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Spring is here

It seems that spring is finally here, although I'm never willing to bet that we won't have some final burst of winter in the form of either a series of cold days or a late snow fall. Too many times we've seen the blossoms burst forth on the trees and then a heavy wet snow come down and break all the branches and cut down the tulips. Hopefully, we'll dodge that bullet this year.



With the longer days and the warmer weather, the streets, parks, farmers' markets, stoop sales, and neighborhood celebrations are in high gear. With April being the month we celebrate Earth Day, make sure that your family gets into con-

tact with the natural wonders of this planet of ours. Visit your local botanic garden, take a walk along the waterways, visit a museum, shop at a flea market and get outdoors. Bicycle riding has always been popular, but never more in our city than now when there are so many bike lanes and rental bikes easily accessible in many areas of town.

And then there's the beaches. Personally, I love to visit the beach all year round. Each season has its own beatific offerings. Obviously, we still have to bundle up somewhat, but on a sunny day especially, the kids will love the beach at this time of year. It's a giant sand box and a great ball playing field. Also, the surfers are

out there practically all year round and it's a great show to watch them "doing their thing."

Wonderful early spring vegetables are in season now, like artichokes (one of my favorites) and here's my favorite recipe for cooking them. (2-4 artichokes) This is Roman style and is a staple around Easter.

Clean your artichoke and then cut off the stem. Cut the top off and then trim the remaining leaves with a scissors to make them more manageable.

In a dutch oven or saucepot, saute three sliced garlic cloves in two table-spoons of olive oil.

Add a small can of organic chicken broth.

Add salt, pepper and pepper flakes to taste.

Put in the artichokes and add the

juice of half a lemon.

Cover and cook for 40 minutes or until the leaves pull off easily. If necessary, add a bit of water to your broth.

When ready, plate and eat. Make sure to add some of the broth to the bottom of your bowl for dipping. Crusty toasted bread and some good cheese like brie or herbed goat cheese make a good accompaniment.

Have a wonderful month. Happy Spring!

Thanks for reading.

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Time-outs vs. time-ins

Tips for fostering effective and connective discipline

BY JUDY M. MILLER

Time-ins versus time-outs. What's the difference? As it turns out, quite a bit.

Many adults are familiar with the concept of time-outs — the process of separating the child, often in another part of the house, if home, from his parents for the purpose of calming down, thinking about his behavior, and regrouping. Time-outs withhold attention, the highest motivator for any child. Overused, time-outs can quickly become ineffective, and both the parent and child can feel bad about the experience.

Time-ins are similar to time-outs in that they focus on teaching children to self-regulate their behavior. However, time-ins differ from time-outs, because they emphasize regaining peace and balance of the situation while the child is within close proximity to his parent. And this physical closeness while calming helps to foster connection and security between the child and parent.

There are several things a parent

needs to be on board with to effectively use time-ins. The first is that they should understand what discipline is: the training or teaching that reinforces the desired specific behavior (self-regulation) and ordered way of life compatible with family and societal expectations.

The second is that the parent should embrace a new attitude, that of being child-centered. The parent should focus on how to best address what her child needs.

The use of time-ins is well suited to any child, and can be used for a child of any age. Parents who are bonded with their child are the most effective in using time-ins because their child is attuned (emotionally connected) to them.

The parent can explain why the behavior was inappropriate after the child has calmed down, but only if she is also calm. Parents who are emotional cannot help their child or address a situation. To use time-ins effectively:

- Keep your child within proximity of where you are, be it in the

kitchen, gardening, or on your lap, if very young.

- Give your child some “distance” by avoiding direct eye contact.

- Eliminate conversation until your child has indicated he is ready to talk about the situation.

- Gently resume eye contact and positive non-verbal cues (nodding, smiling) as you discuss the situation (misbehavior).

- Be aware of your tone.

- Think about your word choices.

- Correct without shaming.

- Be specific about your expectations.

- Lower yourself to your child's level, if necessary — kneeling, for example.

- Touch your child. For example, a gentle hand on the shoulder.

- Offer a hug. Research shows that a 30-second hug releases oxytocin, the “bonding” hormone, and has another emotional and physical benefit — stress reduction.

Other dos and don'ts

- Avoid showing anger. Your child cannot calm down if you are angry. Model the behavior you want to see in your child.

- Avoid grabbing or jerking your child. Your goal is not punishment, but helping your child to calm and understand what behavior was inappropriate.

- Do not berate your child. Doing so can cause your child to “mute” you.

- Do not talk about your child's behavior within the hearing of others, especially peers; this causes shame and public humiliation.

- Do not give your child something to do or watch while in time-in. This time is for reflection.

- Speak calmly and firmly.

- If using a place for your child to sit, use the same place and same seat.

- If you have an older child (5 to 10 years of age), consider giving him something constructive to do, like a puzzle or craft. Talk to your child while he creates. This can help the older child process his feelings.

- Use a timer; this indicates you are committed to the time-in. If your child is not or does not feel calm or quiet when the timer goes off (ask), set it again.

- Remain calm and gentle after the time-in is over. This encourages self-regulation, which is your goal.

Judy M. Miller savors time with her kids. She is a certified Gottman Institute educator and the author of “What To Expect From Your Adopted Tween” and “Writing to Heal Adoption Grief: Making Connections & Moving Forward.”



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Practice, practice, practice!

Middle school
musicians to
perform at
Carnegie Hall

BY SHNIEKA L. JOHNSON

These young musicians are learning from the best.

Seventy-five middle school student musicians auditioned on Jan. 30 and 31 for a coveted spot in the New York Pops' Kids on Stage program. Only 20 chosen finalists will be trained by New York Pops teaching artists and will perform on stage for the orchestra's annual birthday gala at Carnegie Hall on May 2.

"Kids on Stage is an amazing opportunity for young musicians. In addition to the excitement of the culminating performance on stage at Carnegie Hall, students engage in a truly immersive learning experience throughout the audition and rehearsal process as they work closely with skilled educators, professional musicians, and Maestro Reineke," said Lisa Beth Vettoso, The New York Pops' director of education.

The program is part of the orchestra's PopsEd program, which is led by Music Director and Conductor Steven Reineke and provides an exciting learning environment for its students, showcasing tools like composition, lyric writing, performance, and mentorship to foster learning.

Before the gala, the young musicians will have five rehearsal sessions, including three with PopsEd teaching



Twenty middle school student musicians will play on stage at Carnegie Hall with the New York Pops orchestra.

artists, one led by Reineke, and a dress rehearsal at Carnegie Hall before the gala. Of the 20 participants, five students will be selected to receive a three-week scholarship to the French Woods Festival of the Performing Arts Summer Camp in Hancock, N.Y., to participate in the program for advanced musical studies.

The 20 finalists certainly proved their mettle at the auditions.

"The students are asked to prepare a piece of music, play basic scales, and sight read in a format similar to an orchestral audition," said Karen DiYanni, a current Kids on Stage judge as well as a New York Pops violinist and PopsEd Teaching Artist. "At the auditions, we met young musicians from all over the city, with varying levels of experience on their instrument. In addition to newcomers, we saw many that auditioned and/or were selected last year. This speaks volumes about what an incredible experience and opportunity Kids on Stage is for middle-school students."

Education is an essential part of The New York Pops' mission. Through its PopsEd programs, the

organization collaborates with public schools, community organizations, children's hospitals, and senior centers throughout the five boroughs, which affords thousands of New Yorkers the opportunity to participate in music programming.

"Kids on Stage helps fill the gap in today's music education system by giving students a truly unique, professional opportunity," said DiYanni.

To be considered for participation, the students filled out an application form and submitted two personal essays and a recommendation letter from a teacher. Student essays and recommendation letters were then reviewed by the director of education and New York Pops staff, who selected students and invited them to audition, said Vettoso.

The New York Pops 33rd Birthday Gala "Do You Hear the People Sing" at Carnegie Hall (881 Seventh Ave. between W. 56th and W. 57th streets in Midtown, www.newyorkpops.org) May 2, 7 pm. Tickets from \$31 to \$160.

Shnieka Johnson is a Manhattan-based education consultant and freelance writer. Contact her via her website: www.shniekajohnson.com.

The 2016 Kids on Stage students include:

- Ande-Marie Balla, flute, grade 8
- Eve Budd, clarinet, grade 7
- Quentin Chen, violin, grade 7
- Lukas Chin, horn, grade 7
- Philip Fletcher, euphonium, grade 8
- Pasquale Giusto, trumpet, grade 8
- Jeshua Kim, flute, grade 8
- William Lach, trumpet, grade 8
- Yong Ho Lee, clarinet, grade 8
- John Liu, euphonium, grade 7
- Victoria Lu, violin, grade 8
- Jessica Mandel, horn, grade 8
- Olivia Mangum-Lehmann, cello, grade 8
- Simone Martel, saxophone, grade 7
- Jordyn Pierre-Raphael, saxophone, grade 8
- Abigail Rodriguez, percussion, grade 8
- Meghan Stackhouse, clarinet, grade 6
- Adam Vidal, trumpet, grade 8
- Anna Wielgat, oboe, grade 8
- Shuran Xie, saxophone, grade 6

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Becoming yourself

Assisting our
children in
finding their
own way

BY CAROLYN WATERBURY-
TIEMAN

Andre Pater, a renowned equine artist, conducted a tour of his work that my younger son and I attended. During the tour Pater was asked what advice he gives young artists on how to achieve success. He clarified that there are many ways to define success. He identified his greatest success as an artist being the feeling he gets when he creates something that deeply touches another person. He concluded by saying, "Above all, be yourself. After all, you cannot be anyone else anyway."

What simple, straightforward advice. Be yourself. I mean, it's two words. Yet, it presents a formidable challenge. For to be yourself, you have to know yourself. And the self you have to know changes over time. Recently I shared a related quote, "Becoming is superior to being." This statement suggests that while "being" denotes a static, unchanging state, "becoming" recognizes the active, evolving nature of the self. Therefore I altered Pater's advice to say, "Become yourself!"

"Become yourself" implies that we possess the power to choose who we are becoming. Last month

I explored the relevance of this notion to the lifelong process of becoming a parent. But what about the implications of this directive to "become yourself" for our children? How do we assist them in discovering the power to become themselves and guide them to exercise it conscientiously? How do we facilitate the process of our children becoming themselves?

Visualize them. We are our children's original mirrors. They come to know the earliest versions of themselves through their interactions with us. Create a vision of your child. Not a fixed vision, a flexible vision. A working vision of

“Become yourself” implies that we possess the power to choose who we are becoming. But what about the implications of this directive to “become yourself” for our children?

the kind of person you want her to become. Not the career you want her to pursue. We are raising people, not professions. A vision of the personal qualities and character you want your child to possess. Use this vision to direct your parental actions. What we reflect back to our children is what they come to believe about themselves.

Give them their story. Each of our children has a unique story. Tell your child her birth or adoption story. Tell her about all her “firsts” and early experiences. Share treasured memories. Keep a journal for her. Populate her story with people who love her. Tell her family history. If you don’t know her family history, research her culture and share its heritage. Our children need both roots and wings. The deeper the roots, the stronger the wings.

Prompt their vision. Encourage your child to create a personal vision of the individual she wants to become. Focus on personal qualities, problem-solving, and relationship skills that will serve her well throughout life. Emphasize the importance of self reflection and self correction.

Teach them to think before they speak. Teach your child to choose words that are more likely to be constructive than destructive. Use empathy-building questions, “How would you feel if that happened to you?” “What would you think if someone said that to you?” “What would you do in that situation?” Challenge her to consider, “If everyone said or did what you propose, would it be OK?” “What would that look like?” “If not, then should you?” “What might you do instead?” Discuss how she will know when

she’s being true to the vision. Identify what she is already doing that fits her vision. Assess those aspects that do not fit and explore how she might bring about desired change. Help her establish realistic short and long-term goals. Guide her in discovering the abundance of possibilities within herself.

Model the personal qualities you value. It is not enough to tell our children how to behave. We have to show them. Remember — they may not be listening to everything we say, but they are watching everything we do. Demonstrate the personal qualities and character you want them to exhibit. Notice when they are doing what is expected. Recognize and express appreciation for their efforts and accomplishments. Be more anxious to catch them being good than being bad. When discipline is necessary, make it relevant, reasonable, and respectful. Model qualities you would be proud for them to emulate.

Becoming yourself is not the same as expressing yourself. Our culture is obsessed with self-expression and individuality, albeit a superficial understanding of individuality. Individuality is not defined by appearance, possessions, and friends. Individuality is apparent in spite of, not because of, mere outward trappings. The expression of our thoughts and feelings through our words and actions is inherently and utterly unique.

Individuality is a birthright. You cannot become anyone but yourself. The challenge is to fully realize the potential of the person each of us is capable of becoming.

This is the essence of our individuality and becoming ourselves. And, it is a reciprocal process. While we are becoming the parents our children need, they are becoming themselves. May we acquire the wisdom to assist them in ways that allow each of us to make the most of the best of ourselves.

Carolyn Waterbury-Tieman is a resident of Lexington, Ky. She has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator, and has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.

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Springing ahead!

Spring has sprung in the city and that means Central Park is in full bloom, kids are outside on scooters and bicycles, and happy faces are everywhere! Put away those puffy winter jackets and get outside!

For all of those mamas who want to work out in the park, there's a FabULySS fitness trainer I recently came across: Michael Sweeney's Eat, Move, and Be Happy. He does not believe in gimmicks; he believes in leading an active lifestyle that will result in a long, active life. For more information, visit www.michael-sweeneytraining.com.

While we are on the topic of working out, have you visited the new Upper East Side SweatyBetty store? Hailing from London, the workout clothes are not only extremely stylish and chic, they are also comfortable. Everyone will stop you on the street to ask where you bought your new bum-slimming leggings. Visit www.sweatybetty.com.

Looking for a new restaurant to enjoy on your date night? American Cut recently expanded to Midtown inside the Lombardy Hotel. The steakhouse is one that you are not going to want to miss. I'm not sure who was more excited about the new opening — me or my husband!

American Cut at the Lombardy Hotel



(111 E. 56th St. in Midtown, www.americancutsteakhouse.com).

We are taking the kids to the beautiful Willburton Inn in Manchester, Vt. over spring break. We're looking forward to spending quality time with the kids and un-

plugging for a few days. The Tudor-style country estate with an organic farm, restaurant, bakery, museum, and sculpture garden is going to take my breath away.

I cannot wait to take photos of the beautiful scenery, as I have heard that the spring is a magical time to visit Vermont. For more, visit www.willburtoninn.com.

Please join the DivaMoms Book Club for a "Sh*tty Mom For All Seasons: Half-@ssing It All Year Long" book party with authors Alicia Ybarbo, Mary Ann Zoellner, and Erin Clune on April 5.

Book party at the Hanley (165 E. 66th St. between Lexington and Third avenues in Lenox Hill) on April 5, 6:30–8 pm. RSVP to RSVP@Divamoms.com.

Have a FabULySS Easter and happy Passover!

Lyss Stern is the founder of DivaLyss-cious Moms (www.divamoms.com).

Homemade toffee chocolate matzo for Passover

INGREDIENTS

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

DIRECTIONS: Preheat oven to 250 degrees. Line a baking sheet with parchment paper. Place matzo in an even layer on baking sheet and set aside. Melt butter in a saucepan over medium-low heat. Add brown sugar and immediately reduce temperature to low. Cook, stirring, adjusting heat

as necessary, until sugar has completely dissolved and begins to bubble. Drizzle toffee over matzo and spread to cover with a spatula.

Transfer toffee-covered matzo to oven and bake until toffee has a rich, shiny sheen, 10 to 20 minutes. Remove from oven and sprinkle with chocolate chips. Tent matzo with aluminum foil and let stand 20 to 30 minutes.

Remove foil tent and spread melted chocolate over matzo to cover; sprinkle with sea salt. Transfer matzo to refrigerator, and let it chill at least two hours.

Break chilled matzo into pieces. Matzo will keep in an airtight container for up to four days at room temperature.

Recipe from www.marthastewart.com/319427/homemade-toffee-chocolate-matzah

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BIRTH TO THREE



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Tech-free at camp!

When kids
unplug, they
make lifelong
connections

BY ASHLEY TALMADGE

In our world of constant connectivity, some might argue that kids shouldn't be expected to "unplug" for weeks on end. And yet, most overnight summer camps are still tech-free zones. Why? Recent studies reveal there are good reasons for taking a tech break. And seasoned camp directors are privy to a little known fact: Kids actually enjoy it.

"Many of our campers actually thank us for the opportunity to put away their phones for a while," says Erec Hillis, boys' camp director at Camp Champions in Texas. "Some of them say that it is exhausting to try to keep up with all the demands of being available 24-7, and that camp is a welcome break."

Nonetheless, it can be daunting to think about letting the smartphone, iPad, and laptop go untouched for the camp session. And parents may feel just as anxious as their kids. After all, we're used to communicating with our children whenever and wherever the notion strikes. What to do?

First of all, it helps to know why most camps remain unplugged.

"Because the whole point of our camp is to enjoy nature, facilitate communication, and empower children by developing those skills. We don't allow cellphones or iPods, which diminish interpersonal interaction," says Kevin Gordon, director of Camp Kupugani outside of Chicago.

Gordon says there's solid evidence to support this view, and points to a recent study from University of California, Los Angeles in which a group of sixth graders unplugged for five days at an outdoor camp. This group showed marked improvement in their ability to accurately read non-verbal emotional cues when compared to a control group of same-age



students who hadn't yet been to camp.

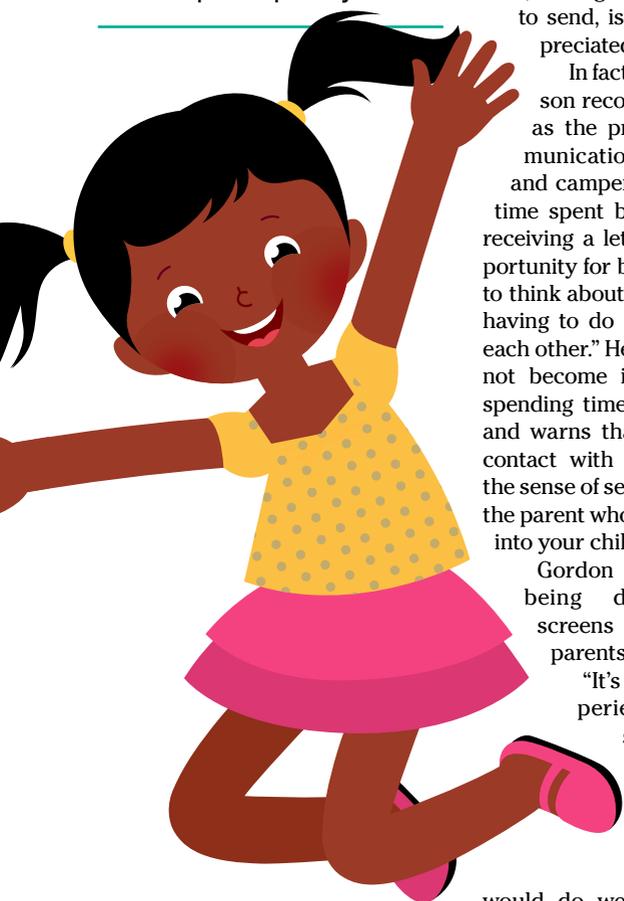
While the researchers did not dismiss the value of technology as a communication and learning tool, they concluded that "digital screen time, even when used for social interaction, could reduce time spent developing skills in reading nonverbal cues of human emotion."

It is through face-to-face encounters that kids gain the ability to see another's perspective, and develop empathy. They learn to cooperate and contribute. All this is important in the cultivation of lasting friendships. In his book, "Home-sick and Happy: How Time Away from Parents Can Help a Child Grow," psychologist Michael Thompson contends it is because campers spend so much time together, that "camp friendships grow so quickly and deeply." The camp environment itself inspires face-to-face interaction. Campers eat, sleep, and play in proximity to one another.

"Kids want to interact with one another. Camp allows kids to be near enough to each other that they don't need their phones," Hillis says. "They can just walk over and start a conversation."



It is through face-to-face encounters that kids gain the ability to see another's perspective, and develop empathy.



Still, it's a good idea to prepare your child for the tech-free experience. You may simply inform him of the no electronics rule, and express your confidence in his ability to abide by it. Hillis reminds parents not to commiserate with a child who seems reluctant to give up his device. Just remind him that all campers will follow the same rules, and that the camp has good reasons for being tech-free.

"We simply want kids to be comfortable in knowing that they can turn the phone off for a period of time and perhaps enjoy life even more richly, rather than feeling that they are missing out on something," he says.

Gordon recommends experimenting with a tech break of a day or two, sometime before the start of camp.

"Do it as a family and recognize how it's actually fun, and you feel

more connected as people!"

He also suggests discussing how your camper can deal with homesickness, and how you'll keep in touch without devices. Many camps now offer one-way e-mail — parents send e-mail, which is then printed and delivered to campers by the staff. However, Gordon favors old-fashioned snail mail, and says e-mail, "though easier for the parent to send, is generally not as appreciated by the camper."

In fact, experts like Thompson recommend letter-writing as the primary form of communication between parent and camper. He writes that "the time spent between sending and receiving a letter is a valuable opportunity for both parent and child to think about one another without having to do anything with or for each other." He believes a child cannot become independent without spending time away from parents, and warns that "minute-by-minute contact with parents undermines the sense of separation." So don't be the parent who slips an extra phone into your child's duffel!

Gordon acknowledges that being disconnected from screens is more difficult for parents than for campers.

"It's also a different experience (and harder), since the parent is in their same world, while the camper is busy in a new environment," he says. Yet parents would do well to practice some tech "downtime" for the duration of the camp session.

Thompson writes, "My advice: Stop the e-mails. Just send one or two packages per summer, and give yourself a break from checking the camp's online photos. Go buy some stamps and write a long letter, or two, or 19."

During the weeks at summer camp, your child will make new friends. Everyday she'll eat, bunk, play, share adventures, and have heart-to-hearts with them. True, she may use social media to stay in touch with her camp friends throughout the year. But memories of the things they did together — tipping the canoe, singing by the fire, playing pranks on the counselors — will create the strongest of bonds. She'll yearn for next summer when she can ditch the smartphone and wrap her arms around her forever friends. Face-to-face.

92Y CAMP yomi

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92Y's renowned programs brought to the great outdoors.

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2016 Camp Choices

DIRECTORY

92nd Street Y Camps

1395 Lexington Ave, NYC 10128
212-415-5573, www.92Y.org/Camps

With over 60 years of experience, Camp Yomi brings the very best of 92Y's renowned programs and faculty to the great outdoors. Campers ages 5-12 enjoy athletic, artistic and educational activities at a 50-acre suburban campground in Rockland County—just 20 minutes from the GWB, with pickups throughout Manhattan and Brooklyn. Yomi offers state-of-the-art music, sports, dance, swim and craft facilities; interactive multimedia, nature and filmmaking studios; an open air amphitheater for special events; thrill-seeking adventure courses; and hands-on STEM learning programs. There's no better way to spend the summer!

ACT Programs Summer Camp

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

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

Abrons ARTS CAMP

Abrons Arts Center/Henry Street Settlement
466 Grand St., NYC 10002
212-598-0400
www.abronsartscenter.org

Ignite your six to 12-year-old child's creative spark with daily instruction in dance, music, theater and visual arts, all facilitated by professional or teaching artists. Camp features swimming, and weekly trips to museums, galleries and theaters, a student authored performance and summer art exhibition. Lunch is provided daily. Full season and shorter sessions are available. Camp days are 9 a.m. to 5 p.m., with

drop off at 8:30 a.m. and extended day until 6:30 p.m. Financial aid and early bird and sibling discounts are available.

Asphalt Green Summer Day Camp

212-298-7900 or
www.asphaltgreen.org/camp
Upper East Side: 550 East 90th Street
Battery Park City: 212 North End Avenue

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

Battery Park City Parks Art Portfolio Development Summer Intensive for Teens

6 River Terrace Battery Park City, NY 10280, 212-267-9700 x9363
www.bpcparks.org

This course allows students to advance their creative skills, learn more about being a professional artist, and develop an art portfolio for applying to specialized art high schools or colleges. Each week, students will explore fundamentals of art and design by creating works of art in drawing, painting, printmaking and more. Students will increase observational and expressive skills by working on site in Battery Park City Park, and take advantage of New York City's cultural offerings through visits to museums and galleries. Call 212-267-9700 x9363 or email registration@bpcparks.org.

British International School

20 Waterside Plaza, 212-481-2700
www.bis-ny.org/summer-camp

Designed to keep young hands and minds active over those hot summer days, BIS-NY Summer Camp offers daily swimming and a variety of activities to build friendships and explore

Continued on page 18



THE BRITISH
INTERNATIONAL
SCHOOL
OF NEW YORK

KEEP CALM AND COME TO CAMP!

5 days a week from 9am - 3pm
For boys and girls ages 3 - 10 years

June 27th - August 5th 2016

Join us for summer camp to enjoy a wide range of activities including, Circus club, Music jam sessions, Soccer games, Daily swim instruction, Science & technology enrichment, daily Maths & Literacy games and Coding lessons for senior campers!

Book before March 31st to receive 10% early bird discount.
Visit www.bis-ny.org to book your place!

20 Waterside Plaza, New York, NY 10010
212-481-2700 | www.biz-ny.org



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One-week camps from June 20 – September 2, 2016

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REGISTER
ONLINE
TODAY FOR
EARLY BIRD
RATES!



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Flexible summer sessions for Brooklyn and Manhattan kids entering K-8th on 75 beautiful acres of the Staten Island Greenbelt.

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- Session 1: 6/29 – 7/15**
- Session 2: 7/18 – 7/29**
- Session 3: 8/1 – 8/19**



newcountrydaycamp.org
newcountry@14streetny.org
646-395-4357





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www.mvhm.org
212-838-6878 • info@mvhm.org

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— Valoree H. - UWS

Now booking morning classes for the summer in Manhattan

Over the summer break, most students lose 2 months of what they learned in the winter/spring months. Help your child stay confident and ahead of the game.



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Summer Acting Intensive

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SUMMER PROGRAMS

Teen Conservatory 15-18 yrs
NEW 4 weeks! Mon.-Fri. 9:30am-5pm • July 18 - August 13

Teen Studio 12-14 yrs
3 weeks - Mon.-Fri. 9:30am-5pm • July 18 - August 6

Youth Workshop 9-11 yrs
3 weeks - Mon.-Fri. 10am-3pm • July 18 - August 5

July 18th - August 13th

Apply now! Limited Spaces Available.

"I have grown so much in these three weeks, both personally and as an actor. It has been such an incredible experience and I now know that I have a true passion and love for acting. Thank you!"

—NP Teen Conservatory Student, 2015

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340 EAST 54TH STREET NY, NY 10022 | 212.688.3770 | PLAYHOUSEJUNIORS.COM

2016 Camp Choices

DIRECTORY

Continued from page 16

new skills, all taught by our highly qualified teachers and teaching assistants. Located at our beautiful water-side facility on 23rd St. For children ages 3-10.

Camp Henry

301 Henry St., NYC 10002
212-254-3100, www.henrystreet.org

Give your child a summer of fun at Camp Henry, operated by Henry Street Settlement. Offering a wide range of educational and recreational enrichment activities for children ages 5-13 in a safe and nurturing environment. Campers enjoy arts and crafts, dance, sports, swimming, and trips to museums, amusement parks, bowling lanes, and more. Breakfast, lunch, and snacks are included. Full season and Half sessions are available. The camp day is from 8:30am-5:30pm, with extended day hours. Financial aid is available, plus sibling and early-bird discounts.

ConstructionKids Inc.

718-522-2902
www.constructionkids.com
"ConstructionKids Summer Camps"
— Located throughout Brooklyn and Manhattan

Known for the dynamic projects campers build. Imagine what happens when you combine a kid's love of building, a bunch of friends, and a week of time to explore their imaginations. Campers 4 to 8 years old, work on individual and group projects with real tools and materials that are scaled and selected for small hands. We teach safe, appropriate tool usage, along with drawing and painting. Creativity and problem solving are encouraged. Our goal is to foster each child's confidence and self-assurance so that their skills at designing, making, repairing, and revising are unlimited—like their imaginations. Summer camp is about having fun, making new friends, bonding with staff, and building really cool stuff.

Digital Media Academy

718 University Ave., Los Gatos, CA 95032
Locations: Concordia College, NYU, Stony Brook University
866-656-3342
www.digitalmediaacademy.org
Email info@digitalmediaacademy.org

Digital Media Academy tech camps jump-start young imaginations and help kids and teens pursue their creative dreams while teaching them important STEM concepts.

From game design to app develop-

ment, animation to photography, filmmaking to music production, and everything in between, students (6-17) have the opportunity to tackle today's coolest tech topics!

Learn by doing! Project-based one-week camps and two-week academies provide students with the confidence to pursue a future in technology.

Take charge of tech this summer and #CreateTheNext with DMA!

Downtown Day Camp

120 Warren St., NYC 10007
212-766-1104

www.downtowndaycamps.com

Since 1992 offering The Complete Camp Experience – Aquatics – Athletics – Arts. Our private Community Center and facilities in Tribeca include a 75-foot pool for swim lessons, outdoor ball fields, four arts and dance studios, gymnasium, and special activity rooms. We offer the widest variety of activities around, including: Swimming Lessons, Organized Field Sport Instruction, Pier 25 Beach Volleyball & Mini-Golf, Gym Classes, Karate, Tennis, Visual Arts, Craft-Making, Movement & Dance, Drumming, Camper Song Shows & Performances, Weekly Field Trips, Camp Carnival, Animal & Magic Shows, Crazy Hat Day, Camp Night Out for Families, & More! Camp Space is Limited, so please call or email for a tour at info@downtowndaycamps.com.

ESF Summer Camps at Riverdale Country School

5250 Fieldston Road, Bronx 10471
718-432-1013 1-800-529-CAMP
www.esfcamps.com/Riverdale

Award-winning, family-owned and operated camp since 1982. ESF features exciting programs offering over 60 activities, a wide variety of sports and new adventures for boys and girls ages 3 to 16.

We ensure that your child is continually exposed to a variety of new experiences. Our award-winning camps are filled with the perfect blend of Education, Sports and Fun! Our full-time team of dedicated professionals works year-round to ensure that our camp programs are fresh, creative and exciting each summer. We infuse all our activities with fun, and we never lose sight of the value of play. At the country school

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

Continued on page 20



SUMMER DAY CAMPS

ABRONS ARTS CENTER HENRY STREET SETTLEMENT

CAMP HENRY

Arts, Music, Drama, Sports and Field Trips!

Who: Boys & Girls, ages 5 to 13

When: July 5 to August 19

Where: 301 Henry Street on the Lower East Side

CALL (212) 254-3100 X 262
OR WRITE
summercamp@henrystreet.org

ABRONS ARTS CAMP

Daily instruction in dance, music, theater and visual arts!

Who: Boys & Girls, ages 6 to 12

When: July 5 to August 19

Where: 466 Grand Street on the Lower East Side

CALL (212) 598-0400
OR WRITE
info@henrystreet.org

Financial Aid Available



Swim! Play! Create! Travel! Act! Sing! Learn! Imagine!

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Concordia College

July 11 - July 29

New York University

July 4 - August 5

Stony Brook University

June 20 - July 1

DIGITAL MEDIA Academy.org

* Worth.com



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Day, Sports, and Specialty Camps for boys and girls, ages 3-16

JUNE 20 - AUGUST 12

AT RIVERDALE COUNTRY SCHOOL
BRONX, NY

MINI CAMP

AGE 3

A fun-filled first camp experience!

DAY CAMP

AGES 4-8

Way more than a typical day at camp!

SPORTS CAMP

AGES 6-14

The best multi-sports experience around!

SENIOR CAMP

AGES 9-15

Experiences they'll never outgrow!

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AGES 15-16

Discover your unique leadership abilities and prepare to be a part of the next generation of ESF leaders!

SPECIALTY MAJOR CAMPS

GRADES PREK-10

Choose from a variety of hands-on experiences!

TECH CAMPS

GRADES K-10

Camps ranging from Game Design to Robotics!



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physique swimming

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Swim every day!
Cooking, science, sports, and more!

OPEN HOUSE
April 7th and May 5th
4:00 - 6:00 pm

Pine Street School | 25 Pine Street | 212.725.0939 | physiquesswimming.com

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JUNE 27TH TO AUGUST 19TH

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212.316.7530
www.actprograms.org

Co-ed 3.10 to 14 years old • Outdoor fun & learning
Playgrounds, gyms and water play area
Optional extended hours
Twin-friendly sibling discounts
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Club choices for older campers
Variety of Courses in August

A non-sectarian program of the Cathedral of St. John the Divine

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Facebook Search: NYParenting

2016 Camp Choices

DIRECTORY

Continued from page 18

EvoKids Summer Camp

Evolution Enrichment Center
38 Delancey Street, 2nd Floor, NYC,
10002, 212-375-9500

www.EvolutionEnrichment.com

Ages 3-6 will be a summer filled with memories your child will cherish: lasting friendships and new skills they will learn through fun enriching experiences. Our camp features a variety of classes for the Mind, the Body and the Heart, such as Lego Pre-Robotics program in partnership with Brick 4 Kidz. Children will enjoy using LEGO® Bricks to build specially-designed models, play LEGO® games and explore the world of engineering and STEM concepts.

Please contact us for more information!

It will be a Summer in the City to remember – Register Now by calling 212-375-9500 or Email us at Evolutionenrichment@gmail.com!

Gold Coast Sports Academy

Brooklyn Bridge Park
steve@goldcoastsportsacademy.com

GCSA is a member of the Oasis Children's Day Camps family of camps. GCSA, launching in the summer of 2016, takes all the professional experience and know-how developed over the last sixteen years about summer camp and combines it with world-class professional sports training. We have partnered with premier professional athletes to develop the most sophisticated state-of-the-art training methodology to bring to our camper-athletes. GCSA Summer Sports Academy is for boys, girls, and teens ages 5-16.

Summer History Weeks at Mount Vernon Hotel Museum and Garden

421 East 61st Street NYC 10065
212-838-6878, www.mvhm.org

Children explore life in 19th-century New York City via historic crafts and games, behind-the-scenes tours, old-fashioned cooking, and scavenger hunts. For more information, or to register, call the Museum at 212-838-6878 or email n.sokolova@mvhm.org.

Neighborhood Playhouse School of Theatre: Summer Teen and Youth Programs

340 E. 54th Street NYC 10003
212-688-3770
www.playhousejuniors.com

juniors@neighborhoodplayhouse.org

Young actors seeking rigorous, dynamic training in the artistic mecca of New York City can now apply for three exciting summer intensives at the Neighborhood Playhouse, where Sanford Meisner's world-renowned acting method was born! Faculty from our adult Professional Acting program, working professionals and master teachers, train students in a conservatory environment. The performance skills learned are applicable to all mediums: film, theatre, television, and new media. The Conservatory (15-18yrs) mirrors a challenging, diverse college-level curriculum. The Studio (12-14yrs) provides serious, engaging pre-professional training and the Youth Workshop (9-11 yrs) explores a variety of techniques for the young actor. Each program culminates in a presentation for family & friends of the skills learned throughout this exhilarating course. Acceptance to the program(s) is by application and personal interview only. Please see www.playhousejuniors.com for details. Applications are processed on a rolling basis until the program is at capacity. Space is limited. Apply now.

New Country Day Camp

646-395-4355, www.14streety.org

A Summer in the Country So Close to the City!

Voted 'Best Day Camp' in NYC by Nickelodeon's ParentsConnect
Fun, healthy outdoor experiences are at the heart of New Country Day Camp, the 14th Street Y's premiere day camp for kids in Kindergarten through 6th grade. Swimming pools, hiking trails and open meadows provide the setting for this idyllic camp on the 75-acre Henry Kaufmann Campgrounds on Staten Island, just 45 minutes from bus pick-up points in Manhattan and Brooklyn. New Country Day Camp is also accredited by the American Camp Association
Activities include instructional swim led by 4x Olympic Gold Medalist Lenny Krayzelburg, free swim, boating, sports, arts and crafts, gymnastics, science and technology, camping, cooking & pioneering, martial arts, and performing arts. Please visit our website for our open house dates. RSVP is required: please email newcountry@14StreetY.org or call 646-395-4357.

Oasis in Central Park Summer Program

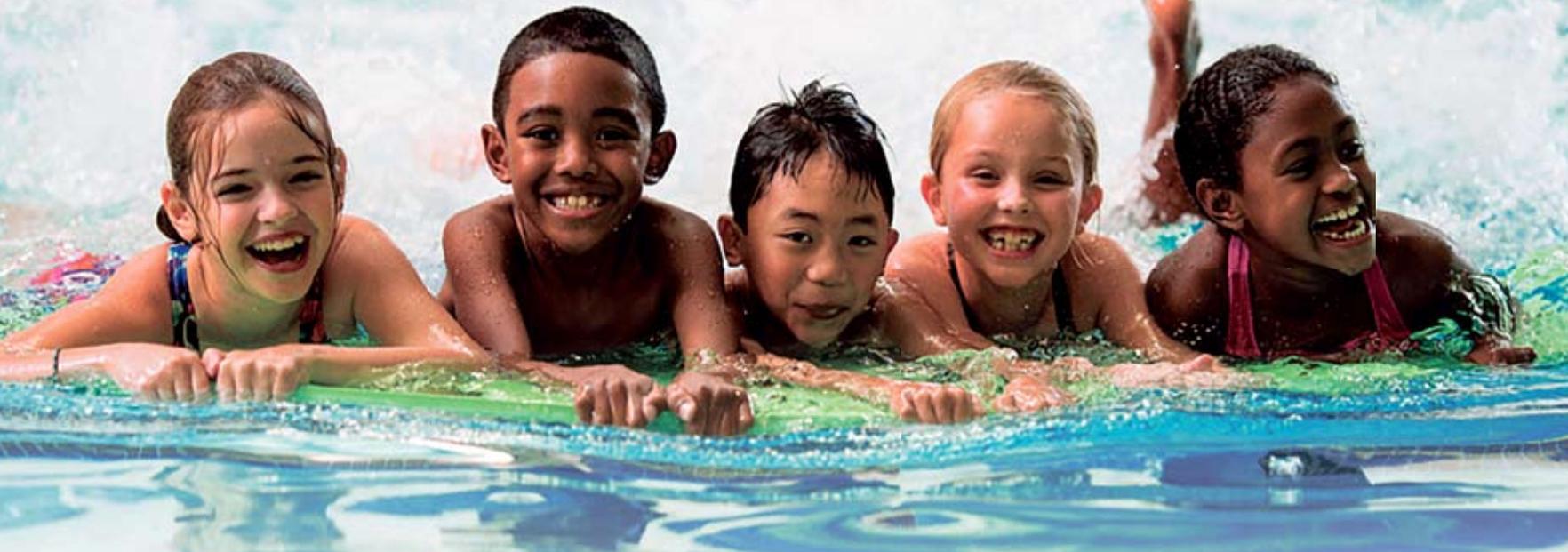
95th & Central Park West

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CELEBRATING 25 YEARS

DOWNTOWN DAY CAMP

JUNIORS: AGES 4-8 || SENIORS: AGES 9-13



ATHLETICS || AQUATICS || ARTS
THE COMPLETE CAMP EXPERIENCE

OPEN HOUSE

WEDNESDAY, APRIL 6TH
BEGINNING AT 6:30PM

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120 WARREN STREET, NY, NY, 10007
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INFO@DOWNTOWNDAYCAMPS.COM

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Karate • Tennis • Arts & Crafts
Music & Drumming • Movement & Dance
Song Shows • Weekly Field Trips
Choice Time For Senior Division Campers

www.downtowndaycamp.com
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Digital CAMP GUIDE 2016

Check it out on
nyparenting.com

2016 Camp Choices

DIRECTORY

Continued from page 20
718-596-4900
www.oasischildren.com

For more than ten years, in association with the Central Park Conservancy, we have provided children with a fantastic opportunity to play and learn in the great outdoors without ever leaving Manhattan.

Located on the Upper West Side we utilize Central Park's incredible collection of recreational facilities including tennis and basketball courts, softball fields, soccer fields, nature trails, and an incredible Olympic-sized outdoor swimming pool as well as two indoor facilities, including their new home at The Mandell School on Columbus Ave, with access to classrooms, gymnasiums, an auditorium, and other large meeting spaces. Our camp is for kids ages 3-11. For emerging teens ages 12-14 we offer a Teen Travel program which gives emerging teens the opportunity to take unique trips every day. Children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans!

Oasis Downtown Summer Program

**285 Delancey St. Lower East Side,
Manhattan, 718-596-4900**
www.oasischildren.com

Located in the heart of Manhattan's Lower East Side. Oasis partners with Kids Creative to offer a wide variety of performing arts instruction and activities! Still a traditional day camp in every way, other activities include sports and recreation, swim lessons, field trips, and special events. Providing children with all the tools to be active, safe, and develop lifelong friendships this summer! We utilize East River Park for plenty of outside summer fun.

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

Physique Swimming

212-725-0939
www.physiqueswimming.com

Physique Summer Camp has been a favorite of parents and children alike, and our recent changes - like our new Olympic size pool - will make the experience we provide even better! Enjoy an hour and a half swim, art, science, sports, and cooking! We

look forward to having a great time together! Please don't hesitate to contact us with any questions, or to schedule a tour. We have a positive and inclusive social community with individual and group instructional sport.

Instructional swim and Fun Swim is only part of the Physique Summer Camp experience. We also have daily games of organized team sports, weekly intra-camp competition. Campers will participate in the Physique World Championship (Swimming, Track and Field) with awards for sportsmanship, teamwork, leadership. Campers receive a T-shirt too! Options for extended days are available. We welcome you to call and schedule a tour!

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

This summer your child can have fun and stay ahead scholastically! We offer fun teachers who can teach your child to read, write, learn math, play piano and chess, or learn a new language; all within the privacy of your own home!

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

Summer at St. Bart's 325 Park Avenue (at 51st Street) 212-378-0203 www.stbarts.org/summer-camp

"EVERYBODY NEEDS A PLACE"
At Summer at St. Bart's, campers ages 3-13 have week after week of fun! Each day includes swimming (ages 3.7-13) sports, music, arts and crafts, a rooftop playground, dance and movement, and more! Running June 6th-August 19th, the day camp is perfect for ages 3-6. Junior Adventurers or Adventure Camp is great for campers' ages 6-13 and includes fun-filled trips around the city. There is SWIMMING EVERY DAY for ages 3.7-13! For families with working parents, early drop-off and after camp options are available.

To receive more information or schedule a tour, contact Summer at St. Bart's at info-camp@stbarts.org or 212-378-0203. Check out our new online registration at <http://stbarts.org/resources/summer-camp/>.



SUMMER at ST. BART'S 2016

ST. BART'S DAY CAMP

Ages 3-6 • June 6th – August 19th (11 weeks)

JUNIOR ADVENTURERS & ADVENTURE CAMP

Ages 6-13 • June 27th – August 19th (8 weeks)

Options for ages 3.7-13 include swimming every day!

SWIMMING • SPORTS • MUSIC • ARTS & CRAFTS
ROOFTOP PLAYGROUND • DANCE & MOVEMENT

For more information, or to schedule a tour, contact us at

212-378-0203 • info-camp@stbarts.org
www.stbarts.org/summer-camp



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FREE FOR ALL PRE-K

Passionate teachers go above and beyond to provide individual attention to each child. Free nutritious lunches and snacks are provided. Schedule a tour to discover an outstanding UPK program within a private preschool.

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LOCATION

New building on the Lower East Side, beautiful classrooms with large windows and natural light, two gyms, dance studio and a private playground.



Affiliated with



38 Delancey Street, 2nd Fl. (Entrance on Forsyth St.)
New York, NY 10002

212.375.9500 or EvolutionEnrichment@gmail.com

Subways:



Busses:

M15, M9, M21, B39

EvolutionEnrichment.com



Online Activity Guide
on www.NYParenting.com



Everyday Earth Day

Getting your kids involved in the earth's future is getting them involved in their own

BY TAMMY SCILEPPI

In many city schools, students and teachers are making a difference in their communities with programs that reduce waste, encourage recycling, save energy, and conserve resources. Environmental education helps kids understand the environmental challenges of the 21st century, as they learn to appreciate and respect the natural resources that Mother Earth provides for all of us.

Since its first official celebration on April 22, 1970 — when 20 million Americans, energized by their love of our planet, marched in the streets to protest against air and water pollution — the original spirit of Earth Day still echoes across city neighborhoods in 2016, as kids and families try to do their part to help the environment.

Earth Day and an eco-friendly attitude

It may have started with hippies, flower children, and anti-Vietnam War protestors as a grass roots movement that flowered into a ginormous nation-wide event. But over the decades, Earth Day — celebrated every year on April 22 — has evolved into an environmental celebration that focuses on teaching modern-

day tree-huggers, young and old, about going green, and the importance of sustainability and personal eco-responsibility. Some would call it an ecological trend that encourages each and every one of us to be mindful of the earth's limitations and to conserve — at home and at the workplace — through recycling, composting, backyard or micro gardening, and saving energy by turning off lights and unplugging unused appliances.

This no-waste sensibility goes hand in hand with a conservationist attitude on the part of local schools, organizations, and companies.

In schools that use Project Learning Tree's award-winning curriculum materials, like those covering all things energy, kids find out how we use it, and what we can do to conserve it. According to www.plt.org, the way America's youth learn about the environment will largely determine the future quality life for generations to come. Quality environmental education teaches students the skills they need to be informed decision makers, and provides critical tools for a 21st-century workforce faced with devising solutions to increasingly complex environmental issues, like climate change and energy.

By incorporating energy educa-

tion into elementary and middle school curricula, students will be engaged in real-world S.T.E.M. (science, technology, engineering, and math) learning, while they discover how individual and collective choices about energy use affect their lives and the whole planet.

How you can celebrate Earth Day

Younger kids can enjoy a hands-on nature and gardening adventure as they learn about sustainability with a fruit and vegetable garden, and four seasons garden at the Brooklyn Botanic Garden. They can also check out plants and animals in a meadow, marsh, and woodland.

Though it don't have specific Earth Day programming, the garden offers a wide array of family-friendly public programs to explore the environment.

"For more than 100 years, Brooklyn Botanic Garden has encouraged children and their families to learn about and appreciate the world of plants and the environment," says Elizabeth Reina-Longoria, director of communications. "BBG's newest space — the Discovery Garden for children — allows kids to closely explore habitats and have fun in nature, inspiring future generations of environmental stewards."



•••

An Environmental Protection Agency educational website features a Planet Protectors Club for kids and teens, whose mission is to improve the world around them by making less trash. Planet Protectors also help other people learn to reduce, reuse, and recycle.

Kids can check out fun activities and games, while learning about reducing wastes and saving resources at: www3.epa.gov/epawaste/education/kids/planetprotectors/index.htm

Teens can get tips on daily choices they make that affect the environment, i.e. products, natural resources they use, etc.

The site lists eco-friendly tips:

- Use products made with recycled materials

- Use energy-efficient light bulbs and rechargeable batteries
- Shop with cloth bags
- Reuse plastic bags, cups, containers, etc.
- Repair items instead of throwing them away
- Compost your food and yard waste

How Earth Day changed the world

Forty-five years ago, industrial pollution was rampant. People were concerned about it and its negative effects on their health, but politicians, not so much. Surprisingly it took three proactive republicans to jump-start the new movement against environmental ignorance.

After witnessing the Santa Barbara oil spill that killed thousands

of birds and fish in 1970, Earth Day founder and then-Sen. Gaylord Nelson of Wisconsin had a brainstorm: Why not organize a huge grass roots protest over what was happening to the environment. So he announced that there would be a nationwide demonstration on behalf of the environment and invited everyone to participate (no social media then!). Nelson later wrote, "We had neither the time nor resources to organize 20 million demonstrators and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself."

Eventually, he teamed up with Republican Congressman Pete McCloskey, as well as a young activist, to teach folks about their environment.

In a 1993 piece Nelson wrote, "I

was satisfied that if we could tap into the environmental concerns of the general public and infuse the student anti-war energy into the environmental cause, we could generate a demonstration that would force this issue onto the political agenda. It was a big gamble, but worth a try. The response was electric. It took off like gangbusters. The American people finally had a forum to express concern about what was happening to the land, rivers, lakes, and air — and they did so with spectacular exuberance."

President Richard Nixon proposed the Environmental Protection Agency (launched on Dec. 2, 1970) after he signed an executive order. Landmark environmental laws went into effect, including the Clean Air Act, Clean Water Act, Endangered Species Act, Marine Mammal Protection Act, and Estuary Protection Act.

Climate change is scary!

In an April 2015 huffingtonpost.com article, Californian Congresswoman Jackie Speier wrote, "Strange weather has made headlines around the world. We've seen polar vortexes and tornadoes in the Midwest, massive snowstorms on the East Coast, rapidly shrinking sea ice at the North and South poles, record hurricanes and cyclones over the Pacific and Indian Oceans, flooding in Asia, and extreme droughts in Africa and right here in the western states of the U.S. Scientists call this the 'new normal' — in a warming world we have to expect the unexpected."

But even in California, they didn't expect five consecutive years of unprecedented drought.

Speier cites "sea level rise, ocean acidification, species extinctions, erratic weather events, decreased agricultural yields, harm to human health and lower worker productivity" as real and costly consequences of climate change. While many folks believe global warming is man-made, others say these events are natural and cyclical.

For more on the Brooklyn Botanic Garden, visit www.bbg.org/learn/kids_and_families.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.



TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

Globally-inspired breakfast spreads

As the weather warms and we spend more time outdoors, the importance of filling up with a substantial breakfast or brunch is important.

Getting a nutritious meal before leaving for the day makes it easier to stay out longer, getting by with snacks until dinner time.

At Léman, we are lucky to welcome students and faculty from all over the world to our breakfast table. Internationally influenced breakfasts can be a nice change from the more traditional eggs, bacon, cereal, and waffles that many of us are used to.

Try noodles or rice with broth for breakfast. Savory rice porridges like *congee* are delicious and filled with vitamins and minerals. Cook rice in flavorful broth until it is a porridge (see the recipe below), or add cooked ramen noodles to broth. Don't forget your favorite add-ins like caramelized shallots, sliced scallions, and pickled vegetables.

Make beans part of breakfast. Spicy breakfast burritos are quite popular all over the country. Use whole-wheat wraps and add fiber-rich beans and vegetable-heavy salsas to complete a nutrient-dense and satisfying breakfast.

Make a Caribbean break-



Congee (rice porridge)

INGREDIENTS:

- ¾ cup white rice, rinsed
- 5 cups strong broth (chicken, mushroom, vegetable, etc.)
- 3 tbs. soy sauce
- 2 tsp. salt
- ¼ tsp. white pepper
- 2 tsp. chopped ginger
- 2 tsp. chopped garlic
- ½ cup cooked, cubed protein (tofu, chicken, pork, fish)
- 2 scallions, sliced

2 shallots, thinly sliced and cooked until soft and brown in a frying pan with vegetable oil and salt and pepper to taste

Sriracha chili sauce to taste

DIRECTIONS: Cook the rinsed rice with broth, ginger, garlic, salt, pepper, and soy sauce until rice is fully cooked and turning into a porridge consistency. Add more broth, salt, and pepper as necessary.

Stir in the scallions, protein, shallots, and chili sauce as desired. Each person can customize his or her own bowl!

fast at home. Plantains, both ripe and green, make a great base. Make a one-pot breakfast with salt fish (cod), ackee, callaloo (a spinach-like green), and plantains. Serve with johnnycakes (cornmeal cakes) on the side. Not only do these flavors go great together, but the combination of vegetables and protein-rich ingredients also sets us up for a day in the springtime sun!

Try a healthy version of an Irish breakfast. Skip the fatty sausages, or at least limit them. Sauté mushrooms and tomato halves in butter in a frying pan. Use the same pan to fry your eggs sunny side up. Serve whole-grain brown bread and tea and you are rocking

breakfast Emerald Isle style.

Have a sweet tooth at breakfast time? Don't skip the sweet stuff altogether, just balance it out with other healthy options. After a visit to the farmer's market, I like to put out a spread of locally made pastries, cheeses, fruit, and yogurt. I cut the pastries into small pieces, so everyone can try a little of each one. I sweeten plain yogurt with local honey to avoid the extra sugar. Having a bright, colorful spread encourages everyone to experience different flavors and textures together.

Joanna DeVita is executive chef at Léman Manhattan Preparatory School and is the mother of two (ages 5 and 2).



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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

What's an executor?

My cousin told me that she named me as her executor in her will. What does an executor do, and what are the duties and responsibilities? If I really do not want the responsibility or to take on the role, if and when the time comes, can I decline or resign from being executor?

As executor (thankfully, female fiduciaries are no longer referred to as an “executorix”) once appointed by the Surrogate’s Court, you would be obligated to carry out the provisions of the will and administer the estate. That means marshaling the assets of the decedent, paying her expenses, and distributing the remaining assets as she intended. It can also mean resolving any claims against the estate. Some (but certainly not all) of the duties of an executor may include the following:

- Locate and notify witnesses to the will.
- Notify post office to forward mail.
- Secure the decedent’s residence or home, as well as any firearms.
- Make sure house and other buildings have fuel during the winter months.
- Open a checking account or saving account for the estate.
- Discontinue unneeded utilities.
- Examine the contents of safe deposit box accompanied by the estate’s attorney.
- Search for valuable papers and assets.
- Inspect all real estate and locate mortgages, and leases affecting the property.
- Examine all life insurance, real estate, and personal property insurance policies.
- Select qualified appraisers for all property to be sold.
- Investigate possibility of profit-sharing or pension death benefits.
- Review income tax returns for the past three years.
- Make sure all tax returns are filed on time.



will be seriously offended, you can simply advise her that you do not wish to act as executor and suggest that she execute a revised will. Alternatively, upon the person’s death, you can renounce your rights as executor and decline to act. If the will nominates a successor executor, that individual would then have the right to seek to probate the will. You could also probate the will but ask that someone else be appointed. It is advisable to pursue one of these options rather than the option of seek-

ing to resign as executor once you have been appointed by the court.

If an executor who has already been appointed as such by the Surrogate’s Court wishes to resign, she must file a written application with the court seeking judicial permission to resign. In an application for permission to resign as executor, the applicant must demonstrate “good cause,” and the decision of whether the individual will be permitted to resign rests in the discretion of the court. Generally, the court will evaluate whether the executor’s request to resign is in the best interests of the estate. If the executor is unable to establish that the resignation is in the best interests of the estate, the court may deny the request. In addition, in order to resign, an executor must settle the estate account.

It is best to have an honest discussion with the person appointing you before she does so. That said, it is frequently the case that someone has the desire to serve when asked, but at the time she is needed, her circumstances have changed.

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

• File the required inventory of decedent’s assets with the court within six months of the date of appointment.

• Prepare formal or informal accounting as the case may require, and distribute the assets of the estate to the person or persons entitled to them.

• Obtain receipts and releases or waiver of citation from beneficiaries, and submit decree settling account where format account and decree are necessary.

An executor is entitled to compensation in the form of commissions for her service. Commissions are usually paid out of the estate after the distributions have taken place and subject to approval of either the court or the beneficiaries of your estate. Commissions are based upon a statutory commission rate as follows: five percent on the first \$100,000 in the estate, four percent on the next \$200,000, three percent on the next \$700,000, two-and-a-half percent on the next \$4,000,000, and two percent on any amount above \$5,000,000.

Executors usually retain the services of trusts’ and estates’ counsel to help guide them through the process.

As for the second part of your question, just because you are nominated as executor in someone’s will does not mean that you must accept this responsibility. Unless you believe that the person appointing you

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BY PAUL MEKLEIN



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"The Moodsters" help teach children the fundamentals of emotional intelligence.

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How does it feel?

Teaching children the important skills of emotional intelligence

BY TAMMY SCILEPPI

Pixar's Oscar-winning animated movie "Inside Out" has jumpstarted an important conversation, and is shining a spotlight on a topic that is near and dear to parenting and child development expert Denise Daniels's heart: emotional intelligence.

After years of research, and helping children and parents deal with disaster and grief here in the U.S. and abroad, she has developed a new groundbreaking brand for preschoolers. The Moodsters is based on curriculum from the Yale Center for Emotional Intelligence.

Just like 11-year-old, hockey-playing, Minnesota student Riley Andersen, the adorable character in the animated movie, your young daughter or son may be experiencing various changes in his or her life and feeling emotions he or she

can't quite process. They may be feeling confused or overwhelmed — like Riley, when she is uprooted from her familiar, happy life and finds herself in a new, less-joyful situation, after moving to San Francisco. Suddenly, she's feeling sad and kind of angry.

The film's main setting takes place in Riley's mind, and the story is almost entirely told from the point of view of her five emotions: Fear, Sadness, Joy, Disgust, and Anger. It just so happens that The Moodsters (Coz, Lolly, Snorf, Razy and Quigly) are five lovable characters that also represent different emotions. According to Daniels, Moodsters use detective skills to solve emotional mysteries, and children learn through the adventures of the characters how to handle challenges and opportunities they may face in their everyday lives. There's even a feelings meter that kids can

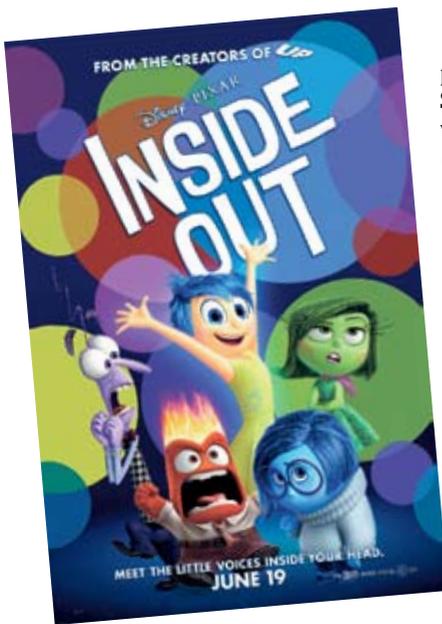
point to. For parents, Moodsters are learning tools that help teach children the fundamentals of emotional intelligence.

So, what is emotional intelligence?

It's the ability to recognize your own and others' emotions, to understand nonverbal cues, and to manage one's own feelings and emotions and express them appropriately.

Decades of scientific research reveal that sound emotional intelligence skills benefit children's physical and psychological health, and well-being.

"We know that kids that learn these skills are more successful in school, and test scores on standardized tests are higher; they do better socially and psychologically and have stronger, healthier relationships," Daniels notes. They're even better problem-solvers and



The recent Pixar film, "Inside Out" also explores the emotions of children.

have less depression.

Daniels says parents should start talking to their children about feelings during the day and especially at bedtime, when kids often experience fears and anxiety. She emphasizes that little ones should be encouraged to verbalize how they feel early in life — from 1 year old through pre-school and beyond.

"Inside Out" has been shining a spotlight on a very relevant topic that has been the focus of Daniels's amazing work — how emotional intelligence affects every child's development, no matter his ethnicity, socioeconomic situation, or circumstances. Moodsters are multicultural. And Daniels says the idea first came about when she realized that all kids' feelings are universal.

Then when she and her children came down to Ground Zero after 9-11, Daniels knew she had a mission, as she sat down and talked to kids and parents who were dealing with devastating loss and grief. And a workbook she created helped so many kids deal with their emotions. Fifteen million copies were drop shipped across the U.S.

The Peabody Award-winning broadcast journalist said she also worked with children in refugee camps in Sri Lanka, and helped families cope after Hurricane Katrina. And when the economy tanked in 2008, Daniels was there to help kids who were losing their homes and whose parents were losing jobs.

"I was hearing from so many parents, so I called my friends at Scholastic and they asked me to write something for their website and create a workbook for these kids," she recalled.

Daniels, who lives in Minnesota, said she and her New York-based team send lots of toys to hospitals, and have been getting loads of letters and questions from parents and educators everywhere, even Africa, Germany, and South America. She is also hearing from social workers in New York and meeting with an educational company here. Last fall Daniels went to an amazing school in Harlem, where she talked to young, high-risk students. She said teachers did meditation with the kids and talked about their feelings. New York 1's camera crew was there.

After the Paris and San Bernardino tragedies, Daniels has been teaching parents how to talk to their kids about terrorism. For tips you can read her Guidelines for Grownups on her website.

The grandmother of three says she is thrilled the movie came out at this time. Daniels is helping lead the charge in that conversation about emotional intelligence and is exposing a common part of growing up that often children, as well as their parents, may have trouble grasping. Many teachers are reaching out to her and there is a growing movement to get The Moodsters into schools. "All this underscores that EQ is beginning to go mainstream," she says.

"We are our children's first teachers, and our home is their first school. There's been a revolution in child psychology, and that revolution is teaching kids EQ skills."

Find out more info. and where you can get The Moodsters toy and book packs, visit www.denisedanielsparenting.com.

For more on The Moodsters visit www.themoodsters.com. A Learn About Feelings app for iOS and Android is in the works.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.

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TEETH TIPS

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A healthy diet for healthy kid's teeth

As a pediatric dentist, wife, mother of a toddler (and a new baby on the way), I am keen to instill healthy oral habits in my family. Preventing dental decay is important, and a key factor that can cause decay is poor diet. A diet high in sugar and carbohydrates will contribute to developing cavities. There are simple tricks and substitutions you can make in your child's diet to make it more teeth friendly. Here are some suggestions that I discuss with my patients' families, too:

Breakfast

Instead of traditional pancakes with maple syrup, try oatmeal-banana pancakes. Swap your pancake flour for instant oats, and naturally sweeten them with crushed ripe banana in the batter, or any other fruit of choice. This way, you avoid the sugary syrup and you get the added benefit of fiber from the oatmeal. In addition:

- Pick cereals that don't have more than 10 grams of sugar per serving.
- Opt for fresh-squeezed juices or plain milk as morning beverages versus juices from concentrate or flavored milk.
- With bread, try to pick whole-grain varieties versus plain white or refined flours.

Lunch

A lot of parents confess that they don't know what their child eats when she buys lunch at school, so keep track of what your child buys and look at school menus together at the beginning of the week, so you can make healthy decisions together!

If you are packing your child's lunch:

- Avoid packing a sugary juice box, opt for water or plain milk.
- Instead of a sweet treat for dessert, make fruit the dessert inside the lunchbox.
- If your child has braces — and if she has time — brushing her teeth after lunch is a great idea to keep food from sticking in the teeth, wires,



and brackets for the rest of the day.

Snacks

Almonds and walnuts are a great idea for a snack, giving you the crunch of a potato chip without the fried content or carbohydrate excess. If allergies are an issue, try sunflower seeds or soy nuts. Almonds and walnuts are basic in their pH, which can neutralize acidity in the mouth. Acidity is a factor that allows bacteria to cause dental decay.

Avoid too much dried fruit, like raisins, dried cranberries, mangoes, etc. The dehydrating process releases more intrinsic sugar from the fruit. Combine that with the sticky quality, and it's a recipe that can lead to cavities.

Instead, opt for fresh vegetables and fruits. Carrots, celery, and apples are great choices, and the nature of them can help cleanse the oral cavity. You can also add natural peanut butter (or SunButter if allergies are present) to them to make it a more appealing snack.

Cheese is also a great option be-

cause it has calcium, casein, and phosphorus, all of which have protective effects on your enamel. Another good dairy choice is plain yogurt or yogurt sweetened with only fresh fruit.

Avoid cookies, cakes, chocolate, and candy at snack time and keep them as once-in-a-while treats. That way, they stay just that — a treat, and not a regular part of your child's diet.

These are just some suggestions, but I know it can be hard to shape a diet when you have a picky eater or a child with many food allergies, so I encourage you to discuss diet with your pediatric dentist. Together, you can come up with strategies that suit your child. Diet definitely has a role in your child's oral health, and making simple switches early on can lead to happy smiles in the future!

Dr. Lavanya Venkateswaran is a board-certified pediatric dentist. She practices downtown at Tribeca Smiles as well as uptown at Park Ave Smile. She is an assistant professor of Clinical Dentistry at Columbia University Medical Center and is an attending dentist in the department of Pediatric Dentistry.

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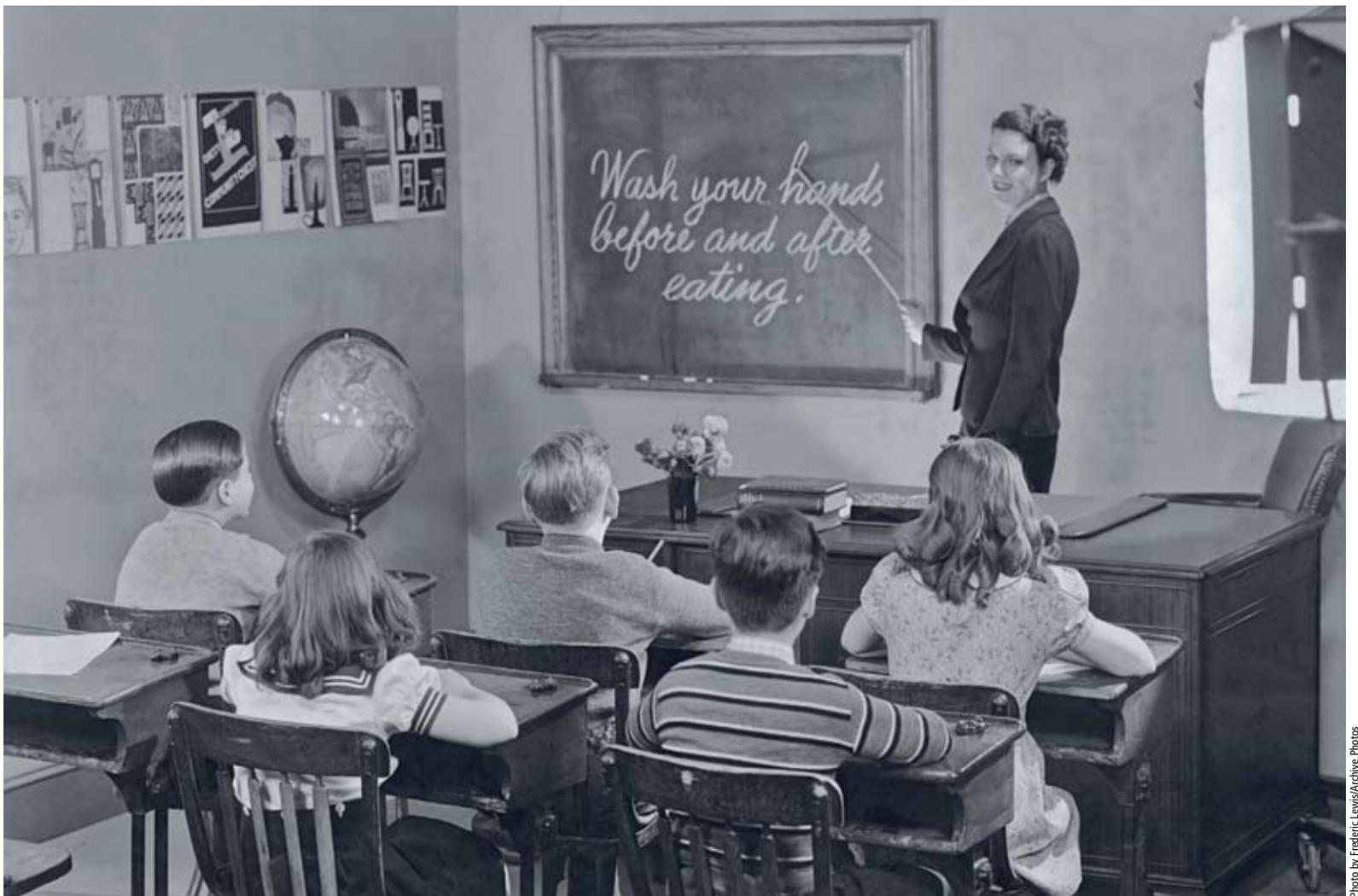


Photo by Frederic Lewis/Archive Photos

Good old days

As education changes, what we gain — and lose!

BY ALLISON PLITT

There I was in town the other day, running errands while listening to music on my iPhone with earphones plugged into my ears. The music, though, suddenly stopped, and I started hearing my 10-year-old daughter singing, “I love you. I love you. I love you.” Completely perplexed, I looked down at my playlist of songs and saw the words “Voice Memo.” Somehow, my daughter decided to create her own song and inserted it into my playlist.

I was astonished she could do this at 10 years of age, because I’m well into my 40s and cannot figure out how she managed to accomplish it. At her top-rated public elementary school in Queens she learns about various websites in her technology

class, which teaches students more about computers. A couple of the websites (www.code.org and www.scratch.mit.edu) have taught her to use blocks of code (a language that programs a computer to do something), which creates animation for a screen full of imaginative characters.

Now my daughter is in fourth grade and is in a STEM class — an acronym for “Science, technology, engineering, and math.” It is the first STEM class the school has ever had, and I had no idea she had been chosen for it until her first day of school. Because there are so few Americans, especially women, in these fields, STEM classes are now being created in schools throughout the country.

Every few weeks, the kids are put into teams of four and asked to do a task: mail a potato chip in a package

that will prevent it from breaking; balance a marshmallow on 20 vertical spaghetti sticks; drop an egg with a parachute to ensure it doesn’t break; create a survivor team to escape from any region of New York state with just a handful of tools; build a tower using index cards and tape; or construct an Iroquois Native American longhouse from a design plan and materials the children had to prepare and gather beforehand.

After every project, all the students are asked to write about their experiences working on these assigned tasks with their teammates. I read over my daughter’s summaries, which usually start out with “We all had different ideas.” Then the essay gets juicy, because “two people disagreed and got into a fight.” Every paper, however, calmly ends with “In the end, we found out which of our

My first complaint, over which I hear many parents also grieve, is the loss of cursive writing.

designs worked best.”

There was quite a bit of drama with the interpersonal dynamics of the groups when these projects started in September. Now, many months into the school year, my daughter doesn't come home complaining that no one listened to her ideas.

I am grateful towards this school for giving my daughter such a comprehensive education. I am also happy that with each passing year, my daughter becomes more and more eager to go to school in the mornings. I have just a few qualms with the curriculum — a result of my old-school background, when computers weren't in classrooms, and we spent more time using pencils.

My first complaint, over which I hear many parents also grieve, is the loss of cursive writing. It's still taught in some private schools in the third grade, but teaching cursive handwriting has been completely eliminated from the curriculum of public schools across the country. The subject was brought up at a Parents Association meeting at our school and labeled a lost cause, as one parent, a Human Resources Director, recalled asking a teenage intern to sign her name on a document and all she wrote was the letter “X.”

My second criticism is that many New York City public schools stop spelling tests after second grade ends. I remember being in a spelling bee in sixth grade, when we still had to memorize 10 new spelling words a week. As other parents have spoken to me about their children's problems with spelling, I asked at a Parents Association meeting that the idea of continuing the spelling tests past second grade be brought up at the School Leadership Team meeting, when a group of teachers, parents, and the principal of the school meet on a monthly basis.

When I asked my friend who sits on that team about my spelling test suggestion, he said the teach-

ers didn't think spelling tests were necessary, as spelling was already embedded into the children's curriculum. I still fume about this response, but I can still manage a hearty laugh at the end of the school year when some of the kids sign cards to each other saying, “Have a happy summer.”

My last worry is that teachers are not given the respect that they deserve in the classroom. My daughter is not the top student in class, but she always gets high marks for her behavior. I have heard my daughter and her own teachers complain that students continue to talk after they have been told to be quiet. Even when the principal visited my daughter's class to intervene, the students continued to talk.

Last year, my daughter came home from her third-grade classroom complaining that so many kids were talking, she could no longer hear the teacher speak. As the class parent, I sent an email to all the parents and instructed them to tell their kids to stop talking in the classroom. I also wrote in the email that I had a list of kids who were talking, and if they wanted to know if their child was on the list, they could contact me.

Of course, I was punished by the teacher for making her look incompetent, and several of the parents complained about my interference in a job that was not mine to do. It had just gotten to the point for me where I had seen and had heard enough.

Surprisingly, there were quite a few parents supporting the fact that I had addressed the issue so openly. For the past two years, there have been 32 students in my daughter's class, and even with a teacher and an assistant, it is still not enough supervision to get the kids to behave.

In retrospect, I still cling to the love letters my grandparents wrote to each other in cursive writing and sigh in exasperation as my daughter continues to incorrectly spell “February” — until she sees it auto-corrected on the computer. With all of this new technology and teaching techniques to encourage experiential learning in the classroom, we, as a country and a community, have forgotten to teach our children the thing that matters most — showing respect towards others.

Allison Plitt is a writer who lives in Queens with her daughter.

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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

When money matters

Consulting a certified divorce financial analyst

Getting through a divorce may “take a village.” That is, different professionals may be needed while going through the process. As a mediator I help divorcing spouses (and others in conflict) reach their own agreements and stay out of court. I may suggest that clients meet with another professional, depending on their needs. One such professional is a certified divorce financial analyst.

Haven’t heard of certified divorce financial analysts? Less well known than accountants and tax attorneys, they offer services that can benefit almost anyone. Jamie Wolff, a vice president with UBS Financial Services’ Bell and Levitt Wealth Management Group, is a certified divorce financial analyst who offered the following tips when asked about the most important things divorcing couples should know:

The earlier the better

A certified divorce financial analyst can assist someone who is already divorced, but Wolff recom-

mends meeting with one before the divorce begins. Then, or even during the divorce, money-saving plans can be developed that may be unavailable once the divorce is final.

“I have seen blunders” that could have been avoided if planning had started earlier, she says. These analysts can review proposed settlements to see if financial needs will be met, and develop alternative proposals.

Financial decisions now will affect your future

This point may be obvious, but I mention it because many of us find money confusing, stressful, and even overwhelming. Mediation clients tell me, “I want the divorce over with. I don’t care about the money. It doesn’t matter.”

But money does matter, and having the right professional work with you will make the process more manageable.

Understand what you have — and what you will need

Certified divorce financial analysts (like mediators) help clients with budgeting so that they can understand where they are financially.

“Understand your spending. Really,” Wolff emphasizes. “Understand future earning potential and consider what will you need to be happy and comfortable in the future.”

Learning about clients as individuals, certified divorce financial analysts can help create a plan for both the near and long-term future. Divorce is largely about “turning one lifestyle into two, and you need numbers for that.”

A dollar doesn’t equal a dollar when dividing assets

“A common mistake that occurs while filing for divorce is made when people think a dollar equals a dollar in distributing assets,” says Wolff. “Financial specialists in the field of divorce may be needed in order to assess the future value of particular assets (such as a pension or a business), which helps make the process

of dividing assets equitably more likely. Splitting up assets by the dollar amount fails to consider the potential growth and tax ramifications of that asset. The more complex the sum of assets, the more difficult the process of dividing becomes.”

‘Equitable’ and ‘equal’ are not the same thing

Equitable means fair, whereas equal means the same amount. For example: Spouses have \$10,000 in the bank. Each takes \$5,000 (an equal amount).

Example (from a famous mediator, John Haynes): Husband and wife own a boat. Husband wants something in exchange for the boat. Wife says essentially that “You had an affair. You have your girlfriend. I want the boat.” Husband agrees. Both feel that wife getting the boat is fair, though it’s not a financially equal arrangement.

Decide what is most important to you in a settlement

In happier days a couple purchased a painting for \$50. They have been arguing for weeks over who will keep it.

While property may have sentimental value — and how you feel about property can be a legitimate measure of its value — is that what such arguments are really about? Occasionally. But often we argue to argue, and the objects we fight over have little meaning in themselves.

Whether you mediate or litigate, a certified divorce financial analyst can be helpful in thinking through the financial issues.

Jamie Wolff can be reached at (212) 309-3086 or Jamie.wolff@ubs.com.

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

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





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Calendar

APRIL



Discover dance

Ballet Hispanico is celebrating its 45th season of performing with a special children's matinee on April 9 at the Joyce Theater.

The premier Latino dance company presents "En Familia Matinee," featuring excerpts from "Asuka," "Flabbergast," "Tito on Timables," "Sombreisimo," "Bury Me Standing," "Club Havana," and an interactive production of a fun-

filled journey through Latin-American dance and culture featuring Artistic Director Eduardo Vilaro and Education Director AnaMaria Correa as co-hosts, and a question-and-answer with the dancers.

"En Familia Matinee," April 9 at 2 pm; tickets range from \$10 to \$25.

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

Photo by Paula Lobo

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Calendar

Submit a listing

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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!

FRI, APRIL 1

IN MANHATTAN

Music with Miss Stacey: South Street Seaport, 192 Front St. at John Street; <http://fidifamilies.com>; 10 am to noon; Free.

Music N' motion features movement, music, and story.

"The Trial of Typhoid Mary": New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 5:30 pm to 7:30 pm; \$45 (\$40 members).

The interactive event invites families to participate in the trial Typhoid Mary never received. The year is 1915 and there's a silent killer in our midst. One mystery woman is spreading deadly typhoid fever everywhere she goes, and it's up to YOU to stop her. Traveling throughout the museum's galleries, audience members will work together to unravel the story of this real-life historical figure, delve into the motives behind her actions, and maybe even re-write a bit of history. Was Typhoid Mary a villain or a victim? You decide! Recommended for children 8 years and older.

SAT, APRIL 2

IN MANHATTAN

Art workshop: South Street Seaport, 192 Front St. at John Street; <http://fidifamilies.com>; 10 am to noon; Free.

Creativity and hands on painting fun with Monica J. of So Family.

Scotland Run for Kids: Central Park, West Drive and W. 69th Street; www.centralpark.com/events/show/2990/nyrr-youth-running-series-at-the-scotland-run; 10:15 am to 11 am; Free.

The NYRR Youth Running Series hosts this fun event for children 7 to 18 years old. Bring your kids to dress up and join in the 1.7 mile in the park. There are three staged categories for 7 to 10 year olds, 11 to 13 years, and 14



Operetta in El Barrio

The Blue Hill Troupe presents Gilbert & Sullivan's operetta "Iolanthe" on April 9, 10, and 16 at El Teatro of El Museo del Barrio.

This is the tale of the fairy Iolanthe, who, returning after a 25-year banishment for marrying a mortal, seeks protection for her son, who is half-mortal and half-fairy. The queen grants him a title in the House of Lords, but when he falls in love with the young ward of the Lord Chancellor,

Fairyland and Parliament fall to pieces.

The Blue Hill Troupe donates its entire net proceeds to benefit the Children's Cancer and Blood Foundation.

"Iolanthe" on April 9 and 16 at 2 pm and April 10 at 3 pm. Tickets range from \$28 to \$100.

El Teatro of El Museo del Barrio [1230 Fifth Ave. at 104th Street in East Harlem, (212) 988-2012; <http://tinyurl.com/iolanthe2016>]

to 18 years.

Le Carrousel in the park: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; 1 pm to 2:30 pm; Free (Rides on carousel \$3; \$20 for 10 rides).

Celebrate spring at the Carrousel. This bash promises a puppet show, crafts, balloon art, face painting and more for kids of all ages. Everyone's invited (rain date April 3).

Operation slumber!: Intrepid Sea Air and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepidmuseum.org; 6 pm to 8 am; \$120 (\$99 museum members).

Spend the night aboard the Intrepid. There will be educational activities, a visit inside the Space Shuttle Pavilion, a flashlight tour of the flight deck, a

scavenger hunt, a ride in a flight simulator and meals (dinner, snacks and breakfast). Kids also receive a goodie bag with a T-shirt! It's perfect for children 8 to 12 years old. Individual cots provided. Bring your sleeping bag!

SUN, APRIL 3

IN MANHATTAN

Breaking Bread: Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 10:30 am; \$8 (Free for children & grandchildren of members).

A hands-on challah-baking workshop and the premier of "Rise & Shine: A Challah Day Tale" and "Bagels from Benny."

A celebration of Beverly Cleary: Symphony Space, 2537 Broadway at W. 94th Street; (212)

864-5400; www.symphonyspace.org; 4 pm; \$15.

The stars align for the 100th birthday of the beloved children's author, with live readings, drawings, and music. The event caps the Thalia Kids' Book Club series and features the talents of Paul Giamatti, Amy Ryan, Liev Schreiber, David Hyde Pierce, and many others. Children will also take part in many child-friendly activities.

THURS, APRIL 7

IN MANHATTAN

Autism workshop: Stephen Wise Free Synagogue, 30 W. 68th Street; (212) 877-4050; www.swfs.org; 7 pm; \$18.

Hear from Kent Schwendy of Corporation for Independent Living; Lynn Ricciof Hospital for Special Needs; Gary Mayerson, Mayerson Associates and Autism Speaks; and Robert Epner, David Arthur Foundation.

FRI, APRIL 8

IN MANHATTAN

Music with Miss Stacey: 10 am to noon. New York Public Library. See Friday, April 1.

SAT, APRIL 9

IN MANHATTAN

Lego workshop: South Street Seaport, 192 Front St. at John Street; <http://fidifamilies.com>; 10 am to noon; Free.

Play and well technologies presents a Lego workshop.

Shearing of the Heather Celebration: Heather Garden at Fort Tryon Park, Cabrini Boulevard and Fort Washington Avenue; (212) 795-1388; www.nycgov.parks.org; 10:30 am to noon; Free.

The three-acre Heather Garden is the site of the annual rite of spring, presented by members of the Northeast Heather Society and Heather Garden staff. Bring your musical instruments and join in the parade through the Heather Garden. Learn why Fort Tryon Park has the largest heather collection in the northeast, and learn how to propagate your own heathers with clippings from the shearing. Participate in a historical scavenger hunt, make flower-themed crafts, and get your face painted while enjoying the garden's spring beauty and panoramic views of the Hudson River and Palisades.

Family Activity Day: Morris-Jumel Mansion, 65 Jumel Terrace at W. 162nd St.; (212) 923-8008; education@morrisjumel.org; 11 am to 1 pm;

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Calendar

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

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\$10 (\$8 children; Free for children under 12 and members).

Black out Poetry Session. Using the works of early and mid-19th century authors that Madame Jumel may have read, children use black out techniques to create a new work of art and poetry. Black out poetry involves selecting words from a printed page of a book to create a new poem, all the other words on the page are blacked out. The methods and designs of the black out process can range from simple to ornate. Recommended for children ages 6 years and older. The workshop is led by local artist Trish Mayo, and will teach participants how to create a black out design around words chosen as their poem. Participants will create a work of art to take home. Advanced registration is recommended.

Scout Day – Astronomy: Intrepid Sea Air and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepidmuseum.org; 11 am to 2:30 pm; call for tickets.

Scouts will learn the ins and outs of amateur astronomy from museum educators, as well as the important role the stars play for pilots and astronauts navigating through the sky. Cubs Scouts will work on their Astronomy Belt Loops and Academics Pins while Boy Scouts will work toward their Astronomy Merit Badges.

“En Familia Matinee”: The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; www.joyce.org; 2 pm; \$10 - \$25.

Ballet Hispanico celebrates its 45th anniversary with a special children’s premiere. Dancers perform excerpts from “Asuka,” “Flabbergast,” “Tito on Timables,” “Sombresismo,” “Bury Me Standing,” and “Club Havana.”

“Iolanthe”: El Teatro of El Museo del Barrio, 1230 Fifth Ave. at 104th Street; (212) 988-2012; tinyurl.com/iolanthe2016; 2 pm; \$28 - \$100.

This is the tale of the fairy Iolanthe, who, returning after a 25-year banishment for marrying a mortal, seeks protection for her son, who is half mortal and half fairy. The queen grants him a title in the House of Lords, but when he falls in love with the young ward of the Lord Chancellor, Fairyland and Parliament fall to pieces. The Blue Hill Troupe presents Gilbert & Sullivan’s operetta to benefit the Children’s Cancer and Blood Foundation. The group donates its net proceeds to the charity.

SUN, APRIL 10

IN MANHATTAN

New Families, New Traditions:

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



Fun with the puppets

“Little Red’s Hood” returns to the Swedish Cottage Marionette Theatre in Central Park now until April 29.

This is a fresh re-telling of the “Little Red Riding Hood” tale updated with a modern twist.

Little Red is a smart, young city slicker who is too focused on her smartphone to notice her surroundings. Wulfric is a misunderstood wolf with a sweet tooth. When Little Red travels from New York City to the country to deliver some cupcakes to her grandma, she encounters a colorful cast

of characters as Wulfric the Wolf tries to head her off at the pass. Suitable for children 3 to 9 years old. The production features a dozen handmade marionettes crafted by expert puppeteers.

“Little Red’s Hood,” on Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, Saturdays and Sundays, 1 pm. Runs until Friday, April 29. Tickets are \$10 (\$7 for children under 12).

Swedish Cottage Marionette Theatre [W. 79th Street and West Drive in Central Park, (212) 988-9093].

am; Free.

Join the musical group Yellow Sneaker and their puppet pals for entertaining programs that nurture family bonds and bridge connections to Jewish life and traditions. For ages newborn to 4 years old.

Science workshop: American

Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; 11 am to 4 pm; Free with museum admission and members.

As part of the Milstein Science Series the museum offers Wild Antarctica, a fun science festival where children learn about Antarctica, the coldest

and windiest place on Earth. Children learn about new discoveries of amazing creatures and the unique geology beneath the ice. Meet live penguins, try hands-on activities, and experience dynamic performances.

Build a Passover Seder: Museum of Jewish Heritage, 36 Battery Place at First Place; (646) 437-4202; www.mjhnyc.org; Noon; \$8 (Free for children & grandchildren of members).

Get ready for Passover with a day of interactive workshops and performances. Participate in cooking demonstrations, design a family Haggadah, learn Passover songs, and create crafts. A delicious, Kosher for Passover marketplace offers food from artisanal producers. For all ages.

Shababa the Concert: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 3 pm; \$18.

Sing along with Karina and Rebecca, accompanied by a live Shababa band.

“Iolanthe”: 3 pm. El Teatro of El Museo del Barrio. See Saturday, April 9.

FURTHER AFIELD

Special Needs Expo: Long Island Hilton, 598 Broadhollow Rd., Long Island; (516) 279-3727; info@special-needsexpos.com; www.special-needsexpos.com; 11 am to 4 pm; Free.

Discover the special needs resources for children, adults, and professionals. Meet many service providers and obtain product information, attend seminars and view demonstrations. Fun for kids too!

TUES, APRIL 12

IN MANHATTAN

Operation slumber! Girls Only:

Intrepid Sea Air and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepid-museum.org; 6 pm to 8 am; \$120 (\$99 museum members).

Spend the night aboard the Intrepid. There will be educational activities, a visit inside the Space Shuttle Pavilion, a flashlight tour of the flight deck, a scavenger hunt, a ride in a flight simulator and meals (dinner, snacks and breakfast). Girls receive a goodie bag with a T-shirt! It’s perfect for girls 8 to 12 years old. Individual cots provided. Bring your sleeping bag.

WED, APRIL 13

IN MANHATTAN

Story time with PJ Library: Museum of Jewish Heritage, 36 Battery Place at First Place; (646) 437-4202; www.mjhnyc.org; 3:30 pm; Free.

Come hear the museum’s wonderful storyteller read favorite stories, sing

Calendar

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along to classic and new songs, and enjoy a delicious afternoon snack. For ages newborn to 4.

FRI, APRIL 15

IN MANHATTAN

Heroes and Villains: South Street Seaport, 192 Front St. at John Street; <http://fidifamilies.com>; 10 am to noon; Free.

Story time for children.

SAT, APRIL 16

IN MANHATTAN

Bird walks: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; 9 am, 11:30 am and 2 pm; \$12 (\$10 members).

Observe the birds of Central Park with museum naturalist Noah Burg. Young explorers will begin their adventure by learning the tools and skills of observation using museum specimens. Then, head out to Central Park to identify the many bird species and habitats in the park. Binoculars and bird guides are included. This program is recommended for families with children ages 4-10.

Girls workshop: South Street Seaport, 192 Front St. at John Street; <http://fidifamilies.com>; 10 am to noon; Free.

For girls ages 3, 6, and 9. A high-intensity interval class designed for children and created and taught by Equinox Instructor Kristi Molinaro.

Green Festival Expo: Jacob Javits Convention Center, 655 W. 34th St. and 11th Avenue; greenfestivals.org; 10 am to 5 pm; \$10 per day (\$19 weekend pass).

Join with Mother Nature to celebrate Earth Day at the biggest greenest festival. There will be dozens of experts and presenters providing materials on how you can live a better greener life. Loads of children's activities including an interactive sustainability learning game and Growums Captain Eggplant teaching gardening tips to kids. Dr. Oz's Health Corps provides lessons on sugary drinks and the Swim Strong Foundation hosts water activities.

"Iolanthe": 2 pm. El Teatro of El Museo del Barrio. See Saturday, April 9.

Hoop workshop: City College Robert E. Marshak Science Building, 138th Street and Convent Avenue; www.breakawayhoopsyouth.com; 2:30 pm to 3:30 pm; Free.

Breakaway Hoops is opening the gym doors to give you pointers on your jump shot and hone up on B-ball skills.



It's Matzo Madness!

Prizes, surprises, and plagues so sweet, they won't scare anyone away! At Matzo Madness, kids can make edible plagues, see Passover puppets, play holiday bingo, and discover Eldridge's own story of freedom on a special Passover scavenger hunt. Plus, families can meet author Yona Zeldis McDonough!

Babies Got Bach: 92nd Street Y Art Center, 135 Lexington Ave.; (212) 415-5562; 4 pm; \$18.

BackStage Up Front, where kids play with real musical instruments, and get hands-on experience with musical concepts and play together on percussion instruments at a Jam Session. Then, it's time for the MainStage Concert — a listening tour of great live classical music performed by world-class concert performers led by pianist Orli Shaham and her friends, including 92Y School of Music faculty. Recommended for children 3 to 6 years old.

SUN, APRIL 17

IN MANHATTAN

Walk MS NYC: Pier 26, West and N. Moore streets; (855) 372-1331; www.walkmsnyc.org; 9 am – 1:30 pm; Registration fees.

Fundraising to support MS research. Musician David Osmond performs.

Reservations required. For children 4 to 11 years old.

Matzo Madness, April 17, 11 am to 1 pm; Admission is \$20 per family.

Museum at Eldridge Street [12 Eldridge St. between Canal and Division streets in Chinatown, (212) 219-0302, www.eldridgestreet.org/family]

Walkers meet at Pier 26 and walk along the park, enjoying views of the Hudson and New Jersey. Walk begins at 10:15 am.

Volunteer for Earth Day: Fort Tryon Park at Margaret Corbin Circle entrance, W. 190th Street and Margaret Corbin Drive; (212) 795-1388; 10 am to 2 pm; Free.

Older teens learn to appreciate the parks and share in volunteering to keep the park in the pink by helping to plant, and spruce up the grounds. Wear long pants and sturdy shoes, all the rest, plants and gloves will be provided.

Green Festival Expo: 10 am to 5 pm. Jacob Javits Convention Center. See Saturday, April 16.

Matzo Madness: Museum at Eldridge Street, 12 Eldridge St.; (212) 219-0302; www.eldridgestreet.org/family; 11 am to 1 pm; \$20 per family.

Prizes, surprises, and plagues so

sweet, they won't scare anyone away! It's Matzo Madness Preservation Detectives make edible plagues, Passover puppets, play holiday bingo, and discover Eldridge's own story of freedom on a special Passover scavenger hunt. All this plus meet author Yona Zeldis McDonough! Reservations required. For children 4 to 11 years old.

"Cinderella": Florence Gould Hall, 55 E. 59th St. between Park and Madison avenues; (800) 982-2787; www.nytb.org; 11 am, 1 pm and 3:30 pm; \$24 (\$34 adults).

The New York Theatre Ballet will perform Donald Mahler's version of the classic of finding your perfect prince.

Freedom Art Jam: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3200; thejewishmuseum.org; Noon-4 pm; Free with museum admission.

A party and art workshop for Passover. Dancing, painting, creating and a performance by the Macaroons.

Gotham Comedy: Gotham Comedy Club, 208 W. 23rd St.; (212) 877-6115; www.kidsncomedy.com; 1 pm; \$15 plus one item minimum.

Kids 'N Comedy presents Embarrassing Moments. Remember that time you fell down in front of the whole school and everyone saw your underwear? Us too. Teen comics live in a near constant state of embarrassment, and they can't wait to tell you about it!

MON, APRIL 18

IN MANHATTAN

Frontiers lecture: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; 7:30 pm; \$15 (\$13.50 seniors/students) \$12 members.

Older teens enjoy lecture series Gravitational Waves – Messengers from the Warped Universe, which discusses some of the most violent events in the universe warp space-time and create gravitational waves. Physicist Nergis Mavalvala discusses how we search for these ripples in space-time and decode the information they carry about events as far back in time as the first moments after the Big Bang. Held in the Hayden Planetarium Space Theatre.

FRI, APRIL 22

IN MANHATTAN

Seder Plate Collage: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am, 1 pm; Free with museum

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Calendar

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admission.

Children create a seder meal collage pasting traditional dishes onto paper.

Seder Plate Collage: 10 am, 1 pm. Children's Museum of Manhattan. See Friday, April 22.

Seder Shabbang: JCC of Manhattan, 334 Amsterdam Ave.; (646) 505-4444; 6:30 pm; \$72; \$36; \$50 for children under 13.

Family celebration with song, food, and community.

SAT, APRIL 23

IN MANHATTAN

Seder Plate Collage: 10 am, 1 pm. Children's Museum of Manhattan. See Friday, April 22.

Seder Plate Collage: 10 am, 1 pm. Children's Museum of Manhattan. See Friday, April 22.

Creative Family Passover

Seder: 92nd Street Y Art Center, 135 Lexington Ave.; (212) 415-5562; 5 pm; Tickets begin at \$75 (Free for children under 1 years old).

A playful, interactive and meaningful Seder experience, led by Rebecca Schoffer, director of Jewish family engagement. Celebrate with other families in a communal atmosphere, as we sing, celebrate, and bring new life to ancient traditions! All food is kosher and nut-free. Vegetarian meal option available with phone registration only. RSVP required.

SUN, APRIL 24

IN MANHATTAN

Carnegie Kids: Resnick Auditorium at Carnegie Hall, 154 W. 57th St. and Seventh Avenue; www.carnegiehall.org/Calendar/?sdate=2016-04-01; Noon and 2 pm; Free with reservations.

Singer-songwriter and multi-instrumentalist Emily Eagen and her band take little kids on a big musical journey with original songs inspired by children's imaginative minds. With the help of guitar, banjo, bass, mandolin, and fiddle — along with her own champion-level whistling — Eagen and her band sing about everything from turtle doves and dragons to the stars in the sky.

TUES, APRIL 26

IN MANHATTAN

Astronomy Live: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; 7 pm; \$15 (\$13.50 seniors/students) \$12 members.



Come party 'cause it's Passover!

It's a party, it's a jam, it's Passover. Come to the Jewish Museum on April 17 for a day of fun and celebration. Freedom Art Jam is all about the day. Dancing, painting,

creating fun projects, and a performance by those fabulous Macaroons (pictured) are all in store.

Freedom Art Jam on April 17 from noon to 4 pm; free with mu-

seum admission.

The Jewish Museum [1109 Fifth Ave. at 92nd Street, on the Upper East Side, (212) 423-3200, www.thejewishmuseum.org]

The Force Fields Around Spaceship Earth, presents the invisible force fields all around us that make life on Earth possible. Join Jana Grcevich and Irene Pease as they explore the various dangers of space that could destroy us, and how Earth's magnetic and gravitational fields keep us safe. Held in the Hayden Planetarium Space Theatre.

The 35th annual Cherry Blossom festival features traditional and contemporary Japanese dances, performances, and customs.

SUN, MAY 1

IN MANHATTAN

"The Trial of Typhoid Mary": 2 pm to 4 pm. New-York Historical Society. See Friday, April 1.

FURTHER AFIELD

Sakura Matsuri: 10 am. Brooklyn Botanic Garden. See Saturday, April 30.

LONG-RUNNING

IN MANHATTAN

Dinosaurs Among Us: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am to 4 pm; Free with museum admission.

The exhibit feature ancient, rarely seen fossils, and life-like models, including a 23-foot-long feathered tyrannosaur (*Yutyranus huali*) and a small four-winged dromeosaur (*Anchiornis huxleyi*) with a 22-inch wingspan and vivid, patterned plumage. Visitors will encounter a tiny dinosaur whose sleeping posture precisely echoes that of a living bird, an extinct-dinosaur nest containing remains of the adult that guarded the hatchlings, and the fossil cast of a relative of Triceratops that

had simple feathers on its body.

"The Very Hungry Caterpillar Show": 47th Street Theater, 304 W. 47th St.; (212) 279-4200; www.hungrycaterpillarshow.com; Fridays, 10 am and noon, Saturdays, 11 am, 2 pm and 4 pm, Sundays, 10 am, noon and 3 pm, Now – Sun, April 17; \$49.50 to \$65.50 (\$5 for infants under 1).

Journey through Eric Carle's stories with 75 magical puppets. Three of his tales include "The Artist Who Painted a Blue Horse," "Mr. Seahorse and the Very Lonely Firefly," and the "Very Hungry Caterpillar."

Silicon City – Computer History Made in New York: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays – Thursdays and Saturdays, 10 am – 6 pm, Fridays, 10 am – 8 pm, Sundays, 11 am – 5 pm, Now – Sun, April 17; Free with museum admission.

Celebrate New York's central role in the digital revolution, highlighting the pioneering work and technological innovations that have transformed daily life. The exhibit examines New York as a technological hub where the intersection of commerce and innovation gave birth to the first computers and tech companies.

"Little Red's Hood": Swedish Cottage Marionette Theater, W. 79th and West Drive; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and Noon, Wednesdays, 10:30 am,

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

Noon 2:30 pm, Saturdays and Sundays, 1 pm, Now – Fri, April 29; \$10 (\$7 for children under 12).

Presented by the the Swedish Cottage Marionette Theatre in Central Park this is a fresh re-telling of “Little Red Riding Hood” tale updated with a modern twist. Little Red is a smart, young city slicker who is too focused on her smartphone to notice her surroundings. Wulfric is a misunderstood wolf with a sweet tooth. When Little Red travels from New York City to the country to deliver some cupcakes to her Grandma, she encounters a colorful cast of characters as Wulfric the Wolf tries to head her off at the pass. Suitable for children 3 to 9 years old.

Street of Ships – The Port and Its People: South Street Seaport Museum, 12 Fulton St.; www.southstreetseaportmuseum.org; Wednesdays – Sundays, 11 am to 5 pm.; \$12 (\$8 seniors, students, \$6 children 6 to 17).

The exhibit showcases works of art and artifacts from the museum’s permanent collections related to the 19th-century history of the Port of New York. The exhibition examines the decisive role played by the 19th Century Seaport at South Street — long known as the “Street of Ships” — in securing New York’s place as America’s largest city and its rise to become the world’s busiest port by the start of the 20th Century.

“Ice Age – No Time for Nuts” in 4D: Central Park Zoo, 64th Street and Fifth Avenue; (212) 439–6500; centralparkzoo.com; Daily, 11 am to 4 pm; \$16.20 adults (\$11.40 children 3–12; \$13.50 seniors).

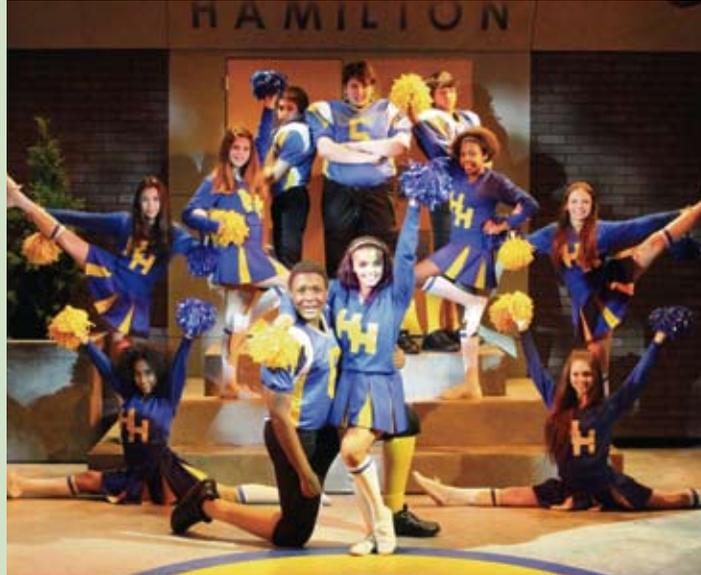
This is a fully immersive high-energy animated film event with eye-popping adventure for children 6 years and older. Not recommended for children under 4.

The Titanosaur: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769–5200; www.amnh.org; Daily, 11 am to 5 pm; Free with museum admission.

The cast of the largest dinosaur that ever walked the earth is now on exhibit. The 122-foot long dino is residing on the fourth floor. This giant herbivore belongs to a group known as titanosaurs, and weighed about 70 tons.

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, Now – Fri, July 1; Free.

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



Teens dancing it out

“It’s Up to You” at the TADA Youth Theatre from April 16 through May 21.

This off-Broadway musical tackles topics including bullying, finding one’s identity, friendship, and a teen’s life in high school.

The production, performed by members of the TADA Resident Youth Ensemble, is recom-

mended for families with children older than 5.

“It’s Up to You,” April 16 through May 21, on Saturdays and Sundays at 2 pm and 4 pm. Tickets are \$25 for adults and \$15 for kids.

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

their caregiver, parent, therapist or teacher, admission to programs during general public hours in exchange for feedback to help strengthen museum wide programs. The initiative is aimed at making the museum more accessible for all children, including special-needs children. Registration is required.

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.; 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.

Teen night: Battery Park City, 6 River Terrace; (212) 267–9700; bpc-parks.org; Fridays, 4 pm to 7 pm, Now – Fri, April 8; Free.

Teens enjoy chilling and games with friends.

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, June 26; Free with museum admission.

All ages are welcome to join this special Story Time with Richard Simon, Tanya Simon, and Mark Siegel, authors and illustrator of “Oskar and the Eight Blessings.” After the reading the authors will hold a short discussion about the inspiration behind the book, and the illustrator will give a brief presentation about how he began sketching New York in 1938.

Youth wheelchair basketball: Gertrude Ederle Recreation Center, 232 W. 60th St. at West End Avenue; www.nycgovparks.org; Sundays, Noon–2 pm, Now – Sun, May 29; Free for children under 18 (\$25 annually for young adults between 18 and 24).

The New York Rolling Fury is hosting this sporting event for tweens, teens, and young adults with physical disabilities to learn how to play the game.

Gracie Mansion tours: Gracie Mansion in Carl Schurz Park, 88th Street and East End Avenue; (212) 676–3060; gracieinfo@cityhall.nyc.gov; www.on.nyc.gov/gracietour; Tuesdays, 10 am to 10:50 am, Now – Tues, April 12; Free.

Mayor DeBlasio and First Lady Chirlane McCray have introduced a new art installation, titled “Windows on the City: Looking Out at Gracie’s New York.” The installation consists of previously and newly acquired works, all from the original Gracie Mansion period, which have been curated to create a more historically accurate picture of life in New York City during the time of Gracie Mansion’s construction. RSVP required. Photo ID required for entrance. No photography permitted in the interior. At the present time, tours are available in English only.

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, June 30; 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.

Beneath the Ice Immersion Dome installation: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769–5200; www.amnh.org; Daily, 10 am to 4 pm; Mon, April 11 – Fri, May 27; Free with museum admission and members.

The Milstein Science Series presents this exhibit that takes visitors on a deep dive into Antarctic waters to explore a hidden world beneath the ice. Once thought to be low in species diversity, the Antarctic is now known to be home to a rich variety of life. This immersive dome experience showcases a surprising and visually stunning array of marine life that flourishes on, around, and underneath the Antarctic ice.

“It’s Up to You”: TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252–1619 X 4; www.tadatheater.com; Saturdays and Sundays, 2 pm and 4 pm, Sat, April 16 – Sat, May 21; \$15 (\$25 adults).

An original off-Broadway musical performed by the kids at TADA’s resident youth ensemble. The performance which is suitable for children 5 and older discusses topics such as bullying, finding one’s identity and friendship in high school.



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Save the vitamins!

You do your best to select nutrient-rich foods for your family. What happens to those nutrients once you arrive home and prepare that food?

The method used to store, prepare, and cook can all affect a food's nutrient profile. Since you can waste those nutrients, here are some ways to maximize the nutritional quality of the foods you and your family are eating.

Use as little water as possible when cooking vegetables.

"Water-soluble vitamins are easily dissolved when they hit water," says Alissa Rumsey, a New York-based registered dietitian and spokesperson for the Academy of Nutrition and Dietetics. "The less you use, the more you preserve the nutrients. Instead of boiling in an uncovered pot of water, try microwaving or steaming them instead."

Refrigerate leftover food in airtight, moisture-proof containers. When cooked food is exposed to air, more nutrients are lost.

Purchase frozen fruits or vegetables at this time of year.



"The fruit or vegetable is picked at the height of ripeness, then quickly frozen, which preserves the vitamins and minerals," says Rumsey. "Often, frozen vegetables and fruits can have higher nutrient content than their fresh counterparts, especially if that fresh produce was picked a few weeks ago."

When preparing beets, carrots, broccoli, or other whole vegetables, use the entire plant from root to

stem. This reduces food waste, as well.

Store veggies and fruit in airtight containers in the fridge. In addition to the cold temperature, high humidity and less air contact lessens nutrient loss.

What NOT to do:

Avoid boiling vegetables in large amounts of water and then tossing that water.

"You're throwing away many of the water-soluble vitamins," says Rumsey.

Don't cut vegetables into tiny pieces. This exposes more of the surface to air, light, heat, and water, bringing with it a higher chance of losing nutrients.

An interesting exception to this rule of thumb: garlic and other members of the allium family (onions, leeks and shallots). By chopping these foods into tiny pieces and allowing them to sit for 10 minutes before cooking, you actually increase their active components.

Don't cook veggies for a long time. To cut down on cooking times, cover the pot, place veggies in already boiling water, and learn to enjoy them with a bit of a crunchy texture.

The most important way to optimize your family's nutrient intake, however, is to simply eat more produce.

Christine Palumbo is a Naperville-registered dietitian nutritionist who has long made saving nutrients her mission. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Mediterranean potato soup

Serves four

Prep Time: 10 minutes

Cook Time: 25 minutes

Ready Time: 35 minutes

INGREDIENTS:

- 1 ½ tsp olive oil
- 1 clove garlic, minced
- ½ cup chopped onion
- 4 cups low-sodium chicken broth (or vegetable broth)
- 3 medium red potatoes, unpeeled, cubed
- 3 carrots, sliced
- ¼ tsp ground pepper
- 2 tsp Italian seasoning
- 1 15-oz can red kidney beans, drained and rinsed
- 1 cup (2 ounces) whole wheat noodles, uncooked
- 2 cups fresh spinach or 1 cup frozen spinach
- ¼ cup grated Parmesan cheese, shredded



DIRECTIONS: Heat oil in a 2-quart pot, sauté garlic and onions about three to four minutes. Add chicken broth, water, potatoes, carrots and seasonings; cover and bring to a boil. Reduce heat and simmer 15 minutes. Add kidney beans and noodles. Bring to boil again, cook until noodles are soft. Remove from heat.

Just before serving, add spinach to

pot and stir gently. Ladle into bowls and serve with Parmesan cheese.

NUTRITION FACTS: 350 calories, 62 g carbohydrates, 19 g protein, 5 g fat, 62 mg cholesterol, 1510 mg potassium, 420 mg sodium, 38% DV vitamin C, 14 g fiber.

Recipe used with permission by: Colorado Potato Administrative Committee

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New & Noteworthy

BY LISA J. CURTIS

Bring on the mud!

April showers bring May flowers — and a lot of puddles. Step back and let your kids splash, splash, and enjoy when they're safely ensconced in Muddy Buddy waterproof coveralls from Tuffo, available in yellow, pink, blue, red, and camouflage print.

These polyester coveralls keep rain out more effectively than an umbrella and rain boots, and they come with a waterproof storage bag, so they can enjoy puddles even when you're on the go.

Available in sizes 12 months, 18 months, and 2T-5T, Muddy Buddy is machine washable (and should be hung up to dry), and has lots of wonderful details such as a reinforced seat and knees; two zippers in the front; and



elasticized wrist and ankle cuffs. Even the hood is elasticized and has a brim to shed water better than feathers on a duck.

Muddy Buddy Coveralls by Tuffo, \$34.99, www.kohls.com.

Wrap stars

Have your family make a decision to take just one action to make our planet greener in honor of Earth Day, on April 22. A great idea from the Triumph Plant Company is to swap out your usual wrapping paper for Flowering Gift Wrap. Triumph's recycled paper can go from the party and into the flower pot, because it's embedded with fresh wildflower seeds that attract butterflies!



You'll be scaling back your carbon footprint while you and your family make your neighborhood more hospitable for lovely pollinators. The kit includes four large sheets (24-inches by 36-inches) of wrapping paper in pale aqua, lavender, and beige which can be used to wrap shirt boxes or to line gift bags. It also includes six gift cards with planting directions printed on their backs.

The papers contain a mix of seeds for candytuft annual, Siberian wallflower, California poppy, and lupine perennial flowers.

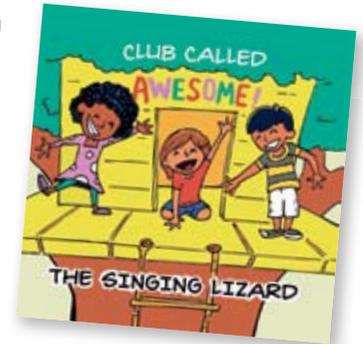
The wildflower paper can be planted anywhere — making it truly a gift that keeps on giving.

Flowering Gift Wrap by Triumph Plant Company, \$14.95, www.amazon.com.

Join the 'Club'

"Club Called Awesome" transforms any room into a discotheque where the whole family starts grooving to its "electro-kindie" dance beats of The Singing Lizard, led by maestro Liz DeRoche.

Her club is packed with irresistibly tunes: "Celebrate" is the perfect anthem for revelry during April vacation; the soaring "Beat Bot the Robot" excites over the mysteries of space; and "Peace Sign" is especially poignant for parents and educators in the weeks following the terrorist attacks in Brussels.



Recommended for kids ages 2-8, the "Club Called Awesome" CD comes with a comic book inspired by the songs.

"Club Called Awesome" CD by The Singing Lizard, \$15, www.iTunes.com.

Siblings' day in the city

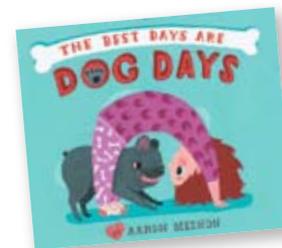
"The Best Days Are Dog Days," by author-illustrator Aaron Meshon, is a wonderful gift for a city kid. His charming, colorful pictures depict streets, a park, and a farmers market that are clearly inspired by Brooklyn.

The tale is told with very little text from the perspective of the pet bulldog, who shares his adventures with Sis, his human "sibling." Meshon's illustrations depict how much the pooch and Sis have in com-

mon. Recommended for readers ages 3 to 5, it inspired us to get outside and enjoy spring in the city!

The Best Days Are Dog Days book by Aaron Meshon, \$16.99, www.amazon.com. Meshon will give readings on April 17 at 1 pm at Books of Wonder [18 West 18th St. in Manhattan, (212) 989-3270], on April 23

at 2 pm BookCourt [163 Court St. in Brooklyn, (718) 875-3677], and on April 24 at PowerHouse on 8th [1111 Eighth Ave. in Brooklyn, (718) 666-3049].



Science sounds like fun

Science is fascinating and surprising, but it doesn't always feel that way when you're sitting in a classroom. The Science Wiz Sound kit includes 20 activities that will pique the interest of budding scientists ages 8 and older. The piece de resistance is building your own Thomas Edison-style phonograph.

The kit contains more than 34 components including a motor, weights, a recording cylinder, a phonograph base, a sound tube, a

megaphone, a 48-page, book by Penny Norman, Ph.D., and links to free mobile device Apps.

The step-by-step, clear directions for the suggested activities are packed with facts and illustrations that ignite enthusiastic learning and independent exploration.

Parents supply the three AA batteries to power the phonograph — and congratulations on a job well done.

Science Wiz Sound kit by Norman & Globus, \$29.95, www.sciencewiz.com.



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