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Family August 2015



25



26

FEATURES

- 6 10 tips to help you set fitness goals for your family**
BY SARA DIMMICK
- 8 Issues facing the older mom**
As science allows births later in life, mothers face new challenges
BY ALLISON PLITT
- 10 Too connected**
How sexting, texting, and the social media frenzy are affecting and shaping our adolescents
BY TAMMY SCILEPPI
- 25 Fight summer learning loss!**
Five things that NYC kids should pick up this season
BY DR. DEBORAH ANTOINE AND RHEA WONG
- 32 The post-baby blues**
Understanding postpartum mood disturbances
BY DENISE YEARIAN

COLUMNS

- 14 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 16 Dear Dr. Karyn**
BY DR. KARYN GORDON
- 26 Just Write Mom**
BY DANIELLE SULLIVAN
- 28 Tips for Feeding Kids**
BY JENNY GENSTERBLUM
- 30 Behavior & Beyond**
BY DR. MARCIE BEIGEL
- 34 FabuLYSS Finds**
BY LYSS STERN
- 46 Growing Up Online**
BY CAROLYN JABS

CALENDAR

36 August Events

SPECIAL SECTIONS

- 18 Fall 2015 School Guide**
- 45 The Marketplace**



14

August already?

Halfway through the summer? It can't be but it is. The weeks fly by in a way they don't when there's snow and ice on the ground. Right? Whether it's vacations away or days in the park or at the beaches, summers in the city are never long enough.



Tammy Scileppi has given us another wonderful insightful piece on the important world of social media and its affect on our adolescents. Through a fascinating interview with Dr. Melissa Robinson-Brown, they discuss the growing cultural phenomenon. Make sure to read "Too Connected."

Our issue this month presents our annual Fall School Guide. We hope you will take a good look at the many options around your borough for education opportunities. So many fine professionals throughout our communities are offering wonderful choices from daycare to high school. There's something for everyone.

In addition, this issue has an article I think is very important and is a must-read. Our resident writer

I am a part of this world too. I text, I email, I have two Facebook accounts and am no stranger to social media. However, when I end my day and am in our office building elevator, I often am the only rider not holding a smartphone and either reading or typing. When I dine out with my 20-something daughter, her phone is always present and beeping with texts coming in and mine is stored

in my purse where it largely stays. Even when I'm at my desk, that's where my phone is stored. It doesn't follow me everywhere and when I get home, I seldom am aware of its presence, which is why I still have a land line, otherwise no one can reach me by phone. But I am not an adolescent and in fact, am strongly categorized as a digital immigrant. These youngsters are natives.

And don't miss reading the piece on "Older Moms" by another of our resident writers, Allison Plitt. As one of those gals myself, I am a true testament to the trend that has been developing, although I do take issue with her contention that 20 years ago it was unheard of for a woman in her 40s to be giving birth. Actually, it was just starting to be a trend and a woman over 35 having a first time pregnancy was no longer referred to as having a "change of life baby." As

women explored life, love and new careers, there was naturally often a delay in not only having children but in entering into committed relationships. Anyway, there are indeed unique issues and this is a good read.

Make sure the summer is not going by with your kids no longer reading, writing and engaging in learning activities of some kind. The loss of continuity is detrimental. Visit the libraries and read as a family. It's such a bonding pleasure.

Enjoy the final month of summer. I know I will. Thanks for reading!

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10 tips to help you set fitness goals for your family

BY SARA DIMMICK

It is a warm summer day in one of our many city parks, and a few families are gathered on the lawn doing a combination of stretching exercises, an obstacle course, and sprints. They are led by an instructor who encouragingly motivates each member of the group to do his best. This scene is becoming commonplace throughout the city, as more parents are making fitness a priority for their families and incor-

porating it into their family time.

This trend could very well be a response to the increase in childhood obesity. According to the Center for Disease Control, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

Children who are obese are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure — not to mention psycho-social issues related to obesity includ-

ing low self-esteem and feeling discriminated against. And, children and adolescents who are obese are likely to be obese as adults and are therefore at higher risk for adult health problems such as heart disease, type-2 diabetes, stroke, and several types of cancer.

Parents and caregivers play a critical role in shaping how their kids think about living healthy. Whether it's setting fitness goals, going regularly to the gym, or making smart food choices, it is impor-

Parents and caregivers play a critical role in shaping how their kids think about living healthy. Whether it is setting fitness goals, going regularly to the gym, or making smart food choices, it is important for children to see adults modeling healthy behaviors and routines.

tant for children to see adults modeling healthy behaviors and routines. With demanding work schedules and extracurricular activities, it can be a challenge to find the time for exercise and healthy meal planning.

Renee Eanes-Belgrave, a mom of six, says that although she and her husband Clyde struggle with finding time to exercise, they are trying to make it a part of their family routine, because it's something healthy that their kids enjoy.

"Family time is so important to us," says Eanes-Belgrave. "With such a range of ages in our family, exercise is a great activity that brings us all together. And, a little healthy competition amongst the kids motivates them to do what they can."

One of the most important ways to teach kids about living healthy is to show them that it is fun! Norman Turkowitz, a dad of two who has run the New York marathon more than 20 times, says he can still recall the special times he spent with his dad playing sports and exercising. Today, he tries to create similar experiences and memories for his kids.

"It's all about setting realistic goals and having fun while trying to reach them."

Dr. Cindy Baskin, internist at Weill Cornell Medical Center, agrees that kids are impressionable and need to be exposed to positive habits in order to adopt them.

"Children are far more likely to develop healthy habits if they see their parents making smart diet choices and living an active lifestyle," says Baskin. "That message is so much stronger than a doctor who tells a child to 'eat your fruits and vegetables and do daily exercise.'"

Want to kick-start a healthy routine for your family? Here are

10 tips to get you started:

1 Make workouts part of your family ritual and schedule the time on your family calendar, so everyone knows what to expect and when.

2 Allow kids to decide what your workout will be (jogging, bike riding, calisthenics, etc.).

3 Reward family members for their participation (movie, a trip to the toy or clothing store, screen time).

4 Use sprints and obstacle courses to create friendly competition. This makes workouts more exciting.

5 Rotate who in the family will lead a group workout.

6 Encourage kids to food shop with you. If they are part of the process of choosing what to stock the fridge with, they will more likely want to eat their selections.

7 For that picky eater in your household, keep introducing healthy food over and over. Remember it takes 10-plus times for a child to take to a food.

8 Leave your fruit bowl in a place where kids can easily grab an apple or a banana.

9 Stock your fridge with veggies and cover all the colors of the rainbow: red peppers, zucchini, broccoli, purple cabbage. Have kids help you prepare meals.

10 Plan active vacations that involve walking, hiking, or other sports-related activities. If a relaxing vacation is planned, try to do one active thing each day.

Sara Dimmick is a new mother and co-founder of Physical Equilibrium, which provides fitness and wellness experiences for New York City families. Her motto is "create balance and have fun!" Ask her your fitness-related questions at sara@physeq.com.

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Issues facing the older mom

As science allows births later in life, mothers face new challenges

BY ALLISON PLITT

The number of women in the United States giving birth to children after the age of 35 is rising, according to a report published in 2014 by the Center for Disease Control and Prevention.

Twenty years ago it would have been unheard of for a woman to give birth in her 40s. Thanks to advances in assisted reproductive technolo-

gies, women have more opportunities available to them to have children after 35.

Just recently the media has focused on several women, such as singer Sophie B. Hawkins, who have decided to have a baby at the age of 50. They have been able to get pregnant through technological developments with in vitro fertilizations, such as using donor eggs or unfreezing eggs or embryos women

created in their 30s, when they were more fertile.

There are many reasons for women postponing childhood. One motive could possibly be that people, in general, are living longer lives. Another factor is that women are finding fulfilling careers during their childbearing years. Some women have not yet found a partner with whom to have a child.

Lois Nachamie, a board-certified psychotherapist, counsels women having children later in life, as well as their families. Fifteen years ago, Nachamie, who was 42 when she had a baby, published a book called "So Glad We Waited: A Hand-Holding Guide for Over-35 Parents," with a forward by actress Debra Winger. Fifteen years later, 35 doesn't seem so old to wait and have a baby now that mothers are becoming pregnant at 50.

"I think by the time a woman is 50, she's made an active decision. You can't rely on your regular cycle. You have to make use of a lot of assisted

“The birth of a child to an older mother is a very treasured and cherished event. Setting limits is sometimes harder than when you have a child at a younger age.”

reproduction by the time you're 50, so these women have made a considered choice,” Nachamie says.

Nachamie also takes into consideration the rising life expectancy in the United States and other economically developed countries.

“Our life expectancy has certainly increased dramatically and the ability to combat disease and maintain a preventive kind of lifestyle means that a woman in her 50s in this day and age, if she's taking care of herself, is pretty healthy. She's not like a woman in her 50s fifty years ago,” she says.

She also says older mothers in good physical health should not be too anxious about the physical challenges of raising a toddler.

“I think people are often worried about the physical challenges, but even if you might have creaky knees when you're 60, if you're in good shape, the physical challenges aren't as horrendous as people fear.”

She advises older mothers to take precautions when parenting, telling them not to indulge to their child's every whim.

“The birth of a child to an older mother is a very treasured and cherished event. It's not a mistake by any stretch of the imagination. Because the child is so wanted in terms of parenting, it becomes a little trickier,” she cautions. “Setting limits is sometimes harder than when you have a child at a younger age because you're so happy to have this kid that you kind of don't want to say ‘no.’”

Nachamie has also seen older mothers struggle in raising toddlers.

“I think the other thing for women over 50 is that the toddler years can be trying and exhausting. Some people find it just fabulous and they think everything their kid does is spectacular. Other women are really bored and they

don't like sitting on the floor and playing games. That depends on the personality of the mother.”

Older mothers, furthermore, can find their teenage children emotionally challenging when they reach adolescence, Nachamie believes, saying “these kids may be embarrassed by their mothers when they reach their teen years. Children start to worry that their parents are going to die, which they often don't talk about, but they certainly are aware of.”

From her work counseling families, she's seen the problem technology poses to older mothers.

“If a woman is over 50, her relationship with technology, no matter how technically savvy she is right now, is still a real, hard disconnect between how much kids use technology and how much time they spend with their family. Common sense tells you that the more a kid is involved with any kind of technology, the less they're involved with another human being,” she says.

Another obstacle Nachamie considers is the possibility of older mothers becoming grandparents.

“An older mother might be a grandparent, but if your own child wants to wait until they're 40 years old to have a baby, then the mother is 90. I don't think that should stop anybody. I just don't think it's something that hits people until they are older and their child is older.”

Despite the challenges mothers 50 and older experience, Nachamie still holds their tenacity and determination in high regard.

“The 50 year old who has decided to have a child, in my opinion, is a very brave woman. I believe from a psychological point of view, when the biological urge was upon her, she had other things going on and so now, psychologically, she is allowing love into her life,” she says.

“Clearly what a child does is bring love into the home,” she adds. “It gives us someone to love unconditionally. So I think the 50 year old who has decided to do that is a very brave human being. I admire them tremendously and they have brought something to this relationship that a younger woman may have not.”

To learn more about Lois Nachamie's books and insights into parenting, visit www.loisnachamie.com.

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

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Too connected

How sexting, texting, and the social media frenzy are affecting and shaping our adolescents

BY TAMMY SCILEPPI

As millennials pass the torch to a new generation of amazing kids, and the social media frenzy reaches fever pitch, parents are getting even more frustrated with the amount of time their youngsters spend texting, and worry about the sexting epidemic they keep hearing about.

Even though they're all signs of the times, these issues may be creating an emotional fireball that could affect your child's psyche, and trigger negative repercussions down the road.

Kids these days!

Recent TV commercials are great examples of how our culture is evolving. One favorite shows a dad and his two teen daughters relaxing on their living room couch; he's sitting in the middle. The girls are texting away on their cellphones. Curious, dad asks them if they're texting each other. The girls respond yes matter-of-factly. He seems a bit baffled and is probably wondering: why can't they just talk to each other?!

Another popular commercial sends a similar message, but in this one, the parent seems to be taking her kids' texting craze in stride and has probably decided: If you can't beat 'em, join 'em. A family gathers at the breakfast table; they're anxiously waiting for their favorite waffles to pop out of the toaster. The adolescent daughter and her mom are texting back and forth in a funny, heated battle over who will be the waffle winner, as the youngest child snatches one and runs off with it. In real life, most parents probably wouldn't go for a one-on-one texting scenario at meal time. Would you?

Before the words internet, e-mail, instant messaging, chatting, texting, sexting, tweeting, likes, friending, and hashtag were coined, people (younger and older) connected with one another the old-school way: by simply talking face-to-face, or over the phone, and by writing notes and letters. Sure, it was boring and basic, and far less creative than today's plethora of communication options — and it also took a bit more time to

reach out to someone — but it seems back then, folks had more of it.

Everyone enjoyed chatting, gossiping, sharing and commiserating — offline. Friends and relatives would enjoy passing actual photos around and carried several in their wallet or purse. And it worked just fine. Many folks, who remember that era, talk about those days with a sense of longing. Some youngins refer to them as “dinosaurs.” Flirting and courting was done the old-fashioned way, as well, not by texting and sexting, of course. And it was so romantic! How can texts with smiley faces and flowery e-mails replace pillow talk (you and your true love chatting over the phone at bedtime) and hand- or type-written love letters sprayed with perfume?

In fact, until recent times, most of us were quite “innocent,” and didn't even know what sexting meant, until a certain local politician made headlines (several years back) when his salacious cellular escapades were suddenly uncovered.

Our information age

How lucky we are to live in an exciting era marked by constant change and possibilities; overflowing with newfangled technology and state-of-the-art gadgets, created by great minds! It's hard to believe we practically have the entire universe at our fingertips; that we can reach out to others in a variety of exciting ways in just milliseconds, and across cyberspace — without ever uttering a word or speaking to another human being if we so choose. Happily or sadly (depending on your perspective), there's no going back; the genie is forever out of the bottle, granting our collective, ever-increasing wish for speed, progress, and the next coolest thing in a culture that some say is marred by superficiality, ignorance, and self-destructive divisiveness.

We're witnessing so many wonderfully innovative developments, but at what cost to our kids?

One day, when we look back, we'll see that the Zeitgeist — the spirit of our times — was in large part defined by the high-tech revolution, speedy information gathering and

sharing, a growing desire for instant gratification (which we may be passing on to our kids), and an obsessive need to connect and reach out 24 hours a day, seven days a week, yet in limited and perhaps, less meaningful ways. These changes have gradually transformed how we and our kids relate to each other and others in our personal and professional lives.

Some signs are already there: Consider how difficult it is for many tweens and teens to converse with each other or with family members and peers one-on-one. And, why read articles and books when you can get quick info and news from the internet, they ask. We, as parents know that some of what's out there in cyberspace is misleading or inaccurate, but they don't quite get it. Putting pen to paper is becoming a thing of the past, as is cursive writing and learning penmanship. It's quicker and easier to send important messages or express certain emotions (OMG! LOL!), and even say “I love you” via text or email. #what a shame!

Undoubtedly, social media is a powerful, dynamic force in our lives. It's fun, entertaining, and extremely useful, but as we all know, it can also serve as a force for evil. Like the internet, and tweeting, it's a double-edged sword — and can be dangerous.

Friends and likes?

It's a known fact that less Facebook “likes” and cyber-bullying can cause kids to feel unpopular, depressed, and even suicidal. Parents and caregivers: keep reminding those kids that hundreds of social media “friends” aren't as important as having just a few real ones. And that sometimes, BFFs aren't your best friends forever; they can turn around and say mean things about you with a few cunning keystrokes and clicks. But it's our job to remind them that it's definitely not the end of the world! And that they aren't defined by that meaningless nonsense.

Every era and time period, like every person, has its own personality and spirit. We are all a product of our times in some ways — the culture we grew up in. That said,



many parents are now witnessing how their tweens and teens are being affected by the culture they live in, and would agree that the sexting craze and social media frenzy a bit scary. They're just not sure how to deal with it, since "everybody's doing it" and there's so much peer pressure. Sound familiar?

But there does seem to be a way to better grasp how this cultural phenomena can be dealt with and reined in.

Protecting them

We know that kids' personalities, values, and ideas are partly molded by their parents, but also by outside forces: cultural and societal influences that dictate how they think and act. Since adolescents and teens are so impressionable and vulnerable, it's up to parents and caregivers

to keep them as safe as possible no matter how old they are, and keep the lines of communication open — despite their protests to leave them alone. And kids should be reminded often that inappropriate texts, sexting, and questionable social media posts can end up in the wrong hands and cause havoc in their young lives. Future employers, friends, and love interests can easily look back and view all that awkward, embarrassing, unfiltered stuff posted on kids' Facebook pages when they were younger, very naïve, and caught up in the moment. And it's going to be there forever.

Since adolescent and teen brains aren't fully developed, youngsters tend to focus only on the present; they don't think much about conse-

quences, or about cause and effect — and that's a big problem!

Dr. Melissa Robinson-Brown is an assistant professor in Pediatrics and Psychiatry, co-director of Psychology Training Program, and licensed clinical psychologist at the Mount Sinai Adolescent Health Center in Manhattan. She provides individual, group, and family therapy, as well as psychological testing. The center provides medical, mental health, dental, and optical services to adolescents and young adults ages 10–24.

She lives in Edgewater, New Jersey with her family — daughters Kyah (5), Kahlia (2), and husband Antoine (a senior director and partner at an advertising agency) — but has always practiced in New York.

In this enlightening, informative interview, the mother of two helps parents and caregivers understand a growing cultural phenomena, i.e. social media, texting, and sexting. She talks about how all this stuff affects our children as they transition into real-world relationships.

Tammy Scileppi: Why has sexting become so popular?

Melissa Robinson-Brown: Puberty and adolescence have historically been a time of change and identity development. Moreover, teens experience significant distress over these two key elements. Teens are curious and hormonal. They are trying to fit in, trying to develop relationships, exploring their sexuality, and testing limits — their own and their parents'. Today's generation does a large majority of this exploration via technology and social media.

A significant majority (if not all) of adolescents have a phone or some access to the internet, and they are constantly staying in contact with peers.

Long ago, we used the phone or in-person conversations to have suggestive or flirtatious conversations with our potential or current partners. We might have talked about sex and even suggested that the person might get to "see!" Remember that old line, "You show me yours, I'll show you mine?" Well, that hasn't changed. It's just become more technologically advanced. Teens don't have to wait until they are physically with someone to "show theirs." It can be done with a quick "snap photo" and "send." It has become a part of courting and flirting. It's all done via technology.

Given that brain development is still happening during adolescence and impulsivity is high, often, teens aren't thinking about the possible repercussions of sending pictures of their bodies via text message. It's not something that previous generations had to think about, which means parents may not always be thinking about how these discussions have to happen when they hand their teen a smartphone!

TS: How can sexting trigger emotional or mental instability in adolescents and teens?

MRB: Well, again, brain develop-

Continued on following page

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ment and emotional maturity are still developing during adolescence. So, already, the foundation is a little rocky. Adolescents deal with so many different emotions already. They are constantly trying to figure out who likes them, who are their friends, what group they want to be a part of, will they be a unique individual or someone that follows the crowd? All of these factors affect socialization. When that sext gets sent, it sometimes goes to the intended person and that's where it stays. But other times, it has now become a tool for someone else to use, often to bully and degrade individuals. It's used to start rumors and label individuals a "hoe" or a "thot" (that hoe over there). Once that picture has been spread, there is little that the individual can do to deny that he or she might be portraying a certain image.

At least in previous generations, if a guy claimed to have slept with a girl or guy, it would be a case of he-said-she-said and perhaps, the rumor would eventually die. Now, there is hard evidence that something happened or at least that the said individual was willing to send the sext. Being bullied or portrayed in this way when it was not the intention of the sext instantly creates feelings of anger, sadness, helplessness, and shame. When these feelings interact with an already rocky adolescent period, this is definitely a recipe for emotional instability.

TS: In some ways, has social media become the culprit for these issues?

MRB: Social media is a significant part of today's adolescent population. These public forums set the stage for socialization, popularity contests, and bullying. It's about how many "friends" you can attain and how many "likes" you get on a post. Many times, social media makes it easier to start conversations, meet people, and become bold! Teens (and adults) say things on social media that they wouldn't normally say in person. It gives you permission to take off the filters, and I believe it also interferes with the ability to learn about appropriate social cues and in-person socialization.

Text messages, messaging on Facebook, direct messaging on Instagram, creating stories on Tumblr, sending quick messages on Snapchat, etc., it all gives teens permission to take off the filters and express themselves in a way that they might not otherwise do in person! As such, individuals are more likely to send



Psychologist Dr. Melissa Robinson-Brown (pictured with daughters Kyah and Kahlia) speaks about the dangers of sexting for teens.

the message and, unfortunately, social media can help a picture or sext spread pretty rapidly!

TS: Is mental illness awareness regarding kids improving?

MRB: Mental health awareness definitely needs to improve! This is especially true in teens that often hide symptoms or lack the awareness to know that they are having significant symptoms. A teen doesn't have to express a depressed mood for you to know that he or she is depressed. Instead, parents, caregivers, teachers, counselors, coaches, and other individuals who work with teens need constant psychoeducation on what signs to look for. Adults need to become more aware of their children's habits!

Every time I first meet with a parent of a teen that I am seeing, I praise that parent for recognizing a need to seek out professional help for a problem, no matter how big or small! That means the parents were paying attention and that's where we as parents need to gain mastery! We need to know our kids and watch their movements. Are they eating? Are they sleeping? Have they become more withdrawn? How are they doing in school? Who are they chatting with on the phone or on text message? Are they on their phone until late hours?

Just pay attention! Even when

they don't want you around, parents, caregivers, counselors, teachers, should be paying attention.

A brave, complicated, and scary new world

Growing up in our fascinating, progressive, and brave new world is great; these are exciting times for everyone, but things are changing around us at lightning speed and sometimes, for the worse. And many parents worry that their children are being shaped by what some describe as an anything-goes, no-holds-barred society, which is hyper-focused on sex, hot celebs, looks, reality TV, social media, and legalizing pot. Some are concerned with a disturbing mind-set and trend among some teens, who have a get-rich-quick-without-working-for-it attitude. How all these variables manifest in our kids' lives, remains to be seen. Only time will tell.

And there's evidence that all these distractions—the electronic devices, the endless texting and preoccupation with social media are very addictive. Let's face it, we adults can't live without our cellphones, iPads, and computers either, and feel lost and disconnected without them.

Here's a no-brainer: Now that summer's here, why not spend more quality time outdoors with your family, just having good, old-fashioned fun close to home, or exploring

Gotham and doing stuff that will stimulate your kids' minds? The idea is to get them away from all those devices! And for older teens, plan regular activities that will hone their socialization skills.

As the planet turns, it seems likely that no matter how brilliant, forward-thinking, and tech-savvy our kids become, and how fast our modern culture evolves, socializing, connecting, and sharing will always remain at the core of who we are as human beings, while we search for more ways to reach out and communicate in a complex, global world that's getting smaller.

Ironically, social media was created to bring people together, but over-dosing on social media and texting tends to pull us further apart. It would be nice if our kids truly understood this concept and learned how to better interact with others in person, or over the phone, or by writing a letter and mailing it.

Unplugging and tuning out

Everybody has the ability to tune in to what's happening out there in a flash. Or, choose to unplug and tune out for a while.

Some families are experimenting with a great "new" way of interacting, based on an old-school concept—it's called family time. During dinner, or at designated times (during the week, or on weekends), all devices are turned off and put away. Instead of focusing on their phones, kids spend quality time with their family members, talking about their day or week; issues are addressed openly and hopefully resolved. Discussing current events is optional, and joke-telling is especially encouraged, as are board games. You never know, this "radical" idea could eventually become a nation-wide trend!

Another recent commercial seems to sum up the Zeitgeist that defines our crazy culture: A family of four waits in line at the airport; they're looking forward to their island getaway vacation. While their teen daughter and adolescent son are busy on their cellphones, mom and dad happen to mention that there's no wifi where they're going, so they suggest that when they get there, the kids might want to actually talk, for a change. Shocked by this news flash and visibly shaken, the siblings briefly pause, glance at each other and consider the implications. Deciding that talking isn't such a great idea, they shake their heads no, as mom turns to dad and says, "I like it!"

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Picking safe foods at farmers markets

Shopping at a farmers' market not only offers some of the freshest fruits, veggies, and other foods, but it also offers the opportunity to buy locally, support small business, and connect with your community.

But as you explore farmers' markets in your area, pay attention to the vendors' food safety. Vendors often sell products outdoors where they are exposed to dirt, bugs, and pollutants. In addition, they usually have little access to water for product washing.

Most markets have their own food safety rules as well as related government regulations. But there are basic guidelines you should follow, too:

- Check the stands' overall cleanliness, including gloves and clean utensils, covered garbage cans, coolers for perishables, and clean bags.

- Be sure to use separate reusable grocery totes for raw meat and poultry and ready-to-eat foods. It's important to wash your reusable totes often. Unwashed grocery bags are breeding grounds for bacteria.

- Harmful food-borne pathogens like *E. coli*, salmonella, listeria, and norovirus may contaminate fruits



and vegetables. To reduce your risk: Go early for the best selections, wash fruits and vegetables thoroughly, and dry them with a clean cloth or paper towel. Avoid produce with mold, bruises, or cuts.

- Wash produce even if you plan to peel it. Bacteria on the outside of melons and bananas can be transferred

inside when you cut or peel them.

- Refrigerate cut or peeled fruits and vegetables within two hours.

- Only buy pasteurized milk products. Pregnant women, young children, and people with weakened immune systems are at higher risk for illness caused by listeria. Soft cheeses made from unpasteurized milk are one common source.

- Eggs should be properly chilled at 45-degrees Fahrenheit. Make sure eggs are clean and the shells are not cracked.

- Meat should be kept in closed coolers with ice. Perishables must be refrigerated within two hours (one hour if it's more than 90-degrees Fahrenheit), so bring an insulated bag for the way home. Separate meat from other ready-to-eat foods, so the juices from raw meat do not come in contact with other foods.

- Only buy juice or cider that has been pasteurized.

- To locate a farmers' market near you, go to www.localharvest.org.

Christine Palumbo is a Naperville-registered dietitian nutritionist. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Raspberry-blackberry Greek yogurt ice pops

Makes 6 to 8 (depending on the size of the mold)

INGREDIENTS:

2 cups fresh (or frozen and thawed) blackberries or raspberries

1/4 cup powdered sugar

16 ounces honey-flavored Greek-style yogurt

DIRECTIONS: Combine berries with powdered sugar in a blender or food processor, pulse until smooth to make purée. Spoon half the yogurt into a bowl and stir in 2 tbsp. of purée so it is stained pink. Spoon into ice pop molds, add the rest of the purée, then the rest of the yogurt. Push in ice pop sticks and freeze until solid.

NUTRITION FACTS: 90 calories, 16 g carbohydrate (14 g sugar), 6 g protein, 0 g fat, 25 mg sodium, 136 mg potassium, 2 g fiber

Adapted from the Oregon Raspberry and Blackberry Commission.





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DEAR
DR. KARYN
DR. KARYN GORDON

Five tips to reduce performance anxiety

Dear Dr. Karyn,

My daughter is 26 years old and although she is an adult, she still lives at home with us and suffers a lot of performance anxiety at her new job. Growing up she was an overachiever — always struggling to be at the top of her class and sport teams, and now I see this in her professional life. The irony is that all my friends think I have this dream child, but really I am deeply concerned for how much pressure she puts on herself and her overall happiness. She seems miserable and very unhappy. Any suggestions would be helpful!

You may be surprised how many people actually experience anxiety or performance anxiety. In fact, years ago when I was speaking at a human resources conference in Ottawa, I shared that we are seeing epidemic rates of anxiety among those from Generation Y (those born generally between early 1980s and early 2000s), and I was approached by a millennial immediately after my presentation. She thanked me for helping her better understand herself and admitted that the week prior she had been out for dinner with several of her Gen Y colleagues, and learned that she was the only one not on anti-anxiety medication. She was concerned that employers needed to hear more about this, because it is such a prevalent part of the millennial experience, and that more sick days should be made available to employees who struggle with anxiety.

Regardless of what you think of her suggestion I will tell you that it's easy to criticize and point fingers at this generation until you start to understand why they are this way! I strongly believe that the root of this anxiety epidemic is that we have not done a great job at helping and teaching these next two generations, Y and Z, to learn how to cope with adversity, failure, and rejection. Anxiety is one of the most common topics we work with at our counsel-



ing center and we consistently see outstanding results; we have found the first and most important step is to simply understand it. I trust you will find these five tips helpful!

Understand anxiety

Many people think anxiety is bad or wrong, which is simply not true! Part of managing emotions is understanding them. The truth is we have hundreds of emotions (some experts say up to 3,000) and anxiety is simply one of them. Feelings are not good or bad — just pleasant or unpleasant. I often say anxiety is our “friend” not our enemy — it's simply trying to tell us something and we need to stop and pay attention!

Thoughts drive emotions — so when someone is feeling anxious it's usually because of a toxic thought

that is underlying it (ex. what if I don't pass this test?; what if I don't get this promotion?; what if I don't get into this university?) The feeling is not the problem — it's the thought! Anxiety tends to be driven by thoughts related to the future and “what if's.”

Understand the performance anxiety ‘lie’

Performance anxiety is a more specific type of anxiety in that it is connected directly to performance (school, sports or work). I see this a lot when I work with high-performing students, athletes, professionals and entrepreneurs. The irony is that on the outside, these people (usually over-achievers) appear great! They are often the top of their class,

receiving the highest professional awards or getting the latest promotions.

And I want to emphasize that there is nothing wrong or unhealthy about achieving, but the challenge arises when these high-performers start to attach their self-worth to what they do — that's the real problem! Their thinking is "I'm okay if I achieve," so they often struggle with issues of confidence and perfection. In fact, I often say that anxiety, low self-esteem, and perfection are three best friends who often hang out — they are all separate issues that are very interconnected.

Focus on what you can control

The secret to changing how we feel (we can't do it directly) is to change how we think. Our minds are extremely powerful, and the great thing is that we can control the thoughts we are telling ourselves! If we feed ourselves toxic thoughts, we will feel terrible! If we feed ourselves healthy thoughts, we will feel confident, happy, and peaceful.

When I speak at schools and organizations or work with individuals, I emphasize that we need to change the thinking from "I'm okay if ____" to "I'm okay as I am! Yes, I may like to work on ____, but my self-worth is not based on my achievements."

When we have the courage to change the things within our control (and have a plan to do so), we will start to feel our anxiety decrease.

Re-define failure

Part of healthy thinking is re-defining failure or negative feedback. I once heard someone say that when he fails he simply studies the failure as data. He doesn't personalize it, it's simply information for him to study and learn from so he can improve. This type of thinking is extremely healthy!

When I started speaking professionally many years ago, I decided it was imperative to always (and I mean always) get feedback sheets from my audience. This can be a little risky, because feedback includes both the positive and the negatives! At first when I started asking for this feedback, I will admit that I often took the negative feedback personally, but I quickly realized I needed to stop doing this. People were simply comment-

ing on my speaking ability, not my character or who I am.

I had to make sure my self-worth was not connected to whether or not I was a good speaker. Speaking was simply a job I was doing and I needed to be able to study the data so I could improve, not obsess over whether people liked me!

Accept what you cannot control

When I think about the high-performing individuals I've worked with regarding their anxiety, the common thread is that they are living their life opposite to what I suggest for tips four and five. They are focusing on what they can't control, which will drive their anxiety through the roof. We cannot control whether people like us, whether we get the job promotion, or anything else that is in the future.

But we can control today — how we think and what we do! We can control whether we are telling ourselves healthy thoughts, detaching our self-worth from our performance, trying our absolute best, or surrounding ourselves with those we can learn from and simply learning from our "failures." These are the strategies that will not only minimize anxiety, but also lead to greater success!

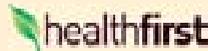
Many of my anxious high-performing clients have admitted to me that they were afraid to let go of their unrealistic, unhealthy, unloving thinking that their self-worth is based on their achievement. They were afraid that if they didn't think this way their performance and drive would decrease (even though they would likely be happier). Can a person change her thinking? Absolutely!! We've helped thousands of clients radically reduce their anxiety and increase their confidence! What surprises most of them is that not only are they much happier, but they also often achieve more because they are more fearless and courageous with taking risks. What a great side-effect of eliminating anxiety!

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

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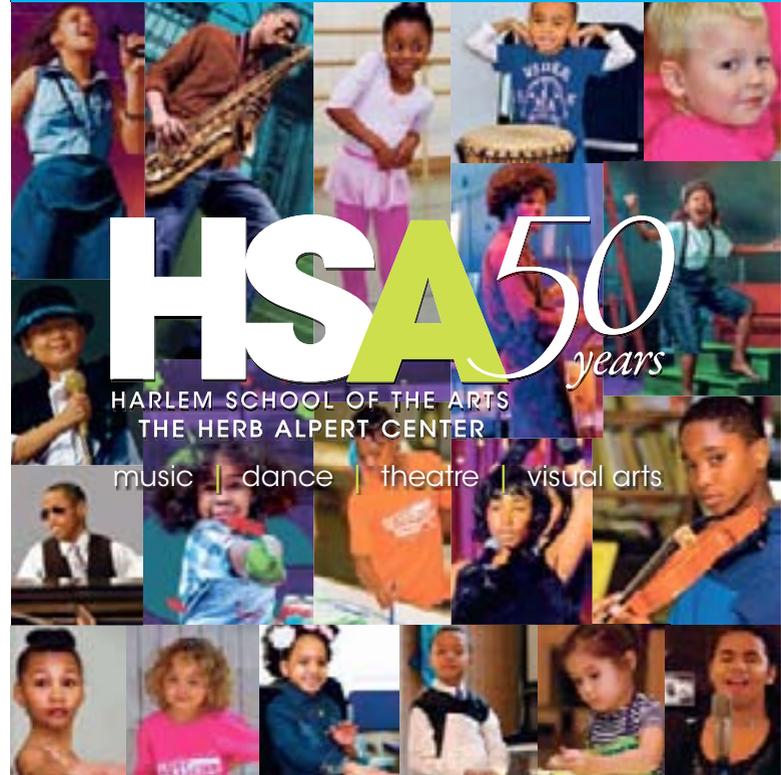


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ACT Preschool at the Cathedral Church of St. John the Divine

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10025, 212-316-7530 or [www.
actprograms.org](http://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.

Battery Park Montessori

21 South End Avenue, NYC 10280
212-235-2320 or [www.bmpreschool.
com](http://www.bmpreschool.com)

At Battery Park Montessori we encourage independent, thoughtful learners to interact with nature respectfully. Children experience Land Air Water presentations outside in the sun, next to the Hudson River.

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212-481-2700 or www.bis-ny.org

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Harlem Hebrew Language Academy Charter School

147 St. Nicholas Avenue
212-866-4608 or [www.
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Harlem Hebrew Language Academy Charter School is a free public charter school in Manhattan's CSD 3 that provides students with the foundation to successfully pursue advanced studies and achieve continued personal growth as global citizens. We have 2-3 teachers in each class. We offer a nurturing, rigorous curriculum featuring intensive instruction in Modern Hebrew language. Our model includes Teachers College Readers/Writers Workshop designed to meet the needs of all learners. Our diverse student body develops social/civic responsibility through service learning. Our social studies curriculum explores Israeli history and culture and Harlem's history as a focal point of migration and immigration. Like all public schools we are non-sectarian and do not teach religion. All are welcome!

**Henry Street Settlement
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253-1595 or www.henrystreet.org

Continued on page 20

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Fall 2015 School Guide

DIRECTORY

Continued from page 18

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The Ideal School

314 W. 91st Street, 212-769-1699 or www.theidealschool.org

The IDEAL School & Academy is New York City's only independent inclusion school. Located on the Upper West Side of Manhattan, the school's K-12 program seeks to create a diverse community that affirms and accepts the full identities of all the people, while inspiring academic excellence, creative leadership, and a desire to build a more just and equitable world. IDEAL's commitment to neurodiversity and inclusion education means all students – gifted and talented, typically developing, and students with learning differences – receive an individualized school experience that holds them to high academic standards, while providing the challenge and support necessary for success. The school had two divisions: The IDEAL School (K-5) and IDEAL Academy (6-12). IDEAL Academy is a candidate to become an International Baccalaureate school.

Incarnation School

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

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505 E 75th St, NYC 10021
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The LFNY offers a rigorous education, following the curriculum of the French Ministry of Education with rich extracurricular activities, including music, art, drama, and athletics. It is accredited by the French Ministry of Education, as well as the New York State Association of Independent Schools. As such, the LFNY is able to offer students the full benefit of a traditional French education with the opportunities and possibilities available in the best American independent schools.

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Continued on page 22



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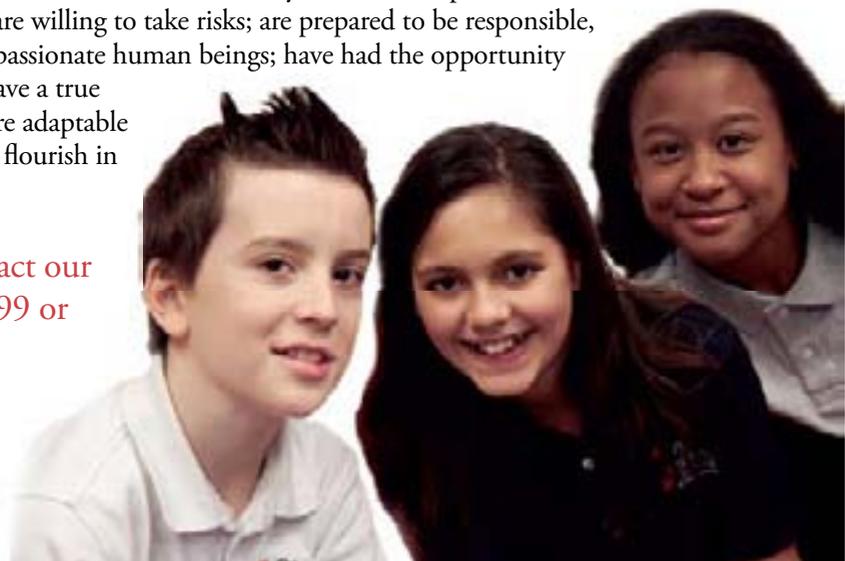
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Fall 2015 School Guide

DIRECTORY

Continued from page 20

The Montessori School of New York International is currently enrolling for both summer and fall admissions. Call to schedule an interview.

Our Lady of Pompeii School

240 Bleecker Street, NYC 10014
212-242-4147 or www.ladyofpompeii.org

Our Lady of Pompeii School is a Catholic elementary school located in the heart of Greenwich Village in the Archdiocese of New York. OLP promotes academic excellence in an atmosphere that nourishes the spiritual, intellectual, emotional, physical and moral development of each child while fostering a sense of community. Celebrating 85 years serving the community, it continues to be a beacon of light in an ever-changing landscape and an oasis instilling Catholic values in students in addition to providing a rigorous academic preparation. OLP offers a full day Pre K 3-4 program and many extracurricular activities such as basketball, chess, ballet and guitar in addition to an after school program for students Pre K-8. For more information or to visit our school, please call 212-242-4147.

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25 Pine St, NYC 10005
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185 E. 7th Street, NYC 10009
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Continued on page 24



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DIRECTORY

Continued from page 22

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

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Twin Parks Montessori Schools

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212-595-2000**

**Park West Montessori
435 Central Park West, NYC 10025
212-678-6072**

**Riverside Montessori
202 Riverside Dr., NYC 10025
212-665-1600 or www.twinparks.org**

Twin Parks Montessori Schools (TPMS) are accredited by the American Montessori Society, the Middle States Commission and are affiliates schools of Columbia University. TPMS provide nurturing, child-centered settings for children ages 3 months-6 years. TPMS

are committed to fostering a community of lifelong learners using proven Montessori methodology. Problem solving and creativity are emphasized along with age-appropriate academic subjects. TPMS are among Manhattan's most spacious preschools, offering rich and varied environments— from individual activity tables to open floor areas promoting group interaction, from the quiet areas for independent interests to the abundance of the Schools' glorious backyards: Central and Riverside Parks. Each of these environments invites exploration, discovery and fully meets the developmental needs of young children.

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



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Fight summer learning loss!

Five things that NYC kids should pick up this season

BY DR. DEBORAH ANTOINE AND RHEA WONG

This season, most kids will experience the all-too-common phenomenon known as “summer learning loss.”

The National Summer Learning Association reports that the majority of students lose two months of grade-level equivalency in math over the summer months, with low-income students also falling behind two months in reading. Furthermore, most children gain weight more rapidly during summer break.

To help prevent this seasonal backsliding, we compiled a list of five things that New York City kids should pick up this summer:

A racquet. Everyone knows tennis is great exercise, but it is also proven to uniquely build kids’ cognitive abilities, academic performance, and character. According to a United States Tennis Association study, children who play tennis get better grades, have fewer behavioral problems, and are more likely to aspire to attend college than those who play

other sports. To learn about tennis opportunities for kids throughout New York City, visit www.nyjtl.org.

A book. Summer reading is a tried and true way to combat learning loss. One of the many benefits kids reap from reading is a more robust vocabulary, which is crucial for standardized tests. Visit www.btny.org/resources for recommended books and vocab apps. Additionally, parents should read the same books and engage their kids in conversation about the plot, characters, and themes.

A pen. Writing well is vital for success in school, and it helps kids become more analytical and expressive. The trick is to make it enjoyable. Some kids like keeping a journal, but many do not. Writing and performing spoken word poetry and music lyrics are effective ways to get kids excited about expressing themselves through words.

A MetroCard. On weekends, visit different parts of New York City. Expand your child’s worldview by embarking on outings to new neighborhoods to experience diverse cultures, hear different languages, taste ethnic

foods, and see distinctive architecture. Visit the city’s world-class museums, many of which offer cheap — or even free — admission.

A meditation practice. The positive impact that mindfulness meditation has on adults’ health and well-being is extensively documented. But studies also show that meditation helps kids calm down, focus, and can even boost their test scores. Concentration is a particularly important skill these days, as kids are increasingly bombarded with visual stimulation from TV, videogames, and mobile devices. For meditation resources for children, visit www.teachchildrenmeditation.com.

This summer, our two organizations — New York Junior Tennis & Learning and Breakthrough New York — are embarking on a new partnership. New York Junior Tennis & Learning’s brand-new Cary Leeds Center for Tennis & Learning in the Bronx’s Crotona Park will serve as the third site of Breakthrough New York’s year-round academic enrichment program.

Kids participating in summer programming at the Cary Leeds Center will boost their brains and bodies, so that they’re ready for success in school come September. For those kids who aren’t participating in this kind of enrichment programming, picking up these five things is a great way to turn learning loss into summer gain.

Dr. Deborah Antoine is president and chief executive officer of New York Junior Tennis and Learning. Rhea Wong is executive director of Breakthrough New York.

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JUST WRITE MOM

DANIELLE SULLIVAN

When I just knew I was having a boy

When I was pregnant for the first time, I just knew that my baby was a girl. We never found out beforehand, but when the doctor said, "It's a girl!" I wasn't shocked at all. With our second daughter, we skipped knowing the gender again, wanting to be surprised at birth. In the beginning, I had no idea, but towards the end, I was 99 percent sure she was a girl. Right again.

With our third child, I had no idea initially. This pregnancy was a little different. I was nauseous 24 hours a day, seven days a week after never having any morning sickness with my first two. Thoughts of boys were on my mind (even though the idea of actually raising a boy terrified me a bit). But I still wasn't having any strong feeling either way, until one very ordinary day.

A few months into the pregnancy, I had just gotten off the subway and was on my way home. I was listening to a Dave Matthews Band song on my iPod, which I did nearly everyday on my commute home. I was enjoying a song that I had listened to about a million times before that day, "Ants Marching." I thought nothing of it, and began mentally checking my to-do list as I took each step.

And then Dave sang the line:

"Goes to visit his mommy. She feeds him well, his concerns, he forgets them. And remembers being small. Playing under the table and dreaming."

It stopped me in my tracks, literally. I slowed my pace and just smiled, wondering if what I was feeling was actually true. This baby was a boy. In that moment, I just knew it. I felt a certain warmth and happiness that I hadn't experienced before. A few weeks after that day, a sonogram confirmed he was indeed, a boy.

It was one of the few magical times I've had as an adult. Of course, whenever I hear that song it takes me

back to that very moment, crossing a quiet Brooklyn street knowing I was carrying my son. My boy is now 12 and a skilled and passionate guitar player. While he usually plays alternative and metal songs, he surprised me recently and began playing "Ants Marching," knowing the full story behind that song. You know how you always think the best moments in life are the big ones? They're really not. Sometimes they are a week-day afternoon when you are simply listening to the quiet strumming of a sweet boy who fills your heart.

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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TIPS FOR FEEDING KIDS

JENNY GENSTERBLUM

Grilling fruit, veggies

Everyone has their favorite grill recipes, which usually involve meats and marinades. Don't skimp on the veggies this summer with these tips and recipes.

Grilled citrus

Charring the cut side of a lemon or lime adds a smoky flavor when squeezed over grilled meats, fish, or vegetables. You can also use the grilled citrus as the acid in a vinaigrette that will have more depth than a typical citrus vinaigrette.

Grilled lemon vinaigrette

Serves four

INGREDIENTS:

2–3 lemons, cut in half
1/4 cup extra virgin olive oil
1 tsp dijon mustard
Salt and pepper, to taste

DIRECTIONS: Place lemons, cut side down, on a hot grill. Remove when nicely charred. When cool, squeeze out the juice into a small bowl. Add the mustard and whisk together. While whisking, slowly drizzle in olive oil, until combined. Season with salt and pepper to taste.

Grilled tomatoes

Summer is the season to enjoy ripe, farm-fresh tomatoes. So as to not lose all the juices and great flavor, try grilling tomatoes in a foil packet with a drizzle of olive oil, salt, and pepper. Use as a bruschetta topping, to make a smoky salsa, toss

with pasta, or use anywhere you would use regular tomatoes.

Grilled tomato bruschetta

Serves four

INGREDIENTS:

1 pint grape tomatoes
4 tbsp olive oil, plus 1 tbsp for grilling
1 pinch red pepper flake
1 clove garlic, minced
Salt and pepper, to taste
1/2 tsp sherry vinegar
1/4 cup fresh basil leaves, washed and dried
1/2 whole baguette, sliced

DIRECTIONS: Cut grape tomatoes in half lengthwise. Prepare two foil packets using aluminum foil. Place tomatoes inside each, drizzle with 1 tbsp olive oil, red pepper flakes, and salt and pepper. Close the foil pouch and grill on a medium hot grill for about 18 minutes, or until the tomatoes burst and release their juices. When slightly cooled, put tomatoes into a bowl. Add the remaining olive oil, minced garlic, sherry vinegar, and salt and pepper to taste. Tear the basil leaves with your hands and add to the bowl. Mix gently until combined. Top each slice of baguette with a heaping mound of tomato mixture.

Cut to grill

When grilling vegetables, make sure to slice them properly. For quicker, more even cooking, make sure to cut veggies in large pieces that will expose more of the surface to the grill. Instead of chunks, cut eggplants, zucchini, or summer squash into rounds or thick slices lengthwise.

How long to grill veggies?

Similar to roasting or blanching, some vegetables simply take longer than others (potatoes vs. asparagus, for example) on the grill.

To get perfect vegetables on the grill, toss them in oil, salt and pepper, then sear on the grill over high heat. Once they are nicely charred, move them to a cooler part of the grill to finish cooking the insides.

Grilled eggplant and portobello mushroom burgers

Serves four

INGREDIENTS:

1 medium eggplant
4 portobello mushrooms, cleaned and de-stemmed
1 tbsp vegetable oil
4 whole-wheat buns or English Muffins
1 tbsp balsamic vinegar
1 tbsp olive oil
Your favorite burger toppings: cheese, lettuce, tomato, onions
Salt and pepper, to taste

DIRECTIONS: Cut eggplant crosswise into 1/2-inch thick rounds. Season eggplants and mushrooms with salt and pepper. Drizzle oil on both sides of the eggplants and mushrooms. On a hot grill, place a single layer of the eggplant and mushrooms. Cook for 4 to 5 minutes on each side until dark grill marks appear. If the vegetables are getting to dark and aren't cooked through, transfer to a cooler part of the grill to finish cooking. When cooked through, transfer to a platter and drizzle with vinegar and oil. Assemble burgers.

Grilled desserts

Make room on the grill for dessert. Try pineapple, peaches, grapefruit, bananas, or watermelon straight on the grill and your favorite berries in a foil pouch.

Grilled peaches with ricotta yogurt and honey

Serves four

INGREDIENTS:

4 peaches, halved & pitted
1 cup ricotta cheese
1 cup greek yogurt
Honey, for drizzling
1 tsp olive oil

DIRECTIONS: In a bowl, mix together ricotta and yogurt. Brush the cut side of each peach with olive oil. Over a medium-hot grill, place the peaches, cut side down. Grill for about 5 to 8 minutes, or until softened and lightly charred. Remove peaches to a platter. Fill each peach half with ricotta yogurt. Drizzle with honey and serve.

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



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BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

The truth is, you're an amazing parent



Give yourself a hand! For real, stop what you're doing right now. Put this magazine down for just a moment and give yourself a hand. Stand up tall and celebrate you because you're an amazing parent!

You might be thinking, "What does Dr. Marcie know about me?" Well, several things that you're doing right now let me know that you're a great parent.

You are reading a parenting magazine: This shows you're interested in learning how to improve yourself, and that is an indication that you at least know enough to be curious.

You are reading a column written by a behavior therapist (me!). You're aware that all children and parents have behavior problems. It's amazing that you're proactive about this reality.

You actually took the time to celebrate yourself (and if you haven't yet, then do it now!). You recognize that reinforcement is a good step to keep humans happy. So you're considering giving yourself some of the praise that you so heavily provide to your children.

There are so many ways to find information, and in the parenting world, there are an overwhelming number of different techniques, tools, strategies, opinions, and perspectives about what you're doing wrong and how you can do it better. It can be a real challenge for a contemporary parent, because the cacophony of voices constantly tells you that you're messing up

In this moment, let's focus on what you're doing right! You're taking the time to read lots of views and opinions. You're considering what experts say and then living your life! At just the right moment, you'll recall something you read somewhere, give it a try, and realize it was a great strategy. At other moments, you'll follow your own parenting instinct that has guided you well time and time again. You will realize that you do know what you are doing!

Are there moments when you're less than perfect as a parent? Of course, you're human! Are there times when you wish you made a different choice? Of course, you're human! Let's remember, however,

that being a parent is not about beating yourself up every time you hit a bump.

The key is to recognize what you did well and repeat the same action again in the future. Being aware of the choices you make and reflection on what you did well or not is the key to being a great parent. After all, isn't this what we teach our kids? To become really great at something you need lots of practice. You'll make mistakes and that is okay. It's about recognizing the mistakes and learning from them, then trying your best the next time. You're doing this! Keep it up!

Keep learning, growing and exploring new parenting ideas, theories and tools. Keep celebrating all the good moments you have as a parent, as that is the best way to become an even greater parent!

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

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The post-baby BLUES

Understanding
postpartum
mood
disturbances

BY DENISE YEARIAN

Most women experience some form of postpartum mood disturbance following the birth of their child. For many, the symptoms are mild and disappear within two weeks. But a small percentage of mothers go on to develop one or more postpartum mood disorders including depression, anxiety, and psychosis.

The good news is that with intervention, women can recover.

This was the case with Julie

O'Neill. Shortly after her daughter was born, this mother began experiencing troubling symptoms.

"It started in the hospital when I had problems with breastfeeding, and by the time I got home, I was feeling all the pressures of new motherhood," she says. "That first week, I was very teary, but I chalked it up to baby blues and thought I'd be OK soon. By week two, I found myself waking up shaking due to panic attacks. I wasn't able to eat or sleep either. Having been a social worker, I was familiar with the symptoms

of depression and knew I needed help."

"Up to 80 percent of new mothers experience baby blues and have mild feelings of depression, but problems that persist beyond two weeks could be pointing to postpartum depression," says Janet Brown, a perinatal behavioral health specialist. "And its appearance may be delayed for up to a year after giving birth."

Dr. Katharine Weymouth, a private practicing psychiatrist specializing in women's mental health, agrees.

"The symptoms go beyond fatigue,

More on postpartum mood disorders

Women with a personal or family history of mood disorders should talk with their physician prior to conceiving, as they are at a higher risk of developing conditions while pregnant or postpartum. If any of these symptoms of postpartum mood disturbances persist two weeks after delivery, women should get an evaluation by their physician or mental health professional.

Baby Blues occur in up to 80 percent of new mothers due in part to hormonal changes postpartum. Symptoms, which include extreme tearfulness, irritability, anxiety, mood swings, feelings of inadequacy, insomnia and fatigue, can appear right after delivery, peak at five days, and usually disappear by 12 days postpartum. A small percentage of women with baby blues go on to develop postpartum depression. Baby blues are the only one of these conditions considered a disturbance, not a disorder.

Postpartum depression occurs in up to 13 to 15 percent of women and is said to be the most common complication of childbearing. Symptoms parallel clinical depres-

sion and can include sadness, lack of interest in things (particularly bonding with the baby), feelings of guilt or inadequacy, worthlessness, irritability, impatience, sense of hopelessness, insomnia, change in appetite or concentration, difficulty enjoying things, and recurring harmful or suicidal thoughts. Symptoms can occur soon after delivery or up to a year postpartum.

Postpartum anxiety disorders, which include anxiety, panic, obsessive-compulsive, and post-traumatic stress disorders, occur in up to 10 percent of women suffering with postpartum depression. Symptoms vary according to disorder and may come and go, but one common characteristic they share is excessive worry that interferes with one's ability to function. Following is a breakdown:

- Postpartum anxiety disorder symptoms could include feeling keyed up, tiring easily, irritability, fidgety, insomnia, and difficulty focusing.

- Postpartum panic disorder is characterized by sweating, trembling, nausea, dizziness, difficulty

breathing, tight chest, and numbness in hands and feet.

- Postpartum obsessive-compulsive disorder symptoms include repetitive behaviors or thoughts which cause anxiety, worry or panic. It may also be accompanied by protective behaviors and constant, obtrusive thoughts related to the baby's safety. Note this is not postpartum psychosis. Women with obsessive-compulsive have no intent of harming their child. These thoughts are very disturbing to them, and because they don't understand it, the condition is accompanied by fear, shame, and emotional turmoil. This is, in fact, the one disorder people know the least about and most women are afraid to talk about for fear others will think they are crazy.

- Postpartum traumatic stress disorder occurs in women who experienced trauma during pregnancy, labor, or delivery. Symptoms, which can occur up to two months after delivery, can include flashbacks about what happened, nightmares, and hyper vigilance.

Postpartum psychosis is a rare

disorder that occurs in only one to two percent of women who deliver. Symptoms usually develop within 48 to 72 hours postpartum and can include delusions, hallucinations, disorganized speech, and inappropriate behavior. Symptoms may also be preceded by a period of restlessness or agitation. Women with a history of bipolar disorder are at a higher risk for developing postpartum psychosis, and in-patient psychiatric treatment and medication may be required immediately.

Resources

- Postpartum Support International is an organization dedicated to providing information, resources, and support on postpartum issues. For more information, visit www.postpartum.net, or call (800) 944-4773.

- www.MedEdPPD.org was developed by the National Institute for Mental Health to provide information about postpartum depression.

- www.womensmentalhealth.org is an online resource created by Massachusetts General Hospital as a way to provide up-to-date information and resources on women's mental health issues.



irritability, and difficulty concentrating. That's considered normal when caring for an infant," she says. "Postpartum depression can include sadness, irritability, insomnia, fatigue, feelings of guilt or worthlessness, change in appetite or concentration, difficulty enjoying things, and recurring thoughts of harming one's self."

In addition to postpartum depression, mothers may experience one or more of the four postpartum anxiety disorders or postpartum psychosis, a rare condition characterized by disorganized thinking, hallucinations, and delusions. With any of these conditions, early detection

and intervention is key.

"What many people don't realize is women are at risk for these conditions while pregnant as well. So I suggest they talk with their doctor before they conceive to avoid potential problems, particularly if they have a history of depression or anxiety," says Weymouth.

By week's end, O'Neill had contacted her physician. But the doctor on call phoned in a prescription her insurance wouldn't cover.

"That Monday, I took myself to the hospital, and they referred me to their Perinatal Behavioral Health Department," she says. "There I was

diagnosed with postpartum depression and anxiety. They put me on medication with continued monitoring and recommended I join the support group offered through the hospital. Six weeks later, I was feeling better."

For Crystal Lohr, intervention wasn't immediate, and she suffered severely as a result. A week after giving birth to her daughter, this single mother started having nightmares that left her trembling in sweaty sobs.

"A-year-and-a-half later, I began having painful anxiety attacks that felt like someone was squeezing my

rib cage and stabbing me in the heart. I didn't want to interact with my daughter, either. I would sit and watch her play, but instead of joining in, I'd curl up in a ball and cry," she says of her now 3-year-old. "I knew I needed help, but I thought I could take care of it myself. On top of that, I was embarrassed and didn't want anyone to know."

Then two-and-a-half years later, while taking her daughter for a checkup, Lohr broached the subject.

"I told the doctor I knew I suffered from postpartum depression, and now it had gotten worse. So she asked me, 'On a scale from one to 10, how happy are you right now — 10 being the happiest?' I told her 'three,' then burst into tears," she says.

Lohr was diagnosed with anxiety and severe depression that stemmed from postpartum.

"The doctor explained that it's like a disease and needs to be treated. I started on Citalopram [an antidepressant], and a week later, I was feeling better," she says.

Treatment options vary depending on the disorder and severity of symptoms.

"Some women do fine with support groups. But others may need one-on-one therapy with a mental health professional to help develop new coping strategies," says Brown. "Medication may also be administered where symptoms are significant."

One thing O'Neill found particularly helpful were the support group meetings.

"It was good to be with other moms who were feeling the same way. We connected through our struggles and drew strength from one another," she says.

O'Neill, in fact, continued to attend meetings even after she had recovered, to encourage other moms, and has since started a second support group that meets at a different location. More recently, she joined the team of Postpartum Support International to work as an advocate for new mothers and their families.

Today, she's on a mission: "I want to tell mothers that postpartum depression is treatable, and you're not alone. With the help of support groups, counseling, and medication, it will get better," she says. "Now that I'm expecting again, I have the tools to get through this, should it happen again."

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



FABULYSS FINDS

LYSS STERN

The recipe for a healthier lifestyle

The scale: every mama's worst enemy. I know how stressful it is to look in the mirror and see an extra 10 to 20 pounds staring right back at you. Let's face it, mamas, we aren't 18 anymore! We can't eat whatever we want without gaining a pound. That doesn't mean that you can't look absolutely FabuLyss no matter what stage of life you are at. Since my fathers passing seven months ago I put on some extra weight (to say the very least) and just haven't been feeling myself. So, I am about to embark on a skinny Lysscious summer journey to get fit, the right way — the healthy way! No more late-night birthday cake ice-cream or Magnolia cupcakes. It's going to be kitchen closed at 8 pm rule for moi this summer! The boys are away and it's my time to get back to where I want to be — skinny jeans in the fall!

The first step for me was going to see Carolyn at Food Trainers. Food Trainers was created by Lauren Slayton (my FabuLyss friend) to cater to clients who were busy and motivated, but needed help to eat healthier. Located on 65 Central Park West, these private nutrition sessions help thousands of New Yorkers who are trying to be healthier and lose weight. It's hard to eat healthy! Believe me, there is nothing I love more than carbs and ice cream, but the nutritionists at Food Trainers are there to support you through your whole journey. A support system can get you through anything, even when all you want to do is eat a bag of chips. Follow me on Instagram @diva_moms for this journey of mine — should be interesting to say the very least.

Food Trainers, <http://foodtrainers.com/main>.

My next step is to take the Flywheel challenge at Flywheel Sports and start incorporating more Flywheel into my weekly routine. Spin is a great way to burn a lot of calories while still having lots of Fabu-



Lyss fun. Unlike the treadmill, time flies by during a Flywheel class. The Flywheel challenge is a two-week tune up that includes five Flywheel classes per week, early booking for classes (so you can get a good bike), an exclusive 14-day nutrition plan, recipes, two nutrition conference calls with Self Magazine nutritionists, instructor coach to keep you on track, Flywheel workshop to help you become more efficient on the bike, and a closing gift. I know that going to the gym sounds less than appealing on most days, but Flywheel is a guaranteed full body workout that pushes you to your limits while also having a FabuLyssly fly time.

Flywheel Sports, www.flywheelsports.com.

I invite all the moms to take these challenges on with me. It's time to doing something for you! It will make you feel like a whole new person when you start to eat clean and exercise. You'll have energy you haven't had since before you had kids! I also want to tell my mamas that it's important to be healthy, but it's also important to love yourself no matter what size you are. You are a superhero, and superheros are strong, independent, FabuLyssly fierce, and confident. I want all of you to remember that the next time you are buying clothes. Beauty has no size, so strut down the street like the FabuLyss mamas that you all are!

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

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Calendar

AUGUST



Sugar Free Allstars in concert

It's Sugar Free Allstars at Morningside Park on Aug. 3.

The super duo from Oklahoma City, Chris "Boom!" Wisner and Rob "Dr. Rock" Martin, heat up the beat as the Sugar Free Allstars.

The funky family band entertains with a high-energy live show

that mixes hip-shaking, head-bopping, and Southern-based tunes.

The concert is part of Summer-Stage Kids.

Sugar Free Allstars, Aug. 3 at 10:30 am. Free

Morningside Park (347 Morningside Ave. in Morningside Heights; <http://cityparksfoundation.org>)

Never miss a great event!

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Calendar

Submit a listing

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

Send your listing request to manhattancalendar@cnglocal.com — 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!

SAT, AUG. 1

IN MANHATTAN

Slide the City: Vita Coco Beach at Foley Square Rest Stop, Duane and Centre streets; www.nyc.gov/summer-streets; 7 am – 1 pm; Free.

Cool off while you slush and speed down a 270-foot water slide. Yippee! This once-in-a-lifetime opportunity to slide through the streets is presented by Vita Coco Coconut Water. Participants must register online in advance.

Shababa Picnics in the Park: Playground, 96th Street and Fifth Avenue; (212) 415-5500; www.92y.org/Up-town/Event/Shababa-Picnics-Central-Park; 10:30 am; Free.

Sing, dance and celebrate Shabbat in Central Park. Bring a blanket, spread out on the grass, and enjoy a morning of singing, sunshine, nature and play. Canceled in the case of rain. For families with babies, toddlers and older children. Presented by the 92Y.

Stories at the Statue: Hans Christian Andersen Statue, E. 75th Street and Terrace Drive; www.nycgovarks.org; 11 am – noon; Free.

Come to a special storytelling of Hans Christian Andersen tales, including "The Pumpkin Rider," "Iktoni Saves the People," and "The Empress of Fairies." The stories are read rain or shine.

"The Berenstain Bears Live!": Manhattan Movement and Arts Center, 248 W. 60th St. between Tenth and West End avenues; (212) 878-1178; 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 conversations: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at W. 77th Street; (212) 873-3400; nyhistory.org; 12:30 pm; Free with museum admission.

From Selma to the Black Panthers, explore how organizations in the Civil Rights movement communicated their values, methods and goals. Dr. Martin



Bill Steber and Pat Casey Daley

Rocking with the Ebony Hillbillies

Get ready to get down and get funky for some good old-fashioned rockabilly fun with the Ebony Hillbillies on Aug. 23 at the Charles A Dana Discovery Center.

The Ebony Hillbillies — Henrique Prince, Gloria Thomas Gassaway,

Norris Bennett, Williams "Salty Bill" Salter, and Newman Taylor Baker — will be performing its unique brand of folk, jazz, and bluegrass with old and new favorites, including renditions of "Cotton Eyed Joe," "Shenandoah," "Liza Jane," "Oh Susanna,"

and "Cluck Ol' Hen."

The Ebony Hillbillies, Aug. 23 at 2 pm. Free.

Charles A. Dana Discovery Center [W. 110th Street and Fifth Avenue in Central Park; (212) 860-1370; www.nycgovparks.org].

Luther King Jr. and Edldridge Cleave are just a few of the activities discussed.

Stan Michels Memorial Jazz Concert: Fort Tryon Park, Margaret Corbin Plaza and Fort Washington Avenue; (212) 795-1388; www.nycgovparks.org; 1 pm to 4 pm; Free.

Families enjoy a day out and a fantastic musical performance featuring Marjorie Eliot and her ensemble.

Sweet Spot Festival: West Harlem Piers Park, W. 125th St and Henry Hudson Parkway; 311; www.nycgovparks.org; 3 pm to 9 pm; Free.

Families enjoy reggae, soul, house, disco and Afro-beat.

"Romeo and Julie": Bryant Park Lawn, W. 42nd St. and Fifth Avenue; (212) 768-4242; www.nycgovparks.org; 6:30 pm to 8:30 pm; Free.

Shakespeare's tragic tale of love lost.

FURTHER AFIELD

Sandcastle Contest: Atlantic Avenue Beach, Atlantic Avenue, Long Island; (631) 324-6250; www.clam-shellfoundation.org; 9 am – 4 pm; \$10 (entry fee) Free for Spectators.

Get out those shovels for the 24th annual event. There are five categories based on age, and trophies for winners.

Animal Yoga: Brooklyn Children's Museum, 145 Brooklyn Ave. at St.

Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 10:30 am; Free with admission.

Young yogis, what is your favorite animal? Explore movement as we stretch like a cat and go upside-down for downward facing dog.

Cartoon Shabbat: Chabad of East Hampton, 13 Woods Lane, Long Island; (631) 329-5800; www.jewishhamp-tons.com; 11 am; Free.

Children's service featuring their favorite cartoon characters, songs, activities and crafts.

The Joshua Show: Goat on a Boat Puppet Theatre, 4 Hampton St. Sag Harbor, Staten Island; (631) 725-41903; www.goatonaboat.org; 11 am; \$8, \$10, \$12.

He's the Ambassador of Joy and Hipster Mr. Rogers, puppeteer Joshua Holden entertains with heartwarming stories about friendship, and the value of being yourself.

Family Fun Day: The Hampton Library, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; Noon-3 pm; Free.

Mamalee and friends perform with great music and dancing, along with games and projects.

TeePee storytime: Quogue Library, 90 Quogue St., Long Island; (631)

653-4224; www.hamptonlibrary.org; 3:30 pm; Free.

Children 5 years and younger join Miss Pat for a tale in the homegrown teepee, weather permitting. Registration required.

Paper boat regatta: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglib.org; 3:30 pm; Free.

We'll make our best origami boats and race them in rain gulleys! We'll show you how!

SUN, AUG. 2

IN MANHATTAN

Nature in the City with Billy B: The Great Hill, W. 107th St. and Central Park West; (646) 208-4111; www.nycgovparks.org; Noon-1:30 pm; Free.

Become a tree, a bird or a bee and sing along with Billy B, the natural science guy, and learn everything you need to know about nature in the city.

FURTHER AFIELD

Create a book cover: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglib@suffolk.lib.ny.us; 2 pm; Free.

Drop in and learn how to make a book cover. For children entering fourth

Continued on page 38

Calendar

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

Continued from page 37
grade to sixth grade.

MON, AUG. 3

IN MANHATTAN

Sugar Free Allstars: Morningside Park, 347 Morningside Ave.; cityparksfoundation.org; 10:30 am; Free.

SummerStage Kids presents this fun super duo that rocks out the audience for children of all ages.

"Brier Rabbit": Morningside Park, 123rd Street and Morningside Avenue; www.cityparksfoundation.org/2015-summer-; 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.

Garden Camp: Morris Jumel Mansion-Roger Morris Park, 65 Jumel Terrace; (212) 923-8008; education@morrisjumel.org; www.nycgovparks.org; 12:30 - 3:30 pm; \$10 (parent).

Hands on tutorial on all things gardening from planting to cultivation and basic botanical science. Parent must accompany child the entire duration of the project. Pre-registration required.

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

Drum and dance class featuring West African songs.

FURTHER AFIELD

Neighborhood nights: David Crohan Community Center, 655 Flanders Rd., Long Island; (631) 702-2432; ccrippen@southamptonny.gov; 5 pm to 8:30 pm; Free.

Parents drop off their children who are in kindergarten through fourth grade for music, arts, crafts, and more.

First storytime: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglibrary.org; 10:30 pm; Free.

Caregivers and children through 3 years old join in for puppet play, songs, stories and more.

TUES, AUG. 4

IN MANHATTAN

Garden Camp: 12:30 - 3:30 pm. Morris Jumel Mansion-Roger Morris Park. See Monday, Aug. 3.

Wetlands tour: Randall's Island Park, Little Hell Gate Salt Marsh; www.nycgovparks.org; 6 to 7 pm; Free.

Explore the restored wetlands at Randall's Island. Families are welcome.

FURTHER AFIELD

Play-a-palooza: The Hampton Library at Bridgehampton, 2478 Main



Hopping into town

Brier Rabbit and friends are hopping to the Marcus Garvey Park on Aug. 15 and 16.

City Parks Foundation's PuppetMobile presents "Tales of Brier Rabbit," a classic story that follows the notorious trickster, who is up to his usual no-good ways. He thinks he is too clever to get caught, but his pals unite together to teach him a lesson he won't forget.

St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 10 am; Free.

Parents and caregivers play with their young children in a fun, creative environment. Toys, puzzles, dramatic play, art exploration and visits from experts in the community.

Paws to Read: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglibrary.org; 10 am; Free.

Children kindergarten to sixth grade who want to practice their reading skills read to a patient listener — a sweet dog.

Retro beads: The Hampton Library, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 4 pm; Free.

Children 7 to 12 years old use beads and an iron to create video game characters. Registration required as supplies are limited.

WED, AUG. 5

IN MANHATTAN

Garden Camp: 12:30 - 3:30 pm. Morris Jumel Mansion-Roger Morris

Crafted by the expert puppeteers from the Swedish Cottage Marionette Theater, the production is suitable for children of all ages.

"Tales of Brier Rabbit," Aug. 15 and 16, at 6 pm. Free.

Marcus Garvey Park Richard Rodgers Amphitheater (W. 122nd Street and Mt. Morris Park West in West Harlem, www.cityparksfoundation.org)

Park. See Monday, Aug. 3.

Pop-Up Art and Storytelling: Cherry Tree Park, E. 99th St. and Third Avenue; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

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

FURTHER AFIELD

Babyccino: Mashashimuet Park, Main Street and Jermain Avenue, Long Island; (631) 329-5800; www.chabadofthehamptons.com; 10 am; \$15 per class (\$50 for whole session).

A chick meet for moms and tots. Registration required.

Animation workshop: Bridge Gardens, 36 Mitchell Ln., Long Island; (631) 283-3195; www.peconiclandtrust.org; 10 am-11:30 am; \$100 for 4 classes, plus \$10 materials fee.

Children 10 and older learn how to make their cartoon characters come to life with animation techniques. Pre-registration required.

Fairies and Gnomes: Quogue Li-

brary, 90 Quogue St., Long Island; (631) 653-4224; www.quoguelibrary.org; 10:30 am; Free.

Amy Hess creates a mystical village using all natural materials. Let your imagination take flight as you create miniature gardens, dwellings and accessories for fairies and other magical folk. Registration required.

Babies and books: The Hampton Library in Bridgehampton, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 11 am; Free.

Babies birth to 15 months enjoy story time with simple books, songs, rhymes and finger plays.

Super powers: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglibrary.org; 3:30 pm; Free.

Children of all ages explore the powers all around through chemistry, light, and super machines.

Movie night: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglibrary.org; 6 pm; Free.

For tweens and teens. Bring your pillow, snacks provided.

Teen night: Ludlum Park, 270 Ludlum Ave., Long Island; (631) 702-2432; www.southamptonny.gov; 7:30 pm to 11 pm; Free.

Teens in the seventh grade are invited to a night under the stars. Program includes photo sessions, makeup tips, basketball, tennis, double Dutch, flag football, dodgeball, listen to music, socialize with their peers and enjoy a live DJ at the end of the program BBQ.

THURS, AUG. 6

IN MANHATTAN

Tots soccer and Pee Wee basketball: 71st Street Soccer Field, W. 70th St. and Riverside Drive; 311; www.nycgovparks.org; 9:30 am; Free.

Little ones 5 years and younger are introduced to the sports and learn skill building and team work.

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

Join in for stories for toddlers through 5 year olds.

Storytime art class: South Plaza at Union Square Park, E. 14th St. and Union Square; www.nycgovparks.org; 11 am; Free.

Dress and mess for artistic success — young children explore their talents with dough, crayons, chalk and more.

Sports festival: Morningside Park, 114th Street and Morningside Drive; (212) 408-0243; www.nycgovparks.org; 11 am - 3 pm; Free.

Calendar

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

An exciting day filled with fitness, outdoor adventures and sports. All ages welcome. Pre-registration required.

Garden Camp: 12:30 – 3:30 pm. Morris Jumel Mansion-Roger Morris Park. See Monday, Aug. 3.

FRI, AUG. 7

IN MANHATTAN

Garden Camp: 12:30 – 3:30 pm. Morris Jumel Mansion-Roger Morris Park. See Monday, Aug. 3.

“The Boxtrols”: J Wood Wright Park, W. 175th St. and Washington Avenue; (212) 927-1563; www.nycgovparks.org; 8:30 pm – 10:30 pm; Free.

Grab a blanket or chair and enjoy this story about underground trolls that foster a parentless boy and help keep the villainous exterminator away.

SAT, AUG. 8

IN MANHATTAN

Slide the City: 7 am – 1 pm. Vita Coco Beach at Foley Square Rest Stop. See Saturday, Aug. 1.

Saturday studios: Children’s Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 10 am – 1 pm; \$12 plus general admission.

Skill-based art classes for parents and kids together! Pre-registration required.

Shababa Picnics in the Park: 10:30 am. Playground. See Saturday, Aug. 1.

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

Come to a special story telling 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.

Family conversations: 12:30 pm. New-York Historical Society DiMenna Children’s History Museum. See Saturday, Aug. 1.

Playdates: West Harlem Piers Park, W. 125th St and Henry Hudson Parkway; 311; www.nycgovparks.org; 1 pm to 4 pm; Free.

Have fun with arts, crafts and outdoor fun.

Operation Slumber: Intrepid Sea Air and Space Museum, Pier 86 W. 46th St and 12th Avenue; (646) 381-5010; www.intrepidmuseum.org; 6 pm to 8 am; \$120 (\$99 for Museum members at the Family/Dual level and above).

Spend a night aboard Intrepid! with educational activities, a visit inside the Space Shuttle Pavilion, a flashlight tour of the flight deck, a ride in a flight sim-



Slipping and sliding

Did you ever want to slide through the streets of New York City in an inner tube? Well, now you can!

New this year to Summer Streets is the water slide, where you can slush and speed down the avenue in a tube or without one — it’s your choice.

Presented by Vita Coco Coconut Water, the ride is new to the Summer Streets, where every year visitors can truly make the

streets their own. From Brooklyn Bridge to Central Park there are play, fitness, and relaxation stations with interactive events for every age.

Slide the City, Aug. 1, 8, and 15 from 7 am to 1 pm. Free. Participants must register in advance online.

Vita Cocoa Coconut Water at Foley Square Rest Stop (Duane Street and Centre Street in the Financial District; www.nyc.gov/summerstreets).

ulator and meals (dinner, snacks and breakfast) and scavenger hunt. Kids also receive a goodie bag with a T-shirt! Ideal for Scout troops, school groups and camp groups. Operation Slumber is a great way for young people to experience life aboard an aircraft carrier. Reservations required. Great for children 8 to 12 years old.

FURTHER AFIELD

Antique auto show: Rogers Mansion, 17 Metting House Ln., Long Island; (631) 283-2494; www.southamptonhistoricalmuseum.org; 10 am – 3 pm; \$5.

Beautifully restored automobiles from the 1910s through the ‘60s on display.

Animal Yoga: 10:30 am. Brooklyn Children’s Museum. See Saturday, Aug. 1.

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

Super powers: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglibrary.org; 3:30 pm; Free.

Children of all ages explore the powers all around through chemistry, light, and super machines.

SUN, AUG. 9

IN MANHATTAN

Basic Canoeing: Lasker Pool & Rink, East Drive and the Ravine; (212) 628-2345; www.nycgovparks.org; Noon-3 pm; Free.

Urban Park Rangers lead canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. For ages 8 and up.

Family Day: Amphitheater, Cherry St. between Jackson St. and FDR Drive; www.cityparksfoundation.org; 4 pm; Free.

“Invincible: The Michael Jackson Tribute,” a show that features talented artists who can sing live while also executing the intense dancing that the King of Pop was so famous for. Also Marika Hughes & Bottom Heavy, which instantly established itself as a strong new sound; flowing freely between funky instrumentals, dreamy lullabies in soul and blues inflected songs.

FURTHER AFIELD

Create a book cover: 2 pm. Amagansett Free Library. See Sunday, Aug. 2.

MON, AUG. 10

IN MANHATTAN

Family drumming: 6:30pm –7:30 pm. Indian Road Lawn at Inwood Hill Park. See Monday, Aug. 3.

FURTHER AFIELD

Playhouray: The Hampton Library in Bridgehampton, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 10 am; Free.

For children 4 years and older. Dynamic music and dance. Registration required.

Duct tape wallets: John Jermain memorial Library, 34 W. Water St., Long Island; (631) 725-0049; www.johnjermain.org; 4 pm; Free.

Children 10 years and older design and make their own wallet out of the well-known tape. Pre-registration required.

Neighborhood nights: 5 pm to 8:30 pm. David Crohan Community Center. See Monday, Aug. 3.

First storytime: 10:30 pm. Amagansett Free Library. See Monday, Aug. 3.

TUES, AUG. 11

IN MANHATTAN

Wetlands tour: 6 to 7 pm. Randall’s Island Park. See Tuesday, Aug. 4.

“Grease”: Tony Dapolito Recreation Roof, 3 Clarkson St. and Hudson Street; (212) 242-5228; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Sit back and enjoy the classic with great music.

“The Flight of the Navigator”: Community Garden, 105 E. 103rd St. and Park Avenue; (212) 333-2552; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Grab a bucket of popcorn and a chair and screen this movie about a boy that travels to the future in an alien ship.

FURTHER AFIELD

Play-a-palooza: 10 am. The Hampton Library at Bridgehampton. See Tuesday, Aug. 4.

Paws to Read: 10 am. Amagansett Free Library. See Tuesday, Aug. 4.

MakerBot design: The Hampton Library, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 4 pm; Free.

Twens 7 to 12 years old explore 3D printing and make unique creations. Space limited, registration required.

WED, AUG. 12

IN MANHATTAN

Pop-Up Art and Storytelling:

Continued on page 40

Calendar

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

Continued from page 39

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

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

"The Lorax": Pier 1, Riverside Park South; 311; www.nycgovparks.org; 8 pm to 11 pm; Free.

Grab a blanket and watch this fun Dr. Seuss animated movie.

FURTHER AFIELD

Babyccino: 10 am. Mashashimuet Park. See Wednesday, Aug. 5.

Animation workshop: 10 am–11:30 am. Bridge Gardens. See Wednesday, Aug. 5.

Babies and books: 11 am. The Hampton Library in Bridgehampton. See Wednesday, Aug. 5.

Kickin' Chemistry: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amagliblibrary.org; 3:30 pm; Free.

Children explore the mechanics of combining chemicals for big reaction. For all ages.

Movie night: 6 pm. Amagansett Free Library. See Wednesday, Aug. 5.

Teen night: 7:30 pm to 11 pm. Ludlum Park. See Wednesday, Aug. 5.

THURS, AUG. 13

IN MANHATTAN

Tots soccer and Pee Wee basketball: 9:30 am. 71st Street Soccer Field. See Thursday, Aug. 6.

Cabaret: South Plaza and Union Square, E. 14th Street and Union Square; www.nycgovparks.org; 11 am to noon; Free.

Children meet a unique line-up of storytellers, puppeteers, magicians, musicians and more.

Kids in Motion: Columbus Park, Mulberry Street and Worth Street; (212) 408-0243; www.nycgovparks.org; 11 am – 3 pm; Free.

Arts and crafts, Zumba and fun games at this annual festival. Pre-registration required.

Sensory storytime: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 4:30 pm to 5 pm; Free with museum admission.

Explore books recommended for the new exhibition about small worlds and the far-off places of imagination. Stories will be read by CMA staff and guests with opportunities to explore the stories with our senses. This interactive story-



Photo by Jennifer Potthaiser

Game, set, match!

The 29th annual Arthur Ashe Kids Day swings into the Billie Jean King National Tennis Center on Aug. 29.

Presented by Hess, the event includes live performances from Rolling Stone "Artist You Need to Know" Bea Miller, "hip-pop" duo Kalin and Myles, Flo Rida protégé Natalie La Rose, MTV's "Artist to Watch" Jacob Whitesides, and chart-topping pop-rock act American Authors.

Families can enjoy an exciting

schedule of tennis games geared toward kids, see an exhibition match and skills competitions with Novak Djokovic and Marin Cilic, and meet with the tennis greats after.

Arthur Ashe Kids Day on Aug. 29 from 9:30 am to 4 pm. Tickets are \$10 for general admission and \$25 for loge seating.

Billie Jean King National Tennis Center, Arthur Ashe Stadium (Flushing Meadows Corona Park, www.arthurashekidsday.com).

time is designed for children ages 3 to 7. Children with disabilities are encouraged to attend.

FURTHER AFIELD

Heroes!: Quogue Library, 90 Quogue St., Long Island; (631) 653-4224; www.quoguelibrary.org; 4 pm; Free.

Every hero needs a stash of crime-stopping slime — make three different kind. Registration required.

FRI, AUG. 14

IN MANHATTAN

"Cymbeline": Delacorte Theater, 79th Street Transverse; www.nycgovparks.org; 8 pm to 9 pm; Free.

Shakespearean fairytale with cross-dressing girls and cross-dressing boys, poisons and swordfights and dastardly villains in a romantic romp about the conquering power of love. For tweens and teens.

FURTHER AFIELD

"The Swan": Goat on a Puppet Theatre, 4 Hampton St. at Sag Harbor, Staten Island; (631) 725-4193; www.goatonaboat.org; 11 am; \$8, \$10, \$12.

Based on the "Ugly Duckling," this is the story of a lost bird looking for its parents. Actors with puppets make this a enchanted show.

Kids and the classics: Agawam Park in Southampton, 23 Main St., Long Island; (631) 495-3717; www.hiptohip.org; 7 pm; Free.

Hip to Hop Theatre presents a program that entertains and teaches and introduces children to Shakespeare's plays.

SAT, AUG. 15

IN MANHATTAN

Slide the City: 7 am – 1 pm. Vita Coco Beach at Foley Square Rest Stop. See Saturday, Aug. 1.

Saturday studios: 10 am – 1 pm. Children's Museum of the Arts. See Saturday, Aug. 8.

Shababa Picnics in the Park: 10:30 am. Playground. See Saturday, Aug. 1.

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

Come to a special story telling of Hans Christian Andersen tales, including "The Pumpkin Rider," "Iktoni Saves the People," and "The Empress of Fairies." The stories are read rain or shine.

Kite flying: Pier 1 at Riverside park, Riverside Blvd. and W. 70th Street; 311; www.nycgovparks.org; 11 am – 4:30 pm; Free.

Go fly a kite and enjoy live music and play all day.

Family conversations: 12:30 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, Aug. 1.

Girl Riders Organization Skate Days: Skate Park at 108th Street Riverside Drive and W. 108th St.; 311; www.nycgovparks.org; 3 pm to 6 pm; Free.

Jam session inviting all girl skaters to practice, skate and have fun.

"Brier Rabbit": Marcus Garvey Park -Richard Rodgers Amphitheater, W. 122nd St. and Mt. Morris Park West; www.cityparksfoundation.org; 6 pm; 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.

Circus: Marcus Garvey Park -Richard Rodgers Amphitheater, W. 122nd St. and Mt. Morris Park West; www.cityparksfoundation.org; 7 pm; Free.

Featuring the acts of Tinder and Ash, Ephrate Asherie Dance, Dance, Kiebpoli & Shine, Claire Parsons Co., and Brooklyn United Marching Band.

FURTHER AFIELD

Author story time: The Hampton Library, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 10 am; Free.

Join Victor Joseph and his great danes for a special story time.

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

"The Swan": 11 am. Goat on a Puppet Theatre. See Friday, Aug. 14.

Super powers: 3:30 pm. Amagansett Free Library. See Saturday, Aug. 8.

Kids and the classics: 7 pm. Agawam Park in Southampton. See Friday, Aug. 14.

SUN, AUG. 16

IN MANHATTAN

"Festival – Quimbombo": Charles A. Dana Discovery Center, W. 110th St. and Fifth Avenue; (212) 860-1370; www.nycgovparks.org; 2 pm to 4 pm; Free.

Get your groove on with Cuban soul.

"Brier Rabbit": Marcus Garvey Park -Richard Rodgers Amphitheater, W. 122nd St. and Mt. Morris Park West; www.cityparksfoundation.org; 6 pm; 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.

Circus: Marcus Garvey Park at Richard Rodgers Amphitheater, W. 122nd St. and Mt. Morris Park West; www.cityparksfoundation.org; 7 pm; Free.

Featuring the acts of Tinder and Ash, Ephrate Asherie Dance, Dance, Kiebpoli & Shine, Claire Parsons Co., and Brooklyn United Marching Band.

MON, AUG. 17

IN MANHATTAN

Ephrat Asherie Dance: Morning-side Park, 123rd Street and Morningside Avenue; www.cityparksfoundation.org; 10:30 am; Free.

Jazz, contemporary, and modern dance performance.

Family drumming: 6:30pm-7:30 pm. Indian Road Lawn at Inwood Hill Park. See Monday, Aug. 3.

"Frozen": Touchdown of the 103rd St. Footbridge, Randall's Island Park; www.nycgovparks.org; 8 pm to 11 pm; Free.

Join Elsa and Olaf and grab a bucket of popcorn and a blanket.

FURTHER AFIELD

Neighborhood nights: 5 pm to 8:30 pm. David Crohan Community Center. See Monday, Aug. 3.

First storytime: 10:30 pm. Amagansett Free Library. See Monday, Aug. 3.

TUES, AUG. 18

IN MANHATTAN

Wetlands tour: 6 to 7 pm. Randall's Island Park. See Tuesday, Aug. 4.

"Cymbeline": 8 pm to 9 pm. Delacorte Theater. See Friday, Aug. 14.

"Little Giants": Sol Lain Playground, Henry St. and Grand St.; (212) 387-7685; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

View a screening of this movie about a hometown hero facing off against a nerdy brother.



A ride under the sea

Take a ride beneath the sea in the SeaGlass Carousel opening on Aug. 20 at The Battery.

The new one-of-a-kind ride features a huge nautilus shell with 30 luminescent fish to give you the ride of your life. Unlike traditional carousels, this one has you sitting inside the fish instead of on top — letting you glide through the sights and sounds of a 360-degree aquatic adventure.

Visitors walk through the

beautiful Tiffany and Company Foundation Woodland Gardens before reaching the brand-new attraction.

SeaGlass Carousel is open daily beginning Aug. 20, from 10 am to 10 pm and costs \$5 per ride. Access to the Battery and gardens is free.

SeaGlass Carousel (The Battery at the Battery Park Underpass in Lower Manhattan; www.thebattery.org)

FURTHER AFIELD

Play-a-palooza: 10 am. The Hampton Library at Bridgehampton. See Tuesday, Aug. 4.

Paws to Read: 10 am. Amagansett Free Library. See Tuesday, Aug. 4.

Sunglass decorating: The Hampton Library, 2478 Main St., Long Island; (631) 537-0015; www.hamptonlibrary.org; 4 pm; Free.

Put on those shades and make them a work of stylish art. For children 7 to 12. Registration required — supplies are limited.

WED, AUG. 19

IN MANHATTAN

"Brier Rabbit": Fred Samuel Playground, Lenox Ave. and W. 140th Street; www.cityparksfoundation.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.

"Cymbeline": 8 pm to 9 pm. Delacorte Theater. See Friday, Aug. 14.

FURTHER AFIELD

Babyccino: 10 am. Mashashimuet Park. See Wednesday, Aug. 5.

Fairies and Gnomes: 10:30 am. Quogue Library. See Wednesday, Aug. 5.

Babies and books: 11 am. The Hampton Library in Bridgehampton. See Wednesday, Aug. 5.

Movie night: 6 pm. Amagansett Free Library. See Wednesday, Aug. 5.

Teen night: 7:30 pm to 11 pm. Ludlum Park. See Wednesday, Aug. 5.

THURS, AUG. 20

IN MANHATTAN

Tots soccer and Pee Wee basketball: 9:30 am. 71st Street Soccer Field. See Thursday, Aug. 6.

Sports festival: DeWitt Clinton Park, 11th Avenue and W. 52nd Street; (212) 408-0243; www.nycgovparks.org; 11 am – 3 pm; Free.

Learn to play all sports. Pre-registration required.

Sensory storytime: 4:30 pm to 5 pm. Children's Museum of the Arts. See Thursday, Aug. 13.

SeaGlass Carousel opening day: SeaGlass Carousel, The Battery, Battery Park Underpass; www.thebattery.org; Daily, 10 am to 10 pm; \$5 per ride.

A beautiful, huge crystal nautilus shell with 30 grand luminescent fish, takes riders on an aquatic journey.

FRI, AUG. 21

IN MANHATTAN

"Cymbeline": 8 pm to 9 pm. Delacorte Theater. See Friday, Aug. 14.

FURTHER AFIELD

"Al E Gator and Friends": Goat on a Boat Puppet Theatre, 4 Hampton Street, Staten Island; (631) 725-4193; www.goatonaboat.org; 11 am; \$8 \$10, \$12.

Children 2 to 8 years old enjoy this marionette variety show.

SAT, AUG. 22

IN MANHATTAN

Exploration day: Randall's Island, Randall's Island Park; www.nycgovparks.org; 10 am – 1 pm; Free.

Discover the wetlands and other natural areas.

Saturday studios: 10 am – 1 pm. Children's Museum of the Arts. See Saturday, Aug. 8.

Shababa Picnics in the Park: 10:30 am. Playground. See Saturday, Aug. 1.

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

Come to a special story telling 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.

Family conversations: 12:30 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, Aug. 1.

Camping: Central Park, 79th Street Transverse; (212) 628-2345; www.nycgovparks.org; 6pm to 7 pm; Free.

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

"Cymbeline": 8 pm to 9 pm. Delacorte Theater. See Friday, Aug. 14.

FURTHER AFIELD

Animal Yoga: 10:30 am. Brooklyn Children's Museum. See Saturday, Aug. 1.

Cartoon Shabbat: 11 am. Chabad

Continued on page 42

Calendar

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

Continued from page 41

of East Hampton. See Saturday, Aug. 1.

"Al E Gator and Friends": 11 am. Goat on a Boat Puppet Theatre. See Friday, Aug. 21.

SUN, AUG. 23

IN MANHATTAN

The Ebony Hillbillies: Charles A. Dana Discovery Center, W. 110th St. and Fifth Avenue; (212) 860-1370; www.nycgovparks.org; 2 pm to 4 pm; Free.

Enjoy a day of jazz and rockabilly fun.

MON, AUG. 24

IN MANHATTAN

Family drumming: 6:30pm–7:30 pm. Indian Road Lawn at Inwood Hill Park. See Monday, Aug. 3.

FURTHER AFIELD

Neighborhood nights: 5 pm to 8:30 pm. David Crohan Community Center. See Monday, Aug. 3.

First storytime: 10:30 pm. Amagansett Free Library. See Monday, Aug. 3.

TUES, AUG. 25

IN MANHATTAN

Wetlands tour: 6 to 7 pm. Randall's Island Park. See Tuesday, Aug. 4.

"Dream Girls": Tony Dapolito Recreation Roof, 3 Clarkson St. and Hudson Street; (212) 242-5228; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Sit back and enjoy the classic with great music. For older children.

"ET the Extra Terrestrial": Swindler's Cove at Sherman Creek, Harlem River Drive and Nagle Ave.; (212) 333-2552; www.nycgovparks.org; 8 pm to 10:30 pm; Free.

Phone home, but don't forget your blanket and popcorn.

FURTHER AFIELD

Play-a-palooza: 10 am. The Hampton Library at Bridgehampton. See Tuesday, Aug. 4.

WED, AUG. 26

FURTHER AFIELD

Babies and books: 11 am. The Hampton Library in Bridgehampton. See Wednesday, Aug. 5.

Teen night: 7:30 pm to 11 pm. Ludlum Park. See Wednesday, Aug. 5.

THURS, AUG. 27

IN MANHATTAN

Tots soccer and Pee Wee basketball: 9:30 am. 71st Street Soccer Field.

See Thursday, Aug. 6.

FRI, AUG. 28

IN MANHATTAN

"Guardians of the Galaxy": Marcus Garvey Park Amphitheater, W. 120th St. and Malcolm X Blvd.; (212) 860-1394; www.nycgovparks.org; 8:30 pm – 10:30 pm; Free.

Bring a chair and enjoy this Marvel story about a team of misfit space heroes.

SAT, AUG. 29

IN MANHATTAN

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

Come to a special story telling 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.

Family conversations: 12:30 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, Aug. 1.

FURTHER AFIELD

Arthur Ashe Kids Day: USTA Billie Jean King National Tennis Center, Flushing Meadows Corona Park, Queens; (866) 673-6749 (OPEN-TIX); www.usopen.org; 9:30 am to 4 pm; \$10 general admission (\$25 loge tickets).

Presented by Hess the 29th annual event includes live performances from Rolling Stone "Artist You Need to Know" Bea Miller, "hip-pop" duo Kalin and Myles, Flo Rida protégé Natalie La Rose, MTV's "Artist to Watch" Jacob Whitesides and chart-topping pop-rock act American Authors. Children will enjoy a host of activities and meet with tennis champs Novak Djokovic, Marin Cilic, and others for a day of tennis, music The annual event kicks-off the 2015 US Open, which runs from Aug. 31 to Sept. 13.

Animal Yoga: 10:30 am. Brooklyn Children's Museum. See Saturday, Aug. 1.

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

Back to school: Amagansett Free Library, 215 Main St., Long Island; (631) 267-3810; www.amaglibrary.org; 3:30 pm; Free.

Share stories about the summer and make a decorative bug cover for pens and pencils.

SUN, AUG. 30

IN MANHATTAN

"Brier Rabbit": Bennett Park, Pinehurst Ave. and W. 185th Street; www.cityparksfoundation.org; 1 pm; 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.

Garifuna International: Charles A. Dana Discovery Center, W. 110th St. and Fifth Avenue; (212) 860-1370; www.nycgovparks.org; 2 pm to 4 pm; Free.

Energetic performance of music rooted in African, Caribbean and Central American traditions.

LONG-RUNNING

IN MANHATTAN

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

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.

Accessible Arts Initiative: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; Mondays and Wednesdays, Noon–5 pm, Thursdays and Fridays, Noon–6 pm, Saturdays and Sundays, 10 am – 5 pm; Free.

The museum is beginning a pilot year of the program which will enable any child with a disability and their caregiver, parent, therapist or teacher, admission to programs during general public hours in exchange for feedback to help strengthen museum wide programs. Registration is required.

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.

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!

Isadora Duncan Children's dance: Dongan Lawn at Ft. Tryon Park, Sherman Avenue and Broadway; (212) 795-1388; www.nycgovparks.org; Tuesdays and Saturdays, 10 am – 11 am, Now – Tues, Aug. 18; Free.

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

Arts Island outpost: Governor's Island, Outside bldg. 14 in Nolan Park; (212) 274-0986; www.cmany.org; Saturdays and Sundays, 11 am–3 pm, Now – Sun, Sept. 27; Free.

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

"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://cmany.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.

Fractured Fables: Bank Street Bookstore, 2780 Broadway at W. 107th Street; (212) 678-1654; www.bankstreetbooks.com/node/1168; Saturdays and Sundays, 1 pm, Now – Mon, Aug. 31; Free.

Listen to a fable at the Yippee Skippy Puppet Theater for children 3 to 8 years old.

"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, Now – 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, no Princess Phooey would much rather be with the stable boys and chambermaids.

"Cymbeline": Delacorte Theater, 79th Street Transverse; www.nycgovparks.org; Mondays – Saturdays, 8 pm to 9 pm, Now – Sat, Aug. 8; Free.

Shakespearean fairytale with cross-dressing girls and cross-dressing boys, poisons and swordfights and dastardly villains in a romantic romp about the conquering power of love. For tweens and teens.

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

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

made it great. Ages 3-7.

Family Sundays: Ruben Museum of Art, 150 W. 17 Street, between Sixth and Seventh avenues; (212) 620-5000 X 344.; www.rmanyc.org; Sundays, 1-4 pm, Now - 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.

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, 9 am - noon, Now - 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: Riverside Park, Riverside Drive and W. 119th Street; www.cityparksfoundation.org/2015-summer-; Mondays and Wednesdays, 9 am - noon, Now - 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.

Playstreets: 109th Street, 109th St. between Park and Madison Avenues; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: 129th Street, 129th St. between Lenox and Seventh avenues; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: 151st Street, 151st St. between Amsterdam Avenue and Broadway; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.



Sculptures of sand

Grab your pails, shovels, and imagination — it's the 25th annual Sand Sculpting Contest in Coney Island on Aug. 15.

Sponsored by Astella Development Corporation and Brooklyn Community Services, the family-friendly event is open to amateurs and semi-professional sand sculpting artists of all ages competing for cash prizes and bragging rights.

Playstreets: 159th Street, 159 Street between Amsterdam Avenue and Broadway; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Wagner Houses, 2396 First Ave.; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Jennie Clarke Residence, 183-A E. 100th St. between Third and Lexington avenues; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Everyone has the chance to turn sand into a towering masterpiece.

Preregistration required for all entrants.

Sand Sculpting Contest, Aug. 15 from 11 am to 4 pm. Free.

Coney Island Boardwalk (Surf Avenue and W. 20th Street in Coney Island; www.eventbrite.com/e/25th-anniversary-coney-island-sand-sculpting-contest).

Playstreets: Grant Houses, 1315 Amsterdam Avenue; www.palnyc.org; Weekdays, 9 am to 5 pm, Now - Fri, Aug. 21; Free with museum admission.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

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, Now - 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. All participating youngsters have the opportunity to display the basic skills learned at the end of the season at an organized track meet held at Icahn Stadium Randall's Island on Aug. 12. Registration online required; Two sessions — 5 to 7 years old and 8 to 16 years old.

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

Oct. 30; Free.

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

Basketball clinic: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Mondays, 3:30-5:30 pm, Now - Mon, Oct. 26; 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, Now - 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; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 9 am - noon, Now - 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, Now - 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. All participating youngsters have the opportunity to display the basic skills learned at the end of the season at an organized track meet held at Icahn Stadium Randall's Island on Aug. 12. Registration online required; Two sessions — 5 to 7 years old and 8 to 16 years old.

Game days: West Harlem Piers Park, W. 125th St and Henry Hudson Parkway; 311; www.nycgovparks.org; Tuesdays and Wednesdays, 10 am - 2 pm, Tues, Aug. 4 - Wed, Aug. 26; Free.

Children 12 and younger play games, including giant tick-tac-toe, lawn bowling and more. Supplies limited.

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.

Family workshops: Cherry Tree Park, E. 99th St. and Third Avenue; (212) 408-0243; www.nycgovparks.org; Tuesdays and Thursdays, Noon-3 pm, Now - Thurs, Aug. 13; Free.

Learn all about the City of New York. For children 6 to 12 years old.

Continued on page 44

Calendar

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

Continued from page 43

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

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

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, Now – Tues, Oct. 27; 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.

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, Now – Thurs, Oct. 29; Free.

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

Little New-Yorkers: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Now – Tues, Sept. 29; 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.

Gardening club: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Tuesdays, 4–5 pm, Now – Thurs, Oct. 29; \$130 (per two-month cycle); \$350 for all three months of the cycle).

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

Drop in chess: Nelson A. Rockefeller Park, Battery Park City; www.bpcparks.org/event; Wednesdays, 3:30–5 pm, 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, Now – Wed, Oct. 28; 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 am 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 Stret; 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, Now – Thurs, Oct. 29; 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 at 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 at 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, Now – Thurs, Oct. 29; Free.

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

Cross-Stitch Circle: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Thursdays, 3:30 pm, Now – Thurs, Sept. 24; Free with museum admission of \$19 adults, \$6 children ages 5-12.

Beginning cross stitchers and younger

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

SeaGlass Carousel: SeaGlass Carousel, The Battery, Battery Park Underpass; www.thebattery.org; Daily, 10 am to 10 pm; beginning Thurs, Aug. 20; \$5 per ride.

A beautiful, huge crystal nautilus shell with 30 grand luminescent fish, takes riders on an aquatic journey.

FURTHER AFIELD

Story time: Egg-Baby, 63 Main St., Long Island; (631) 488-4699; southampton@egg-baby.com; Saturdays, 9 am – 9:30 am, Now – Sat, Aug. 29; Free.

Come in for a fun morning of stories. Registration required.

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.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Saturdays and Sundays, 10 am–6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

Children's Zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Daily, 10 am – 5 pm; Now – Fri, Oct. 30; \$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.

"South Pacific": The Noel S. Ruiz Theatre at the Performing Arts Center, 931 Montauk Highway, Long Island; (631) 218-2810; Saturday, Aug. 1, 8 pm; Sunday, Aug. 2, 2 pm; Friday, Aug. 7, 8 pm; Saturday, Aug. 8, 8 pm; Sunday, Aug. 9, 2 pm; Wednesday, Aug. 12, 2 pm; Friday, Aug. 14, 8 pm; Saturday, Aug. 15, 8 pm; Sunday, Aug. 16, 2 pm; Wednesday, Aug. 19, 7:30 pm; Friday, Aug. 21, 8 pm; Saturday, Aug. 22, 8 pm; Sunday, Aug. 23, 2 pm; \$20-\$29.

The wonderful music of Rodgers and Hammerstein's in this classic musical of love.

Legos at the Library: Quogue Library, 90 Quogue St., Long Island; (631)

653-4224; www.quoguelibrary.org; Sunday, July 26, 1 pm; Sunday, Aug. 2, 1 pm; Sunday, Aug. 9, 1 pm; Sunday, Aug. 16, 1 pm; Sunday, Aug. 23, 1 pm; Sunday, Aug. 30, 1 pm; Sunday, Sept. 13, 1 pm; Sunday, Sept. 27, 1 pm; Free.

Take a gander at the new Lego books for inspiration and then build away. Legos and snacks will be provided. All ages are welcome.

Madoodles: The Madoo Conservancy, 618 Sagg Main St., Long Island; 9631) 537-8200; madoo.org; Mondays, 3:30 pm, Now – Mon, Aug. 31; \$25.

Youngsters 5 to 8 years old develop their artistic skills with artist Karyn Manrix. Space limited, registration on a first come - first served basis.

Open pool night: SYS, 1370 a Majors Path, Long Island; (631) 702-2432; southamptonny.gov; Mondays and Thursdays, 5 pm to 8 pm, Now – Thurs, Aug. 27; Free.

Youth are invited to swim in the pool, play table games, video games — bring your own towel and bathing suit. Call in case of inclement weather.

Shake, Rattle, and Roll: Amagansett Free Library, 215 Main Street, Long Island; (631) 267-3810; www.amagliblibrary.org; Tuesdays and Fridays, 10 am, Now – Fri, Aug. 28; Free.

Children up to age 3 years old and caregiver learn, play and sing songs.

Drip Painting: Pollock-Krasner Houe and Study Center, 830 Springs Fireplace Rd., Long Island; (917) 502-0790; www.wimaginationarted.com; Thursdays and Fridays, 10 am, Now – Fri, Sept. 4; \$35.

Tour the home and studio of Jackson Pollock and Lee Krasner and then splash your own unique masterpiece on the beautiful grounds overlooking the Accabonic Harbor. Pre-registration required. Recommended for children ages 4 and older.

Drip Painting: Pollock-Krasner Houe and Study Center, 830 Springs Fireplace Rd., Long Island; (917) 502-0790; www.wimaginationarted.com; Saturdays, 10 am, Now – Sat, Oct. 10; \$35.

Tour the home and studio of Jackson Pollock and Lee Krasner and then splash your own unique masterpiece on the beautiful grounds overlooking the Accabonic Harbor. Pre-registration required. Recommended for children ages 4 and older.

Holla 4 Challah: Chabad of East Hampton, 17 Woods Lane, Long Island; (631) 329-5800; www.jewishshamp-ton.com; Thursday, July 30, 5 pm; Thursday, Aug. 6, 5 pm; Thursday, Aug. 13, 5 pm; Thursday, Aug. 20, 5 pm; Thursday, Aug. 27, 5 pm; Thursday, Sept. 3, 5 pm; \$5 suggested donation.

Bake some challah, do crafts, sing songs and listen to stories. For children of all ages.

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GROWING UP ONLINE

CAROLYN JABS

Apps that connect families and nature

Do your children enjoy being outdoors? According to a recent study from the Nature Conservancy, 82 percent of American parents feel that spending time in nature is “very important” to a child’s development, second only to reading. Despite that sense of priority, 65 percent of parents in Brazil, China, France, and Hong Kong as well as the U.S. regard lack of time outdoors as a serious problem. The Children and Nature Network has compiled research connecting what it calls “nature deficit disorder” to attention problems and diminished awareness of the senses as well as physical inactivity and obesity.

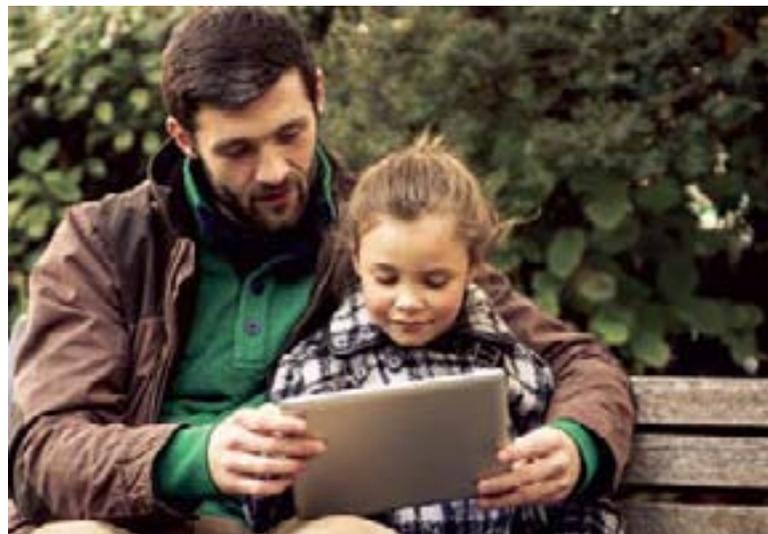
Ironically, both of these organizations responded to this problem by developing websites. Naturerocks.org, a partnership between the Nature Conservancy and Disney, offers a rich collection of activities that will get kids outdoors to engage with the natural world, as well as an interactive map that points families toward beaches, campgrounds, aquariums and zoos. The Children and Nature Network has a list of nature clubs for families (childrenandnature.org/movement-directory).

Going online in order to strengthen your family’s connection with the great outdoors may seem counter-intuitive, but in our wired age, it does not make sense to ignore the many websites and apps that promise to inspire and support a deeper involvement with the world beyond the screen.

Where to go

Yes, you can explore the natural world in your own backyard or in the park down the street. But when you have the urge for a bigger adventure, these apps can guide you:

NatureFind pinpoints all sorts of places where families can satisfy an appetite for exploration. In addition to nature centers and natural history museums, the website provides descriptions and directions for zoos, botanical gardens, and wildlife refuges. A mobile version makes it easy to find



activities on the go (naturefind.com).

Parkfinder provides concise information about city, state, and national parks. A menu of activities allows you to search for parks where your family can pursue your favorite pastimes (ohranger.com).

All Trails is a source for information about 50,000 trails in the U.S. and Canada. In addition to information about level of difficulty and scenery along the way, you’ll have access to comments from other hikers. The basic app is free. For \$50 a year, you can get very detailed maps produced in a partnership with National Geographic (alltrails.com).

Get involved

A number of apps motivate users to take the next step and become citizen scientists, reporting their observations and taking action to preserve threatened species and habitats:

Project NOAH (Networked Organisms and Habitats) encourages wildlife lovers, young and old, to take photos of what they see and upload them to a website. The photos help scientists track wildlife populations. And a global community is ready to help your child identify unknown plants and animals (projectnoah.org).

Nature’s Notebook takes a different approach to observation. Your

family can sign up to record changes in a specific site such as a favorite park or your own backyard. Then use the app to make regular field notes. Specific questions encourage children to notice seasonal changes for plants, birds, and other creatures. Those observations become part of a database that helps scientists track migration patterns (usanpn.org/natures_notebook).

iNaturalist, an app and a website, is the brainchild of college students whose ambitious goal is a “living record of life on Earth that scientists and land managers could use to monitor changes in biodiversity, and that anyone could use to learn more about nature.” Younger kids may need help in uploading photos, but they will have the satisfaction of knowing that they are contributing to a massive database that records life on the planet (inaturalist.org).

Think of these apps as bridges that will connect the virtual world in which most kids spend most of their time and the natural world where there are miracles waiting to be discovered.

Carolyn Jabs has been writing Growing Up Online for 10 years and is working on a book about constructive responses to conflict. Visit www.growing-up-online.com to read other columns.

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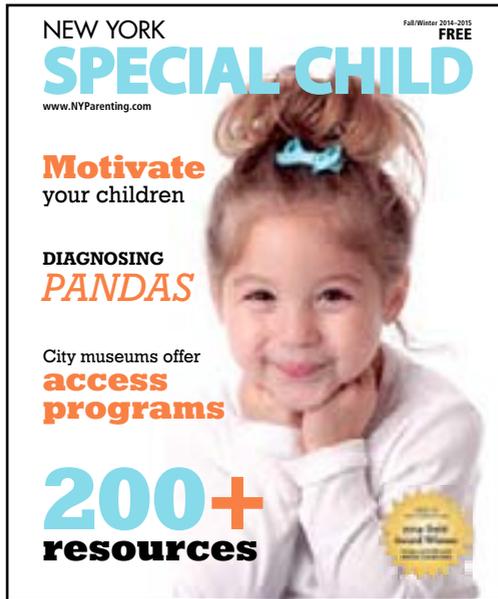
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