topics and questions you might want to use to get the conversation started — just not all at the same time:

Financial and legal

"Do you have a last will and testament? A health care proxy? A power of attorney? Where do you keep the originals? Who should we contact?"

If your parents don't have those documents, ask, "Would you consider meeting with someone to get those documents in place?"

"Who do you want to handle your financial affairs in an emergency or if your health fails?"

"Do you have a financial planner? Would you like to meet with one?"

Note: this is a much "softer" way to approach the assets, as opposed to "where is your money!"

A study from a few years back found that almost 30 percent of adult children are financially supporting their parents. Retirement calculators available online can help you determine whether your parents have sufficient assets to meet their objectives. This will not be resolved in a single conversation but will require multiple discussions over a period of time. Try to involve your siblings in the conversation so everyone is on board.

Health

"Would you consider giving your doctor permission to talk to me and my siblings about your health in case we have questions?"

"Can any of us come with you to your doctor appointments?"

"If, god forbid, something happened where we couldn't communicate with you, what is your feeling about being kept alive through artificial means like ventilators, artificial feeding tubes, or respirators? In what type of situation would you want or not want those medical technologies used to keep you alive?"

Living situations

"Where do you want to continue to live? Do you want to stay in your house? Are you willing to move into a smaller house?"

"If you need assistance would you rather move in with one of your children, or would you prefer hiring someone to help you at home?"

Don't be surprised if your first attempts are met with defensiveness and resistance. Also don't be surprised if your parent comes back to you a few weeks later and says, "You know, I had this great idea: why don't we go look at an assisted living facility?"

The trick to these conversations is letting your parents get there in their own time, but before a crisis happens. If they feel they are still in control and making their own decisions the stress of a difficult conversation can be alleviated.

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



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Jessie and her red wagon, which holds the apples she picked with help from her father, Patrick Hempfing.

Hoarding memories

Cleaning the garage leads to a trip down memory lane

CHERISH THE MOMENTS

BY PATRICK HEMPFING

Let's clean out the garage today." How did this statement come from my mouth? If I had typed these words, I could have highlighted the sentence and pressed the delete key before anyone saw it. However, like all words, once they're spoken in front of witnesses, you can't take them back. Mattie, my wife, quickly seconded the idea as this project had been on my Honey-Do list for quite some time. Jessie, my 9-year-old daughter, made it unanimous.

I then pointed out what I saw as the most likely problem in tackling this massive project — too many supervisors. I emphasized, "We can only have one supervisor!" Jessie's hand shot up from the kitchen table, at which point I realized I either need to raise my hand faster or yell "me" when I end select sentences.

Okay, besides attempting to tackle this project with two supervisors — yes, Mattie also likes to lead — I knew our different personalities would enter into play. There's Mr. Sentimental (me). I know Jessie can't use her pink ball glove anymore, but we have to keep it forever. Then there's Mrs. Clutterfree (Mattie). "We haven't used it in the last five years. Take it to Goodwill." Finally, there's Miss Open Every Box. "What's in that box? Let's pull that box down."

We weren't into the cleaning project very long before I concluded that a trip to the dentist for a root canal would have been more fun.

At day's end, I was pleased with the progress my two supervisors and I had made. The car would have to stay parked in the driveway for the night as the garage floor was covered with everything, but family harmony is more important. Overall, though, I thought we worked well as a team. Did we have differences of opinion? Yes. Did I go to bed exhausted? You bet. Will I get to be the supervisor for day two of garage cleaning? Like Jessie's odds of getting a horse for her

next birthday, not a chance.

Although I had been dreading this huge project, my two supervisors and I shared some special times. Mattie and I pulled out possessions we hadn't seen in years and Jessie had never seen. One box contained love letters and poems I wrote to Mattie before we were married. Jessie and Mattie laughed when I read one letter aloud. I can't believe I wrote such mushy stuff, and it worries me a little that I have no recollection of writing it.

Jessie said she could part with her tiny red wagon. Mattie, Mrs. Clutterfree, said, "We can't give that away. That's where Jessie had her apple sales." Jessie's preschool class for 2-year-olds took a field trip to an apple orchard. I had fun picking apples with Jessie, and we filled her bag in no time. Of course, Daddy picked the high ones. When we got home, we decided to have an apple sale. We made a sign "Apples For Sale — Only 25 cents." Jessie loaded her apples into her little red wagon and set up shop with her newly acquired red and green inventory. I cleared a small bookshelf in our guest room and it made a perfect display for Jessie's merchandise. We had so much fun selling and buying apples, learning about money, giving change, and talking about how to run a successful business that we repeated the process after Halloween with Jessie's trick-or-treat candy.

My most sentimental moment came when I pulled a sign away from the wall and found half of a pink, plastic Easter egg. Jessie hid plastic eggs long after Easter had ended. To make hide and seek last longer, she split each egg in half. I, Mr. Sentimental, said, "Oh, I'm keeping this." Of course, Mrs. Clutterfree's immediate response was, "Trash!" Now, I admit, a half of a plastic egg covered with dust and spider webs doesn't make the best keepsake, but I'm not a hoarder. Okay, maybe I'm a hoarder of memories.

The garage cleanup will probably take several more days. Will I find the other half of the pink egg? Mattie better hope not, because if I do, I'm saving it. I'll store it in Jessie's tiny red wagon.

Until next month, remember to cherish the moments. Happy Easter.

Patrick Hempfing had a 20-year-long professional career in finance 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 and on Twitter @PatrickHempfung.



DEAR
DR. KARYN
DR. KARYN GORDON

Tips and techniques for communicating

Each generation responds to different approaches

I was flying back to New York this past week and ended up seated behind a family whose parents unfortunately had fully lost control of their kids (I'm sure we've all experienced similar situations before!). As I watched these parents try to communicate to their 4-year-old daughter with reason and empathy (they had big hearts) to stop the screaming, the child went further into hysteria and eventually the parents just gave up! Passengers quickly got out their headphones to drown out the screaming for the one-hour flight. And as I was sitting there, thinking about how each passenger was feeling (including the parents and their children!), I realized that if the parents had just a little more information about their child's developmental abilities they would likely have gained a different response. Yes, small children need empathy, but they also really need firmness! That age doesn't tend to respond well to reason alone. Empathy without a firm approach means a child will walk all over her parents. But the opposite is also dangerous — if parents are too firm without empathy, a child will often shut down and cut-off from her parents. It truly comes down to striking the right balance between being firm and empathetic that I find makes the difference for effective communication in conflict; not just with kids but also with students, clients, and employees.

This month I promised you some tips on how to communicate effectively to each generation, and one of the biggest keys to doing this is to truly understand where your audience is coming from! As I've already shared with you as part of this series, each generation is unique and values different things in their communication. So if we know what they need, it becomes much simpler to connect to them. It's like getting the answers to an exam in advance — it's not that hard as long as we are open to learning! If you missed "Engage and



motivate all generations at home and work," email my assistant, kay@dk-leadership.org to send it to you.

Let's be honest — communication seems easy in theory until people start practicing it, and only then do they realize how many ways it can go sideways! As I've said many times before, the secret to motivating, engaging, and now communicating effectively to all generations is to understand your audience! So whether you have a 16-year old son (Gen Z), 25-year-old employee (Gen Y), or a 61-year-old boss (Boomer), these simple tips will help you focus on what is truly the most effective way to reach them!

Communication tips to reach Gens Y and Z

I've talked about the importance of speed for both of these generations, this includes everything from technology to talking fast and mak-

ing what you are communicating relevant! If you want to communicate more effectively to Generations Y and Z, here are some other tips that will connect to their values!

Explain why in advance

Remember that this generation is constantly asking why. Why should they make their bed? It will just get messy again tonight. Why is it a big deal if they are late? Why should they ask for help? Why should they get a mentor? Why should they go to university or college if they just want to start their own business? A great speaker, teacher, and parent knows what her audience is thinking and answering the "whys" before he even asks.

Give feedback ALL THE TIME!

Traditional performance reviews do not work for this generation (if you haven't already figured that out, you will soon enough). Performance reviews are very outdated for a gen-

eration that wants and needs feedback constantly! For organizations, try using more updated technology programs with groups like Salesforce. For parents, make feedback a daily habit (I'm not kidding), letting each other know what you liked, and what you didn't! Keep it light, but try to make it part of your everyday family and work culture.

Be affirming and firm

This generation is used to hearing a lot of praise. Don't give fake praise (they are very intuitive and will pick it out quickly). But when you see them doing something well, tell them! They will be more motivated to listen when they know first what they are doing well! But as I shared at the beginning, you'll need to be firm as well around certain policies! If you need this generation to be on time, tell them (firm) but communicate it with a lot of praise (affirming) and you'll find they listen better! And for anyone who thinks that praise is a waste of time (see, I'm thinking about my audience), yes, it will take time, but it will actually save you time since they will actually listen more to you, and you will find yourself repeating yourself less!

Communication tips to reach Gen X

Gen-Xers love independence, it truly is one of their highest values. These tips highlight ways to communicate effectively with them by recognizing this!

Don't be needy

If you have a Gen X parent, employer, employee, teacher, or colleague, understand that he wants to see you be independent! They are used to giving out jobs and expecting that it will be done. They won't tend to do regular check-ups (that's not their style) and they can't stand micro-managing. Try your very best, and if you need help, ask for it — but first try to do it on your own!

Ask, don't tell

If you need something from a Gen X, ask, don't tell him! Listen to the difference: "Mom can I go to my friend's house?" versus "Mom, I'm going to my friend's house." "Boss, can I take Friday off?" versus "Boss, I can't work on Friday." Do this even if you think you already know the answer — when people ask, it is interpreted as a sign of respect!

Be early

Gen X grew up in a generation when punctuality was highly noted. So if you're trying to connect to a Gen-Xer, don't aim to be on time

— be early! Lateness equates to disrespect!

Communication tips to reach Boomers and traditionalists

Say thank-you OFTEN

Voicing gratitude is always a great habit to get into! Research tells us that people who not only are thankful, but voice their gratitude — and they are happier, more likely to get promoted, more physically resilient, and people want to help them more! Look for opportunities to say thank-you (again, it must be genuine) to all Boomers and traditionalists in your life whether it's a parent, a colleague, or an employer! One of my former coaching clients set out to make a habit of voicing 10 "thank yous" every day. Once she started she found she was saying it up to 20 times daily and people around her were more eager to help her because they felt appreciated!

Turn off your technology

When you are communicating to this generation, either put your technology away or turn it off so you're not distracted. While using technology is like breathing for younger generations, others will view it as a massive sign of immaturity and disrespect if you use it in front of them. From dinner table conversations with the family to job interviews (yes, a recent survey said a high percentage of people would still look at their phone during an interview!) to your day-job, turn off your technology when communicating to this generation.

Honor their experience

Yes, younger generations are often faster at technology, but nothing compares to years of experience. If you want to communicate effectively with these generations, ask about their life, career journey, failures and successes, what they would have done differently, and their advice to the next generation. By asking them about their story, and learning from them, you honor their experience, and they will feel respected!

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

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BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

Kids and attention

To children, all attention parents pay is good

Kids love attention. To your little one any attention is good attention. If you're looking at her, then she's happy! If you are talking to her, then she's thrilled! Especially since you're her parent, every moment that you focus on her is one that she treasures.

You and I have a different definition of attention. For adults good attention is good, and bad attention is bad. You want your boss to congratulate you on a job well done — good attention. Yet you'll actively avoid your boss if you know he'll yell at you for a problem — bad attention. There's a big difference to you between the two situations.

Your small being doesn't see it the same way. She wants you to praise her for doing really well on her spelling test — attention. She's also okay when you're upset that she made a mess with her paints — more attention. The critical piece for you to remember is that your child doesn't see the difference and will gladly accept any attention that is focused attention on her. Why is this important for you to know? Because when your small being is looking for attention, I'll bet the farm that she'll find a way to get it. For instance when your small being dresses independently and doesn't get enough attention afterwards ("Look what I did!") she may start to refuse to dress on her own again. If you're small being is feeling ignored at bedtime and is lacking a solid routine, then she'll start fighting to go to bed so you're bound to give her all your energy.

So many times I find that problem behaviors in small beings are simply ways to obtain your engagement and have nothing to do with what she's supposedly fighting about. When your small being is begging you for five more Goldfish, keep in mind that she may simply want to speak with you. Find ways to connect your small being in a way that will feel good to all of you.

It's also helpful to provide attention on your own schedule, this way she'll demand less of it in negative ways. Yes, life is busy and you're try-



ing to get 10 things done at once, I understand. You do have more say in the matter than you probably know. Would you rather put other tasks on hold to calmly sit down for a snack with your daughter or have her stage a milk-pouring party in the kitchen while you're on an important phone call? Decide and stick to it.

Please note that your small being isn't making a conscious decision to wreck havoc; your child is not plotting step by step how to get your attention. It's a subconscious operation to get her basic needs met

and there's no logic and reasoning happening in these behaviors. Your small being is doing the best she can to get what she believes she needs. Children need parents' attention and will always (always!) find a way to get it. Teach them to do it in a better way!

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.

No laughing matter

Kid critic reviews emotional docu-drama about bullying

KIDS FIRST! FILM CRITIC

Jessica Burns has a secret that she's afraid to share with anyone — except her best friend Brian Slater. For the past year the 16-year-old has been victimized by another girl — her former friend Avery Keller, one of South Brookdale High School's most popular and beautiful students. What can you do when the world sees the image of a person, but not the reality? With Brian's help and a hidden digital camera, the evidence of Avery's relentless harassment is captured and finally exposed, bringing both girls and their families face-to-face with the truth.

This is a film that is shot to look like a real-life documentary about bullying, concentrating on everybody who is affected by it. "A Girl Like Her" truly shows that something that may seem so small can actually affect and mess up so many people. This movie isn't a ro-

mance or comedy or an action-packed adventure, but rather quite the contrary. It shows a drama-filled journey. It will not make you laugh. However, it may make you cry. It is about bullying, which should not be referred to as a joke.

In the film a girl named Jessica goes to one of the best public high schools in the nation. After refusing to let her "friend" cheat on her test, she starts getting bullied. She makes her real best friend tell no one of this. But the friend decides that they should do something about it. He gives her a hidden camera to wear and this documents all the bullying. Soon Jessica tries to commit suicide, and the movie shows the struggle of not only the victim and her family, but everybody — the bystander, the bully, the administration, everybody.

This movie is truly emotional. It is made to look like it is documenting



a real story. I didn't even know it was fake until the end! That's how good of a job it is! The acting is truly wonderful. This is the only time I have ever truly hated a character (the bully) and then felt pity for her. The director does a wonderful

job showing the emotions of characters and proving that bullying isn't just a normal part of life to deal with. It is a serious matter that has killed hundreds of children.

My least favorite scene is when the school administration denies the need to institute anti-bullying policies and tries to brush it away as nothing. It shows you how quickly a school will try to brush off bullying as nothing to look out for its own benefit.

This film should be seen by everybody above the age of 9. I give it 4.5 out of 5 stars because it is a wonderful movie about something we all know



is taking place around the world. The only thing I would have liked to have seen in this film is a message at the end or beginning saying that bullying is wrong and is no laughing matter.

Gerry O. — age 12

See his video review at: http://youtube/s_xCEC79MT4

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Calendar

APRIL



Drop right in at the Guggenheim

Just Drop In! at the Solomon R. Guggenheim Museum every Sunday in April.

Families with children 3 to 10 years old explore the highlights of museum exhibits with interactive projects led by museum directors.

Then make fun crafts to take

home.

Drop In! Sundays April 5 to April 26 at 1 pm. Tickets are free with standard museum admission.

Solomon R. Guggenheim Museum
[1071 Fifth Ave. at 89th Street on the Upper East Side, (212) 423-3500, www.guggenheim.org]

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WED, APRIL 1

IN MANHATTAN

Crafternoon: Battery Park City Library, 175 North End Avenue; (212) 790-3499; www.nypl.org; 4 pm; Free.

Children of all ages read "Dinosaur Rescue" by Penny Dale and then create a playdoh dino to take home.

Teen Advisory Group: Bloomingdale Library, 150 W. 100th Street; (212) 222-8030; www.nypl.org; 4 pm; Free.

Teens 13 to 18 years old have an opportunity to voice their suggestions for the library.

THURS, APRIL 2

IN MANHATTAN

Pre K Stories: Bloomingdale Library, 150 W. 100th Street; (212) 222-8030; www.nypl.org; 4 pm; Free.

Preschoolers 3 to 6 years old and a parent/caregiver listen to stories, and do an age-appropriate craft. Registration required.

"Face the Music": Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; www.lincolncenter.org; 7:30 pm; Free.

Kaufman's Music Center presents the youth ensemble.

FRI, APRIL 3

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



Ballet with Latin flair

Ballet Hispanico presents "En Familia" at the Joyce Theatre on April 18.

"En Familia" showcases excerpts from Asuka, CARMEN, maquia, Sombrerísimo, and El Beso.

The whole family will enjoy this 90-minute, fun-filled journey through Latin American dance and culture featuring excerpts from Ballet Hispanico's diverse repertory and a question-and-answer with the dancers.

Hosted by Ballet Hispanico's Artistic Director Eduardo Vilaro and Education Director AnaMaria Correa, this fun, interactive and educational performance gives families a glimpse into the beauty of the arts and Latino culture.

"En Familia," Ballet Hispanico on April 18 at 2 pm. Tickets are \$25.

The Joyce Theatre [175 Eighth Ave. at 19th Street in Chelsea; (212) 242-0800; www.joyce.org].

the littlest New Yorkers with age-appropriate themes and engaging hands-on activities for children 3 to 5 years old.

Around the world stories: Bloomingdale Library, 150 W. 100th Street; (212) 222-8030; www.nypl.org; 3:30 pm; Free.

Tots 4 to 10 years old take a trip around the world through books, then make a souvenir craft to take home.

SAT, APRIL 4

IN MANHATTAN

The Scotland Run: Central Park, West Drive at W. 67th Street; www.nyrr.org; 10:15 am; \$10.

Bagpipes, kilts, and running shoes? For the first time at the Scotland Run, the New York Road Runners Youth Running Series will host an event for younger runners to take

on the challenge. As part of Scot Week, bring your kids to dress up and join the fun at this 1.6-mile run. The event will be staged in three age groups: 7-10 years, 11-13 years, and 14-18 years. Join us for an unforgettable race!

Nano Days: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am-3 pm; General lab admission.

In collaboration with the Nano-scale Informal Science Education (NISE) Network's annual NanoDays event, the Lab will offer a variety of exciting and engaging activities, presentations and hands-on workshops in nanoscience and nanotechnology. Experiment, explore "nano in nature" and be inspired. Recommended for children 6 years and older.

Yippee Skippy Puppet Theater: Bank Street Bookstore, 610 W. 112th

St. at Broadway; (212) 678-1654; bankstreetbooks.com; 1 pm; Free.

Children enjoy creative storytelling through traditional tales with a twist.

Hats, Crowns and Headdresses: American Folk Art Museum, 2 Lincoln Square (Columbus Avenue at 66th Street); (212) 265-1040; folkartmuseum.org; 1 pm; Free.

Visitors investigate some of the hats and crowns in the exhibition "When the Curtain Never Comes Down," and then discuss why people might wear them. Back in the studio families will create their own headwear. Registration required.

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

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

Creative Passover Seder: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 5 pm; \$25-\$75.

Bring your family to celebrate with the members of the 92Y family as they create the meaningful and ancient traditions with songs, stories and games (vegan meals available). Registration required. Recommended for families with children ages up to 12 years old.

SUN, APRIL 5

IN MANHATTAN

Discovery Walk: Charles A Dana Discovery Center, E. 110th St. and Fifth Avenue; (212) 860-1370; discovery@centralparknyc.org; www.nycgovparks.org; 10 am; Free.

Everyone enjoys a guided walk through Central Park's North Woods and learn through hands-on exploration led by Central Park Conservancy educators and Discovery Guides. Recommended for children 5 years and older. Programs take place rain or shine, except in extreme weather conditions.

Kids Hike: Charles A Dana Discovery Center, E. 110th St. and Fifth Avenue; (212) 860-1370; discovery@centralparknyc.org; www.nycgovparks.org; 11 am; Free.

Urban Park Rangers connect young children with nature to encourage active exploration of the natural world.

Qingming Activities: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 11:30 am-3 pm; Free with museum admission.

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Calendar

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

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For children 3 to 7 years old. Known as Ancestors' Day, this traditional Chinese festival has families gathering together to remember loved ones and celebrate the arrival of spring. Children create and decorate their very own Qingming Festival kite and hear the story of a master kite maker in Chinatown.

Macy's story time: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 11:30 am; Free with museum admission.

From the 17th century to the 21st, through fiction and through fact, hear tales of the city and the people who made it great. Ages 3-7.

MON, APRIL 6 IN MANHATTAN

Pre Robotics for grades K-second: Bloomingdale Library, 150 W. 100th Street; (212) 222-8030; www.nysl.org; 4 pm; Free.

Sample projects include an alligator that opens and closes its mouth, a bird that flaps its wings and a ferris wheel that goes 'round and 'round. Presented by RoboFun. Preregistration required.

TUES, APRIL 7 IN MANHATTAN

Spring break crafts: Mount Vernon Hotel Museum and Garden, 421 E. 61st St. and York Avenue; (212) 838-6878; mvhm.org; 11 am-4 pm; Free with museum admission.

Drop in during regular museum hours and make a 19th century craft and play historic games. All ages welcome.

READ with BB: Bloomingdale Library, 150 W. 100th Street; (212) 222-8030; www.nysl.org; 4 pm; Free.

Practice reading skills with a licensed therapy dog. Enjoy a one-on-one no pressure reading time with BB and his owner Jeff. For ages 5 to 12; pre-registration required.

WED, APRIL 8 IN MANHATTAN

Spring break crafts: 11 am-4 pm. Mount Vernon Hotel Museum and Garden. See Tuesday, April 7.

Teen Advisory Group: 4 pm. Bloomingdale Library. See Wednesday, April 1.

THURS, APRIL 9 IN MANHATTAN

Spring break crafts: 11 am-4



Inside an ecosystem

The Tiny Terrariums workshop celebrates Earth Day on April 26 at the SONY Wonder Technology Lab.

Families enjoy a day at the Lab and learn all about our Earth, the ecosystem, and how to preserve it for future generations. Features interactive games and

crafts. Suitable for children of all ages.

Tiny Terrariums, April 22, 2 to 3 pm. \$8 per participant. RSVP required.

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

pm. Mount Vernon Hotel Museum and Garden. See Tuesday, April 7.

Family workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; Noon-1 pm; General admission.

Grab a PlayStation move controller, pick your favorite dance hit and groove. Best suited for children 6 and older.

Pre K Stories: 4 pm. Bloomingdale Library. See Thursday, April 2.

FRI, APRIL 10 IN MANHATTAN

Spring break crafts: 11 am-4 pm. Mount Vernon Hotel Museum and Garden. See Tuesday, April 7.

Family workshop: Noon-1 pm. SONY Wonder Technology Lab. See Thursday, April 9.

Family Fridays: National Museum of Mathematics, 11 E. 26th St. at Madison Square Park; www.momath.

org; 6:30 pm; Free.

Artist Mike Naylor returns to share the app he designed. Registration required.

SAT, APRIL 11 IN MANHATTAN

Shearing and Heather Celebration: Margaret Corbin Circle in Fort Tyron Park, Ft. Washington Ave. and 190th Street; (212) 795-1388; 10 am; Free.

The annual shearing of the heather by members of the Northeast Heather Society and Heather Garden staff. Bring your instruments and join in the community parade through the Heather Garden. Come take a tour with a horticulturist, win the Heather Garden Quiz, hear bagpipes and flute.

Spring break crafts: 11 am-4 pm. Mount Vernon Hotel Museum and Garden. See Tuesday, April 7.

"Viva Pinocho!": Teatro Sea, 107 Suffolk St.; (212) 259-1545; www.

sea-online.info/calendar; 3 pm; call for tickets.

New production re-telling the classic folktale of Pinocchio from the perspective of a young Mexican immigrant.

Interactive tour of life in the 19th century: Merchant's House Museum, 29 E. Fourth St.; (212) 777-1089; nyc1832@merchantshouse.org; 3 pm; \$15 one adult and one child; (\$20 one adult and two children).

Come tour the house and learn what life was like for children (and adults) in the 1850s, from schoolwork and chores to games and play. Could you carry a bucket of coal up steep stairs? How did you take a bath? And penmanship really, really mattered. Recommended for children 8 to 12 years old. Reservations required.

SUN, APRIL 12 IN MANHATTAN

Earth Day - Upcycle Art: Payson Center in Inwood Hill Park, Dyckman St. and Staff Street; (212) 628-2345; www.nycgovparks.org; 11 am - 1 pm; Free.

Celebrate Earth Day early and learn more about conservation efforts you can do at home. Engage your creative side and breathe new life into reusable items. All supplies provided.

Paper Making: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 11 am; \$15 (\$20).

Families will explore, experiment, and discover the possibilities of creating their own unique paper with award-winning papermaker Mary Sullivan. Paper, in its many forms, is the material most commonly used to document who we are, as shown in the exhibition Chinese American: Exclusion/Inclusion. Kids and their parents can bring in stamps, dried flowers, string, paper clippings, letters, or other small items to add to paper as it is made to personalize their work.

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, April 5.

So Percussion: Abrons Arts Center at Henry Street Settlement, The Playhouse, 466 Grand St. at Pitt Street; (212) 598-0400; carnegiehall.org/For_Families; 3 pm; Free.

The concert is part of the Neighborhood Concert series presented by Carnegie Hall Abrons Arts Center at Henry Street Settlement.

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.

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

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-life Pinkerton National Detective Agency. Suitable for children 8 years and older.

MON, APRIL 13

IN MANHATTAN

Pre Robotics for Grades K-second: 4 pm. Bloomingdale Library. See Monday, April 6.

TUES, APRIL 14

IN MANHATTAN

READ with BB: 4 pm. Bloomingdale Library. See Tuesday, April 7.

WED, APRIL 15

IN MANHATTAN

TAG Teen Advisory Group: 4 pm. Bloomingdale Library. See Wednesday, April 1.

"Face the Music": The Players, 115 MacDougal Street; (212) 475-1449; www.kaufmanmusiccenter.org; 7 pm; Free.

Kaufman's Music center presents the youth ensemble.

THURS, APRIL 16

IN MANHATTAN

Yom Hashoah: Museum of Jewish Heritage, 36 Battery Place at First Place; (646) 437-4202; www.mjhnyc.org; 10:30 am; Donations accepted.

Holocaust Remembrance Day. Come to the museum to remember those who were lost and learn from those who survived. Open to all.

Bilingual Story Time: Battery Park City Library, 175 North End Avenue; (212) 790-3499; www.nypl.org; 4 pm; Free.

Enjoy the classic stories, songs and rhymes in French and English. All ages.

Pre K Stories: 4 pm. Bloomingdale Library. See Thursday, April 2.

FRI, APRIL 17

IN MANHATTAN

Around the world stories: 3:30 pm. Bloomingdale Library. See Friday, April 3.

The Tallis Scholars: Church of St. Ignatius Loyola, 980 Park Ave. at 84th Street; (212) 247-7800; www.carnegiehall.org/For_Families; 8 pm; Free.



Judging Alice in court

Don't be late for a very important date! It's "The Trials of Alice in Wonderland" at TADA from April 25 through May 17.

Celebrating the 150th anniversary of the Lewis Carroll work, TADA presents this musical production performed by very talented kids.

"The Trials of Alice in Won-

derland," Saturdays and Sundays from April 25 through May 17 at 2 and 4 pm, plus a special performance on April 25 at 7 pm. Tickets are \$15 and \$25 for adults.

TADA! Youth Theater [15 W. 28th St. between Broadway and Fifth Avenue, (212) 252-1619 X 4; www.tadatheater.com]

Presented by the Carnegie Hall Family series, this is one of the towering masterpieces of Renaissance sacred vocal music. Thirty young choral singers will be coached by and perform with Peter Phillips and The Tallis Scholars, the preeminent a cappella vocal ensemble, in this concert that also features Brumel's Missa Et ecce terrae motus, Lamentations, and Tallis's "Loquebantur variis linguis."

SAT, APRIL 18

IN MANHATTAN

Ballet Hispanico: The Joyce Theatre, 175 Eighth Ave. at 19th Street; (212) 242-0800; www.joyce.org; 2 pm; \$25.

Excerpts from Asuka, Carmen, maquia, Sombrierisimo, El Beso provide a 90-minute fun filled journey through Latin-American dance.

"Viva Pinocho!": Teatro Sea, 107 Suffolk St.; (212) 259-1545; www.sea-online.info/calendar; 3 pm; call for tickets.

New production re-telling the clas-

sic folktale of Pinocchio from the perspective of a young Mexican immigrant.

Take the Stage with Broadway Stars: Carnegie Hall - Stern Auditorium, 881 Seventh Ave. at W. 57th Street; (212) 247-7800; www.carnegiehall.org/forfamilies; 3 pm; \$10, \$16 \$22.

Carnegie Hall presents this fun concert where you learn the music and dance moves from Broadway hits including, "Grease," "The Sound of Music," "Rent" and many more. This event is sponsored by the New York City Department of Homeless Services for supporting young fathers and their families at this concert.

SUN, APRIL 19

IN MANHATTAN

Discovery Walk: Chess & Checkers House, 65th St. Transverse and Center Driveway; (212) 794-4064; www.nycgovparks.org; 10 am-11:30 am; Free.

The whole family takes a guided

tour around the 59th Street Pond and learns through hands-on exploration led by Central Park Conservancy educators. Children ages 5 and older. Maximum of three children per parent or guardian. No groups, please. Space is limited. Pre-registration required. Programs take place rain or shine, except in extreme weather conditions.

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, April 5.

Baby Loves Disco: Le Poisson Rouge, 158 Bleeker St.; www.babylovesdisco.com; Noon-3 pm; \$20.

Boogie woogie with some great partners — The Jewish Museum, Inquisitive Learning Tools, Happy Family snacks, Urban Sitter painting faces, Steve and Kate's camps with some amazing make your own video activities. Yummy snacks and juice as always and the beloved cash bar for non-drinking moms and dads.

Calligraphy workshop: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 pm-3 pm; \$15 (\$10).

Children 5 and up learn the ancient art of pictographs to modern ideographs. Chinese characters have been around for more than 6,000 years and the writing of them has long been considered a discipline as well as an art. In this workshop, families will have the opportunity to see the intricacies of Chinese calligraphy demonstrated up-close by an instructor from the New York Chinese Cultural Center.

"Left for Dead - A Young Man's Search for Justice.": New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3 pm to 5 pm; Free with museum admission.

Ages 9-12. When 11 year old Hunter Scott started asking questions about the sinking of the USS Indianapolis during WWII, he never imagined he would rewrite history. Mike Thornton, New-York Historical Society Curator and naval history expert, will answer kids' lingering questions about the harrowing history of the USS Indianapolis sinking. Families will also explore naval artifacts from WWII.

MON, APRIL 20

IN MANHATTAN

Pre Robotics for Grades K-Second: 4 pm. Bloomingdale Library. See Monday, April 6.

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Calendar

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

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TUES, APRIL 21

IN MANHATTAN

READ with BB: 4 pm. Bloomingdale Library. See Tuesday, April 7.

WED, APRIL 22

IN MANHATTAN

Family workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywonderlab.com; 2-3 pm; \$8 per participant.

Tiny Terrariums is just perfect to learn about Earth Day and the ecosystem. RSVP required.

Science time: Battery Park City Library, 175 North End Avenue; (212) 790-3499; www.nypl.org; 4 pm; Free.

Bring the whole family to create a tiny parachute to take home and learn why the parachute slows down our descent as we are falling.

TAG Teen Advisory Group: 4 pm. Bloomingdale Library. See Wednesday, April 1.

THURS, APRIL 23

IN MANHATTAN

Pre K Stories: 4 pm. Bloomingdale Library. See Thursday, April 2.

FRI, APRIL 24

IN MANHATTAN

Cyrille Aimee: Gerald W. Lynch Theater at John Jay College, 524 W. 59th St. between Tenth and Eleventh avenues; (212) 247-7800; www.carnegiehall.org/forfamilies; 7:30 pm; Free.

French jazz singer performs standards. Presented by the Carnegie Hall Neighborhood Center. This concert is made possible, in part, by the Edward Prager Endowment Fund for Jazz Artists.

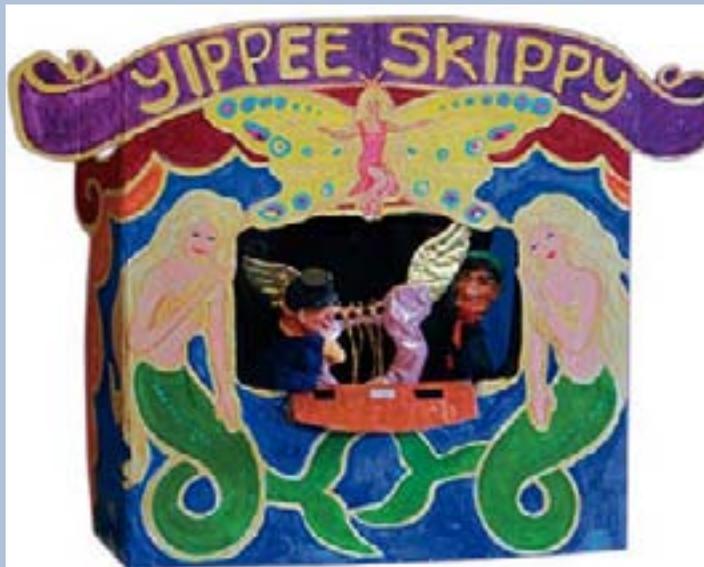
SAT, APRIL 25

IN MANHATTAN

Raptor nests: Central Park, E. 72nd Street and Fifth Avenue; (212) 628-2345; www.nycgovparks.org; 10 am; Free.

New York City is home to an amazing abundance of wildlife. Rangers will guide you to the best wildlife viewing spots in the urban jungle. Birding programs are appropriate for all skills levels and beginners are welcome. Bring a pair of binoculars or ask a Ranger to borrow a pair.

At the Kids' Table with Sarah



Interactive puppet fun

“Yippy Skippy Puppet Show” is on the menu at Bank Street Bookstore on April 4.

It's a wacky mashup of traditional tales that are chosen by the children in the audience and features live music and an exciting puppet show. It's a new twist

on an old fable. Best for children 3 to 8 years old.

“Yippy Skippy Puppet Show” on April 4 at 1 pm. Free.

Bank Street Bookstore [610 W. 112th St. at Broadway in Morningside Heights, (212) 678-1654; www.bankstreetbooks.com]

Lohman: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 pm to 4 pm; \$16 (\$10).

What does 18th-century Tupperware look like? How about a 19th-century toaster? In this program, you'll go on a family scavenger hunt in the New-York Historical Society to uncover the kitchens of the past, make cinnamon toast like folks would have 200 years ago — grinding sugar and churning butter by hand. You'll find out how much the kitchen has changed from 1815 to 2015! For children 8 and up.

“The Trials of Alice in Wonderland”: TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X4; www.tadatheater.com; 7 pm; \$15 (\$25 adults).

Celebrating the 150th anniversary of the Lewis Carroll work, TADA will present this production by talented kids.

SUN, APRIL 26

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 its puppet pals nurture family bonds and bridge connections to Jewish life and traditions through performance.

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, April 5.

“The Power Hour”: 208 W. 23rd St. between Seventh and Eighth avenues; (212) 877-6115; www.kidsn-comedy.com; 1 pm; \$15.

Watch the city's funniest teenage comedians ponder what it would be like if you could control your destiny and everyone around you, and ask the ultimate question: what would your super power be?

The Pinkertonian Mystery: 3 pm to 5 pm. New-York Historical Society. See Sunday, April 12.

MON, APRIL 27

IN MANHATTAN

Pre Robotics for Grades K-Second: 4 pm. Bloomingdale Library. See Monday, April 6.

TUES, APRIL 28

IN MANHATTAN

READ with BB: 4 pm. Bloomingdale Library. See Tuesday, April 7.

WED, APRIL 29

IN MANHATTAN

“The Earth and Me”: Symphony Space, 2537 Broadway at 95th Street; (212) 724-0677; www.shadowboxtheatre.org; 11:30 am; \$15 in advance (\$10 at door; \$8 groups of 10 or more).

Celebrate Mother Nature with a with a flowing tapestry of song, dance, puppetry and music. “The Earth And Me” inspires children with hope and empowerment. The children learn how they can help protect the Earth's delicate balance through harmony, tolerance and peace. Presented by the Shadow Box Theatre.

TAG Teen Advisory Group: 4 pm. Bloomingdale Library. See Wednesday, April 1.

THURS, APRIL 30

IN MANHATTAN

“The Earth and Me”: 10 am and 11:30 am. Symphony Space. See Wednesday, April 29.

Crafternoon: Battery Park City Library, 175 North End Avenue; (212) 790-3499; www.nypl.org; 4 pm; Free.

Children of all ages read Dinosaur Rescue by Penny Dale and then create a playdoh dino to take home.

Pre K Stories: 4 pm. Bloomingdale Library. See Thursday, April 2.

FRI, MAY 1

IN MANHATTAN

“The Trials of Alice in Wonderland”: 7 pm. TADA! Youth Theater. See Saturday, April 25.

LONG-RUNNING

IN MANHATTAN

The Butterfly Conservatory: American Museum of Natural History, Central Park West at West 79th Street; (212) 769-5200; 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,

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and humidity.

Exhibition: Freedom Journey 1965: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; 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.

"Jack and the Beanstalk": Swedish Cottage Marionette Theater, W. 79th and West Dr; (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, Now - Sun, June 28; \$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.

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

Storytime: Museum of Jewish Heritage, 36 Battery Place at First Place; (646) 437-4202; www.mjhnyc.org; 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 ages 0-4.

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

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

Vacation week: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400;

The earth on stage

Celebrate Mother Nature with a production of the "Earth and Me" at Symphony Space on April 29 and 30.

The Shadow Box Theater presents this performance that is a flowing tapestry of song, dance, puppetry, and music in which children learn how to help to protect the Earth's delicate balance through harmony, tolerance, and

tor.org; Daily, 11:30 am, Fri, April 3 - Sun, April 12; Free with museum admission.

Take the whole day to explore the galleries and have fun with history.

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

peace.

"The Earth and Me" on April 29 and 30. Showtime April 29 at 11:30 am and on April 28 at 10 am and 11:30 am. Tickets are \$15 in advance, \$10 at the door, and \$8 for groups of 10 or more.

Symphony Space [2537 Broadway at 95th Street on the Upper West Side, (212) 724-0677; www.shadow-boxtheatre.org].

Sport 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; 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.

Just Drop In: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; Sunday, April 5, 1 pm; Sunday, April 12, 1 pm; Sunday, April 19, 1 pm; Sunday, April 26, 1 pm; Sunday, May 3, 1 pm; Sunday, May 10, 1 pm; Sunday, May 17, 1 pm; Sunday, May 24, 1 pm; Sunday, May 31, 1 pm; Free with museum admission.

Children 3 to 10 years old explore exhibit highlights through interactive projects led by museum directors.

Drop-In Art Workshop: The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; 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.

Jazz For Kids: Jazz Standard, 116 E. 27th St. at Park Avenue South; (212) 576-2232; 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.

"The Trials of Alice in Wonderland": TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X4; www.tadatheater.com; Saturdays and Sundays, 2 pm and 4 pm, Sat, April 25 - Sun, May 17; \$15 (\$25 adults).

Celebrating the 150th anniversary of the Lewis Carroll work, TADA will present this production by talented kids.

FURTHER AFIELD

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

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

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

This innovative exhibit teaches the
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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.

"Galapagos – Nature's Wonderland in 3D": New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 11 am & 2 pm, Saturdays and Sundays, 1 & 3 pm, Now – Tues, June 30; \$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.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; 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 propulsion, gravity, escape velocity, launch window, gravitational assist, and more!



These teens really make music

"Face the Music," comes to the Players on April 15.

New York City's favorite teen new music ensemble, Kaufman Music Center presents "Face the Music," premiering the works by composers Carlos Carrillo,

Merlijn Twaalfhoven and Asha Srinivasan as well as 17 new pieces by Face the Music members.

Their repertoire for the new season also includes works by Michael Gordon, Philip Glass,

Tristan Perich, Missy Mazzoli, Steven Mackey and Nicole Lizée.

"Face the Music," April 15 at 7 pm. Free.

The Players [115 MacDougal Street in NoHo, (212) 475-1449; www.kaufmanmusiccenter.org]

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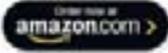
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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

The forbidden fruit

Food restriction doesn't promote healthy habits

Do you prohibit your child from eating certain foods? Orange cheese puffs? Brightly colored sugar-sweetened cereals? Candy bars? If you do, you may wish to rethink your stance.

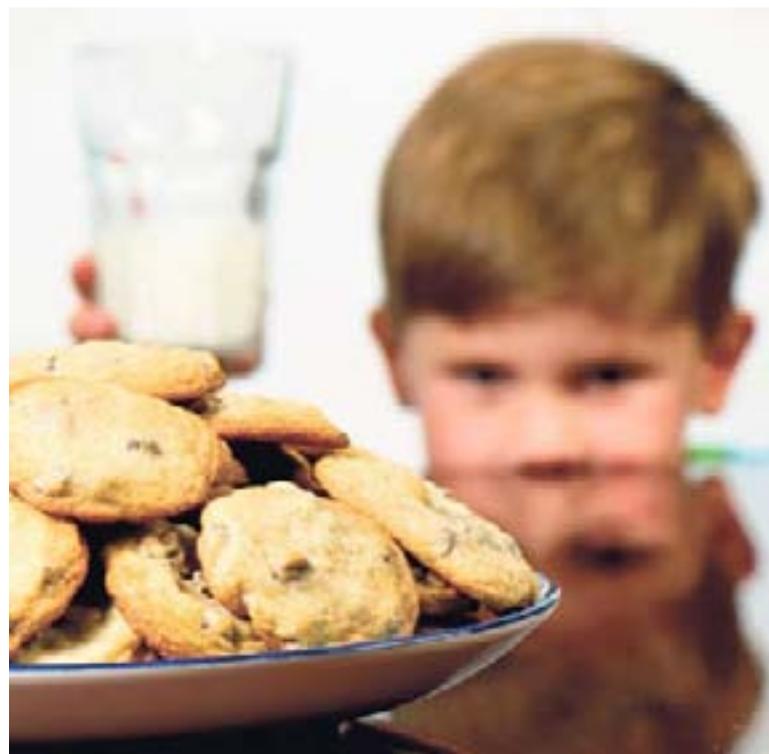
It turns out that food restriction is counterproductive. It makes the forbidden foods all the more appealing and makes your child want to eat it more.

Last year researchers at Pennsylvania State University found that preschool children identified as being highly motivated by food showed more interest in and ate more of off-limit snacks than children who showed less interest in the foods.

When it comes to picky or tiny eaters parents may encourage consumption by telling them it is good for them. Also not a good idea.

"Kids eat for taste and satisfaction. So when a parent tries to convince a child to eat a food using nutrition as the selling point, kids interpret that as meaning the food isn't tasty," says Maryann Jacobson, registered dietician, family nutrition expert, and coauthor of the book "Fearless Feeding." Jacobson summarizes the feeding strategy she employs with her children.

"I don't try to push or oversell healthy foods or try to get them to eat less of so called unhealthy foods," she says. "Instead, I serve a



variety of food in a structured way and teach them to listen to their tummy. I stress the importance of variety and frequency over pressuring and restricting."

Does this mean your children are allowed complete access to all foods? Of course not. Instead of keeping pop, candy, and salted snack foods

on the top shelf of your kitchen cabinets, do this: Stock your kitchen with primarily healthful foods, then allow the kiddos a reasonable amount of control over what they eat.

When it's snack time, ask them to choose between two nourishing items. For example, "Would you like corn chips with guacamole or ants on a log or a pear with peanut butter?"

When my own kids were young I noticed when their "restricted" friends came over they tended to binge on our treat foods.

"Unlike so many of the struggling adults I've counseled as a dietitian, I want my children to eat healthy food and be active as part of their regular life," Jacobson says. "Basically, I want them to choose healthy habits because they are enjoyable, not because they feel obligated."

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Broiled Sweet Scarletts™ grapefruit

PREP: 5 min. Time to Table: 10 min

SERVING SIZE: 2

INGREDIENTS:

- 1 Sweet Scarletts™ grapefruit
- 2 Tbsp. turbinado sugar or granulated sugar
- 2 Tbsp. granola
- 2 Tbsp. fat-free Greek yogurt

DIRECTIONS: Heat broiler and place rack 4-inches from heat. Cut grapefruit in half crosswise. If desired, use a paring knife to cut around segments to separate from membrane.

Sprinkle each half with 1 tablespoon sugar and immediately place on a baking sheet under the broiler. Broil until sugar is melted and browning. Remove grapefruit and let cool slightly. Serve each grapefruit half with 1 tablespoon each yogurt and granola.

NUTRITION INFORMATION: 140 calories, 33 g carbohydrate (27 g sugar), 3 g protein, 1 g fat (0 g saturated fat), 2 g fiber, 10 mg sodium, 30% DV vitamin A, 100% DV vitamin C, 4% DV calcium, 2% DV iron.

Adapted and used with permission from Wonderful Sweet Scarletts™ Grapefruit



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