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Graduations, birthdays & Father's Day

The best graduation I ever went to was my daughter's from Kindergarten. It was so particularly moving on some wonderful level. Our family was supposed to sing a song together and I became such an emotional mess that I couldn't sing. I was weeping and as hard as I tried to control it, I couldn't. I've never been able to explain it to anyone very well, but I was peculiarly aware of the passage of time and I sensed that my little baby was moving on to being a child and that the film was about to speed up. I was right and it did and has.



In our house, June is a month of birthdays, my daughter's, mine and those of many good friends. We have

dinner celebrations and all feel great that the beautiful month of June is the month we entered into life. The good thing about having birthdays in the summer months is that you are able to have festivities outdoors if you want to. We have had many parties in the park, brought our food, set up a picnic under the shade of the trees and watched the children frolic in the beauty of late spring/early summer. Great memories.

Father's Day as I was growing up was every four years a special day I would share with my own Dad, because every four years it fell on my birthday. I loved this shared day with my father although he never liked making a big deal of it. In this

issue we talk a good deal about fathers and how important their role is as a hands-on parent. It can make or break the equilibrium of most children and the absence of a father can be devastating. We are happily finding that more Dads are opting for a strong presence and shared responsibility in the raising of their children starting from infancy. This is a very different posture and a welcome sociological change from past generations.

Although stay-at-home Dads are a welcome phenomenon and the number of men opting to be the primary caregiver to their children under 18 has risen considerably, unfortunately, so has the number of households without a father and children who have no male figure/role model in their lives has gone up as well. This is utterly detrimental to the well

being of millions of children and it must be our societal goal to change this statistical reality.

If there's a graduation or a birthday in your family this month, enjoy! Cherish the moments and bookmark the memories. To all the Fathers, we wish you a lifetime of responsible interaction with your children and the joy of hands-on caregiving. You will be happy you did and so will your children.

Have a great month. Thanks for reading!

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Peace offering

Public and charter schools *can* work together

BY TAMMY SCILEPPI

The city's "district vs. charter" battle continues, until someone comes up with workable solutions that make both sides happy, and both sides realize it's all about making the students happy and encouraging them to succeed as they enter a super-competitive world.

According to a 2014 Wall St. Journal article, "High-Performing N.Y.C. Charter Schools Share Their Success Strategies," efforts have been made (behind the scenes) to help district teachers and principals learn from high-performing charters.

Places like NYC Collaborates (nyccollaborates.org) create opportunities for educators from district and charter schools to come together to share information and team up to improve student achievement.

It makes a lot of sense.

Youth organization Harlem RBI responded to the need for better access to education within the community and opened DREAM Charter School — East Harlem's community-based public charter — in 2008.

According to its website, www.dreamschoolnyc.org, the school's mission is to prepare students for high-performing high schools, colleges, and beyond through a rigorous academic program that aims to nurture critical thinkers who possess a strong character and a love of learning, along with a commitment to wellness and active citizenship.

"DREAM Charter School is pleased to see the recent legislative changes that further secure

NY'S CHARTER SCHOOLS PART 3 OF A SERIES

Efforts have been made (behind the scenes) to help district teachers and principals learn from high-performing charters.

the growth of New York City's charter school sector. But more work remains to be done until all charter schools in private space receive equitable facilities funding," said Eve Colavito, head of the school.

"Each dollar spent on rent takes away from valuable resources that could be spent on our classrooms," she added. "We look forward to working with our policy makers to bring about these changes to benefit our children."

In a 2014 NY Daily News article ("The truth about charter schools"), quality charters are compared to well-run organizations: Since charters have more wiggle room, unlike district schools (nine out of 10 aren't unionized), they can innovate and make changes to suit their needs, thanks to management flexibility.

It's all about having the freedom to make savvy decisions, like making the workday longer; adjusting salaries and offering rigorous training; even hiring and firing teachers and school leaders when it's deemed necessary.

However, did you know that local charters are held strictly accountable to the state for student performance, and every five years, are subject to reviews that determine if a school continues to operate?

According to that article, many kids who have attended several of Success Academy's 22 schools have brought home some of the best test scores state-wide, due to the way their unique charters are run: Students are encouraged to spend more time on task, and a respectful, academics-centered environment prevails, while the staff makes sure parents are truly involved with what goes on in the classroom. See more at: successacademies.org.

In her blog <http://tntp.org/blog/post/success-academy-works-for-my-kid>, super-involved Success Academy parent Ariela Rozman points out that "Success schools across the city have shown tremendous gains for students, often helping them meet state learning standards at double and triple the rates of other schools."

According to insideschools.org — a website based at the New School in Manhattan that provides independent insight into local public schools and information about the New York City Department of Education — most of the new charters that have opened in the Big Apple are part of established charter networks, including Success Academy, Achievement First, and Ascend Schools.

And a few of the new schools are independent "mom and pop" charters that aren't part of a larger network.

Certainly, the "Don't compete, collaborate" cause would be furthered if both charter school enthusiasts and foes were more candid about their stance in this hot-button debate.

So, while it doesn't seem likely that folks on both sides of the aisle will be singing "Kumbaya" any time soon, on a more positive note, it does appear that charters are truly committed to sharing best practices with their district school counterparts and improving public education for all students here.



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Dear Dad: Your kids need you!

Every dad has the chance to show love and acceptance

BY GAYLA GRACE

Dick Hoyt is an inspiring father. His son, Rick, was born a quadriplegic with cerebral palsy. His parents were told he would be mute for life and should be institutionalized. But his dad refused to believe it.

Hoyt noticed Rick's eyes followed him everywhere he went, and so he became determined to find a way to communicate with him. He solicited help from Tufts University, where a skilled group of engineers built Rick an interactive computer. Rick controlled the cursor by touching a switch with the side of his head, which enabled him to finally communicate with those around him.

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

icapped" (www.teamhoyt.com).

Inspired to offer Rick more opportunities to experience that feeling, Hoyt began training every day with a bag of cement in the wheelchair while Rick was at school. The two began participating in marathons, triathlons, and other grueling athletic events and have now completed more than 1,000 races together. Rick knows he has an incredible dad whom he refers to as "The Father of the Century."

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

Children gain security from a dad willing to make time for them. I love to watch dads with their sons at the baseball fields as they play catch, practice batting, or offer encouraging words. Athletics offer a great way for dads to be part of something their children enjoy while the kids learn about good sportsmanship and reap the benefits of hard work and practice.

Children benefit from a dad who provides consistent love and dis-

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

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

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

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

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

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

Inspirational books by Team Hoyt

"One Letter at a Time": Inspirational stories of his life told by Rick Hoyt, using his one letter at a time method of speaking to communicate.

"Devoted: The Story of a Father's Love for His Son": The story told by Dick Hoyt of the incredible bond with his son and how Team Hoyt's mission statement, "Yes You Can," was created.

"Rick Hoyt: The Story of Rick Hoyt": A beautiful story of how Rick Hoyt, born with cerebral palsy, lives an inspiring life with the help of friends and family.

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Being a father

Going
from mere
paternity
to true
parenting

BY CAROLYN WATERBURY-TIEMAN

My husband and I were both working on doctoral degrees when our first son was born. We also had part-time jobs and were hundreds of miles away from our families. After waiting five years to have a baby, we were anxious to take care of him ourselves. A system of “tag-team parenting” evolved that allowed us to take care of our extrafamilial responsibilities as well as have individual and joint time with Douglas. The different reactions we received when we were out separately with our infant son were most interesting. People would come up to me and comment on Douglas, but they would stop Jerry and say things like, “Your wife sure is lucky you’re willing to babysit,” or “How nice that you’re helping your wife out,” or “Giving the wife a break, I see.” The message was clear: When I had Douglas with me, I was doing my job, but when Jerry had him, he was doing me a favor.

The first few times we found these remarks amusing, but 25 years later we still hear the same thing. We both find this deeply disappointing. Why is it that when a father is does what mothers have been doing for centuries, he’s Superman, but a mother doing it is still “just a mom?” These comments not only perpetuate the stereotypic practice of equating “par-

ent” with “mother,” but they also minimize the profound significance of the father’s role.

A growing number of fathers expect their parenting role to exceed the limits of paternity, financial support, and “roughhousing.” The majority of men in recent studies report that they are more involved in child-rearing than their fathers were and that they desire an equal partnership with their spouse in the rearing of their children. While including fathers in pregnancy and childbirth has been a tremendous improvement, it is not enough. It’s ironic that hospitals go out of their way to involve fathers in labor and delivery, even inviting them to cut the umbilical cord, and then fail to require the father’s presence when informing the mother about feeding, bathing, diapering, changing the umbilical cord dressings, etc. I’m pretty sure it’s not because they assume the father already knows how.

Children need fathers to progress out of the delivery room into the nursery and beyond. How do we (and by we, I mean all of us, males and females) go about replacing the peripheral father with an all-inclusive version? Here are a few suggestions:

Changes in language

Words are powerful. Through language we communicate our attitudes, beliefs, and expectations. As long as we continue to equate

the word parent with mother, we are cheating fathers and children. When parenting books, magazines, or articles are clearly geared to a female audience, authors and publishers are suggesting that fathers need not read them. When letters asking for volunteers for school-related activities are addressed to mothers, the message is clear about who is expected to reply.

So gentlemen, the subtle, yet persistent exclusion of fathers in the conversation about parenting suggests you are free to move out of the picture, emotionally and even physically. But if you accept the circumstances as inevitable and, therefore, permission to renege on your responsibilities as a parent, not only are you depriving your children, but you are also denying yourself the rich rewards of this role. When we can openly say to our sons, as they cuddle their teddy bears, comfort a sibling or friend, or care for a pet, “You’re going to make a terrific father someday,” we’ll know the language of parenting has changed.

Changes in attitudes and expectations

The false impression that child care is something fathers occasionally do for mothers continues to prevail. In actuality, parenting is what fathers do with mothers for their children. Referring to fathers as babysitters is absurd. Babysitters are people who get paid to fill in for parents who are unavailable. Fathers, you are not temporary filler. You are the real thing. Seeing you fulfill your parental responsibilities in public, as well as private, should be treated as the norm, not a novelty. Parenting should be a mutual sharing of both the responsibilities and rewards of child rearing. Men are not solely responsible for making the optional involvement of fathers acceptable. Many women lack a role model for a hands-on father. They have been socialized to believe that mothers should know all there is to know and do all there is to do with regard to child care. Otherwise they are not fulfilling their duty.

Many of us fall into the trap of assuming there are only two ways of doing things — our way and the



wrong way. When it comes to children, it is presumed mothers know “the right way.” When fathers demonstrate competence in this arena, it can be threatening to a mother’s self image. Fathers, if you face these situations, be patient, but persistent. Make it clear that your active participation is a statement about your desire to parent, not about your partner’s ability to parent.

Changes in actions

Wilhelm Busch reminds us, “To become a father is not hard. To be a father is, however.” Any job worth doing is worth doing to the best of your ability. Parenting is no exception, whether you are male or female. In your efforts to become the father your children need you to

be, take the time to: Examine your sense of identity. If your identity is all tied up in whether or not you are employed, what you are employed to do, where you are employed, and how much you earn, then your identity is extremely vulnerable to the unpredictability of the marketplace. If you look to your colleagues or employer to provide you with a sense of worth, you are forgetting that these people are primarily interested in what you can do and specifically, what you can do for them.

In the eyes of your children, your value is not determined by the size of your paycheck. Children attribute the greatest power to those who are available to fulfill their needs — prepare their meals, participate in their play, provide comfort when they’re

hurt or ill, etc. The only place you are irreplaceable is at home. I have never heard of anyone expressing regret on their deathbed for not having spent more time at the office. Conserve your energy. Save some of the smiles, words of encouragement, patience and enthusiasm you demonstrate at the office for the people waiting for you at home. Utilize the time it takes you to travel home to mentally prepare yourself for the transition from your office work to your family work. Your children deserve the best of you, not the leftovers.

Get the training the job requires

None of us is adequately prepared for the job of parenting. Few of us

have had any formal training. The rest of us are limited to the parenting we received as kids — the models our parents provided. Many men do not feel good about the job their fathers did, but they don’t know how to do any differently. Sometimes when people don’t feel competent in a role, they simply avoid it. Don’t allow your discomfort to rob you and your children of one of the most critical relationships in your lives.

Take the initiative to learn more about becoming the father you want to be. Read, attend classes and workshops, or join a parenting group. Identify a father you really admire and ask him to be your mentor. Spend time discussing your joint parenting goals with your spouse. Just because you didn’t give birth doesn’t make you any less of a parent.

The fact is, you can’t not parent. You can choose whether or not to become a parent or whether or not to be an involved parent. But if you have children, you cannot choose whether or not to parent. Your presence or absence will be experienced as parenting by your children. The way your children experience your involvement in their lives, or lack thereof, has an extraordinary impact on what they come to believe about themselves and how they relate to the rest of the world. The relationships that children establish with their parents provide the foundation for every other relationship they will ever have.

As you celebrate Father’s Day, take the time to reflect on what this role means to you, your children, your family, the future. The next time someone says, “How nice you’re willing to babysit for your wife,” boldly reply, “It’s my job. I’m doing this for them. I’m a dad!”

Carolyn Waterbury-Tieman has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons, ages 24 and 14. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To contact her, please e-mail parentAlife@yahoo.com.



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

What is normal?

The difference between ordinary and problematic behavior



One of the most frequently asked questions of behavior therapists is, “Is this normal?” Which is quickly followed by, “Is there a way for this to stop?”

At the forefront of every parent’s mind is discerning the line between normal and problem behavior. Where does, “all kids tantrum” change into, “this is a problem?”

The good news: there’s not a clear line between normal and problem behavior. The bad news: there’s not a clear line on which to base your decision.

Here’s my best advice: If you’re constantly asking yourself if your child’s behavior is normal, then I suggest that you simply stop asking and start addressing the behavior.

You’re wasting time when you could have started taking steps to change it. If you’re not sure what to do, then find someone — a friend, teacher, pediatrician or behavior expert — to help you figure it out. The behavior can be improved even if it is normal.

Here are three normal behavior challenges and how to change them:

- “I have to call my child’s name 15 times before he answers.”

This is either a sign that you’re overusing your child’s name by putting it in every sentence or that you have not taught him to respond when you call his name. The solution: Become aware when you’re using your child’s name and use it specifically to get his attention. Make sure to only use your child’s name when you’re close enough to prompt him if he ignores you. Stop shouting his name across the room.

- “My kid does not sit down to eat and I end up chasing her around the house with her plate to ensure she eats enough.”

Notice if there are certain foods that she will sit to eat. Use those foods to teach her about sitting for meals. Also, adjust your expectation of how long she will sit. Maybe you start with her sitting for just two minutes at the table. Set a timer and the clear expectation that she needs to sit until the time is up. The constant reminders become a celebration that she sat still when the timer goes off!

- “At school my child does great

cleaning up, but at home he never puts his toys away.”

At school there’s a specific time to clean up. There’s usually a fun song while it happens and there’s nothing else to do until clean up is done. The solution: Create that same type of environment at home. When you realize there are many different games pulled out, call out that there’s clean-up time. Find out what your child is still playing with, allow him to leave that out, but clean up everything else. Do it together and have fun during it; when you make cleaning up a chore, no one wants to do it. Once the clean up is complete, then everyone goes back to playing. Make sure playtime ends with a clean up time, just like in school.

For more tools to improve behavior in your home, visit: <http://bit.ly/behavior toolkit>

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.



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6

more reasons why dads are super!

Fathers add
so much
to their
children's
lives

BY DR. HEIDI SMITH LUEDTKE

Pop culture doesn't appreciate dads. Sitcoms make fun of their diapering (in)abilities or portray dads as irresponsible babysitters who feed the kids pizza, ice cream, and sugary soda while mom is out for the evening. Personal experience tells me there may be some truth in this. My own husband shows our kids zombie movies, then acts surprised when they refuse to sleep with the lights out. Really.

Stereotypes aside, it can be hard to move past the mom-knows-best mentality and make room for dad's different style of parenting. Mom of four, Tsara Shelton of Teague, Texas, says parenting together with her boys' dad has been the biggest challenge in their happy, 13-year marriage.

"I always want to be the one with the answers and insights! But in truth, it's been co-parenting that's blessed my boys with the best of what both mom and dad have to offer," she says.

All moms can learn valuable lessons from watching what dads do best. Here's how:

1. Dads are good with good enough

Most moms I know struggle to drown out the nagging inner critic who says we aren't good enough. We feel intense pressure to keep the house (and kids!) clean and to respond cheerfully to every social obligation. Our to-do lists never get done.

And it's stressful.

Researchers at Auburn University found women are more likely to feel inadequate at home and at work than men, because we're more apt to be perfectionists.

Dads recognize the 80 percent solution is often good enough. They can walk away from a sink full of unwashed dishes — without feeling

guilty — to spend time playing with the kids before bedtime. Moms can't deny there is wisdom in this approach. Dishes don't grow up and go off to college. Kids do.

Being good with "good enough" doesn't mean dads deny their shortcomings. Tina Bushman, co-author of the family discussion-starting book "Table Talk," says she has learned from watching her husband, John, address his missteps.

"When it has been a rough parenting day, he will sit on the edge of our child's bed and explain that even though parents try hard, we aren't perfect," she says. "He apologizes if he got upset or said the wrong thing and asks forgiveness. It takes a humble dad to do that, and I love him for it."

2. Dads encourage active play

Mud pies, snow forts, and do-it-yourself science experiments are dads' domain, says Wendy Valderrama of Denver, Colo., "They do messy fun really well."

Valderrama watches her 3-year-old daughter's princess wedding ball with prince Daddy every night. "He lets her take the lead and follows right along with her in the imaginative play," she says. A dad's passion for play is a joy to behold.

When they aren't entertaining kids on their own level, dads expose kids to grown-up tasks and topics. A dad might teach a child how to mow the lawn or talk about financial matters during informal apprenticeship sessions. Since dads aren't focused on ages and stages of development, they may share information that is over kids' heads. There is an upside to this, Valderrama says.

"The conversations I overhear between my daughter and her dad are amazing! I see her processing concepts I wouldn't have thought possible, because I am stuck in a

preschool mentality all day."

3. Dads encourage risk-taking

While moms' protective instincts lead us to discourage kids from taking physical risks, studies show dads give kids more personal space to explore the environment, even if there is risk involved.

"At the park, I'm nervous about my 2-year-old going down the big slide, and, at home, I protect my baby from face-planting every time he attempts to crawl," says San Diego, Calif. mom Anna Crowe. Dads often push kids to go outside their comfort zones.

Physical challenges help kids develop strength, coordination and confidence. And, by testing their physical prowess, "kids learn valuable skills that could prevent them from getting into serious trouble in the future," Crowe admits. Dads allow kids to learn by doing when moms might be more likely to teach by talking.

During the anxious moments in parenting, dads maintain a calm composure moms admire. Stacy Lewis of Long Beach, Calif., says her husband changed her perspective on parenting forever during one intense encounter with their three kids.

He said, "I don't get it! You are the mom. Why are you hollering?" And something clicked for Lewis. "He keeps things insanelly balanced, and I love him for that."

4. Dads set boundaries

Because women are focused on preserving social connections, we may avoid family conflict. The mental and emotional effort of peace-keeping can lead to emotional exhaustion for women, according to research by psychologists at Carnegie Mellon University. Over time, minor frustrations can grow into deep, simmering resentments.

Shelton admits she struggles to



establish clear, firm rules for her kids. She sees most issues as gray areas and enjoys discussing the connections between kids' behaviors, social expectations, and cultural pressures.

While moms might see kids' behavior in shades of gray, dads can take a more black-and-white view. Men are less likely to shy away from conflict, because they don't take it personally. That means they step in and confront interpersonal issues

head-on. Shelton's two youngest sons — who had symptoms of autism at early ages — learned to be comfortable in their own bodies and brains because of their dad's black-and-white boundaries.

"If my husband didn't bring everything down to its simplicity, I would get lost loving my boys in the gray," she says. The key to parenting well is to figure out which situations require a firm, rule-based response

and which ones call for deeper conversation. Dads seem to know this intuitively.

5. Dads don't fret

Women often wish men would listen to our problems without trying to solve them, but that's not how men are wired. When things go wrong, dads jump into problem-solving mode and determine what steps they can take to change the situa-

tion. If the first attempt isn't successful, dads try another approach.

Women are more likely to focus on feelings, which can actually amplify distress. We may commiserate with girlfriends or replay worst-case scenarios in our minds. C. Lee Reed of Beachside, Fla., recalls her father often told his kids to "suck it up" in the face of disappointment.

"It sounds crazy, but we learned to put on our big girl panties when things didn't go our way," Reed says. Now she uses the same phrase with her own daughter. It lightens the mood when emotions run high.

Dads' emotional balance allows them to keep parenting problems in perspective. Crowe says she often panicked at her son's inability to sleep through the night or the fact that he didn't crawl when other babies did. But her husband took a longer view.

"He taught me not to worry so much about the little things, unless they become a bigger concern," says Crowe. A calm response is both comforting and practical.

6. Dads are present

Moms take pride in our superhuman ability to do five things at once, but there is an undeniable downside. Multitasking prevents us from seizing the joys of the present moment. Lauren Nichols of Farmingdale, NY, praises her husband's ability to be in the moment with their 4-year-old son.

"I admire his ability to slow down and listen to everything our son has to say. It is as if he really remembers what it was like to be a little kid. They are two peas in a pod."

Reed is inspired by her husband's presence as well. While Reed, who calls herself "Helicopter Mom" is busy multitasking, her husband, "Just Plane Dad," knows how to be fully present in the moment, she says.

"When he spends time with our daughter, he's not worried about the laundry or paying the bills. He is all there."

Tuning in completely allows dads to see children as growing, loving little people. And it reminds us all that we're blessed by our children — and their dads — in big and small ways every day.

Heidi Smith Luedtke is a personality psychologist who has gleaned many practical parenting strategies from her husband's more laid-back approach. She is the author of "Detachment Parenting."

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The Ethel and Samuel J. LeFrak

Continued on page 18



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Continued from page 16

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Learning the ABCs of speech and language development

BY DR. ROSALIE MARDER UNTERMAN

What can you do if you have a child you feel may be late in developing speech? What if your voice is always hoarse or strained? What if you or your child stutters? What can you do if your child has difficulty communicating or does not relate with others due to difficulties with social skills? What can you do if someone has difficulty hearing, or needs a hearing aid? Even “small” issues, like a child with a lisp or a need to speak more clearly or accent reduction, can seem overwhelming.

Communication is key to learning and independence. Speech and language help us communicate thoughts, ideas, and emotions. When a child has special needs, development of communication may become more difficult, but no less important. Parents must be aware of speech and language development, for sometimes they are the first indicator of the need for assistance. Speech is the verbal expression of language; the way sounds and words

are formed. Language is the understanding and use of communication.

As parents, we wonder if our child is developing as expected. We may ask, when should speech and language skills develop? How will I know if he is on time or delayed? During the first few years of life, babies respond to their environment and to the people around them. During the first five months, babies react to sound, watch people speaking, vocalize pleasure and displeasure, and make noise when spoken to. At 12 months, a baby understands “no-no” and tries to communicate. Modeled sounds are repeated and the baby is babbling repeated sounds. At 24 months, the baby follows simple directions, points to objects named, says approximately 50 words and begins to put words together. By 3 years of age, a child’s vocabulary may be too large to count, using sentences comprised of two to three (or more) words. At age 4, the child can be understood by most people.

What if your child has not developed speech and language as described above? Does this mean he has a serious problem? When in

doubt, it is always recommended that one speak to a professional. Speech-language pathologists and audiologists assess individuals across the lifespan, from newborn hearing screenings and feeding assessments to geriatric communication, hearing, and cognitive issues. Speech-language therapy is offered for many issues, such as language development, articulation, voice, stuttering, apraxia, hearing impairment, aphasia, traumatic brain injury, autism, social skills, accent modification, reading, and functional communication. In many cases, advice can be given that will be helpful and questions can be answered. Sometimes a more in-depth look is needed, with a full evaluation, followed by a discussion of the results and recommendations.

If you are concerned about speech, language, or hearing problems for yourself or any member of your family, please seek help and be evaluated.

Dr. Rosalie Marder Unterman, is a clinical director and associate professor at Touro College’s graduate program in speech-language pathology.



FABULYSS FINDS

LYSS STERN

Word of wisdom from mom moguls

The mom moguls breakfast was a huge success, with more than 250 guests attending to listen to a celebrity panel talk about the balance between home life and work life, and what it takes to be a successful “mompreneur.” The celebrity panel included Kelly Rutherford, actress and founder of the Children’s Justice Campaign; Aliza Licht, senior vice president of Global Communications and Twitter phenomenon; DKNY PR GIRL Veronica Webb, entrepreneur and supermodel; Keri Glassman, Founder of Nutritious Life and The Nutrition School, TV personality and author; Genevieve Gorder, interior designer and HGTV TV personality; and Rachel Blumenthal, CEO and founder of the Crickets Circle. I moderated the #FabULyss breakfast with Veronica Webb.

These highly successful women shared tips for up-and-coming mom moguls. Some of these tips were getting thunderclaps, such as launching a product and perfecting your pitch to be able to say what your brand is in just a few words. The mom moguls also shared some wisdom on how to balance both home life and work life. Keri Glassman offered up some advice on that by saying, “You’re



The author (far left) and Veronica Webb (far right) with the amazing moms.

allowed to love what you do. You can love spending time with them more, but it’s amazing to love what you do.”

The panel also described the influence social media has on a product, person, or companies success. Veronica Webb explained the importance of proof reading before posting anything on a social media outlet. Social media has turned into a professional platform and it’s pertinent that it’s treated that way. This panel of inspiring women helped other women learn the tips and skills it takes to be a successful working mother in today’s technology controlled world.

The event was held at Urbo, a beautiful restaurant on 42nd Street and Eighth Avenue. Two gift bags filled with goodies were hung on each chair. Bouquets that were set as centerpieces were also available to take home. Before the panel spoke, guests were invited to go into the bar area to get a drink and get pampered by the Glam Squad. A wonderful brunch was served filled with French toast, eggs, bacon, yogurt parfait, and some delectable pastries. For dessert, a variety of cupcakes were available, along with two amazing cakes — one in the shape of a handbag and the other promoting Aliza Licht’s new book, “Leave Your Mark.” It’s safe to say everyone left with some knowledge, a full tummy, and two bags filled with #FabULyss gifts.

All in all, the event was a huge success. Future and present mom moguls received helpful tips and tools in order to help them reach their career goals. To be a working woman is hard enough, but to be a working mom is even harder. This event shows all women that their careers don’t have to stop when they have a baby. A mom mogul is the most powerful woman on earth; also the busiest, and this #DivaMom’s breakfast showcased what it takes to be one.

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

Notable quotes from the mom moguls:

Aliza Licht: “Repetition is Reputation.”

“Perfect your elevator pitch. Be able to explain what your brand is in a few sentences.”

Veronica Webb: “When you’re doing social media, proof-read everything!”

“In starting a business, as long as you don’t have the same problems everyday, you’re doing good.”

Sasha Charnin: “Your instincts

are the best instincts. You know you.”

Genevieve Gorder: “Google is my best friend.”

“Sometimes it feels like it’s never enough. Know that we are all there with you.”

“The most authentic voice is always going to be your own.”

Kelly Rutherford: “I always get people on my social media telling me how to better my own social media!”

“Kids are little Buddhas. They teach us everyday.”

Rachel Blumenthal: “Follow

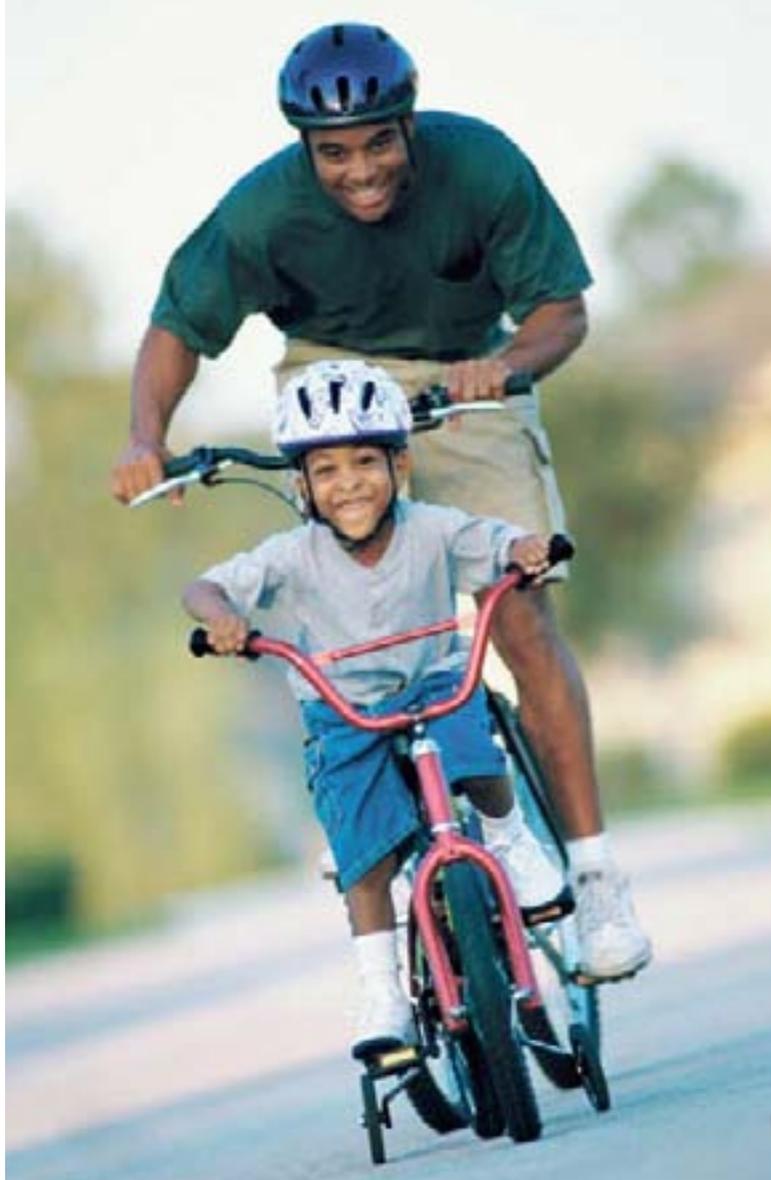
your gut, my gut said to start another business! We are wired to always be going.”

“They should be so lucky to have us!”

Lyss Stern: “One of the greatest things we are doing right now, is women really respect the talents we have. One thing is not better than the other.”

Keri Glassman: “That’s just it. There’s nothing else like it.”

“I always wanted to push forward. I never wanted to be complacent.”



Healthy summer

Simple tips
for a happy
season

BY DR. MATTHEW WEISSMAN

As school lets out and the summer takes full course, families must not forget about important health and safety tips in the midst of all the excitement. Stay healthy and happy this summer with these quick tips and reminders:

Food and drink

Stay hydrated throughout the day. Unlike soda and juice, water

provides you with optimal hydration free of empty calories and sugar. Start your morning with a tall glass of water and keep drinking it throughout the day. You can tell if you are properly hydrated by the color of your urine — the lighter, the better. To add nutrients and taste to your water, try infusing it with fruits such as lemons, cucumbers, and strawberries.

Prepare healthy snacks at home. Make your own healthy snacks for you and your kids to take along for the day. This will prevent the urge to spend extra money and make unhealthy choices at street carts and concession stands. Some go-to ideas include fresh fruit, nuts, hard-boiled eggs, and whole-grain crackers. You can make your own popsicles in the freezer out of fruit juice. Watermelon makes a great snack — look online for tips on how to cut it into sticks for easier snacking.

Make time for breakfast. A balanced breakfast consisting of fruit, protein, and whole grains will fuel your morning, boost your metabolism, and prevent overeating later in the day. Granola bars and yogurts are great on-the-go breakfast options, but be conscious of certain flavors or brands that may be high in sugar and fat.

Don't forget food safety. Make sure to keep hot food hot and cold food cold. Most foods start to spoil after just a couple of hours in the warmer temperatures, so make use of coolers, thermoses, and ice packs. Always wash your hands before eating.

Protection

Wear bug repellent. Lightly cover any exposed skin with a repellent that provides protection for the amount of time that you'll be outdoors. Using repellent prevents irritating bug bites and reduces your risk of Lyme disease and West Nile Virus. Going camping? Consider a stronger repellent that lasts all day and is meant for the woods, with at least 20–30 percent DEET. Don't forget to check for ticks at the end of each day.

Use sunscreen. Use a sunscreen with SPF 15 or higher. Make sure to use at least two ounces; people often don't use enough. Reapply it every two hours and after swimming or sweating. Most clothing doesn't provide adequate sun protection, so make sure to apply sunscreen underneath. Talk to your kids about the importance of sunscreen, too — a few bad sunburns

during childhood can more than double the risk of melanoma.

Wear protective clothing. Wide-brimmed hats and sunglasses with ultraviolet protection are great ways to stay in style while protecting yourself from sun exposure. When walking or hiking in tall, grassy areas, remember to wear long pants and socks to protect yourself from ticks.

Remember your helmet. Every kid should have a well-fitting helmet to wear whenever on wheels. Accidents are common on bikes, skateboards, scooters and skates — even for older and more experienced riders. For activities prone to falling, consider knee, elbow, and wrist pads as well.

Fitness

Get moving. Ditch the electronics, go outside and get active. Begin your day with a morning run, walk, or hike, and organize family outings that are centered around physical activity. Limit total screen time to one hour per day. Try to walk instead of taking the bus, or get off the bus or subway a stop early.

Track your steps. Get a pedometer app on your cellphone or a walk and run tracking app so you can see how far you've made it. If you have not made it 10,000 steps by the early evening, find a way to get some extra activity.

Be cautious at the beach and pool. Make sure to always swim with a buddy, preferably where a lifeguard can see you. Take frequent breaks and make sure to stay hydrated. Get swimming lessons for your children. Pay constant attention to your children — many kids drown while their parents are looking down at their cellphone or running a quick errand. Contrary to popular belief, drownings are generally silent.

Take these tips on the road. Remember, the rules don't change just because you are on vacation. Make sure to pack enough snacks and water for the car trip. Leave yourself enough visibility when driving, even with lots of suitcases in the back. Make sure to wear your seat belt and have the kids in appropriate car seats. Pack a first-aid kit with alcohol swabs, bandages, and tweezers in your car.

Dr. Matthew Weissman, an internist and a pediatrician, is the chief medical officer for Community Healthcare Network, a network of 11 federally-qualified health centers in four boroughs of New York City.

Funny moms

Comedy duo
— and moms
— poke fun
at parenting

BY TAMMY SCILEPPI

Having a sense of humor is mandatory when you're a parent. Without it, you could easily lose your sanity, especially in these turbulent times. And if you're a single parent, you probably need a triple dose.

Humor is a great motivating tool and works wonders when you want your children to do something they don't want to. When you inject humor into life's challenging mix of ups and downs, annoying stuff is easier to deal with. Most parents would probably agree that being firm but kind of funny is an effective way to create a loving bond with your family. And it's a good way to keep your kids in line, as they all-too-suddenly transition into smart-alecky adolescents and know-it-all teens.

El and Mel agree.

Between regular feedings, diaper changes, and pediatrician visits, these hilarious mom comics are just finding out that humor is the best medicine when it comes to fussy tots and dirty laundry.

Melanie Kinard and Ellie Dunn, a two-woman-comedy-music duo, have been real-life best friends since they were 12, and have been performing all over the city (and the world) for many years. But after a bit of a hiatus, these funny gals decided to reinvent themselves in the form of "The Mommy Show (for Adults Only)." They plan to present their new act in venues city-wide, but were proud to make the official debut at QED Astoria in Queens on June 3. So stay tuned. You can expect more shows in Park Slope, the Upper West, and the Upper East



Mel and El performing at 92Y Tribeca.

Side in late summer and early fall.

"When we first developed our act, we were both living in Queens, and we worked on material in the living rooms of our respective apartments. Back then, we were all about being single ladies, gallivanting about town with our fabulous gay friends. But now that our songs are more about nursing babies and less about nursing drinks, we're catering to a whole new crowd."

As newbie moms and doting wives, the duo can't wait to get on stage and share songs, stories, and sassy one-liners about parental angst and their families' trials, joys, and tribulations

with anyone who will listen.

El is a Queens girl and is 16-month-old Charlie's mama. Instead of doing big Midtown shows, she says Mel and El's goal is to make life more convenient for parents who need a night out.

"We're going to bring the show out to different neighborhoods and connect with the parent-centered businesses and organizations in those areas."

Mel recently "defected" to Harlem from Queens with her hubby and kiddies — Colin, 3, and Claudia, 3 months. She said they want the show to be a place where you



(Left) Ellie Dunn with her son Charlie, and Melanie Kinard with her son Colin.

“Now that our songs are more about nursing babies and less about nursing drinks, we’re catering to a whole new crowd.”

can relax and laugh and also meet some cool parents from your own neighborhood.

As the friends’ lives changed, so too did their act.

“I got married when I was 35, so I had plenty of years to be a little bit ridiculous and make a lot of mistakes,” said Mel. “I continue to be a mistake-making ridiculous person, but now I do it with a husband and two kids.”

“We made ‘The Mel and El Show’ and performed versions of it all over the place — from a downtown crowd at Joe’s Pub to 3,000 gay men on an Atlantis Cruise in the Mediterranean — and then we had kids,” says El. “All of our material started to

be about pregnancy and babies and parenthood, so we finally decided to fully embrace it and ‘The Mommy Show’ was born.”

But Mel and El’s fresh, new laugh-out-loud show isn’t just for mommies. They describe it as a totally inclusive experience that has been entertaining moms, single folks, grandparents, gay parents, and other people with senses of humor for years.

Do the comediennees have any tips for working moms?

“I read some article recently that basically said, ‘There is no such thing as work-life balance,’ and that sounded right to me,” says Mel. “It’s been a relief to let go of the idea that I should always feel super ‘namaste’ all the time. When I’m working, I’m worrying that I’ve abandoned and ruined my kids. When I’m with my kids, I’m obsessing about checking things off of my work to-do list. It doesn’t end. Most days I would benefit from a vacation.”

“That was profound. I was going to say something fairly basic, like ‘Don’t go to the office with poo on your shirt,’” says El.

“That’s wise, too,” says Mel.

For more on Mel and El, visit www.welcometothemommyshow.com.

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Children and GENDER ROLES

Be careful of
typecasting
your kids

BY CHRISTA MELNYK HINES

During the past 50 years, our society's gender rules have undergone a major shift. More women than ever are in leadership positions and in careers once reserved for men. Modern fathers are more involved in child-rearing and care-taking roles. But, do we still inherently treat our sons and daughters differently based on their gender?

"An unequivocal yes," says Dr. Deborah Smith, a University of Missouri-Kansas City sociologist who studies gender issues. "Within 24 hours, parents are handling male and female babies differently. If boys are crying, they're angry. If

girls are crying, they're fussy."

Gender and age

For children under the age of 6, gender should play little role, if any, in how we parent our kids. Rules like discouraging our little girls from playing in mud and our little boys from crying can be developmentally damaging, Smith says.

During these formative years when children are curious about exploring a variety of interests, toys, and activities, avoid pushing your child in more stereotypical directions.

"You might be stopping the best chemist, because she's a girl and 'girls aren't into chemistry,' or stifling the best nurse because 'boys aren't nurses,'" Smith says.

Gender differences

Many parents feel gender differences become more important as children enter adolescence. Chrissy Stewart, a mom of three, including two sons and a daughter, says she parents her children with the same general set of rules of behavior, but feels differences in the sexes demand awareness of different issues.

"General rules are the same and most expectations for behavior, like kindness and no bad language, but there are just things that parents are more worried about with a boy or a girl that are more gender-specific," she says. For example, a parent is more likely to talk to her daughter about self-defense, and her son about dating etiquette.

Laura Murphy, a parent coach, is the mother of three grown children, including two sons, 18 and 22, and a daughter, 20. She says parents should work toward the common goal of raising good people, but also celebrate the differences between the sexes.

"We do want men to model for their sons how to be a strong, good-hearted man in this world. Women need to model for their daughters how to be a loving, caring good woman in this world," Murphy says.

And regardless of whether you have boys or girls, chances are you enforce different rules according to differences in behavior and personality.

Division of labor

Parents may unwittingly set gender rules when it comes to chores, requiring their girls to complete indoor chores and their boys to take care of outdoor chores.

"I encourage parents to teach children to do both," Murphy says. "I want my daughter to be able to take care of her own household inside and out someday, and I want my son to take care of his own household inside and out."

Teaching children to care for themselves and their homes should be a universal goal as they grow into adulthood.

Model respect

Consider the messages you send your children when you and your spouse divide household responsibilities, make child-rearing decisions, and how you treat one another.

"How the parents view their roles has a lot to do with how the children will view their roles," Murphy says.

A mother who handles everything in the household, refusing to share any responsibilities with her husband, sends the message that he can't do anything right, and he is left searching for a role, Murphy says. Children may also assume that women manage everything in the home.

"I don't think men need to be the dominating force in the family, but they certainly need to be a leader in the family," Murphy says. "Work as a team. Sometimes a woman has to defer to the man and the man has to defer to the woman."

Honor, appreciate, and respect each other's roles in the household. Your children will learn that gender has little to do with the healthy functioning of a home.

"The bottom line is everybody needs to be respected regardless of gender," Smith says. "If we think about ourselves as humans first and what's a good idea to create a healthy human — particularly not making a big distinction for 6 and under — would go a long way in helping children develop the full range of emotions and interests and competencies that you just need as a successful human being."

Raised with less focus on rigid male and female rules and proactive guidance from you rather than from provocative media or cultural influences, your children can freely pursue their interests without feeling restricted by their gender.

Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. Hines is the author of "Happy, Healthy, & Hyperconnected: Raise a Thoughtful Communicator in a Digital World."

Historical fun facts

True or false?

In colonial America, parents dressed young boys and girls alike in white gowns.

True! At age 6, old enough to begin helping his father with chores, a boy officially left babyhood behind upon receiving his first set of breeches. Parents didn't begin dressing their babies in gender-specific clothing until the 1940s.

Did you know?

Around World War I, Earnshaw's Infant Department, a trade publication, designated blue for girls and pink for boys. The editors felt pink was a more masculine, stronger color, and delicate blue was more appropriate for girls. Parents, however, preferred blue for boys and pink for girls. Gender-specific pinks and blues didn't take off, however, until the advent of sonograms in the mid-1980s.

Source: Smithsonian.com




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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Your health issues also become theirs

Megan was so fearful of food that when her 5-year-old son wanted to continue playing rather than stop to eat, she was relieved she didn't have to deal with it. At other times, she tried eating meals with him but would only pick at a salad. Needless to say, Megan was a poor role model for her son, who was underweight for his age.

A mom's past experience with weight and eating certainly influences how she feeds her children. But how much do women carry their eating issues into motherhood?

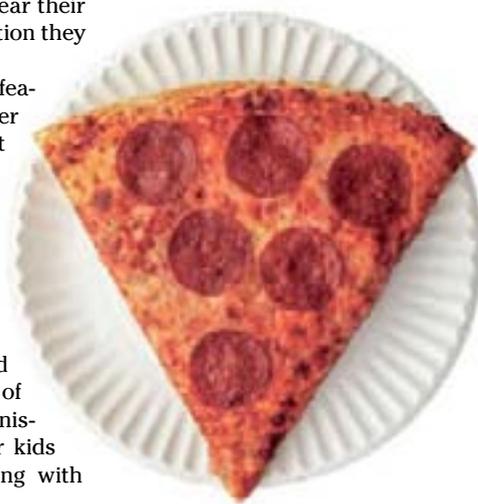
"I actually see this all the time," says registered dietician nutritionist Jessica Fishman Levinson, founder of Nutritioulicious, a nutrition consulting and communications business. "Moms may have eating issues after growing up overweight or with

eating disorders and often fear their children will have the condition they had."

One common situation features a mom who fears her daughter is putting on weight after being overweight most of her own life.

As a result, Levinson sees two different reactions. One group of mothers is often hypervigilant over what their children are eating and overly concerned about it. The other group of moms try to make it a non-issue to the extent that their kids eat everything and anything with no limits.

Neither of those extremes is providing your child with a balanced diet or teaching him how to eat once he's on his own.



If you're struggling

If you had an eating issue in the past, or you're still struggling with one, and you feel like it could be impacting how you're feeding your child, seek out an eating therapist or registered dietitian nutritionist who specializes in eating disorders.

A professional can help you determine where your eating issues stem from, or why you react to food the way you do. This can ultimately allow you to change your behavior, especially in situations that make you anxious.

If your child is going to a birthday party where pizza and cake will be served, think through how you can make the rest of the day and week more balanced.

"The hardest thing you need to do is go with the flow," Levinson says. "If you don't let your child have the treats at the birthday party or at the friend's house when all the other kids are having them, your child is going to feel left out, and they're going to seek (the food) elsewhere."

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

Bacon-stuffed shell salad

Serves 8

Prep time: 25 minutes.

Cook time: 15 minutes

INGREDIENTS:

12 ounces Canadian-style bacon, sliced

1 cup zucchini, shredded

1/2 cup red bell pepper, finely chopped

2 Tbsp. Parmesan cheese, grated

3 Tbsp. vegetable oil

3 Tbsp. red wine vinegar

1 clove garlic, minced

1/2 tsp. Italian seasoning

1/2 tsp. sugar

1/4 tsp. salt

1/8 tsp. pepper

16 conchiglioni (jumbo shells)

Romaine lettuce

DIRECTIONS: Cut Canadian bacon into thin strips. In a large bowl combine bacon, zucchini, red pepper, and



Parmesan cheese; set aside.

For dressing, combine oil, vinegar, garlic, Italian seasoning, sugar, salt, and pepper. Pour dressing over bacon mixture; toss gently to mix. Cover and chill 30 minutes.

Cook conchiglioni according to package directions. Drain and rinse with cold water. Spoon about 1/4 cup of the bacon mixture into each conchiglioni. Place the shells, filled side

up, in a baking dish. Cover and chill 2–4 hours.

To serve, arrange romaine lettuce leaves among salad plates. Place 2 shells atop each plate.

NUTRITION FACTS: 160 calories, 8 grams carbohydrates, 11 grams protein, 9 grams fat (2 grams saturated), 0 fiber, 700 mg sodium.

From PorkBelnspired.com.



GROWING UP ONLINE

CAROLYN JABS

Body positivity in an online crucible

Raising a daughter who's happy in her own skin isn't easy. For years, parents have worried about the unrealistic way women are depicted in media, advertising, pop culture, and even video games. Many try to counter this influence by pointing out to their daughters that commercial images of women are often manipulated by people hoping to make a profit.

Excellent information about the connection between traditional media and body image is widely available online. Check out the research at geenadavisinstitute.org, the infographics at representation-project.org, and the interactive game at mypopstudio.com.

Social media poses different challenges, largely because girls themselves are creating and commenting on their own images. This gives them tremendous power — and makes them hugely vulnerable. On platforms like Instagram, Facebook, Snapchat, and Twitter, appearance can become a competitive sport as girls vie for emoji, likes, and followers.

Selfies in particular push girls to compare themselves with peers at their prettiest, and it doesn't take long to figure out that the fastest way to get more likes is to be thin, skilled with makeup, dressed in revealing clothing, or positioned in a provocative pose.

A recent survey by Common Sense Media found that, among teens who post online, 35 percent are worried about being tagged in unattractive photos, 27 percent feel anxious about their appearance in posted photos, and a quarter take it personally when their photos are ignored.

Parents may not be able to dominate the conversations about appearance that are going on in social media, but they can and should comment. Girls need to hear from mothers who have come to terms with their own body issues and fathers who appreciate women for more than their faces and figures. Here are six things to keep in mind:



Don't dismiss. For better or worse, people do make judgments about each other based on how they present themselves physically, so your daughter's concerns about how she looks are valid. And for girls who constantly see images that have been filtered and Photoshopped to match an ideal, the curves and pimples of puberty can feel like a crisis.

Parents cannot change the prevailing culture, but you can help your daughter think clearly about two things. First, how much will she allow herself to be influenced by what others think about her looks?

Encourage her not to give power to those who don't deserve it. Second, how will she evaluate others? Help her understand that other, less visible qualities — integrity, intelligence, sense of humor, compassion — are more important than appearance.

Be aware of the awful. Yes, there really are pro anorexia (pro-ana) and thinspiration (thinspo) websites that encourage girls to starve themselves and praise them when they post emaciated photos. Yes, girls post "Am I pretty?" videos on YouTube and, perhaps unsurprisingly, attract the attention of trolls. Yes, there are apps like Hot or Not that exist simply

to rate the physical attractiveness of users. Although many girls are turned off by these sites, others are susceptible to their appeal.

Critique photos. A photo can capture a "real" moment or it can be a performance. Talk to your daughter about how she chooses the photos she decides to post online. What is she trying to express about herself? What kinds of editing techniques does she use and why? What kind of feedback does she hope to get? How will she feel if people misunderstand what she is trying to communicate? You can ask similar questions about the photos her friends post online. Do specific photos capture what she likes about her friend or their relationship? Do other photos make her uncomfortable?

Filter feedback. Teens long for feedback from peers — as long as it is positive. Negative comments can be crushing, so parents need to help children develop defenses. Rather than accepting hostile or cruel comments as objectively "true," teach kids to understand them as a reflection of the other person's state of mind. People who are happy with themselves don't feel the need to attack others. Encourage your child to be constructive in her own comments — supporting and encouraging other girls instead of tearing them down.

It may not seem that way in adolescence, but appearance is only a fraction of a girl's identity. You can mitigate the impact of social media by talking often about all the other things you value about your daughter. Create a family environment in which every member is respected for who they are and what they can do rather than how they happen to look on any given day.

Carolyn Jabs raised three computer-savvy kids, including one with special needs. She has been writing Growing Up Online for 10 years and is working on a book about constructive responses to conflict. Visit www.growing-up-online.com to read other columns.

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TIPS FOR FEEDING KIDS

JENNY GENSTERBLUM

Streamlining healthy meals for your kids

Breakfast and lunch tips from Chef Gensterblum

Preparing breakfast and lunch for kids can be tricky, not to mention time consuming. As the executive chef of the Léman Manhattan Preparatory School, I am responsible for making sure 600 charges eat healthy and well-balanced meals every day.

Below are five simple tips to make preparing nutritious and tasty meals easy, so you can streamline the process and incorporate healthy eating seamlessly into your child's day.

Feed their brains for breakfast!

Glucose provides fuel to the brain. Without it, our brains simply don't operate as well. Foods like beans, steel-cut oats, and hearty whole grains provide the most steady and prolonged sources of glucose.

Don't be as boring as toast!

Whole grain toast is quite possibly the quickest and easiest breakfast to prepare. Don't be limited by butter and jam! Try topping whole-wheat bread or an English muffin with:

- 1/4 of an avocado (another food that promotes brain health!)
- Cream cheese and fresh berries
- Nut or seed butter, bananas, and chia seeds
- Celery, raisins, and nut or seed butter
- Ricotta cheese, pears, and a drizzle of honey sea salt

Pick up a bento box. They come in all shapes, sizes, and designs. The lunch boxes are separated into compartments — making controlling portion sizes and getting in daily recommended values a cinch. Not only that, it makes meals visually pleasing, which always encourages young ones to eat!

Let your children help you pack lunch the night before. Studies show time and time again that children are more willing to eat or try something that they took part in preparing. It's a great way to spend time together, teach new skills, and



encourage healthy and adventurous eaters.

Plan ahead. Turn dinners into lunches easily with a little planning. Examples: bacon on Sunday morning = BLAT (bacon, lettuce, avocado, tomato) on whole wheat for lunch. Chicken for dinner? Grill an extra breast and make chicken salad. Had corn and zucchini for your vegeta-

ble for dinner? Turn your side dish into corn and zucchini whole-wheat fritters, using whole-wheat pancake batter and stirring in the leftover veggies.

Jenny Gensterblum is the author of the cookbook "Secret Sauce: Kid Tested and Approved Recipes from the Léman Manhattan Chef's Vault" now available at Blurb.com.

PARENTING
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JUST WRITE MOM

DANIELLE SULLIVAN

5 ways to say 'thanks' to your child's teacher

With the school year wrapping up, many moms are looking for a way to show gratitude to their child's teacher. My son's school takes up a collection, and the class mom buys a gift from all the collected money. I like to participate in that, and I think it's great, because it takes the pressure off busy moms who don't have time to find a personalized gift. But I also like to do something extra.

My son has been extremely fortunate in the teachers he has had at Good Shepherd School in Brooklyn. Every time I hear about another teacher doing something horrific in the news, I just cringe, and then I thank my lucky stars that my son has such wonderful educators helping to mold his mind and conscience.

Let's face it. When you drop your child off at his classroom, you don't really know what happens when you're not around. You might get filled in after the fact by your child, but more often than not, leaving your child in the care of another adult is a leap of faith.

Teachers are not just there to teach ABCs and 123s. They do a million countless things every day that never get recognized. My son's teachers have been a constant source of guidance, encouragement, and stability.

Teachers help children in countless ways each day, and it's important that we recognize that. Here are some small ways to thank your child's teacher this year:

Bookstore giftcard. What teacher doesn't like books or need more? Odds are that a bookstore gift card would be like giving your child's teacher the keys to a candy store. (It would be for me, too!) I don't think I could ever get sick of browsing the bookstore aisles.

Not a mug. By the time a teacher has completed teacher training and field visits, she probably already has more than enough mugs that say #1 Teacher on them.

Giftcard for school supply store. All the teachers I have ever known



could use more school supplies, and way too many pay for them out of their own pocket throughout the year. This gift is a no fail.

Something they personally love. A few years ago, my daughter had a teacher that was fascinated by frogs. She had frog pictures, statues, earrings ... you get the picture. So at the end of the year, my daughter picked out an especially beautiful porcelain frog for her collection. One year, another teacher was obsessed with the New York Jets, and we bought him a Jets souvenir. If you know for a fact that your child's teacher loves a particular thing, go with it.

A handwritten letter. You don't have to buy anything to let a teacher know how much she is appreciated. A simple letter telling her why this year was a successful experience for your child means way more than a store-bought gift. And a copy of that letter sent directly to the principal is a nice touch, too. Teachers make a school, and principals should know when a teacher does an outstanding job. Hearing it straight from the parents always helps!

On a personal note, I would like to extend my extreme gratitude to my son's (and my daughter who grad-

uated a few years ago) principal, Mr. Anthony Paparelli. Having had my three children at three different grammar schools, I have never encountered a principal who cared so much and strived every day to make school a positive, challenging, and fun environment for all his students.

Paparelli was available to the parents every morning and afternoon in the schoolyard, attended countless functions with enthusiasm, revisited curriculums and raised the standards each year, while somehow still managing to find the time to participate in the yearly jumpathon, hand out paper towels in the bathrooms during lunch, chat with parents, and find a million and one ways to make his students love their school and learning. He changed the lives of countless kids, and as he moves on to the next chapter in his career, his absence will surely leave a hole, but it will also leave a legacy of dedication, love, and strength.

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.

What makes a **family**?

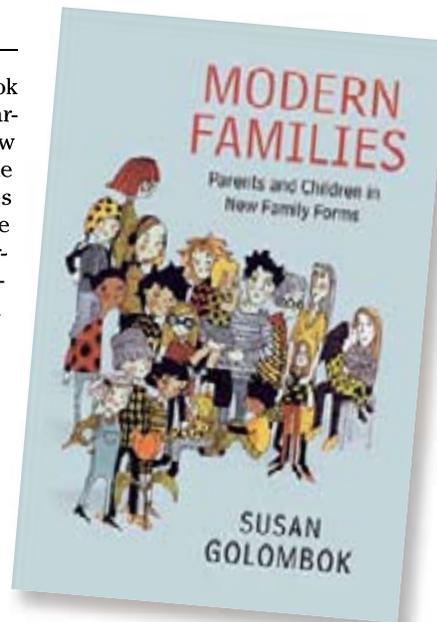
Taking a
closer look
at modern
households

BY ALLISON PLITT

Don't be fooled by the book title "Modern Families: Parents and Children in New Family Forms." It is not about the Emmy-winning television series "Modern Family," which relates the humorous experiences of three current-day families. The book "Modern Families" is written by Susan Golombok, professor of Family Research and director for the Centre for Family Research at the University of Cambridge. In her book she assembles together about 40 years-worth of "cutting-edge" research about modern family models.

Although "Modern Families," March, 2015, consists of research studies and its results, it is similar to that of the popular television show in depicting the struggles and triumphs of different, evolving contemporary families. The conclusions Golombok makes from the research studies are fascinating and definitely worth reading. She not only stresses the positive aspects of these new modern family models, but highlights the drawbacks as well.

Most of the research Golombok cites in her book are studies done in economically developed countries since the early 1980s. The results of the studies attest to her conclusions. One interesting inference was that children raised by lesbian and homosexual couples do not suffer gender identity crisis. The worst situation these children experience are environments where they feel ashamed to talk about their families. Unfortunately, homophobia exists in the world and children from single-sex couples should be prepared to en-



counter this type of discrimination.

The book also discusses children conceived through in vitro fertilization, in which a sperm and an egg are fertilized in a laboratory to create an embryo, which is then implanted into a woman's uterus. Another form of in vitro fertilization is intracytoplasmic sperm injection, when a single sperm is injected directly into an egg. Many times when these procedures are conducted, multiple embryos are used for each ovulation cycle. Consequently, some mothers give birth to multiple children at the same time.

According to Golombok, there are "physical risks associated with multiple births, including perinatal mortality, preterm deliveries, low birth weight and neonatal problems and disability." Due to these problems in multiple births, she writes, "some countries have introduced regulations to limit the number of embryos

used in an IVF or ICSI cycle. In the United States, however, the incidence of multiple births following IVF and ICSI remains above 30 percent."

Children conceived with siblings of the same age also experience developmental delays in infancy, which is common for twins, however, by age 5, they had caught up to their peers in terms of motor skills. While families experience emotional and financial stress in raising numerous babies at the same time, once these children had reached adulthood, they lacked any physiological or psychological problems that may have been caused by their conception.

Another modern family structure causing a lot of controversy is surrogacy. A couple with fertility problems can ask a surrogate to be impregnated with their embryo and give birth to their child. An alternative option is having the surrogate contribute her own egg to a man's sperm to create an embryo and carry the child.

Homosexual men sometimes use surrogates when they want a child with a genetic link. Studies show that some children continue to see their surrogate mothers after childbirth and have relationships with the surrogate and her family throughout their lifetimes.

Due to the high cost of hiring a surrogate (some agencies will charge up to \$100,000), many US couples are going to economically developing countries, like India, to find women who will carry their child for much less expense. Many people are concerned that surrogate mothers will refuse to hand over the baby after the birth, but statistics show this rarely happens. There are only a few



recent studies done on surrogacy, but those that exist prove that children conceived in this manner grow up and adjust just as normally as any child their age would.

Another category under the “modern family” heading is single men and women who decide to conceive or adopt children and raise them by themselves. If a woman wants a genetic link to her child, she can get pregnant by donor sperm insemination. Women nowadays have the option to freeze their eggs or embryos (with donor sperm) in their 20s and 30s and then postpone having a child until their 40s. A new trend is an increasing number of single men electing to have a child with the use of a surrogate. These types of single

mothers and fathers are usually financially independent and have a strong network of family and friends to help them raise their children.

Children brought up by single mothers and fathers “by choice” generally do not suffer from any psychological problems associated with their conception. They build a very close bond with the parent who raises them, yet often miss having another parent. These children are almost always informed about how they were conceived because of the absent second parent and usually search for their other birth parent.

When these children find their birth parent, they are generally glad to have met them. They frequently, nevertheless, choose to have long-

term relationships with their donor siblings. “In 2000, the Donor Sibling Registry — an internet site designed to facilitate the search for donors as well as families who share the same donor — was established in the USA by a donor-conceived boy and his mother,” Golombok writes. “Since that time, 44,000 people have registered with this website and more than 11,000 matches between donor offspring, donors and donor siblings have been made.”

Looking back at the feedback of all the participants, Golombok believes it is best to let children know how they were conceived around age 10, when they will be able to have some comprehension of the in vitro and surrogacy processes. When families

are open with their children about their conception, they tend to get along better and there is less conflict within the household. When parents withhold information from children about their origins, there becomes a greater likelihood for stress and tension in familial relationships.

Many single-sex parents, especially men, consider adoption as a choice for having children. While some adoption agencies were initially skeptical about same-sex parents raising children, the success of so many single-sex families has allayed their fears. When children are adopted before the age of 1, there are fewer psychological problems between the parent and child. When a child is adopted after the age of 1, he or she is more likely to encounter neglect and abuse before being adopted, and, as a result, experience psychological problems later on.

One of the most predominant modern family forms is the divorced or separated single parent raising her children alone. Golombok writes, “Approximately 40 to 50 percent of married couples in the U.S. divorce ... studies have consistently shown that children whose parents divorce are more likely to show emotional and behavioral problems and are less likely to perform well at school than are children in intact families.”

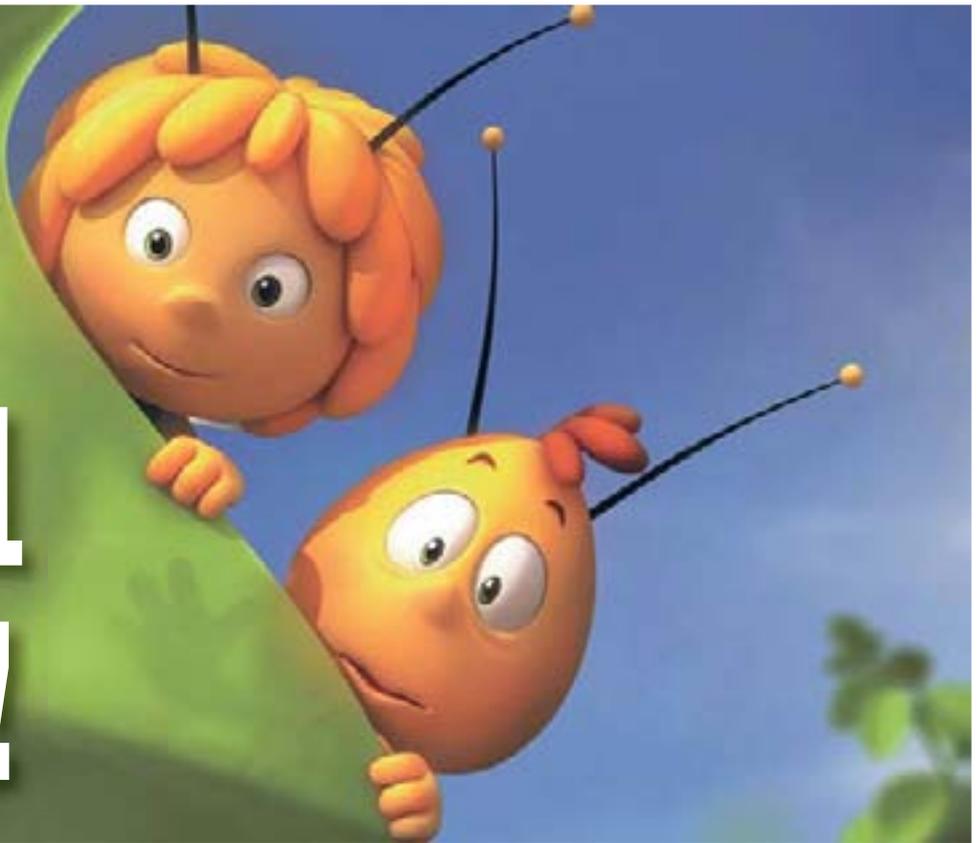
Although these negative behavioral patterns in children of divorce decline as the years pass on, especially for girls, “boys still showed higher level of conduct problems.” Much of the research on the psychological problems in children of divorce indicates that these children suffered not as a repercussion of an absent parent, but due to conflict and hostility in the home before the parents separated.

In another study it was found that depressed parents with marital problems can cause depression in their children. Despite the economic hardships divorce can make for families, the effects of unhappy, married parents can produce a worse scenario for children. Golombok implies that, in the end, all it takes is a loving parent with some discipline, structure and open communication to create a better home for a child.

To obtain more information about Susan Golombok and her book, “Modern Families,” visit these two websites www.cfr.cam.ac.uk or www.childandfamilyblog.com.

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

Good buzz!



Kid critics enjoy the adventures of 'Maya'

"Maya the Bee Movie" features a spunky young bee, Maya, who won't follow the rules of the hive. This lovely, animated film is devoid of violence or other scary stuff, that you can safely share with your younger family members. It's an engaging tale of adventure and friendship that teaches some poignant lessons about trust and honesty. The first version of this tale was made in 1925 in Germany using micro-photography of real insects to tell the story. This updated version, released on DVD and Blu-ray on May 19, is beautifully animated and offers delightful comedy to help grab and hold your attention.

"Maya the Bee Movie" is an incredible animated film, written by Fin Edquist and Marcus Saueremann, directed by Alexs Stadermann. This is a very funny movie. I laughed during many scenes, and I also cried during a few scenes. I love the movie, because the characters are funny, and it teaches great lessons throughout the film.

The movie takes place in a beehive located in a colorful meadow full of beautiful flowers. In the meadow, there are many different types of bugs. Inside of the bee hive, there are lots of worker bees. All of the bees have different jobs, which are assigned by the royal advisor, Buzzlina (Jacki Weaver). For instance, one of the jobs is picking up pollen.

Another job is watching the adorable little baby bees.

This is also where Maya (Coco Jack Gillies) stays until spring. Maya wants to be independent and explore the hive. She does not like staying with the babies, so she sneaks out when she has the first opportunity. When Maya sneaks out, she causes a lot of chaos within the hive, because she is very young and does not know what she is doing. She takes you on a fun and exciting adventure.

The movie is well written. Stadermann draws out remarkable performances from the voice actors and brings out the best in each character. I love how Gillies expresses Maya's feelings. Weaver makes the royal advisor, Buzzlina, seem so real.

My favorite scene is when Willy (Kodi Smit-McPhee) and Maya meet. They seem to like each other from the very beginning. Another favorite part is when there is a battle between the bees and another group of bugs. My least favorite part of the film is when something horrible happens to Maya, and she finds out a secret about the queen.

The message of the story is: everyone has a role to play in life. It takes everyone working as a team

to get the job done. The movie is fun, fabulous, and family-friendly. I recommend it for ages 4 to 18 as well as adults. I give this movie 5 out of 5 gold stars.

— Brooke S., age 9

See her video review at: <https://youtu.be/BzDjUqX6hls>

"Maya the Bee Movie" is a cute and funny movie! It's about a young, little bee named Maya who is very curious and eager to learn about the beehive. As Maya explores the beehive without permission, she asks a bunch of questions. Maya quickly learns that she is completely different from the other bees. She repeatedly finds herself in trouble by Buzzlina, the queen's assistant. As a result, Maya gets banned from the hive. Her friend Willy does not want Maya to be alone, so he leaves the hive and follows her.

As Maya and Willy are out in the meadow, they learn that hornets and the other bugs and insects are not as bad as they have been told. While Maya has been banned from the beehive because of her curiosity, Buzzlina devises a plan to harm the Queen, so that she can take control of the bees and the hive.

There are several different messages in this movie. The one that stands out the most to me is, "Dare to be different." In this movie, the



bees have to follow specific rules, specific directions, and they must do as they are told. Maya is different, and she is told that she does not belong in the beehive. She works hard to find her place among the bees. She learns that she is an important bee in the kingdom and that her voice is important.

My favorite part is when Willy is mad at Maya and decides to fly back to the beehive. Willy is scared of everything. But, when a frog



sticks out his tongue to try to capture Willy for dinner, Willy hits the frog's tongue and flies away without looking back. That's pretty impressive for a fearful bee.

My favorite character is Willy. He is a very loyal and true friend. He supports Maya and helps her when she's down, and he's not afraid to tell her when she's not right. He is also very funny.

"Maya the Bee Movie" is a wonderful film! It has great messages for kids! I recommend this movie for boys and girls ages 5 to 10. I give this movie 3 out of 5 shining stars!

—Kayla P., age 13

See her video review at: https://youtu.be/F5D58b_NPEk

If you enjoy comedy mixed with great animation, then you will love "Maya the Bee Movie." Maya is unlike other young bees her age. Instead of following orders, Maya has a mind of her own. For example, instead of staying within the safety of the beehive, Maya decides to go off on her own to visit the surrounding meadow, where she became friends with Flip the grasshopper.

At some point, Maya's curiosity led to her finding out that the Royal Advisor to the Queen Bee had stolen the royal jelly, saved especially for the Queen Bee, which leads to the Royal Advisor's kicking Maya out of the beehive.

At this point, Maya has to survive on her own in the meadow and is soon joined by her close friend Willy, who fears for her safety and cannot let Maya be by herself in the mysterious meadow. Together, the two bees become friendly with a variety of other insects and other creatures.

Eventually, Maya and Willy learn that the Royal Advisor has stolen

the Queen's royal jelly because she was seeking to make war with the hornets. By the end of the movie, Maya, Willy, and their other young hornet friend Buzzy stop the Royal Advisor's evil plans and, after recapturing the royal jelly, bring it back to the Queen, who then makes a complete recovery. For her efforts, Maya is appointed Hive Ambassador by the Queen Bee and she and Willy are made responsible for observing the meadow and reporting new friends that arrive.

My favorite character in the movie is Maya. She is easy to relate to for me, because she is very much a free spirit, unable to sit still, who always wants to be in on the action. I also enjoyed hearing from Flip the grasshopper. Flip is always able to provide Maya with excellent advice such as telling her to always "bee positive." The scenery is also colorful and beautiful and will be enjoyed by everyone.

My favorite part of the movie is when Maya and Willy are together out in the meadow attending the Jitterbug Hollow Musical Festival. There, they hear different insects playing a large number of musical instruments while Flip the grasshopper sings, "It don't matter what they say, be yourself every day."



This film has many positive messages that apply to younger audiences. For me, the most powerful message of the movie is that a person should be himself and does not need to follow in the footsteps of others. The movie also shows the strong bonds of loyalty between Maya and Willy, who have to work together in order to stop the Royal Advisor's plans.

I also appreciated the lesson that young people can make a huge difference in this world. In the movie, many grown-up bees and grown-up hornets are prepared to fight to see who would gain control of the meadow. In the end, it is two young bees and one young hornet who save everybody from being destroyed.

I give "Maya the Bee Movie" 5 out of 5 stars. It is a great family movie. I recommend it for ages 4 to 10. I appreciated its excellent messages and wonderful music.

—Adam C., age 9

See his video review at: https://youtu.be/_0blgnr11Mo

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Calendar

JUNE



Fun with dad

Celebrate dear old dad at the Children's Museum of the Arts on June 15, 17, 18, 19, 20, and 21.

Tour the exhibits and then create a fun project in the arts and crafts workshop.

Celebrate Dad, June 15 and 17, noon to 5 pm; June 18, 19, noon–6

pm; June 20 and 21, 10 am–5 pm. Admission is \$11 per person (seniors and infants free). Admission for dad is free on June 21.

Children's Museum of the Arts [103 Charlton St. at Hudson Street in SoHo, (212) 274-0986; www.cmany.org]

Submit a listing

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

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

THURS, JUNE 4

IN MANHATTAN

Locomotive lawn: Riverside Park South, W. 70th Street and Riverside Blvd.; www.nycgovparks.org; 10:30 am – 11 am; Free.

Bilingual birdies celebrate language and culture with music, dance, and puppetry. Held in Spanish, French, Mandarin, Hebrew and English.

International Children's Day: Noon–6 pm. Children's Museum of the Arts. See Monday, June 1.

Career talk: 92 Y Warburg Lounge, 1395 Lexington Ave. at 92nd Street; Security at 8867; 7 pm; Free.

Millennial expert Joan Kuhl shares with millennials the best way to prepare for their future. Check in is 30 minutes prior to event.

FRI, JUNE 5

IN MANHATTAN

Fencing workshop: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; 1:30 to 2:30 pm; Free.

En garde and take a stab at lessons in this modern sport. Must be 16 years old. Pre-registration required.

Friday nights: Battery Park River Terrace, 6 River Terrace (Irish Hunger Memorial); (212) 267–9700; www.bpcparks.org/event/friday-night-for-teens-2; 7–9 pm; Free.

Teens come together and make new friends and play games. Hosted by the Battery Park Conservancy.

SAT, JUNE 6

IN MANHATTAN

Central Park Challenge: The



Photo by Kate Heiler

Brier Rabbit is up to his old tricks

Brier Rabbit and friends are hopping to St. Catherine's Park on June 14.

City Parks Foundation's Puppet-Mobile presents "Tales of Brier Rabbit," a classic story that follows the notorious trickster, who

is up to his usual no-good ways. He thinks he is too clever to get caught, but his pals unite together to teach him a lesson he won't forget. Crafted by the expert puppeteers from the Swedish Cottage Marionette Theater, the produc-

tion is suitable for children of all ages.

"Tales of Brier Rabbit," June 14 at noon and 2 pm. Free.

St. Catherine's Park (First Avenue at E. 67th Street on the Upper East Side; www.nycgovparks.org).

Naumburg Bandshell, 72nd Street Transverse; 877-yai-walk (924–9255); 9 am–noon; \$10.

Hosted by YAI. All American races for youngsters 2 to 12 years old plus a play area, 3K walk, and more.

Garden Stories with Hamilton Fish Library: Siempre Verde Garden, 181 Stanton St. and E. Houston Street; (646) 400–2042; www.nycgovparks.org; 10:30 am – noon; Free.

Join in for stories for toddlers through 5 year olds.

Stories for All Ages: Teardrop Park, Warren St. and River Terrace; (212) 267–9700; bpcparks.org/event/stories-for-all-ages-2; 11 am; Free.

Master storyteller Mary Ann Schmidt tells the tale of a shy earthworm and a lonely caterpillar. For ages 2 and older. Hosted by the

Battery Park Conservancy.

Story time: Barnes and Noble, 150 E. 86th St. at Lexington Avenue; (212) 369–2180; <http://store-locator.barnesandnoble.com>; 11 am; Free.

Children read the classic Dr. Seuss book, "Oh, The Places You'll Go."

"Carnival of the Animals": Florence Gould Hall, 55 E. 59th St. at Madison Avenue; (212) 355–6160; www.nytb.org/calendar-and-tickets/view/Carnival-of-the-Animals; 11 am; \$35; (\$40 adults).

Queen Diana and her shaggy lion rule the magical forest. Live music, and four hands on one piano.

Open studio: Whitney Museum of Art, 99 Gansevoort St.; (212) 570–3633; www.whitney.org; 11 am–3 pm; Free with museum admission.

Children are invited to create their own works of art inspired by the

exhibit America is Hard to See.

Summer Sports Experience: Chelsea Park, W. 24th Street and 10th Avenue; (212) 408–0243; 11 am–3 pm; Free.

Pitch, shoot and score and hone up your sporting skills.

Composting with Red Wigglers: Dorothy Strelsin Memorial Community Garden, 174 Suffolk St. at Stanton Street; (212) 333–2552; info@lesecologycenter.org; www.nyrp.org/green-spaces/events/compost-with-red-wigglers#sthash.dLlPnsyf.dpuf; Noon–2 pm; \$5.

Learn about recycling food waste at home at the garden. Registration required.

"Ms. Frizzle and the Magic School Bus": Reading Room at

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Calendar

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Continued from page 35

Bryant Park, 42nd Street and Sixth Avenue; (212) 768-4242; Noon-2 pm; Free.

Come to the reading room and have an adventure with the crew of the Magic School Bus.

The Little Red Lighthouse: Fort Washington Park, W. 181st St. and Plaza Lafayette; (212) 628-2345; www.nycgovparks.org; 1-4 pm; Free.

The Urban rangers lead you on a tour of The Jeffrey's Hook lighthouse, built in 1880 and moved to the current location in 1921.

My City Park Day: Marcus Garvey Park, Madison Ave. and E. 120th Street; www.nycchildrenstheater.org; 1 pm; Free.

Children learn the importance of community spaces. Sing along to a puppet musical that tells the story of Milo, who finds out his favorite park is closing, so he asks his friends to help him save it. Suitable for children 3 to 7 years old.

"The Infinity Wings": The Loreto Theater, The Sheen Center, 18 Bleecker St. at Mott Street; (212) 219-3132; www.shencenter.org; 7 pm; \$30 (\$15 children; free for children 6 years or younger).

This amazing production takes the audience along with three dancers on a fantastic journey to parallel universes of hidden delight and danger. Dance, music, and street art combine for a magical trek.

SUN, JUNE 7

IN MANHATTAN

International Children's Day: 10 am-5 pm. Children's Museum of the Arts. See Monday, June 1.

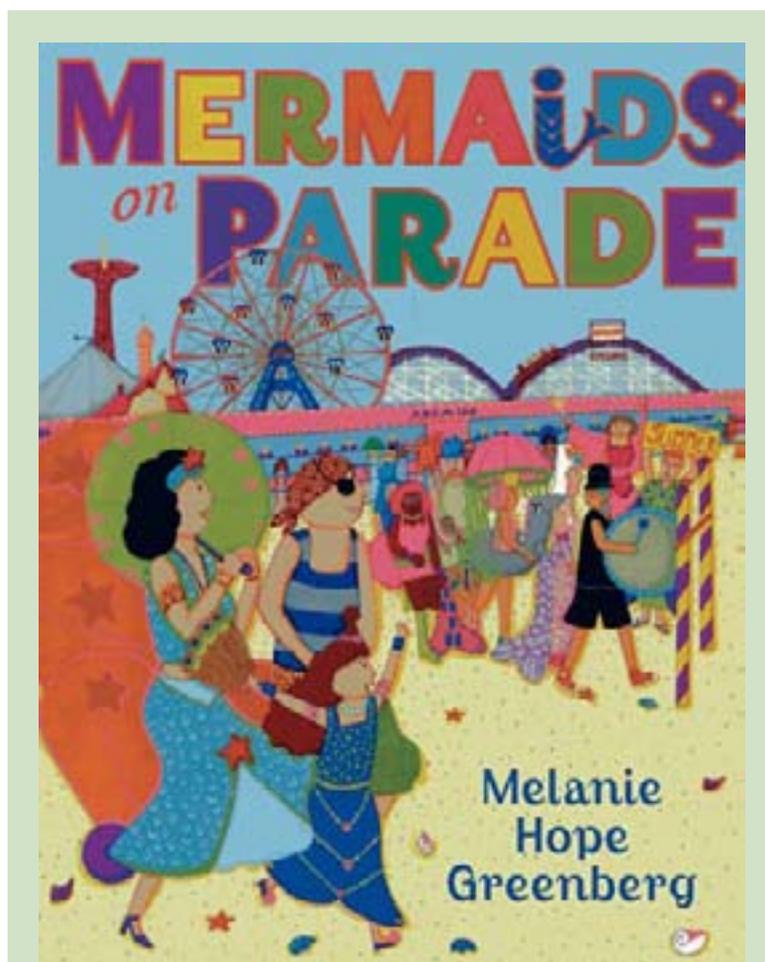
"Carnival of the Animals": 11 am. Florence Gould Hall. See Saturday, June 6.

Open studio: 11 am-3 pm. Whitney Museum of Art. See Saturday, June 6.

My City Park Day: Sara D. Roosevelt Park, E. Houston St. and Stanton Street; www.nycchildrenstheater.org; 1 pm; Free.

Children learn the importance of community spaces. Sing along to a puppet musical that tells the story of Milo, who finds out his favorite park is closing, so he asks his friends to help him save it. Suitable for children 3 to 7 years old.

Art tour and workshop: Nelson



Mermaids in Manhattan

"Mermaids on Parade" marches into the Bank Street Bookstore on June 13 for a special book signing event.

Children's author Melanie Hope Greenberg reads and signs her latest book "Mermaids on Parade."

The sights, sounds, and smells of the real-life Mermaid Parade that takes place in Coney Island

every year is the base for this fun-filled romp about a little girl who is going to the parade in a special coming-out-of-her-shell costume.

"Mermaids on Parade," June 13 from 1 to 4 pm. Free

Bank Street Bookstore [Broadway at 107th Street in Morningside Heights, (212) 678-1654, www.bankstreetbooks.com]

A. Rockefeller Park, River Terrace and Murray Street; (212) 267-9700; www.bpcparks.org/event/family-art-tour-workshop-gimme-shelter; 2 pm; Free.

Gimme Shelter is a great workshop for all ages to enjoy the afternoon exploring Nelson A. Rockefeller Park. Then build a shelter of your own design. All materials provided. Hosted by the Battery Park Conservancy.

"The Infinity Wings": 5:30 pm. The Loreto Theater, The Sheen Cen-

ter. See Saturday, June 6.

WED, JUNE 10

IN MANHATTAN

Pop-Up Art and Storytelling:

Poor Richard's Playground, Third Avenue and E. 109th Street; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Fun-filled sessions of art and storytelling presented by El Museo del Barrio and New York City Parks. The workshop offers art-making and

storytelling. All ages.

THURS, JUNE 11

IN MANHATTAN

Locomotive lawn: 10:30 am - 11 am. Riverside Park South. See Thursday, June 4.

FRI, JUNE 12

IN MANHATTAN

"101 Dalmatians": Museum of Chinese in America, Mulberry Street and Worth Street; (212) 406-0243; www.nycgovparks.org; 8 pm - 10 pm; Free.

Presented by the Museum of Chinese in America, the Disney classic tells the story of beloved pets Pongo and Perdita. The movie pays tribute to Tyrus Wong, the artist who designed the Disney's animated styles. For older children.

SAT, JUNE 13

IN MANHATTAN

Mermaid Parade: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 10 am-5 pm; \$11 per person (seniors and infants free).

Shine up those flippers and march through the museum.

Summer Sports Experience: 11 am-3 pm. Chelsea Park. See Saturday, June 6.

Summer on the Hudson: Funkytown Playground, W. 125th Street and Henry Hudson Parkway; www.nycgovparks.org; 1 pm to 4 pm; Free.

Family play date featuring children's entertainers, arts and crafts and jumping and jamming with bubbles and tambourines.

"Mermaids on Parade": Bank Street Bookstore, Broadway at 107th Street; www.bankstreetbooks.com; 1-4 pm; Free.

Come and meet author Melanie Hope Greenberg and her newest book.

My City Park Day: Hamilton Fish Park, E. Houston and Sheriff St.; www.nycchildrenstheater.org; 1 pm; Free.

Children learn the importance of community spaces. Sing along to a puppet musical that tells the story of Milo, who finds out his favorite park is closing, so he asks his friends to help him save it. Suitable for children 3 to 7 years old.

Camping: Central Park, 79th Street

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

Transverse; (212) 628-2345; www.nycgovparks.org; 6pm to 7 pm; Free.

Families create lasting memories of a night out under the stars. Tents provided. Families chosen by lottery.

SUN, JUNE 14

IN MANHATTAN

Chess tournament: Fountain Terrace in Bryant Park, Sixth Avenue at 41st Street; (212) 768-4242; www.nycgovparks.org; 10 am-3:30 pm; Free.

Pit your strategies against fellow players. Limited to school aged children only.

"Tales of Brier Rabbit": St. Catherine's Park, First Avenue and E. 67th Street; www.nycgovparks.org; Noon and 2 pm; Free.

Puppetmobile brings this old tale to life with a new twist. Featuring hand-made marionettes crafted by the Swedish Cottage Marionette Theatre in Central Park, this tale has Brier Rabbit, as usual, up to no good. He thinks he is much too clever to get caught, but his friends teach him otherwise.

Family Concert: Robert F. Wagner Jr. Park, Battery Park City; www.bpcparks.org/event/family-art-tour-workshop-gimme-shelter; 1 pm; Free.

Rock out with the National Yiddish Theater Folksbiene performance by Socalled. Bring a blanket, and picnic lunch and enjoy the music and views of the harbor.

Puppetry wonders workshop: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3200; thejewishmuseum.org; 1-4 pm; Free with museum admission.

As part of the KulturefestNYC, the Jewish Museum is hosting this wonderful workshop for families. Design your own puppet character. For children 4 to 10 years old.

MON, JUNE 15

IN MANHATTAN

Father's Day: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; Noon-5 pm; \$11 per person; (seniors and infants free).

Celebrate dear old dad with fun projects. Dads are free on June 21.

WED, JUNE 17

IN MANHATTAN

Father's Day: Noon-5 pm. Children's Museum of the Arts. See



'Animals' at play

A "Carnival of the Animals," comes to the Florence Gould Hall for a special presentation on June 6 and 7.

Queen Diana and her shaggy lion rules the magical forest. All is peaceful until a pair of human children wander in, and then the fun begins.

Presented by the New York Theatre Ballet, the production

Monday, June 15.

Pop-Up Art and Storytelling:

Martin Luther King Playground, Lenox Avenue and E. 114th Street; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Fun-filled sessions of art and storytelling presented by El Museo del Barrio and NYC Parks. The workshop offers art-making and storytelling. All ages.

THURS, JUNE 18

IN MANHATTAN

Alastair Moock & Friends: Madison Square Park, 24th Street and Madison Avenue; www.madison-squarepark.org/kids; 10:30 am; Free.

Come to the pre-release concert of "All Kinds of You and Me," a collection of songs inspired by the Free to Be books by Marlo Thomas. Grammy nominated Moock's new album builds on gender, ethnicity and identity today.

features live music, with four hands on one piano, and beautiful choreography.

"Carnival of the Animals," June 6 and 7 at 11 am. Tickets are \$35, \$40 for adults

Florence Gould Hall [55 E. 59th St. at Madison Avenue on the Upper East Side, (212) 355-6160; www.nytb.org/calendar-and-tickets/view/Carnival-of-the-Animals]

Locomotive lawn: 10:30 am - 11 am. Riverside Park South. See Thursday, June 4.

"Tales of Brier Rabbit": Buz O'Rourke Playground, W. 125th Street and Madison Avenue; www.nycgovparks.org; 11 am; Free.

Puppetmobile brings this old tale to life with a new twist. Featuring hand-made marionettes crafted by the Swedish Cottage Marionette Theatre in Central Park, this tale has Brier Rabbit, as usual, up to no good. He thinks he is much too clever to get caught, but his friends teach him otherwise.

Father's Day: Noon-6 pm. Children's Museum of the Arts. See Monday, June 15.

FRI, JUNE 19

IN MANHATTAN

Father's Day: Noon-6 pm. Children's Museum of the Arts. See Monday, June 15.

SAT, JUNE 20

IN MANHATTAN

Father's Day: 10 am-5 pm. Children's Museum of the Arts. See Monday, June 15.

Story time: Barnes and Noble, 150 E. 86th St. at Lexington Avenue; (212) 369-2180; <http://store-locator.barnesandnoble.com>; 11 am; Free.

Celebrate father's with a special reading of "How to Babysit a Grandpa."

Learn to ride: Bloomingdale Playground, W. 104th St. and Amsterdam Avenue; (212) 870-2080; www.nycgovparks.org; 11 am - 2 pm; Free.

Rangers provide the 411 on how to steer, stop and start. Must bring own bike and helmet. Registration required.

Build a birdhouse: Clayton Williams Memorial Garden, 303 W. 126th St. and Frederick Douglas Blvd.; www.nycgovparks.org; 11 am - 12:30 pm; Free.

Make a cozy home for our fine-feathered friends. RSVP requested.

Summer Sports Experience: 11 am-3 pm. Chelsea Park. See Saturday, June 6.

SUN, JUNE 21

IN MANHATTAN

Father's Day: 10 am-5 pm. Children's Museum of the Arts. See Monday, June 15.

Saltwater fishing: 10th Street Walking Bridge, 10th Street and the FDR Drive; (212) 628-2345; nycgovparks.org; 2 - 4 pm; Free.

Catch and release and learn the ecological way to fish. All equipment provided. Safety review class mandatory.

The Pinkertonian Mystery: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 2 - 4 pm; \$35 (\$30 members).

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.

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Calendar

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TUES, JUNE 23

IN MANHATTAN

Story time: Barnes and Noble, 150 E. 86th St. at Lexington Avenue; (212) 369-2180; <http://store-locator.barnesandnoble.com>; 11 am; Free.

Actress and children's author Bernadette Peters reads from her book "Stella and Charlie, Friends Forever."

Transmusica: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 7 pm; \$20 (\$10 children and seniors).

The Young People's Chorus of New York presents this unique concert of the YMCA Jerusalem Youth Chorus singing a message of peace and hope.

WED, JUNE 24

IN MANHATTAN

Pop-Up Art and Storytelling: Mae Grant Playground, 104th Street between Madison and Park avenues; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Fun-filled sessions of art and story telling presented by El Museo del Barrio and New York City Parks. The workshop offers art-making and storytelling. All ages.

THURS, JUNE 25

IN MANHATTAN

Recess Monkey: Madison Square Park, E. 26th St. and Fifth Avenue; www.madisonsquarepark.org/kids; 10:30 am - 12:30 pm; Free.

The indie rock band debuts its album "Hot Air."

Locomotive lawn: 10:30 am - 11 am. Riverside Park South. See Thursday, June 4.

FRI, JUNE 26

IN MANHATTAN

Camping: Inwood Hill Park, Seamen Avenue; (212) 628-2345; www.nycgovparks.org; 6 - 7 pm; Free.

Families create lasting memories of a night out under the stars. Tents provided. Families chosen by lottery.

Films on the Green: Old Bandshell lawn, E. Seventh Street and Avenue B; (212) 439-1425; www.nycgovparks.org; 8:30 pm; Free.

"Zarafa," by Remi Bezancon and Jean-Christophe Lie, tells the story of Maki, a young boy who crosses the desert with his giraffe.



A world of puppetry

The wonderful world of puppetry comes to the Jewish Museum on June 14.

As part of the KulturefestNYC celebration, the Jewish Museum is hosting this workshop for families. Children learn about the Yiddish traditions and then design their own puppet character. Suitable for children 4 to 10 years old.

Puppetry wonders workshop on June 14 from 1 to 4 pm. Free with museum admission.

The Jewish Museum [1109 Fifth Ave. at 92nd Street in Carnegie Hill, (212) 423-3200; www.thejewishmuseum.org]

SAT, JUNE 27

IN MANHATTAN

My City Park Day: Bowling Green Park, Broadway and Whitehall Street; www.nycchildrenstheater.org; 1 pm; Free.

Children learn the importance of community spaces. Sing along as this puppet musical tells the story of Milo, who finds out his favorite park is closing, so he asks his friends to help him save it. Suitable for children 3 to 7 years old.

SUN, JUNE 28

IN MANHATTAN

Achilles Hope & Possibility: Central Park, 79th Street Transverse; <http://nycgovparks.org>; 9 am - 10 am; \$40.

This 5K run brings together athletes with disabilities and able-bodied athletes features cash prizes, T-shirts, kids races, and much more. Registration required.

Saltwater fishing: West Harlem Piers, W. 125th Street and Henry Hudson Parkway; (212) 628-2345; nycgovparks.org; 11 am-3 pm; Free.

Catch and release and learn the

ecological way to fish. All equipment provided. Safety review class mandatory.

"Tales of Brier Rabbit": Bennett Park, Fort Washington Avenue and W. 183rd St.; www.nycgovparks.org; 1 pm to 4 pm; Free.

Puppetmobile brings this old tale to life with a new twist. Featuring hand-made marionettes crafted by the Swedish Cottage Marionette Theatre in Central Park, this tale has Brier Rabbit, as usual, up to no good. He thinks he is much too clever to get caught but his friends teach him otherwise.

History tour: Pier A, Battery Place and the Hudson; bpcparks.org/event/pier-a-tour; 2-3 pm; Free.

Take a walk and talk and learn all about the recent restoration of Pier A, the last remaining historic pier in the city. Great for all ages. Hosted by the Battery Park City Parks Conservancy.

Scandinavian Music Festival: Fort Tyron Park, Henry Hudson Parkway and Margaret Corbin Drive; nycgovparks.org; 2 - 3 pm; Free.

The Danish opera company Pin-Opera presents the mini opera "Clumsy Hans," which introduces

children to the world of opera.

TUES, JUNE 30

IN MANHATTAN

Watercolor workshop: Dyckman Farmhouse Museum, 4881 Broadway at 204th Street; (212) 304-9422; www.nycgovparks.org; 11 am to 1 pm; Free.

A perfect day for family to paint in the garden. For children 4 years and older.

Foster parent workshop: Joseph P. Kennedy Community Center, 34 W. 134th St.; (718) 228-1515 X 169; kortiz@catholicguardian.org; www.catholicguardian.org; 5:30 - 7 pm; Free.

Meet with recruitment staff from the city's Administration of Children's Services and provider agencies to learn about foster parenting and adoption. Hosted by Catholic Guardian Services.

LONG-RUNNING

IN MANHATTAN

Art and play: Robert F. Wagner Park, Battery Park City; (212) 267-9700; www.bpcparks.org; Mondays - Wednesdays, 10 am - noon; Free.

Preschoolers drop-in and play with other toddlers, in this interactive play time on the grassy lawn. Sing and hear stories too.

Juggling workshop: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; Weekdays, Noon-1 pm; Free.

Test your coordination with juggling lessons. All skill levels welcome. Equipment provided.

Parent and baby yoga: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Mondays, 1-2:15 pm and 2:30-3:45 pm; \$180.

Multi-level class designed to strengthen the body after giving birth. Pre-registration required (two sessions).

Basketball clinic: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Mondays, 3:30-5:30 pm; Free.

Staffers teach children of all ages the basics of the sport. No classes Sept. 7 and Oct. 12.

Explorers club: Irish Hunger Memorial, 6 River Terrace; (212) 267-9700 X 348; bpcparks.org; Mondays, 4 - 5:30 pm, Now - Mon, June 22; \$240 (per child).

First, second and third graders

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

learn about nature while exploring the city's parks. Pre-registration required.

"Jack and the Beanstalk": Swedish Cottage Marionette Theater, W. 79th Street and West Drive; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon, and 2:30 pm, Saturdays and Sundays, 1 pm, 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.

Summer Sports: Highbridge Recreation Center, 2301 Amsterdam Ave. at W. 173rd Street; (212) 927-2012; www.nycgovparks.org; Tuesdays – Fridays, 2 pm to 7:30 pm, Now – Wed, June 24; Free.

Pitch, shoot and score with rangers and develop your skills. Registration required.

Soccer clinic: Nelson A. Rockefeller Park, Battery Park City; bpcparks.org; Tuesdays, 2:30–3:15 pm; 3:30–4:15 pm and 4:30–5:30 pm; Free.

Children learn the fundamentals of the game and pre-schoolers have fun kicking, running and being part of a team. Drop in. For ages 3 to 11 years old.

Arts and crafts: Pavilion at Union Square Park, W. 14th St. and Union Square East; nycgovparks.org; Tuesdays, 3 pm to 5 pm; Free.

Children explore new topics through arts and crafts.

Young sprouts gardening: Nelson A Rockefeller Park (Children's Garden), Battery Park City; (212) 267-9700; www.bpcparks.org; Tuesdays, 3:15 – 3:45 pm; Free.

Little ones 3 to 5 years old learn about simple gardening projects. Space limited so first come, first served.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Now – Fri, June 26; 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



Photo by Mara Brod

Rock out in Madison Square Park

Alastair Moock and Friends are tuning up and getting ready to perform on June 18 at Madison Square Park.

The concert by the Grammy-nominated artist is a pre-release party of "All Kinds of You and

Me," which is set to come out on June 19, so be the first to rock out to this collection of songs inspired by the popular "Free to Be ..." books written by Marlo Thomas.

Songs address issues of gender,

ethnicity, and identity today.

Alastair Moock and Friends, June 18 at 10:30 am. Free

Madison Square Park (24th Street and Madison Avenue in the Flatiron District; www.madisonsquarepark.org/kids)

gear, and then make a fancy hat to take home. This program introduces New York and American history to the littlest New Yorkers with age-appropriate themes and engaging hands-on activities for children 3 to 5 years old.

Gardening club: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Tuesdays, 4–5 pm; \$130 (per two month cycle; \$350 for all three months of the cycle).

How does your garden grow? Children 6 to 10 learn how to make their garden grow. Classes run in two month cycles; pre-registration required. Chambers Street access to

the park.

Drop-in chess: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Wednesdays, 3:30–5 pm; Free.

Players of every level practice learn and hone up on skills. For children 5 to 15 years old.

Playtime: Teardrop Park, Battery Park City; bpcparks.org; Wednesdays, 3:30–5:30 pm; Free.

Staffers teach children the value of play and create fun projects in drawing, sculpting and murals. For children 5 and older.

Yoga: Washington Square Park,

W. Seventh St. and University Place; www.nycgovparks.org; Thursdays, 10 am to 11 am, Wed, June 3 – Fri, Aug. 21; Free.

Bring your little ones 2 to 7 years old for a stretching session. All children must be accompanied by an adult. Mats will be provided.

Art time: Nelson A Rockefeller Park, Battery Park City; (212) 267-9700; www.bpcparks.org; Thursdays, 10:30 am–noon; Free.

Young artists are introduced to paper, clay, paint and other supplies.

Cross-Stitch Circle: New-York Historical Society, 170 Central Park

Continued on page 40

Calendar

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

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West at 77th Street; (212) 873-3400; nyhistory.org; Thursdays, 3:30 pm, Now – Thurs, June 25; Free with museum admission of \$19 adults, \$6 children ages 5–12.

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

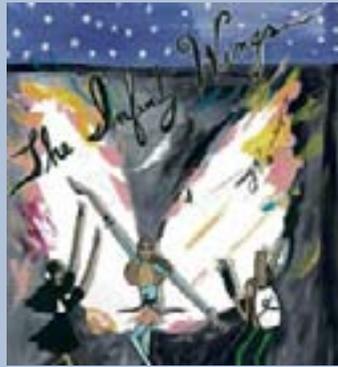
Art and games: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Thursdays, 3:30–5:30 pm; Free.

Create a fun project, make friends and play games. For children 5 years and older.

Fly Fishing: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; Saturdays, 10 am to noon, Now – Sat, July 25; Free.

Expert instructors teach the basics of fly fishing, casting and rigging. Reservations suggested.

Urban farming: Randall's Island Park, Wards Meadow Loop; nick.



'Infinity' and beyond

"The Infinity Wings" flutters into the Loreto Theater at the Sheen Center on June 6 and 7.

This amazing production spotlighting the best of talented young dancers takes the audience along with three performers on a fantastic journey to parallel universes of hidden delight and danger. Dance, music, and street art combine for a

magical trek. Suitable for all ages.

"The Infinity Wings," on June 6 at 7 pm and June 7 at 5:30 pm. Tickets are \$30 for adults, \$15 children, and free for children 6 years and younger.

The Loreto Theater at the The Sheen Center [18 Bleecker St. at Mott Street in NoHo, (212) 219-3132; www.shencenter.org].

storrs@parks.nyc.gov; www.nycgov-parks.org; Saturdays, 11 am–3 pm, Sat, June 6 – Sat, Sept. 26; Free.

Discover how to cultivate a wide variety of fruits and vegetables, meet the chickens, and learn about the rice paddies.

Arts Island outpost: Governor's Island, Outside building 14 in Nolan Park; (212) 274-0986; www.cmany.org; Saturdays and Sundays, 11 am–3 pm; Free.

Enjoy a day out with art workshops, and fun projects.

Macy's story time: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Sundays, 11:30 am, Now – Sun, Aug. 2; 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.

Wildflower walk: Touchdown of the 103rd Street Footbridge, Randall's Island Park; www.nycgovparks.org; Thursdays, 11 am – noon, Thurs, June 11 – Thurs, Aug. 20; Free.

Join with rangers and take a stroll to view the wildflowers. Children enjoy the great outdoors and discovering the different types of plants.

Yoga: Abby's Lawn at Ft. Tryon Park, Henry Hudson Parkway and

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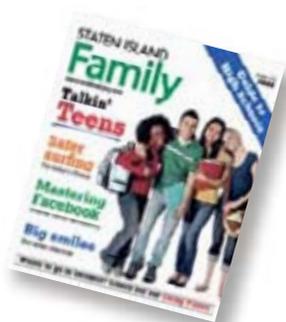
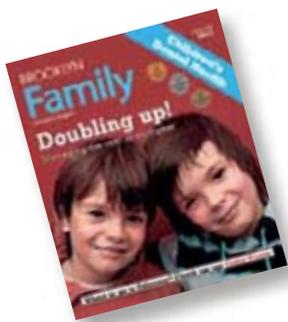
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Calendar

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Margaret Corbin Dr.; (212) 795-1388; www.nycgovparks.org; Saturdays, 9 am – 9:45 am, Sat, June 20 – Sat, Aug. 29; Free.

Learn how to stretch like a cat and do the downward dog pose. For parents and children.

Family Capoeira: Indian Road Lawn at Inwood Hill Park, W. 218th St. and Park Terrace West; (212) 569-4112; www.nycgovparks.org; Wednesdays, 6:30 pm–7:30 pm, Wed, June 24 – Wed, Aug. 26; Free.

Unique Brazilian art form., combining dance like movements, singing and the rhythms of primitive instruments.

Accessible Arts Initiative: 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, beginning Wed, July 1; Free.

The museum is beginning a pilot year of the program, which will enable any child with a disability and their caregiver, parent, therapist or teacher, admission to programs during general public hours in exchange for feedback to help strengthen museum wide programs. The initiative is aimed at making the museum more accessible for all children including special needs children. Registration is required. Families will receive a Welcome Kit upon entering the museum that includes the tools that will make the visit enjoyable and successful.

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.

"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!

Brick Fest Live: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, Sat, June 20 – Sun, June 28; \$15 (\$12 for children 2 to 17 years).

Legos bricks will transform the hall with a derby race, an inspiration station; video game arena and so much more.

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New & Noteworthy

BY LISA J. CURTIS

For him and his Mini Me

The adorable, ego-feeding father-and-son “Copy” and “Paste” shirt set — by Bronx dad Danny Gold, proprietor of Etsy.com’s LittleBooKidsShirts shop — will be the envy of your June 21 family barbecue.

It’s a simple but hilarious sentiment on cotton shirts available in three colors (white, banana, and gray), in men’s sizes (small to triple-extra-



large) for the “Copy” T-shirt and in children’s sizes, newborn bodysuit to youth large T-shirt, for “Paste.”

Our next Etsy.com gift idea is bkykid’s Father and Son Space Play Mat T-Shirt set.

The back of Dad’s shirt depicts a road through the cosmos, upon which junior can zoom his Hot Wheels around, simultaneously amusing the wee one while providing his parent with a free massage.

Dad’s black tee, which features a small alien on the front and the playmat on the back, is available in sizes small to double-extra-large, and the toddler’s matching black shirt, which features the road on the belly, is available in sizes 2T–5/6.

Copy and Paste Dad and Baby Shirt Set by LittleBooKidsShirts, \$33.99–\$39.99 for the set, www.etsy.com; Father and Son

Play Mat T-shirt Set by Bkykid, \$39–\$41 for the set, www.etsy.com.



800th birthday

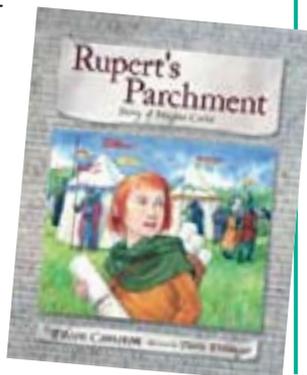
Everyone loves a party, and what’s worthy of a bigger celebration than the 800th anniversary of the signing of the Magna Carta on June 15? Eileen Cameron’s surprisingly suspenseful historical fiction tale, “Rupert’s Parchment: Story of Magna Carta,” makes it easy to talk with kids (ages 6–11) about why the charter is “great.”

Written from the perspective of the 12-year-old title character, the book relates why King John of England was persuaded to proclaim the rights of free men in 1215.

This hardcover picture book is beautifully illustrated by Doris Ettlinger, with some pages’ lavish embellishments inspired by illuminated manuscripts.

“Rupert’s Parchment” also compares passages of England’s Magna Carta to our Bill of Rights — just in time for another important celebration on July 4th.

“Rupert’s Parchment: Story of Magna Carta” book by Eileen Cameron, \$15.35, www.barnesandnoble.com.



One for the road

With their debut album “Goo on My Shoe,” Here Comes Trouble offers kids of all ages a CD overflowing with a variety of musical styles, lots of humor, and delightful wordplay.

The album — which will be released on June 9 — is a mix of genres and inspirations, and it pays homage to punk, hip hop, pop — and even the Weather Girls! The songs are raining hilarity, with mealtimes painted as a battle of wills in the counting song, “I Want Dessert,” and the premise that the “Bubbles in My Bath” are not there because of soap is a riddle that little Sherlocks will figure out with a giggle. “Goo on My Shoe” will be the fun soundtrack for our next road trip!

“Goo on My Shoe” CD by Here Comes Trouble, \$14.99, cdbaby.com.

Notable pastime

ThinkFun’s new game enables little composers — ages 6 and older — the ability to begin writing “original music in minutes.” Although I was skeptical, Compose Yourself makes good on its promise — even for kids who can’t read music, like my 8-year-old co-reviewer.

The game, created by cellist-composer Philip Sheppard, contains 60 transparent music cards that can be flipped and rotated for different results. After choosing their cards, the child arranges them in the order he wants to hear them, visits the Compose Yourself website, enters the cards’ 4-digit codes, and selects how their composition will be performed — on a marimba, or by an orchestra, or by both.

If he likes the result, the mini Mozart can name and save their tune as an MP3 and print the sheet music.

The cards and instructions are stored in the included drawstring bag until the next time he’s struck by the urge to write a tune.

Compose Yourself by ThinkFun, \$14.99, amazon.com.



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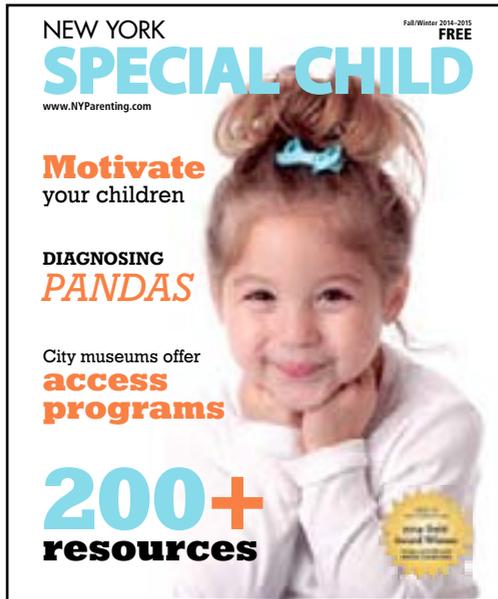
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- NY Yankees & NY Liberty Games
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- Hershey Park
- Overnight Camping in The Berkshires
- Tubing & Paintball

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