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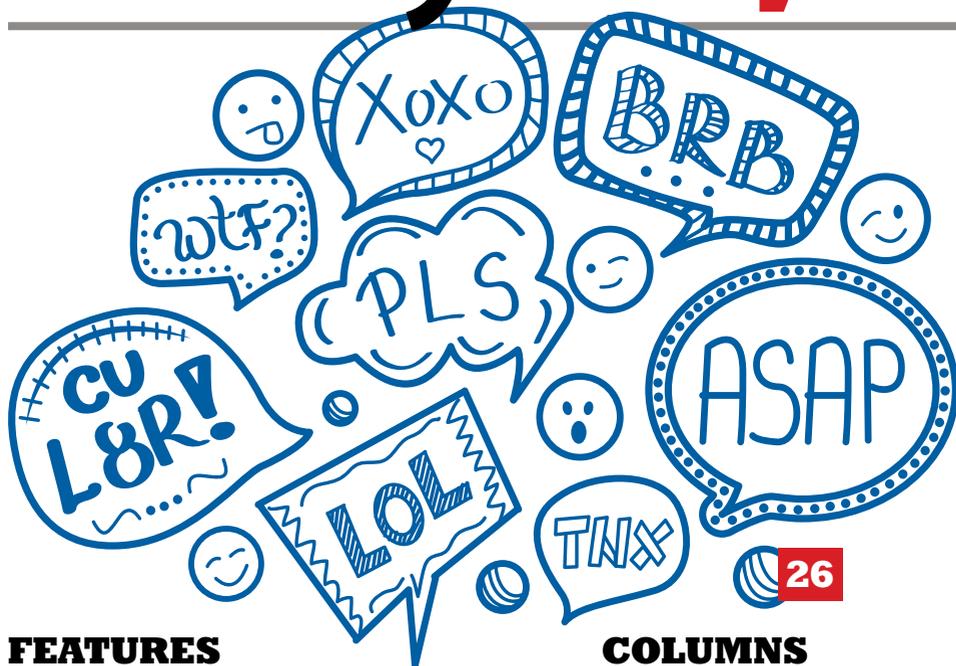
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# Family May 2016



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# Proudly we salute our writers and designers

**I**t was so exciting to attend the recent *Parenting Media Association* Annual Convention and Awards Dinner in Indianapolis. We were treated so beautifully by our hosts at *Indy's Child*, and our conference got off to a great start by



being whisked for an early evening reception to their Children's Museum, which happens to be the largest Children's Museum in the world. Indeed, it was really special. Many in our group also attended the opening night game of their minor league baseball's team.

Then we got down to business and had an informative and educational two days of great speakers and interactive workshops. Being

a part of the parenting media model is a truly satisfying and stimulating ongoing learning curve. Our businesses have grown alongside the sociological and technological developments of the last decade or so and have morphed from strictly print magazines to the digital realities that are an intricate part of all our lives.

The final night was our Awards Dinner and *New York Parenting* proudly won 12 Awards of Excellence, and I was the lucky person who got to accept them. As the Publisher and Editor, I have had the good fortune to select the creative team around me, and what a team it is. So many fine talented people

whose hearts are in the right place all the time. The winners this year that I need to single out are Tammy Scileppi, Shneika L. Johnson, Lisa J. Curtis, Lee Chabin, Lyss Stern, Alison Arden Besunder, and the amazing Danielle Sullivan, who won three awards! So proud of all of them, as well as the many other great contributors, who to me are all award winners. Lastly, I want to congratulate our Art Director Leah Mitch for her fine work on our covers (three wins! including two GOLDS!).

Our first magazine, *Brooklyn Family*, is now in it's 17th year and the others are not far behind. It has been a marvelous collaborative effort and couldn't have been done at all without the mentoring and patience of Cliff Luster, who has "had my back" throughout these years. I

am grateful to him and to the other terrific people, some of who have moved on, who have contributed to our effort.

Finally, I want to wish all of you a very Happy Mother's Day! Being a mother is the best thing that has ever happened to me. As I always say to my daughter, "I missed you so much before you got here!" Right?

Thanks for reading!

Susan Weiss-Voskidis,  
Publisher/Executive Editor  
Susan@nyparenting.com

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# Our big wins!

## New York Parenting wins a dazzling dozen in international contest

**N**ew York Parenting/CNG made its own headlines recently when our chain of Family glossies broke our previous records at the prestigious, inter-continental media competition, winning 12 awards for keeping mom, dad, kids, and parenting advocates informed and entertained.

New York Parenting received two golds, four silver, and six bronze medals at the Parenting Media Association's annual Editorial and Design Awards Competition, which celebrates excellence in journalism, design, and photography in parenting publications around the U.S., Canada, and Australia.

The sensational sweep was an all-time record high, although we have been contest winners for the last 15 years. New York Parenting publishes in print every month *Manhattan Family*, *Brooklyn Family*, *Bronx-Riverdale Family*, and *Staten Island Family*. *New York Special Child*, a magazine devoted to the issues of special needs children, is printed twice a year, and all are found online at *NYParenting.com*.

"We're so proud," said Susan Weiss, publisher and editor, who accepted the plaudits at the P.M.A. Annual Convention in Indianapolis earlier this month. "Columns, articles, covers! Brooklyn, Manhattan, Queens, Bronx, and Staten Island, all five magazines won, and one of our silver award-winning articles created a tremendous buzz on the internet."

Among the columns singled out for honors were "New & Noteworthy" by Lisa Jean Curtis, "Healthy Living" by Danielle Sullivan, "Divorce & Separation" by Lee Chabin, and "Fabulyss Finds" by Lyss Stern. The accolade-worthy articles included "Misty Copeland — Breaking Down Barriers" by Shnieka L. Johnson, Tammy Scileppi's "Telling Their Stories—Healing Scars (Teens and Domestic Violence)" series, and Sullivan's "Teen Disease You've Never Heard About," an investigative feature on Postural Orthostatic Tachycardia Syndrome that went viral online.

Weiss and art director Leah Mitch — a perennial winner — clinched the gold for their "Super Dads" front cover



Publisher and editor Susan Weiss and the 12 awards from the Parenting Media Association's annual competition.



featuring a cute tot, and a cover illustration on a holiday issue of a gold star directing readers' eyes to children.

"This simple yet effective illustration tells the story of holiday traditions," determined the judges.

*New York Parenting's* own birth was an entrepreneurial conception.

The chain grew from a single

magazine Weiss — a globe-trotting former actress and restaurateur—created after moving to Brooklyn from Manhattan with her baby and discovering Brooklyn was a parenting-magazine desert.

"There was only one magazine and I thought it was provincial," she says. "I wanted a quality parenting publica-



tion that was sophisticated, had quality content and design, and excellent distribution." That was 17 years ago, and since then we've added the other boroughs and grown our digital presence, naturally.

Weiss's string of victories are a huge win for the entire CNG family, said CNG's president and publisher.

"I am thrilled to see the hard work and dedication Susan and her team bring to creating our Family magazines each month recognized with 12 awards," said Jennifer Goodstein. "The variety of awards shows that the magazines are hitting the right notes."



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# 11 secrets of happy moms

Motherhood can be stressful, but you can stay positive

BY CHRISTA MELNYK HINES

**W**e know that happiness is an emotion that can come and go. But how do we recapture that bubbly feeling amid the challenges and stresses of parenthood? Here are a few tips from moms for staying positive and feeling good:

## **Lean on community**

Several moms polled for this article agreed that moms' night outs with their friends help them feel more optimistic. And science proves it. Studies find that time spent bonding with friends boosts a woman's level of oxytocin, a natural hormone that reduces stress. Check out mothers' groups in your area if you are struggling to build a support network.

## **Commit to healthy living**

Women who make time to care for their bodies enjoy a stronger self-image and feel more self-confident and energetic. Exercise, try to get adequate sleep, schedule regular massages, and make healthy food choices to feel your best.

"I know that when I am reasonably well-rested and happy, I am absolutely more patient, energetic, and empathetic to everyone in my household," says Erica Wilson, a mom of one.

## **Take time for personal pursuits**

Whether you like surfing Pinterest, training for a 5K, or simply taking a warm bubble bath, moments stolen throughout the week contribute to our overall sense of well-being.

"I try to take at least a few minutes



"I know that when I am reasonably well-rested and happy, I am absolutely more patient, energetic, and empathetic to everyone in my household."

a day outside. I close my eyes, take deep breaths, and listen to the sounds," says Melanie Werner, a mom of one.

### Nourish yourself

During the rush of the week, most of us throw meals together just to get our hungry crew fed. If you enjoy cooking, find a day when you can slow down and relish the preparation. The process of chopping and measuring ingredients is meditative and soothing. Create a feast to delight all of the senses by serving your meal on a table laid out with your favorite dishes and cheerful flowers.

### Laugh

Family life can be funny. Kids say hilarious things. Pay attention and write those gems down. Next time you need a lift, read them. Need more ideas? Look at funny family videos or photos, hang out with lighthearted friends, watch a silly movie, or read a humorous book.

### Follow a spiritual practice

Studies find that people who lean on an inner belief system are happier. You don't have to be religious to be spiritual. You can feel a connection to spirituality through helping others, nature, yoga, music, art, personal meditation, or journaling.

Michelle Hovick, a mom of one, says the "Elevation" church app is one of her favorite spiritual gateways to a mood shift.

### Practice gratitude

In a gratitude study at Eastern Washington University, researchers found a positive correlation between gratitude and happiness.

"We have found that grateful individuals tend to be happy individuals and that grateful thinking improves mood," the researchers report. Try writing down three

things you are thankful for each day — small moments count too.

### Get a groove on

Whether she participates in a Jazzercise class or switches on upbeat dance tunes in her kitchen, Jessie Mallicoat, a mom of three, says, "If I'm in a bad mood, I put on some 'dancy' music and it usually helps."

In fact studies find that dancing boosts the body's feel-good endorphins. Dancing has even been found to reverse depression and increase self-confidence.

### Set boundaries

Moms who are happier make conscious decisions on a daily basis about who and what is allowed into their lives. Switching to this way of thinking is empowering. You don't have to be harsh or hurtful to accomplish this goal. Politely decline invitations that don't fit with your priorities and limit interactions with negative individuals.

### Access good childcare

Seek reliable childcare in order to feel secure pursuing personal interests, maintaining routine health check-ups, and for date nights with your partner. A positive marriage contributes to the overall emotional health and happiness of your family. Having trouble finding a sitter? Check out SitterCity.com, Care.com, and ask other parents for references.

### Avoid comparison

Parenting philosophies that work well in one family may not work well in another. Thanks to the influx of information at our fingertips, parents have no shortage of advice. Decide which strategies make sense for your family. And beware of spending too much time on social media if you're starting to feel like you don't measure up.

"Being happy with yourself and how you parent is key to accepting other moms and how they parent, which creates a more supportive parenting community all around," says Mandy Yokim, mom of two.

*Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. She finds happiness while exploring new destinations with her family, spending time with her book club friends, and cooking. She is the author of "Confidently Connected: A Mom's Guide to a Satisfying Social Life."*



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# Redefining motherhood

Your new  
role as the  
mother of a  
grown child

BY MYRNA BETH HASKELL

**M**y daughter and I were lounging by the fire pit talking about college, friendships, what holds a marriage together, and world peace. It suddenly hit me. The beautiful, young woman beside me — tanned from her summer job as a lifeguard and s'mores sandwich in hand — was all grown up. The funny thing? I realized I was listening differently. I genuinely craved her opinion on the big stuff. I also realized that I needed her, too. It was a revelation — an “aha moment.” I suppose I was also staring.

“Mom. What are you staring at?”

“I’m realizing you’re all grown up, and it’s amazing,” I answered.

“I mean, duh, mom!”

There it was ... the teenager still inhabiting part of her psyche. This

was comforting, so I had to chuckle. I know she thinks I’m being oversentimental and goofy, but someday she’ll understand and experience this with her own child.

I found that I suddenly wanted all the answers. Would this be the beginning of a new type of relationship between us? Would there ever be a day when she wouldn’t need my wisdom? My role as her mother was changing, but I am still her mother after all.

What’s a mom to do?

According to Dr. Deborah Gilboa, author of “Get the Behavior You Want ... Without Being the Parent you Hate” (Demos Health, 2014), mothering changes with time.

“Our kids all need parents no matter what their age.” She explains that the needs change, and that most adult children are looking more for

respect and love, not for rescue or unsolicited guidance.

Mothering is an ever-changing job, indeed, and one of the most difficult ones, too.

“As our kids grow and gain more autonomy, we often still expect to be in control of their lives in a way that they do not expect or want,” explains Gilboa. “The change here is to a constantly evolving and ongoing conversation about our expectations and our child’s, so that each person is treated respectfully and with clear boundaries.”

When moms have kids in college, things might get particularly difficult because college students are used to setting their own rules and living independently. However, rules associated with respect for one another, no matter what a child’s age, should be ongoing. Not long ago, I was visiting my parents the weekend of my 30th high school reunion. I told my mother where I was going and approximately what time I’d be home so that she wouldn’t worry. At this point in my life, I understood a mom’s worry quite well.

“Curfews don’t make as much sense if your child spends part of her time on her own, but it is totally reasonable to ask for (and receive) a call to let you know when you can expect that child home,” Gilboa advises.

Even if parents are still supporting a child financially (due to the cost of college or the burden of a new residence), there needs to be a transition plan in order for an adult child to become completely independent.

“Phasing ourselves out of a caretaking role is the biggest change as we parent older kids and young adults,” Gilboa states.

There is a common goal amongst moms. Simply stated, that goal is to give our children wings and to set them free as individuals who can navigate the world solo as respected and useful members of society. However, you will still be Mom, forever and always; and this means you are there to lend an ear or a shoulder when needed, to be a perennial cheerleader, and to regularly remind your child how much she is loved.

For more information:

- FamilyEducation.com
- <http://life.familyeducation.com/young-adult/parenting/51079.html>

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S., as well as internationally. For more information, please visit: [www.myrnahaskell.com](http://www.myrnahaskell.com).*



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# Pregnant & afraid

Author's tale of a not-so-perfect pregnancy

BY ALLISON PLITT

**I**n Nadine Bubeck's debut book, "Expecting Perfect: My Bumpy Journey to Mommyhood," the West Coast newscaster-turned-mompreneur describes her first pregnancy from its conception until she is finally at home with her child. Bubeck and her husband are both admitted "perfectionists" who want everything to be smooth sailing through her pregnancy. But while striving for a flawless pregnancy, they, unfortunately, encounter many rough roads along the way.

Before Bubeck begins her novel, her obstetrician and gynecologist Dr. JulieAnn Heathcott writes in the forward that her patient develops the condition called placenta previa. So while the reader knows right away that Bubeck will develop this condition — in which the placenta partially or wholly blocks the neck of the uterus, thus interfering with normal delivery — the way she leads up to that moment in her pregnancy, and how she endures it, creates suspense as her story unfolds.

The placenta is a vital organ to the fetus during pregnancy. According to WebMD, "The placenta is the organ created during pregnancy to nourish the fetus, remove its waste, and produce hormones to sustain the

pregnancy ... The placenta supplies the fetus with oxygen and nutrition and removes waste from the fetus and transfer it to the mother. The fetus is attached to the placenta by the umbilical cord ... and is usually attached to the upper part of the uterus, away from the cervix, the opening which the baby passes through the delivery."

Placenta previa occurs when the placenta lies low in the uterus, partly or completely blocking the cervix. Dr. Heathcott describes the positioning of the previa into three different categories:

"A marginal previa occurs when the placenta comes close to the cervix but does not cover it; a partial previa has part of the cervix cov-



Author Nadine Bubeck with her husband and son.

ered by the placenta; and a complete previa occurs when the entire cervix is covered by the thicker part of the placenta. A complete previa is the most worrisome for causing maternal hemorrhage and the most dangerous for risking the life of the mother and the unborn child."

Placenta previa is usually first diagnosed in mothers during an ultrasound at 18 to 20 weeks. In most mothers, as the baby grows and the uterus stretches upward, the placenta migrates with the uterus and ends up clearing the cervix, creating a space for the child to be delivered.

Bubeck, however, was diagnosed with a complete previa, in which her placenta remained near her cervix until she was ready to conceive. This situation happens in about one in 200 pregnancies. Bubeck finds out about her placenta previa during her 20-week ultrasound. She is told not to engage in any strenuous exercise or stay on her feet for long periods of time. She is told that if she can deliver her baby at 34 weeks or later, she will have a chance at giving birth to a healthy child.

While the doctor's forward indicates that Bubeck successfully delivers her child, the days leading up to the 34-week mark are chaotic. Like a news reporter, Bubeck delivers

all the medical facts about what is happening to her body and adds to it an emotional roller coaster when she starts to hemorrhage at the end of her second trimester. She discloses absolutely everything that happens to her and her body during what seems to be a nightmarish pregnancy. As she dates each entry she recalls, the book reads like a diary, thanks to her candid writing style.

The book has pictures in the middle of it which show Bubeck, her husband, and newborn son happily leaving the hospital together, so I'm not giving away the ending

to the story. I did, however, feel surprised by the amount of stress she endures when her baby is wheeled off to the neonatal intensive care unit after her caesarean birth.

Although she does deliver her son at a safe 34 weeks, her baby still struggles with some health issues. Her depiction of her baby's condition in the neonatal intensive care unit really shows how emotionally debilitating it can be for parents when they deliver pre-term babies.

While on bed rest, Bubeck spends a lot of time discussing her relationship with her husband, how they met, and their love and respect for each other. She also discloses her difficult childhood when her parents divorced. She writes her story with the perspective of someone who has endured a painful experience, but has learned, like her other family members, that in the end anger and resentment give nobody relief.

By the time the book ends, you're cheering for Bubeck and her family to have "a happily ever after" following a harrowing pregnancy that is assuaged by a very capable hospital staff, as well as a supporting and loving family.

Allison Plitt is a frequent contributor to *NY Parenting* and lives in Queens with her 10-year old daughter.





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# The Montessori mind

How this educational approach promotes mindful learning

BY MALIA JACOBSON

**Y**oung children aren't usually known for intense concentration. To the contrary, kids are expected to bounce from one activity to another with the attention span of a gnat. That's why parents are surprised by what they see when they tour Eton Montessori School in Bellevue, Wash.: Children as young as 3 happily engaged in independent, focused work for long stretches.

Parents are just as surprised by what they don't see — no lecturing teachers prodding reluctant kids to complete assigned work.

"Our children are self-motivated. Our teachers don't stand over them, telling them to be quiet and get back to work," says Feltin, who founded Eton School in 1978.

This ability to focus at a young age is a hallmark of Montessori education, but it's revolutionary to parents who haven't seen a Montessori classroom in action.

Montessori learning is hardly novel — Maria Montessori's first school opened its doors in 1907. But a trend toward mindfulness in education is sparking new interest in this century-old style of education, and new science is showing how this type of learning benefits today's young minds.

## Mastering mindfulness

In the past decade, organizations like Mindfulness in Education Network, Association for Mindfulness in Education, and Mindful Schools have sprung up, training teachers, hosting conferences, and producing research aimed at helping children become more focused, motivated, and intentional in the classroom.

Just what is mindfulness, exactly, and why does it matter? MindfulSchools.org paints mindfulness as a deep, in-the-moment focus, char-



Educational pioneer Maria Montessori

acterized by self-awareness and internal motivation. In a world filled with chaotic distraction, advocates of mindfulness say it can be a salve for the conflict, impulsiveness, and stress plaguing modern students and schools.

Dr. Steven J. Hughes, a pediatric neuropsychologist specializing in attention, concentration, planning, and organizing — a set of traits known as executive functions — defines mindfulness as "sustained positive engagement." Other scientists refer to a "flow" state of prolonged, energized work that produces both calm satisfaction and profound joy in learning.

## Whole body, whole mind

Maria Montessori didn't coin the term "mindfulness," but she was an early advocate for sustained focus and internal motivation. Her meth-

ods deliberately encourage intense concentration as the best context for early learning.

Montessori's approach to motor development actually stimulates cognitive development and deep concentration, says Hughes. When children begin Montessori education at age 3 or 4, they work on motor-skills activities like sweeping, polishing silverware, and pouring. These aptly-named "practical life" activities prepare kids for greater independence and self-reliance in daily tasks, but there's something bigger going on — the development of higher cognitive functions essential to concentration and attention.

Montessori tasks like wiping a table or washing dishes develop fine-motor control, but they also activate areas of the pre-frontal cortex essential to executive function, which paves the way for greater concentration and focus, he says.

"Dr. Montessori wrote about the close relationship between cognitive development and motor development in 1949. Fifty years later, scientists made the same connection."

This whole-body approach is part of the reason numerous studies show that Montessori-educated children have an academic edge over children educated in traditional classrooms, he says.

## Happy work: Environment, schedule, and shared focus

One way Montessori promotes focus is through a carefully-prepared environment, a key component of Montessori learning. In Mon-



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Maria Montessori was an early advocate for sustained focus and internal motivation. Her methods deliberately encourage intense concentration as the best context for early learning.

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tessori classrooms, specially-designed materials — from child-size brooms to lacing cards to counting beads — are prepared to be aesthetically appealing and accessible for young children; simplicity, beauty, and order are paramount.

“Montessori environments are designed to be attractive and appealing, and to allow children to make a choice. Children get to look around and choose what they want to do,” says Feltn.

This important act of choosing one’s own activity promotes sustained engagement, says Dee Hirsch, president of the Pacific Northwest Montessori Association and director of Discovery Montessori School in Seattle. Montessori-taught children choose their own work from a palette of developmentally appropriate options that grow progressively more complex and challenging.

Montessori schools incorporate concrete learning goals into a child’s educational plan, but children are free to choose when and how to complete their work within a specified time frame.

“That act of choosing is what allows a child to make a whole-hearted commitment to their work.

It’s what makes Montessori education child-centered,” says Hirsch.

When children are motivated by their own interests, deep concentration is a natural result, she says: “Kids are choosing what they want to focus on.”

During a 90-minute work period, children can take their work through its beginning, middle, and end. Working through this natural sequence promotes competence and mastery; children can repeat the activity as many times as they want, without being told to hurry up and move on to something else.

Though the terms focus and concentration conjure up images of a child working alone, mindfulness is not always a solo pursuit. Montessori-style learning helps kids learn the fine art of shared concentration by encouraging them to engage in tasks with a classmate or two — a critical skill in the age of teamwork.

### **Mindful together**

How does this Montessori-style mindfulness benefit children? Greater confidence, longer attention spans, and natural self-motivation are a few of the rich rewards, according to Feltn.

“What’s so wonderful is the confidence they gain. Their attention spans have been lengthened. They’re going to meet their academic goals, but they’ll do it more naturally because their motivation comes from within.”

But mindfulness isn’t something teachers can achieve for students — like every other outcome in Montessori learning, students have to work toward it themselves.

“They’re not going to reach that state of mindfulness unless they get there themselves,” says Hirsch. “We can’t take them there, but we can go there with them.”

*Malia Jacobson is a nationally published freelance writer specializing in parenting. She’s working on adopting Montessori-inspired principles of mindfulness at home.*

# Private/Independent School Guide

## Montessori Choices

### DIRECTORY

#### The Caedmon School

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#### Metropolitan Montessori School

325 West 85th Street NYC 10024  
212-579-5526 or [www.mmsny.org](http://www.mmsny.org)

Celebrating over 50 years, our school is a "west side gem" - a perfect intersection of a small, caring school community and a stimulating, dynamic academic curriculum. MMS opens its doors for children 3 years old to 6th grade and is dedicated to providing an enriching and challenging educational environment where each child is encouraged to grow to his or her fullest potential academically, emotionally, and socially.

Through the dynamic partnership of child, parent, and teacher, a consistent Montessori framework for learning is developed, offering "An Education for Life." The program offers opportunities for visual performing arts, multiple trips a year to Black Rock Forest, and an active physical education program. Kindergartners begin the elementary foreign language program in French and Spanish as well as participate in full-year violin program.

#### The Montessori School of New York International

347 E. 55th St. - Sutton Place,  
Manhattan, 212-223-4630  
[www.montessorischoolny.com](http://www.montessorischoolny.com)

In a lovingly and carefully prepared environment, early learners are encouraged to explore individual activities, at their own pace, and to grow in self esteem and independence. The open classroom with mixed age groups is more like life, and children learn to do better each day competing with themselves rather than responding to the pressures of competing with others their age.

A unique summer program offers a balance of continued learning and outdoor activities ranging from educational theme-based field trips to group sports activities. To ensure a well-rounded experience, children enjoy music and movement, arts and crafts, and a foreign language as well as water play and swimming. For elementary children, and advanced preschoolers, there is also individual academic tutoring available for rapid or average learners for the gifted and talented exams. Specialized High School Entrance exam preparation is available for our older students.

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

#### Twin Parks Montessori Schools

Central Park Montessori School  
1 W. 91st St, NYC 10024  
212-595-2000

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

Riverside Montessori  
202 Riverside Dr., NYC 10025  
212-665-1600

[www.twinparks.org](http://www.twinparks.org)

Accredited by the American Montessori Society, the Middle States Commission and are affiliate schools of Columbia University.

We provide nurturing, child-centered settings for children ages 3 months-6 years, and are committed to fostering a community of lifelong learners using proven Montessori methodology. Problem solving and creativity are emphasized along with age-appropriate academic subjects.

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1 West 91st Street  
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Fax: (212) 595-0101

### Park West

435 Central Park West  
New York, NY 10025  
Phone: (212) 678-6072  
Fax: (212) 678-1998

### Riverside

202 Riverside Drive  
New York, NY 10025  
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Fax: (212) 665-1775

Guided by the Montessori philosophy, we gently help children learn how to learn in a secure, prepared environment, laying a firm foundation for them to become confident, caring, and successful human beings.

### Twin Parks Montessori Schools

are accredited by AMS and MSCES. Our schools are members of NYSAIS, ISAAGNY, Parents League and are affiliate schools of Columbia University.



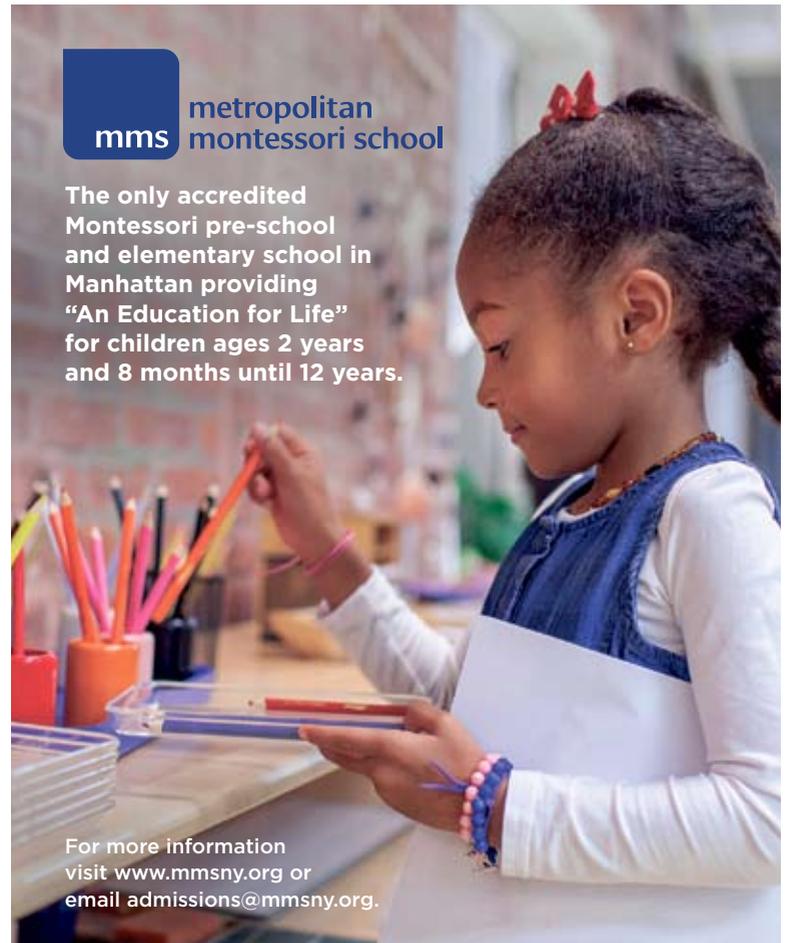
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## FABULYSS FINDS

LYSS STERN

# Time to celebrate hard-working moms

**T**o celebrate Mother's Day, I'm hosting the ultimate FabuLyss networking event for moms — the fourth annual Mom Moguls Breakfast at Lord & Taylor. Catered by Sarabeth's, the breakfast will take place on May 4, from 9 am till 11 am, and will feature FabuLyss gift bags, raffle prizes, mini makeovers, photos by Heidi Green Photography, and DeLysscious sweet treats by Cakes Jagla.

Supermodel Veronica Webb will join me in moderating a panel discussion with some of today's most successful mom moguls, including Dylan Lauren (Dylan's Candy founder), Tanya Zuckerbrot ("F-Factor Diet" author), Amanda Freeman (owner of SLT gym), Audrey Puente (Fox 5 News meteorologist), Jenny Hutt (Sirius XM host), Cozy Friedman (Cozy Cuts For Kids salon founder), and Raakhee Mirchandani (Daily News writer). The power moms will share the inside scoop on balancing babies and the boardroom with moms looking for direction in their careers.

This is one of the most rewarding events I do all year, because it gives me the opportunity to inspire and bond with moms in every aspect of their lives, and what makes it even better is that I have a group of some of the most powerful moms in New York City on hand to motivate my guests and myself.

The discussion will focus on advice and tips for moms who are either launching their own business or mompreneurs who are climbing the mom mogul ladder. Tickets are on sale [www.divamoms.com](http://www.divamoms.com).

*Mom Moguls Breakfast at Lord & Taylor (424 Fifth Ave. between West 38th and West 39th streets in Murray Hill).*

There's a FabuLyssly fun circus in town — UniverSoul. It's a highly interactive combination of circus arts and theater, with music that spans pop, classic R&B, Latin, hip-hop, jazz, and gospel. It embraces and celebrates the unique and familiar



Lyss Stern (far left) and Veronica Webb (far right) at last year's event.

aspects of pop culture globally by bringing them center stage with a cast of international performers. It's rated as one of the top three circuses in America along with Ringling Bros. and Barnum & Bailey and Cirque du Soleil. UniverSoul's fresh approach to family-friendly, live entertainment has garnered it a coveted spot as one of Ticketmaster's top-10 most requested family events!

A big-top spectacle of global proportions, the 2016 production of UniverSoul Circus takes fans of all ages on an unforgettable journey of light, sound, and soul. Get ready for electrifying, edge-of-your-seat performances, including extreme motorsports, back-flipping canines, twirling bicycles, disco-dancing pachyderms, free-flying aerial acts, and much, much more.

*UniverSoul Circus (Roy Wilkins Park, Merrick and Baisley boulevards in Queens, [www.universoulcircus.com](http://www.universoulcircus.com)).*

Do you know about the FabuLyss Sassafrass collection? It's books, toys, and more all about a perky Pekingese, Sassafrass Jones, and her friends. Cathleen Smith Bresciani created a one-of-a-kind col-

lectible Steiff plush toy to help the character Sassafrass come to life! She chose certain animals in the Steiff collection and decided to make custom dresses, jewelry, and a suitcase to store all of the many accessories that the company created for the "Forever Friends" collection.

The first book in the series, "Sassafrass Jones and the Search for a Forever Home," is best for ages 5 and up. My children love this book collection. It's a more sophisticated, detailed story. "Sassafrass Jones Mouse-Sized" (available for sale in May) is a shorter version sure to capture the attention of younger children. "Sassafrass Jones and her Forever Friends ABCs" is suitable for ages 3 and up. The new coloring books are just amazing! Your kids will not want to stop coloring!

The best way is to purchase from the website at [www.sassafrassjones.com](http://www.sassafrassjones.com).

Wishing all the FabuLyss moms out there a very happy Mother's Day! Every mom makes the "hero" thing look easy!

*Lyss Stern is the founder of DivaLysscious Moms ([www.divamoms.com](http://www.divamoms.com)).*

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# You've gotta have ARTS

## What kids really learn from an arts education

BY LELA NARGI

**I**t's a late evening in early December and I'm sitting with my tween daughter in a stiflingly heated, baldly lit, packed-to-the gills auditorium near Coney Island, waiting for Mark Twain Junior High School's winter concert to begin.

We've come out to see my daughter's friend sing with her seventh-grade choral class — the same friend who, a week earlier, joined me to watch my daughter dance in a production of "The Nutcracker." It promises to be a long night, with three grades' worth of choral, band, and orchestra performances — each. But I'm used to these sorts of engagements. As the parent of a kid who's been lucky enough to attend public schools that vigorously buck the current trend of defunding arts programs, I've been sitting in on biannual music, dance, drama, photography, and broader "talent" shows since my daughter was in pre-K. I hardly give the enterprise any thought.

Arts education has been a big educational talking point for years, but possibly never more than since the advent of the test-driven Common Core curriculum. Across the country the arts have been cast aside in favor of reading comprehension and science, technology, engineering, and mathematics subjects — as well as the high-stakes tests that supposedly determine a child's competency in them. Yet the findings of multiple studies champion the ability of painting, drumming, ballroom dancing, and playwriting to enhance creativity, fine motor skills, and even language development in our kids —

with even more significant and lasting boons for low-income children. Many parents with kids who have access to arts classes through school accept these benefits as a given. But those particular skills are not on my mind as the lights in the auditorium dim and the first orchestral group streams onto the Mark Twain stage.

The students are wearing the customary on-stage uniform of white shirts and black bottoms. They march purposefully out from the wings in a steady and orderly manner, delicately carrying their instruments. They quietly find their seats, set their music on their stands, and follow along with their section leaders in tuning their instruments. When Jamie Baumgardt, Mark Twain's strings teacher, appears on stage they stand, then await her cue to sit again. As anyone who's ever watched an orchestra knows, this is business as usual. But if you've ever spent any time with a large group of rabid tweens and teens, you know how exceptional this sort of behavior is.

And if you're an educator, you know it even more acutely. I've listened to my sister-in-law, a 20-year veteran of elementary school classrooms, bemoan the mounting inability of her students to sit still and focus. She chalks it up to the use of smartphones and tablets, devices that encourage them to eschew human interaction and reward them for making fast, unconsidered decisions. For years my husband taught literature to city community college students and every night came home with frustrated stories of kids who didn't know how to behave in his

classroom: they truly didn't know they shouldn't text and take phone calls, didn't know they shouldn't gobble sandwiches and bags of candy, didn't know they shouldn't listen to music through one headphone as he led them (or attempted to lead them) in discussions of Kafka and Chinua Achebe. Children are losing their understanding of basic courtesy, and in the process, are becoming ever more removed from their peers and larger society. With this loss, life becomes less pleasant and more challenging for all of us. Because the loss is palpable everywhere we go. Think of the people texting through movies. Refusing to let you pass as you haul heavy grocery bags down the sidewalk. Shoving you aside to get onto the subway car first.

And this is what I'm thinking about as the strings students finish their performance, again await Ms. Baumgardt's cue to rise, and quickly, silently take their bows and leave the stage. An orchestra has many governing rules. To survive and thrive in this setting, an orchestra member not only has to know them, but she has to tacitly agree to follow them. As these rules govern how members of an orchestra treat their leaders, their equals, and the audience that has come to see them — in addition to expectations for their own personal responsibility to practice — an orchestra, quite simply, offers a blueprint for how to behave in a society.

"My music students learn professionalism and that, regardless of the context of the setting, there are times and places to be professional," Ms. Baumgardt tells me. "Running around in the park you can be kids



and throw Frisbees. But in a professional setting there are expectations. What values should musicians have that translate to the rest of their lives?"

Plenty.

Do we want our children to be able to make eye contact with friends and strangers as they politely converse with them? Do we want them to be able to show empathy for others, both locally and globally? Do we want them to understand the positive influence of their hard work, not only on their own development, but on the achievements of an affiliated group? Thanks to the efforts of Ms. Baumgardt and other teachers of music, dance, drama, and plastic arts such as sculpture and drawing, they're getting an excellent footing.

"I show them that being commit-

ted leads to success, and that can make you feel great about yourself," says Ms. Baumgardt. "But it's also about the bigger picture. The efforts they contribute, in the long run, are going to make everyone successful."

In some cases, that even includes their own parents. As my daughter's friend takes the stage with her fellow singers, a dad sitting in front of me becomes animated. After snapping the obligatory photos with his stage-obscuring iPad, he begins to wave his arms over his head, trying to get his kid's attention. She ignores him. He tries again. And again. She finally acknowledges him with the meagerest of nods. By behaving professionally, as she's been taught, she's given her own father a subtle clue about how to behave with professionalism and courtesy. Hopefully, that tiny trend will radiate.

Regardless of all the important behaviors that arts programs teach our kids (when they're fortunate enough to have them), just the very fact of their existence is important in our children's development. My daughter is here tonight to show support for her friend, just as her friend came out to support her a week earlier. The older they get, and the more serious about their various artistic pursuits, the more supportive they become for each other. Empathy (in the plastic arts, critiques would be miserable without empathy) is built right into the framework.

And empathy — along with discipline, listening skills, manners, and the ability to articulate and to work as a team — will serve these kids whether or not they eventually choose careers in any arts-driven field. Sarah, a violinist in Ms. Baumgardt's eighth-grade ensemble, wants to be a doctor — and feels the emotional connection she's developed to music will help her have an emotional connection to her future patients. Tricia, an eighth-grade violist, thinks teamwork and intuition are the two lessons she's learned from music that will be most valuable to her possible future career as a children's dentist. Ultimately, the goal of arts education is not to churn out professional artists. As Mark Twain's principal, Karen DiTolla, puts it so succinctly, "By helping children learn these crafts, we're helping them grow as people."

There isn't any goal finer.

*Lela Nargi is a Brooklyn-based journalist who writes about parenting, travel, books, and food. She's also the author of "The Honeybee Man" and other books for children.*

# Digital CAMP GUIDE 2016

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## Arts for Kids

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#### Abrons ARTS CAMP

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#### ArtsConnection Teen Programs

520 Eighth Avenue NYC 10018  
212-302-7433 x 492  
[www.teens.artsconnection.org](http://www.teens.artsconnection.org)

ArtsConnection Teen Programs provides free, after-school arts and leadership programming for middle and high school students. Taught by professional artists and writers, teens discover their voice and learn to express their ideas, verbally and in writing. We have built a strong reputation in the City and are a resource for parents, schools and youth serving organizations. Current opportunities include Teen Reviewers and Critics (TRaC), High 5 Tickets to the Arts (\$5 ticketing program), Teen Advisory Council, Student Art Exhibition Program, Pizza and a Movie and Internships. For more information call or visit our website.

#### Children's Museum of the Arts

103 Charlton Street, NYC 10014  
212-274-0986  
[www.cmany.org](http://www.cmany.org)

A non-profit arts facility that brings hands-on art programming to children throughout NYC. Offering a wide variety of programming, including museum public hours during which families can explore the exhibition and hands-on art making workshops, semester-long classes for ages 1-15,

Summer Art Colony Day Camp for ages 6-15, Community Programs, and more. CMA's professional Teaching Artists are here to help young artists refine their art techniques, develop their own artistic voice, and build critical thinking skills. Our Summer Art Colony Day Camp allows young artists to immerse themselves in full-day innovative arts courses. With a choice of over 50 classes at two exciting locations, at the museum at 103 Charlton St. and on historic Governors Island, there is something for everyone. Each week offers new and unique themes focused on either Fine Arts or Media Arts projects. This summer's classes include World of Warhol, Tales of the Supernatural, Costume Design, The Art of Minecraft, and more!

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# A smarter take on baby stuff



Mom-preneur Judy Bornebusch with her husband Jan and daughter Charlotte.

Mom-preneur  
helps families  
banish clutter  
by sharing

BY TAMMY SCILEPPI

**L**ike it or not, clutter is a fact of life, especially in cramped Gotham apartments. Closet space? Fugheddaboutit! Don't you wish you could somehow push your walls out to make more room?

Every new parent knows or quickly learns: when your little tyke comes home, you can say bye-bye to your living room, 'cause baby stuff is taking over! Strollers are crammed into closets or parked by the front door, and storage containers live under beds, filled with outgrown newborn garb that you're holding onto for the next one, or just can't get rid of.

How much does a tiny human being really need?

In the old days new parents made do with a bassinet, a crib, and a playpen. But times have changed; we have adopted a more-is-better mindset in our "disposable" society.

Brooklyn mom-preneur Judy Bornebusch and her hubby Jan found out about baby clutter the hard way when they brought their adorable daughter, Charlotte (now almost 3), home from the hospital. Before long their small Downtown Brooklyn flat looked like a Babies R Us!

"Baby stuff was everywhere; it takes over your apartment," Borne-

busch said. "There's no place to store anything for your next baby, so you end up just selling it for pennies or giving it away."

So she decided to do something about it, and in 2015 launched her new business venture, Baby Grow Gear Sharing. The Brooklyn-based company provides a valuable service to local families, offering a monthly subscription service to rent baby gear and carriers that are quickly outgrown, instead of purchasing them. Brooklyn parents will have the opportunity to swap their new or gently used gear in exchange for a free Baby Grow Gear Sharing membership.

Necessity is indeed the mother of invention.

Bornebusch left a corporate career in management consulting to do something that was bit more personal. She had her daughter at age 38 and wanted to combine her love of entrepreneurship with her newfound love of mommyhood. And so the Baby Grow Gear Sharing concept was born. When you check out the website, you'll find a curated assortment of top-of-the-line gear and a variety of great carriers suited for different body types.

Did you know that on average, parents own up to 10 baby items that are only used for three months

Did you know that on average, parents own up to 10 baby items that are only used for three months or less?

or less?

"After you have a baby, you see how quickly each stage passes, and that the baby has her own opinions — and hates the same swing your BFF swore by," Bornebusch quipped.

"It's been great to see how our customers apply gear sharing to their own lives in unique ways — from testing out multiple carriers to find the best fit, to supplying baby items for out-of-town guests," she said. "One customer became a member because of her nanny share — the nanny uses a Nuna Leaf to rock one baby as she tends to the other, and uses it for naps so the parents don't have to lug a travel crib back and forth."

Bornebusch saw an opportunity to repurpose the abundance of barely used gear in Brooklyn to expand Baby Grow's rental offering, and bring families together to share and reduce waste. Her mission? Embracing minimalism and protecting the environment.

"You are going through so many diapers, wipes, bottles and washing everything constantly; it's hard not to think of the toll on the environment. There is so much waste," she said.

She knew from personal experience that buying and selling via neighborhood parent groups and Craigslist was time-consuming and the condition of the items varied greatly. In contrast,

Baby Grow accepts easy donation submissions online, and inspects and cleans all items to the highest standards to ensure safety before accepting into inventory.

Best of all, items are picked up and delivered as part of the membership package, so you don't have to leave your home.

A Baby Grow membership will save families time, money, resale hassles, and precious storage space. A basic membership, which gives you the use of one product at a time, will run \$29 per month, and \$79 means you can use three items at a time as a premium member.

That's a big drop from the more than \$1,240 parents typically spend on gear alone during a baby's first year.

Now, Judy, Jan, and Charlotte enjoy more living space in a Boerum Hill brownstone, but remain committed to a less-is-more lifestyle.

"I'm happy to be at a place where I can be involved in the community and use my new business in a socially responsible way," Bornebusch said. "I volunteer and donate to Covenant House, an organization that helps women and children. All our gear that gets 'aged' out of our stock will be donated to Little Essentials, and other local charitable organizations."

A bit of convenience in the first year of a new parent's life is worth so much!

*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.*

### What you can share

All Baby Grow gear is listed online, includes instructional tips and videos, and can be reserved if out of stock — new items are added weekly. The service features top items in today's market, including:

- Baby carriers from Ergo, Beco, Stokke and more.
- Bounceroo & Rockaroo by 4moms.
- Portable cribs by Nuna & Baby Bjorn.
- Walkers, ExerSaucers and Jumperoos.
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Find a complete listing at [babygrowgear.com](http://babygrowgear.com).

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# Communication in the digital age

How has  
the texting  
phenomenon  
affected family  
connections?

BY MYRNA BETH HASKELL

**T**exting literally drives me nuts. I press the wrong letter all of the time. I get frustrated because I want to send a long-winded message, and the darn thing keeps auto-correcting me. I'd much prefer to send a real note via my computer or just pick up the landline (Shh ... I still have one of those).

I know I sound ancient, but what has the world come to? No one uses words anymore. We've graduated to emoticons and abbreviations. For a person who makes a living with words, this is downright depressing!

I can't even get a hold of my kids normally anymore. If I want to hear from my son, who now lives on his own in the big city, I have to send him a text to tell him to check his e-mail. My younger daughter even thinks e-mail is antiquated. It's as if telephones and normal correspondence never existed. Try asking a 14-year-old to send a thank you note. You have to remind him that you mean put a pen to paper and a stamp on an envelope!

Has the digital world morphed our communication skills into bits and bytes for the long haul? We know that texting is not going away. The ease, convenience, and instan-

taneous response aspects of texting are just too enticing. According to the findings of a September 2014 Gallup poll, "Texting is the most frequently used form of communication among Americans younger than 50."

So, what does this say about communication between family members? Does living in the same household somehow trump the new techno talk? No matter what you prefer — texting or real-time, verbal banter — it's time to examine if this new form of communication is for better or for worse.

## What's missing in a text?

We've all read books that have excited various emotions. However, texting is communication a la shorthand, so much is lost in the translation.

"Face-to-face conversations allow us to notice cues about the other person's emotions, such as eye contact, facial expression, tone of voice, body posture, and the timing and intensity of response," says Heather Leneau Bragg, a learning specialist and author of the book "Learning Decoded: Using Your Child's Unique Learning Style to Improve Academic Performance." "Texting cannot offer these important pieces of informa-

tion, which can be key to understanding, communication, and connecting with others."

"Texting certainly makes it easier to avoid real communication and having to say something directly to someone's face," says Rebecca Levey, family tech expert, host of ParentingBytes (a CBS podcast exploring parenting in the digital age), and co-founder of KidzVuz (a media company posting reviews of products by kids and for kids). She explains that this is one of the reasons why it's much easier to bully via text.

How many times have you personally experienced a misunderstanding when texting (or even e-mailing) is involved? Perhaps you are very angry with your teenage daughter who is late for dinner because she is hanging at a friend's house. If you text, "You need to get home," she might interpret this as I should start thinking about getting home, instead of I better leave right now. However, misinterpretation is not the only issue. Should we also worry that the tech generation has lost the ability of effortless, in-person, social conversation?

"When children (or adults) become more dependent on texting as communication, they often become averse to spontaneous conversation. Live conversations involve more vulnerability, with little opportunity to hide emotions and reactions. Being able to have live conversation is a foundational ability for meaningful connection," Bragg continues.

Levey points out that there could be a decrease in independence with some children because of the too readily available communication. In other words, kids might be less likely to fend for themselves if they can instantaneously request help from Mom instead.

## Maintaining family connection

"If communication is suffering,

## When texting provides safety

Let's not forget that texting can also provide an invaluable safety net. Cellphone users should be aware of the availability of the following safety services, features, and notifications. Sometimes, during widespread emergencies, text messages may go through when phone calls do not:

**College students:** Sign up for your campus emergency text notification system.

**Parents:** Register for your public school's notification system and allow text notification if offered.

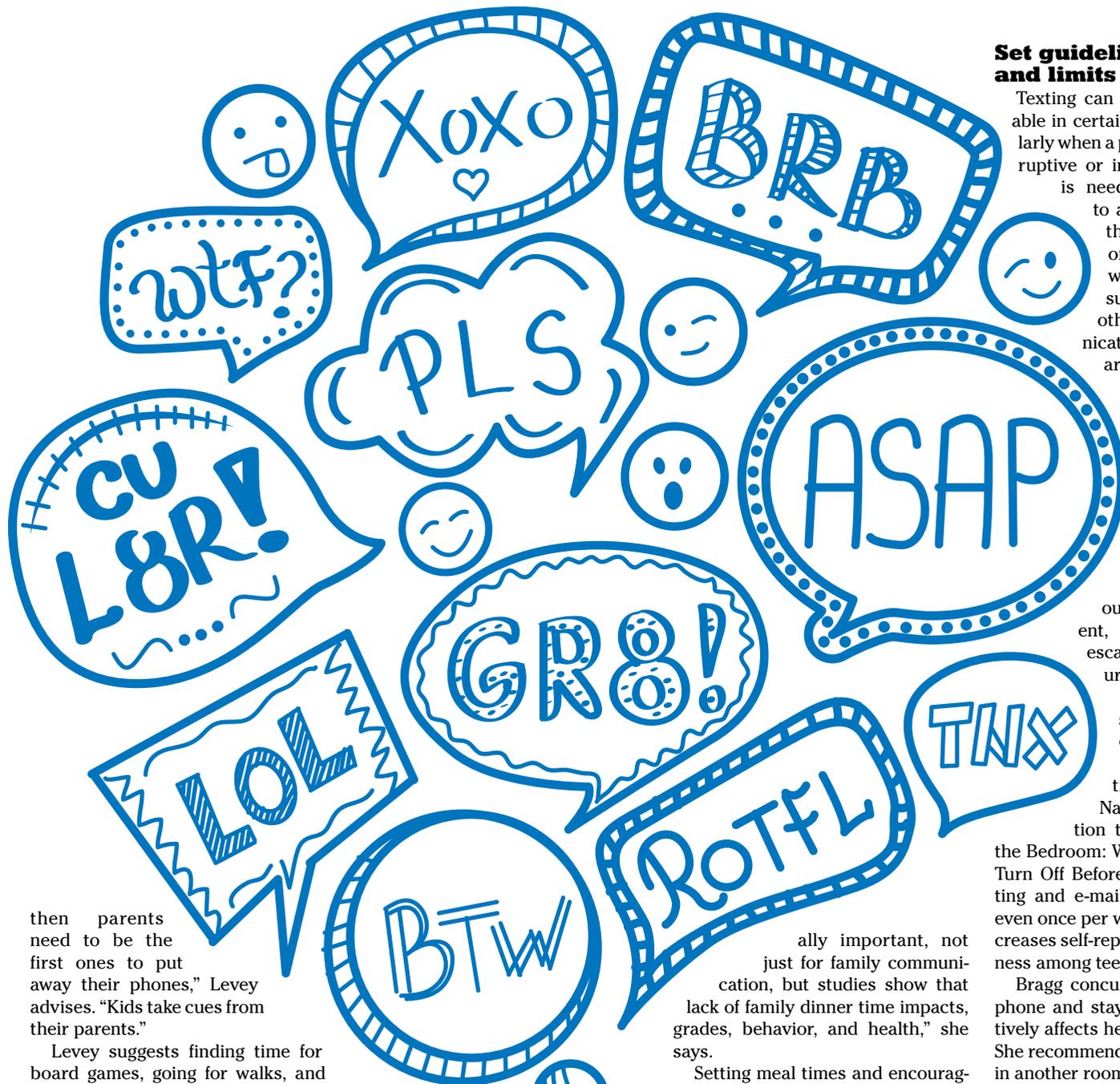
**Hospital emergency rooms:** Some allow consumers to access emergency room wait times via text — check with your local hospital.

**Wireless Emergency Alerts:** This public safety system allows customers who own certain wireless phones and carriers to receive text-like messages alerting them of imminent safety threats

(i.e. extreme weather, Amber alerts, and other national emergencies).

**Text-to-911:** In the future, this service will be available throughout the U.S. For updates to service areas: [www.fcc.gov](http://www.fcc.gov)

**Crisis TextLine (71741):** Trained crisis counselors assist those in crisis via text. Local churches, community centers, and health networks sometimes offer similar services. Note: Teens, in particular, often prefer to text, rather than talk about problems.



## Set guidelines and limits

Texting can be useful and desirable in certain situations, particularly when a phone call can be disruptive or immediate assistance is needed. Problems tend to arise when texting is the predominant form of communication, or when texting becomes such an obsession that other modes of communication and socialization are lost.

“Tech is awesome in moderation. Look for the ‘happy medium,’” Bragg states. “Being able to shelve the phone as often as possible allows more opportunities to connect with our children. Be present, not checked-out or escaping elsewhere,” she urges.

Texting before sleep can also become a problem.

According to an article published by the National Sleep Foundation titled “Electronics in

the Bedroom: Why it’s Necessary to Turn Off Before you Tuck In,” “Texting and e-mailing after lights out, even once per week, dramatically increases self-reported daytime sleepiness among teens.”

Bragg concurs that checking the phone and staying up to text negatively affects healthy sleep patterns. She recommends that phones be left in another room at bedtime.

Texting can be a safety hazard in certain situations, or even downright rude. All family members should refrain from texting while:

- Driving
- Sitting in a class or lecture
- Operating machinery
- Attending an event where silence or attention is expected (i.e. churches, concert halls, funerals, etc.)
- Eating meals with others
- Crossing the street
- Having a conversation with someone

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S., as well as internationally. For more information, please visit: [www.myrnahaskell.com](http://www.myrnahaskell.com).*

then parents need to be the first ones to put away their phones,” Levey advises. “Kids take cues from their parents.”

Levey suggests finding time for board games, going for walks, and cooking together as options for hanging out and spending quality time.

“If a parent doesn’t prioritize that time, then they can’t expect the kids to,” she says.

Bragg states, “Family can and should be the safest place to work on communication, connection, vulnerability, and conflict resolution. Important conversations should happen face-to-face, not via text.”

When communication happens via text as opposed to in organic conversation, “Children are less likely to learn compassion and empathy, as well as how to interpret non-verbal cues such as body language, gesture, and tone of voice,” Bragg clarifies.

Bragg also explains that texting can reduce the amount of interaction we have with our children during

family rituals, such as meals, bath time, and bedtime. Establishing these rituals builds and maintains familiarity and connection.

“It is prime time for understanding each other and what makes each family member tick.” She warns, however, that dinner conversations should not be about stressful issues. “This is a time to share about each other’s lives and not the best time to grill your child on his latest test grade or rule infraction.”

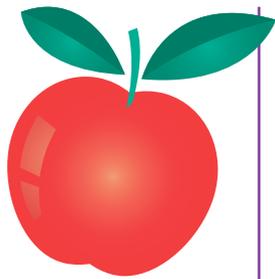
Levey claims that family dinner has been in jeopardy for quite some time, due to parents working longer hours and kids participating in more after-school activities.

“Taking back family dinner is re-

ally important, not just for family communication, but studies show that lack of family dinner time impacts, grades, behavior, and health,” she says.

Setting meal times and encouraging everyone (even young children) to participate, such as setting the table and helping with cooking, will strengthen family connection.

Even when it is literally impossible to sit for dinner together — because of conflicting work schedules, for instance — finding time on weekends for a family breakfast or planning other activities where everyone participates — sans phones — will encourage intimacy and family bonding. Some families also opt to have regular family meetings, where everyone has a chance to talk about something that’s bothering them or to share something they want feedback on. This is a two-way street: both parents and children should share what is going on in their hearts and minds.



## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# Materials to help children who stutter

**Dear teacher,**

My third grader often gets embarrassed and distressed at school because she stutters. Do you know of any materials that could be helpful for her to read?

**Dear parent,**

The Stuttering Foundation ([stutteringhelp.org](http://stutteringhelp.org)) has recently published an exciting book for children: “The Teacher Who Made a Difference.” It should help your daughter feel good about herself. It is a story about a child who stutters and tells about how she was able to overcome some of the challenges of stuttering with help from a special teacher. You will find it in the store catalog.

Beyond this book, there are several terrific materials that should be helpful for your daughter. There is the film “For Kids, By Kids,” on YouTube as well as the books “Sometimes I Just Stutter” and “Trouble at Recess” that you can read or download for free on the Stuttering Foundation website. In addition, the website has a neat section called “Drawings and Letters From Kids” in which children who stutter share their stories along with techniques that have helped them.

### Reservations about child’s readiness for kindergarten

**Dear teacher,**

We have been told by our son’s preschool teacher that he is ready for kindergarten both academically and socially. He has a January birthday, so he will be 5-and-a-half by the time kindergarten starts. However, we have some reservations about sending him because there are confidence issues, as he is very cautious and somewhat reluctant to try new things. How should we factor in this issue? Is there any downside to another year of preschool?

**Dear parent,**

The one certainty about the kindergarten readiness issue is the in-



ability to see the future. There are more than three months before he will go to kindergarten — time for your son to gain more confidence. Furthermore, you cannot be sure another year of preschool would make him more confident.

You can start building his confidence by helping him learn how to handle new situations. For example, before he faces a new situation, such as an overnight stay at a friend’s house, talk over what is going to happen and play-act possible responses. And when he faces a new task, guide him in breaking it down into manageable units.

The negative about another year of preschool is that it means an additional year of schooling. Also, since the preschool teacher believes that he is ready for kindergarten, another year of preschool might not be very challenging intellectually. In addition, your son will not be the youngest in his class next fall. This is a positive, as older children tend to do better in the first three grades.

Visiting the preschool to see how your son interacts with classmates and does the school work also could help you make this decision. You may also notice there are other students who demonstrate the same reluctance to try new things.

If you decide another year of preschool is the way you want to go, be

sure to contact the school district to make sure that your son can enter kindergarten instead of first grade the next year. Some districts will insist that an older child enter first grade.

### Ways to improve poor listening skills

**Dear teacher,**

The teacher says that my third grader has poor listening skills. However, she had no suggestions when I asked for her input on how together we could improve the her listening.

**Dear parent,**

Fortunately, there are some things that you can start doing at home to improve her listening skills:

- Be sure to have eye contact with your daughter when you speak to her.
- When you give directions, occasionally ask your child to repeat or rephrase them. When a task is completed, praise her for her cooperation.
- Play listening games with her like Simon Says and “I’m going on a trip and I’m going to take a (name an object, plus all the objects other players have mentioned).” The latter can be played at the dinner table.
- Start reading brief stories to your child, and ask her to tell you when she hears certain information.
- Read part of a story and ask your child to predict how it will end before finishing the story.
- Have many one-on-one conversations with your child. Be sure to ask for feedback, so you know she’s able to process what she hears.

A conference with this teacher that includes your child could be helpful. Perhaps, the teacher could ask your child the first question in a classroom discussion.

It might also be effective to have the child sit near the teacher in the classroom.

*Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists’ website at [www.dearteacher.com](http://www.dearteacher.com).*

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# 10 last-minute tips for day camp

BY DENISE YEARIAN

**C**amp season is upon us. But before sending your child to day camp, here are 10 last-minute suggestions to make sure it's the best experience for everyone:

## 1. Fill 'er up

Bring one bottle of water that has been cooled in the refrigerator and a second one that has been in the freezer. As the day wears on, the frozen water will melt and provide cool refreshment for your child.

Spray bottles are a great idea, too. They keep the face and body cool in the hot sun.

## 2. It's a scorcher

Apply sunscreen to your child's skin before he leaves home, and send the tube along for later reapplication. Avoid sending tanning lotion with little or no SPF, or sunscreen that contains glitter, as it can reflect light and cause sunburn. Consider sending along a hat for extra protection.

## 3. Bug off

If your child is going to be out in a natural environment, he should wear insect repellent. Look for a lotion formula that is safe for children; avoid sprays. When camp is over, follow up with a tick check.

## 4. All decked out

One no-no camp directors always see is children coming with the wrong outfit. Some kids want to pick out their own clothes, but if they have chosen black jeans and a dark T-shirt, it may not be the best option.

Dress your child for comfort, safety, and appropriate temperatures. Proper shoes are important, too, particularly if he is playing outside. Avoid strappy sandals and flip flops; opt for sneakers.

## 5. Name it and claim it

Any item brought to camp should have your child's name, address, and



phone number on it in case it gets left behind. It also avoids confusion if identical items are brought by two children.

## 6. Time out from tech toys

Do not bring valuable items such as handheld games or cellphones. Day camp programs are designed to provide an enriching experience, and your child should be engaging in these activities rather than playing with electronics.

If these items are brought, they may be confiscated and returned at the end of the day in hopes your child gets the message.

## 7. Pills, pains, and other problems

All camps have forms for parents to list medications their child is taking. But if you take your child off a medication for the summer, the camp needs to know that, too, because it could cause an extreme change in behavior.

Allergies are another issue to make counselors aware of, be it insect or food related.

Equally important is to share other concerns with camp staff, such as if your family is going through a divorce or has experienced a recent death, as this might affect how your child interacts throughout the day. Camps look out for the physical and emotional needs of a child, so the more

information you provide, the better equipped the staff will be.

## 8. Help is on the way

Having an emergency contact person is vital. Even more important is that the designated person knows you have written her name down.

Every year, camps have situations where they call the emergency contact person, and she was not informed she was designated as such. Before listing a person's name on the form, let her know and make a plan for how an emergency should be handled.

## 9. Beef yer' brain

Read the materials the camp gives you — policies, procedures, and planned activities. If you know what to expect and what is expected of you, things will run much smoother.

Most camps have a weekly schedule, so parents know about the upcoming activities. Talk with your child about the planned activities. If she cannot participate because of health reasons, make sure you (not your child!) inform the camp.

## 10. Getting to know you

Find out if there is an open house where you can meet the staff and see the facility prior to the first day of camp. If not, make other arrangements to introduce yourself to those who will be caring for your child. It is important for the camp directors and counselors to know you, so they can keep you informed on how things are going for your child.

Finally, encourage your child to enjoy the experience. Mark the first day of camp on the family calendar and do a countdown. Help your child develop a checklist of items needed. And don't forget to share your own camp stories. Remind your child to do his best, obey the rules, be respectful of others, and have a great time!

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





## JUST WRITE MOM

DANIELLE SULLIVAN

# Cross on the green?

## New York's streets are getting more dangerous

If you're like many New Yorkers, you've likely noticed the various cameras installed on busy streets in an attempt to identify and fine speeding drivers. With the quick flash of a camera light, a speeding car's license plates are photographed and a summons is mailed home to the offender. You've also likely heard complaint after complaint about the cameras' existence, such as, "It's all for the city to find ways to get extra money." These speeding cameras do, in fact, require the speeding drivers to pay a fine, but they are actually there to save lives.

When we were kids, we learned to "cross on the green and not in between" and by following this rhyth-

mic verse, we were supposed to be safe on the city streets. Drivers cannot always see people darting out into the middle of the street, but that is not the way many people end up getting hit by cars. Countless pedestrians wait for the green light, look both ways, and proceed to walk across the street while obeying all traffic rules and are hit when cars turn on them. In the first three months of this year, 19 pedestrians were killed by cars while crossing the street.

There is no doubt that drivers have become more aggressive. Just ask any parent, or even better, crossing guard, outside any city school during morning school drop-off. I see it at my son's school, which is located on an otherwise quiet block fully monitored by competent and caring crossing guards (this is not a given, trust me). Between 7:45 and 8:10 am, the cars are sharply turning, zooming past double parkers, and often driving recklessly. You would think people

would be more careful outside a school when hundreds of kids are out in the streets, but it seems that they are just angrier and in a hurry, as is evident by their non-compliance to even stop or slow down, not to mention their gestures and rants. Some cars do not even stop for crossing guards who are poised out in the streets risking their own lives. (A parent turned the corner of the school this past week while staring down at her phone, and nearly ran right over our crossing guard.) Once the kids get into school, the traffic drops dramatically, although you will always find incompetent drivers no matter what time it is.

A few years ago, my son and I were hit while crossing the street. Thankfully, while we suffered injuries, we are still here. I can't explain the horror of watching your 7 year old go

down face first on the concrete. It's something I have replayed in my head way too many times. We were across the street from my home. My son had just gotten off the school bus and we crossed while other kids and moms crossed at the opposite corner. This busy corner has an elementary school on it and everyday, the cars trying to get to the Belt Parkway turn haphazardly onto people trying to cross the street with the green light. Residents here advised (after the fact) to not even cross at the corner; but rather walk up to the next street and cross, where there are not as many drivers turning to get down to the highway. Now keep in mind, the highway is a good five blocks or so down from me, so they will still encounter various lights before then. Still, they are in a hurry.

As a result of this, I am hyper vigilant every single time I cross the street. A day does not go by that I don't see a driver get "this close" to a pedestrian crossing, or zoom through a red light when the pedestrian has already received the green light to walk. I have drilled into my kids' heads the need to wait for the green, but then look around. Do not ever blindly step out just because you get a green light. Long before kids learn defensive driving, they must learn defensive walking. And the last time I remember, pedestrians had the right of way, but that just does not happen anymore.

Could it be that besides just really bad drivers, of which there are many, our self-obsessed culture has infiltrated nearly every aspect of life? People are less willing to wait, less likely to empathize for the other person, and everything has to happen now. So I welcome the speed cameras. If they cause people to slow down and pay attention I'm all for it. We wouldn't need them if people acted responsibly behind the wheel, and they can help save lives.

*Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.*



## Dabney and Dad

BY PAUL MEKLEIN



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MANHATTAN

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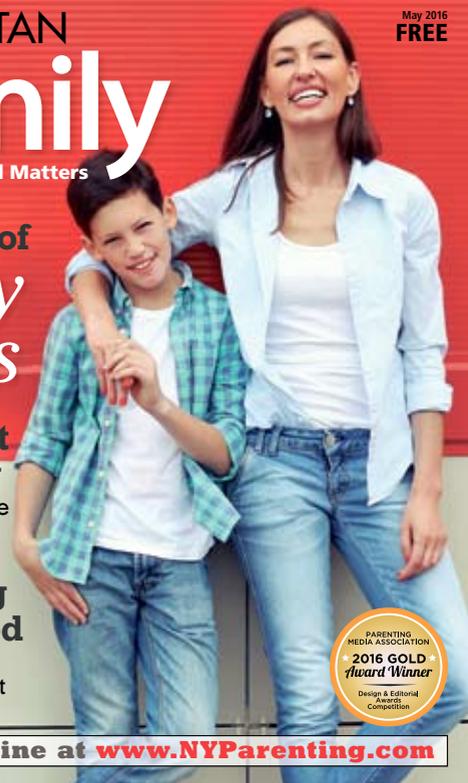
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## TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

# Taste of the South

**O**n my travels down South recently I had the privilege to eat some very delicious food. I expected excellent seafood (I was in Charleston) and certainly was not disappointed. But what really struck me was the close attention paid to traditional cooking of vegetables and grains. Everywhere I went there was an abundance of well-seasoned, exciting, and healthful traditional dishes. Here are a few tips for creating kid-friendly, Southern-inspired dishes with local springtime New York ingredients.

### Make a big pot of greens

Okay, so most kids snub greens in favor of other foods. But during May the markets and Community Supported Agriculture baskets are overflowing with spring greens.

Keep trying different preparations and types of greens like the sweet and sour greens in the recipe below. You never know, they may just like it! If anything, you can have a pot of leftover cooked greens at the ready for weeknight side dishes.

### Experiment with ingredients

You can purchase polenta, grits, oats, wheat, barley, and beans from green markets all over New York City, online as well as at specialty food markets. Kid-friendly grits make a substantial and delicious meal, especially when topped with fish or shrimp!



### Get the kids involved in a pickling project

Many kids love the sweet and sour taste of pickles. Pickling is a great way to preserve the delicate spring bounty so you can enjoy for months to come, long after the short growing season of these vegetables has ended.

Make your own pickles, experimenting with different seasonal veggies, such as ramps and snap peas. The whole family will be proud of the pickles they produce together. Information on pickling techniques is very easy to find online and in cookbooks.

### Buy meat directly from farmers and use sparingly

Our green markets are full of meat and seafood purveyors that often

have a hand in raising or catching the animals that we eat. By forming a relationship with these purveyors, we enhance our connection to where our food is coming from. When we develop respect for the meat we eat, we tend to use meat more sparingly in our cooking.

Try using pancetta to season a sauce for farro, or a bit of pastrami or smoked turkey in sweet and sour greens. Stretch one duck breast into a meal for the whole family by slicing thin and putting into a bahn mi sandwich, maybe with some of those pickled vegetables.

### Give rhubarb a try!

I love to use rhubarb in my springtime cooking. My son and I slice it up and cook it into a quick compote with some strawberries and sugar. This is a great topping for pancakes or waffles. Make a big batch and keep it in your fridge in a mason jar for use throughout the week. My favorite way to eat this compote is on top of a steaming bowl of oatmeal!

*Joanna DeVita is executive chef at Léman Manhattan Preparatory School. She graduated from the University of Maryland in 2002 and the French Culinary Institute in lower Manhattan. DeVita is the mother of two (ages 5 and 2), and loves nothing more than spending time with them in the outdoors and sharing her love and respect for nature, good ingredients, and the joy of cooking with her family.*

### Vegetarian sweet and sour braised greens

#### INGREDIENTS:

2 big bunches of greens, such as collard, mustard, or kale, cleaned and sliced into ribbons

$\frac{3}{4}$  cup water

2 tbs red wine vinegar

1 tbs sugar

2 tbs olive oil or other mild cooking oil

2 cloves of garlic, sliced thinly

Salt and pepper to taste

Chili flakes to taste

**DIRECTIONS:** Heat oil in a large pot or Dutch oven over a medium flame. Add garlic and toast until fragrant, being careful not to brown the garlic. Pour the water, sugar, and vinegar into the pot and allow to come to a boil.

Add the greens, a pinch of salt, a pinch of chili flakes, and a few cracks of fresh-ground pepper. Wilt the greens into the hot liquid and turn down to a simmer. Allow this to simmer for about 30 minutes, check-

ing occasionally that there is still liquid in the pot. There should be just a bit of liquid left when the greens are tender. Put more liquid if the greens get too dry during the cooking.

Check the greens for seasoning and add more salt, pepper, chili, vinegar or sugar depending on how you like it.

If you would like to use meat in this preparation, sub out the oil in the beginning for bacon fat and add crumbled bacon to the finished greens. Enjoy!

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# Calendar

MAY



Photo by Filip Wolak

## The big quiz

It's the Big Family Quiz Thing at Symphony Space on May 1.

This fast-moving, multimedia, interactive, live quiz game gives your gray matter some exercise and is suitable for children 7 years and older. Quizmaster "EdP" (Eric de Picciotto) leads the fun, and everyone becomes a part of this game of skill and good humor.

Over the course of six rounds, children and their parents team up

to show off their knowledge of topics including history, sports, art, animals, geography, pop culture, and more. Loads of great prizes are in store for the audience. The show is approximately two hours long.

The Big Family Quiz Thing on May 1 at 1:30 pm. Tickets are \$15.

*Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400, [www.symphonyspace.org](http://www.symphonyspace.org)].*

## Never miss a great event!

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# Calendar

### Submit a listing

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

Send your listing request to [manhattancalendar@cnglocal.com](mailto: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!

### SUN, MAY 1

#### IN MANHATTAN

##### Annual Irish Dance Festival:

Pier 1 at Riverside Park South, Hudson Riverside Greenway and W. 72nd Street; 311; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 7 pm; Free.

Sure and begorra it's the Irish Arts Center's 15th year of hosting an all day-long dance fest featuring hundreds of Irish dancers stepping, along with Irish music, cultural workshops, and plenty of fun for the whole family.

##### The Big Family Quiz Thing:

Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 1:30 pm; \$15.

This fast-moving, multimedia, interactive, live quiz game is suitable for children 7 years and older. Quizmaster "EdP" (Eric de Picciotto) leads the fun, and everyone becomes a part of this game of skill and good humor. Over the course of six rounds, children and their parents team up to show off their knowledge of topics including history, sports, art, animals, geography, pop culture, and more. Loads of great prizes are in store for the audience. The show is approximately two hours long.

##### "The Trial of Typhoid Mary":

New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 2 pm to 4 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 his-



Sterling and Francine Clark Art Institute, Williamstown, Mass.

## Make a print inspired by Degas

The exhibit "Edgar Degas: A Strange Beauty" is now on view at the Museum of Modern Art through June 14. The museum offers a Printmaking Workshop on Tuesday afternoons to coincide with the exhibit.

Edgar Degas is best known as a painter and chronicler of ballet, yet his work as a printmaker reveals the true extent of his rest-

less experimentation. In the mid-1870s, Degas was introduced to the monotype process — drawing in ink on a metal plate that was then run through a press, typically resulting in a single print. The exhibition includes approximately 120 rarely seen monotypes — along with some 60 related paintings, drawings, pastels, sketchbooks, and prints.

Participants of all ages and abilities are invited to make their own monotype inspired by the exhibit.

Printmaking Workshop on Tuesdays, now through June 14, from noon to 3 pm. Free with admission to the museum.

*Museum of Modern Art [11 W. 53rd St. between Fifth and Sixth avenues in Midtown, (212) 708-9400; [www.moma.org](http://www.moma.org)]*

torical 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.

#### FURTHER AFIELD

**Sakura Matsuri:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 10 am; \$20-\$25 (Free for children 12 and younger).

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

#### WED, MAY 4

##### IN MANHATTAN

**Mom Moguls breakfast:** Lord & Taylor, 425 Fifth Ave. at W. 38th St.; [rsvp@divamoms.com](mailto:rsvp@divamoms.com); [www.divamoms.com](http://www.divamoms.com); 9 am to 11 am; \$100.

Celebrate Mother's Day at the

fourth annual Mom Moguls Breakfast at Lord & Taylor for the FabUlyss networking event. Catered by Sarahbeth's, the breakfast features, gift bags, raffle prizes, mini makeovers and sweet treats by Cakes Jagla. The discussion panel will focus on advice and tips for moms who are either launching their own business or mompreneurs who are climbing the mom mogul ladder.

#### FRI, MAY 6

##### IN MANHATTAN

**"Children's Dance on Shoe-string":** New York Theater Ballet Studio at St. Mark's Church, 131 E. 10th Street; (212) 679-0401; 7 pm; \$15.

A program of dance, performed, managed, and produced by the students at the New York Theater Ballet academy. Students range in ages 13 to 17 years old. Seating is limited reservations suggested.

#### SAT, MAY 7

##### IN MANHATTAN

##### Urban Wildlife Appreciation

**Day:** Inwood Hill Park, 218th St. and Indian Road; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); Noon to 3 pm; Free.

Get up close and personal with the city's wild residents. Learn about squirrels, coyotes, skunks, urban birds and more. A state licensed rehabilitator specialist and wildlife enthusiasts directs participants to the best places to explore.

**On a Wing Festival:** Belvedere Castle at Central Park, 79th Street and West Drive; (212) 776-1066; [www.nycgovparks.org](http://www.nycgovparks.org); Noon-3 pm; Free.

Central Park Conservancy is celebrating the bird migration season with this annual event. Meet live bats, butterflies, and birds of prey, some of which call Central Park home, and then learn how impor-

*Continued on page 36*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Continued from page 35

tant these winged denizens are to the ecosystem. Suitable for all ages. RSVP requested.

**Hoop workshop:** City College Robert E. Marshak Science Building, 138th Street and Convent Avenue; [www.breakawayhoopsyouth.com](http://www.breakawayhoopsyouth.com); 2:30 pm; Free.

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

**"Children's Dance on Shoe-string":** 3 pm. New York Theater Ballet Studio. See Friday, May 6.

## SUN, MAY 8

### IN MANHATTAN

**Woodland Fairy House walk:** Inwood Hill Park, Seaman Avenue and Payson Avenue; (212) 628-2345; [nyc.gov/parks/rangers/register](http://nyc.gov/parks/rangers/register); 11 am to 12:30 pm; Free.

The rangers lead children on a fun walk and then give them a chance to create their own miniature fairy house with materials they gathered from the walk. Space is limited registration required.

## SAT, MAY 14

### IN MANHATTAN

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

Spend the day with museum educators and learn about the science involved in problem solving on an aircraft carrier. Be inspired by the machines and inventions — from aircraft elevators to steam catapults — that have made advancements in aviation and life at sea possible. Workshops take place between 11 am and 2:30 pm. Cub Scouts will



## Cheers to cherries!

It's the annual Cherry Blossom Festival on Randall's Island on May 14.

The Randall's Island Park Alliance is hosting its annual celebration of the beautiful blooms with live musical performances, games, exhibitions, face painting, and more.

Also celebrated this year is the annual Flow art exhibition, fea-

turing tours of new installations, in partnership with the Bronx Museum's Artist in the Marketplace program.

Cherry Blossom Festival on May 14 from noon to 4 pm; free.

*Randall's Island (Field 62-63, Wards Meadow Loop on Randall's Island, [www.nycgovparks.org/events/2016/05/14/cherry-blossom-festival](http://www.nycgovparks.org/events/2016/05/14/cherry-blossom-festival)).*

work on their Science Belt Loops and Academics Pins while Boy Scouts will work on their Aviation Merit Badges.

**Pitch, Hit, and Run:** Chelsea Park, W. 28th Street and 10th Avenue; (212) 408-0243; [phrchelsea.eventbrite.com](http://phrchelsea.eventbrite.com); Noon to 3 pm; Free.

Children 7 to 14 years old partake in this fun skills competition that features pitching, hitting, and running. Registration required.

**Cherry Blossom Festival:** Field

62-63 at Randall's Island Park, Wards Meadow Loop; [www.nycgovparks.org](http://www.nycgovparks.org); Noon-4 pm; Free.

The Randall's Island Park Alliance is hosting its annual celebration of cherry blossoms with live musical performances, games, exhibitions, face painting and more. Also celebrated this year is the annual Flow Grand opening featuring the new installations by artists, in partnership with the Bronx Museum's Artist in the Marketplace program.

**Girls Skate Jam:** Skate Park at 108th, Riverside Drive and W. 108th Street; 311; [www.nycgovparks.org](http://www.nycgovparks.org); Noon to 4 pm; Free.

Girls of all levels learn to ride, decorate their boards, and how to play a game of S.K.A.T.E. Bring your board, full gear including helmet, elbow and knee pads.

**Play Dates on the Hudson:** West Harlem Park, 125th Street and Marginal St.; 311; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm 4 pm; Free.

Kids Circlesongs! Singer-songwriter Kate Callahan leads Circle-songs, as taught by Bobby McFerrin. Join the circle and let Kate help you improvise, sing high, low, and in-between, make beats, take mini-solos, have fun, and let your imagination take center stage!

## SUN, MAY 15

### IN MANHATTAN

**Candy tasting:** Mount Vernon Hotel Museum and Garden, 421 E. 61st St.; (212) 838-6878; [www.mvhm.org](http://www.mvhm.org); 1:30 pm to 2:30 pm and 3:30 pm to 4:30 pm; \$20 (\$15 members and children under 12).

A tasty treat is in store with author Susan Benjamin, as she talks about the history of candy, leads a candy tasting, and sign copies of her new book, "Sweet as Sin."

## THURS, MAY 19

### IN MANHATTAN

**Footprints:** Marjorie S. Deane Little Theater, 5 W. 63rd St.; (212) 912-2635; [www.web.ovationtix.com](http://www.web.ovationtix.com); 7:30 pm; \$15 (\$10 students and children; \$10 YMCA members).

This a modern dance festival celebrating the innovative works of contemporary dance from diverse talents in the New York Dance scene. Performances feature works "Dreaming into Being" by Lillian Stamey and 96b; "It is You, and You, and You" by Jin-Wen Yu; and more.

## FRI, MAY 20

### IN MANHATTAN

**Footprints:** 7:30 pm. Marjorie S. Deane Little Theater. See Thursday, May 19.

## SAT, MAY 21

### IN MANHATTAN

**Bird Bonanza:** Randall's Island-South End Hell Gate Bridge, Little Hell Gate Bridge; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 1 pm; Free.



## Free wheeling for kids

Put your pedal to the metal and come on down to Summer on the Hudson's learn to ride event on May 29 at the Bike Path in Washington Heights.

Summer on the Hudson helps new riders (5 years old and up) learn to balance, ride, and enjoy life on two wheels.

First-come, first-trained;

there may be a wait. Kids' bikes will be lent by Bike and Roll NYC.

Reservations are required.

Learn to Ride, May 29 from 11 am to 4 pm; free.

*Bike path (135th Street and Henry Hudson Parkway in Harlem, [www.nycgovparks.org/events/2016/05/29/learn-to-ride/](http://www.nycgovparks.org/events/2016/05/29/learn-to-ride/)).*

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There are more than 152 species of birds inhabiting Randall's Island. The birding experts guide children 7 and older and explore the park to discover all the the feathered friends. Binoculars and bird guides provided.

**Decade of Dance:** DanceFest at Tompkins Square Park, 500 E. 10th St.; (267) 350-9213; [danceparade.org](http://danceparade.org); 1 to 3 pm and 3 pm to 7 pm; Free.

The parade and show features dancers from around the world as far away as Japan showcasing dance styles in a multi-cultural, rhythmic display of art, movement and color. Hosted by Dance Parade Inc. The parade starts at 21st Street and Broadway and ends at the Grandstand at Eighth Street and University Place. The festival begins at 3 pm in the park.

**Hoop workshop:** 2:30 pm to 3:30 pm. City College Robert E. Marshak Science Building. See Saturday, May 7.

**Footprints:** 7:30 pm. Marjorie S. Deane Little Theater. See Thursday, May 19.



## SUN, MAY 22 IN MANHATTAN

**Kids Fair:** Street Fair at Charlton Street, Hudson and Greenwich streets; [www.cmany.org](http://www.cmany.org); 11 am to 5 pm; Free.

Children's Museum of Art is hosting its first ever Kids Fair. Families from around the city make art outdoors and enjoy fun shopping filled with artisanal products. There will also be a bounce house, bubbles, face painting, chalk drawing, and more.

**Basic Canoeing:** Harlem Meer, 110th Street and Lenox Avenue; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 2 pm; Free.

Trained Urban Park Rangers lead you on canoe adventures that range from the gentle waters of protected lakes to the challenging open waters of rivers and bays. All canoe programs are for ages 8 years and older. Participation in a mandatory safety review led by a trained ranger is required. This basic canoeing program is great for all skill levels. First-come, first-served. The line to participate may be closed prior to 2 pm, due to demand.

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

This month, the teenage come-

## Boogie down in Alphabet City

Dance, dance, dance at the 10th annual Dance Parade and Festival on May 21 at Tompkins Square Park.

Hosted by Dance Parade Inc., this year's parade begins at 21st Street and Broadway at 1 pm and ends at the Grandstand at Eighth Street and University Place. In

honor of the 10th year of the celebration, this year's theme for performances is Decades of Dance!

The Grandstand features Emcee and DJ Booshweelz to announce each group as they stop and perform before continuing on to Tompkins Square Park for DanceFest — where you can watch free dance

performances, take free dance lessons, and enjoy a dance party.

Dance Parade and Festival on May 21. Parade begins at 1 pm. DanceFest 3-7 pm. Free.

*Festival at Tompkins Square Park [500 E. Ninth St. between Avenues A and B in Alphabet City, (267) 350-9213, <http://danceparade.org>].*

dians celebrate family. Our families are the people who love us unconditionally, who put up with our moods and our misguided pop-punk phase. They're also the ones who have political arguments at Thanksgiving and share deeply personal information about us with our friends. But we love them anyway!

## WED, MAY 25 IN MANHATTAN

**Fleet Week:** Intrepid Sea, Air, and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); 10 am to 5 pm; Free to service members; Call for tickets.

Celebrate Fleet Week at the Intrepid Museum! Join in for a special lineup of programs, performances,

and interactive displays as we honor our service men and women. Watch the parade of arriving ships, and explore the U.S. Naval Academy Yard Patrol Craft that will dock at the pier. Catch a free screening of "Top Gun" on the flight deck, kicking off the Summer Movie Series. Over the weekend, discover an array of hands-on activities offered by various military partners on the pier, and enjoy World War II-era music performed by live bands. And don't miss an evening of music and swing dancing on the flight deck on Saturday, May 28. Three of New York City's best big bands will battle it out — James Langton's New York All-Star Big Band, the George Gee Orchestra, and Gordon Webster Big Band. There will also be a vintage fashion show and contest, a 1940s photo booth and more. Don't miss

the Memorial Day celebration on May 30.

## THURS, MAY 26 IN MANHATTAN

**Fleet Week:** 10 am to 5 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

## FRI, MAY 27 IN MANHATTAN

**Fleet Week:** 10 am to 5 pm. Intrepid Sea, Air, and Space Museum. See Wednesday, May 25.

## SAT, MAY 28 IN MANHATTAN

**Fleet Week:** 10 am to 6 pm. In-

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# Calendar

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trepid Sea, Air, and Space Museum. See Wednesday, May 25.

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

Spend your Memorial Day weekend at the New-York Historical Society saluting those who fought in the American Revolution! Living historians from the Third New Jersey Regiment, historical reenactors portraying soldiers and civilians, will be encamped in the museum to answer your questions about life on and off the battlefield. Look into a Continental soldier's tent to see uniforms and equipment up close or line up to learn a military drill! Come back on Memorial Day to learn how soldiers fought on horseback in the American Revolution!

## SUN, MAY 29

### IN MANHATTAN

**Fleet Week:** 10 am to 6 pm. In-trepid Sea, Air, and Space Museum. See Wednesday, May 25.

**Learn to ride:** Bike Path, 135th Street and Henry Hudson Parkway; 311; [bike.nyc/education/classes/](http://bike.nyc/education/classes/); 11 am to 4 pm; Free.

Summer on the Hudson helps new riders (5 years old and up) learn to balance, ride, and enjoy life on two wheels. First-come, first-trained; there may be a wait. Kids' bikes will be lent by Bike and Roll NYC. Reservations are required.

**Living history:** 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, May 28.

## MON, MAY 30

### IN MANHATTAN

**Fleet Week:** 10 am to 6 pm. In-

trepid Sea, Air, and Space Museum. See Wednesday, May 25.

**Living history:** 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, May 28.

## LONG-RUNNING

### IN MANHATTAN

**Improving the Park:** Marcus Garvey Park, Madison Avenue and W. 124th Street; (212) 288-6220; [www.nyjil.org](http://www.nyjil.org); Saturdays and Sundays, 8:30 am to 4 pm, Now - Sun, May 15; Free.

Volunteers between 13 to 18 years old along with the New York Junior League help clean up Marcus Garvey Park in this improvement project. Volunteers create a safe, beautiful, and well-organized play space for children. Weekend days include making repairs and landscaping. Volunteers younger than 18 years old required parental consent. RSVP required. Participants are provided breakfast, lunch and a T-shirt.

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

The exhibit features ancient, rarely seen fossils, and life-like models, including a 23-foot-long feathered tyrannosaur (*Yutyranus huali*) and a small four-winged dromosaur (*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.

**Beneath the Ice Immersion Dome installation:** American Museum of Natural History, Central



Photo by Alexa Hoyer

## Hands-on learning

The Environmental Education Center is open for learning fun at Brooklyn Bridge Park, now through November.

Get to know Brooklyn Bridge Park with its 250-gallon aquarium filled with critters from the East River, a 10-foot scale model of Brooklyn Bridge Park, crafts, a reading corner, and so much more!

Park West at W. 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Daily, 10 am to 4 pm; Now - 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

Parents and children will have a ball in the drop-in hours four afternoons per week.

Environmental Education Center, now through November. Tuesdays, Thursdays, Saturdays and Sundays, 3 to 5 pm. Free.

*Brooklyn Bridge Park, Pier 6 [Atlantic Avenue at Furman Street in Brooklyn Heights, (718) 222-9939, [www.brooklynbridgepark.org](http://www.brooklynbridgepark.org)].*

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.

### A Year With Children 2016:

Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Mondays, 10 am to 5:45 pm, Tuesdays, Wednesdays, Fridays and Sundays, 10 am to 5:45 pm, Now - Sun, June 12; \$25 (\$18 seniors/students; Free for members and children under 12).

Now in its 45th year, Learning Through Art, presents the annual exhibition organized by the Sackler Center for Arts Education that showcases select artworks by stu-

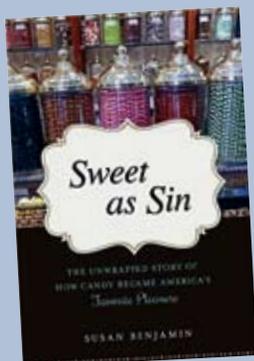
## A sweet history of candy

Satisfy your sweet tooth with a candy-tasting treat at the Mount Vernon Hotel Museum and Garden when author Susan Benjamin introduces her book on May 15. The author takes you through a sweet journey through the history of candy in America with a discussion, candy tasting, and book signing of her new book "Sweet as Sin: The Unwrapped Story of

How Candy became America's Favorite Pleasure."

Candy tasting and book signing on May 15 from 1:30 to 2:30 pm. Tickets are \$20 for adults, \$15 for members, and children under 12.

*Mount Vernon Hotel Museum and Garden [421 E. 61st Street on the Upper East Side, (212) 838-6878, [www.mvhm.org](http://www.mvhm.org)].*



Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

dents in grades two through six from 12 public schools, representing each of New York City's five boroughs.

#### Accessible Arts Initiative:

Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://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 that will enable any child with a disability and his caregiver, parent, therapist or teacher, admission to programs during general public hours in exchange for feedback to help strengthen museum wide programs. The initiative is aimed at making the museum more accessible for all children including special needs children. Registration is required.

#### Street of Ships the Port and Its People:

South Street Seaport Museum, 12 Fulton St.; [www.southstreetseaportmuseum.org](http://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. The centerpiece of the exhibition examines the life and current restoration of the museum's 1885 full-rigged sailing cargo ship, *Wavertree*.

**"Ice Age - No Time for Nuts" in 4D:** Central Park Zoo, 64th Street and Fifth Avenue; (212) 439-6500; [centralparkzoo.com](http://centralparkzoo.com); Daily, 11 am to 4 pm; Now - Sun, July 31; \$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](http://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



## Play & create outside

Get ready for the very first Kids' Fair hosted by the Children's Museum of Art on May 22.

The museum is providing outdoor activities for the whole family to enjoy, including making art outside and shopping from local vendors. There will also be a

story time, flower crown making, chalk drawing, and more.

**Kids' Street Fair on May 22,** from 11 am to 5 pm. Free.

*Children's Museum of Art (103 Charlton St. between Hudson and Greenwich streets in Hudson Square; [www.cmany.org](http://www.cmany.org)).*

is residing on the fourth floor. This giant herbivore belongs to a group known as titanosaurs, and weighed about 70 tons.

**Macy's story time:** New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; [nyhistory.org](http://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](http://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.

**"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](http://www.tadatheater.com); Saturdays and Sundays, 2 pm and 4 pm, Now - 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.

**Printmaking workshop:** Museum of Modern Art, 11 W. 53rd St. between Fifth and Sixth avenues; (212) 708-9400; [www.moma.org](http://www.moma.org); Tuesdays, Noon to 3 pm, Now - Tues, June 14; Free with admission

to the museum.

Participants of all ages and abilities are invited to make their own monotype inspired by the artist Degas's innovative works. The exhibit "Edgar Degas: A Strange Beauty" is now on view.

**Mo Willems story time:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at W. 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays - Fridays, 2 pm; Free with museum admission.

Come every Tuesday and listen to the fanciful tales from elephants to Knuffle Bunnies.

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays and Fridays, 3:30 pm, Now - Fri, July 29; Free with museum admission.

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

**Cross-Stitch Circle:** New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; [nyhistory.org](http://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.

#### FURTHER AFIELD

**Educational Center Drop In:** Brooklyn Bridge Park, Pier 6, Atlantic Avenue at Furman Street, Brooklyn; (718) 222-9939; [www.brooklyn-bridgepark.org](http://www.brooklyn-bridgepark.org); Tuesdays, Thursdays, Saturdays and Sundays, 3 pm to 5 pm; Free.

Get to know Brooklyn Bridge Park and visit the giant aquarium filled with East River critters, the reading corner, and so much more.

**Transit Tots:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); Thursdays, 10:15 am, Now - Thurs, July 28; Free with museum admission.

Stories, games, and surprises for the youngest transportation fan. For ages 2-5 and adult companions. No class May 26.



## DIVORCE & SEPARATION

LEE CHABIN, ESQ.



# Listening in

## When eavesdropping affects a contentious custody battle

**A** father calls his ex-wife on the phone. He hears her voice, and her boyfriend's in the background. The line is open, but the ex-wife doesn't realize it. The father stays on the line as the boyfriend yells at and threatens the father's 5-year old son. The father begins recording the conversation.

Is this father breaking the law?

According to the recently decided Court of Appeals (the state's highest court) case of *People v. Badalamenti*, no. The father is allowed to do this (the case was actually about the admissibility of the recording in a case against the boyfriend).

Recording conversations without consent is, in fact, against the

law, and out of the seven judges hearing the case, three believed that the father had broken the law, since the ex-wife and boyfriend were unknowingly recorded without giving consent. But four other judges, who comprised the majority, found otherwise.

The majority opinion acknowledges that none of the participants in the conversation gave the father consent to record it. However according to the majority, the definition of "consent" in this case includes "vicarious consent" on behalf of a minor child.

That is to say, under certain circumstances, a parent can be treated as if he has been given consent by a minor child, even though in reality the consent has not been given.

For a parent or guardian to be "given" this vicarious consent, though, the court must determine that the parent believed in good faith that making the recording was necessary to serve the best interests of the child, and that there was an "objectively reasonable basis" for this belief. The majority of judges believes that with these constraints, parents won't be able to record any discussions just because they feel like it.

They go on to back up their opinion by pointing out that other cases decided by federal courts have recognized vicarious consent.

The dissenting judges, not surprisingly, take a very different view.

Judge Stein, writing for the dissenting judges, notes that the majority's purpose to protect children is "laudable."

However he says there are certain accepted guidelines that judges must follow when interpreting a statute. Judges do not have the authority to go beyond those principles; to go further is to make the law, rather than interpret it. Making laws is the legislature's role.

Stein believes that our legislators know that "the most prevalent form of illegal eavesdropping occurs in the context of marital or family relations," including custody disputes. Since legislators know this, he says, they would have included the vicarious consent exception, if that had been their intention.

The dissenting judges make additional and strong points that there isn't room to set out here. But, the majority rules.

The court's decision may lead to many more parents recording conversations. But before you do it, you might want to talk with your lawyer.

*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](mailto:lee_chabin@lc-mediate.com), (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at [www.facebook.com/lchabin](http://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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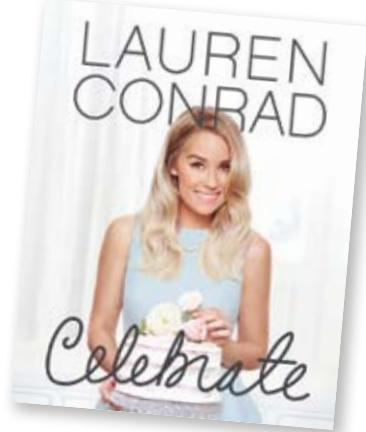
# New & Noteworthy

BY LISA J. CURTIS

## Let's party!

Fashion and style guru Lauren Conrad's "Celebrate" has how-to tips for planning comfortably elegant soirees. Although I consider myself a seasoned party planner, I gleaned lots of helpful tips from Conrad — best known for her appearances on MTV's "The Hills" and "Laguna Beach."

Conrad introduced me to the concept of a "baby sprinkle," which is a downsized baby shower, when family and friends want to help an expectant mom welcome baby number two or three. Her comprehensive tome is a reference manual I turn to again and again for cocktail recipes and inspiring photos of centerpieces,



tablescapes, and even proper attire.

*Lauren Conrad Celebrate book by Lauren Conrad, \$28.99, [www.barneysandnoble.com](http://www.barneysandnoble.com).*

## Measuring spring fevers

Just when you thought there wasn't any way to improve upon a thermometer, we are thrilled to introduce you to the Kinsa. It's an app-enabled thermometer that plugs into your Apple or Android mobile device.

The app helps you create profile of your family, so you can keep track of each person's symptoms and history. While you're waiting — just 10 seconds — to find out your child's temp, it displays "bubbles" on your device's screen,

so your child happily sits still and pops away while waiting for the reading. Genius!

The thermometer can be used for oral, rectal, or underarm readings. And if fever is detected, the Kinsa app offers guidance on what to do, based on the patient's age and symptoms.

It's so reassuring, you almost wish your kids would get sick so you can use it again.



Almost.  
*Kinsa thermometer, \$25, [www.kinsa-health.com](http://www.kinsa-health.com).*

## 'Jumping' for joy

"Every Day's Your Birthday!" is the third CD by Miss Nina (Nina Stone), and it features original songs — and traditional favorites — that encourage movement and turns those frowns upside down.

Ideal for children ages 2–6, its sweet songs can be enjoyed by kids of all ages. Stand out "Colors of You" is a 1920s-style



tune with trumpet and ukulele. This is Miss Nina's first album with her band The Jumping Jacks, and it drops on May 6. We hope to hear many more from these talented musicians.

*Every Day's Your Birthday CD by Miss Nina & The Jumping Jacks, \$12, [www.mymissnina.com](http://www.mymissnina.com).*

## Breakthrough bottle

Finally, there's a baby bottle that reduces air intake, and — along with feeding in the upright position — reduces gas, colic, and spit-ups. BittyLab's Bare bottle operates like a syringe, with an air-plug that allows the parent to expel air from the bottle before baby starts to slurp — reducing air ingestion. As baby sucks, the plug easily moves toward the nipple to deliver air-free milk.

The set comes with one 4-ounce Bare bottle and two nipples, the Perfe-latch (which BittyLab recommends for breast-fed babies) and an Easy-latch nipple. The set — which also includes a set of detailed directions that address usage, care, and any possible mishap a sleep-deprived parent may run into — is for newborn babies, up to 24 months.

By reducing colic-producing tears and increasing baby's smiles, the Bare bottle is a bare necessity!



*Bare Air-Free 4-oz. Single Pack Baby Bottle with Perfe-Latch and Easy-latch nipples by BittyLab, \$15.50, [www.bittylab.com](http://www.bittylab.com).*

## Time-traveling letters

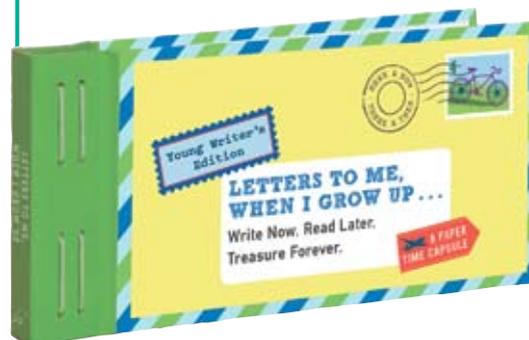
"Letters to Me, When I Grow Up" prompts children to make a "paper time capsule" where they can record — in pictures and words — their hopes, dreams, and memories; seal them; and open them later in life. The 12 letters make a sweet snapshot of childhood in their bound book. They can be sealed with the included stickers and unsealed in adulthood. (And of course, parents can read

them now to find out what's on their kids' fascinating little minds!)

A wonderfully creative way to introduce the concept of keeping a diary or journal, each letter encourages the child to record his favorite toys; to write about his family; answer questions about school; list five things he would do to make the world a better place — and more!

Recommended for children ages 4–8, this book offers a dozen ways to get kids to put pen to paper for a memento he — and his parents — will treasure forever.

*Letters to Me, When I Grow Up: Young Writer's Edition activity book by Lea Redmond, \$14.95, [www.chroniclekids.com](http://www.chroniclekids.com).*



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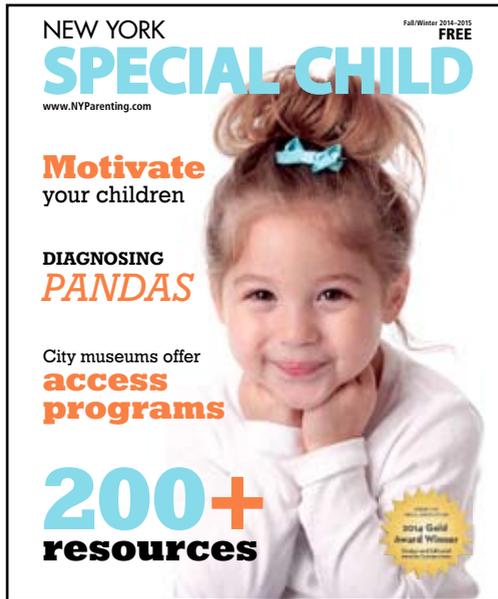
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