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Summer in the city

The city is abuzz with day camp fervor. The buses are out all over the boroughs and the campers are getting adjusted. We're seeing T-shirts announcing the names of the various programs, with my favorite shirts being those worn by the staff members. I remember well the time in our family when my daughter graduated from being a camper to a CIT and then onto a junior counselor. The exciting change of shirts announced her advancement up the ladder. Now she runs the camp.



If you haven't signed your youngster up for a program it's not too

late. Many of the summer programs offer flexible weeks and they will be thrilled to find an option that fits your families needs. Don't think it's not doable because it is.

The worst thing is having an idle child who is not engaged and is just hanging out without structure or supervision. Being a part of a summer experience and among other kids having fun, engaged in physical activities, doing arts & crafts, playing sports, perhaps swimming, rock climbing, learning new soccer skills, or maybe even learning to sew or cook or make something practical is an idyllic

way for your child to experience summer.

And please don't forget summer reading. All the libraries provide a summer reading program and if your child doesn't read books over the summer it's because you didn't encourage it.

Every parent should be a partner in their child's reading experience and never allow it to lapse. An excited reader is a curious person on the road to greater success as an adult than those who don't have the love and joy of reading. Of course that begins with parents reading too. Keep in mind that your children will naturally emulate you and follow your example. If you read, so will they. Make sure books are in the house, and that you're

all not constantly glued to various screens.

The Fourth of July is a super holiday and we really feel it's summer once this holiday weekend shows its face. So many great events all over the city. There's no way to be bored in New York unless you reject all the possibilities. Have a great time. Be safe. Thanks for reading.

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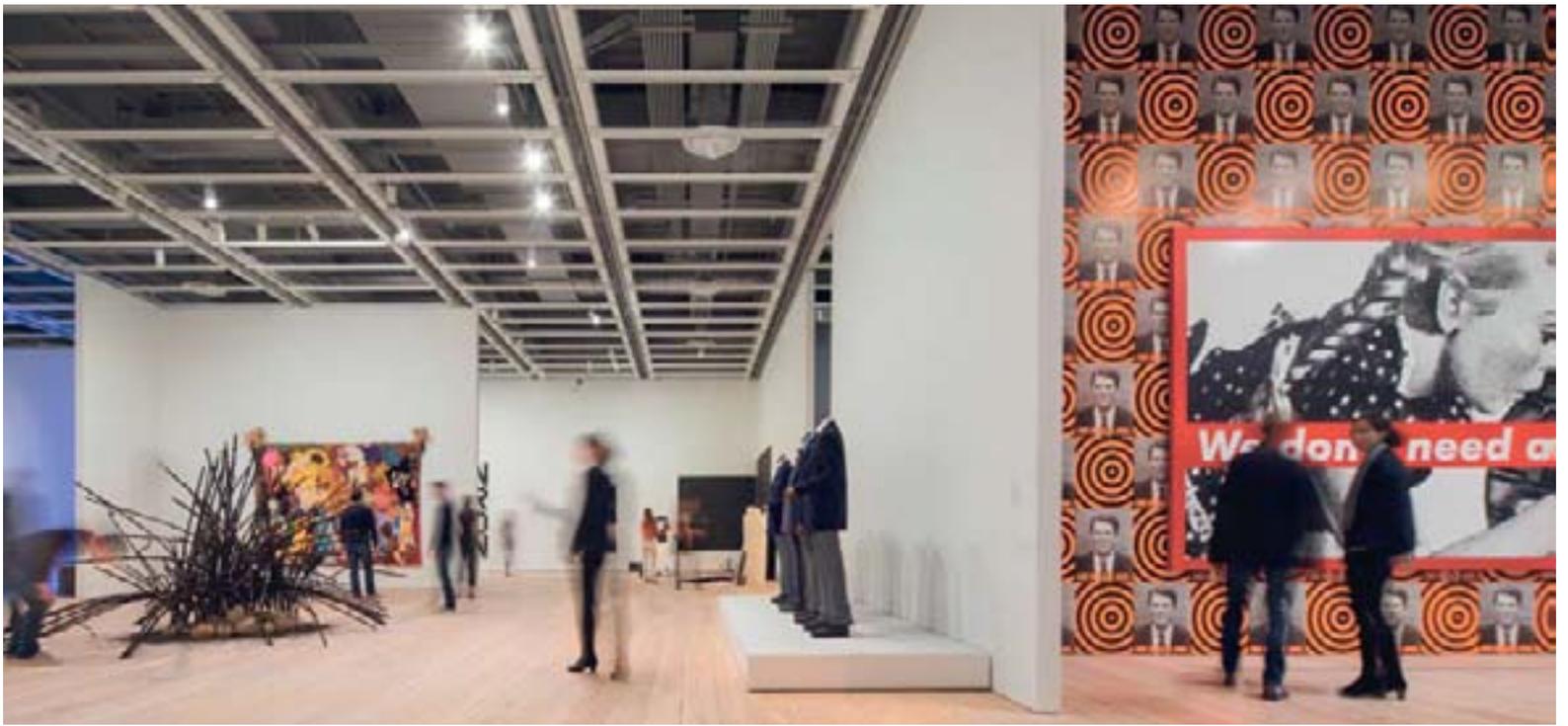


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American dream

New Whitney offers tours, workshops, and events for families

BY SHNIEKA L. JOHNSON

When you're looking for a novel way to spend a summer day with the kids, consider a visit to the Whitney Museum of American Art's new location in the Meatpacking District.

The Whitney concluded its use of its old facility on Madison Avenue at 75th Street and opened the doors of its new location on May 1. Designed by architect Renzo Piano, the new space is at the south entrance of the High Line Park, on Gansevoort Street. The new-and-improved Whitney now has more exhibition and programming space, boasting 50,000 square feet of indoor galleries and 13,000 square feet of outdoor exhibition space; there's also an education center, a multi-use theater, conservation lab, and library reading room.

Philanthropist Gertrude Vanderbilt Whitney founded the Whitney 85 years ago, and over that time, the museum has amassed the largest collection of American art from the 20th and 21st centuries. Since its beginning, the museum has been committed to artists, with a focus on highlighting the most innovative art of the United States. The Whitney has also been an important influ-



ence on modern and contemporary American art, especially through its signature exhibition, the Biennial, which is a celebration of the complexity and diversity of art and culture in the United States.

The core of the Whitney's mission is to collect, preserve, interpret, and exhibit American art and serve a wide variety of audiences — including families. For decades, the museum has offered programming for families, small children, teens and individuals with special needs (including children). Throughout the

year, Whitney Family Programs offer tours, workshops, and events that encourage parents and their children to learn together.

On select weekends, "open studio" is available for families to drop-in during their visit to create their own artwork. The museum also has an activity guide for patrons with children that highlights an artwork from each floor and includes an activity related to each. If you want to preview the collection before your visit, simply check it out on the website.



The museum also offers families a special opportunity to interact with artists in a series called “Artist’s Choice.” This program brings artists and families together to share their ideas and create artwork inspired by the galleries. Families participate in a discussion, led by the artist, and then move to the art-making. The goal is to explore the process and materials used in art-making together.

The Whitney also invites families with kids on the autism spectrum to join in the fun. The museum offers a guided, sensory-friendly gallery tour before it opens to the general public to provide a more intimate setting for families. Families have the opportunity to create their own works of art in a hands-on studio activity.

I spoke to the Whitney’s Manager of School, Youth, and Family Programs, Heather Maxson, about how to help your children get the most

out of a visit to the Whitney Museum of American Art.

Shnieka Johnson: How can parents prepare their kids for a visit to the new space?

Heather Maxson: Parents can visit www.whitney.org/families to find out information on planning a visit.

SJ: What resources are available for families?

HM: If you choose to visit the Whitney with your family on your own, we offer a free kids audio guide and a free kids activity guide with drawing activities, writing prompts, discussion questions, and more.

SJ: What tours and programming will the Whitney offer families?

HM: Whitney Family Programs offer a wide array of tours, workshops, and events for kids of all ages, three weekends a month. For more information, families can visit www.whitney.org/families.

SJ: Will you share a little about your teen programs?

HM: Teen programs at the Whitney give a diverse group of New York City high school students the opportunity to discuss art critically, think creatively, and make art with contemporary artists, educators, and their peers. We offer semester-long programs, a year-long leadership program, summer programs, as well as drop-in events and programs for all city teens. Visit www.whitney.org/teens for more information.

SJ: Are camps going to be offered?

HM: No, but we will continue programming throughout the summer. This summer, city families are invited to check out the Whitney’s new building and participate in interactive tours, drop-in art-making workshops, and programs led by artists. These include sketching tours, which encourage families with kids

— ages 6–10 — to experiment with drawing techniques together, and Whitney Wees, interactive tours that are full of activities just right for kids ages 4–5. Families can also drop-in to make art at our Open Studio art making workshops in the Hearst Artspace. In July and August, we will also offer special artist-led programs that focus on drawing and performance art.

The Whitney Museum of American Art [99 Gansevoort St. between 10th Avenue and Washington Street, in the Meatpacking District, (212) 570-3600, [whitney.org](http://www.whitney.org)]. Adults \$22, seniors and students \$18, children free. Members free. Activity guide: http://www.whitney.org/file_columns/0006/9178/whitney_inauguralactivityguide_may2015.pdf.

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



Advice for stepmoms

Five tips that
can help you
thrive and gain
confidence

BY GAYLA GRACE

Leaning close to me, the counselor quietly began to speak. I expected encouraging comments and wise counsel on how to cope with the constant struggle of stepmothering. Instead I heard words that didn't make sense to me: "I know it's difficult at times, but you might consider it a privilege to have the opportunity to be part of raising your stepchildren."

What? Is he crazy? My thoughts took over and I couldn't respond for fear of what might come out of my mouth. Was he listening to my heartfelt cry for help?

Parenting stepchildren can feel more like a burden than a privilege at times. We have the responsibil-

ity of a parent with few parental rights. Fold the laundry. Cook dinner. Run the carpool. Despite our efforts toward mundane parenting tasks, we get little regard as a parent, or appreciation for our help.

So, how do we learn to embrace our role as a stepmother? These five key steps can help us thrive and gain confidence with the expectations placed on us:

1. Be your own person. Don't try to replace or compete with the biological mom. It's ok to be different. I recently watched my friend, a new stepmom, painstakingly mold herself into someone she hoped her stepdaughter would love and accept. Unfortunately, she created a bitter stepmom persona instead of a vested, loving relationship.

When we are comfortable with our unique identity, we yield confidence for new relationships.

2. Work harder at being a friend rather than a parent. The primary goal for new stepparents is to develop a loving, trusting relationship with your stepchild. Find common ground that allows time together comfortably. Let the biological parent take the lead in disciplining during the relationship-building period. Moving into a parental role too soon results in anger and resentment.

3. Forgive yourself when you fail. You will mess up as a stepparent. During our early years of marriage, I was easily irritated with the shortcomings of my stepchildren. I reacted in favor of my biological children during times of conflict and was frustrated with my lack of patience and fairness toward my stepchildren. As I sought to forgive myself for my mistakes and learn from my failures, I could pick myself up and begin again with positive strides in my stepparenting role.

4. Make your marriage a priority. It's easy to allow struggles with the kids to interfere with your marital relationship. Stay connected in tough times by taking intentional steps to work through conflict and create a united front. Recognize the challenge of blending a family and seek professional help if you reach an impasse in your relationships.

5. Allow plenty of time for new relationships to develop. Strive for love and acceptance of one another, but don't expect harmony overnight. The average stepfamily takes seven years to integrate. Complex stepfamilies (when both parents bring children to the marriage) can take longer. But there are rewards on our stepmom journey as we learn to love and be loved by our stepchildren.

After 20 years as a stepmother, I experience far more rewards than burdens. I can honestly say, "It's been a privilege to take part in raising my stepchildren." I'm thankful for the healing that has occurred in our relationships and look forward to the years ahead as our family continues to grow and mature, embracing my role as a stepmother.

Gayla Grace treasures her role as mom and stepmom to five children, ages 14–30. She loves to encourage stepfamilies through her website and blog at www.stepparentingwithgrace.com.

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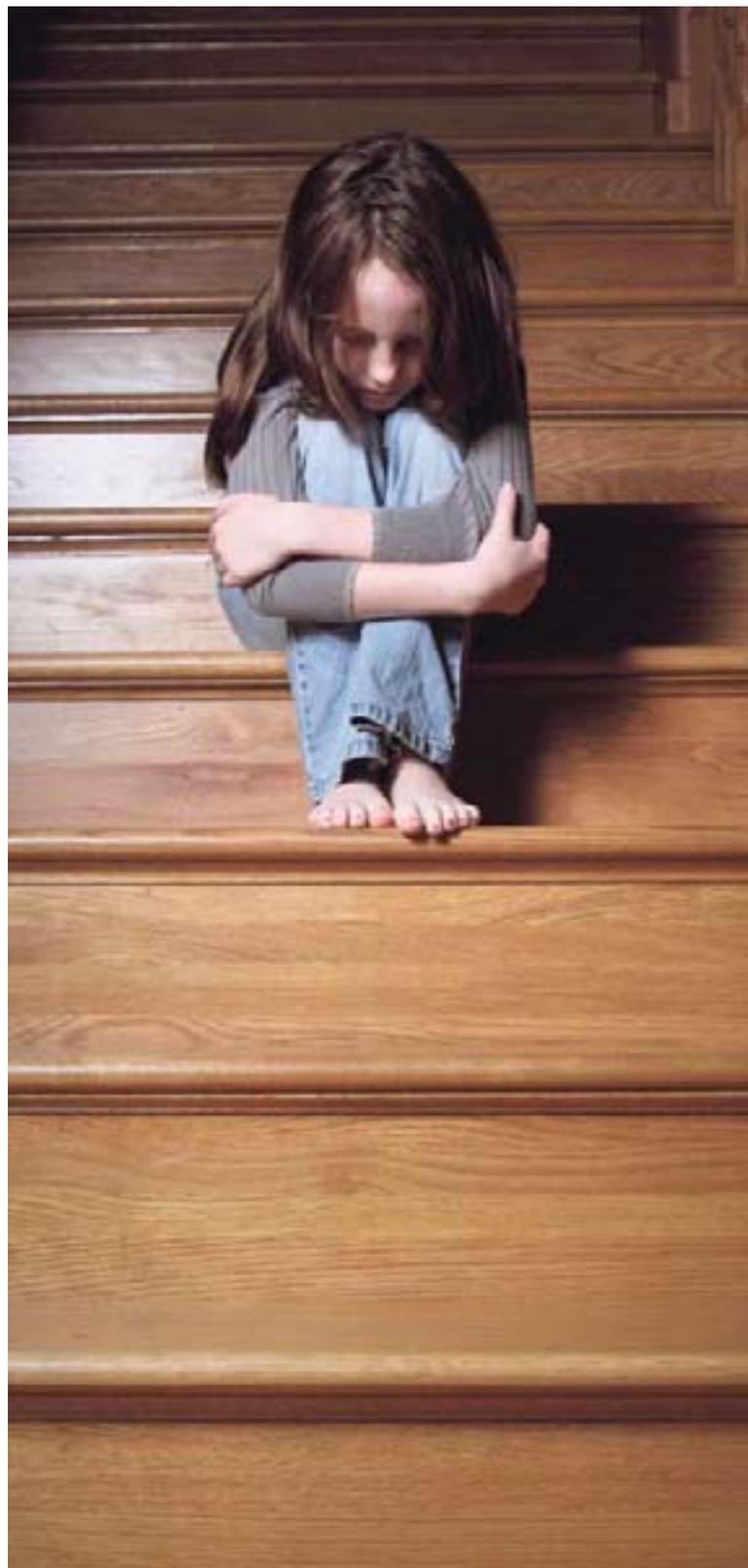
New legislation could give survivors their day in court

BY TAMMY SCILEPPI

Important new legislation would finally give childhood sexual abuse victims a voice. New York is one of five states that has not yet eliminated or extended its statute of limitations laws on child sexual abuse, so pedophiles can now hide behind the statute of limitations under current law, and not be prosecuted for sexually abusing a child if the victim doesn't press charges before the age of 23.

A growing number of bi-partisan lawmakers are hoping to change that. If the state Legislature passes this bill (reintroduced this session), criminal and civil statutes of limitations for child sexual abuse crimes in New York would be eliminated. As of press time, the bill had yet to be made a law. The trauma of childhood sexual abuse leaves life-long scars and most victims don't come to terms with what happened to them until they're adults.

One in five children in America is a victim of childhood sexual abuse, most by family or family acquaintances or other people they trust and respect. The Child Victims' Act of New York (A2872/S63) will provide victims of abuse greater opportunity to have their day in court and will ensure that sexual predators are identified, stopped and punished, according to Assemblywoman Margaret Markey (D-Queens), who sponsored the Child Victims Act to eliminate the



criminal and civil statute of limitations for child sexual abuse crimes, as well as establish a one-year window for victims to bring civil lawsuits against people or institutions in older cases that were exempt because of the existing statute of limitations.

Markey first introduced important legislation concerning child sexual abuse in 2005. Her legislation

has been overwhelmingly adopted by the Assembly four times, but is still pending. Marking April as "Child Sexual Abuse Prevention Month," the Assemblywoman hosted friends and supporters of the Child Victims Act, during an advocacy day in Albany on April 22.

Earlier this year, she stated: "The New York State Legislature has

By eliminating the statute of limitations, victims can bring their claims regardless of whether or not DNA evidence is available.

started a new session with many newly-elected members in the Assembly and new leadership in the office of the Speaker. Educating them about the issue of child sexual abuse and its damaging impact on survivors and society is a high priority for me over the coming months."

Under current law, alleged abuse victims, like one native New Yorker who can't be named because of ongoing litigation, have no recourse. By eliminating the statute of limitations, victims can bring their claims regardless of whether or not DNA evidence is available.

As a mother of two, the alleged victim feels strongly that it would be a really good thing if that happened. She was one of those children and believes she "fell through the cracks." Struggling to lead a normal life after years of alleged abuse that left her shattered, she said she was recently diagnosed with post-traumatic stress disorder and depression. When she was just a tot, her mother — an immigrant and hardworking single mom — had no choice but to leave her with a (male) relative when she was at work. He was her babysitter until she was about 9, and claims her experience was a nightmare. She says her schooldays were filled with fear and anxiety, when she dreaded coming home every afternoon because she knew what was awaiting her. Like most victims, she said she was warned not to say anything to anyone. She hasn't, until recently, when she started advocating for victims' rights and encouraging more awareness in city schools. She strongly supports all causes for children.

Sadly, she says, so many people dropped the ball in her case, from the education system to the police (she said her mother had called them when she finally found out about the abuse), to the social worker who she says visited her home once and never came back. She recalled there were times when she would go into her own little world; she'd have a sort of out-of-body experience when she couldn't cope with what was hap-

pening to her.

"I would get withdrawn or yell and scream!" she said. Even today, she has episodes where she feels like she's zoning out, and has been seeking therapy.

Assemblywoman Markey addressed her situation, saying it, "is all too typical of many survivors of childhood sexual abuse. The crime has a lifelong impact on victims and their families. There is no limit on what is a life-time of suffering and anguish for so many victims of child sexual abuse. That is why there should be no limit on the ability of victims and society to prosecute abusers. Nor should there be any limit on holding accountable those institutions and organizations that have deliberately protected and hidden perpetrators. Their actions make it possible for pedophiles to continue to prey on new victims."

Like most abuse victims, she is haunted by her past experiences daily. She says that since her children were little, she's been highly overprotective of them.

"With research showing that one in five of all children in the U.S. are sexually abused, it is not only important to raise public awareness about this scourge," said Markey. "It is also vital that we reform outmoded laws to provide justice for victims and expose pedophiles and those who hide them, also helping to protect future generations of children from abuse."

Since so many abused children are not able to come to grips with what has happened to them until much later in life, it is the victims who suffer most as a result of our state's archaic statute of limitations for these offenses, she claimed.

"Future generations of children are also at risk as pedophiles go unpunished for their crimes and can easily remain hidden and continue their abuse under current law," Markey said.

Let's send a powerful message to lawmakers.

For additional resources visit: <http://assembly.state.ny.us/mem/Margaret-M-Markey> or forwomen.org, Ms. Foundation for Women.



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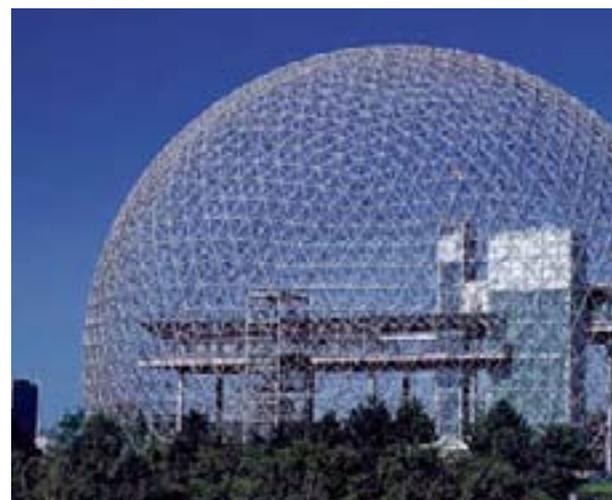
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Delights of Montreal: (Clockwise from above) The historic quarter features horse-drawn carriages. The annual jazz festival fills the city with music. The Biosphere is a museum dedicated to the environment.

10 reasons to visit Montreal

BY SHNIEKA L. JOHNSON

Want to explore an old-world European city with your kids without the lengthy flight abroad? Consider Montreal.

The French influence on Quebec will make you feel worlds away. Take a tour of Old Montreal aboard a horse-drawn carriage. A tour of the historic quarter is 30- to 60-minutes long and is available in English or French. The diverse city is rich with culture, kid-friendly attractions, and sports like professional hockey (Canadiens), major league soccer (Impact), and the Canadian football league (Alouettes).

The summer months are a great time to visit Montreal with festival season in full swing. Montreal is home to the world's largest International Jazz Festival. This annual festival takes place June 26 through July 5, and this year's will feature music from 30 different countries. Nearly 3,000 musicians and entertainers are expected to participate.

Each year, there are around 1,000 concerts and activities during the two-week festival. Best of all, most of the performances are outdoors and free of charge. To keep the event kid-friendly, there are play areas, a "Little School

of Jazz" show, face painting, and other kid-oriented services. Feel free to stroll as the festival is in the heart of Montreal's downtown, which is off-limits to cars.

Your family will feel like they've scored big if you plan your trip to coincide with the FIFA Women's World Cup, which is happening this summer. The event will take place all around Canada and Montreal will serve as a host city. Women from 24 nations will compete in 52 matches to receive the sport's most-coveted trophy. The top four teams will also qualify for the 2016 summer Olympics in Brazil, so there's a lot at stake for the teams competing. It runs from June 6 through July 5, and individual tickets are still available, so consider taking your (little or big) soccer lover to a game at Olympic Park.

Not sure when you'll make it to this beautiful city? There are many sights and attractions to visit all year round. Take the time to explore neighborhoods and sample the variety of ethnic cuisine available in Montreal. Explore local shops and work by artisans at Marché Atwater, one of the city's oldest public mar-

kets. Or visit a “sugar shack” to see how maple syrup is made. Here’s my top 10 list of family-friendly places to visit in Montreal:

1. Biodome [4777 avenue Pierre-De Coubertin, Montreal, QC, (514) 868-3000, <http://espacepourlavie.ca/en/access/biodome>]

The Biodome — which means “house of life” — showcases ecosystems. The systemic approach represents natural environment with the use of rocks, climate, and lighting. The space illustrates how animals and plant life coexist.

2. Botanical Garden [4101 rue Sherbrooke Est, Montreal, QC, (514) 872-1400, <http://espacepourlavie.ca/en/access/botanical-garden>]

With a collection of 22,000 plant species, the garden boasts 10 exhibition greenhouses, a pavilion, and more than 20 thematic gardens. The space itself covers 190 acres.

3. Contemporary Art Museum [185 Rue Ste-Catherine O, Montreal, QC, (514) 847-6226, <http://www.macm.org/en/>]

The museum offers various programs and educational activities for its patrons with scheduled presentations of both its permanent collection of contemporary art and temporary exhibitions. The displayed works are by Canadian as well as international artists. The museum’s permanent collection consists of more than 7,000 works of art.

4. Granby Zoo [1050 Boulevard David-Bouchard Nord, Granby, QC, (450) 372-9113, <http://www.zood-egranby.com>]

The Granby Zoo is just outside of Montreal and is home to more than 1,000 animals. Perfect for kids, there is a stingray touch tank and a petting farm with baby animals. You can also take a ride on a camel. During the summer months, there are amusement park rides, carnival games, and a waterpark for your enjoyment.

5. Insectarium [4581 rue Sherbrooke Est, Montreal, QC, (514) 872-1400, <http://espacepourlavie.ca/en/access/insectarium>]

One of the largest insect museums in North America, the Insectarium houses 250,000 specimens of living and naturalized insects.

6. La Ronde [22 Chemin Macdonald Île Sainte-Hélène, Montreal,

QC, (514) 397-2000, <https://www.laronde.com/larondeen/>]

This Six Flags park has 10 roller coasters and more than 30 amusement rides, with a dozen rides suitable for younger children.

7. Olympic Park [4141 avenue Pierre-De Coubertin, Montreal, QC, (514) 252-4141 or 1 (877) 997-0919, <http://parcolympique.qc.ca/en/>]

This unique monument was the site of the 1976 Olympics and now hosts a number of athletic events. The Montreal Tower, a component of the design, is more than 540 feet high and leans at a 45-degree angle — the tallest inclined tower in the world. Visitors can admire scenic Montreal and the St. Lawrence River valley.

8. Rio Tinto Alcan Planetarium [4801 avenue Pierre-De Coubertin, Montreal, QC, (514) 868-3000, <http://espacepourlavie.ca/en/access/rio-tinto-alcan-planetarium>]

The planetarium uses technology to create unique experiences for its visitors. There are science-focused shows and exhibitions on display.

9. Science Center [2 Rue de la Commune O, Montreal, QC, (514) 496-4724, <http://www.montreal-sciencecentre.com>]

This space is devoted to science and technology, offering exhibitions and interactive components to visitors. This attraction is educational and entertaining for children. Explore the space and its permanent and temporary exhibitions.

10. Velo Quebec Maison des cyclistes [1251 Rachel Street East, Montreal, QC, (514) 521-8356, <http://www.velo.qc.ca/en/Home>]

A non-profit organization, Velo Quebec encourages the use of bicycles. Take a tour on two wheels around the beautiful city and reduce your carbon footprint.

Additional Info:

<http://www.montrealjazzfest.com/questions-en>

<http://www.fifa.com/women-sworldcup>

<http://www.sucrieriedelamontagne.com/>

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

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For the love of lemonade!

Try some easy variations of this thirst-quenching favorite

BY CHRISTINA KATZ

What better time to celebrate the lovely lemon than during the dog days of summer? Lemons have a long history as a crucial superfood that provides multiple health benefits. So you can feel great about every glass of fresh lemonade you sip this summer. Each tall, cool drink is chock full of calcium, potassium, and vitamin C. No wonder lemonade always tastes so delicious and refreshing—especially when the temperature rises and staying hydrated becomes a priority.

But these lemonade variations are not merely practical. Each recipe is also a tiny party in every glass. So if you are entertaining this summer, or you just need a happy pick-me-up at the end of a steamy day, get in the habit of buying your lemons by the bag and look no further than the fruit and herbs

For the love of lemons

Ready for seconds? Why not? This is not medical advice, but lemon juice has long been rumored to help alleviate:

- Acne
- Anemia
- Arthritis
- Asthma
- Cancer
- Canker sores
- Common cold
- Constipation
- Digestive problems
- Fever
- Flu
- Halitosis
- Hypertension
- Indigestion
- Insomnia
- Kidney stones
- Nose bleeds
- Malaria
- Obesity
- Rheumatism
- Sore throat
- Stroke



you have on hand. These lemonade recipes always look and taste terrific.

Basic lemonade syrup

Syrup will stay fresh in your fridge for several weeks if kept in an airtight container.

10 organic lemons, unwaxed
2 cups of sugar
1½ cups of cold water

Zest all the lemons and then juice them, so you have about one-and-a-half cups of liquid. Place all the zest, lemon juice, sugar, and water in a saucepan and heat over medium heat until sugar is dissolved. But take care not to boil. Strain the syrup into an airtight container and let cool. Discard zest and seeds. Cover and refrigerate syrup for several weeks. You will have about four cups of syrup, which will make 16 glasses of lemonade.

To prepare lemonade, mix a quarter cup of syrup with three-quarters cup of water and serve over ice. Garnish with lemon slices if desired.

Now you're ready to try these lemonade variations:

Berry lemonade

Mash or blend ripe strawberries, raspberries, blueberries, or any other type of berry you prefer. Add honey to sweeten, if sour, and mix. Spoon berry mixture into ice cube trays. Pop out cubes as needed and allow them to thaw in the bottom of a pitcher or glass. Unused frozen berry cubes can be removed and kept in a freezer bag, where they should last all summer. When ready to serve, top thawed berry cubes with ice cubes. Add lemonade, lemon slices, and a sturdy straw for stirring.

Watermelon or peach lemonade

Use the same technique as berry lemonade, but don't add honey to mashed watermelon. Keep watermelon cubes in a separate freezer bag, so you can mix up flavors as the dog days progress. This works just as well with fresh peaches.

Cherry limeade

12 organic limes
1 1/2 cups sugar
1 1/2 cups cold water
Otherwise, follow the lemon syrup recipe. Mix a quarter cup of

syrup with three-quarters cup of soda water. Add two maraschino cherries with a splash or two of cherry juice in each glass. Garnish with lime slices if desired. Sweetness of limes may vary. If limeade is not sweet enough, increase sugar in syrup recipe next time.

Slushy lemonade

Put four ice cubes per serving into blender. Pour in one quarter as much basic lemonade syrup as you have ice for a thick slushy. If you desire a thinner consistency, add as much water as syrup. Blend on high until smooth. Substitute berry or watermelon cubes for ice cubes as desired. Pour into short glasses and serve with a straw or long spoon. This approach works just as well with limeade.

Arnold Palmer

Add ice to glasses and fill halfway with fresh lemonade and halfway with sun tea made from black tea. Adjust proportions to suit tastes. Garnish with lemon slices or serve over peach ice cubes.

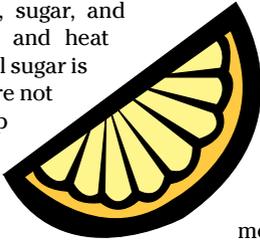
To make sun tea, remove tags and strings from 10 to 12 regular size black tea bags. Add tea bags to a gallon of water in a glass container and place in direct sunlight for four hours. Remove tea bags and chill tea. The tea stays fresh for two days when refrigerated. Red Rose or your store's generic tea bags work well, and they typically cost less than packaged sun tea bags.

To kick it up a notch, try these fresh herbs that complement lemonade and limeade:

- Mint
- Thyme
- Rosemary
- Basil
- Lavender (culinary variety)

For a beautiful presentation, freeze sprigs of herbs into your ice cubes as well as using fresh sprigs for garnish.

If there is one thing author, journalist, and writing coach, Christina Katz dislikes about summer, it's a heavy, sweaty heat wave. Her only consolation is that all that heat is a great excuse for drinking lemonade and sun tea all day long.



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1047 Amsterdam Avenue, NY, NY
10025, 212-316-7530 or
www.actprograms.org

ACT Preschool provides children opportunity to deepen their growing intellectual sophistication, with particular attention given to social maturity and preparation for Kindergarten. A close group experience (5:1 child-teacher ratio) fosters social growth, teamwork and friendships. Teacher-led activities include art, music, blocks, drama, stories, cooking, gardening and imaginative play. The Cathedral of Saint John the Divine's country-like 11-acre

oasis is a perfect setting for children to begin a journey of discovery that will last a lifetime. Field trips introduce exploration of the larger community. Many children return to the camp and afterschool programs. For parents that want to give their children a gentle introduction to the world of school, ACT Early Years offers age-appropriate classes for children 9 months to 4 years and includes playtime in a spacious, matted gymnasium with child-size toys and equipment in the Cathedral's undercroft, where children run, climb, slide, tumble and jump.

Evolution Enrichment Center

38 Delancey Street (2nd Fl), NYC

10002, 212-375-9500 or www.evolutionenrichment.com

Evolution Enrichment Center (EEC) offers an exceptional value for families in Lower Manhattan. With over 15,000 sq.ft. of space, this newcomer to the education scene is one not to be missed. If you are looking for an excellent preschool for ages 2-5 with seasoned teachers in a brand new state-of-the-art facility, call to schedule a tour now. In addition to preschool, EEC offers enrichment programs and a summer camp for ages 2-12 as well as free Universal Pre-K for those born in 2011. There are spots available on the UPK waitlist for the 2015-16 school year. EEC is located just steps away from SoHo, and is easily accessible from all of Lower Manhattan and Downtown Brooklyn.

Family School

Dag Hammarskjöld Plaza, 323 E. 47th St., NYC 10017
Family School West, 308 W. 46th St., NYC 10036
212-688-5950

The Family School, founded in 1975, was established in an effort to provide diverse populations with a warm, inclusive, Montessori environment that fosters independence, creativity, and tolerance. Today, The Family School and its satellite, Family School West, form a community of 200 plus students. In addition to degrees in Early Childhood, Elementary, and Special Education, the faculty members are all Montessori certified. They are also affiliated with the American Montessori Society. The Family School on the East Side, for children 18 months to 12 years of age, offers Toddler, Preprimary, and Elementary programs; full-summer day camp, extended-day, and spring and holiday recess programs. The beautiful and spacious one-room schoolhouse on the West Side is a Preprimary setting for children two and a half to six years old, offering six schedules and extended day. Call to visit the Family School family and for details on admissions.

Incarnation School

570 West 175th Street, NYC 10033, 212-795-1030 or www.incarnationnyc.org

For over 100 years Incarnation School has proudly served the ever changing immigrant population of Washington Heights. Incarnation is a strong family – graduates hold 50th reunions, come back to work in the school, send their children here, join the board, speak at graduations, earn college and graduate degrees and support us financially.

Our strong academic program is enriched by professional development, math and literacy coaches, Title 1 services, art, music, PE, computer lab classes, and SmartBoards in every classroom. In addition, Incarnation offers extra-curricular activities such as Classroom Inc, the Art and Performance Club, track, soccer and CYO basketball. An affordable after-school care includes time outside on our

rooftop playground. Our Early Childhood Program now includes, free of charge, six full day UPK classes. Enrollment is ongoing. Tours of the school are available upon request.

JCC Manhattan

334 Amsterdam Ave., New York, NY 10023, 646-505-4411 or www.jccmanhattan.org

Our pre-nursery programs are play-based, open-ended classes that encourage exploration, growth, and discovery through play. We believe that children are capable, unique individuals with particular learning styles and interests. Through our child-centered curriculum we aim to support and foster the creativity of each individual child. We believe that children thrive in nurturing, warm environments that are set up with them in mind. Our teachers encourage children to make choices, to be empathetic, and consider their place and role in their classroom community. We see teachers as facilitators of positive, appropriate, engaging experiences that support the needs of the specific children in their care. Through our pre-nursery programs we strive to create an inclusive, fun, engaging environment where children and families can become a part of a community and develop lasting connections.

Lighthouse Guild Preschool

111 East 59th Street, NY NY 10022, 646-874-8600 or www.lighthouseguild.org

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Osher Early Learning Center at Chabad of Washington Heights

50 Overlook Terrace NY, NY 10033
718-913-7900 or www.osherelc.com or osherehc@gmail.com

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Continued on page 18



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Preschool

DIRECTORY

Continued from page 16

concentration, coordination, and independence; and infuse their environment with Chabad warmth. Fluency in both English and Hebrew is important, as well as a proper diet of whole foods that are also strictly kosher.

They required plenty of cognitive, sensory, and social stimulation and individualized attention in a low student to teacher ratio classroom. Over the years we were inspired by Italy's Reggio-Emilia approach, and though completely different, also by Maria Montessori's ideas. The NYS Prekindergarten Foundation for the Common Core contributed its structure. In addition, Osher ELC is a New York City licensed program. At Osher, community is important. Our children learn their role in it, and how they can contribute. Their family's acquired sense of belonging within our "village" secures them confidence and contentment. Children with special needs are welcomed, included, and expected to contribute!

Pustablume International Preschool and Afterschool Programs

244 W 14th St, NYC, 10011, 212-206-1136 or www.pustablumenyc.org

At Pustablume, children are provided with a fun and community-oriented multicultural environment where instruction in the German and Spanish language serves as a catalyst for the development of each child's unique cultural identity.

The preschool program welcomes children ages 2 to 5 years, of all international backgrounds who's families are interested in having their child learn German or Spanish, or BOTH as a second language.

The afterschool program, Saturday school, holiday and summer camps offer activities for school-age children ages 6 to 12. With fun, individually-tailored programs and activities Pustablume will help your child acquire and improve language, reading and writing skills.

St. Brigid School

185 E. 7th Street, NYC 10009, 212-677-0105 or www.stbrigidschoolny.com

Since 1856, St. Brigid School has been an integral part of the East Village through its emphasis in a complete education. Located at the corner of Tompkins Square Park, SBS provides its students from Pre-K through 8th grade with a safe and welcoming learning environment, where every child is given the opportunity to reach his/her potential and become critical thinkers and impassioned members of the community.

Our Early Childhood Program accepts children aged 2, 3 and 4 with student-teacher ratios maxed at 9:1. The Pre-K curriculum focuses on literacy, math, values, and classroom preparation. Center based instruction at St. Brigid School fosters the important early development

of math and literacy that is supported by continual feedback and exchanges with the teacher. Through play in areas like the block center, art center, and the sand table, learning is thus both communicative and explorative and builds a strong foundation for critical thought.

St. Brigid School is also a NYC Department of Education PreK For All site.

Two Terrific at the Language Workshop for Children

888 Lexington Ave, NYC 10065
212-396-0830 or www.twoterrific.com

We are pleased to announce that Small World Connect Enrichment Center, an extension of the Language Workshop for Children, founded in 1973, will offer a preschool alternative program conducted in English for the Fall at our East 66th street location! All children who will be about two years old by September are welcome to register. There will be a 2, 3 and 5 day a week option. This is a two hour separation program. Weekly offerings will include French, Spanish, Chinese, Yoga, Music and Art. Please visit www.twoterrific.com to learn more. We look forward to welcoming your children in this wonderful program!

The Weekday School

490 Riverside Drive, 212-870-6743 or www.wdsny.org

The Weekday School is a diverse community based on sharing, understanding, and respect where each child's gifts are celebrated. We are dedicated to teaching children to become confident learners, passionate explorers, and discerning risk-takers. The Weekday School curriculum draws from both progressive and traditional approaches to encourage children to use all their senses and skills to learn and grow. Offering compelling learning opportunities for children from two years of age through kindergarten, our teachers work collaboratively to create a loving community of learners.

In addition, "Side by Side at Riverside" is a program providing a 90 minute introduction to the preschool experience for very young children accompanied by an adult. Skilled Early Childhood educators guide the children through music, movement and art activities and a circle time with songs and stories. The leisurely pace offers plenty of time for exploration, socialization. The program is specially designed for families who want to remain with their children while providing a social and experiential foundation in a school setting. While children play, the adults have an opportunity to observe and discuss methods for helping children manage typical classroom situations such as sharing space and materials, taking turns and using walking feet.

Classes are scheduled on Tuesday and Thursday mornings and on Wednesday afternoons.

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Baby, talk!

Strategies to enhance speech and language development

BY THOMAS DAUS

The first years of life are a pivotal, intensive, yet very exciting time for learning and language acquisition. The time between

birth and 5 years of age allows for a wide array of learning opportunities. During the beginning years of life, a child has a tremendous amount of plasticity. This term refers to the quality of being shaped or molded, and it is the duty of parents or caregivers to provide language learning in all realms.

There is never a wrong time to provide language stimulation for young children. Parents or caregivers can be taught specific learning strategies to be utilized during play, bath, and feeding times. It is pivotal to always set aside specific times, throughout the day, to allow for structured and unstructured learning opportunities.

Speech-language pathologists have a wide array of therapy tools to use within this age range. Within the infant and toddler arena, we can utilize manipulatives (i.e. Mr. Potato Head, jack-in-the-box, Ring

Stacker, Shape Sorter, train, boat, truck, windups, etc), household items (i.e. chair, table, food utensils), pictures of family members, and also the opportunity to practice everyday routines within one's home.

When will my child start to talk? This is usually the first question that speech-language pathologist's specializing in early intervention are asked.

My analogous response is compared to constructing a new home: let's visualize a home with a basement, first, and second floors. With comparison to speech and language development, the basement can be equated to an infant or toddler's overall attention level, and once this is established we can then move along in therapy to a focus on auditory comprehension; the first floor of the home.

Learning is always a compounded effort. Each and every nuance learned can be scaffold to chain and chunk more information together.

Verbal expression (i.e. words, phrases) can only develop when attention and understanding skills are solidified; which is compared with the completion of the second floor of a home.

Speech-language pathologists'



The early years of language development is a fascinating and dynamic learning time. A toddler is learning absorbent, and is such an exciting and fun time for parents, too.

main focuses are with that of joint and sustained attention, auditory comprehension (identification of basic body parts, shapes, household items, pictures of family members, primary colors, and also the following of simple, one step commands).

Once a very strong understanding, constant familiarity, and interest within specific tasks or activities are developed, then verbal expression will typically be exhibited. Infants and toddlers usually produce their first words, such as "mama," "daddy," "ball," "bottle," because they have a strong interest, intentionality, and purpose to have such words understood by their parents within their home environments.

A child's learning environment is a haven for language growth, and is filled with an abundance of opportunities. Sometimes parents may have too many distractions with a multitude of toys all over the home. This is not such a good idea; hence it creates an overwhelming situation for many children.

If a child is exposed to a limited amount of toys, it allows the parents to practice specific tasks with the same item.

Only after specific goals are met, should another toy be switched. I feel that no more than five toys should be left out at any one particular time.

The rotation of toys can be done, but parents should use their judgment as to when this should be done. I suggest every week, adding a new toy to the existing group of items.

Always remember that in order to elicit the attention from our infants and toddlers, we need to start off with some very visually, and perhaps audible toys. This is

why cause-and-effect toys, such as pop-up toys, and jack-in-the-boxes, are utilized as starter toys during early intervention. When selecting toys, it is suggested to look for visually stimulating, multi-colored, and lively, appearing toys. Developmental charts may accompany guidelines on which types of toys to select.

Speech-language pathologists provide on-going assessment of the children on their caseloads. Language growth, within the infant and toddler age range, is quite different from that of school-aged children. With a school-aged child, there are higher demands, and newly taught information is expected to be learned and absorbed on a daily basis through homework assignments. With infants and toddlers, it is a different assessment.

We expect a child to acquisition in a more lengthily time frame. Typically, on a quarterly basis, a speech-language pathologist will review specific progress of children to their parents, providing norm referenced or criterion referenced developmental improvements.

The early years of language development is a fascinating and dynamic learning time. A toddler is learning absorbent, and is such an exciting and fun time for parents, too.

It is important for parents to always keep in mind that each and every child, and also accompanying siblings, are not exactly alike; and unique in their own ways. It is strongly discouraged to be in the mind-set of comparing other children of a similar age, or older siblings. Your children are only this age once, and it is important to enjoy every moment with them.

Worrying about possible speech and language delays should be compartmentalized, and fun learning activities, and the creation of long-lasting memories, are best to replace such worrisome moments.

Thomas Daus is a licensed New York State Speech-Language Pathologist, and also holds certification through the American Speech and Language Hearing Association. He has close to 20 years of experience, and is truly dedicated towards making a positive impact in the lives of his clients. For further information, feel free to view his website at speakingfromthe-heart.org.

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FABULYSS FINDS

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FabuLyss times on Fourth of July



July Fourth is fast approaching, and you know what that means: fabuLyss fireworks and hot dogs! Independence Day can be fun for the entire family. A barbecue is the classic way to spend the day, but if your grilling skills aren't so great, then I have some activities that will be fun for everyone in your family.

Now we all know that fireworks are the greatest part of the Fourth of July. No matter how old you get, they still leave you in awe. One of the best places to get a good view is Brooklyn Bridge Park. This park has one of the best views of the fireworks, not to mention a restored 1920s merry-go-round and riverside esplanades. Bring a picnic and enjoy everything this urban playground has to offer.

Another great spot to view the fireworks and have a day full of family fun is South Street Seaport. This harbor is home to the seaport museum, which contains a fleet of privately owned historic ships. It also has a mall with retail shops and restaurants. Spend the day eating,

shopping, learning, and then viewing those fireworks at one of the best spots in the city.

One of my favorite things to do on July 4 is go to the beach! Who doesn't love to bake in the sun with a good book while your kids build sand castles?

Some of my DivaMoms book club summer reads are "Love and Miss Communication" by Elyssa Friedland, "Beach Town" by Mary Kay Andrews, "The Balance Project" by Susie Orman Schnall, and "All the Light We Cannot See" by Anthony Doerr.

Atlantic Beach, Long Beach, The Hamptons, the Rockaways: there are so many beaches that are just waiting for you to pop a squat and soak in the sun. Spend July 4 relaxing with your family with sea salt in your hair and the sand in between your toes.

Coney Island: the old-school amusement park that never seems to get old. Coney Island is basically your child's dream come true. With bumper cars, rides, a hot dog-eating

contest, games, and the aquarium nearby, there's nothing not to like. Fill your day with fried dough and lots of franks. Did you know they originated in Coney Island? Relive your childhood memories while helping your kids make some of their own.

Now of course, we have to talk about the classic barbecue, where you invite all your friends and family. Bring out the hamburgers and weiners. If you're leaving the grilling to your husband, then I have the perfect coleslaw recipe for you. This super easy and DeLysscious formula will leave you with the perfect side: www.foodnetwork.com/recipes/trisha-yearwood/fourth-of-july-coleslaw-recipe.html.

Celebrate America's Independence Day with the people you love most! With all the available options, there's something fun for every family out there. So go out, eat a hotdog (or two), and spend some quality time with your family!

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

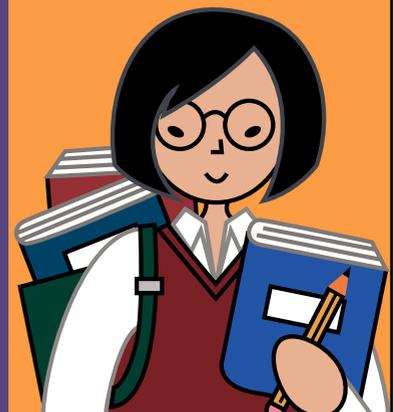
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The illusion of independence

Why we must stop setting this unattainable goal for our children

BY CAROLYN WATERBURY-TIEMAN

During my years as a parent educator, I frequently asked parents, “What are your goals for your children? What kind of people do you want them to become?” Most commonly, their simultaneous, immediate response was an emphatic, “Independent! We want them to be independent!” What is this fascination with independence?

I realize this obsession with independence probably stems from our political history, given that the cornerstone of our country’s foundation is the Declaration of Independence. Apparently what seemed to be a reasonable national goal was adopted as a reasonable personal goal as well. But in reality, while we may be a self-governing nation, we are far from independent.

We are not hermits. Nor are we preparing children to live in isolation. We are social beings, incapable of surviving independently from one another or the world around us. So why do we continue to set this unattainable goal for ourselves and our children? A goal that leads people to live with the illusion of independence — assuming they have achieved independence because they live hundreds or thousands of miles from their parents. Believing they are independent because they have cut themselves off from anyone who ever caused them pain. Convinced that they are independent because they have managed to remain uncommitted to anyone or anything other than themselves.

Lately I have observed a worrisome trend. The typical scenario involves a young child, sometimes still in diapers, toddling along the sidewalk of a busy street, an open body of water, or the edge of a natural or constructed precipice. The parent or parents, from several yards behind, are yelling at the child, who continues to move forward, to “WAIT!” The parent or parents sprint to grab the child seconds before what was a

completely preventable situation becomes a tragic accident.

Equally troubling are parents who excuse disrespectful, disruptive, even abusive behavior by attributing it to their child’s budding independence or “spirit.” Confusing “spirit” with misbehavior leads to bad habits, not independence. These practices appear to be embraced as part of an effort to allow independence to emerge in an uninhibited, natural fashion. However well-intentioned, these efforts are misguided for at least three reasons:

- Independence is not the result of an absence of limits.
- Independence need not be thwarted, nor “spirit” broken, through the process of acquiring self-control.
- There is no such thing as independence.

Since there is no such thing as independence, logically, independence cannot be a goal of parenting. Perhaps a more realistic goal of parenting is raising people who are capable of establishing and maintaining healthy relationships. Thus, the job of parenting requires us to continually address the delicate balance between needs — ours and our children’s — for separateness and connectedness, and for individuality and community of self and others. The balance between these needs changes over time with age, maturity, and experience — ours and theirs. The ways in which our children need us will change.

Changes in goals require changes in strategy. There are skills our children need and parenting strategies that accompany this shift in focus from independence to relationship:

Promote self-reliance

Many of us fall into the habit of doing things for our children that they could do for themselves. Taking over these tasks seems to make things easier (for us), save time (ours), and assure that they get done “right” (our way), but in the long run we are doing our children a disservice. Oftentimes, they interpret our willingness to step in and take over as, “I can’t do any-

thing right so why try?” or “I am not responsible for taking care of myself.” Given time, our children’s self-reliance gets flabby and out of shape like an unused muscle. Our job includes teaching our children how to take care of their bodies, their belongings, and their obligations. In the process, it is essential that we:

- Pay attention to when they are ready to take on responsibility in these areas.
- Take the time to properly train them
- Demonstrate patience while they practice.
- Step back and let them exercise their self-reliance.

By turning over to our children, those things they have demonstrated the ability to do for themselves, we send the message, “I have confidence that you can do it.” When we have confidence in our children, they have confidence in themselves.

Avoid confusing self-reliance with independence. Our children need to be self-reliant, not because they will one day be independent, but because every day for the rest of their lives they will be living in relationship with others. Self-reliant individuals have successful relationships because they are clear on where another person’s responsibility ends and theirs begins. Promoting self-reliance requires modeling self-reliance.

Foster self-awareness

When we presume to know what our children think and feel, and what they want, we deny them the opportunity to know and express who they are. When we make statements like, “You know you don’t think science is boring,” or “You can’t possibly be tired. You just took a nap,” or “You know you’d rather play sports than dance,” we reveal more about ourselves than about our children. Our job includes teaching our children how to think, not what to think; how to accurately identify and appropriately express their feelings, not what



tion for them just because they are, and care enough to stop them when they are doing what they shouldn't until they learn to stop themselves.

Avoid confusing self-esteem with selfishness. Our children need to value and love themselves, not so they can feel better than others, but so they can feel better about others. The extent to which they are able to care for and value themselves will be the extent to which they are able to care for and value others. Nurturing self-esteem requires modeling self-esteem.

Encourage initiative

We live in a world full of things that need doing. We cannot afford to excuse our children from doing these tasks by declaring, "Somebody ought to do something about that." Whether it is as simple as seeing that the floor needs to be swept or the leaves need to be raked, or as complex as seeing people without a place to sleep or food to eat, the job is ours. While we may not be able to complete the job alone, it is our responsibility to do what we can.

Avoid confusing taking initiative with taking credit. Our children need to know that when they see a job that needs to be done, that they are capable of doing, they should do it — not because of the recognition they can get, but because of the difference they can make. Encouraging initiative requires modeling initiative.

Instill empathy

Empathy is the ability to imagine oneself in another's situation in an attempt to respond in a helpful, meaningful way. Living in relationship requires that we try to see things from perspectives other than our own. An empathetic person will ask himself, "If that were me, how would I feel? What would I wish someone would do or say?" and then act accordingly.

Avoid confusing empathy with pity. Pity is immobilizing and breeds contempt, whereas empathy is motivating and inspires hope. Our children need to be able to appreciate the plight of others and have compas-

sion, not so they can give others fish, but so they can teach others how to fish. Instilling empathy requires modeling empathy.

Teach effective communication

Communication is effective when the message received is the message intended. Since we can't not communicate, we want to be sure that our words match our tone of voice, facial expressions, and body language.

Listening is the other key element in effective communication. Listening requires a total body experience that includes our eyes and feelings, as well as our ears. The feelings behind the words are just as important.

Avoid confusing effective communication with talking. People can talk for hours and never communicate effectively. Not only do our children need to be able to clearly express themselves, they need to be willing to listen to and understand others. Teaching effective communication requires modeling effective communication.

Each of us is the product of all the relationships we have ever had. We are indelibly linked to the past and the future through these connections. Greater knowledge of and attention to these connections enhances our identity as an individual and as a family.

Maintaining relationships takes time and energy, but they are well spent in this endeavor. "There are two special gifts we should give our children. One is roots. The other is wings," wrote Hodding Carter. Not just roots. Not just wings. Both. The deeper we plant the roots, the stronger the wings.

Our goal as parents is to raise people who know how to live in relationship to self and others. We are not merely raising sons and daughters.

We are preparing husbands and wives, fathers and mothers. Like this great country we call home, they must learn to be self-governing, but they will never be independent. If we do our job well, they will not always need us, but hopefully, they will always want us. Happy Interdependence Day!

Carolyn Waterbury-Tieman has degrees in Child Development, Family Studies, and Marriage and Family Therapy. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To contact her via e-mail parent4life@yahoo.com.

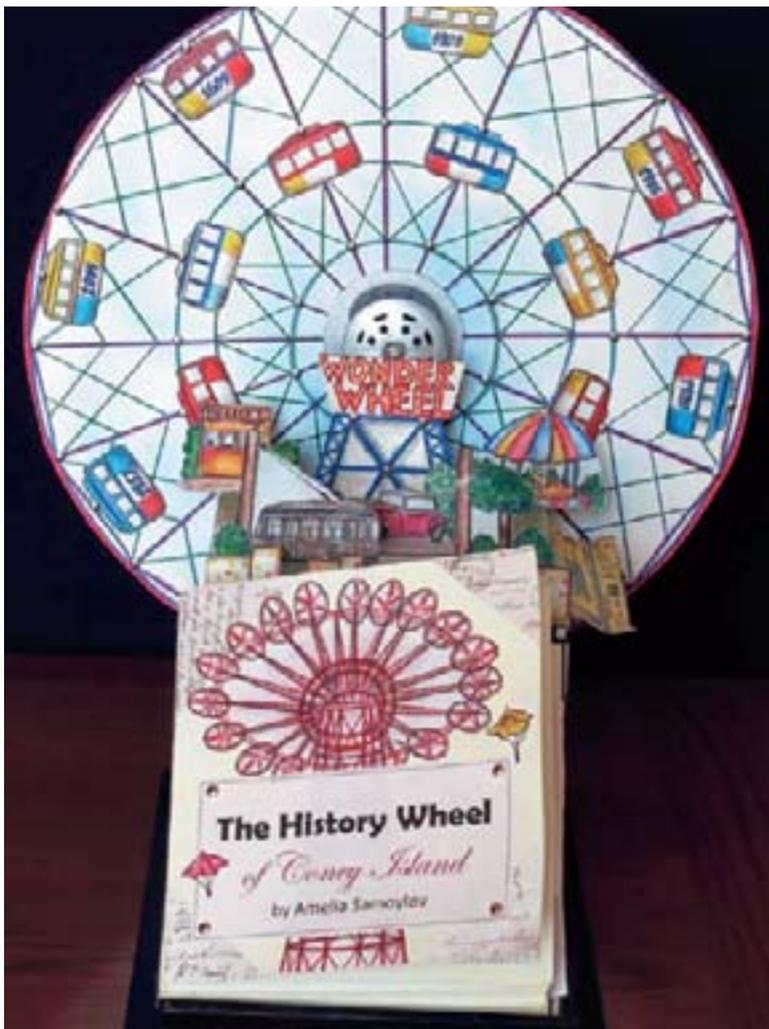
to feel; and how to make choices that will assist in reaching their goals, not our goals. While our children may be like us, they are not us. Kahlil Gibran wisely explains, "... You may give them your love, but not your thoughts, for they have their own thoughts. You may house their bodies, but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you, for life goes not backward nor tarries with yesterday."

Avoid confusing self-awareness with self-centeredness. Our children need to be aware of what they think,

how they feel, their likes and dislikes, not so they can always get what they want, but so they can more honestly share who they are with others. Fostering self-awareness requires modeling self-awareness.

Nurture self-esteem

When we convey to our children that they are unconditionally loved and valued, we are nurturing their self-esteem. Unconditional love does not mean unconditional approval and permission to do whatever you want or behave however you like. Our children know they are loved and valued when we express our appreciation for their efforts, demonstrate our affec-



(Clockwise from above) Amelia Samoylov's "The History Wheel of Coney Island." John Lee's "When Fall Turns Into Winter." Kevin Zeng's "The Brown M Train."

The book club

Three city kids win big in bookmaking competition

BY MARGOT ABEL

Brooklyn and Queens students took home the top awards at the Ezra Jack Keats Foundation's annual Bookmaking Competition for third through 12th grades.

Student-made books that won the citywide, borough-wide and school-wide levels, as well as honorable mentions, were on display at the Brooklyn Public Library's Central Library at Grand Army Plaza in May. The citywide and borough winners and honorable mention recipients accepted their medals at an awards ceremony at the Tweed Courthouse, headquarters of the New York City Department of Education. In addition, the citywide winners received

\$500 and borough winners \$100 from the foundation.

The foundation is named for children's books author and illustrator Ezra Jack Keats, who won the 1963 Caldecott Medal for illustrating "The Snowy Day," which he also wrote.

"Ezra first received recognition for his talent at public school, which encouraged him to pursue his dreams," says Deborah Pope, executive director of the Ezra Jack Keats Foundation. "Our hope is that this award will inspire these talented young writers and illustrators to follow their dreams, too."

• • •

Citywide elementary (grades 3-5) winner: "When Fall Turns Into Winter," written and illustrated by

John Lee.

The fifth-grader at PS 193 in Whitestone, Queens wanted to express his love of nature through scenes of the changing season.

"I got the idea for my book when I was outside — the falling leaves from the trees and the changing of the seasons caught my attention and became my inspiration," said the Alfred J. Kennedy School student. "I've liked to draw pictures of animations and the environment ever since I was young. I used pastels for the drawings in my book, because I had so many colors to choose from, and because I could smudge the colors together to shade my work. This is the first contest I've ever won, so I'm very excited!"



Citywide elementary winner John Lee.



Citywide middle school winner Amelia Samoylov.



Citywide high school winner Kevin Zeng.

Citywide middle school (grades 6-8) winner: "The History Wheel of Coney Island," written and illustrated by Amelia Samoylov.

Samoylov, an eighth-grader at IS 98 in Sheepshead Bay, Brooklyn, constructed a Ferris wheel with movable parts to showcase her book about Coney Island.

"My home — Coney Island — is such a special place and so close to my heart that I wanted to learn about its rich history and share it with others. Because the Ferris

wheel is such a big part of Coney Island, I created a large, movable one that became the centerpiece of my book," said the Bay Academy for Arts and Sciences student. "I included other famous landmarks such as Luna Park and Nathan's, too. I used different materials such as a simple cardboard box, thick paper, chalks, and watercolor pencils to make the book special."

Citywide high school (grades 9-12) winner: "The Brown M Train," written and illustrated by Kevin Zeng.

The 12th-grader at PS 77 in Park Slope, Brooklyn used his book to argue against subway service changes since Hurricane Sandy.

"I made my book as a protest. I want the MTA to reinstate the brown M train. Now I have to ride the R train, which is too slow and too crowded. So many people get off the R train at once that I can't even run down the stairs fast enough to catch the train!" said Zeng. "I love to draw, so using colored pencils, I spent three months drawing pictures for my book and making a case for bringing the M train back. I presented my book to the president of the MTA. I've also started a petition. I'm not going to give up until the brown M train is back in service!"

Schools Chancellor Carmen Farina spoke at the ceremony, welcoming the winning students and their families and teachers to the Tweed Courthouse. Brooklyn Public Library President and CEO Linda E. Johnson gave the keynote address, and acclaimed children's book author-illustrator and educator Pat Cummings was the guest speaker.

The annual competition begins each fall, when public school students are invited to come up with an intriguing theme for their books.

The process is integrated into classroom instruction with a strong emphasis on the study of picture books. Under the supervision of a teacher or librarian, the students create engaging text and illustrations using a range of media. Expressive writing and artwork are strongly encouraged.

For a complete list of citywide and borough winners, visit 2015 Bookmaking Competition Winners at the Ezra Jack Keats Foundation website, www.ezra-jack-keats.org.

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TIPS FOR FEEDING KIDS

JENNY GENSTERBLUM

How to eat healthy during the summer

Summertime is a great time for kids (and adults!) to get outside and enjoy the weather. Summertime is also a time of inconsistent schedules, and, on top of that, lots of celebrating with food. Barbecues, pool parties, beach visits, picnics, and camping trips bring challenges to keeping up healthy eating habits.

Luckily, summertime also brings an abundance of fresh fruits and vegetables to our local farmers' markets. With a little planning, eating well and healthfully this summer can be a reality.

Visit local farmers' markets

Make it a family event! Finicky eaters often are more willing to try something or eat something if they pick it out themselves.

On top of that, the farmers' market carries healthy food choices and fewer packaged and processed items, which can often catch the eye of a young shopper at the grocery store.

Fill your plates with fruits and vegetables

The abundance of fresh and ripe



produce available during the summer makes eating fruits and vegetables so much easier.

Try filling plates at dinner half-full with fruits and vegetables first, then smaller portions of proteins and grains.

Healthy cooking ideas:

- Try grilling skewers of your favorite vegetables for a colorful side dish.

- Craving something sweet? Cut a ripe peach in half and remove the pit, brush with oil, and grill cut-side down for a few minutes. Remove from the grill and fill with sorbet or

frozen yogurt for a quick and easy dessert.

- Use fresh herbs like basil, mint, cilantro, or tarragon instead of salt to add flavor to foods.

- Lighten up any recipe by substituting olive oil, yogurt, or lemon or lime juice for creamy sauces and dressings. For example, swap out the mayonnaise in potato salad with olive oil, lemon juice, and chives, or use yogurt and tarragon instead of mayonnaise in your next chicken salad.

Jenny Gensterblum is the executive chef at the Léman Manhattan Preparatory School.

Roasted asparagus with lemon chive vinaigrette

Serves 4

INGREDIENTS:

1 lb asparagus, rinsed and trimmed of woody ends
1/2 tbsp olive oil
Salt and pepper to taste

FOR THE VINAIGRETTE:

Zest of one lemon
1 tbsp fresh lemon juice
1 tbsp minced chives
1/2 tsp Dijon mustard
Pinch red pepper flakes (optional)
2 tbsp olive oil
Salt and pepper to taste

DIRECTIONS: Preheat the grill or the oven to 400°F. On a plate, drizzle 1/2 tablespoon olive oil over asparagus and toss to coat. Season with salt

and pepper. If grilling, cook asparagus for 2-3 minutes total, turning over once. Remove from grill to serving platter. If using the oven, spread asparagus in a single layer on a sheet tray. Roast until tender, about 10 minutes. Place on serving platter.

To make the vinaigrette, whisk together zest, lemon juice, chives, Dijon mustard, and red pepper flakes. While whisking, slowly drizzle in 2 tablespoons of olive oil. Season to taste with salt and pepper. Drizzle asparagus with vinaigrette and serve.

Roasted potato salad with sherry shallot dressing

Serves 4

INGREDIENTS:

1 lb fingerling or other small potato, cut into quarters lengthwise
1 tbsp olive oil
1 tbsp minced garlic
Salt and pepper to taste

FOR THE DRESSING:

1 tbsp sherry vinegar
1 tbsp minced shallot
1 tbsp Dijon mustard
1 tbsp olive oil
Salt and pepper to taste
1 tbsp chopped fresh chives

DIRECTIONS: Preheat the oven to 400°F. Combine potatoes, 1 tablespoon olive oil, minced garlic, salt, and pepper in a bowl. Toss to coat. Spread potatoes on a sheet pan in a single layer. Roast for 15 minutes, turn potatoes, and roast for an additional 10-15 minutes until browned and tender. Cool slightly.

In a small bowl, whisk together vinegar, shallot, and mustard. Continue whisking and drizzle in 1 tablespoon olive oil. Season with salt and pepper. While the potatoes are still warm, toss to coat with dressing. Garnish with chives and serve warm or room temperature.

Got your backpack

Operation
Backpack
helps a child
in need face
school with
a smile

BY SHAVANA ABRUZZO

Kids love buying new pens, pencils, notebooks, binders, book bags and other cool supplies that make a new school year fun, but the prospect may not be as thrilling for a homeless child.

There is hope, thanks to Operation Backpack. The annual campaign of Volunteers of America-Greater New York delivered a record-breaking 18,400 brand-new knapsacks filled with grade-specific supplies to children in more than 150 shelters across the city last year.

The book bags give children the supplies they need to do their work, and allow them to go to school with more hope and confidence, looking and feeling more like their housed classmates and less like children in need, said the program's founder.

"The average cost of a filled backpack is \$81, an expense few families in homeless shelters can afford," said Rachel Weinstein.

"Receiving a filled backpack relieves parents of a financial burden and provides a sense of normalcy to the otherwise chaotic lives of their children."

You and your family can seize a golden opportunity to instill community service in your children while defraying costs for families in need by dropping off new backpacks and supplies at select Duane Reades and Walgreens stores, from July 13 to Aug. 7.

"You can make the difference between a child being excited to go to school and not wanting to go at all," Weinstein said.

Make it a family project with dividends, added Operation Backpack spokeswoman Paige Davis, host of TLC's "Trading Spaces" and OWN's "Home Made Simple."



"You go to the store, select the perfect backpack, fill it with the supplies on the list V.O.A. provides, and you know that a child will open it," she said. "A child who rarely gets anything new, that's not a hand-me-down."

A humble backpack can amount to a badge of honor for underprivileged children and help them start the school year prepared and confident in the knowledge that their education is important and that someone

believes in them.

It can be also be a fun and fulfilling summer activity for your whole family, the rewards of which will remain in a class of their own for years to come.

Visit www.operationbackpacknyc.org/for details of participating stores and a printable list of grade-specific supplies. Visit www.operationbackpacknyc.org to make a donation.



HEALTHY LIVING

DANIELLE SULLIVAN

Sunscreen allergy is burning patients

With summer in full swing, a common staple of every family's beach bag is sunscreen. As long as you have that, you'll be protected from the sun's harmful rays, right? Unfortunately, it's not that simple. If you have a sunscreen allergy, slapping the white, gooey cream on your bare skin might just cause you more harm than good.

"Just the smell of sunscreen makes me feel queasy," says 34-year-old Suzanne Freeman, a Brooklyn Heights mother of a 2 year old. "About five years ago, I became itchy while out in the sun, so I rubbed some sunscreen on me, and then broke out in a horrendous rash, which felt more like an itchy burn, on my face and arms.

My cheeks and chin were bright, shiny red and they felt like they were on fire but also stung by a hundred bees at the same time. My eyes even swelled up." At the doctor, Suzanne was given a cortisone shot, an anti-itch cream, and was told it was an allergy.

Dr. Clifford Bassett, assistant clinical professor of medicine at NYU Langone Medical Center, says that the allergic response to sunscreens is on the rise.

"We are seeing more sunscreen reactions as consumers are more concerned about sun damage and skin cancer. Thus more sunscreen products are available with a wider variety of SPFs than ever before."

The most common symptoms are skin rash, swelling, hives, and blistering. The rash can take a day or so to develop. Chelsea resident Elizabeth Norton says her rash doesn't come on until the nighttime, if she comes into contact with sunscreen in the day.

"But once it does, I know I will have a week of torture. It's the only way I can describe it. My skin becomes intensely red and itchy, and then blisters and gets hard, essentially dying off and peeling. I have to tell all family members not to touch



or especially kiss me. Sometimes people will forget that they applied sunscreen in the morning and kiss me 'hello,' and the entire cheek that they kissed will be affected for up to two weeks."

The first step is identifying exactly what is causing the rash, which has to be done with a doctor who has experience in treating sunscreen allergies. The majority of people are allergic to a specific ingredient in the sunscreen, which varies from patient to patient. Some people become mildly itchy just from the sun itself and others get a rash when the sun mixes with the chemical in the sunscreen. Less commonly, a facial rash can be associated with an underlying autoimmune disease.

Dr. Jennifer Stein, assistant professor at the Ronald O. Perleman Department of Dermatology at NYU,

advises patients to do a spot check, "to test if your sunscreen is causing an allergy, apply a small amount to the inside of your arm and watch for a reaction."

While there are certain sunscreens that people with sunscreen allergies can use without side effects, it is a slow process of eliminating various chemical compounds to identify which ones react with your skin. The most effective prevention may, in fact, be common sense: wear a hat to protect your face, long sleeves and pants in the direct sun, and avoid the sun during peak times.

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

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Crying over shipped milk

Moms advocate for safe, affordable breast-milk-sharing options

BY MALIA JACOBSON

When Kendall Chase of Shoreline, Wash. gave birth last June, she planned to breast-feed, but two weeks in, her son Parker was losing weight and milk supply appeared to be faltering. When her pediatrician suggested supplementing with donor milk — breast milk from another lactating mother — as an alternative to formula, Kendall and her husband Craig were receptive.

With support from Parker's doctor, they found a healthy local donor right away and picked up the first milk donation that very night. Within two days, they were in contact with a long-term milk donor.

Kendall did what she thought was best for Parker, and she took precautions, selecting healthy donors that her pediatrician knew and trusted. But according to the American Academy of Pediatrics, this type of informal milk sharing — milk shared mom-to-mom instead of through a milk bank — puts babies at risk.

The Academy and Food and Drug Administration both discourage mom-to-mom milk sharing, and a recent study published in *Pediatrics* [i] found

high levels of staphylococcus bacteria and a few instances of salmonella in samples of breast milk sold online.

At press time, New Jersey legislators are due to vote on a bill [ii] that would create a campaign to “warn parents about the dangers of casual milk sharing.”

Human milk is ‘liquid gold’

Human milk is widely acknowledged as the safest, best food, and an immune-booster for infants, offering protection against a host of diseases and conditions, from bacterial infections and respiratory illness to diabetes and obesity [iii]. When a mom can't produce enough milk on her own, the Academy's 2012 policy statement, “Breast-feeding and the Use of Human Milk [iv],” recommends only pasteurized donor milk (generally, milk obtained from a milk bank that's been treated with heat to kill any pathogens) to fill the void.

But many parents can't get the pasteurized donor milk available from reputable non-profit milk banks like Northwest Mother's Milk Bank in Portland [v], because it's reserved mainly for premature or vulnerable infants and available by prescription

only. And banked milk is spendy: a \$3- to \$4-per-ounce price tag puts this “liquid gold” out of reach for many families, since an infant can drink 30 to 40 ounces of milk per day.

The highly restricted market for banked milk forces parents to look elsewhere, and the world of e-commerce is eager to fill the burgeoning demand. A number of websites enable parents in need of milk to browse through classified ads and purchase breast milk for as low as a dollar per ounce.

This type of anonymous transaction — buyers and sellers don't know each other and milk is often shipped long-distance — is the kind of sharing critiqued by *Pediatrics*.

With good reason, says breast-feeding expert Dr. Isabella Knox, associate professor of pediatrics at University of Washington Medical Center. This type of sharing does pose risks to the baby receiving the donated milk.

The risks go beyond the bacterial contamination referenced in the *Pediatrics* study. The study's results weren't surprising, says Knox, because the type of milk studied — unrefrigerated, unpasteurized milk shipped long distance — starts to break down quickly.

“Rotted human milk is dangerous in the short run, with the chance of introducing a serious infection, not to mention the deteriorated nutrients, such as rancid fat,” she says. (Unpasteurized, refrigerated breast milk can remain fresh for 96 hours, but like any milk, it deteriorates quickly when at room temperature.)

Certain viral infections like hepatitis B, HIV, and cytomegalovirus are also passed into breast milk, says Knox. And there's the question of the milk's true source.

“When milk is purchased, who says it's breast milk?” says leading breast-feeding researcher Dr. Jack Newman, a Toronto pediatrician and author of “The Ultimate Breast-feeding Book of Answers.”

Safe sharing is a worthy goal

Despite these risks, donated milk is still superior to infant formula, says Knox, which makes safer milk sharing a worthy goal.

Human milk contains minimal proteins from other species (for example, cow's milk protein) that could potentially cause allergies in an infant, she says, and many substances in human milk are uniquely suited to protecting the infant from infections. A great example: oligosaccharides [vi], com-

Safely preparing and storing expressed breast milk

(From *Centers for Disease Control, American Academy of Pediatrics*)

- Be sure to wash your hands before expressing or handling breast milk.

- When collecting milk, be sure to store it in clean containers, such as screw cap bottles, hard plastic cups with tight caps, or heavy-duty bags that fit directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.

- If delivering breast milk to a child care provider, clearly label the container with the child's name and date.

- Clearly label the milk with the date it was expressed to facilitate using the oldest milk first.

- Do not add fresh milk to already frozen milk within a storage container. It is best not to mix the two.

- Do not save milk from a used bottle for use at another feeding.

Safely thawing breast milk

- As time permits, thaw frozen

breast milk by transferring it to the refrigerator for thawing or by swirling it in a bowl of warm water.

- Avoid using a microwave oven to thaw or heat bottles of breast milk.

- Microwave ovens do not heat liquids evenly. Uneven heating could easily scald a baby or damage the milk.

- Bottles may explode if left in the microwave too long.

- Excess heat can destroy the nutrient quality of the expressed milk.

- Do not re-freeze breast milk once it has been thawed.



plex carbohydrates in breast milk that block the attachment of bacteria to the intestinal wall.

When it's stored and transported properly, donated breast milk isn't all that different from a mother's own milk, says Newman.

"It may lose some of the antibodies and probably all of the white cells [in storage], but it's essentially the same as the milk a mother expresses and stores for her own baby." And, he notes, formula contains no infection-fighting white cells at all.

And according to the Human Milk Banking Association of North

America, there has never been a documented case of death or even disease transmission resulting from donated milk [vii].

Withdraw from a bank — or a friend

Safer milk sharing is possible, says Newman, as long as parents follow a few guidelines. First and foremost, parents should never buy milk from an individual. (Not-for-profit milk banks are the exception to the no-buying rule, he says.)

"As soon as commerce enters the equation, you can't be sure what

safer milk sharing.

"When you take money out of the transaction, it boils down to pure goodness," says Lantz. Moms who share this way are motivated to take care of themselves and their milk, because they're in it for the right reasons: seeing another baby flourish because of their efforts.

There's a world of difference between anonymous internet selling and face-to-face sharing, says milk donor Allyson Madere, a Shoreline, Wash. mom of two young daughters.

"Establishing a relationship with someone and donating your milk directly to them is very different than buying it anonymously and receiving, days later, defrosted and full of bacteria," says Madere.

Seattle mom of two Courtney Vowels, who has donated milk to a few friends, says milk-for-sale isn't as trustworthy as donated milk.

"I'd be more likely to trust freely donated milk than milk someone had been paid for."

you're getting," he says.

If pasteurized, banked milk is unavailable, friend-to-friend sharing is safer than milk purchased from strangers online, says Newman. (In fact, formula would be preferable to purchasing milk long-distance from strangers, he says.)

"Parents should meet the donor and get information about her and her baby," he says. "If the donor is healthy and her baby is healthy, it's likely her milk is safe."

Online communities Eats on Feets and Human Milk for Human Babies (both have websites and Facebook pages) connect parents in need of milk to moms with milk to spare, nearly always in their local area. Megan Lantz of Redmond, Wash., mom to a toddler, has donated thousands of ounces, free of charge to a handful of moms she met through these groups. She now helps administer the Human Milk for Human Babies Facebook page.

According to Newman, Lantz, and others, "free" is a key aspect of

Other safety precautions for milk recipients: ensuring that donors sterilize pump equipment after each pumping session, and making sure that milk is transported and stored safely (see sidebar).

"It would be useful if the donor had a blood test for HIV and other viruses such as hepatitis B," says Newman.

Some parents using donated breast milk screen for medications that pass into milk. Colleen Young of Tacoma, Wash., uses milk from five different donors for 8-month-old Nico, and discontinued one donor relationship because the mom used antidepressants.

Parents who want more assurance about milk safety can pasteurize milk at home, says Newman. The World Health Organization recommends killing potentially harmful pathogens in expressed milk by flash-heating, a low-tech form of home pasteurization in which milk is heated to above 160 degrees, though some milk sharing moms don't perform this step, because it can adversely affect breast milk quality.

Milk donor Shannon Kshywonis of Dupont, Wash., has shared milk with a handful of local moms. She takes safety precautions like frequent hand washing and cleaning pump parts, but she skips the flash-heating (although a recipient could perform this step if desired), in order to protect the integrity of the milk she donates.

"Pasteurization would destroy many of the benefits derived from breast milk," she says.

Normalizing sharing

Colleen Young would like to see milk sharing become more widely accepted, and for more parents to know about this option.

"One of my donors likened milk sharing to blood banking; we'd never create synthetic blood, and most people don't think using donated blood is odd. Breast milk is the same concept. There is no substitute."

Kendall Chase agrees. Donated milk helped her son grow and thrive while she worked on building her own milk supply; at eight months, Parker now drinks just a few ounces of donated milk per day.

"Our donors will always have a very special place in our lives. They helped my son grow strong."

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

Resources

[i] <http://pediatrics.aappublications.org/content/early/2013/10/16/peds.2013-1687.abstract>

[ii] <http://legiscan.com/NJ/bill/A3702/2012>

[iii] <http://www2.aap.org/breast-feeding/policyOnBreast-feedingAndUseOfHumanMilk.html>

[iv] <http://pediatrics.aappublications.org/content/129/3/e827.full#content-block>

[v] <https://www.hmbana.org>

[vi] <http://www.ncbi.nlm.nih.gov/pubmed/22350049>

[vii] <http://www.fda.gov/downloads/AdvisoryCommittees/CommitteesMeetingMaterials/PediatricAdvisoryCommittee/UCM235619.pdf>

Calendar

JULY



Fundacion Nao Victoria

Swash your buckle!

Ahoy and come on board the El Galeon from July 4 to July 12 at Pier 15 at the South Street Seaport.

This magnificent 16th-century Spanish galleon is docked for a week-long visit. Come aboard and tour from the main deck to the crew's deck and learn all about the

life of swashbuckling buccaneers.

El Galeon tours are daily from July 4 to July 12, from 9 am to 5 pm. Tickets are \$15 per person or \$45 family package.

Pier 15 (South Street Seaport Esplanade; www.hornblower.ticketmob.com/event.cfm?id=99764)

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!

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. at Lenox Terrace Place; (718) 228-1515 X 169; kortiz@catholicguardian.org; www.catholicguardian.org; 5:30pm – 7:00pm; 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.

WED, JULY 1

IN MANHATTAN

Voyage of L'Hermione: Pier 15, South Street Seaport Esplanade; hermione2015.com/voyage2015/new-york; 9 am – 4 pm; visit website.

Tour the 18th-century tall ship.

THURS, JULY 2

IN MANHATTAN

Voyage of L'Hermione: 9 am – 4 pm. Pier 15. See Wednesday, July 1.

Moona Luna: Pier 1 - Riverside Park South, W. 70th Street and Riverside Blvd.; 311; www.nycgovparks.org; 10:30 AM TO 11:30 am; Free.

Children aged 7 and younger enjoy this bilingual kindie group.

"Tales of Brier Rabbit": South Plaza - Union Square Park, 14th Street and University Place; www.nycgovparks.org; 11 am – noon; Free.

The Swedish Cottage Marionette Theatre presents this children's



Play Streets is back!

Play Streets is back for the summer.

For more than 100 years the Police Athletic League has provided safe places to play and learn through its Summer Play Streets Program.

Youngsters play traditional sidewalk games including double Dutch jump rope, hopscotch, nok hockey, and basketball, plus develop their creativity through the arts, and learn from a wide range of educational, recreational, and cultural arts specialists.

The program provides children a safe, supervised place to enjoy outdoor summer activities.

All playstreets are open Mon-

day through Friday, from 9 am to 5 pm, July 6 through Aug. 21 and are free.

109th Street between Park and Madison avenues in Harlem.

129th Street between Lenox and Seventh avenues in East Harlem.

151st Street between Amsterdam Avenue and Broadway in Harlem.

159th Street between Amsterdam Avenue and Broadway in Harlem.

Wagner Houses (2369 First Ave. in East Harlem).

Jennie Clarke Residence (183-A E. 100th St. between Third and Lexington avenues in Harlem).

Grant Houses (1315 Amsterdam Ave. in Harlem).

For additional information visit www.palnyc.org

classic.

FRI, JULY 3

IN MANHATTAN

Voyage of L'Hermione: 9 am – 4 pm. Pier 15. See Wednesday, July 1.

SAT, JULY 4

IN MANHATTAN

Voyage of L'Hermione: 9 am – 4 pm. Pier 15. See Wednesday, July 1.

Independence Day: The New-

York Historical Society-Dimenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; www.nyhistory.org; 10 am to 6 pm; Free for all under 18 years old.

Come and celebrate the nation's holiday with scavenger hunts, performances of "Revolution on the River" by the Hudson River Ramblers, and other interactive programs. Discover treasures that tell the story of the American Revolution during an all-day Independence Day Scavenger Hunt!

Stories at the Statue: Hans

Christian Andersen Statue, E. 75th Street and Terrace Drive; www.nycgovparks.org; 11 am – noon; Free.

Celebrate the Fourth of July with a special storytelling of Hans Christian Andersen tales, including "The Pumpkin Rider," "Iktomi Saves the People," and "The Empress of Fairies." The stories are read rain or shine.

Macy's Fourth of July Fireworks: South Street Seaport, Fulton and Water streets; 9 pm; Free.

The Seaport district will be a viewing location for the annual firework display.

SUN, JULY 5

IN MANHATTAN

Story Laurie: The Great Hill, W. 107th St. West Drive; (646) 208-411; Noon-1:30 pm; Free.

Groove on the grassy hill as Story Laurie weaves a wondrous tale with songs.

Family Day: Central Park – Rumsey Playground, E. 69th St. and East Drive; www.cityparksfoundation.org; 3 pm; Free.

Performances by Shine and the Moonbeams with the Noel Pointer Foundation Youth Orchestra, The Red Trouser Show, Batoto Yetu, Ziporah Roney and Collaborative Artists.

MON, JULY 6

IN MANHATTAN

Happy Birthday Frida Kahlo: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 10 am-4 pm; \$12 (Free for children under 1).

Children celebrate the famed Mexican artist by expressing their artistic abilities with mixed media.

"Tales of Brier Rabbit": Thomas Jefferson Rec Pool area, 2180 First Ave. at E. 112th Street; (212) 860-1372; www.nycgovparks.org; 11 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit who is always getting into trouble.

Drop-In Art Workshop: The Jewish Museum, 1109 Fifth Ave. at 92nd St.; (212) 423-3200; thejewishmuseum.org; 1 pm to 4 pm; Free with museum admission.

Children, ages 3 and up, paint, draw, sculpt, or craft a work of art inspired by exhibitions on view. Proj-

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Calendar

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

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ects explore new themes each week.

TUES, JULY 7

IN MANHATTAN

Project Art: East Harlem Public Library, 224 E. 125th St. and Third Avenue; (212) 534-5050; www.nypl.org; 3 pm to 5 pm; Free.

Children are given the opportunity to discover their creative potential in the arts.

Project Art: Countee Cullen Public Library, 104 W. 136th St. and Malcolm X Boulevard; (212) 491-2070; www.nypl.org; 3 pm to 5 pm; Free.

Children are given the opportunity to discover their creative potential in the arts.

WED, JULY 8

IN MANHATTAN

Gizmo Guys: Seward Park, E. Broadway and Essex St.; www.cityparksfoundation.org; 10:30 am; Free.

Juggling, music, and fun.

THURS, JULY 9

IN MANHATTAN

ArtFarm animals: South Plaza – Union Square Park, E. 14th St. and Union Square; www.nycgovparks.org; 9:30 am – 10 am; Free.

Children have an opportunity to meet and learn about animals in an interactive way.

Happy Birthday Frida Kahlo: 10 am–4 pm. Children's Museum of the Arts. See Monday, July 6.

Gizmo Guys: Courtney Callender Playground, Fifth Ave. between W. 130th and W. 131st streets; www.cityparksfoundation.org; 10:30 am; Free.

Juggling, music, and fun.

"Arm of the Sea": Pier 1 – Riverside Park South, W. 70th Street and Riverside Blvd.; 311; www.nycgovparks.org; 10:30 – 11:30 am; Free.

Performance group for children 7 years old and younger.

FRI, JULY 10

IN MANHATTAN

Happy Birthday Frida Kahlo: 10 am–4 pm. Children's Museum of the Arts. See Monday, July 6.

SAT, JULY 11

IN MANHATTAN

Happy Birthday Frida Kahlo: 10 am–4 pm. Children's Museum of the



Declaration of fun

Hooray! It's the Fourth of July and you can come and celebrate at the New York Historical Society on July 4.

Enjoy the day at the museum and say happy birthday to America with scavenger hunts, performances of "Revolution on the River" by the Hudson River Ramblers, and other interactive programs. Discover treasures that tell the story of the American Revolution during an all-day Independence Day Scavenger Hunt, plus tunes 'n tales from the American Founding era!

The Hudson River Ramblers are back to regale families with

Arts. See Monday, July 6.

Living History: The New-York Historical Society-Dimenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; www.nyhistory.org; 11 am to 4 pm; Free with standard museum admission.

Brigades from the American Revolution will be stationed in full uniform ready to answer your questions and share their stories about life on and off the battlefield. And if you're a revolutionary history buff, don't miss the special installation: Lafayette's Return: The "Boy General," the American Revolution, and the Hermione. Free with museum admission. All ages.

the story behind Yankee Doodle, introduce the young girl who out-roded Paul Revere, and reveal why George Washington threw a tantrum on Broadway. You can also explore the History of Ice Cream and crank out ice cream from scratch, discover age-old recipes, and check out 18th-century kitchen appliances!

July Fourth at the museum, 10 am to 6 pm. Free for all children under 18 years old.

The New-York Historical Society-Dimenna Children's History Museum [170 Central Park West at 77th Street in Central Park; (212) 873-3400; www.nyhistory.org]

SUN, JULY 12

IN MANHATTAN

Happy Birthday Frida Kahlo: 10 am–4 pm. Children's Museum of the Arts. See Monday, July 6.

Living History: 11 am to 4 pm. The New-York Historical Society-Dimenna Children's History Museum. See Saturday, July 11.

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

MON, JULY 13

IN MANHATTAN

Bastille Day: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; Noon–5pm; \$12 (Free for children under 1).

Learn all about French culture and artists throughout the museum. Then visit the Fine Arts studio to create miniature models of French landmarks out of recycled materials.

Drop-In Art Workshop: 1 pm to 4 pm. The Jewish Museum. See Monday, July 6.

TUES, JULY 14

IN MANHATTAN

Family Day: The Cathedral Church of St. John the Divine, 1047 Amsterdam Ave. at W. 112th Street; (212) 316-7540; 9:30 am to 1 pm; Free.

Aqua day is on the menu with GaGa pit challenges, arts and crafts, sports, insect hunting in the gardens and more. Open to all as well as ACT parents, children and members. Hot dogs and cheese sandwiches served family style.

"Tales of Brier Rabbit": Columbus Park, Baxter St. and Mulberry St.; www.nycgovparks.org; 10:30 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit, who is always getting into trouble. Park of Summer Stage Kids festival.

Project Art: 3 pm to 5 pm. East Harlem Public Library. See Tuesday, July 7.

Project Art: 3 pm to 5 pm. Countee Cullen Public Library. See Tuesday, July 7.

WED, JULY 15

IN MANHATTAN

Mind Flip Duo: Seward Park, East Broadway and Essex Street; www.cityparksfoundation.org; 10:30 am; Free.

Acrobatics to the beat of the music.

THURS, JULY 16

IN MANHATTAN

"Tales of Brier Rabbit": Court-

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ney Callendar Park, Fifth Ave. and W. 130th Street; www.nycgovparks.org; 10:30 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit, who is always getting into trouble. Park of Summer Stage Kids festival.

SAT, JULY 18

IN MANHATTAN

Living History: 11 am to 4 pm. The New-York Historical Society-Dimenna Children's History Museum. See Saturday, July 11.

Check Us Out Dance Festival: Solar One, 2420 FDR Drive Service Road East; www.checkitdance.com; 5 pm; Free.

A celebration of female choreographers.

SUN, JULY 19

IN MANHATTAN

Living History: 11 am to 4 pm. The New-York Historical Society-Dimenna Children's History Museum. See Saturday, July 11.

MON, JULY 20

IN MANHATTAN

"Tales of Brier Rabbit": J Hood Wright Park, W. 175th St. and Haven Avenue; <http://www.nycgovparks.org>; 10:30 am – 11 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit, who is always getting into trouble. Park of Summer Stage Kids festival.

Drop-In Art Workshop: 1 pm to 4 pm. The Jewish Museum. See Monday, July 6.

TUES, JULY 21

IN MANHATTAN

Project Art: 3 pm to 5 pm. East Harlem Public Library. See Tuesday, July 7.

Project Art: 3 pm to 5 pm. Cunttee Cullen Public Library. See Tuesday, July 7.

FRI, JULY 24

IN MANHATTAN

"Tales of Brier Rabbit": St. Varten's Park, E. 35th St. and First Avenue; <http://www.nycgovparks.org>; 11 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Fol-



Slide into fun on Family Day

Celebrate the community and the family at the Cathedral Church of St. John the Divine on July 14 at Family Day.

Aqua day is on the menu with bouncy slides, a GaGa pit challenge,

arts and crafts, sports, insect hunting in the gardens and more.

Open to all as well as ACT parents, children and members. Hot dogs and cheese sandwiches served family style.

July 14 from 9:30 am to 1 pm Free. RSVP requested.

The Cathedral Church of St. John the Divine [1047 Amsterdam Ave. at W. 112th Street in Morningside Heights, (212) 316-7540]

low the tales of the feisty Brier Rabbit, who is always getting into trouble.

SAT, JULY 25

IN MANHATTAN

Living History: 11 am to 4 pm. The New-York Historical Society-Dimenna Children's History Museum. See Saturday, July 11.

SUN, JULY 26

IN MANHATTAN

Living History: 11 am to 4 pm. The New-York Historical Society-Dimenna Children's History Museum. See Saturday, July 11.

The Pinkertonian Mystery: 2 pm to 4 pm. New-York Historical Society. See Sunday, July 12.

MON, JULY 27

IN MANHATTAN

Drop-In Art Workshop: 1 pm to 4 pm. The Jewish Museum. See Monday, July 6.

TUES, JULY 28

IN MANHATTAN

Project Art: 3 pm to 5 pm. East Harlem Public Library. See Tuesday, July 7.

Project Art: 3 pm to 5 pm. Cunttee Cullen Public Library. See Tuesday, July 7.

WED, JULY 29

IN MANHATTAN

"Tales of Brier Rabbit": Seward Park, Essex St. and E. Broadway; www.nycgovparks.org; 10:30 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Fol-

low the tales of the feisty Brier Rabbit, who is always getting into trouble. Part of SummerStage Kids.

THURS, JULY 30

IN MANHATTAN

"Tales of Brier Rabbit": Riverside Park South, W. 70th St. and Riverside Boulevard; www.nycgovparks.org; 10:30 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit, who is always getting into trouble.

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

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

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time on the grassy lawn. Sing and hear stories, too.

Story time: Reading Room at Bryant Park, Sixth Ave. and W. 40th Street; (212) 768-4242; www.nycgovparks.org; Tuesdays, 10:30 am – 11:30 am, Now – Tues, Aug. 11; Free.

Tails, meowsic, and arts and crafts.

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.

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, Now – Tues, Oct. 13; 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 first come, first served.

Summer Scavenger Hunt: The New-York Historical Society-Dimenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; www.nyhistory.org; Tuesdays – Saturdays, 10 am – 6 pm, Sundays, 11 am – 5 pm, Now – Mon, Aug. 31; Free with standard museum admission.

Escape the heat this summer and go on an adventure in the great indoors! Have you ever stood next to an authentic 18th-century carriage, seen a pair of glasses worn by President Abraham Lincoln, himself, or gotten up close and personal with the wooden leg of one of America's Founding Fathers? If you said no to any of the above, then this is your chance! Search the museum for clues and see how many you can find.

Accessible Arts Initiative: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212)



Photo by Julie Larsen Maher

New Children's Zoo

It's back and better than ever — the newly renovated Children's Zoo is officially open at the Bronx Zoo and just in time for summer.

The area maintains the nostalgia from the past while creating a new experience and introduces a variety of different species, including the giant anteater, two-toed sloths, and the world's smallest deer, Pudu. Other wildlife favorites

include the American alligator, the South American coati mundi, and a domestic petting zoo.

The Children's Zoo is open daily now through October from 10 am to 5 pm. Admission is \$5 plus standard zoo entry.

The Bronx Zoo [2300 Southern Blvd. at Boston Road in University Heights, (718) 220-5103, www.bronxzoo.com].

274-0986; www.cmany.org; Mondays and Wednesdays, Noon-5 pm, Thursdays and Fridays, Noon-6 pm, Saturdays and Sundays, 10 am – 5 pm.; Free.

The museum is beginning a pilot year of the program which will enable any child with a disability and his 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.

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

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

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

Yoga: Washington Square Park, W. Seventh St. and University Place; www.nycgovparks.org; Thursdays, 10 to 11 am, Now – Fri, Aug. 21; Free.

Bring your little ons 2 to 7 years

old for a stretching session. All children must be accompanied by an adult. Mats will be provided.

Yoga stories: South Plaza in Union Square Park, University Pl. at 14th Street; www.nycgovparks.org; Thursdays, 10 am to 10:30 am, Now – Thurs, Aug. 13; Free.

KarmaKids invites children to come play yoga and experience breathing and body movement.

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.

Wildflower walk: Touchdown of the 103rd St. Footbridge, Randall's Island Park; www.nycgovparks.org; Thursdays, 11 am – noon, Now – 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.

Summer story time: Union Square South Plaza, Union Square and E. 14th Street; www.nycgovparks.org; Thursdays, 2 pm to 3 pm, Now – Thurs, Aug. 13; Free.

Each week an educator from Union Square mainstay Strand Bookstore will host a children's reading event featuring stories with a new theme each week.

Pop fit kids: Union Square South Plaza, Union Square and E. 14th Street; www.nycgovparks.org; Thursdays, 3 pm to 4 pm, Now – Thurs, Aug. 13; Free.

Children develop life-long health habits.

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.

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, Fri, July 3 – Fri, July 31; Free with museum admission.

Held in the cozy Barbara K. Lipman Children's History Library, this program introduces New York and American history to the littlest New Yorkers with age-appropriate readings and engaging hands-on activities. Ages 3 to 5 years old.

Yoga: Abby's Lawn at Ft. Tryon Park, Henry Hudson Parkway and Margaret Corbin Dr.; (212) 795-1388; www.nycgovparks.org; Sat-

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

urdays, 9 am – 9:45 am, Now – Sat, Aug. 29; Free.

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

El Galeon Tall Ship: Pier 15, South Street Seaport Esplanade; hornblower.ticketmob.com/event.cfm?id=99764; Saturday, July 4, 9 am; Sunday, July 5, 9 am; Monday, July 6, 9 am; Tuesday, July 7, 9 am; Wednesday, July 8, 9 am; Thursday, July 9, 9 am; Friday, July 10, 9 am; Saturday, July 11, 9 am; Sunday, July 12, 9 am; \$15 (\$45 family).

For one exciting week, come aboard and tour this magnificent Spanish galleon, from the upper deck to the crew's quarters, live the life of a buccaneer.

The Art Yard: Madison Square Park, Madison Ave. between E. 23rd and E. 26th streets; (212) 538-1884; Saturdays, 9 am– 12 pm, Now – Sat, Aug. 22; Free.

Learn a new skill and spark your creativity in this workshop designed for children 1 to 12 years old. Supervision required and don't be late.

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

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

"The Lion, the Witch, and the Wardrobe": St. Luke's Theatre, 308 W. 46th St. and Ninth Avenue; (212) 239-6200; www.telecharge.com; Saturdays, 11 am, Now – Tues, Sept. 1; \$35.

Adaptation from the CS Lewis classic. Suitable for children 6 years and older.

Arts Island outpost: Governors Island, Outside Building 14; Nolan Park; (212) 274-0986; <http://cmmany.org>; Saturdays and Sundays, 12 pm to 4 pm, Now – Sun, Sept. 27; Free.

The whole family will enjoy making artwork inspired by Governors Island. Participants create works with natural materials found on the island, including rocks, recyclables and more. Hosted by the Children's Museum of Art.

Macy's story time: New-York His-



Serving up tennis

Dust off those rackets and get ready for Tennis in the Parks as part of City Parks Foundation's Summer Sports program. From now to Aug. 14 the city's youngsters will get the opportunity to get tennis lessons from the pros.

The program is suitable for children 6 to 16 years old and offers lessons at all skill levels, tournaments, and leagues.

All classes are free, and registration is required online at: www.cityparksfoundation.org/2015-summer.

torical Society, 170 Central Park West at 77th Street; (212) 873-3400; ny-history.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.

From Home to Home: Children's Galleries for Jewish Culture, 515 W. 20th St. between 10th and 11th avenues; (212) 924-4500; Sundays, 2 pm to 5 pm, Now – Tues, Sept. 1; \$3-\$4.

The exhibit studies the immigration to America and the diversity of the Jewish people. Children use hands-on tools. For children 5 years and older.

Tennis program: Inwood Hill Park, 207th St. and Seaman Avenue; www.cityparksfoundation.org/2015-summer; Mondays and Wednesdays,

Here are the Manhattan locations:

Inwood Hill Park (207th Street and Seaman Avenue), Mondays and Wednesdays, 9 am – noon.

Riverside Park (Riverside Drive and W. 119th Street), Mondays and Wednesdays, 9 am – noon

Central Park Tennis Center (93rd Street and West Drive), Tuesdays and Thursdays, 9 am to noon

East River Park (Montgomery Street and E. 12th Street), Tuesdays and Thursdays, 9 am – noon.

9 am – noon, Mon, July 6 – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required on line.

Tennis program: Riverside Park, Riverside Drive and W. 119th Street; www.cityparksfoundation.org/2015-summer; Mondays and Wednesdays, 9 am – noon, Mon, July 6 – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required on line.

Play Streets: 109th Street, 109th St. between Park and Madison Avenues; www.palnyc.org; Weekdays, 9 am to 5 pm, Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through

it's Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Play Streets: 129th Street, 129th St. between Lenox and Seventh avenues; www.palnyc.org; Weekdays, 9 am to 5 pm, Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through it's Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Play Streets: 151st Street, 151st St. between Amsterdam Avenue and Broadway; www.palnyc.org; Weekdays, 9 am to 5 pm, Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through it's Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Play Streets: 159th Street, 159 Street between Amsterdam Avenue and Broadway; www.palnyc.org; Weekdays, 9 am to 5 pm, Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through it's Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Play Streets: Wagner Houses, 2396 First Ave.; www.palnyc.org; Weekdays, 9 am to 5 pm, Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through it's Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Play Streets: Jennie Clarke Residence, 183-A E. 100th St. between Third and Lexington avenues; www.palnyc.org; Weekdays, 9 am to 5 pm,

Continued on page 40

Calendar

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

Continued from page 39

Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through its Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Play Streets: Grant Houses, 1315 Amsterdam Avenue; www.panyc.org; Weekdays, 9 am to 5 pm, Mon, July 6 – Fri, Aug. 21; Free with museum admission.

For more than 100 years the Police Athletic League has provided safe places to play and learn through its Summer Play Streets Program. City streets and other public areas, including playgrounds and schools, create a safe environment where youngsters play traditional sidewalk games.

Track and Field: East River Park, Montgomery St. between E. 12th Street and the FDR Drive; www.cityparksfoundation.org/2015-summer-; Mondays and Wednesdays, 9:30 am to 10:30 am and 10:30 am to noon, Mon, July 6 – Wed, Aug. 12; Free with museum admission.

Children 5 to 16 learn the basics of the sport, from hurdles and relay races, to long jump, shot put and javelin throw. Registration online required. Two sessions — 5 to 7 years old and 8 to 16 years old.

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.

Tennis in the Parks: Central Park Tennis Center, 93rd St. and West Drive; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 9 am to noon, Mon, July 6 – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Tennis program: East River Park, Montgomery St. and E. 12th Street;



Art class at libraries

The ProjectArt semester is off to an exciting start and coming to a library near you.

ProjectArt is expanding its free art classes to include more libraries. Children will be able to explore their artistic talents with amazing and talented teaching artists.

Branches include:
East Harlem Public Library

www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 9 am – noon, Mon, July 6 – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Track and Field: Thomas Jefferson Park, First Ave and 112th Street; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 9:30 am to 10:30 am and 10:30 am to noon, Mon, July 6 – Wed, Aug. 12; Free with museum admission.

Children 5 to 16 learn the basics of the sport, from hurdles and relay races, to long jump, shot put and javelin throw. Registration online required. Two sessions — 5 to 7 years old and 8 to 16 years old.

Isadora Duncan Children's dance: Dongan Lawn at Ft. Tryon Park, Sherman Ave. and Broadway; (212) 795–1388; www.nycgovparks.org;

[224 E. 125th St. and Third Avenue, (212) 534–5050] Classes on Tuesdays, 3–5 pm, from July 7 to July 28.

Countee Cullen Public Library [104 W. 136th St. and Malcolm X Boulevard, (212) 491–2070] Classes on Tuesdays, 3–5 pm, from July 7 to July 28.

All classes are free.

org; Tuesdays and Saturdays, 10 am – 11 am, Tues, July 7 – Tues, Aug. 18; Free.

Inspired by natural movements, Duncan created a style of dance filled with joyful, rhythmical movements. Children 6 to 11 enjoy moving their bodies to the beat.

Hudson River Outpost: Hudson River Park, Pier 25 at N. Moore Street; (212) 274–0986; cmany.org; Tuesdays, 1 pm to 2:30 pm, Tues, July 7 – Tues, Aug. 25; Free.

Hosted by the museum and Hudson River Park Trust, families explore the environment of the JHudson through art workshops. No registration required. Drop ins welcome. All materials provided while supplies last. Weather permitting.

"Princess Phooey": TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252–1619 X 4; www.tadatheater.com; Tuesdays – Fridays, Noon–2

pm, Saturdays, 2 pm to 4 pm, Fri, July 10 – Sat, Aug. 1; \$15–(\$25 adults).

She isn't the typical princess — she doesn't want to curtsy, or bow or be rescued by a prince. Princess Phooey would much rather be with the stable boys and chambermaids.

"The Berenstain Bears Live!": Manhattan Movement and Arts Center, 248 W. 60th St. between Tenth and West End avenues; (212) 787–1178; Saturday, July 11, 11 am; Sunday, July 12, 11 am; Saturday, July 18, 11 am; Sunday, July 19, 11 am; Saturday, July 25, 11 am; Sunday, July 26, 11 am; Saturday, Aug. 1, 11 am; \$40–\$65.00.

Adapted from the classic children's book this theatrical experience is great for parents and children.

Family Sundays: Rubin Museum of Art, 150 W. 17 Street, between Sixth and Seventh avenues; (212) 620–5000 X 344.; www.rmany.org; Sundays, 1–4 pm, Sun, July 12 – Sun, Sept. 27; \$5 for children (regular admission for adults).

Drop in and enjoy a day of activities making art and taking gallery tours. For children 3 and older. No drop in on July 5 and July 19.

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.

Children's Zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220–5103; www.bronx-zoo.com; Daily, 10 am – 5 pm; \$5 with Zoo Admission.

The newly renovated area is open and features new species, new exhibits, and a domestic petting zoo. Children of all ages enjoy learning about the giant anteaters, sloths and mini goats.

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

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New & Noteworthy

BY LISA J. CURTIS

Build suspension

While I understand the appeal of fashion dolls — and adored my own childhood Barbies from Ballerina to Western — now that I'm an aunt to five smart, sassy nieces, I want to share the concept of the new GoldieBlox Zip Line Action Figure. GoldieBlox is a girl who likes to learn how things work and to build things, and she relishes the thrill of an adventure. This 6-inch-tall doll is dressed for play in purple overalls. She doesn't have an absurdly developed body, wear makeup, or sport high heel shoes. (But she does have long, yellow brush-able hair, because there's nothing wrong with styling your doll's hair after she comes down from the zip line!)

Goldie comes with an instruction booklet, so the child (ages 4 and older) can build the doll-size zip line while learning about the engineering concepts of a pulley and suspension. The set comes with the materials needed to make the zip line, from suction cups to washers and a long cord. On a rainy day, your child can visit the digital playground BloxTown.com to watch tutorial videos, which will help little Toolbox Divas get even more creative with their spacers, elbow joints, and mini axles.

GoldieBlox and the Zip Line, \$24.99, GoldieBlox.com.



Be a snack-time hero

For a snack that's as ideal for a camp lunch as it is for a beach bag, I am grateful to New Jersey-based My Super Foods.

My mini dining critic and I recently discovered their Super Cookies, and they're as addictive for kids bearing cups of milk as moms clutching coffee. Our favorite flavors — chocolate and honey — are akin to crispy, richly flavorful animal cookies — except these are shaped like kid super heroes! My Super Cookies are also a terrific topping crumbled over a bowl of yogurt or ice cream.



My Super Foods Company's adorable packaging boasts illustrations of caped good-nutrition-crusaders which caught my son's attention. The interesting list of nourishing ingredients caught mine: acerola (a vitamin C-rich fruit), baobab (nutrient-rich Tree of Life fruit), chia seeds, quinoa, and more

are in each little cookie.

Super Cookies are also special for what they don't contain: artificial colors, preservatives, trans fats, or nuts.

My Super Cookies, \$5.29, www.amazon.com.

Friend in need

Just in time for World UFO Day — on July 2 (who knew?) — children's musician Dinosaur O'Dell will release his engaging picture book, "Zar and the Broken Spaceship."

This storybook version of O'Dell's music video of the same name — and free to view on YouTube — tells the tale of three boys who come to the aid of the three-eyed interplanetary traveler and his malfunctioning vehicle, and it is told in a way that the littlest listeners will be tempted to help out, too. Kids are encouraged to push imaginary buttons on the spaceship with their finger, their



elbow, and tongue — like sticking in your "left foot" in the "Hokey Pokey" song to help Zar get to his lunch date on Mars.

Illustrated by Santiago Germano — "Zar" includes a glossary with phrases in faux Space Aliense!

"Zar and the Broken Spaceship" by Dinosaur O'Dell, \$15.99, www.DinoODell.com.

Geography rocks

Celebrate the birthday of our great nation with the latest album from Rocknoceros — "Plymouth Rockers" — which drops on July 4. On this CD, the Washington D.C.-based trio pays homage to over a dozen states with a variety of musical genres. My favorite tracks include the ukulele-riddled, pineapple sweet "Aloha;" the sea-



chanty-esque "Mississippi River"; and the adrenaline-spurring percussion of "O-H-I-O" that virtually guarantees that your child won't forget how to spell this state. Maximum delight — and geographical enrichment — will be had by kids ages 4-10.

"Plymouth Rockers" CD by Rocknoceros, \$10, www.rocknoceros.com.

Make boredom disappear

Summer vacations bring road trips, but I worry about all of that "screen time" spent on iPods, DVDs, and iPhones in the backseat. With ThinkFun's new, perfectly portable Houdini puzzle, I feel as though I've found a toy that prevents brain drain in the car. Inventors Nicholas Cravotta and Rebecca Bleau have created a game that evokes the fascinating Vaudeville-era illusionist, Harry Houdini,

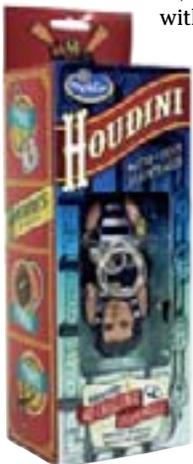
with a foot-long, artfully designed body and detachable legs, trap cage, two ropes, plastic

padlock, two rings, deck of brain teasers, and a travel bag. The goal: Get Houdini free of all the ropes without undoing the clasps.

The learning is cumulative, with kids starting with the "beginner" challenges, learning from them, and working their way through the deck to get to "expert." The best part: feeling your heart melt as Dad steps in to help his junior illusionist untangle a tricky situation.

The bag contains enough materials for the kid (ages 8 and older) to complete 40 challenges. And who knows? Maybe they'll put on a show for the grandparents! If frustration threatens to dampen the fun, there are old-timey, projection-style "solution videos" on the website.

Houdini game by ThinkFun, \$19.99, www.thinkfun.com.



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