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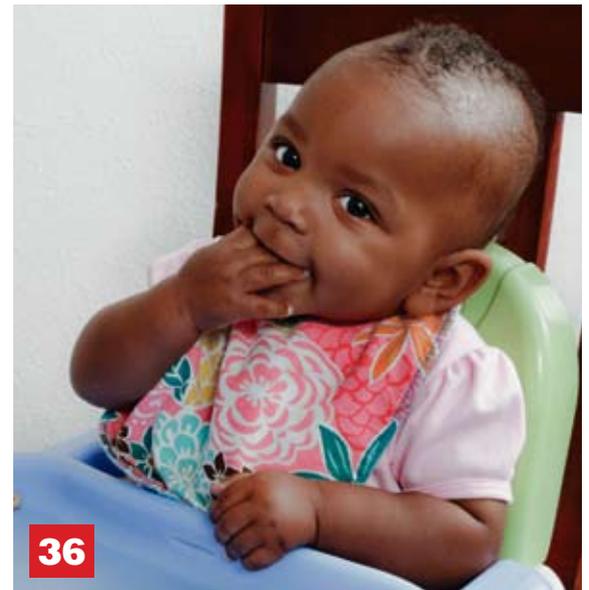
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The perfect month of June

I had a great Mother's Day and hope you all did, too. My family was on vacation and that in itself made it a super day, but in addition to that, my daughter was loving and sweet in delightful ways and made me feel special.



Last month we ran an interesting article about parenting grown children, and I personally found it had substance I could relate to. Just because they're taller than you doesn't really change the parental responsibility, it just makes the responsibilities different. It means that new issues will emerge, like dealing with boyfriends or girlfriends or in-laws. It means that although they will be independent beings, somehow they

will always be linked. Maybe some of the roles will have reversed a bit and now they may be helping you in ways you used to help them. June is a month that presents parents of kids of all ages with a myriad of celebrations and milestones; everything from graduations to weddings, the beginning of camp to the beginning of summer school. It's also the month when we celebrate fathers, and this issue has its share of articles relating to Dad. With increasing numbers of fathers opting to be primary caregivers rather than working outside the home, the role of Dad has altered and has become inclusive. When I was a kid, many of my friends hardly saw their dads.

They were always working and were seldom home. Sad, but true.

The reality of extended families has also changed the picture and we now have step-dad and mom realities as well. Families are complex and no longer hidden behind the curtains and kept in the shadows. When I was nine years old my dad remarried my girlfriend's mother and we became an instant new family. There were loads of issues associated with this that went unaddressed for years. In those days, people were very insular. They didn't talk about things and they certainly didn't entertain things like counseling. Nowadays, it's a rare family who would respond with such denial to the complexities of life's choices.

We're so much wiser and more open and just having these parenting resources available helps in ways

that went unaddressed in years past. We all know that not everything comes naturally and that there is information we need to help us do a better job.

We hope you find this issue informative and entertaining too! Our calendar is loaded with great things for every family to do around New York in this glorious month of June, which also happens to be my birthday month. No wonder I love it. Have fun! Happy summer.

Thanks for reading!

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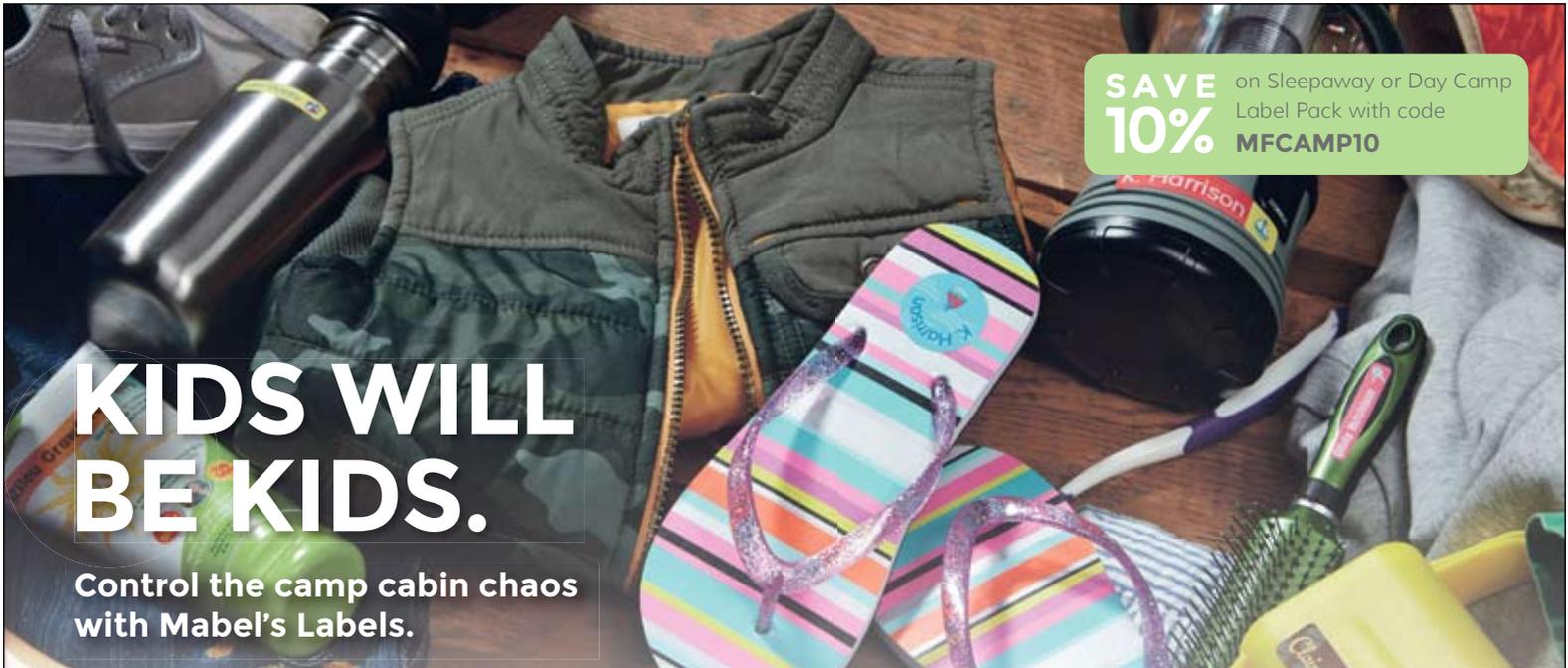
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First-time dads

Helping men
adjust to a
new addition
to the family

BY DENISE YEARIAN

When a child is born, much emphasis is placed on helping the new mother and baby adjust. But they aren't the only ones undergoing change. Most first-time fathers experience stress due to sleep deprivation, change in routines, and their own apprehensions about parenting.

"There are a myriad of emotions that come with being a new father," says Armin Brott, author of multiple books and one DVD on fatherhood. "Most often, it's a feeling of pride and excitement. At the same time there can be apprehensions — 'Will I be a good father?' 'Can we afford this?' 'How is this going to change our lives?'"

This was what David Wuttke found.

"When my son David Jr. was born, I had overwhelming feelings of anxiety and excitement all at once," he says. "I had been babysitting since I was 16, so my anxiety wasn't about child care. It was the reality of the responsibility that this was my son. And that sent a shock to my system."

Just knowing there's another person to care for can be a big stressor for first-time fathers. Couple that with the fact that many men don't initially know how to bond with their newborns.

"If a mother is nursing, it naturally brings her in contact with the baby," says Brott. "Dads don't have that same natural bonding method, so they often get stuck doing the

dirty work. But it shouldn't be that way."

Susan Maroto, licensed social worker and parent educator in prenatal care and postpartum adjustment, agrees.

"There are things moms can do to help dads feel competent in that role," she says. "Encourage them to take part in all areas of child care — feeding, bathing, reading, and putting the baby down. Just be

careful you aren't overly critical. Standing behind your husband and correcting his every move will only frustrate him. Show him what needs to be done, then let him develop his own style."

Fortunately for Wuttke, basic training occurred as a teen sitter and paid big dividends when his son was born. Soon after his wife Christine delivered, she enrolled in college and David was thrust into



Resources for new fathers

Books and DVDs:

- "Be Prepared: A Practical Handbook for New Dads" by Gary Greenberg and Jeannie Hayden
- "The Expectant Father: Facts, Tips, and Advice for Dads-to-Be" by Armin Brott
- "The Father's Almanac: From Pregnancy to Pre-school, Baby Care to Behavior, the Complete and Indispensable Book of Practical Advice and Ideas for Every Man Discovering the Fun and Challenge of Fatherhood" by S. Adams Sullivan
- "New Father Book: What Every New Father Needs to Know to be a Good Dad" by Wade F. Horn, Ph.D. and Jeffrey Rosenberg, MSW
- "Toolbox for New Dads: Because Babies Don't Come with Instructions" by Armin Brott (DVD)

Websites:

- www.newdads.com
- www.mrdad.com

solo evening child care.

"I never had to think about how to take care of David. I just fell back on my babysitting days," says Wuttke. "If he was crying, I would say, 'Okay, let's guess what he needs?' Then I'd check his diaper. If that was okay, I'd try to feed him. If he wasn't hungry, I thought maybe he had gas or needed to sleep. One of those usually did the trick."

For Anthony Franco, the adjustment wasn't that easy. When his wife Lisa gave birth to twins, Franco seemed to be fine. But four months into it, things changed.

"I started experiencing panic attacks and didn't know why," he remembers. "I would be in the supermarket when all of the sudden I would get this overwhelming sense of dread and lightheadedness."

This went on for several months until Franco finally went to the doctor.

"He asked me where it was happening, and I told him it was when I was buying diapers, formula, and other things for the twins," he continues. "That's when he pinpointed the problem. He said this happens to a lot of new fathers. He prescribed a little anti-anxiety medication and then I was fine."

Brott believes it's important for men to have someone with whom they can share their stress.

"Some men have close friends they can confide in. But a lot don't, so they keep all of those concerns in and the stress level builds," he says. "They shouldn't be afraid to talk with other men and find out what they have gone through. Chances are they'll find others felt the same way, too."

One concern most new fathers share is fatigue. Franco and Wuttke both had a hard time with this.

"The one thing I really didn't expect was that time on a 24-hour clock had no meaning anymore," says Franco. "It became irrelevant after a while, and we just fit sleep in whenever we could."

The Wuttkes solved this problem by enlisting the help of relatives.

"There were times Chris and I said, 'We need a break,' and my mom would take David, so we could rest. We even called my grandparents, so we could have an occasional night out."

Extended family and friends can be a huge help or add significant stress, depending upon the dynamic of the relationship, say experts. This is where husbands can help their wives by setting boundaries.

"Dad should take the role of communicator outside the family, and if needed, limit visitors," says Maroto. "Encourage others to help in practical ways such as dropping off meals, running errands, or watching the baby for 20 minutes, so the couple can take a quick walk."

What's most important is to realize this is a period of adjustment and life does get easier.

"It's like anything new, it takes a little time," says Franco. "It took about 18 months before I became completely comfortable with the twins. Now we're pretty much inseparable."

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



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June 2016 • MANHATTAN FAMILY 7

A good stepdad

An important job that can be a real challenge

BY GAYLA GRACE

My husband, Randy, will be the first to tell you he has done a lot of things wrong as a stepfather. He has been a stepparent to my two daughters for 20 years. His stepdaughters love him dearly.

But it hasn't always been that way.

My youngest daughter, Jodi, was almost 3 when we married, and my older daughter Jamie was 5. Randy had a difficult time with Jamie from the beginning. She didn't want another dad in her life, and she made that clear to him.

He overheard a conversation between the two girls one night in the bathtub during our first year of marriage.

"I hate him, too. I can't believe Mom married him," Jamie told Jodi. There was little love, or even like, between Randy and the girls in the beginning.

During our second year of marriage, Randy left the house one evening and called from a nearby hotel.

"I'm not coming home tonight. I'm not sure I'm coming home again. I can't cope with the ongoing conflict between me and you and the kids."

It was a tough season. Randy brought two children to the marriage also, and attempting to blend our four kids, ages 3 to 10, while learning how to stepparent and parent together, proved harder than we anticipated. But neither of us wanted to endure another divorce. Randy and I began counseling that year to work through the bumps.

During her teenage years, Jamie challenged us on every turn. If Randy punished her in the slightest, she threatened to call Child Protective Services. She ran away more times than I can remember (but thankfully never went far). After one particularly difficult day with defiant behavior, Randy took Jamie's cellphone and threw it to the ground. As it busted into several pieces, Jamie began yelling at us both. The night didn't end well. And I wasn't sure the sun would come up the next day.

But it did. And Randy didn't give up on his stepparenting journey with Jamie.

When she came into driving age, Randy wanted to teach her to drive. She tested every ounce of his patience. They would come in from a driving session hardly talking to one another — Jamie's anger brewing over. But the next day, they were at it again.

During her high school years, Jamie participated in competitive cheerleading. Randy would jokingly say, "Do you call cheerleading a sport?" The ongoing drama with other cheerleaders, out-of-town competitions, and the continuous drain on his wallet threw Randy into stress overdrive. His grumpiness overshadowed his joy at times. But he didn't quit supporting Jamie and the things that made her tick.

As Jamie left for college, I'll never forget her words to him. With a wrap-around hug and a smile on her face she said, "Thank you for being such a great dad to me. I love you!"

Jamie travelled to Mozambique, Africa, for an eight-month missionary

journey after graduating from college. She left in early summer, and we knew it would be difficult to communicate with her while she was gone. As I suspected, however, she made sure to call on Father's Day, despite the seven-hour time difference between us.

When Randy answered the phone, I saw tears in his eyes as he listened to Jamie recount life-changing experiences, knowing he had contributed to her stability and maturity that enabled her young life to now make a difference for others. She closed with the words every stepfather loves to hear, "Happy Father's Day, Dad. I love you. I miss you."

Do you have to be a perfect stepdad to have a meaningful relationship with your stepchildren? No!

Randy's stepdaughters, Jodi, now 23, and Jamie, now 25, love their imperfect stepdad.

Why? How did that happen?

Randy never quit. He got up when he fell down. He sought help when he needed answers. He cried. He prayed. He struggled. He fought. He apologized. He forgave. He smiled with gritted teeth. But he never quit.

Is it a cycle? Yes. You take one step forward and two steps backward. You celebrate a season of growth and then start a season of despair. You gain the insider status one day and feel like an outcast the next.

Does that mean you failed?

No.

Stepparenting is tough. Mistakes are made. Misunderstandings happen. And variables outside our control influence stepfamily relationships. But there are new tomorrows. A fresh start to work through differences. Hope for harmony.

As a stepdad, you've been given an opportunity to influence a young child's life like no one else can. In an imperfect way.

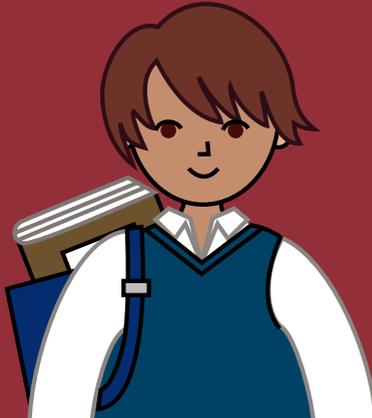
Are you up for the challenge? I hope so.

Because my husband will tell you: your efforts count! And there are rewards to stepparenting, even when you're not perfect ... but oftentimes they're at the end of the journey.

Gayla Grace is a freelance writer, wife, mom to three and stepmom to two. She supports and encourages stepparents through her website at www.stepparentingwithgrace.com.



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Is your tween ready to be home alone?

BY JUDY M. MILLER

Need to run a few errands? Get out of the house for a while for some mental health time or exercise?

Around the time your child reaches the pre-tween (tween) years, staying home alone may be

use their own discretion.

Few states in the U.S. have regulations regarding the age a child must be before he or she can be legally left home alone. Latchkey-Kids (www.latchkey-kids.com/latchkey-kids-age-limits.htm) provides this information and links to all states.

Further resources for parents

Safekids (www.safekids.org/frequently-asked-questions) recommends that all children reach the age of 12 before being left alone at home, but the organization also recognizes that every child is different and encourages parents to

an option. But, how do you know if your child is ready?

The following points will help you determine if your child is equipped to do so:

Your tween indicates he wants to stay home alone

Your child is seeking more independence and has asked you to leave him by himself. He is not anxious when you are gone and he can keep himself occupied safely.

Your tween follows your directions and rules

Your child has shown you that he can follow your expectations, even when you are not present.

You've witnessed your child

making good choices without your input. He adheres to the guidelines you have set in place about having a friend over, watching TV or a movie, playing video games, and time spent outdoors.

Your tween is reliable and self-sufficient

Daily chores are done with little to no reminders. Your child can safely prepare simple snacks when he is hungry. He knows how to properly use the microwave and toaster. You can rely on him to use only the appliances you've agreed to let him use.

Your tween uses the phone properly

Your child answers the phone

Ask yourself...

Parents should know the answers to before making the decision to leave their tweens at home alone:

Is your neighborhood a safe one? Do you have neighbors that your child knows and trusts, people he can turn to if he needs help?

Is your child truthful with you? Does he regularly confide in you? Does he share his concerns and problems with you?

Does your child demonstrate good decision-making and judgment? Does your child understand basic safety procedures? Will he make the decision of safety first?

Can your child tell time? Can he calmly provide your home phone number and address and give directions to your house in case of emergency?

Does your child know your cellphone number? Be sure he knows this, 911, and any other emergency numbers.

Can your child lock and unlock your windows and doors? Does your child know the garage door code or alarm system code and password, if this applies?

Does your child stay calm when the unexpected happens? Can he stop and think rationally before letting his emotions overcome him?

Have you made "dry runs" with your child, allowing him to practice being home alone? This will give both of you confidence in your tween's ability to stay home alone.

Do you have more than one child you will leave home alone? Can they resolve their conflicts without physical altercations and adult intervention?

appropriately. He recognizes why it is all right to fib in this instance — when you are away from the house — saying you are unavailable, and how to take a message correctly.

Your tween understands safety

He is familiar with basic first-aid and knows what to do in case of a fire or other emergency. He knows to call 911 and other emergency numbers if necessary.

He knows what he can and cannot do when you are not at home. He understands that knives cannot be used without your supervision. He knows not to open the door while you are gone and what neighbors to call or go to if he needs help. He knows the "safe" meeting spot, to find you or be found, in case anything should happen. He knows where the flashlights and extra batteries are.

Although your child may know the emergency numbers, keep a list of emergency contacts and numbers in an easy-to-view place. Make sure all of your numbers are there as well. When panic or worry sets in, the brain can flood and we struggle to remember what we do know.

Have a simple chart of first aid tips close to the emergency

contacts and numbers. (In our home a brightly binder labeled EMERGENCY, with our address and home phone number below, it holds contacts, emergency numbers, and basic first-aid procedures. This binder remains by the kitchen phone and comes in handy for any babysitter we hire.)

Begin slowly, leaving him alone for five to 10 minutes the first few times and build from there.

What else can you do to help your tween?

Give him something to do to structure his time. This helps alone time pass quickly.

Check in with your tween while you are gone.

Call to see if he is comfortable, has any questions, and also to keep him updated on when you will arrive back home.

This is an exciting time for your tween as he establishes more independence, with your confidence that he will do well.

Judy M. Miller, a mother of four, is training her tween son on how to be safely home alone. She is a certified Gottman-Institute Educator and the author of "What To Expect From Your Adopted Tween" and "Writing to Heal Adoption Grief: Making Connections & Moving Forward."



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6 math projects that can make summer count

Simple games keep kids' minds sharp this season

BY DR. HEIDI SMITH LUEDTKE

Lazy summer days give kids a chance to unwind, but time out of school causes kids to forget academics. The National Summer Learning Association reports students lose an average of two months' worth of learning during summer break, and math concepts take the hardest hit. Losses are greatest for kids who are already struggling.

The good news? Fun, at-home math projects using inexpensive supplies can prevent summer learning loss — and you don't have to be a mathematical genius to supervise them. Let these easy ideas inspire you:

Age group: Preschool

1 Scavenger hunt

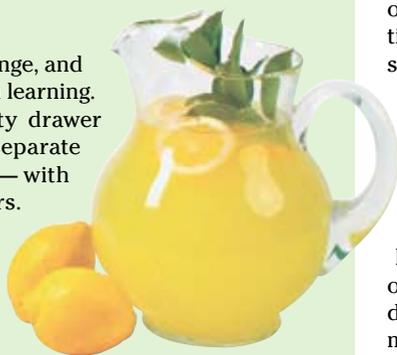
Take a hike with your child and collect a variety of items like pinecones and leaves, rocks, sticks, and feathers.

"Preschoolers learn best when they explore natural materials with their senses," says Master of Education Lorayne Carbon, Director of the Early Childhood Center at Sarah Lawrence College in Bronxville, N.Y.

Let them sell lemonade!

Measuring ingredients, making change, and counting the profits all reinforce math learning.

Stock kids' cash box — an empty drawer organizer or egg carton provides separate compartments for each kind of coin — with pennies, nickels, dimes, and quarters. At the end of the sale, kids can count and roll their coins to take to the bank or make life a little sweeter by donating profits to a local charity.



Let kids sort and display their finds. Your child might organize objects from smallest to largest or group them by texture or color. Sequencing skills take off in toddlerhood, and kids love arranging and rearranging special objects.

2 Sink or swim?

Collect a box of water-safe objects from around the house, such as apples, eggs, pennies, hollow and solid toy balls, Matchbox cars, and seashells. Use a large bucket of water or a backyard kiddie pool to experiment. Ask budding scientists to guess whether each object will sink or stay afloat. Record their predictions and the observed results in a simple chart to capture their learning.

Take care to keep electronics and books out of reach, though. Your preschooler may plop your cellphone into the pool and yell "sink!" before you can rush to the rescue.

Age group: Kindergarten to third grade

3 Measure up

Teach and reinforce measurement concepts including cups, pints, quarts, and gallons at the water table or in the sandbox. Provide a collection of measuring utensils of varied shapes and sizes and let kids explore how many cups are in a pint and how many pints are in a gallon. See whether tall, skinny vessels hold more than short, fat ones.

When kids' interest wanes, head back inside and show them how to build a measurement man out of colored paper. Find detailed directions at www.mathwire.com/measurement/measurementman.pdf. Visualization helps students

remember and apply measurement concepts when they're solving word problems at school or cooking up fun in the kitchen.

4 Fish out of water

Cut out and decorate paper fish or use goldfish-shaped snack crackers as game pieces. You'll need 20 fish for each player.

Give each child a clear glass bowl or print a game board from www.mathwire.com/games/fishoutofwater.pdf. Each player rolls a single die on each turn. The number rolled tells the child how many fish to return to the water and the first player to get all his fish back in the water wins the game.

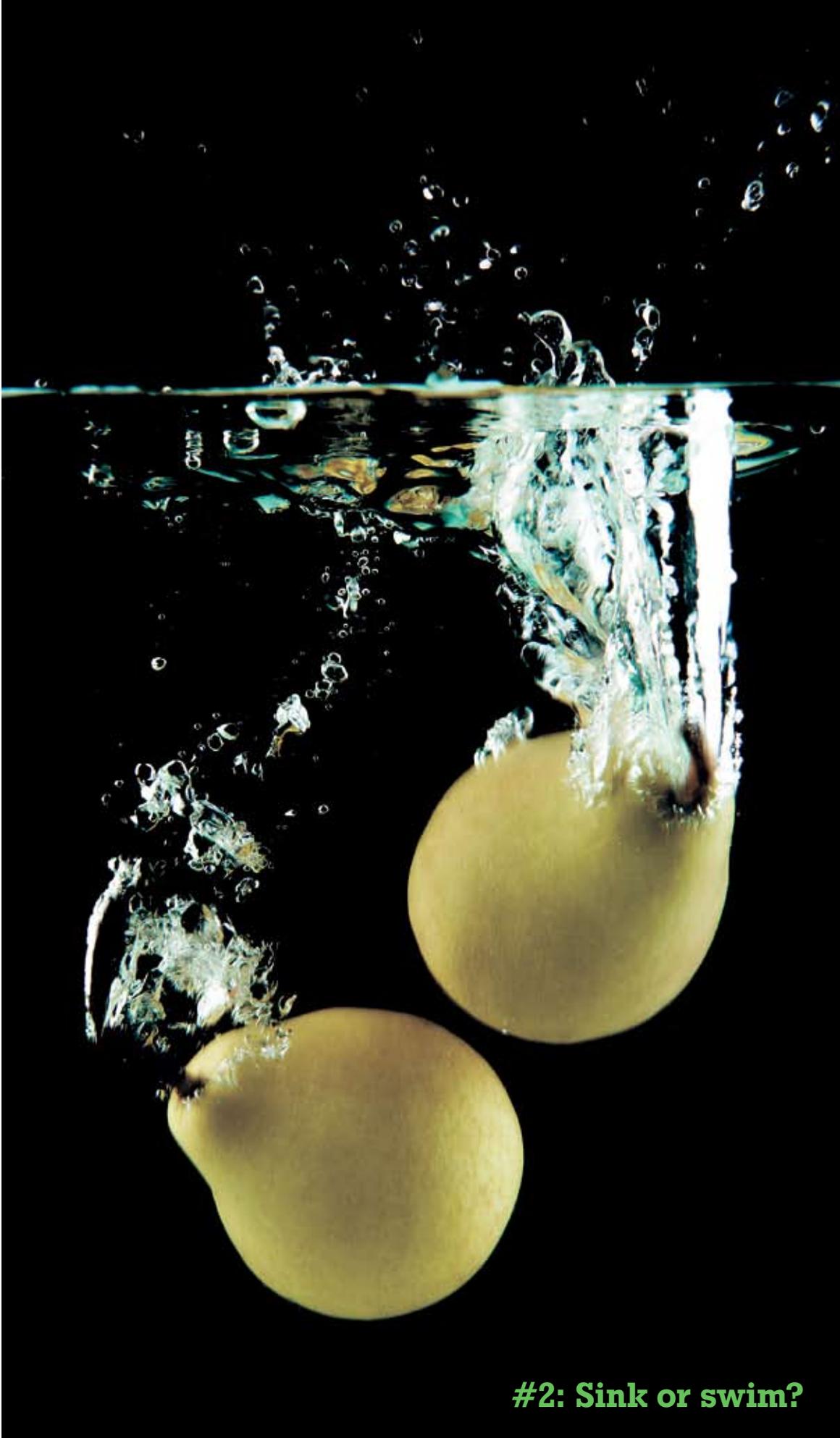
Make this more challenging by requiring players to get the exact number of fish remaining on their final roll (if they have only three fish left, they must roll a 3 to win). Ask the winner to count his fish for confirmation, so you're sure the winner didn't nibble her way to victory.

Age group: Fourth to sixth grade

5 Balloon rocket car race

Put engineering skills to work with some materials gleaned from the recycling bin. You'll need plastic water or soda bottles and lids, drinking straws, wooden skewers, balloons, and duct tape to make these cool rocket cars. Find detailed instructions and a video demonstration at www.hometrainingtools.com/a/balloon-rocket-car-project.

Give kids enough materials to make several cars, using different sized balloons and smaller or larger sized nozzles. Let them test how far their cars go on a flat surface like the driveway or sidewalk, using a



#2: Sink or swim?

Math resources for all ages

Need a few more ideas for summer math projects?

- Online practice for basic math facts: <https://www.xtra-math.org>

- Help kids change the way they solve math problems: “The Grapes of Math” (Scholastic, 2004) by Greg Tang takes a novel, humorous approach. (Second grade and up.)

- Loads of ideas and online games to keep math skills sharp, organized by grade level and topic: <http://everydaymath.uchicago.edu>.

tape measure and chalk to mark distances. Record results on a spreadsheet and have kids calculate the shortest and longest trials, the average length traveled, and the time it takes rocket cars to travel a set distance (kids need a stop watch and some help to do this). Go all out and host a neighborhood rocket car derby with prizes for best design and distance.

6 Million-dollar spending spree

Give each kid a pretend bank balance of \$1,000,000 and challenge her to spend it in a specific period of time. Kids might finance a dream vacation, build or buy a new home, or create a financial plan to address an important social issue. Set spending rules that make this project fun and challenging for your child. You might require kids to donate 10 percent to a church or charity, or set aside a certain percentage for college education costs. See teacher’s ideas at www.proteacher.net (search for million-dollar spending spree).

Post the rules and put kids to work. By the end of the project period, each child should produce an itemized spending plan with a photo of each item and an expense tally. The million-dollar spending spree gets kids excited about research and engaged with numbers. It also facilitates great family conversations about values and decision making.

Dr. Heidi Smith Luedtke is a psychologist, former math teacher, and mom of two. She is the author of “Detachment Parenting.”

Seeing red over the tampon tax

These New Yorkers led the fight against a discriminatory sales tax

BY TAMMY SCILEPPI

The end of the “tampon tax” is near.

A bill that would end sales tax on tampons and sanitary pads was approved by the state legislature in late May, and is expected to be signed into law by Gov. Andrew Cuomo.

And it all happened thanks to a lawsuit filed by five Manhattanites that claimed the four-percent tax collected by the state Department of Taxation and Finance on the products — which are not considered medical items under state law — “violates the Equal Protection Clauses of the United States and New York Constitutions.”

Margo Seibert, Jennifer Moore, Catherine O’Neil, Natalie Brasington, and Taja-Nia Henderson saw no reason why women should be paying the extra for the right to use these basic necessities.

New York is one of 40 states that levies a sales tax on pads and tampons.

More New Yorkers are finding it harder to afford the basics in the city, especially parents on a budget. And for low-income women, or women living in poverty, it’s much tougher. Sometimes, these women can’t even afford tampons and sanitary napkins, which the Electronic Benefit Transfer card (food stamps) doesn’t cover. Advocates say these women are the ones that are particularly hard-hit by the tax.

“The struggle of low-income women and sanitary products is a harsh reality. Additionally, students from low-income families cannot always rely on schools to provide them with tampons. This poses a serious potential risk to both the mental and physical health of young people in a school environment, who cannot otherwise access feminine care products,” plaintiff Catherine



Manhattanites, from left, Catherine O’Neil, Margo Seibert, and Natalie Brasington filed a Class Action suit against the taxation of feminine hygiene products related to menstruation in New York state.

O’Neill noted.

These products have always been taxed and for some reason, categorized as “general merchandise,” or surprisingly, “luxury items” that the state can make revenue off of, according to the Department of Taxation and Finance and its commissioner Jerry Boone. CNN Money states that the state makes about \$14 million per year from sales of tampons and sanitary pads.

Items that are considered a medical necessity, like adult diapers, and incontinence pads, foot powder, dandruff shampoo, Chapstick, and facial wash are not taxed, but medical items used only by women — tampons and sanitary pads (which the Food and Drug Administration considers a medical necessity) — have been.

This means that the average

woman buying those products has been spending about \$70 a year for 35 years, according to the court papers. That seems totally unfair considering that this extra money can be used for something else, like food or gas, say the advocates fighting to end the tax.

Freedom from shame

Plaintiff Margo Seibert believes that all women deserve “a shame-free relationship to their periods, regardless of socioeconomic circumstances.” She and Caroline Angell are two ladies on a mission: They aim to expose and eliminate menstrual taboos, and advocate for equal access to feminine hygiene products.

Seibert, an artist and working actor, co-founded Racket in 2015, an organization dedicated to provid-

ing low-income and homeless individuals who menstruate with the products they need, while working to combat “period shame.”

“The formation of Racket was inspired by my (and my co-founder’s) volunteer work with the homeless and the shock at hearing just how difficult the homeless period truly is — shelters are often unable to provide these products, and they are cost prohibitive,” she noted. “To top it all off, I then heard about the tampon tax through my friend and menstrual equality activist, Jennifer Weiss-Wolf, and it lit a fire within me.

Discriminatory tax

“These products are an uncontested necessity for half of the population, not a luxury. A tax code that exempts Chapstick, Rogaine, Viagra, incontinence pads, yet continues to tax sanitary pads and tampons is discriminatory, plain and simple,” Seibert said. “Jennifer connected me with the lawyers forming the Class Action lawsuit and I became a plaintiff for the case, meeting the other women of New York who were equally angry and ready to take action.”

Seibert said she knew that Rosenthal and Serino also introduced similar legislation earlier this year, so it seemed like this united front on “period policy” became harder and harder to ignore.

“Although the state Senate and Assembly have passed bills to end the tax on tampons and pads with bipartisan support, the tax has not yet been repealed,” Seibert explained. “In order for the Governor to sign off on the bill, it seems we are waiting on a compromise in language that will clarify which products will be exempt. We know he is supportive — right after we filed the class action lawsuit, there was a very supportive exchange via Twitter.”

The five activists feel that taxing products that are biologically necessary is an archaic model that inherently supports further stigmatization of menstruation.

Jennifer Moore has a 13-year-old daughter and says the tampon tax is discriminatory and wrong.

“I’m fortunate enough that buying feminine hygiene products isn’t a hardship for me, personally, now, but there was a time in my life when I had to watch every penny I spent and we were just barely making it from paycheck to paycheck. For women in that circum-

stance, it just isn’t right or fair that they pay a tax on something as necessary as tampons, while rich men can buy Rogaine, tax-free. Women shouldn’t be taxed for being women,” she said.

Tampon refund?

“We’re thrilled to see that our lawsuit helped bring this issue to the forefront of the legislative agenda. We look forward to the end of this discriminatory tax in New York once and for all. Our case also seeks a refund for the millions of women who have had to pay this illegal tax,” said Manhattan-based attorney Zoe Salzman of Emery Celli Brinckerhoff & Abady LLP, who is one of the lawyers on the case.

And they’re not the only ones fighting against taxing women.

A proactive city councilwoman from Queens recently discussed the menstrual inequality issue on radio station WNYC. Council Member Julissa Ferreras-Copeland represents the 21st Council District in Queens and is the head of one of the finance committees. It seems many low-income women in her district have been having a hard time accessing tampons and sanitary pads.

Thanks to her efforts, the nation’s first free dispenser of pads and tampons was installed at a public high school — the High School for Arts and Business in Corona, Queens — last September. And, she hopes to make feminine hygiene products available in public schools city-wide, along with homeless shelters and correctional facilities.

Waiting on Cuomo

This lawsuit and new legislation could start a revolution across the country. So far, only three or four states don’t tax tampons. With the success of the suit, the five activists may find themselves as the new leaders of the national movement to end this unfair taxation.

“On behalf of the New York City Council, I call on Gov. Cuomo to sign without delay this amendment to the tax law, and join New York to those states and nations that have seen the light and acknowledge menstrual hygiene products as essential to a person’s health and well-being,” said Ferreras-Copeland.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting.

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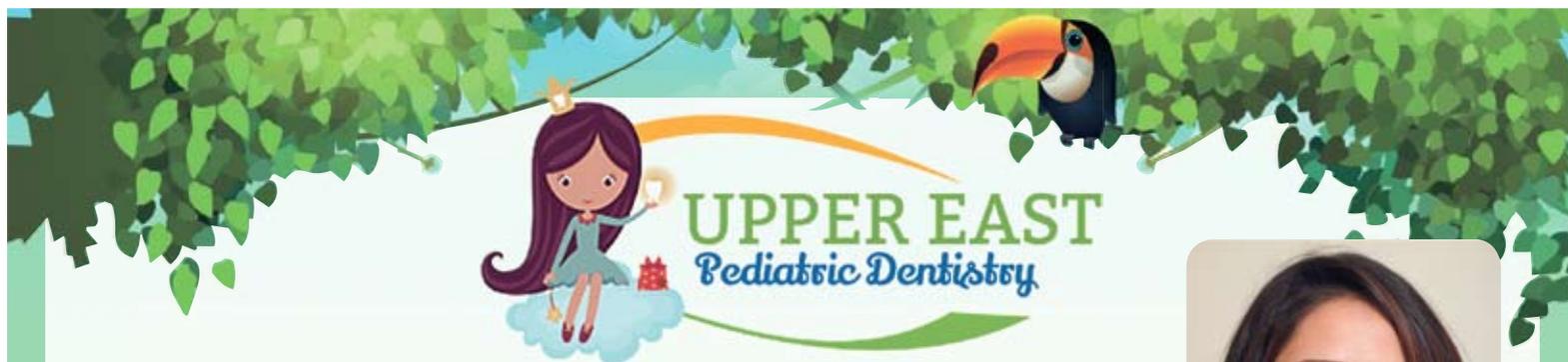


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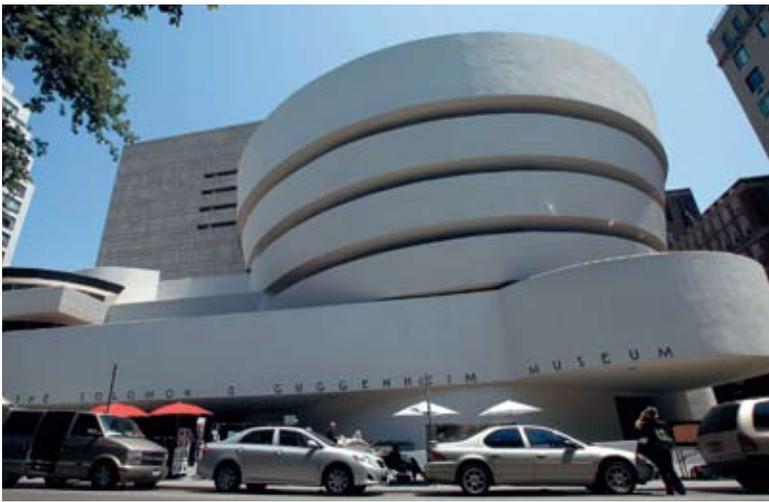
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City museums lay out welcome mat

Museum Mile Festival offers a fresh look at some classic institutions

BY SHNIEKA L. JOHNSON

Many parents say that the idea of taking their children on a museum outing is intimidating. The Museum Mile Festival is a family friendly opportunity to introduce your children to the joys that can be found in our city's cultural institutions.

This year's festival is on Tuesday, June 14, and it kicks off with an opening ceremony at 5:45 pm at the

Metropolitan Museum of Art. Commissioner of Cultural Affairs Tom Finkelpearl and other city and state dignitaries will be on hand, followed by a block-party-type atmosphere from 6 to 9 pm on Fifth Avenue.

More than 1.5 million people have taken part in this annual celebration since its inception in 1978. During the festival, Fifth Avenue is closed to traffic between 82nd and 105th streets, and attendees (even with strollers) can walk the Mile. There will be family-friendly activities — such as live music — throughout the evening in front of several of the museums. For this festival, the seven cultural institutions located on the Mile will be free and open to the public with a range of special exhibitions and works from their permanent collections on view.

Featured exhibitions include:

“Manus x Machina: Fashion in an Age of Technology”

This exhibit explores how designers reconcile the handmade and the machine-made in the creation of haute couture and avant-garde ready-to-wear.

Family activity: Museum will offer chalk drawing.

The Metropolitan Museum of Art

(1000 Fifth Ave. at E. 82nd Street on the Upper East Side, www.MetMuseum.org)

Gustav Klimt's iconic portrait “Adele Bloch-Bauer”

The 1907 portrait hangs on permanent display. This work is joined by a selection of landscape and portrait paintings by Klimt, and a display of Austrian decorative arts from the early 20th century.

Neue Galerie New York (1048 Fifth Ave. between E. 85th and E. 86th streets on the Upper East Side, www.NeueGalerie.org)

“Moholy-Nagy: Future Present”

The first comprehensive retrospective of the work of László Moholy-Nagy to appear in the United States in nearly 50 years, revealing a utopian artist who believed that art could work hand-in-hand with technology for the betterment of humanity.

Family activity: Museum will offer chalk drawing.

Solomon R. Guggenheim Museum (1071 Fifth Ave. between E. 88th and E. 89th streets in Carnegie Hill, www.Guggenheim.org)

“Beauty – Cooper Hewitt Design Triennial”

Exploring aesthetic innovations



(Above) Pieces from fashion designer Isaac Mizrahi are currently on display at The Jewish Museum. (Top) The Solomon R. Guggenheim Museum and The Metropolitan Museum of Art are also taking part in the Museum Mile Festival.



(Above) Kids can have a blast drawing with chalk in the street outside the Museum of the City of New York. (Left) Musicians perform at a past Museum Mile Festival.

through 250 works by 63 designers from around the globe.

Family activity: Imagination Playground in the museum's garden and a sidewalk design activity.

Cooper Hewitt, Smithsonian Design Museum (2 E. 91st St. between Fifth and Madison avenues in Carnegie Hill, www.CooperHewitt.org)

"Isaac Mizrahi: An Unruly History"

The first museum exhibition to focus on the Brooklyn native, who is an influential American fashion de-

signer, artist, and entrepreneur.

Family activity: Create an abstract fabric design using stamps and drawing techniques.

The Jewish Museum (1109 Fifth Ave. at E. 92nd Street in Carnegie Hill, www.TheJewishMuseum.org)

"Roz Chast: Cartoon Memoirs; New York's Yiddish Theater"

Featuring more than 200 works by this distinguished artist, and showcasing her keen eye for the absurdities and insecurities that permeate daily life, including many situations that are particular to New York City.

Museum of the City of New York (1220 Fifth Ave. between E. 103rd and E. 104th streets in East Harlem, www.MCNY.org)

"Antonio Lopez: Future Funk Fashion"

Exploring the artist and designer's daring exploration of race, gender, and the body through fashion.

Family activity: Art-making.

El Museo del Barrio (1230 Fifth Ave. between E. 104th and E. 105th streets in East Harlem, www.ElMuseo.org)

The festival

The Museum Mile Festival was established to increase public awareness of its member institutions and promote public support of the arts. It serves as a model for similar events across the country.

Whenever planning your visit to a cultural institution, tell your child what type of museum it is, and the rules of the museum. Definitely let your child know whether or not he can touch anything in the space. Also explain the type of things that your child will see in the museum, such as historical artifacts, paintings, or photographs.

You can preview the space and the works in the museum with your child by visiting the institution's website. Building these expectations will increase her comfort level with the new space, and will increase her excitement about the visit.

Please remember that stroller policies still apply at some museums. Also, if applicable, participating museums offer services for visitors with disabilities. Please contact the museums you plan to visit to arrange access accommodations. For further information and details on the festival's offerings, call (212) 606-2296 or visit MuseumMileFestival.org.

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



FABULYSS FINDS

LYSS STERN

Loving summertime



Summer means end of school, no more tests, beach fun, camp, bbqs, bathing suits, sunblock and much more #FabULyssfun. I am personally looking forward to spending a lot of quality time with my family at the beach. You can find me down by the ocean under my big straw hat, lots of sunscreen, and my big dark sunglasses.

To me summer is a time for PLAY. I recently found the most amazing toy company that I want to share with you. Childhood is a time of wonder. Young children radiate curiosity that's waiting to be nurtured. But today, most children lead schedule-focused lives. Rushing has replaced spontaneity. Results are valued over process. Increasingly, play and academics are viewed as oppositional instead of intimately connected. All of their heirloom-quality blocks are made of beautiful, purposefully sourced woods, to be enjoyed for generations of play. My 2-year-old daughter and her friends will be drawing with the Eco Crayons and building with Eco Dough at my beach club.

Rose & Rex believes that play is the foundation for all learning and development. It is a vital source and functional tool that helps children gain fundamental skills that they will carry through school and into adulthood. There is no better time than summer for kids to be kids, and I love that Rose & Rex has many different options to open the children's minds to explore and use their imaginations. I wish this company was created when my boys were little.

www.roseandrex.com



I must introduce you to one of my new #FabULyssfinds. As many of you already know, I love wearing yoga clothes during the day, even when I am not exercising. Rie + Ryn is the collaboration of a friendship between Carrie (Rie) and Taryn (Ryn). Their mutual love of music, fitness and fashion inspired them to create Rie + Ryn. Carrie and Taryn are yogis at heart, but love to mix it up. They quickly realized their favorite classes were driven by the teachers who played the best music.

The fusion of yoga and music

went hand in hand and enhanced every experience. They realized it was music that drove them and everyone else around them. Flowing to Jay-Z and down dogging to Cold Play with the perfect Lennon shivasana, couldn't be better preparation for their daily regimen. They decided to inject fashion into this concept as a way of expressing their passion for it and a unique and innovative layering line for women was born, that fused music and movement. The idea is for anyone who wears our brand to feel free and sexy and stand out while standing in. You can wear rie + ryn to a hot yoga class and take it off just when the room heats up or tear it off on the spin bike and throw it back on right before the lights come on. Most likely, you'll see Carrie and Taryn rocking their shirts with skinies and stilettos. It's all about the balance.

The line is designed for Street to Studio wear and is versatile, fun, and always evolving.

www.rieandryn.com



A few weeks ago, I went on a much needed #MTO (mommy time out) retreat to the Berkshires.

Run... don't walk to GroundSea Fitness. I was able to recharge, retreat and renew! Inspired and invigorated by yearly spa trips and fitness retreats, sisters Tracy Gaslow, Denise Kleinman and best friend Hollie Levy they turned their passion for health and wellness into perennial possibil-

ity, and, in 2016, GroundSea Fitness LLC was born. Through week-long wellness retreats offered four times a year, GroundSea guests can retreat, recharge and renew their bodies, minds and spirits. Each excursion is hosted in a landmark bed and breakfast with precisely the right blend of tranquility, charm and geography for a fully immersive experience. The cornerstone of the GroundSea program is daily rigorous hikes through scenic mountain ranges led by a cadre of private instructors. The gourmet ovovegetarian cuisine is prepared by an award-winning chef using only organic, dairy-free, fair-trade ingredients. Other daily activities included mindfulness meditation, yoga and personal training. Each day ends with healing and restorative massage in the comfort of your own room. Reiki energy healing, health and wellness lectures and personal nutrition or health consultations available in the evenings. I entered back into the concrete jungle #NYC more relaxed, calm and ready to take everything on after my trip. I am already signed up for the next trip in October, make sure to e-mail for information before they are sold out.

www.groundseafitness.com

Enjoy the beautiful sunshine, sunsets and don't forget to power down! Spend #FabULyss quality time this summer with your friends and family.

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



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

You bought property together. What now?

My spouse and I bought an apartment together before we were married. The deed states that we own it as “joint tenants with rights of survivorship.” Is our apartment protected from creditors? What happens to our ownership interests if one of us dies or we get divorced?

There are three general methods to categorize ownership in real property in New York State: tenancy in common, joint tenancy with rights of survivorship, and tenancy by the entirety. A provision in the statutory law makes ownership of shares in a cooperative apartment equivalent to real property interests.

Tenancy in common

A tenancy in common means that each person has a share of interest in the property. It can be in 50-50 shares or any other allocation.

Joint tenancy with rights of survivorship

In a joint tenancy with rights of survivorship, a joint owner's interest can be sold or encumbered during his or her lifetime with the consent of the other joint tenants, however, his or her share cannot be devised in a will before or after death. Instead, it passes to the surviving joint tenants — hence the “right of survivorship.”

Put another way, the last man standing takes full ownership to the property.

Tenancy by the entirety

A tenancy-by-the-entirety is a heightened form of tenancy available to married spouses who take title to the property. Since the passage of the Marriage Equality Act in New York State in 2011, this is available to all spouses, whether opposite-sex or same-sex. It affords not only survivorship rights, but also certain creditor protection rights.



A tenancy-by-the-entirety affords greater creditor protection to the surviving tenant. It is only available to those who are married at the time they take title. If you take title before you are married, as joint tenancy with rights of survivorship, and later marry, the tenancy-by-the-entirety does not automatically spring into effect or convert the joint tenancy with rights of survivorship to tenancy-by-the-entirety.

Rather, you would need to execute a new deed reflecting the change in ownership status. Even if you closed on the apartment the day before your wedding and the deed says “as husband and wife,” if you were not legally married when you received title, the title would likely be deemed by a court of law as joint tenancy with rights of survivorship. In more recent years, attorneys more frequently use the phrase “as spouses” to appropriately reflect the legal changes to the definition and scope of marriage.

These rules only apply to transactions that occurred after 1975. If the real property at issue was purchased before 1975, and the deed states that the parties were married when in fact the parties were not married or the

validity of the marriage is later challenged, the ownership will be deemed a tenancy in common, which does not provide for survivorship interest.

If the property at issue is a cooperative apartment, the rules described above only apply since 1996. Prior to 1996, shares in cooperative apartments were not deemed to be the equivalent of real property and could not be held as tenants-by-entirety.

As noted above, tenants-by-the-entirety are afforded extra creditor protection on their home that is not available to joint tenancy with rights of survivorship tenants. For example, if your husband has judgment creditors, that creditor cannot satisfy the judgment against the apartment while you continue to own it with your husband as a tenant-by-the-entirety. If you hold the property as joint tenants, the creditor may enforce the judgment against your husband's interest in the apartment. Although it is limited to your husband's indivisible one-half interest in that case, it could force a sale of the apartment.

There are many more elements to consider when assessing ownership of property, and every situation is different. It is always a good idea to review titling to your assets upon the occurrence of any life change — whether marriage, death, divorce, or the birth of a child or grandchild, and to update your documents to ensure they continue to meet your goals and objectives. You should always consult with your attorney before undertaking any changes.

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

Disclaimer: This column is provided by Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual's situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.

The **fury** inside

Learning to master anger before it destroys you

BY CAROLYN WATERBURY-TIEMAN

Last week, a parent walked down the street to visit a neighbor, her children following in a child-sized, motorized vehicle. The driver was about age 4 with a not yet 2-year-old passenger. While the adults chatted, the youngster drove haphazardly around the court, over lawns and curbs. Eventually the parent noticed and screamed at the preschool-aged driver to be more careful, at which point he struck the curb head on nearly ejecting his sister into the street.

Finally, moved to action, the parent ran to the miniature car yelling at the miniature driver who was pulled from behind the wheel and loudly scolded for his irresponsibility. I think you could safely say she was angry. But with whom? And why?

Anger is a natural human emotion, a signal that something is awry. Anger is a seductive, deceptive emotion creating the illusion of being in control when we are actually losing control. Like wild animals with features that enhance their size when threatened, we feel bigger and tougher when we are angry. However, anger is a secondary emotion, meaning that another feeling was experienced first, sometimes for only an instant. Feelings that typically precede anger are fear, disappointment, embarrassment, guilt, inadequacy, even fatigue or hunger. The common factor is the vulnerability these emotions produce. Vulnerability makes us uncomfortable, so we revert to anger because we feel more powerful. Therefore, anger arises from a sense of deficiency, surfacing when we are operating from a real or perceived deficit. The deficit may exist in any number of areas from time, knowledge, ability, or confidence, to appreciation or love. Anger is the mask of certainty we put on



The goal is not to eliminate anger from the emotional repertoire, but to express it in ways that are not destructive to our relationships.

in the midst of a crisis of doubt.

As a defense mechanism, anger protects us from feelings we would rather deny. It prevents us from taking responsibility for and dealing with our true feelings, allowing us to direct the energy from those uncomfortable feelings outward, against others. We transfer the responsibility for our anger to the other person, justifying our actions using the logic that since it's their fault we feel this way, they deserve whatever we dish out. Some of us become so comfortable with anger, it appears to be instantaneous, bypassing the original emotion altogether. Like any habit, it becomes an unconscious choice, but a choice nevertheless.

The goal is not to eliminate anger from the emotional repertoire, but to express it in ways that are not destructive to our relationships. We can manage our anger more effectively, and teach our children to do the same, by:

Correcting assumptions

Many of us grew up with misguided notions about anger — you shouldn't get angry with people you love, anger leads to abandonment or violence, anger should be kept inside, anger is bad and so are people who become angry. But, feelings are neither right nor wrong. How we choose to express them makes the difference.

Developing realistic expectations

Accept anger as a natural human emotion that everyone is going to experience. Identify your anger triggers and help your children identify theirs. When we recognize situations that ignite our anger, we are better prepared to manage them.

Increasing feeling word vocabulary

We tend to limit our feeling descriptions to sad, mad, happy, glad, when there is a whole range of human emotions. Search for age-appropriate lists of feeling words to share with your family. The more accurately we label our feelings, the more likely we are to express

them appropriately.

Providing outlets for anger

Intense feelings create physical tension. Establish rules for acceptable ways to channel this energy. When angry, hitting, swearing, and name calling are not allowed, but kicking a ball, screaming into a pillow, or going for a walk are. While releasing the tension is important, returning to resolve the conflict is essential.

Being honest

Identify that initial feeling you experienced. Carefully select your words to convey the message you need the other person to hear, in a way they can hear it. Remember honesty is not cruel, disrespectful, or snotty. Honesty invites cooperation and seeks resolution.

Using focused listening

Give the other party a chance to respond. Listening is a total body experience requiring your eyes, mind, and feelings, as well as your ears. Notice physical, as well as verbal cues, such as eye contact, facial expression, tone of voice, and body posture.

Being apologetic

Saying "I'm sorry" for repeated transgressions gets old. An apology should include what you are sorry for, why you were wrong, what you plan to do to correct the situation,

Forgiving

Grant forgiveness readily and completely when offered a genuine apology. The parent of the errant preschool driver probably experienced a mixture of fear, embarrassment, and guilt. Her disappointment with herself was directed toward the child. Rather than learn that being unsafe is scary, he learned that anger is scary.

Remember, love is not the absence of anger. Love is the desire to address the source of the anger and prevent its destructive force in the relationship. Be slow to anger and quick to forgive.

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TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

Get grillin' for Dad

One of my favorite days of the year to cook is Father's Day. Whether it's at the park, beach, or backyard, a big family barbecue is an all-day activity that everyone can enjoy! I like to set up water activities and games for the kids, cold beverages for the dads, and a hot grill for myself. Here are a few tips on hosting a fun family cookout:

Invest in a grill basket for cooking veggies. Avoid losing all that produce into the grill by purchasing a metal basket that is made for vegetables. You will be surprised how many vegetables taste great on the grill. You've heard of grilled peppers and onions, but have you tried grilled green bean or potato slices?

It's garlic scape time! During just a few weeks in late spring and early summer, the tops of garlic plants produce garlic scapes. These trimmings off the garlic plant are widely available at green markets and produce retailers during their brief season. They taste like garlic, just sweeter, juicier, and less pungent. They are amazing on the grill, finished with some good sea salt, a squeeze of lemon, and a drizzle of high-quality olive oil.

Keep the kids occupied with a healthy snack. Grilling for a crowd takes time. Kids usually get hungry and antsy before dinner is done. I like to keep them fed with some hot, fresh quesadillas. I always pack corn tortillas and our favorite cheese when cooking out. In between veggies and proteins on the grill, I sneak on a few quesadillas for the kids. This way they get a substantial snack to hold them over until dinner.



Try grilling a whole fish. Though it may seem intimidating, grilling the whole fish is not so hard, once you've given it a try. The grill must be very hot and well oiled. Place some thin slices of lemon, herb sprigs, and salt and pepper inside the cavity of the fish (trout, sea bass, snapper, and sea bream all work well for this). Rub the skin of the fish with oil, salt, and pepper. Grill, without moving it, for about five to 12 minutes per side, depending on the size of the fish and the

heat of the grill. The fish is done when you put the tip of a paring knife into the thickest part, near the top of the head, and leave it there for a few seconds. If the tip meets no resistance when piercing the flesh and comes out still hot, the fish is cooked through. Allow the fish to rest for a bit, then serve. Make sure to have a butter knife, spoon, and extra bowl when serving the fish so you are able to fillet it at the table.

Use a rub on your steak instead of a marinade. Dry rubs can help make your grilled meats tender, juicy, and flavorful! I like to use skirt steak with my favorite rub (recipe follows). Skirt steak can be sliced thin and goes really well with warm corn tortillas!

Joanna DeVita is executive chef at Léman Manhattan Preparatory School. She is the mother of two children and loves nothing more than spending time with them outdoors and sharing with them her love and respect for nature, good ingredients, and the joy of cooking.

Grilled skirt steak with dry rub

Serves 6

DRY RUB INGREDIENTS:

- 3 tbs kosher salt
- 1 tbs granulated garlic or garlic powder
- 1 tbs smoked paprika
- 2 tsp freshly ground black pepper
- 2 tsp brown sugar

DIRECTIONS: Mix all dry rub ingredients together in bowl. Rub three pounds of trimmed skirt steak with enough of the dry rub to coat well. (Save the rest of the rub for another use.) Let the meat marinate overnight in the fridge in an airtight container. Preheat grill to medium high. Allow the meat to sit outside the refrigerator for about an hour before grilling to take the chill off.

Make sure the grill is well oiled. Grill the skirt steak on medium high for about 7-12 minutes on each side, depending on how rare you like your steak. After removing it from the grill, allow meat to rest for at least 10 minutes before slicing.

Cut steak against the grain with a sharp knife into thin slices. Sprinkle sliced steak with flaky sea salt and a squeeze of lime.



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Calendar

JUNE



Photo by Liz Ligon

A slow day at the High Line

Get on the fast track to the High Line and then take it slow during the Make it Slow family day event on June 25.

Families come together in a new dynamic way and learn the value of taking things slowly while children create art using inspiration from the High Line Art's group exhibi-

tion "Wanderlust."

Make it Slow, June 25 from 10 am to 2 pm; free.

Hosted by the Friends of the High Line.

The High Line [14th Street passage and 10th Avenue in Chelsea, (212) 206-9922, info@thehighline.org; thehighline.org/activities].

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Calendar

Submit a listing

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

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

WED, JUNE 1

IN MANHATTAN

Wednesdays in Teardrop: Teardrop Park, Warren Street and River Terrace; (212) 267-9700; <http://www.bpcparks.org>; 8 am; Free.

Energetic lawn games and art projects, such as clay, collage, painting and group murals. Everything provided.

El Museo del Barrio Presents Pop-Up Arte: Mae Grant Playground, Madison Avenue at 104th Street; (212) 408-0243; <http://www.nycgovparks.org>; 3 pm to 4:30 pm; Free.

Families! Kids! Join us for fun-filled sessions of art in June, July, and August throughout Harlem. El Museo del Barrio will offer art-making workshops at select locations. All ages welcome.

Drop in Chess: Rockefeller Park, Murray Street and River Terrace; (212) 267-9700; www.bpcparks.org; 3:30 pm; Free.

Children 5 and older learn the strategy of the game and get pointers and advice from an expert. Chess improves concentration, problem solving, and strategic planning — plus, it's fun! Adults welcome.

Playdate with Uni Project at Chelsea Park: Chelsea Park, W. 28th Street and 10th Avenue; www.nycgovparks.org; 3:30 pm to 5:30 pm; Free.

Come read, draw, play, and explore hands-on activities at the Uni pop-up reading room. Read-alouds begin at 4:30 pm. Other special activities to be announced. Free for all ages.

THURS, JUNE 2

IN MANHATTAN

Locomotive Lawn Live Concert Series: Locomotive Lawn, Riverside Park South and West End Avenue; 311; nycgovparks.org; 10:30 am to 11:30 am; Free.



City kids dancing to poetry

“Words with Wings” flies into the New York University Skirball Center for the Performing Arts for two performances on June 12 and 13. Presented by the National Dance Institute, the event highlights poetry to benefit the school's programs. Featuring more than 200 students from

New York City public schools as they dance to choreography and music inspired by the writings of Dr. Seuss, Shel Silverstein, Maya Angelo, and others. Guest poet Aja Monet will be performing among a host of others.

“Words with Wings,” June 12 at 2 pm and 5 pm and June 13 at 6:30

pm; Tickets are \$20 in advance; \$25 at the door.

NYU Skirball Center for the Performing Arts [566 LaGuardia Place between W. Third Street and Washington Square South in Greenwich Village, (212) 226-0083, www.nationaldance.org].

Summer on the Hudson brings Raga Kids, a trio of teaching artists specializing in Indian classical music on Indian instruments. This event is held on a comfy, danceable turf lawn right by the big locomotive. Great for kids 5 years old and under.

Arts and games: Rockefeller Park, Murray Street and River Terrace; (212) 267-9700; www.bpcparks.org; 3:30 pm; Free.

Children 5 and older let their inner artist shine! Join in for fun and creative art activities. After completing your masterpiece, release that pent-up energy with organized lawn games like tag and tug-o-war.

Uni Project: Sara D. Roosevelt Park, Hester Street Crossing; 311; nycgovparks.org; 3:30 pm to 5:30 pm; Free.

Come read and draw at the Uni every Thursday through the end of June in Sara D. Roosevelt Park at the Hester Street crossing in Chinatown! Made possible by Green Below 14 and Leaves of Grass Fund.

“Bark Ranger”: Lillian D. Wald Playground, Cheery Street and Montgomery Street; (212) 408-0243; nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Movies under the stars presents this film about two pals and their dog Barkley. Bring a blanket or chair. Bottled water is ok, but no glass. First come, first served basis.

FRI, JUNE 3

IN MANHATTAN

Shorefront science: Fort Tryon Park, Thayer Street and Broadway; (212) 795-1388; www.nycgovparks.org; 3 to 4:30 pm; Free.

Ever wonder how many different trees are in your neighborhood? Join Dr. A of Shorefront Science to learn how to ID them by examining their leaves and trunks. Strengthen your tree ID skills as you learn about different characteristics and traits to look for in order to identify trees even without their leaves! Space is limited to 15 children (ages 5-11). RSVP is required; to register, please email RSVP@FortTryonParkTrust.org.

“Puss in Boots”: Hells Kitchen Park, 10th Ave. between 47th and 48th streets; www.ctyparksfoundation.org; 4 pm to 5 pm; Free.

Presented by CityParks PuppetMobile this is the old tale — with a twist.

Teen Night: Battery Park Conservancy Rec. room, 6 River Terrace; (212) 267-9700; www.bpcparks.org; 4 pm; Free.

Friday Night for Teens is a free program that gives 13 to 19 year olds a safe space to have fun and hang out. Teens can drop by to play games like table tennis, foosball, super-sized Connect-4, board games, or just hang out.

SAT, JUNE 4

IN MANHATTAN

Shine and the Moonbeams: Lincoln Center's David Rubenstein Atrium, Broadway between W. 62nd and W. 63rd streets; (212)-875-5456; 11 am; Free.

Get up and dance! With infectious rhythms and catchy melodies, Shine and the Moonbeams infuse classic funk, soul, blues, and jazz music to bring a brand new R&B sound to kids and families in this soulful extravaganza. Celebrating the global family, this local band rejoices the heart of music and delights audiences with its distinctive sound, energy, and jubilation.

Continued on page 32

Calendar

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

Continued from page 31

Learn softball: Chelsea Park, W. 28th Street and 10th Avenue; www.nycgovparks.org; 11 am to 2 pm; Free.

Children 5 to 18 years old learn the basics.

Teen Dance Concert: 92nd Street Y Art Center, 135 Lexington Ave.; (212) 415-5562; 7 pm; \$19.

This end-of-the-year concert is the culmination of dance study that 92Y Harkness Dance Center students have been working on for the past year.

SUN, JUNE 5

IN MANHATTAN

Children's Dance Concert: 92nd Street Y Art Center, 135 Lexington Ave.; (212) 415-5562; 11 am and 3 pm; \$19.

This end-of-the-year concert is the culmination of dance study that 92Y Harkness Dance Center students have been working on for the past year.

"Puss in Boots": Stuyvesant Square, E. 16th Street and Second Avenue; [hit://www.CityParksFoundation.org](http://www.CityParksFoundation.org); 2:30 pm to 3:30 pm; Free.

Presented by CityParks PuppetMobile this is the old tale — with a twist.

"The Ugly Duckling": Anne Loftus Playground, Dyckman Street and Seaman Avenue; (212) 795-1388; www.nycgovparks.org; 3 pm to 4 pm; Free.

NY Scandia Symphony presents this year's Children's Educational Music Program featuring the fairy tale "The Ugly Duckling" by Hans Christian Andersen performed by Scandia Symphony musicians and guests. Enjoy Alyssa Reit on harp, Yael Acher-Modiano on flute, and Peter Reit on French Horn. Don't miss your opportunity to play the harp at the end of the show!

WED, JUNE 8

IN MANHATTAN

Wednesdays in Teardrop: 8 am. Teardrop Park. See Wednesday, June 1.

"Puss in Boots": Hudson Park, 11th Avenue and W. 36th Street; <http://nycgovparks.org>; 10:30 am to 11:30 am; Free.

Presented by CityParks PuppetMobile this is the old tale — with a twist.

El Museo del Barrio Present Pop-Up Arte: Poor Richard's Playground, Second Avenue and E. 107th Street; (212) 408-0243; <http://www.nycgovparks.org>; 3 pm to 4:30 pm; Free.

Families! Kids! Join us for fun-filled sessions of art in June, July and August throughout Harlem. El Museo del Barrio will offer art-making work-



R&B for the family

Shine and the Moonbeams sheds its rays at the David Rubenstein Atrium at Lincoln Center on June 4.

Get up and dance with the infectious rhythms and catchy melodies that Shine and the Moonbeams infuse in classic funk, soul, blues, and jazz music.

The group brings its special brand of R&B to kids and

families in this soulful extravaganza. Celebrating the global family, this local band rejoices the heart of music and delights audiences with its distinctive sound, energy, and jubilation.

Shine and the Moonbeams on June 4, at 11 am. Free.

Lincoln Center's David Rubenstein Atrium [Broadway between W. 62nd and W. 63rd streets at Lincoln Center, (212)-875-5456].

shops at select locations. All ages welcome.

Drop in Chess: 3:30 pm. Rockefeller Park. See Wednesday, June 1.

Playdate with Uni Project at Chelsea Park: 3:30 pm to 5:30 pm. Chelsea Park. See Wednesday, June 1.

THURS, JUNE 9

IN MANHATTAN

Locomotive Lawn Live Concert Series: 10:30 am to 11:30 am. Locomotive Lawn. See Thursday, June 2.

Arts and games: 3:30 pm. Rockefeller Park. See Thursday, June 2.

Uni Project: 3:30 pm to 5:30 pm. Sara D. Roosevelt Park. See Thursday, June 2.

FRI, JUNE 10

IN MANHATTAN

Shorefront science: Fort Tryon Park, Thayer Street and Broadway; (212) 795-1388; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Living on Manhattan Island, we are

surrounded by amazing feats of engineering. Have you ever wondered how buildings and bridges are able to hold so many people, cars, and trucks? Join Dr. Leonisa Ardizzone of Storefront Science to explore the form and function, as well as the strength and stability of structures as we design and build our own models! Space is limited to 15 children (ages 5-11). RSVP is required; to register, please email RSVP@FortTryonParkTrust.org.

Teen Night: 4 pm. Battery Park Conservancy Rec room. See Friday, June 3.

SAT, JUNE 11

IN MANHATTAN

Learn to ride: Seward Park, E. Broadway and Canal Street; (718) 408-0243; nycgovparks.org; 11 am to 2 pm; Free.

Learn to Ride is a free class for adults and mature teens who are ready to ride. It doesn't matter how old you are, we'll get you rolling in no time. With our safe, easy, effective method, Learn to Ride students learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a

helmet for proper fit. Most kids learn to ride in one session, but even if they don't, they can join us for another free class!

Learn softball: 11 am to 2 pm. Chelsea Park. See Saturday, June 4.

Spring Celebration Concert: 92nd Street Y Art Center, 135 Lexington Ave.; (212) 415-5562; 12:30 pm and 3:30 pm; \$20-\$25.

The Young People's Chorus presents two performances showcasing music from all genres that will engage, entertain, and leave you wishing for more.

Play Dates on the Hudson: West Harlem Park, 125th Street and Marginal Street; 311; www.nycgovparks.org; 1 pm 4 pm; Free.

Mil's Trills invites families to celebrate the community through interactive performances that feature original tunes and a rotating cast of musical guests.

Le Carrousel Kids: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryant-park.org; 1 pm to 2 pm; Free.

Puppets, puppets and more puppets in this fun telling of "Goldilocks and the Three Bears."

"First Folio": New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at W. 77th Street; (212) 873-3400; ny-history.org; 1 to 4 pm; Free with museum admission.

Children of all ages will enjoy this special exhibition as "First Folio – The Book that Gave Us Shakespeare," comes to life! The Frog & Peach Theatre Company will be in the gallery all afternoon to demonstrate the performance of a scene and answer your questions about continuing the 400-year-old tradition of acting out Shakespeare.

Mil's Trills: Hudson Park, 125th Street and Marginal Street; 311; <http://nycgovparks.org>; 1 pm to 4 pm; Free.

Come and dance along with the greatest kind rocker of all.

Family camping: Central Park, 79th Street Transverse; (212) 628-2345; www.nycgovparks.org; 6 pm to 8 am; Free.

We camp to create lasting memories, connect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Registration required.

SUN, JUNE 12

IN MANHATTAN

Brady Rymer: City Winery, 155 Varick St.; www.citywinery.com; 11 am; \$15.

The indie rock sensation and his band the Little Band that Could will be releasing his latest album, *Press Play*.

Drums along the Hudson: Indian Road in Inwood Hill Park, 218th Street and Indian Road; (212) 795-1388; <http://www.nycgovparks.org>; 11 am to 6 pm; Free.

Native American, Japanese, Brazilian, Flamenco, and Korean dancers and drummers from around the world! The festival combines a celebration of Native American heritage, culture, and art with the diversity of New York City. Spanish, African, Brazilian, and Tibetan cultures will also be celebrated with food, music, and dancing. Activities include a Tree of Peace planting, international cuisine, Native American storytelling, a Pow Wow, crafts, and visits from Captain Planet.

"Words with Wings": NYU Skirball Center for the Performing Arts, 566 LaGuardia Pl.; (212) 226-0083; www.nationaldance.org; 2 pm and 5 pm; \$20 in advance (\$25 at the door).

National Dance Institute presents the power of poetry benefit performance featuring 200 students from New York City public schools, spoken word artist Aja Monet, and music and choreography inspired by the writings of Dr. Seuss, Shel Silverstein, Maya Angelou, and others.

MON, JUNE 13

IN MANHATTAN

Shorefront science: Fort Tryon Park, Thayer Street and Broadway; (212) 795-1388; www.nycgovparks.org; 3:30 pm to 5 pm; Free.

Think of your perfect playground. Do you wish to have more adventure, more climbing, more basketball, more modern play equipment or gardening at your ideal playground? Come spend time with Dr. A exploring the math, engineering, and physics of the playground, and then get creative about what your perfect playground would look like! Space is limited to 15 children (ages 5-11). RSVP is required; to register, please email RSVP@FortTryonParkTrust.org.

"Words with Wings": 6:30 pm. NYU Skirball Center for the Performing Arts. See Sunday, June 12.



Youth takes the stage

The Young People's Chorus will perform two concerts on June 11 at the 92nd Street Y Art Center.

The annual Spring Concert Celebration spotlights the award-winning Young People's Chorus of New York and showcases music from all genres that will engage and leave you wishing for more.

Directed by Francisco J Nunez, founder and artistic director.

Annual Spring Concert Celebration, June 11 at 12:30 pm and 3:30 pm. Tickets range from \$20 to \$25.

92nd Street Y Art Center [135 Lexington Ave in Kips Bay, (212) 415-5562].

WED, JUNE 15

IN MANHATTAN

Wednesdays in Teardrop: 8 am. Teardrop Park. See Wednesday, June 1.

El Museo del Barrio Present Pop-Up Arte: Bloomingdale Playground, W. 105th Street and Amsterdam Avenue; (212) 408-0243; <http://www.nycgovparks.org>; 3 pm to 4:30 pm; Free.

Families! Kids! Join us for fun-filled sessions of art in June, July and August throughout Harlem. El Museo del Barrio will offer art-making workshops at select locations. All ages welcome.

Drop in Chess: 3:30 pm. Rockefeller Park. See Wednesday, June 1.

Playdate with Uni Project at Chelsea Park: 3:30 pm to 5:30 pm. Chelsea Park. See Wednesday, June 1.

THURS, JUNE 16

IN MANHATTAN

Locomotive Lawn Live Concert Series: 10:30 am to 11:30 am. Locomotive Lawn. See Thursday, June 2.

Arts and games: 3:30 pm. Rock-

efeller Park. See Thursday, June 2.

Uni Project: 3:30 pm to 5:30 pm. Sara D. Roosevelt Park. See Thursday, June 2.

"Despicable Me": Sara D. Roosevelt Park, Hester Street Crossing, 311; nycgovparks.org; 3:30 pm to 5:30 pm; Free.

In a happy suburban neighborhood surrounded by white picket fences sits a black house with a dead lawn. Unbeknownst to the neighbors, hidden deep beneath this home is a vast secret hideout. Surrounded by an army of tireless, little yellow minions, we discover Gru planning the biggest heist in the history of the world. He is going to steal the moon. Bring a blanket or chair. Water bottles okay, but no glass.

FRI, JUNE 17

IN MANHATTAN

Shorefront science: Fort Tryon Park, Thayer Street and Broadway; (212) 795-1388; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

After school pop-up program teaches children to identify different trees and insects. Test and play various science tools through interactive

games for children during this two-hour exploration session.

Teen Night: 4 pm. Battery Park Conservancy Rec room. See Friday, June 3.

SAT, JUNE 18

IN MANHATTAN

Learn softball: 11 am to 2 pm. Chelsea Park. See Saturday, June 4.

Le Carrousel Kids: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryant-park.org; 1 pm to 2 pm; Free.

A fun puppet show of the "Three Little Pigs." Who will blow the house down?

"Open Season Scared Silly": Sol Lain Playground, Henry Street and Montgomery Street; nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Elliott, Boog, and friends return for an all-new adventure in the wilderness in this animated family comedy directed by David Feiss. Bring a blanket to sit on, as there will be a limited supply of chairs available. Water bottles are OK, but no glass.

SUN, JUNE 19

IN MANHATTAN

Saltwater Fishing: 10th Street Walking Bridge, FDR Drive and E. 10th Street; nycgovparks.org; 2 pm to 4 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. You can try to hook a pumpkinseed sunfish, carp or chain pickerel. Whether you choose to grab a simple bamboo pole at a quiet lake or join more advanced saltwater programs, we have a program that fits your skill level. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

"Fiddler on the Roof" sing-along: Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 3 pm; \$15 (\$10 members; \$36 for a family of 4).

Members of the National Yiddish Theatre Folksbiene present a very special Father's Day event with cast members Rosalind Harris, Neva Small, Adam Shapiro, and other special guests who will come in costume and sing your favorite hits from the 1971 film.

Continued on page 34

Calendar

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

Continued from page 33

TUES, JUNE 21

IN MANHATTAN

Summer Garden Concert: Mount Vernon Hotel Museum & Garden, 421 E. 61st St. between First and York avenues; (212) 838-6878; www.mvhm.org; 6 pm to 7:30 pm; \$ 15 (\$5 children under 12; Free to children under 1).

Listen to Frank Hendricks and Bob Conroy of STOUT, who will perform tavern tunes, combining hearty vocal harmonies and acoustic instruments. Museum tour and historic cocktail included. Join as a museum member and admission is free.

WED, JUNE 22

IN MANHATTAN

Wednesdays in Teardrop: 8 am. Teardrop Park. See Wednesday, June 1.

El Museo del Barrio Present Pop-Up Arte: Martin Luther King Playground, Malcolm X Boulevard, and W. 112th Street; (212) 408-0243; <http://www.nycgovparks.org>; 3 pm to 4:30 pm; Free.

Families! Kids! Join us for fun-filled sessions of art in June, July and August throughout Harlem. El Museo del Barrio will offer art-making workshops at select locations. All ages welcome.

Drop in Chess: 3:30 pm. Rockefeller Park. See Wednesday, June 1.

THURS, JUNE 23

IN MANHATTAN

"Puss in Boots": Union Square, Park Ave. South and E. 15th Street; www.nycgovparks.org; 10:30 am to 11:30 pm; Free.

Presented by CityParks PuppetMobile this is the old tale — with a twist.

Locomotive Lawn Live Concert Series: 10:30 am to 11:30 am. Locomotive Lawn. See Thursday, June 2.

Arts and games: 3:30 pm. Rockefeller Park. See Thursday, June 2.

'Women on the Edge'

Come and celebrate women at a special family matinee at the Joyce Theater on June 21, 23, 25 and 26.

"Women on the Edge: Unsung Heroines of the Trojan War" is presented by the Rioult Dance group, which invites the audience to experience the profound and timeless anti-war statement, featuring the world premiere of "Cassandra's Curse" set to live

music.

The event is suitable for families with children 6 to 14 years old.

"Women on the Edge: Unsung Heroines of the Trojan War," June 21 at 7:30 pm, June 23 at 8 pm, June 25 at 8 pm, June 26 and 7:30 pm. Tickets start at \$10.

The Joyce Theater [175 Eighth Ave. at W. 20th Street in Chelsea, (212) 398-5901, www.joyce.org].



Photo by Richard Kirk-Smith

Uni Project: 3:30 pm to 5:30 pm. Sara D. Roosevelt Park. See Thursday, June 2.

"Despicable Me": 3:30 pm to 5:30 pm. Sara D. Roosevelt Park. See Thursday, June 16.

FRI, JUNE 24

IN MANHATTAN

Swedish Midsummer Festival: Robert F. Wagner Park, Battery Park City; (212) 267-9700; <http://www.bpca.ny.gov>; 5 pm; Free.

Enjoy a celebration of the summer solstice with traditional Swedish folk music and dancing, wreath making, and a parade. Co-sponsored by the Consulate General of Sweden.

SAT, JUNE 25

IN MANHATTAN

Make it Slow: High Line, 14th Street Passage and 10th Avenue; (212) 206-9922; info@thehighline.org; thehighline.org/activities; 10 am to 2 pm; Free.

Families learn the value of taking things slowly. Children create art using inspiration from the High Line Art's group exhibition "Wanderlust."

River Fish Celebration: Hudson Piers, 125th Street and Marginal

Street; 311; www.nycgovparks.org; 11 am to 3 pm; Free.

Summer on the Hudson and the Urban Park Rangers invite you to spend a day in West Harlem Piers Park connecting to the life living within the Hudson River. Activities include catch and release fishing, Arm of the Sea puppet theatre, Music with Patrick, and river-related arts and crafts. Fishing equipment will be provided.

Le Carrousel Kids: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryant-park.org; 1 pm to 2 pm; Free.

See who will win the race in this fun puppet show of "The Tortoise and the Hare."

"Women on the Edge": The Joyce Theater, 175 Eighth Ave. at W. 20th Street; (212) 398-5901; <http://www.joyce.org>; 2 pm; \$10.

Presented by the Rioult Dance group, this family matinee offers a children 6 to 14 to experience the profound and timeless anti-war statement featuring the world premiere of "Cassandra's Curse" set to live music.

SUN, JUNE 26

IN MANHATTAN

"Puss in Boots": Bennett Park, Ft. Washington Ave. and W. 183rd Avenue; cityparksfoundation.org; 2:30

pm to 3:30 pm; Free.

Presented by CityParks PuppetMobile this is the old tale — with a twist.

WED, JUNE 29

IN MANHATTAN

Wednesdays in Teardrop: 8 am. Teardrop Park. See Wednesday, June 1.

El Museo del Barrio Present Pop-Up Arte: Cherry Tree Park, E. 99th Street and Third Avenue; (212) 408-0243; <http://www.nycgovparks.org>; 3 pm to 4:30 pm; Free.

Families! Kids! Join us for fun-filled sessions of art in June, July and August throughout Harlem. El Museo del Barrio will offer art-making workshops at select locations. All ages welcome.

Drop in Chess: 3:30 pm. Rockefeller Park. See Wednesday, June 1.

THURS, JUNE 30

IN MANHATTAN

Locomotive Lawn Live Concert Series: 10:30 am to 11:30 am. Locomotive Lawn. See Thursday, June 2.

Arts and games: 3:30 pm. Rockefeller Park. See Thursday, June 2.

Uni Project: 3:30 pm to 5:30 pm. Sara D. Roosevelt Park. See Thursday, June 2.

"Despicable Me": 3:30 pm to 5:30 pm. Sara D. Roosevelt Park. See Thursday, June 16.

LONG-RUNNING

IN MANHATTAN

Kids Yoga: Washington Square Park, Washington Square North; www.nycgovparks.org; Wednesdays, 10 am to 11 am, Wed, June 1 – Wed, Aug. 31; Free with museum admission.



On a boat with Laurie

Set sail for a day of great music from Laurie Berkner aboard the Circle Line boat on June 25.

The musician performs a live concert for the preschool set and shares her Greatest Hits solo album.

Laurie Berkner Solo on June

25, boarding begins at 10:30 am. Tickets range from \$39 to \$99, plus all applicable fees.

Circle Line Cruises [Pier 83 at W. 42nd Street and the Hudson River in Hell's Kitchen, (877) 987-6487; www.ticketfly.com/purchase/event/1177649?utm_medium=bks].

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

Bring the kids to a yoga class. An adult accompaniment must be present. This series of kids yoga classes is best for ages 2–7. Bring a yoga mat!

Summer Sports: J Hood Wright Recreation Center, 351 Foet Washington Ave.; (212) 927–1514.; <http://nycgovparks.org>; Tuesdays – Fridays, 10 am – 8 pm, Now – Sat, Sept. 17; Free.

Kids are welcome to learn about sports from skilled Parks staff! The Summer Sports Experience provides a friendly, small group introduction to various sports on a drop-in basis. Staff are stationed in parks citywide. Kids will learn sports like soccer, football, kickball and more!

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

The exhibit showcases works of art and artifacts from the museum's permanent collections related to the 19th-century history of the Port of New York. The exhibition examines the decisive role played by the 19th-century Seaport at South Street — long known as the “Street of Ships” — in securing New York's place as America's largest city and its rise to become the world's busiest port by the start of the 20th century. The centerpiece of the exhibition examines the life and current restoration of the 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; 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 with eye-popping adventure for children 6 years and older. Not recommended for children under 4.

Juggling: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; Mondays – Saturdays, Noon to 1 pm, Now – Thurs, Sept. 1; Free.

Test your coordination and dexterity with free juggling lessons in the park. All skill levels are welcome to join in the fun. Equipment is provided.

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; Tuesdays – Fridays, 2 pm; Free with museum admission.

Come every Tuesday and listen to the fanciful tales from “Elephants to Knuffle Bunnies.”



Photo by Randee Daddona

Feel-good rock band

The two-time Grammy award nominee and top local talent Brady Rymer and his band will be debuting his latest musical endeavor on June 12 at City Winery.

The indie rock sensation and his band the Little Band that Could will be releasing its latest album, *Press Play*.

Hailing from the North Fork of Long Island, Brady Rymer ven-

ured into family music with his CD *Good Morning, Gus* in 2000. Since then he has been wowing kids and their parents with fun, light-hearted and stomp-your-feet feel good songs.

Press Play release party, June 12 at 11 am. Tickets are \$15.

City Winery (155 Varick St. in the Financial District, www.citywinery.com).

Family Capoeira: Indian Road lawn, Indian Road and W. 215th Street; (212) 569–4112; www.nycgovparks.org; Wednesdays, 6:30 pm to 7:30 pm, Now – Mon, Aug. 29; Free.

Capoeira is a unique Brazilian art form that has evolved over centuries into an exciting combination of martial arts, dance, music, and acrobatics. Some of capoeira's benefits include strength, flexibility, stamina, overall fitness, and confidence. Benefits of capoeira for kids include promoting social interaction and sense of belonging, building confidence, discipline and self esteem, promoting a healthy lifestyle so children become active and healthy, and develop cultural awareness and tolerance. Wear comfortable clothing.

Cross-Stitch Circle: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873–3400; ny-

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.

Beginner Chess Social: Bryant Park, 40th Street Plaza; (212) 768–4242; <http://nycgovparks.org>; Thursdays, 6 pm to 8 pm, Now – Thurs, Aug. 25; Free.

Rubies learn how to set up the board, map out moves, and get handy tips.

Parent and Me Yoga: Abby's lawn at Fort Tryon Park, Margaret Corbin

Drive; (212) 795–1388; Saturdays, 9 am to 9:45 am, Sat, June 4 – Sat, Aug. 27; Free.

Join in for a fun class of easy positions, bring your own towel or yoga mat. The ground is sloped and there are uneven areas, rain or wet grounds will cancel the event.

Fly fishing: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768–4242; www.bryantpark.org; Saturdays, 10 am to noon, Now – Thurs, Sept. 1; Free.

Learn the basics of fly fishing for free with experienced instructors from Orris.

Summer sports: Chelsea Park, W. 28th Street and 10th Avenue; www.nycgovparks.org; Saturdays, 10 am to 6 pm, Now – Sat, Sept. 17; Free.

Kids will take part in a softball program! They'll learn everything there is to know about softball and how to play.

Macy's story time: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873–3400; nyhistory.org; Sundays, 11:30 am, Now – Sun, June 26; Free with museum admission.

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

Printmaking workshop: Museum of Modern Art, 11 W. 53rd St. between Fifth and Sixth avenues; (212) 708–9400; 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' innovative works. The exhibit- “Edgar Degas: A Strange Beauty” is now on view.

Coyote Pups: Indian Road Lawn, Indian Road and W. 215th Street; (212) 569–4112; www.nycgovparks.org; Tuesdays, 6 pm to 6:30 pm, Now – Wed, Aug. 31; Free.

Music is used as a vehicle for kids to learn about the world around them. Hank's energetic approach and commitment to engage each and every child in class creates an atmosphere where singing and moving become essential elements of life. Hank's intention is to help kids and parents embody the music learned in class so it can be easily translated to experiences out in the world. For families with kids ages infant to 6 year olds.



HEALTHY LIVING

DANIELLE SULLIVAN

ID'ing a different type of food allergy

Feeding your baby solids for the first time can be a nerve-racking time if allergies run in your family. New moms and dads look out for the typical allergy signs of rashes and itches when introducing new foods, but not all food allergies present the same way, and some are very difficult to diagnose. One very specific type of food allergy, food protein induced enterocolitis syndrome, affects the gastrointestinal system and can cause severe distress in babies and children.

Dr. Purvi Parikh, an allergist and immunologist with Allergy and Asthma Network (www.allergyasthma-network.com), filled us in on this not widely known syndrome:

What exactly is it? How does it differ from a typical food allergy?

Food protein induced enterocolitis syndrome is a food allergy that involves the gastrointestinal tract and leads to profound vomiting, diarrhea, lethargy, and dehydration. The child may have a low blood pressure as a result of her symptoms, and often the allergy is misdiagnosed as an infection or sepsis.

This is different from typical food allergy in that there is not usually rash, hives, or breathing abnormalities. Also, typical food allergies occur within an hour of eating, while food protein induced enterocolitis syndrome is a delayed food reaction that can occur hours after ingesting the allergen.

How common is it?

Food protein induced enterocolitis syndrome is overall a rare disease. Exact worldwide incidence is unknown, but some studies have pointed around .35 percent incidence. But it is on the rise as all allergic and immunologic conditions are.

What should parents be on the lookout for?

Initial symptoms are vomiting, diarrhea, and lethargy within a few



hours of feeding. Babies can also take on a pale complexion from dehydration. If symptoms persist more than a few days, likely it is not an infection and is a chronic condition that should be investigated.

How is it diagnosed?

Food protein induced enterocolitis syndrome is a clinical diagnosis. We do not have good allergy testing that is standardized for this syndrome since it is a delayed allergic reaction and most of our current allergy tests can only assess immediate allergic reactions. This is why clinical history is extremely important.

How is it treated?

Food protein induced enterocolitis syndrome is treated by avoiding

the offending allergen and usually all symptoms resolve. The good news is there is a chance your child may outgrow it after some years, but re-introduction of the food should be done in a supervised setting with intravenous access in the event another reaction occurs.

These reactions can be very severe and life threatening, so re-introduction should not be attempted without a doctor's guidance, preferably, a board certified allergist or immunologist.

For more information about the allergy, visit FPIES.org.

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.

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JUST WRITE MOM

DANIELLE SULLIVAN



Reaching the ninth inning of parenting

I've been a mother now for more years than I've not been a mother. While I don't consider myself old yet (and still feel about 25 on the inside), I know that the time in which my kids will need my hands-on mothering is quickly drawing to a close. Back when I was 20 and my oldest daughter was a newborn, I was a bright-eyed rookie marveling at this new role of mother. I recall saying "my daughter" and having it sound so fantastically novel. Ten years later, hearing myself utter the words "my son" also sounded peculiar to me after 10 years of mothering two girls, but I was still so eager to learn all I could, firmly implanted in the batter's box.

This month, that baby boy will graduate from middle school and head off to high school, and I am feeling for the first time in 23 years that my mothering is taking a backseat to my life. Even writing that feels bizarre, honestly.

For 23 years, I proudly wore the uniform with capital MOM on the back. It was my heyday, collecting runs in the form of sweet milestones, homers made up of achievements, and grand slam memories of laughs and love.

Of course, I was also the wife and daughter, writer and editor, friend

and dog owner, but my daily schedule revolved around when I had to drop off or pick up kids, take them to a doctor or a practice, or help with homework or make dinner. Of course, my youngest still has the dreaded teen years to get through before heading to college, but it still is a different era for me. Now if I'm not there, each of my kids can handle things themselves.

It's not that I didn't know this was coming; yet it still feels surreal. I've watched countless movies with the mother wondering who she is after raising a family. I always thought I would not even notice when the time came, because I would be so thrilled to have the long-awaited independence that I hadn't had since I was practically a kid myself.

It's true, the freedom alone is amazing. I can barely remember the days when I couldn't shower, sleep at night, watch my favorite show, or even read a book whenever I wanted. At the time, I thought those long, busy days would never end. But I was so completely enthralled and fascinated by these little people that I gave it my all, and reveled in it — even the mess. And when I was overwhelmed, I cried and confided in friends and wrote out my feelings, and then recouped and

started all over again. That's what moms do.

I suppose if I had had a single adult life before marriage and kids, I would not find this feeling so foreign, but I didn't. I married young, and had my babies young, and I am for the first time finding out what it means to be me, without the uniform.

Of course, I'll always be a mother and my teenage and adults kids still need me, just as I need them, but this third shift of parenting, this breezy ushering into managing rather than playing is supremely satisfying. It has arrived so swiftly, and so sweetly, it feels like a TV series medley in which they play a heartfelt tune while showing how all the characters have grown. Now it's time for me to coach and advise, knowing my players won't always take the advice, and that is absolutely fine. I'll never retire my number, and I'll proudly enjoy watching my rookies take their place in the dugout, knowing I'll be right on the sidelines when they need me.

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.

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• TEEN TRAVEL & COMPASS •

DAY TRIPS, OVERNIGHTS, AND A WEEK LONG ADVENTURE

FOR YOUNG ADULTS AGES 12-14

- Traditional day camp for kids ages 5-11
- 8:30am-5:30pm with extended hours available
- Beautiful outdoor facilities & ample indoor space
- Sports, Visual & Performing Arts, & Outdoor Adventure
- Red-Cross Swim Instruction
- Low Ratios with Mature Staff
- Flexible enrollment for 2-8 weeks
- Hot Lunch & Transportation options available

Join us at our last info sessions before summer!!!

Central Park • June 8th & 22nd • 6:30PM • The Mandell School

Downtown • June 8th • 6:30PM • P.S. 110

OASISCHILDREN.COM

CP: (646).698.1800

DT: (646).519.5057



oasisdaycamps

HUDSON RIVER PARK PRESENTS

SUMMER OF FUN 2016

MOVIES, MUSIC, MAGIC AND SCIENCE FUN FOR KIDS

HUDSON RIVERFLICKS
PRESENTED BY
VIACOM

MOVIES
MUSIC
MAGIC
FISHING
SCIENCE & NATURE



JUNE 6
HUDSON RIVERKIDS
STORY PIRATES
6:30-7:15PM, PIER 62
FREE



JUNE 13
HUDSON RIVERKIDS
RAMBLIN' DAN & THE FREEWHEELIN' BAND
6:30-7:15PM, PIER 62
FREE



JUNE 20
HUDSON RIVERKIDS
CITY STOMP
6:30-7:15PM, PIER 62
FREE



JUNE 27
HUDSON RIVERKIDS
PENNY JONES & CO. PUPPETS
6:30-7:15PM, PIER 62
FREE



JULY 8
HUDSON RIVERFLICKS
MINIONS PG
DUSK/8:30, PIER 46
FREE



JULY 11
HUDSON RIVERKIDS
THE POP UPS
6:30-7:15PM, PIER 25
FREE



JULY 15
HUDSON RIVERFLICKS
THE PEANUTS MOVIE G
DUSK/8:30, PIER 46
FREE



JULY 18
HUDSON RIVERKIDS
MISTER G
6:30-7:15PM, PIER 25
FREE



JULY 22
HUDSON RIVERFLICKS
SHAUN THE SHEEP
PG
DUSK/8:30, PIER 46
FREE



JULY 25
HUDSON RIVERKIDS
MIL'S TRILLS
6:30-7:15PM, PIER 25
FREE



JULY 29
HUDSON RIVERFLICKS
KUNG FU PANDA 3
PG
DUSK/8:30, PIER 46
FREE



AUG 1
HUDSON RIVERKIDS
STORY PIRATES
6:30-7:15PM, PIER 25
FREE



AUG 5
HUDSON RIVERFLICKS
PENGUINS OF MADAGASCAR PG
DUSK/8:30, PIER 46
FREE



AUG 8
HUDSON RIVERKIDS
KID ACE
6:30-7:15PM, PIER 25
FREE



AUG 12
HUDSON RIVERFLICKS
GOOSEBUMPS PG
DUSK/8:30, PIER 46
FREE



AUG 15
HUDSON RIVERKIDS
ROLLIE POLLIE GUACAMOLE
6:30-7:15PM, PIER 25
FREE



AUG 19
HUDSON RIVERFLICKS
THE PRINCESS BRIDE PG
DUSK/8:30, PIER 46
FREE



JUNE-SEPT
HUDSON RIVER
NATURE WALK
SUNDAYS, 9-10AM
CHRISTOPHER ST
FOUNTAIN FREE



JUNE-AUG
BIG CITY FISHING
MULTIPLE DAYS
MULTIPLE LOCATIONS
FREE



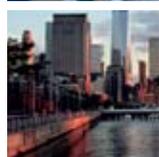
JULY & AUG
RIVER RANGERS CLUB
MONDAYS, PIER 25
THURSDAYS, PIER 46
**



JULY & AUG
POP UP MAKER SPACE
SUNDAYS, PIER 84
THURSDAYS, PIER 25
FREE



JULY & AUG
SHELL-EBRATE OYSTERS
SUNDAYS, 4:30PM
PIER 25
FREE



JUNE 15 & AUG 15
SUNSET PARK CRUISE
6-7:30PM, PIER 62
**



JUNE 21 & AUG 2
WATERFRONT WALKING TOUR
6:30-7:30PM, PIER 62
**

Get the app!

Hudson River Park



Details, more events, updates and **costs:

HUDSONRIVERPARK.ORG



Hudson River Park

Hudson River Park Trust

Andrew M. Cuomo, Governor

Bill de Blasio, Mayor

Gale A. Brewer, Manhattan Borough President

Diana L. Taylor, Chair

Madelyn Wils, President & CEO