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Summer in the city

Summer fun is happening all around New York. The beaches have been really friendly this year with great weather overall. Not too hot and steamy, but just hot enough to make being at the beach simply delicious. The beach is great for everyone in the family, but especially for kids. It's, after all, a really big sandbox, and what kid doesn't love the sandbox?



I was out at the beach last weekend as usual and was marveling at the amount of work and talent some of the kids had put into

building one of the most beautiful and intricate sand castles I had ever seen. Then there are the boogie boarders and even really young surfers. By the way, what's really changed is the number of adults who have gotten into the joys of boogie boarding. It's not just kids anymore, which makes trying to swim or take a dip sometimes fairly hazardous.

It's been a great summer for picnicking in the park and if one walks or drives by our parks on any weekend, you can see for yourself how

many families are taking advantage of our beautiful facilities and wonderful lawns. One doesn't even have to see it, usually you can smell the aroma of grilling going on.

New York City is wonderful in the summer. With lots of families going in and out of town on vacations and many of the kids away at sleep away camps, most of the neighborhoods are less crowded, and if you have a car, it's a lot easier to park and get around. Public transit is lighter, too, and that makes everyone happier who takes it on a daily basis. But watch out for the cyclists. They are everywhere.

Our calendar is full of wonderful ideas for you and your family, and

if you want to have an even greater expanded look around town for happenings beyond your own borough, log onto to our website, NY-Parenting.com, click on the calendar, and also sign up for our newsletters on the homepage.

Have a great August and happy Labor Day, too!

Thanks for reading.

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



AUG 15
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ROLLIE POLLIE GUACAMOLE
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AUG 19
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An online minefield

How to help your kids, tweens, and teens safely navigate social media

BY LISA BEACH

Think before you post. It seems like common sense, but a lot of kids, tweens, and teens just aren't heeding this advice when they use social media — and are getting themselves into trouble in the process.

Just ask attorney James Mueller, a managing partner with Verner Brumley McCurley Mueller Parker, a Dallas-based family law firm.

"Some of the things kids put online [are] going to affect them, because it doesn't go away," says Mueller. "It will follow them in life."

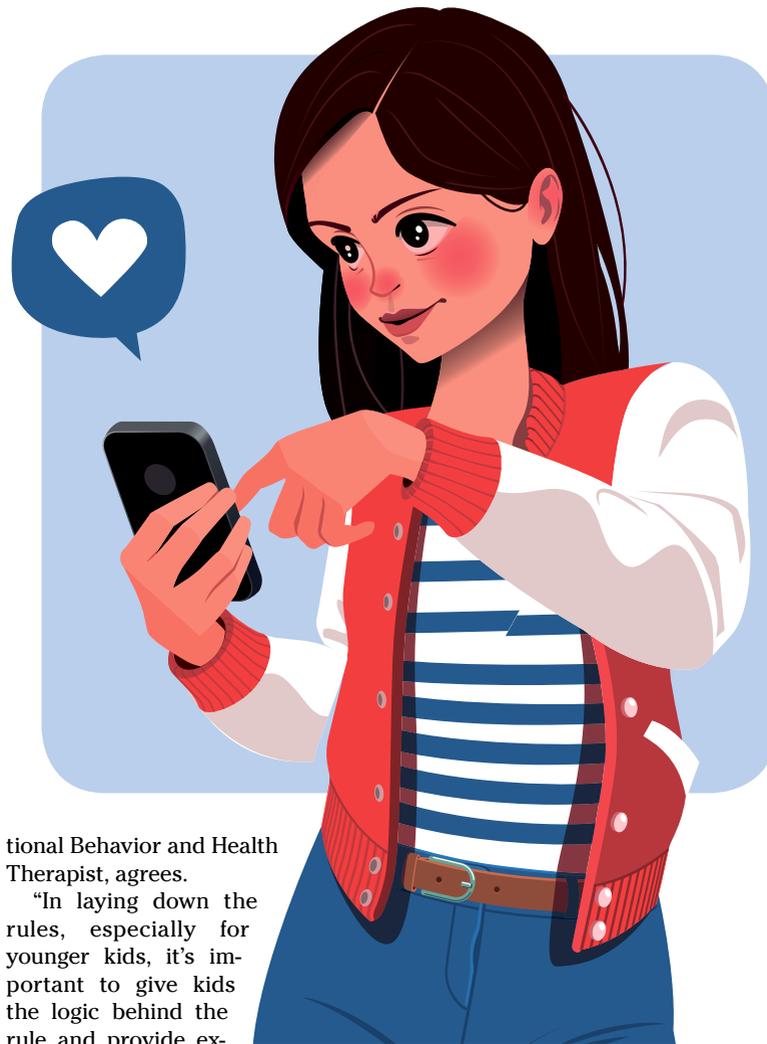
As a family lawyer, Mueller sees this at first hand.

"In one custody hearing, a daughter gave the judge all these reasons why she didn't want to live with mom. We found out that, when we checked the girl's Instagram account, she didn't want to live with mom, because dad allowed her to smoke marijuana and drink while at dad's house," recalls Mueller. "The next thing you know, she's kicked off her sports team, the judge has now seen all of this, and dad is in trouble. The sad part is it all came from an Instagram post."

Kids need to realize that these days, everyone looks at their social media activity, including teachers, coaches, lawyers, colleges, scholarship committees, and potential employers. Stories abound in the media about athletes getting kicked off teams, students losing their scholarships, and kids getting arrested for some of their questionable antics that got posted on social media.

"When any potential employee sends me a resume, the first thing I do is pull any social media accounts that I can," points out Mueller. "You can find out an unbelievable amount of information."

Mueller advises that parents, as the first line of defense, need to play an active role in their kids' online lives by providing age-appropriate limits. Dr. Sandy Gluckman, a Func-



tional Behavior and Health Therapist, agrees.

"In laying down the rules, especially for younger kids, it's important to give kids the logic behind the rule and provide examples that demonstrate the bad things that could happen," says Dr. Gluckman, who advises a collaborative approach, asking kids what kind of rules they could live with and then negotiate. "When you're a nurturing — rather than authoritative — parent, you're educating and empowering kids, which will help them learn to think things through themselves."

So how can kids, tweens, and teens engage online in a more responsible way? Here are some tips:

Think before you post. If you'd be embarrassed to show what you're going to post to your grandmother, then don't post it. If you'd be compromising your safety (such as posting where you'll be at a certain time or that you're home alone), then don't post it. If you'd be hurting or embarrassing someone else, then don't post it.

Assume what you post isn't private — even if you send a private message. Mueller points out that just because you intended something to be private when you sent it, doesn't necessarily mean the other person understands (or wants to adhere to) your intentions of keeping it private.

As he says, "You can only control

your action, you can't control other people's actions."

Realize what you post is permanent — even if you later delete it. Once you hit send, you create a permanent cyber-record of your words and images delivered via status updates or news feeds. Someone might have already saved or shared your post by the time you delete it from your account.

Be aware that your online activity affects your reputation. When you realize that other people besides your friends are checking out your social media accounts, you're more likely to do the right thing online.

With kids of all ages texting, exploring social media, and posting photos, parents can use these tips to help them navigate the use of social media in a safe, responsible way.

Lisa Beach is a freelance writer whose work has been published in dozens of print and online publications, including Brain, Child, Parents, Scary Mommy, Good Life Family, Calgary's Child, and Orlando Family. Check out her writer's website at www.LisaBeachWrites.com and visit her humor blog at www.TweeniorMoments.com.

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Nurturing nature's gifts

Encouraging
your children
to embrace
science and
the arts

BY CAROLYN WATERBURY-TIEMAN

Looking into a newborn's eyes, there is something ancient, yet completely innocent in his gaze. A hint of the divine lurks within the depths of those limpid pools. While utterly dependent upon us for their survival, they appear to have forgotten more than we will ever know. Like the energy stored in an object at rest, they

are a body full of potential. Within that miniature body, cradled in our arms, exists the potential for everything he will ever become.

Whether or not that potential is fully realized is primarily in our hands.

Like all of nature, our children are exquisite works of art and science. As members of the human race, their legacy is to become both scientists and artists. They are born to wonder, to want to understand and explain —

science. They are born to create, to want to express and communicate their experience — art.

From the beginning, infants use all of their senses to figure out what things are and how they work. When they do begin to talk, they start naming things. Their earliest attempts at conversation are filled with questions — what, how, and why. They replicate sounds and hum. Their bodies move rhythmically. Give a child a pencil, and he will draw. Provide music, and he will sing and dance. Listen, and he will tell you a story. That every human culture has art and science is not surprising. What is surprising is how rapidly the artist and scientist is socialized out of our children.

We take our young budding artist and scientist and say, "I can't look at that right now. I'm too busy." "I'm doing something. Be quiet." "Sit still." "Don't touch that." "Don't make a mess." "Stop asking so many questions." We put

As parents, we are responsible for making sure our children develop a healthy conscience, and setting a good example is the best teacher.

a screen in front of them to keep them occupied, so we can get back to our important work.

By the time children start school, science has become a dreaded subject that seems unrelated to their existence. Art has become something they cannot do, are not good at, or are not supposed to like because of their gender. They have learned to doubt or mistrust the artist and scientist within. Then we entice them with contests and trophies to get them enthusiastic about things for which they had a natural affinity.

How ironic that our children, as living experiments moving around in a veritable natural laboratory with science constantly going on inside and around them, are convinced science is something that is only relevant to people called scientists. How unfortunate that they become inhibited by the social definitions of art and the evaluative process, considering themselves unqualified to create a masterpiece on their life's canvas, assuming someone called an artist can do it better.

In our efforts to arbitrarily assign monetary value, we have treated art and science as mutually exclusive rather than inextricably connected. There is the anatomy, chemistry, and physics of visual art. The physics of musical sound. The anatomy of singing. The psychology of literature and theatre.

There is no inherent value of one over the other. Each is enhanced by an understanding of and appreciation for the other. Together they make us the unique creatures we are. Together they allow us, unlike any other creature on Earth, to understand, create, and assign meaning to our existence.

There is a science that is es-

sential and prerequisite to the practice of any other science or art — conscience. Just as biology is the knowledge of living things, conscience is the knowledge of the difference between right and wrong. The dictionary defines conscience as knowledge of one's guilt. I prefer to think of conscience as recognizing the implications of one's choices. Conscience should not just kick in after a poor choice has been made. A healthy conscience is proactive and serves as a guide when faced with challenging decisions.

Like all sciences, conscience is learned. It is learned by our children at our knees and elbows, in the back seats of our vehicles, and in our homes. It is learned by observing as well as listening because "while they may not listen to everything we say, they are watching everything we do." They are taking note of whether the actions match the words. Conscience reminds us that just because we can do something, doesn't mean we should.

As parents, we are responsible for making sure our children develop a healthy conscience, and setting a good example is the best teacher. When our children witness us using our perceptive skills and demonstrating empathy toward others in our decision-making and actions, they learn how to exercise conscience. When we express appreciation for their conscientious choices and institute related, reasonable consequences for their failures to do so, we help strengthen their conscience.

Jiminy Cricket told Pinocchio, "Conscience is that still small voice that people won't listen to." We must make sure our children not only hear and recognize that still small voice, but that they listen to it. Practicing conscience in art and science, in life, significantly increases the likelihood that our children will make worthwhile contributions to the world as they seek to fulfill their potential.

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

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JUST WRITE MOM

DANIELLE SULLIVAN

The Pokémon wave

Summer 2016 just got even more eventful with the new Pokémon GO App. And if you have a child, teen, or even young adult, you know what I'm talking about. My oldest and my youngest have been happily spending hours walking the city in search of Pokémon. The new app lets each user become a trainer and through his phone's navigation system and camera, shows him exactly where the creatures are hiding, so he can go catch them all. It also locates the PokéStops in your vicinity, which are center locations where users can gain helpful accessories, and Pokémon Gyms, where users can battle other Pokémon.

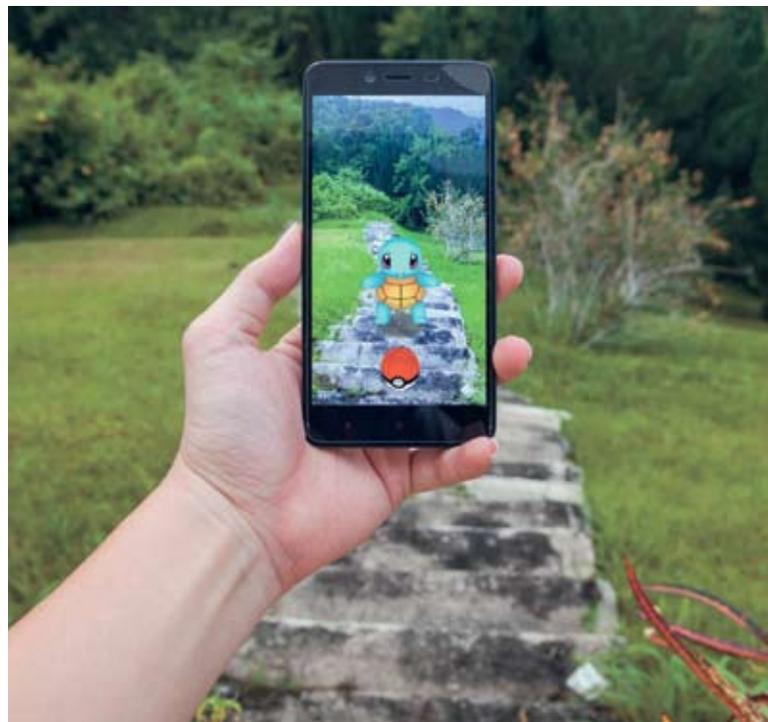
The game shows you real-life photos of key places, such as landmarks and businesses in your neighborhood, and tells you to go to them to collect more.

Yesterday, my son and daughter went to the local playground after seeing that the sprinkler area was a gym. When they got there, they saw people of all ages gathered with their Pokémon music blaring from their phones, trying desperately to acquire accessories while also grabbing that longed-for Eevee (a rare Pokémon species).

The day before, as my son and I were on the train crossing the Manhattan Bridge, the app located a live Pokémon in the train car that he could potentially catch.

The first time I tuned into the Pokémon craze was in the late '90s when my nephew, Mike, would collect the cards. He introduced my daughter Amanda to it, although at five years his senior, she didn't quite have the training abilities that he possessed. Mike was the most dedicated 10-year-old trainer you could ever find.

He'd keep every card in a plastic wrap, and buy scrapbooks in which he carefully organized each card according to its Pokémon group (water, air, or land). The fun back then was that you never knew which cards would be in a pack, so every time you purchased a pack for just a couple of bucks, it was like buying a lottery ticket. I remember those walks home from the store with him screaming, "I got a Charizard!"



It was nothing but fun. Later on, Mike got into the Gameboy games and had to have the Pokémon Yellow and then Pokémon Gold and Silver to catch the creatures on his Gameboy. Pokémon had become the dominant subject of many days back then, and birthday and Christmas gifts were easy — they were always a game, console, pack of cards, T-shirt, or accessory of some sort.

I even remember rewriting the popular 1999 Macy Gray song, "I Try" to be a Pokémon song, "I try to say goodbye to Machoke, try to walk away from my Squirtle, though I try to hide it, it's clear, my world crumbles when Pokémon's not here." Hey, it made the kids laugh.

I thought the allure had finally died down until my kids downloaded the app a couple of days ago, and it seems like everyone — adults included — are hunting Pokémon. Now they are hunting in groups and taking pics of the creatures, then Instagramming the photos, which show the Pokémon on the bus or in the car, or in my case, on my head in a Lower East Side Starbucks.

As a mom (and a worrier), I can see the potential pitfalls, such as not watching where you are going

when pursuing a Pokémon, and veering into the street, or walking into a high-crime neighborhood because a PokéStops exists there, but with a little common sense and awareness, the game can be loads of fun.

It will surely bring customers to many businesses, as users seem to gather wherever the Pokémon are. I'm seeing big marketing bucks for the creators here. Already, stores are putting up signs letting customers know that they are a stop. On another positive note, it also gets kids walking all over. If the kids are young enough, it gets parents walking with them, so the fitness component is a double win.

I would have never thought that nearly 20 years later, I'd still be thinking about Pokémon, but the saying "whatever is old becomes new again" sticks around for a reason. So if you see a group of kids or adults gathered around making gestures and posing for photos with things that aren't really there, rest assured ... and then watch out, because there just might be a Pikachu behind you!

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.

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Preparing for kindergarten

A teacher's advice for the big day

BY ALEXA BIGWARFE

The summer has passed by more quickly than you thought, and now you may be panicking because you are sending a child to kindergarten. Is he ready? Are you ready? Kindergarten is one of the largest milestones in a young child's life, and you want to ensure you and your child transition smoothly.

Kindergarten teacher Summers McBride graciously answered some questions about preparing for the big start to school. She offers important insight and suggestions for making the jump to kindergarten:

What are the *most* important things a parent can do to prepare her child for kindergarten?

Before school begins, you could visit the school and take a tour — visit the important places: kindergarten hall, cafeteria, etc. Practice getting in and out of car seats, so that the car line will be less stressful when starting your day, or visit the bus stop and talk about the procedures for riding a bus.

Have your child practice writing his name with a pencil. Practice counting objects and counting aloud. And most importantly, read books daily and ask questions as you read the books. There are simple things you can do to help develop pre-reading skills while reading together — point to each word on the page as you read, have your child point to the words as you read, ask him how many words are on a page.

Where do you see parents putting a lot of unnecessary effort?

I think we are all guilty of this, but worrying too much about things that don't truly matter — things like having to have the perfect outfits, shoes, hairstyles, lunch boxes, and sparkly school supplies.

Additionally, do not panic if your children do not know their letters, numbers, or are not reading. Children will be assessed prior to school and placed appropriately. There is a large variation in skill level for children entering school for the first year, but by the end of the year, your child will be caught up to where he needs to be to enter first grade.

Do you have any advice or tips for a first-time kindergarten parent?

Trust and talk with your child's teacher often. We love your children just like they are our own, and we truly want the best for each and every child in our classroom.

Keep the morning goodbye short, sweet, and positive. Some students are very anxious the first few days,

and it is very encouraging for the students if you remain calm and upbeat. The children are able to sense when a parent is stressed or sad.

Can you recommend any good books that can help prepare mom and dad for the first week?

The best children's book I know is "The Night Before Kindergarten." Otherwise, I think books for parents would vary depending on the kind of child.

What are some great ideas if parents want to bring in a gift for the teacher the first week?

The biggest gift is having support and knowing that you have parents to help you. But for the parents who aren't able to help out in class, I know they like to show their support and love other ways. So for me, the worst part of preparing for my day is making lunch. When a parent offers to bring me lunch that is a wonderful gift. Coffee is great, too!

As far as a present, I can't speak for all teachers, but things we can use in the classroom are very helpful: pens, stationery, tissues, Clorox wipes, hand soap, etc.

Any other tips or pointers for moms and dads?

Just try not to worry, and if you have any questions, thoughts, or concerns, feel free to talk to your child's teacher. I am huge on communication and being on the same page with parents, so that things are kept consistent for children. Having great communication helps everyone involved.

Other tips for once the school year starts:

Bring a snack when you pick your child up from school. Many of the kindergartners eat lunch very early, so by the end of the day, they are very hungry.

Be prepared for homework. Yes, in kindergarten. Many schools give daily homework, even to the kindergartners.

Plan for rest time. School is going to wear them out. Especially those children who have never been in an all-day program or are still used to taking a nap.

Good luck as you begin this very exciting and sometimes scary adventure into education. Remember these tips and try to enjoy it!

Alexa Bigwarfe is the mother of three young children and a freelance writer. She writes about her experiences as a mother and is particularly familiar with this topic as she prepares her middle child for kindergarten in the fall.



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ADULTS



Education

DIRECTORY

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111 Washington Place, NYC 10014
212-243-5420

www.academyofsaintjoseph.org
Head of School – Angela Coombs

A private, co-educational Catholic, PreK3 to Eighth Grade School located in Greenwich Village: currently holding provisional membership with the NYS Association of Independent Schools. Our school fosters the intellectual, spiritual, social, emotional and physical development of students while instilling in them the highest standards of character, competence and compassion in a joyful, welcoming community. The Academy creates a strong foundation for students to become life-long learners, responsible citizens, and effective leaders as they embrace and improve the global society. A warm welcome is extended to all families to come and visit our school.

AltSchool East Village

1 Avenue B, NYC 10009

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AltSchool Brooklyn Heights

212 Hicks Street, Brooklyn 11201

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21 South End Avenue, NYC 10280
212-235-2300

www.batteryparkmontessori.com

Tucked away on the Hudson River with a garden terrace in South Battery Park City, the location is a perfect setting. Offering a modern Montessori education where students practice math, language, music, science and art in an individualized, child-centric elementary school preparatory program. Certified Montessori teachers spark individual passions and foster a life-long love of learning. Our children cultivate their curiosity to know more and the confidence to ask meaningful questions, while develop-

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241 Water Street NYC 10038

212-228-6341, www.blueschool.org

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The British International School of New York (BIS-NY)

20 Waterside Plaza, NYC 10010

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

We proudly offer children aged 3-14 a challenging curriculum which combines the inquiry based, child centered philosophy of the International Baccalaureate Program with the rigor of the English National Curriculum; a powerful combination that sets it apart from other NYC schools. In a bright, happy and nurturing environment, students develop a genuine love for learning. BIS-NY cultivates individual enrichment in music, science, the arts, world languages, drama and athletics. Taught by a highly qualified international faculty, learning is reinforced by superior technology and facilities which include an onsite swimming pool, at the school's stunning waterside campus at E. 23rd St. Our curriculum has been chosen for its high standards of excellence and its portability, preparing children for their next stage of schooling, and our graduates have enjoyed great success at many of the leading private schools in Manhattan, Europe and across the globe. More than a school; it's an education.

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Continued on page 16



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Wed, Jan. 18th 2017@5pm:7pm
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Education

DIRECTORY

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301 Henry Street, NYC 10002
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www.henrystreet.org

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La Scuola d'Italia

12 East 96th Street NYC 10128
212-369-3290

www.lascuoladitalia.org

A well-established English and Italian bilingual multicultural school (Pre-K-12). Our children learn in Italian and English through the 12th grade. French is introduced from 6th grade as the third language and Latin is taught in grades 9-12. Our school, deeply rooted in the European classical tradition, offers a strong foundation in liberal arts, mathematics and science as well as an in-depth study and appreciation of American, European and Italian civilization and culture. Its curriculum fosters intellectual stimulation and personal growth and is open to innovation and to new technologies. Students receive a thorough multicultural and multidisciplinary education, developing the international understanding and openness needed to become productive and ethical participants in the ever more integrated world we live in. A variety of opportunities for expression in the fields of art, drama, and music complement this rigorous program.

The Montessori School of New York International

347 E. 55th St. - Sutton Place, NYC

10022, 212-223-4630

www.montessorischoolny.com

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25 Pine St, NYC 10005, 212-235-2300
www.pinestreetschool.com

For kids who want to make their mark! At New York City's only Spanish and Mandarin immersion Preschool-5th grade IB World School, even the youngest students make amazing experiences happen every day. Part of a 5,000-school strong world class network, Pine Street School in FiDi inspires critical thinking and creative discovery to nurture academic resilience in young problem solvers with a passion for doing big things. Students develop the knowledge, leadership skills and character building behaviors that will shape the next generation of global thinkers and change makers. Visit us to learn more about our inspiring international educators

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27 North Moore St NYC 10013
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Continued on page 18



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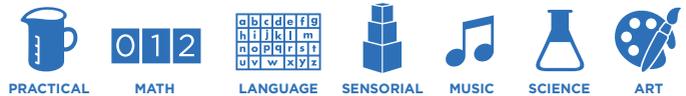
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TOURS: September 21 & 28,
October 5 & 12 from 9:30-10:30am

OPEN HOUSES: September 27
and October 20 from 5:30-7pm



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www.bis-ny.org

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at 6pm

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PRESCHOOL TOURS, Tuesdays from 9:30-10:30am

ELEMENTARY TOURS, Thursdays from 9:30-10:30am

OPEN HOUSES, September 29 and October 13 from 5:30-7pm

25 Pine Street | New York, NY 10005
212.235.2325 | PineStreetSchool.com



Education

DIRECTORY

Continued from page 16

eracy and math skills, but with portfolios of their own work that are tangible demonstrations of their thinking, creativity, and innovation, which they can share with colleges to which they apply, future employers and the world.

St. Brigid School

185 E. 7th Street, NYC 10009
212-677-0105

www.stbrigidsschoolny.com

Since 1856, our school has been an integral part of the East Village through its emphasis on a complete education. Located at the corner of Tompkins Square Park, SBS provides its students from Pre-K through 8th grade with a safe and welcoming learning environment, where every child is given the opportunity to reach his/her potential and become critical thinkers and impassioned members of the community. Our Early Childhood Program accepts children age 2, 3 and 4 with student-teacher ratios maxed at 9:1. The Pre-K curriculum focuses on literacy, math, values, and classroom preparation. Our center based instruction fosters the important early development of math and literacy that is supported by continual feedback and exchanges with the teacher. Through play in areas like the block center, art center, and the sand table, learning is thus both communicative and explorative and builds a strong foundation for critical thought. St. Brigid School is also a NYC Dept of Ed PreK For All site.

Transfiguration School

10 Confucius Plaza, LL, NYC 10002
212-431-8769

www.transfigurationsschoolnyc.org

Since 1832, our school has provided

educational excellence to successive waves of immigrants.

Rooted in the Catholic tradition, we nurture the mind, body and spirit in a family-centered environment to develop thoughtful and responsible learners. Today, the Transfiguration School remains vested in educational excellence in the youth, and is the only Catholic parish-based school in Lower Manhattan south of Houston Street. We are a school with three campuses ranging from pre-K3 to Grade 8. Call to schedule for a tour of our campuses.

The Weekday School

490 Riverside Drive NYC 10027
212-870-6743, www.wdsny.org

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

In addition, "Side by Side at Riverside" is a program providing a 90 minute introduction to the preschool experience for very young children accompanied by an adult. Skilled Early Childhood educators guide the children through music, movement and art activities and a circle time with songs and stories. Classes are scheduled on Tuesday and Thursday mornings and on Wednesday afternoons.



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Lauren Trueax (212.253.1595
or LTrueax@HenryStreet.org).



The Weekday School

at Riverside Church



A Progressive, Independent Early Childhood School for Children Ages 2-5 is Located on the Upper West Side at the Iconic Riverside Church.

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- ✓ A diverse inclusive community committed to understanding, sharing and respect
- ✓ Active parental involvement
- ✓ A variety of school-year and summer programs
- ✓ Multiple after-school enrichment activities
- ✓ Family style lunches prepared on-site
- ✓ 86 year history

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 490 Riverside Drive • New York, NY 10027 • 212-870-6743
 E-mail: info@wdsnyc.org • www.wdsnyc.org

"Side by Side at Riverside" next session starts October 2016. Registration Begins in December.

A weekly 90-minute introduction to the pre-school experience for toddlers and their grown-ups.

- Children 16 months to 2½ years old • Morning and afternoon classes available

For more information or to enroll contact Ms. Tricia Pool: tpool@wdsnyc.org



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- ✓ Grades 3 - 8 an average of 72% passed NYS ELA test and 85% passed NYS Math test in 2014-15
- ✓ 97% passed Regents Algebra I
- ✓ 81% of 8th graders were accepted to a Specialized High School in 2015-16. Additionally, three 6th graders were accepted to Hunter High School.

Early Childhood Campus (Pre-K3 to Pre-K4)
 10 Confucius Plaza, LL, New York, NY 10002
 212-431-8769

Lower Campus (Kindergarten to Grade 3)
 29 Mott Street, New York, NY 10013
 212-962-5317 / 212-962-5265

Upper Campus (Grade 4 to Grade 8)
 37 St. James Place, New York, NY 10038
 212-267-9289

www.TransfigurationSchoolNYC.org

"Free Me: The Game" creators Jose Pablo Cantillo and Jeff Levine.



Photo by Robert Chong

Taking it offline

New game encourages social media detox

BY LAURA VAROSCAK-DEINNOCENTIIS

It all started with a father taking a peek at his 9-year-old daughter's open diary: "My Dad is always on his phone every min. of every second, it is so annoying, he can't even look at anything besides his phone. I wish he could just play with me."

Jeff Levine, (a.k.a. "annoying dad") rushes off to catch an early flight to New York, but he cannot escape the sting of his child's words. On the plane, he joins his close friend and business partner Jose Pablo Cantillo (best known for his acting roles on "The Walking Dead" and "Sons of Anarchy") who immediately senses something is wrong. Jeff confesses his

indiscretion, and both men acknowledge their excessive use of popular technology platforms, despite their efforts to keep it at a minimum, especially around their families.

They also understand the damage social networking sites cause by creating a false sense of connection that fools people into believing they are more connected than ever before. They realize that being on their phones for "every minute of every second" encourages those around them to do the same.

Comedians at heart, Jeff and Jose also poke fun at the extremes of social media mania. By the time the plane lands, they challenge each other to live without their digital devices for as long as possible.

They can only bear to abstain for a couple of days, but this newly found freedom opened their eyes to the constant addictive pull of social networking sites around them. They stop to watch a mother in a playground. She holds coffee in one hand and her cellphone in the other. While simultaneously texting and conversing on speakerphone, she kicks her baby back and forth on the swing! This image perfectly illustrates the ridiculous lengths people will go to feed their insatiable social media appetite.

The trip becomes the impetus for a brilliant idea: a new, groundbreaking card game that aims to change the way people view their online identities. Jeff and Jose brainstorm

Each card depicts a funny scenario that illustrates how ridiculous and out of hand social media postings can get.



on their flight back from New York to Los Angeles. Inspired by their heightened awareness, they apply their sharp wit and dedication to family to create “Free Me: The Game,” which emerged after 11 months of development.

Designed with teenagers and young adults in mind, players from all walks of life are enjoying this entertaining card game. Its goal is to bring people together to form authentic connections through laughter. Finding humor in social media creates a feeling of camaraderie, which cannot be duplicated through a screen.

In this fast-paced card game, the first person to lose all friends and followers is the winner. The first and most important rule is to put away all cellphones and electronic devices. There are different categories of cards that you can give, take, or swap with other players. Dare cards challenge players to perform silly tasks in front of the group. If a phone card is selected, players engage in “hashtag battles.”

Each card depicts a funny scenario that illustrates how ridiculous and out of hand social media postings can get. One card shows a man standing in front of a machine in his underwear. A bright orange liquid squirts out, splattering his face. The caption reads: “Spray tan malfunction ruins your selfie photo session.”

Another card displays a couple sitting at a romantic dinner table. Both of them stare at their phones with smiles on their faces. The card reads, “You post how great your date is going. Your date does the same. You haven’t actually spoken.” This absence of intimacy in today’s culture is exactly what the game aims to highlight.

The card in the last example reminds me of a recent news story about a couple who just got married. As they entered the reception for the first time as man and wife,

the bride had her phone in hand and frantically began posting. Annoyed, the groom asked her to put the phone away, but she refused. An argument ensued, and the groom walked out on his bride. A few days later, he filed for divorce.

After playing “Free Me,” I strongly support the game’s mission. Everyone who participates enjoys spending meaningful offline time with family and friends. The game does have an ingenious hook: It ends with the loser posting penalty tasks to their real social media pages. Even if younger generations miss the satire behind the game, at least they will spend less time online and become more mindful of what they post on social media sites.

As a writer, educator, psychology student, and mother, I appreciate this game on many different levels. The intelligence behind its design will raise awareness about the social media epidemic in our country and serve as an enticing alternative to digital devices as the primary means of relating to others. The game also supports the serious problem of cyber-bullying by donating \$1 of every online purchase to anti-bullying organizations.

“Free Me: The Game” has much to offer the millions of people who remain isolated from the outside world and disconnected from face-to-face human interaction. Although the development and growth of social media are amazing technological achievements with many benefits, their overuse is tearing apart the precious gift that created them in the first place: a joining of hearts and minds.

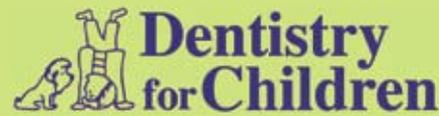
Laura Varoscak-DeInnocentiis is a teacher, freelance writer, and mom living in Brooklyn. She is an award-winning contributor to New York Parenting and a member of the Parenting Media Association, and she has a master’s degree in clinical psychology.

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FABULYSS FINDS

LYSS STERN

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The lazy days of summer are here. Whether your kids are away at camp, you're relaxing at the beach, or you're at home with the little ones, I have many fabuLyss finds for you and your family. From toys for the parents, to an in-house veterinarian, to clothes for your kid, to gift ideas, we've got it all covered! Unfortunately, the summer is slowly ending, but these things should brighten your August before back-to-school madness begins!

On-call pet doctor

If you're a Diva Mom out in the Hamptons for the summer and have a pet, you will want to read about this fabuLyss find! Dr. Cindy Bressler is the city's best house-call veterinarian. She is available for routine and emergency vet care 24 hours a day, seven days a week! You can't beat those hours! Dr. Bressler has been a veterinarian for 22 years. She truly is the best, and after the summer, she will be back in the city to continue care of your animal.

Call or text her at (631) 255-8556.

Toys for parents

I want to share with all of you a new fabuLyss find. N+B toys for parents. That's right, toys for you, not your child! There are three different kits I want to discuss: The Posi-Tokens, Doin' Time, and Meal Wheel. I'm obsessed with all of them. The Posi-Tokens is a great reward system for your children. This toy is to motivate good behavior. Every time your child does a chore around the house, homework, or gets a good grade, give him a token. When your child gets a certain amount of tokens, reward him. Say, a special

treat or extra TV time! Also, if he misbehaves, you can take away tokens just as fast as you gave them out!

To keep you and your kids on the punctuality track, check out the Doin' Time clock. It comes with magnetic tags for visual reminders of what needs to happen — and when. Never be late to soccer practice again!

The third toy is the Meal Wheel. This toy provides ways to interact at the dinner table, and it also encourages those stubborn kids to eat their meal!

Check out www.nplusbtoys.com.

Cute picks

The clothing company kidpik (pictured) is fabuLyss and helpful. With this company, you do not have to leave the house to go shopping with your little girl, sized 4-14! (My BlakeyBleu is going to love shopping with me for nursery school!)

How does it work? First, you head over to its website, www.kidpik.com, and create an account. From there, you will create your girls' style profile. It only takes a few minutes to complete and helps the stylist personalize your daughter's unique style! After you complete your profile, you select your frequency. You can choose from a one-time trial box, one box per season (four per year), or two boxes per season (eight per year). There is no commitment of any kind, so you can pause or cancel your membership at any time!

Next, you will receive a personalized box of five to seven items. This will include choices of tops, bottoms, dresses, layering pieces, shoes, and accessories designed to complete multiple outfits! Each box is around \$100 total, but if you keep the entire box, you will receive a 30 percent discount. Not bad, right? You will only be charged for the items you decide to keep after you receive your box. You have seven days to decide which items you would like to keep, and then you ship back the items you do not want. Bonus? Shipping is free both ways!

So if your daughter hates to go shopping, check out kidpik to have your items sent directly to you! I know I will be using it all year long.

Gift-giving solved

Ever struggle over what gift to give? I think I found our answer. Caroline Eva Gifts is a personalized gift business founded by Caroline Altman, a busy mother of three girls. Altman often faced the challenges of finding the perfect gift to give to her own friends or friends' children for birthdays and other celebrations that would be appreciated (and not returned).

Responding to that need, she developed a highly customized line of fabuLyss luxury products that are ideal for busy mothers or corporate clients seeking something special in a selected price range and knowing that the gift would be fashionable and "just right." She works one-on-one with clients selecting the perfect gift for friends, family, bar or bat mitzvah favors, or corporate clients.

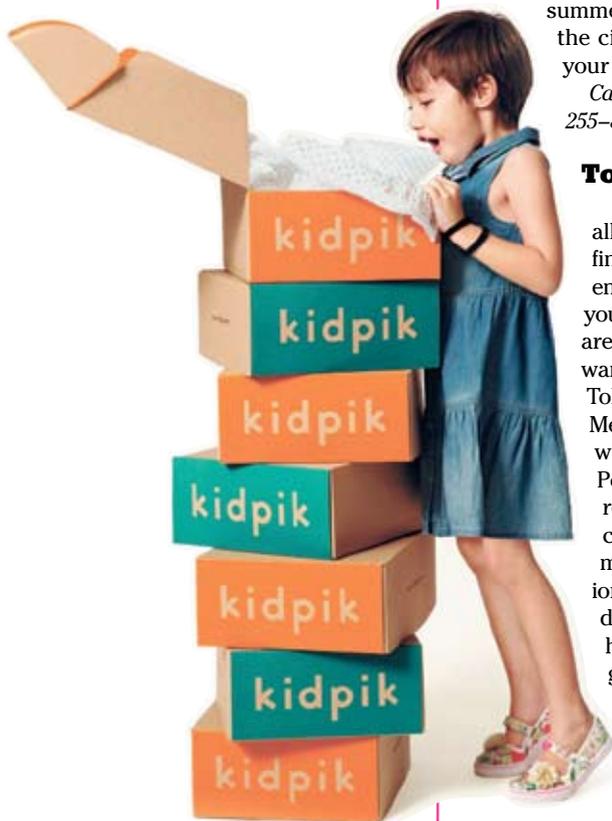
Check it out at www.carolineeva.com/

Capture the moments

If you're searching for a photographer, look no further than Heidi Green. Known by many as New York City's "mom-a-razzi," she is called upon by fabuLyss, in-the-know moms, as well as top event planners and party venues to capture their fun. Her repertoire includes mitzvahs, weddings, showers, baby namings, engagements, and corporate events. Definitely book Green for a beach family photo shoot while the weather is still nice!

Whether it's a portrait session or special celebration, Green approaches each shoot with a unique blend of perfectionism and passion, and it shines through in each and every photo. Her style has been described as vibrant and colorful, candid, and unique. She and her team of talented photographers keep it friendly and stress-free while capturing every detail of your event from start to finish. At the end of the day, you feel as if you've made a new friend, and have gained the most special photos to treasure. Check her out at www.heidigreen.com and contact her at Heidi@heidigreen.com.

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





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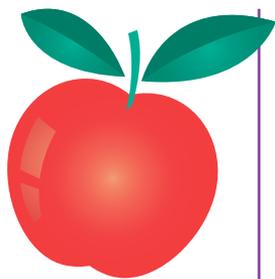
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DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

How to support your child in school

Dear teacher,

The new school year has started. In the past, I have always been involved in my children's education by communicating with their teachers, attending parent-teacher meetings, being a room mother, going to school events, visiting their classrooms, and so on. Is there anything else parents should do to be involved in their children's education?

Dear parent,

You are being an involved parent. You know what is happening at your children's schools and have the information to have meaningful conversations with them about what is going on at their schools.

There is one more thing about being involved in children's education. Parents need to be involved at home as well as at school.

They can do so much at home to ensure their children's success in school. On the non-academic side, they can teach them patience, responsibility, and respect for others — all traits that will enhance their education.

Another area in which parents should be involved with their children's education, especially in the early grades, is their homework. This will give them an opportunity to expand the curriculum through related learning activities at home even if it is just a dinner table conversation.

Finally, it definitely helps if parents read daily to their children. They should also go beyond reading with younger children to ask questions about what is happening in the story. With older children in grades five and beyond, discussions can include who the author is and the author's point of view.

Finally, let your children see that you are excited about what they are learning. This will make them even more eager to learn and to share what they are learning with you. This is true at any grade level.

**Teaching to the Common Core standards****Dear teacher,**

So many people I know are upset about Common Core. They think every teacher will now be forced to teach in the same way. Is this true?

Dear parent,

That is definitely a misconception. Teachers will continue to devise their own lesson plans and adjust the curriculum to the individual need of students in their classes. The standards do establish what students need to learn as Common Core is a clear set of shared goals and expectations for what knowledge and skills will help students succeed, but they do not dictate how teachers should teach. Instead, schools and teachers will decide how best to help students reach the standards.

Finding reading apps for preschoolers**Dear teacher,**

There are times when we are waiting on the sidelines of a soccer game or at a doctor's office that I would like to have my preschooler be able to pick up some reading skills on my cellphone rather than just play games. What should I look for in se-

lecting appropriate apps for her?

Dear parent,

It can be a daunting task to find appropriate educational apps for preschoolers. If your child is just being introduced to reading, search for apps that have a limited amount of text, quality narration, as well as word games to reinforce the learning of new words. One very helpful website with well-vetted apps is commonsensemedia.org.

Your preschooler might enjoy our Skinny Books — Word Family Readers available in the App Store. They have amusing rhyming word stories, like "Mox the Ox," "The Cub in the Tub," and "The Crab Who Ran Away." Then there are fun games to play with the words they have learned to read. Plus, there is accompanying narration so they can read these books without adult help. And this app will truly put young children on the road to reading as they will learn more than 200 rhyming words and 36 of the most basic sight words.

Parents should send questions and comments to dearteacher@dearteacher.com or ask them on the columnists' website at www.dearteacher.com.

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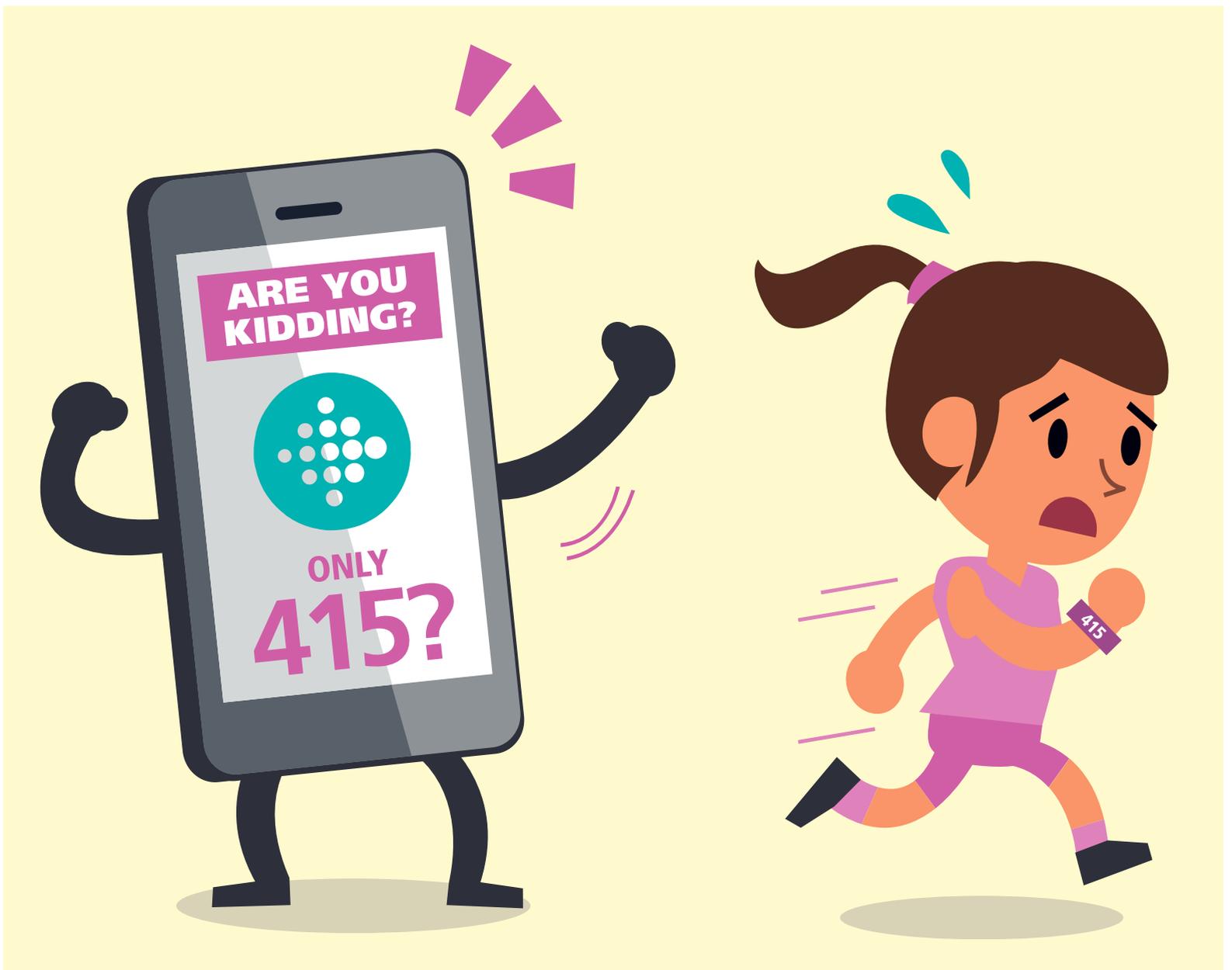
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Fitbit to be tied

A device that tracks all my fitness activity? No thanks!

BY LISA A. BEACH

Tapping into the latest trend, my well-intentioned husband recently bought me a Fitbit, one of those omnipotent fitness-tracker wristbands that works with your smartphone. The Fitbit monitors your every move (literally) with a built-in navigation system and loads of features, mak-

ing it a top-seller that (supposedly) fits every lifestyle.

That is, every lifestyle but mine.

I practically hung my head in ungrateful shame as I returned his gift, because isn't it all about the thought that counts? What does this say about me if I returned a gift, not because it didn't fit or it is the wrong color, but because I just didn't like it?

What kind of monster am I?

And yet, I was ready to be branded with a scarlet letter as I returned my Fitbit to Sports Authority (that my husband scored at a 20 percent discount, no less!). I'm probably the only person in the world who's jumping off the Fitbit bandwagon.

Why?

For starters, I'm just not into

To get the most out of my Fitbit, I need to wear it all the time, even when I'm sleeping, shackling me like an I'm-on-house-arrest ankle bracelet. Who needs that judgment all day long?

exercise. I mean, I occasionally walk and do yoga, but only because I know I should. And I've given up trying to master the "Dance Off the Inches Hip Hop Party" DVD I bought a few years ago, foolishly thinking I could do complex choreography "so simple anyone can do it." Well, thanks for making me feel like an idiot, girl-on-the-cover-with-rock-hard-abs. When Fit Blonde Girl instructs her hip-hop wannabees to "pop it," the only thing that pops (and cracks) is my arthritic hip.

And I do try to incorporate movement into my daily life. I kick butt in word games, throw a fit when my teen mouths off to me, run daily errands, jump to conclusions, and dance around uncomfortable conversations. These activities don't really burn many calories, but, at least I'm not totally sedentary.

But the fitness tracker is a little too Big Brother for me, with my every movement being monitored 24-seven. To get the most out of my Fitbit, I need to wear it all the time, even when I'm sleeping, shackling me like an I'm-on-house-arrest ankle bracelet. It just dangles on my wrist all day, recording every arm swing as I walk or reach for another glass of wine. Who needs that judgment all day long?

I feel like I should be wowed by this "wonder product" chock-full of features that track not only your exercise, but also your sleep patterns, your water consumption, your calories, and your heart rate.

High-tech features for a low-tech girl:

- I don't need a Fitbit to monitor my water intake. When I can feel the cotton in my mouth, I know it's time to take a drink.

- I don't need a Fitbit to tell me I was restless 35 times last night. I looked at the clock 14 times during the night, feel exhausted in the morning, and can see the dark circles under my eyes, so I'm well aware I had a crappy night's sleep.

- I don't need a device that's waterproof up to 10 meters, given my penchant for never going scuba diving.

- I don't need a Fitbit to vibrate every hour to tell me I've been inactive for too long. When I feel my derriere going numb from sitting at the computer too long, I know it's time to get moving.

And then there's the whole guilt factor. On days when I think I've been fairly active, I check my Fitbit only to discover that I racked up an unimpressive 415 steps today, and it's already 3 pm. This sets off a mini-rage, as I yell at my wrist monitor, "Why are you silently judging me? Who are you to tell me I'm below my goal today?"

On top of all this, I'm always just a few steps behind what's trending.

Case in point — "Breaking Bad" was three seasons old before I even heard about it. And I just read a fashion article that pantyhose are coming back in, which made me wonder, when were they out? So it feels a bit premature for me to jump on the Fitbit bandwagon just yet.

I'm also not what marketing experts would call an "early adopter." I don't upgrade my cellphone every year. I have zero desire for an Apple Watch. I don't want a drone.

And, after great resistance, I finally forced myself to get on Twitter now that it's almost 10 years old. I'm always late to the trend party by choice.

Now, if my husband can find me a Witbit to monitor my sarcasm, I'd be all over that. But a Fitbit? Thanks, but I'm good.

Lisa Beach is a freelance writer, blogger, humorist, and recovering homeschool mom who lived to write about it. Check out her writer's website at www.LisaBeachWrites.com and visit www.TweeniorMoments.com, Beach's humor blog about mid-life, family, friends, and all the baggage that goes with it.

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HEALTHY LIVING

DANIELLE SULLIVAN

The power of water

Water is essential for life. Whether inside or outside of the body, water heals. We all know it and most of us strive to drink more, but did you know about all of the therapeutic and restorative things that water can do for a body?

A year ago, my dog was diagnosed with acute pancreatitis. She could not move, would not eat, and when we took her to the emergency vet, they were straight with us: many dogs with her levels of pancreatitis do not survive. They told us they would start an intravenous drip immediately, and we should pray.

After two days, we visited her. Still attached to her tube, she was spunky, renewed, and thriving, even while still quite ill. She was given pain meds but no additional specific medication other than fluids. This was the first time I was awed by the power of water.

Around the same time, my daughter was diagnosed with postural orthostatic tachycardia syndrome, which affects every system of the body. One of the most important treatments is to drink large amounts of water to keep the blood volume up. When the body is not super hydrated, patients suffer blood pressure issues, heart racing, and are likely to pass out and suffer a host of other symptoms. It's an extreme example, but, on a lower level, we all exhibit symptoms if not properly hydrated.

Drinking water, especially in the dog days of summer, is essential for children, teens, and adults. There is a reason why people grab some cold water for any person who isn't feeling well. Water can prevent and cure many ailments:

Cellular level: Keeping hydrated is vital, because nearly every cell in the body needs water to function properly. Being dehydrated causes the heart to pump harder and places a stress on every organ in your body.

Hunger: Experts say that if you have already eaten something, but find yourself feeling hungry, nine out of 10 times you are mildly dehydrated.

Mental clarity: According to a study published in the *Journal of Nu-*

trition, being even mildly dehydrated (defined as one to two percent below optimal levels) can affect mood, cognitive function, and ability to think.

Prevention: By simply upping your water intake, you may be able to stave off migraines, headaches, bloating, and constipation. So instead of reaching for over-the-counter relief when these ailments pop up, drink plenty of water to prevent them before they occur.

Detoxify: Water is the best way to flush toxins out of your body. Even if you simply consume too much sugar or salt, by drinking water, you will help bring your body to a healthy equilibrium. Water also helps relieve the bloating from premenstrual syndrome.

The Institute of Medicine advises that an adequate water intake for men is roughly 13 cups a day, while for women is about nine cups daily. Keep in mind that is for a typical day. Factors such as exercise, health conditions, weather, pregnancy, and breastfeeding will require you to increase your daily amount. (It is possible to drink too much water, which can di-

lute electrolytes to a damaging level, but this is rare. You would need to consume gallons at a time.)

A good sign that you are drinking enough is if your urine is clear-colored. The darker the urine, the more the need for hydration. In children, you can ward off a urinary infection by upping their water consumption if you notice dark urine. Prolonged dark urine may be a sign that your kidneys are not getting enough water to properly filter out toxins.

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



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Teaching children about mindful eating

A therapist's new book offers help for families struggling with weight issues

BY ALLISON PLITT

Do you have a child with a weight problem and wish you could do something to help him? Are you upset watching your child deal with this difficult problem alone and feel you have failed him as a parent? Psychotherapist Dr. Michelle Maidenberg has written just the book to assist you with this dilemma — “Free Your Child from Overeating: 53 Mind-Body Strategies for Lifelong Health.”

As of 2010, more than one-third of the children and adolescents in this country were overweight or obese. It is a serious national health issue, since overweight or obese children are 10 times more likely to become overweight or obese adults. And food manufacturers know how to lure kids to eat unhealthy food; kids are now eating five to six times more sugar than the three teaspoons a day recommended by the American Heart Association.

Mindful eating

The book, written for children 10 to 18 years old, is broken down into three parts. In the first part of the book, Maidenberg introduces the concept of “mindful eating” to kids. She explains, “One popular definition of mindfulness is paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.”

She suggests parents talk to their child about mindful eating, as



Dr. Michelle Maidenberg.

opposed to mindlessly eating a bag of potato chips in front of the television. Maidenberg wants the child to experience and savor the food's flavor, and share his thoughts and feelings with his parents. Mindfulness stops impulsive behavior, and lets parents help their child navigate his emotions.

The child is asked to write in the book about his mindful-eating experience. Then, he should assess his values in life, such as family, friendship, compassion, and integrity. Once a child establishes his core beliefs, he can begin to formulate an idea about how he is going to change his lifestyle to eat more nutritiously and exercise.

This book is not about dieting,

because, “Diets don't work,” says Maidenberg, “Ninety-five percent of dieters regain their lost weight in one to five years ... Encouraging dieting can undermine parents' intent and actually contribute to an increased risk of obesity.”

Instead, she advocates “a consistent practice of healthy eating and exercise [that] will making long-term, incremental changes. The goal for any child is to promote diet-free living and mindful eating with all foods eaten in moderation.”

Working together

The second part of the book details how the family can collaboratively work together to help the overweight child and even themselves. Most often, an overweight child usually has an overweight parent, so the author has the parents write about their behavior and attitude towards food. Even if the family has another child without a weight problem, Maidenberg advises treating both children the same in regards to mealtimes and eating.

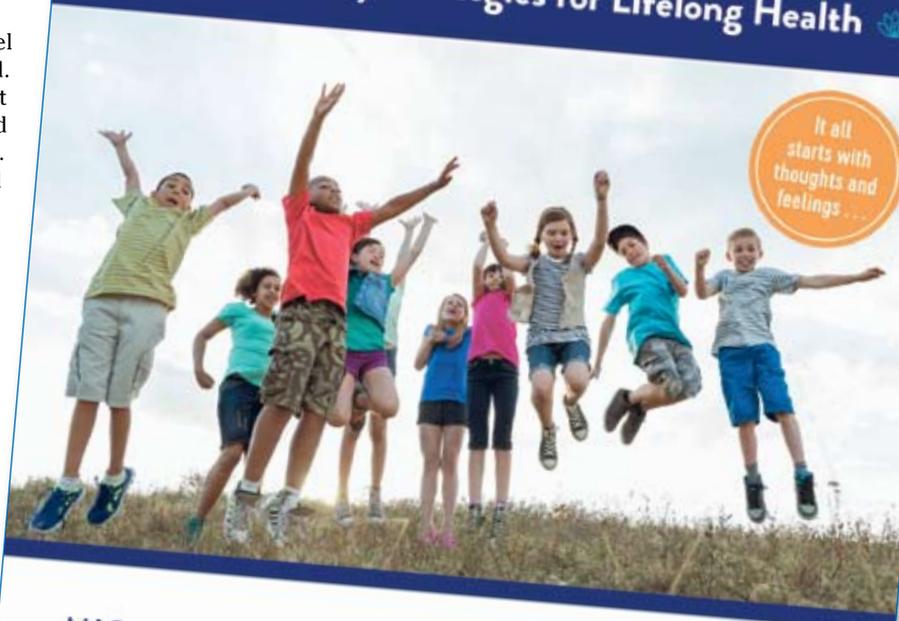
The more frequently parents made comments to their children about their weight, the more negatively the children felt about their bodies. Family members should never tease their child about being overweight, nor should they weigh their child or bribe him to lose weight.

In addition to buying healthier foods, parents may decide not to buy “trigger foods” that cause their

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—MARCI G. FOX, PhD, licensed psychologist and coauthor of *Think Confident, Be Confident for Teens*

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MICHELLE P. MAIDENBERG, PhD, MPH, LCSW-R

child to overeat. If parents do choose to bring trigger foods into the home, they should not have them easily accessible in the kitchen.

Research shows that when the family attempts weight loss and healthier lifestyles together, children are more successful at losing weight. When families eat meals together, kids tend to eat healthier and are less likely to be overweight.

Parents shouldn't label food as "junk" or "bad" food. Sometimes the overweight child will steal or hide food to avoid being seen eating it. If there is shame associated with eating a specific food, it is more likely the child will try not to be seen eating it, and may overdo it.

Besides following a healthier eating plan, children should adopt an exercise routine. Many studies have found a direct correlation between screen time and kids being overweight and obese.

Family meals should be screen-free and family members should commit to no more than two hours of screen time per day. Studies have also shown that exercise has numerous benefits. For example, it enhances academic performance, improves mood, promotes better sleep, and increases energy.

If you never discuss your child's weight problem, you could be seen as ignoring it, even though you may be thinking about it. And one study showed that how you talk about it matters. According to the study, if parents engage in weight-related conversations, those children were more likely to diet, use unhealthy weight-control measures, and binge eat. But, when the parents discussed healthful eating behaviors, the adolescents were less likely to diet and use unhealthy weight-control behaviors.

Sticking to it

Teenagers are at the age where they want to be independent, but they actually need parental support more than ever because of their "raging hormones and impulsive behavior," the author says. The last part of the book discusses how parents can help their child if they slip by bingeing. Kids can have self-defeating thoughts, and parents can talk them through these ideas, so they can resume their improved lifestyles.

Teenagers should learn that no one is perfect. And if they binge, they should try to get back on track as soon as possible.

"Every slip is a learning oppor-

tunity and enhances your child's self-awareness and ability to problem solve. [He] is practicing working through challenging situations to get back to her values of healthful living," Maidenberg writes. The author leaves space in the book for when a child makes a mistake, he can write down his thoughts and feelings, and how he intends to resolve the dilemma.

The family must support the child and his needs — whether it means calling a restaurant ahead of time to find out the menu or accompanying their child on a walk around the neighborhood. These teenag-

Research shows that when the family attempts weight loss and healthier lifestyles together, children are more successful at losing weight.

ers should also learn to assert themselves in restaurants or other situations when they need to ask for healthier food alternatives.

Parents are encouraged to use empowering words when discussing their child's health, such as "fit," "strong," and "active." Parents should encourage their children to love their bodies regardless of their weight, as humans are all different shapes and sizes. Parents should also stand up for their child if they are being bullied at school because of their weight.

"The prevalence of weight discrimination has significantly increased in recent decades and is comparable to the rates of racial discrimination. Weight is the main reason for teasing and bullying at school," Maidenberg writes. Children should have access to healthful foods at school and should also receive some type of nutritional education.

The most important lesson of all is for children to learn that hard work provides positive feedback.

"The person who sticks it out — who decides to stay with it despite any setbacks, frustrations, and disappointments — is left feeling confident and proud, recognizing that the result is worth all the effort!" Maidenberg concludes.

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

Philanthropy in 3D

A Manhattan teen's passion for changing kids' lives with 3D printing

BY SHNIEKA L. JOHNSON

A Manhattan teen is learning the 3-D skills she'll need to help bring her passion for doing good to the next level.

Chloe Sutter, a rising senior at Convent of the Sacred Heart, spent four days in leadership training and mentorship thanks to the ANNpower Vital Voices Leadership Forum, a program that teaches young women from across the U.S. the leadership skills they need to affect global progress, invest in their communities, and begin their journeys as the next generation of leaders.

It was her dedication and passion for making a difference, specifically by connecting kids with disabilities to 3D printers, that brought her to ANNpower — a partnership between ANN Inc. (parent company of Ann Taylor, LOFT, and Lou & Grey) and Vital Voices.

"My freshman year of high school, my school introduced a 3D-printing program (in partnership with Enabling the Future, an organization that matches kids in need with prosthetic hands), with a specific focus on printing fully functional prosthetic limbs. That year, I assisted in making three hands.

"To see a young boy throw a ball for the first time, shake his father's hand, and give us high-fives was so rewarding," says Sutter. "However, after that year, the program ended at my school for logistical reasons, and I was so passionate about it, that I knew I had to find a way to not only continue it, but also expand it."

The teen has big plans for the future of 3D printing.

"I want every school with access to a 3D printer to be able to print fully functional prosthetic hands, which are so much simpler to make than anybody realizes. Typical prosthetics can cost tens of thousands of dollars, yet 3D-printed prosthetics have just as much functionality and — aside from the cost of the printer — materials to make prosthetic hands cost just \$20.

"For kids who are still growing, it's so important to be able to get new prosthetic limbs as they grow," she says. "I'm training younger students in my school (fifth through eighth graders) to create 3D-prosthetic



Chloe Sutter was part of a national leadership forum for young women.

hands, and am hoping to expand the program to other schools as well. So many schools have 3D printers, but not all know how to use them for the betterment of the community — yet."

And thanks to the forum, Sutter received invaluable support that will help her reach her goals.

"The experience was energizing and inspiring. I built strong relationships with the other Fellows, all of whom I learned from. In addition to gaining lifelong friends, I've also gained their insight and support. The other fellows and the mentors in the ANNpower Vital Voices network challenged me to strengthen my project idea, and many of them are already looking for ways to help me bring it to life.

"I also heard from and was mentored by incredibly accomplished female leaders, including Reshma Saujani (founder and CEO, Girls Who Code) and Meredith Koop (stylist to the First Lady). I feel so supported by the collaborative community I'm

now part of thanks to ANNpower," she said.

She and the other participants are now eligible to receive an ANNpower Project Grant (up to \$2,500) to put their ideas into action.

ANNpower grants are currently supporting projects ranging from politics to the arts, to the fields of science, technology, and math.

"I'll never forget some of the lessons I learned from leaders from ANN Inc. and Vital Voices, as well as women leaders from across industries," Sutter added. "But the best part is that it doesn't end there. I know that the ANNpower network, the other Fellows included, will continue to help me develop my project and reach my final goal."

Visit annpower.org for more information.

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

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Coming up Rosie

O'Donnell's program gives theater-loving kids a brighter future

BY TAMMY SCILEPPI

Sparking lifelong appreciation for the arts with classes in dance, singing, and acting, Rosie's Theater Kids — created by actor-comedian Rosie O'Donnell — provides city youngsters with creative opportunities. Its fun, triple-threat approach to learning has shaped the lives of 60,000 boys and girls since the organization's start back in 2003. And now, two childhood friends from Hell's Kitchen are celebrating the scholarships recently awarded to them by Rosie's Theater Kids, which has given them thousands more reasons to sing and dance for joy.

The color yellow

At one time, funny, big-hearted O'Donnell was considered brash and controversial. But since she left her talk show, she has been leading a quieter life and doing "ordinary" things, like raising her children and posting family stuff on her Facebook page. And her two loves — kids and theater — seem to be keeping the busy mom out of trouble.

Every kid has a dream, and parents like O'Donnell understand that if that dream isn't channeled properly, and if it isn't nurtured and celebrated, chances are, it will eventually fade to gray.

So, when she launched Rosie's Theater Kids, offering performing-arts classes as well as free Broadway shows to fourth graders attending PS 51 — located near the city's theater district and filled with many students whose families can't afford tickets to the shows, the kids' lives were changed forever. O'Donnell realized the irony in the situation and said it was, "Like living in Hawaii, and never having access to the beach."

The comedian's favorite color is sunshine yellow, which she prefers to the limelight. In her book, "Celebrity Detox," she writes, "Fame stole my yellow. Yellow is the color you get when you're real and brutally honest. Yellow is with my kids ... The bundle of bright yellow warm-



Rosie O'Donnell (with Broadway star Kristin Chenoweth) loves the theater.

All of the above still holds true today. Tomorrow's rising stars are expected to train hard and aim high for their personal best and to strive for excellence, especially if they're chosen as Rosie's Theater Kids, where the code word is achievement — not only in the performing arts, but in school as well.

The staff and industry professionals are there to help students develop and hone their creative talents, but the programs take learning a step further, with life-prepping guidance along the way.

After all, the road to stardom can get rocky, and finding your inner Hamilton or Nicki Minaj doesn't come easy for anyone.

In a challenging, sometimes cut-throat world, a hefty dose of self-esteem and confidence-boosting makes all the difference, and all kids and teens benefit from knowing that the people around them believe in them and support their chosen path.

That's especially true for Rosie's Theater Kids, who deal with difficult challenges. Some have grown up in the housing developments or have families impacted by crime.

A triple threat

Rosie's one-of-a-kind programs focus on academics, nutrition, and art, and the staff works hard to provide an exciting, well-rounded theater education.

Last year, Rosie's Theater Kids' ACTE II Program received the National Arts and Humanities Youth Program Award, the nation's highest honor for out-of-school arts and humanities youth programs. Performing to loud applause for First Lady Michelle Obama at the White House, 12 students accepted this honor.

In 2014, the program was awarded a \$500,000 grant to establish the SAM Scholarship for Scholastic and Artistic Merit, an ongoing scholarship program that provides graduates with full scholarships of gap funding (the amount of money that is owed once scholarships, grants, and parent contributions are accounted for) to the college of their choice. Whatever is left (generally loan

ing my core, formerly frozen and uninhabitable ... They got yellow from me, and I felt yellow giving it to them, and it was all good ... So, why am I leaving my show? It took my yellow. I wanted it back. Without it, I can't live. The gray kills me."

So, when she dreamt up the coolest kids' theater program in town while sitting at her kitchen table, you can bet she had probably imagined a warm yellow. Sharing Broadway and the performing arts with local kids became her calling. Like many of her program's students, O'Donnell came from humble beginnings and knew what it was like to have that burning-in-your-belly desire to become something more. Her mother, who died when O'Donnell was 10, introduced her to the theater. And her beloved former teacher, Pat Marvel, helped her heal and find her voice, so O'Donnell named the program's home on Manhattan's West 45th Street the Marvel Arts Center in her memory.

Well-rounded kids rule

In the old days, to get into show biz you had to know how to carry a tune, dance (and tap dance) your heart out, take elocution lessons, and learn how to project your voice to the audience. But most of all, you had to have personality and a winning smile.



Karen Herrera and Kathy Gaweda celebrate their scholarship wins thanks to Rosie's Theater Kids.

amounts) need not be taken, and the scholarship will pay for that. The funds will be used to cover tuition, room and board, books, and other necessary items that come with the cost of higher education.

Kathy and Karen win big

For the first time in Rosie's Theater Kids' history, two city students were selected to receive this scholarship. When Katarzyna (Kathy) Gaweda, 16, garnered a much-deserved \$100,000 scholarship from Rosie's Theater Kids, she said she couldn't imagine a greater feeling — until her best friend, Karen Herrera, also 16, was called up moments later to accept a \$50,000 scholarship at the annual spring benefit.

Both girls are former PS 51 students. Kathy and Karen were introduced to the program during a school visit in the fourth grade.

"I was so incredibly excited. I started crying out of happiness, and when Karen's name was announced, the tears just kept coming," said Kathy, the daughter of Polish immigrants. "We've shared experiences since first grade and to be able to share such a life-changing experi-

ence is something I will never forget. When I got home and told my mom, she was super excited as well. We cried happy tears together."

Kathy, who attends the Professional Performing Arts School in Manhattan, as a musical theater major, said she is looking at small liberal arts colleges not too far from New York so she can stay close to her parents. Her top choices are probably Brown and Vassar.

"We're going to start applying in the fall, so we can get teacher recommendations and write our essays. Rosie's helps the seniors so much with the college application process, which is a huge comfort to us and to our parents," she said.

Thanks to Rosie's Theater Kids and their scholarships, both girls have applied to colleges they would never have even dreamed of applying to before.

"Rosie's is one of the most accepting and loving communities I've ever been a part of. Every member of the staff genuinely cares so much for each student and the students are always there for each other. As the students get older, they became caring for and helping the youngest students," Kathy said. "During my first

gala with Rosie's, I realized that I had so much fun when I was performing that from then on it held a special place in my heart."

Although her interests include photography, writing, humanities, and women's studies, Kathy plans on entering freshman year with an open mind, taking whatever classes interest her, then choosing an academic path later on.

Like many New Yorkers, she needs her culture fix every now and then.

"I recently saw 'Dear Evan Hansen' at Second Stage Theatre and it was absolutely incredible! I loved the music and the story so much, and since it's moving to Broadway, I'm hoping to see it again. I'm also desperate to see 'Hamilton' (but who isn't?), as well as 'Waitress' and 'The Color Purple,'" she said.

As the daughter of two Mexican immigrants, Karen also grew up in modest circumstances. She attributes her strong work ethic to her mother, a home keeper, and her father, a bike messenger. And she credits her sister Kiara, who is deaf, as one of the reasons she has such appreciation for musical theater.

"I honestly had no idea I was going to win. It's not that I doubted my

abilities to win it, but it's because everyone in my class is so deserving," said Karen. "It's truly an honor to win such an amazing scholarship."

Karen said her mom was waiting by the door when she told her she had won \$50,000. They hugged and started tearing up. She then told her dad, and they both hugged her.

"My younger sister started yelling in excitement," she recalled. "I had never seen my family so happy, but something that I will never forget from that night is when my dad told me, 'Karen, this is the best gift I have ever received in my 46 years of life.'"

Karen has been looking at New York colleges, like State University of New York Purchase and others. She hasn't started applying yet, because she just finished her junior year at Talent Unlimited High School, but may major in communications or look into bachelor of fine arts programs in acting.

Karen enjoys the theater scene and said she recently saw the plays "The Humans" and "The Father" on Broadway, and performances by the Jessica Lang Dance Company and SteeleDance Company.

"I've really been wanting to see 'Dear Evan Hansen,' 'The Curious Incident of the Dog in the Night-Time,' 'Fiddler on the Roof,' 'The Color Purple,' and of course, 'Hamilton,' which is on everyone's must-see list."

Earlier this year, she saw Deaf West's production of "Spring Awakening," and recalled being brought to tears as the songs came to life through American Sign Language.

Her fave theater actors, singers, and dancers include Jonathan Groff, Frank Langella, Misty Copeland, Lin-Manuel Miranda, Beth Malone, Audra McDonald, and so many others.

Rosie's Theater Kids has lifted the curtain on an exciting world of possibilities for Karen.

"[It] has changed my life completely," she said. "Without this program, I would have no idea what I would be doing now. I am truly grateful for the investments made in me and will forever be thankful to be a part of such an amazing program that gives children the opportunities to succeed and excel in life."

For more, visit www.rosiestheaterkids.org.

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



TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

Farm stand specials

For many of us, August is a time to get out of the city and enjoy the tranquility of summer. For others, August is a time to enjoy the tranquility inside the city, with less crowds and a slower pace. Wherever you find yourself this month, make sure you find your way to a farm stand. The sun-warmed, ripe tomatoes, plump eggplants, juicy melons, and gem-like stone fruits of August make the produce stand look like a candy shop. Treat these ingredients simply, and let their natural flavors shine!

Try something new with corn

My family loves corn on the cob, simply grilled and served with salt and butter. After shucking the corn, I rub it with olive oil and a few cracks of black pepper. When ready to grill, I wrap the seasoned corn in aluminum foil and place onto a hot grill. If you are lucky and have a campfire, you can place the corn directly on the hot coals of the fire. Just make sure to turn the wrapped ears frequently.

When corn is cooked to your liking (about five to 12 minutes depending on the fire heat and your preferred level of char), let the corn cool in its foil packet. This allows it to continue to steam as it cools.

You can then add butter and serve — or try it Mexican-street style with mayonnaise, chili powder, a squeeze of lime, chopped cilantro, and some crumbled cotija cheese. If you can't find cotija, queso fresco or a mild feta will work.

Make a few extra ears and save

them for a corn salad with all of those same ingredients plus a can of drained, rinsed black beans or chickpeas.

Tomato time

I love summer tomatoes so much that I refrain from eating them most of the year, because nothing compares to the juicy sweet, acidic flavor blast of August tomatoes. My favorite breakfast during the tomato season is the traditional *pan con tomate* of Spain. This snack is so delicious and requires no cooking except toasting some good bread slices. (See the recipe below.)

The garlicky tomato topping can be used for a number of things in addition to toast, such as a sauce for grilled chicken, a pizza topping, a pasta salad sauce, and a condiment for steamed greens.

Make jam

My family's favorite jam is blueberry, hands down. Making jam doesn't have to be a huge project, and is a great way to make sure no fruit goes to waste. Blueberries can be very runny, but if you add a fruit that is high in pectin such as plums or apples, it will thicken it right up naturally.

Make a small batch in a heavy-bottomed sauce pan. Keep the few jars that it yields right in the fridge so

you don't have to worry about sealing and dry storing the jam. Use the delicious jam over the next week or two for all kinds of things including puff-pastry tart filling, pancake topping, or a fancy sandwich spread with some good brie or camembert. The ideal picnic food!

Try a watermelon salad or soup

We all love juicy sliced watermelon and classic fruit salad. But when there are more melons around than we know what to do with, try mixing it up with a savory application. Watermelon salad with mint or an ice-cold watermelon gazpacho are both elegant additions to a friend's pot luck cookout or a sunset beach dinner.

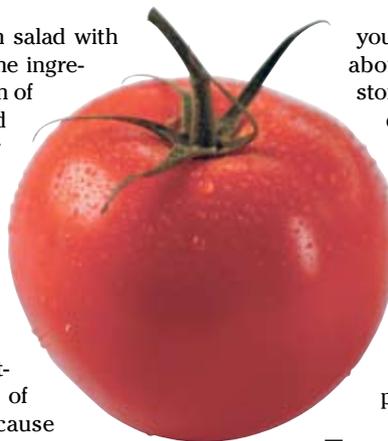
Now is the time for Eggplant Parmesan

Every year in August, I put aside some time to make a classic Eggplant Parmesan. It takes time to do it right.

You need to salt and drain the raw eggplant slices, bread and fry each slice, assemble the layers in a casserole dish with fresh mozzarella, basil, Parmesan, and a simple tomato sauce. The results can be sublime.

Although this is not an easy or quick dish, it is well worth making when eggplants are at their beautiful peak. Either make a small batch and eat it over a few days or make a giant batch as I do, and freeze the leftovers in family-sized portions in gallon Ziploc bags. If you get all the air out of the bag and make sure it is sealed tightly, these precious leftovers will be perfect long after eggplants are out of season.

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



Pan con tomate

Yields enough to top four slices of toast

INGREDIENTS:

- 1 large, ripe beefsteak tomato or 3 medium ripe plum tomatoes
- 3 tbsp. excellent-quality olive oil
- 1 raw garlic clove
- 1/4 tsp. freshly ground black pepper
- Flake sea salt (preferred), kosher salt, or fine sea salt, to taste
- 4 slices toast — sourdough, ciabatta,

multigrain — whatever you prefer

DIRECTIONS: Cut the tomato(s) in half. Using a cheese grater, grate the tomato's cut-side until only the peel remains.

Discard or eat the peel. Reserve the grated tomato insides in a small mixing bowl.

Grate half of the clove of garlic on a microplane. Reserve the ungrated clove for another use, and add the grated garlic to the mixing bowl with

the tomato pulp.

Season the tomato pulp with 2 of the tablespoons of olive oil, black pepper, and a pinch of salt.

Let mixture sit to develop flavor while you toast the bread.

Spoon or brush the tomato mixture over the hot, toasted bread.

Drizzle the remaining olive oil over the bread, letting it drip down the sides. Sprinkle with some more sea salt, to taste. Enjoy!

Private/Independent School Guide



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MANHATTAN

Family

Where Every Child Matters



August 2016
FREE

It's still summer!

Plan it all with our calendar

Preparing for Kindergarten

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A fun social media detox

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*Where every family matters and
where New York parents find help,
info and support.*

Calendar

AUGUST



More than just storytime

The Brooklyn ARtery is again hosting its annual Storytelling Festival on Governors Island on Aug. 7, 14, 21, and 28.

Featured storytellers include Regina Ress on Aug. 7, Arif Choudhury on Aug. 14, Julie Pasqual and puppets on Aug. 21, and origami swami Megan Hicks, as well as the Marshall Katzman Marionettes, on Aug. 28.

The festival is sponsored by Mu-

nicipal Credit Union and Corner Media Group.

Storytelling Festival on Aug. 7, 14, 21, and 28 from 1 to 3 pm. Free.

Families can get the ferries to the island at 10 South St. in Manhattan or Brooklyn Bridge Park, Pier 6 in Brooklyn.

Brooklyn ARtery Soundstage [Outside Building 10 in Nolan Park on Governors Island, (347) 425- 7770, www.brooklynartery.com].

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

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!

MON, AUG. 1

IN MANHATTAN

Garden Camp: Morris-Jumel Mansion, 65 Jumel Terrace; (212) 923-8008; 10 am to noon; \$5 per day.

Kids can spend a week with gardener Karen, who will lead a fun-filled schedule of planting, exploring, observing, and creating around the historic grounds of the mansion. No two days are the same, and getting a little dirty is happily encouraged! This camp is recommended for children ages 5–11. A parent or legal guardian must be present. Advanced registration is required. Space is limited.

TUES, AUG. 2

IN MANHATTAN

Sunset Salsa: Hudson River Park's Pier 45, Christopher Street and the Hudson River in Greenwich Village; (212) 757-0981; info@fohrp.org; www.hudsonriverpark.org; 6:30; Free.

Things heat up when the sun goes down.

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

WED, AUG. 3

IN MANHATTAN

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

Baby and me drop in: 92nd Street Y Art Center, 135 Lexington Ave; (212) 415-5562; 10:30 am to 4 pm; \$10.

Bring your baby and join Sally Tanen, director of 92Y's Parenting Center, for a lively, weekly get-together to share, learn, and make new friends.

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



Keats tales for kids

"The Adventures from Ezra Jack Keats" will be performed at TADA! Youth Theatre now through Aug. 4.

This two-part theatrical event begins with "Skates," a dance theater adventure on wheels! Then, Maggie's pet cricket has gone missing and all that is left is a note saying "the Pirate was Here" in "Maggie and the Pirate."

Both pieces are based off of Ezra Jack Keats' famous books

and are celebrating his centennial year.

"The Adventures from Ezra Jack Keats," Tuesdays through Thursdays, now until Aug. 4. Tuesdays through Thursdays noon and 2 pm, Fridays at noon, and Saturdays 2 pm and 4 pm. Tickets range from \$10 to \$25.

TADA! Youth Theater [15 W. 28th St. between Broadway and Fifth Avenue, (212) 252-1619 X 4, boxoffice@tadatheater.com; www.tadatheater.com]

Join us for fun-filled sessions of art throughout Harlem. El Museo del Barrio will offer art-making workshops at select locations. All ages welcome.

THURS, AUG. 4

IN MANHATTAN

Children's Performance Series: Pier 1 at Riverside Park, Riverside Boulevard and Freedom Place; 311; summeronthehudson.com; 10 am to 10:30 am; Free.

The series features music, storytelling, and theater for young audiences up to age 7. Alastair Moock performs. Wear sunscreen! Stroller parking in designated area is mandatory.

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday,

Aug. 1.

Kids in Motion Festival: Anne Loftus Playground at Ft. Tryon Park, Dyckman Street and Seaman Avenue; (212) 408-0243; www.nycgovparks.org; 11 am to 3 pm; Free.

Join us for a day filled with fun games, arts and crafts, group exercises, dance, and other great activities! Open to children, youth, and families.

The Uni Project: Playground 103, FDR Drive and E. 103rd Street; nycgovparks.org; 3 pm to 6 pm; Free.

Come read and draw.

Cross-Stitch Circle: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30 pm; 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.

Story Hour: Sugar Hill Children's Museum of Art, 898 St. Nicholas Ave.; (212) 335-0004; www.sugarhillmuseum.org; 3:30 pm to 4:30 pm; Free with museum admission.

Surprising, funny, quirky, serious and silly — children will be educated with tales of our community, our world, and our imaginations. Stories come alive not only in oral and book forms, but also through visual art, music, dance, and film. Children and families are welcome to come hear the stories of others, and are encouraged to create and share their own.

"Goonies": South Plaza at Union Square Park, E. 14th Street and Union Square East; www.SummerintheSquare.nyc; 8 pm to 10 pm; Free.

Join us on the ultimate treasure hunt in this fun movie. Presented by the Union Square Partnership (@UnionSquareNY).

"Guardians of the Galaxy": North Lawn in Stuyvesant Square; www.nycgovparks.org; 8 pm to 10 pm; Free.

Explore outer space as you watch this action-filled film outdoors under the stars. A group of interstellar outlaws team up to save the galaxy from a villain who seeks ultimate power.

"Zootopia": Gertrude Ederle Recreation Center, 232 W. 60th St. at 10th Avenue; (212) 397-3159; www.nycgovparks.org; 8 pm to 10 pm; Free.

In a city inhabited by anthropomorphic animals who have abandoned traditional predator-prey roles in favor of civilized coexistence, uptight rabbit police officer Judy Hopps (voiced by Ginnifer Goodwin) is forced to work with charismatic fox con artist Nick Wilde (Jason Bateman) to crack a major case involving the mysterious disappearance of some carnivorous citizens. Rated PG.

FRI, AUG. 5

IN MANHATTAN

Garden Camp: 10 am to noon. Morris-Jumel Mansion. See Monday, Aug. 1.

Story Hour: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum of Art. See Thursday, Aug. 4.

Continued on page 40

Continued from page 39

SAT, AUG. 6

IN MANHATTAN

Splash Down: Intrepid Sea, Air, and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepidmuseum.org; 11 am; Free with museum admission.

Sometimes you just need to slow down — especially when you're plummeting to Earth after a trip to outer space. In this out-of-this-world workshop, you'll learn about Intrepid's role in the Space Race and then drop parachutes to see how space capsules came back down to Earth safely. Registration required.

Silent Summer Dance Park:

Rockefeller Park, River Terrace and Murray Street; bpcparks.org/event/silent-summer-dance-party; Noon to 4 pm; Free.

Help stomp out noise with this fun dance event. Put on your headphones and dance, dance, dance. Headphones are free. Deposit is required.

Sketch and draw: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1 pm to 4 pm; Free with museum admission.

Children of all ages get inspired by Frank Lloyd Wright's architectural shapes and spaces and record their perspective through drawing. Materials available at the family activity kiosk. No registration required.

SUN, AUG. 7

IN MANHATTAN

Splash Down: 11 am. Intrepid Sea, Air, and Space Museum. See Saturday, Aug. 6.

"Hamilton's Dueling Death": New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Noon; Free with museum admission.

Participate in an interactive family tour where you can see artifacts related to the Hamilton-Burr duel and learn about the history and etiquette of dueling before or after attending The Hamilton and Burr Duel reenactment. For children 8 years and older.

Storytelling festival: Nolan Park, Building 10 on Governors Island; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features Regina Röss.

"Hamilton's Dueling Death": New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm and 3 pm; Free with museum admission.

On July 11, 1804, Alexander Ham-

The sounds of Brazil

Come listen to the energetic music of Brazilian Dance on the Esplanade Plaza on Aug. 13.

Liliana Araujo and her band perform stirring forró music from rural northeast Brazil, featuring accordion, zambumba, and triangle. The group shares its Brazilian traditions through dance and song.

Bring the whole family and move to the beat.

Brazilian Dance's family concert on Aug. 13 from 6:30 to 8:30 pm. Free.

Esplanade Plaza (River Terrace in Battery Park City www.bpcparks.org/event/brazilian-dance).



ilton and Aaron Burr met at Weehawken, New Jersey, for what would become the most famous duel in American history. Watch as actors read the escalating letters the two men fired off to each other in the weeks leading up to their fateful meeting, followed by a recreation of the notorious duel itself. Recommended for ages 8 and up.

Tararam: Robert F. Wagner Park, 20 Battery Place; (212) 267-9700; www.mjhnyc.org; 4 pm; Free.

Widely referred to as Israel's "Stomp," this show incorporates witty and comical scenes interwoven with brilliantly executed body drumming and a variety of extraordinary sounds and rhythms that celebrate the world around us from a young and fresh Israeli and Middle Eastern perspective.

TUES, AUG. 9

IN MANHATTAN

Sunset Salsa: 6:30. Hudson River Park's Pier 45. See Tuesday, Aug. 2.

THURS, AUG. 11

IN MANHATTAN

Pee Wee Basketball: 71st Street Soccer Field & Courts, W. 71st Street and Riverside Boulevard; 311; 9:30 am to 11:30 am; Free.

All little ones (5 years old and under only) are welcome at Summer on the Hudson's introductory lessons in soccer and basketball.

The Uni Project: 3 pm to 6 pm. Playground 103. See Thursday, Aug. 4.

Cross-Stitch Circle: 3:30 pm. New-York Historical Society. See Thursday, Aug. 4.

Story Hour: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum of Art. See Thursday, Aug. 4.

"Summer Rock": Davenport Black

Box Theatre, 354 W. 45th St.; (516) 252-4114; www.summerrockanewmusical.com; 8 pm; \$30 for children 11 and older (\$25 for seniors and children younger than 10).

Summer just got a new set of heroes. In this musical, Edge and his friends discover a way to travel into the past, but they will need to travel into the future facing their greatest challenge in a race against time to save Hannah, Edge's younger sister.

FRI, AUG. 12

IN MANHATTAN

Graduation comedy: Gotham Comedy Club, 208 W. 23rd St. between Seventh and Eighth avenues; (212) 877-6115; 2:30 pm; \$10 cover plus one item order.

Camp Kids 'N Comedy is celebrating the latest bunch of funny men and women in their graduation — yes, that's right these kids (14 to 17 years old) are ready for the big time. Reservations required and only by phone.

"Summer Rock": 8 pm. Davenport Black Box Theatre. See Thursday, Aug. 11.

SAT, AUG. 13

IN MANHATTAN

Learn to Ride: Poor Richard's Playground, Third Avenue and E. 106th Street; (718) 408-0243; 11 am to 2 pm; free.

Children 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!

Flying in Style: Intrepid Sea, Air,

and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepidmuseum.org; 11 am; Free with museum admission.

There's more to aircraft than wings and engines. Get up close to the aircraft in our collection to learn how symbols and paint schemes set each airplane apart. Then head back to the classroom to create a family squadron insignia and decorate an airplane. Registration required.

Cooking workshop: Sixth Street and Avenue B Community Garden, E. Sixth Street and Avenue B; www.nycgovprks.org; Noon to 1:30 pm; Free.

Cook up a seasonal summer dish with vegetables from our local farmers' market and fresh herbs from the herb garden. We'll taste-test, and everyone will take home a recipe card! Suitable for children 5 years and older.

Girls Skate Jam: Skate Park, Riverside Drive and W. 108th Street; 311; www.nycgovparks.org; Noon to 4 pm; Free.

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

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

Come join award-winning storyteller April Armstrong (2015 Bronx BRIO Award) for an afternoon of playful stories and songs from around the world.

"Summer Rock": 2 pm and 8 pm. Davenport Black Box Theatre. See Thursday, Aug. 11.

Brazilian Dance: Esplanade Plaza, River Terrace; bpcparks.org/event/brazilian-dance; 6:30 pm to 8:30 pm; Free.

Get up and dance to the energetic

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

and joyful music of Liliana Araujo and her band, as they perform stirring forro music from rural northeast Brazil. Their music feature accordion, zambumba and triangle, sharing Brazilian traditions through dance and song.

Perseids Meteor Shower: Payson Park House at Inwood Hill Park, Dyckman Street and Payson Avenue; (212) 628-2345; nycgovparks.org; 8 pm to 9:30 pm; Free.

Our Urban Park Rangers will be your guides to the solar system, discussing the science, history, and folklore of the universe. Astronomy programs feature the use of telescopes and binoculars to observe specific astronomical events. Bring a blanket and let's enjoy a night gazing up at the night sky watching for falling stars.

"Murder at the Food Co-op": Flamboyant Theater (Venue 2), 107 Suffolk St. between Rivington and Delancy streets.; www.fringeonthefly.com; 9:45 pm; \$18 (no late seating).

My, oh, my! The best whodunnit! The Park Slope Food Co-op is the setting for this fruit-and-veggie farce, where beneath the green leafy leftist exterior slinks all manner of evil. Suitable for tweens and teens.

SUN, AUG. 14

IN MANHATTAN

Flying in Style: 11 am. Intrepid Sea, Air, and Space Museum. See Saturday, Aug. 13.

Storytelling festival: Nolan Park, Building 10 on Governors Island; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features Arif Choudhury.

"Summer Rock": 2 pm and 6 pm. Davenport Black Box Theatre. See Thursday, Aug. 11.

Annual Dance Festival: Robert J. Wagner Park, Battery Park City; batterydance.org/battery-dance-festival; 6:30 to 8:30 pm; Free.

Battery Dance Festival provides a unique opportunity for local and international dance companies to present original works of high artistic merit in a free public forum.

"Murder at the Food Co-op": 5 pm. Flamboyant Theater (Venue 2). See Saturday, Aug. 13.

MON, AUG. 15

IN MANHATTAN

Rolie Polie Guacamole: Hudson River Park's Pier 25, N. Moore Street and West Street; (212) 627-202; 6:30



Laughs at graduation

Get ready to chuckle till your sides hurt at the Kids 'N Comedy Graduation Show at Gotham Comedy Club on Aug. 12.

Camp Kids 'N Comedy is celebrating the latest bunch of funny men and women in their graduation — yes, that's right, these kids (14 to 17 years old) are ready for the big time. So come on down and get a laugh fest as the comics move over their tassels in a

graduation show.

Kids 'N Comedy graduation show on Aug. 12 at 2:30 pm. There's a \$10 cover and a one item minimum. There is a lunch menu and a kids menu available. Reservations required and only by phone.

Gotham Comedy Club [208 W. 23rd St. between Seventh and Eighth avenues in Midtown, (212) 877-6115].

pm; Free.

Join in for a Chips and Salsa concert with the kings of indie rock.

Annual Dance Festival: 6:30 to 8:30 pm. Robert J. Wagner Park. See Sunday, Aug. 14.

TUES, AUG. 16

IN MANHATTAN

Sunset Salsa: 6:30. Hudson River Park's Pier 45. See Tuesday, Aug. 2.

Annual Dance Festival: 6:30 to 8:30 pm. Robert J. Wagner Park. See Sunday, Aug. 14.

WED, AUG. 17

IN MANHATTAN

El Museo del Barrio Presents Pop-Up Arte: James Weldon Johnson Playground, E. 116th Street and Lexington Avenue; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Join us for fun-filled sessions of art throughout Harlem. El Museo del Barrio will offer art-making work-

shops at select locations. All ages welcome.

Annual Dance Festival: 6:30 to 8:30 pm. Robert J. Wagner Park. See Sunday, Aug. 14.

"Murder at the Food Co-op": 7:15 pm. Flamboyant Theater (Venue 2). See Saturday, Aug. 13.

THURS, AUG. 18

IN MANHATTAN

Pee Wee Basketball: 9:30 am to 11:30 am. 71st Street Soccer Field & Courts. See Thursday, Aug. 11.

The Uni Project: 3 pm to 6 pm. Playground 103. See Thursday, Aug. 4.

Cross-Stitch Circle: 3:30 pm. New-York Historical Society. See Thursday, Aug. 4.

Annual Dance Festival: 6:30 to 8:30 pm. Robert J. Wagner Park. See Sunday, Aug. 14.

FRI, AUG. 19

IN MANHATTAN

Annual Dance Festival: 6:30 to 8:30 pm. Robert J. Wagner Park. See Sunday, Aug. 14.

Astronomy night: Intrepid Sea, Air, and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepidmuseum.org; 7 pm; Free with museum admission.

Celebrate the 50th anniversary of "Star Trek" at a special Family Astronomy Night, part of this year's Space & Science Festival. Hear about life in space from former astronaut and planetary scientist Tom Jones. A veteran of multiple space shuttle missions and an accomplished author, Jones will share how "Star Trek" inspired him and read from his new children's book "Ask the Astronaut: A Galaxy of Astonishing Answers to Your Questions on Spaceflight." Doors open at 6:45 pm. Presentation begins at 7:30 pm. Stargazing is weather permitting. Registration required.

SAT, AUG. 20

IN MANHATTAN

Star Stories: Intrepid Sea, Air, and Space Museum, Pier 86 at W. 46th Street and 12th Avenue; (212) 245-0072; www.intrepidmuseum.org; 11 am; Free with museum admission.

Take a trip inside the Intrepid Museum's planetarium to learn myths from around the world that explain the stars in the sky. Then create your own constellation and myth in a storytelling activity. Registration required.

Fly a kite festival: Pier 1 at Riverside Park South, W. Seventh Street and Riverside Boulevard; 311; Noon to 5 pm; Free.

Come fly a kite with Summer on the Hudson at Riverside Park South! This festival for all ages celebrates simple fun with live music all day and kite-making kits provided free for children (while supplies last).

SUN, AUG. 21

IN MANHATTAN

Star Stories: 11 am. Intrepid Sea, Air, and Space Museum. See Saturday, Aug. 20.

Ecology Sail: Schooner Pioneer leaves from Pier 16 at South Street Seaport; <https://web.ovationtix.com/trs/pr/961826>; Noon to 3 pm; \$45 (\$40 children).

Come aboard the schooner Pioneer and set sail past Governors Island

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Calendar

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

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for the fishing grounds of Bay Ridge. Children and adults help raise the sails so we can continue our exploration the old fashioned way. While sailing past the Statue of Liberty we'll learn about the sea creatures we caught, examine plankton through a view-scope, test the water to learn how animals live here, and learn about our marine ecosystem. The sail is recommended for children aged 5 and up. Reservations required.

Storytelling festival: Nolan Park, Building 10 on Governors Island; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by BrooklynARTery Soundstage, the event features Julie Pasqual and puppets.

WED, AUG. 24

"Murder at the Food Co-op": 2 pm. Flamboyant Theater (Venue 2). See Saturday, Aug. 13.

THURS, AUG. 25

IN MANHATTAN

Pee Wee Basketball: 9:30 am to 11:30 am. 71st Street Soccer Field & Courts. See Thursday, Aug. 11.

Cross-Stitch Circle: 3:30 pm. New-York Historical Society. See Thursday, Aug. 4.

"Murder at the Food Co-op": 6:15 pm. Flamboyant Theater (Venue 2). See Saturday, Aug. 13.

SAT, AUG. 27

IN MANHATTAN

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

This program will make a splash — literally — with the surprise of water at every turn. Discover High Line design features including the Diller von Furstenberg Water Feature, learn how plants absorb water, and more.

Family Day: Morris-Jumel Mansion, 65 Jumel Terrace; (212) 923-8008; 11 am to 1 pm; Free with museum admission.

Summer is almost coming to an end, but there's still time for some colonial family fun! Enjoy colonial games in the park and make toys children enjoyed 250 years ago, such as a whirligig. Advanced registration is recommended. To register, please email education@morrisjumel.org.

Splash Down: Intrepid Sea, Air, and Space Museum, Pier 86 - W. 46th St. and 12th Avenue; (212) 245-0072;



Stories come alive

It's Story Hour at the Sugar Hill Children's Museum on Aug. 4, 5, 11.

The exhibit "Meta-Modes - New Work" by David Shrobe, is currently on display at the museum through Aug. 20.

To coincide with the exhibit, children may attend Story Hour, a funny, quirky, serious, and silly session where children are educated with tales of the community, the world, and their imaginations. Stories come alive not only in oral and book forms, but also through visual art, music, dance, and film. After visiting the exhibits, children listen to stories of others and are encouraged to create and share their own.

Story Hour on Aug. 4, 5, and 11, from 3:30 to 4:30 pm. Free with general admission — \$4 children, seniors, and students with identification; \$7 for adults.

Sugar Hill Children's Museum of Art [898 St. Nicholas Ave. between W. 154th and W. 155th streets in Sugar Hill, (212) 335-0004; www.sugarhillmuseum.org]

www.intrepidmuseum.org; 11 am; Free with museum admission.

Sometimes you just need to slow down — especially when you're plummeting to Earth after a trip to outer space. In this out-of-this-world workshop, you'll learn about Intrepid's role in the Space Race and then drop parachutes to see how space capsules came back down to Earth safely. Registration required.

FURTHER AFIELD

Arthur Ashe Kid's Day: USTA Billie Jean King National Tennis Center, Corona Park, Queens; (866) OPEN-TIX (673-6849); www.usopen.org; 9:30 am to 4 pm; \$10 general admission (\$25 loge tickets).

The 21st annual event is presented by Hess. Singing sensations Flo Rida, Zara Larsson, Troye Sivan, Jordan Fisher, Laura Marano, and Forever In Your Mind will team up with reigning 2015 US Open Champion Novak Djokovic and two-time US Open Champion Rafael Nadal to kick-off the 2016 US Open.

SUN, AUG. 28

IN MANHATTAN

Splash Down: 11 am. Intrepid Sea, Air, and Space Museum. See Saturday, Aug. 27.

Storytelling festival: Nolan Park, Building 10 on Governors Island; (347) 425-7770; www.brooklynartery.com; 1 pm to 3 pm; Free.

Hosted by Brooklyn ARTery Soundstage, the event features Megan Hicks.

TUES, AUG. 30

IN MANHATTAN

"The Incredibles": 103rd Street Community Garden, 105 E. 103rd St.; (212) 333-2552; 7:30 pm to 9:30 pm; Free.

Join this average family of undercover superheroes as they use their powers in their suburban town to save the world. Complimentary popcorn will be provided.

LONG-RUNNING

IN MANHATTAN

Be an Inventor with littleBits: Microsoft Flagship Store, 677 Fifth Ave.; laura_arrubla@dkcnews.com; microsoft.com/youthsparkcamp; Daily, 12 am; Now - Wed, Aug. 31; Free.

Join littleBits and Microsoft for a unique summer camp experience. The free week-long maker camp will allow kids to explore their creativity through littleBits, a platform of easy-to-use electronic building blocks. Kids ages 8-11 will get an introduction to electronics and robotics in a fun and interactive environment. Campers will have the opportunity to showcase the best of their ideas to parents, caregivers, and peers in the final day of camp.

CityParks Golf: Sara D. Roosevelt Park, Forsyth and Grand streets; www.CityParksFoundation.org; Mondays and Wednesdays, 9:30 am to noon, Mon, Aug. 1 - Thurs, Aug. 25; Free.

Youngsters ages 6 to 17 learn the proper use of equipment, the basics of the sport, and hone up on skills. Online registration required.

SeaGlass Carousel: SeaGlass Car-

ousel, The Battery, Battery Park Underpass; www.thebattery.org; Daily, 10 am to 10 pm; Now - Sat, Aug. 20; \$5 per ride.

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

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.

Big City Fishing: Pier 25 in Hudson River Park, 225 West St.; (212) 627-2020; info@hrpt.ny.gov; www.hudsonriverpark.org; Mondays, 5 pm - 7:30 pm, Now - Mon, Aug. 22; Free.

Fishing in New York City? You bet! Each summer, Hudson River Park offers Big City Fishing to children 5 and older who are eager to learn both how to fish and about the Hudson River environment. Rods, reels, bait, and instruction is provided. Beyond teaching fishing, the program also provides participants with a first-hand opportunity to learn about river ecology and the many fish species that can be found in the river.

West African Drum and Dance: Indian Road Lawn in Inwood Hill Park, Indian Road and W. 214th St.; (212) 569-4112; Mondays, 6:30 pm - 8:00 pm, Now - Wed, Aug. 31; Free.

Join us for this dance class. All are welcome to learn the traditional dances unique to West Africa. You can also bring your own drum and follow the guidance of our professional drumming teachers. African

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

dances are largely participatory, with spectators being part of the performance. Get fit while becoming more musical.

Story time at the Battery: Labyrinth Farm, Battery Park Underpass; <http://thebattery.org>; Tuesdays and Thursdays, 9:30 am to 10:30 am, Now – Thurs, Aug. 18; Free.

Stories are geared towards children ages 5 years old to 8 years old, but all are welcome, so bring the whole family!

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!

Children's Dance Class: Dongan Lawn in Fort Tryon Park, Broadway and Dongan Place; (212) 795-1388; RSVP@FortTryonParkTrust.org; <http://forttryonparktrust.org>; Tuesdays and Saturdays, 10 am to 11 am, Now – Tues, Aug. 9; Free.

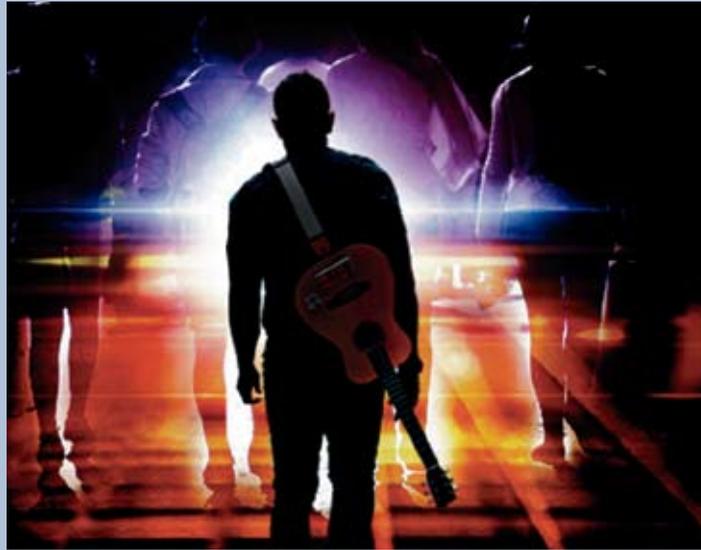
Inspired by the natural movements of the human body, Isadora Duncan created a style of dance filled with joyful, rhythmical movements. These skipping, running, and leaping, free, lyrical, and expressive upper body movements make it a great activity for children ages 6 to 11. Wear comfortable clothing appropriate for the weather. Footwear should be flexible and easy to move in, such as ballet flats or comfortable sandals. Rain or wet ground cancels. Check the Fort Tryon Park Trust Facebook Page for updates. Registration required.

Summer on the Hudson: 125th Street and Marginal Street, West Harlem Piers; 311; www.nycgovparks.org; Tuesdays and Wednesdays, 10 am to 2 pm, Tues, Aug. 2 – Wed, Aug. 31; Free.

Calling children 12 and under! Want something fun to do on a sunny afternoon? Join Summer on the Hudson in West Harlem Piers Park for games such as giant tic-tac-toe, lawn bowling, hopscotch, jump rope, and more. Small groups are welcome.

Story time: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; Tuesdays, 10:30 am to 11:30 am, Now – Tues, Aug. 16; Free.

Enjoy tails, meowsic, and arts and crafts, hosted by Cali Co Cat. In case of rain, Word for Word Storytime will be canceled.



Rockin' time travel

Travel to the past, present, and future with Edge in the new musical "Summer Rock" at the Davenport Black Box Theatre on Aug. 11, 12, 13, and 14.

Summer just got a new set of heroes. Edge and his friends discover a way to travel into the past, but they will need to travel into the future facing their greatest challenge in a race against time to save his younger sister. The roller-coaster ride of the

summer has just begun.

"Summer Rock," Aug. 11 and 12 at 8 pm, Aug. 13 at 2 pm and 8 pm, and Aug. 14 at 2 pm and 6 pm. Tickets are \$30 for adults and children 11 and older, and \$25 for seniors and children 10 and younger.

Davenport Black Box Theatre [354 W. 45th St. between Ninth and Eighth avenues in the Theater District, (516) 252-4114; www.summer-rockanewmusical.com].

"Adventures from Ezra Jack Keats": TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; boxoffice@tadatheater.com; www.tadatheater.com; Tuesdays – Thursdays, Noon and 2 pm, Fridays, Noon, Saturdays, 2 pm and 4 pm, Now – Thurs, Aug. 4; \$10-\$25.

This two-part theatrical event begins with "Skates," a dance theater adventure on wheels! Then Maggie's pet cricket has gone missing and all that is left is a note saying "the Pirate was Here" in "Maggie and the Pirate." Both pieces are based off of Ezra Jack Keats famous books and we are celebrating its centennial year!

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, Now – Fri, Sept. 23; Free with museum admission.

Come every Tuesday and listen to

the fanciful tales from "Elephants" to "Knuffle Bunnies."

Coyote Pups: Indian Road Lawn, Indian Road; (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. For families with kids ages infant to 6 year olds.

Game Social: 40th Street Plaza in Bryant Park, Avenue of the Americas and W. 40th Street; (212) 768-4242; Tuesdays, Wednesdays and Fridays, 6 pm to 8 pm, Now – Wed, Aug. 31; Free.

Make new friends and play some of the most exciting strategy board games at this social event. Board games include: Forbidden Island and Shadows Over Camelot on Tuesdays,

Settlers of Catan and Carcassonne on Wednesday, and Wits & Wagers and King of Tokyo on Fridays.

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

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!

Street of Ships: 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.

Family Capoeira: Indian Road lawn, Indian Road; (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. Wear comfortable clothing.

Summer in the Square: South Plaza in Union Square Park, E. 14th Street and Union Square East; www.SummerintheSquare.nyc; Thursdays, 9 am to 6 pm, Now – Thurs, Aug. 11; Free.

Bring your family and friends for some summer fun for the whole gang. The Children's Pavilion features more than 250 books, crafts, games, and other fun activities. At Yoga Storytime, children of all ages and their caregivers are encouraged to come "play" yoga and experience how their breath and body move together in a fun-filled way. Plus special performances by Hot Peas N' Butter, Rolie Polie Guacamole, and more!

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.

Continued on page 44



Killer silliness from Brooklyn

Murder most foul in “Murder at the Food Co-op” at the Flamboyant Theater on Aug. 13, 14, 17, 24, and 25.

This second New York City International Fringe Festival production of “Murder at the Food Co-op” is set inside the environs of the Park Slope Food Co-op. The pristine leafy left-ist exterior hides unseen demons.

Fictional founder Doris “Chaing Kai” Shenkman is found cold-stone dead inside the freezer and members search for clues to see whodunnit.

Detective Dick Johnson of the 78th Pre-

cinct hones his veggie peeler and begins the free-range investigation in this fruit-and-veggie farce to find out who committed the dastardly deed.

“Murder at the Food Co-op,” Aug. 13 at 9:45 pm, Aug. 14 at 5 pm, Aug. 17 at 7:15 pm, Aug. 24 at 2 pm, and Aug. 25 at 6:15 pm. All tickets are \$18. Seating is 15 minutes prior to start time, no late seating. Suitable for tweens and teens.

Flamboyant Theater (107 Suffolk St. between Rivington and Delancy streets in Lower Manhattan, www.fringeonthefly.com, fringenyc.org).

Continued from page 43

Sunset Jam on the Hudson: Robert F. Wagner, Jr. Park, 20 Battery Pl.; (212) 267-9700; bpcparks.org/event/sunset-jam-on-the-hudson-2/all; Fridays, 6:30pm–8:00pm, Now – Fri, Aug. 26; Free.

Join a drumming circle led by master drummers. Instruments provided or bring your own.

Parent and Me Yoga: Abby’s Lawn in Fort Tryon Park, Margaret Corbin Drive; (212) 795-1388; Saturdays, 9 am to 9:45 am, Now – 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 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. At Chelsea Park, kids will take part in a softball program! They’ll learn everything there is to know about softball and how to play.

Open studio: Whitney Museum of American Art, 99 Gansvoort St.; (212) 570-3600; familyprograms@whitney.org; whitney.org; Saturday, Aug. 6, 10:30 am; Sunday, Aug. 7, 10:30 am; Saturday, Aug. 13, 10:30 am; Sunday, Aug. 14, 10:30 am; Saturday, Aug. 20, 10:30 am; Sunday, Aug. 21, 10:30 am; Saturday, Aug. 27, 10:30 am; Sunday, Aug. 28, 10:30 am; Free with museum admission.

Get creative in the Whitney’s Hearst Artspace! Families are invited to make their own art based on works in current exhibitions. Each week we will

offer a different art making project.

Art Island Outpost: Outside Building 14 in Nolan Park, Governors Island; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, Now – Thurs, Sept. 1; Free.

Children ages 1–15 will enjoy a hands-on art making workshops and art-viewing experiences! The open outdoor space beckons young artists to be inspired and create.

Stories at the Statue of Hans Christian Andersen: Hans Christian Andersen Statue, Central Park, E. 74th Street and Fifth Avenue; www.nycgovparks.org; Saturdays, 11 am – noon, Now – Sat, Sept. 10; Free.

Connie Reagan Blake, Len Cabral, Laura Simms, and Lisa Marie Nedergaard will lead a special Independence Day Celebration and share Appalachian, Caribbean, and Danish stories with accompaniment from cellist Lynn Andersen. Storytelling is held rain or shine. The stories are appropriate for children 6 years old and up. Parents or guardians are asked to sit with their children.

Big City Fishing: Pier 46 in Hudson River Park, Charles Street; (212) 627-2020; info@hrpt.ny.gov; www.hudsonriverpark.org; Sundays, 12 pm–4 pm, Now – Sun, Aug. 21; Free.

Hudson River Park offers Big City Fishing to young anglers 5 and older who are eager to learn both how to fish and about the Hudson River environment. Rods, reels, bait, and instruction is provided. Beyond teaching fishing, the program also provides participants with a first-hand opportunity to learn about river ecology and the many fish species that can be found in the river.

Shell-Ebrate Oysters!: Pier 25 at Hudson River Park, 225 W. St.; (212) 627-2020; info@hrpt.ny.gov; www.hudsonriverpark.org; Sundays, 4:30 pm–6 pm, Now – Sun, Aug. 21; Free.

Educational outing alongside Park staff to restore oysters and learn how these bivalves (aquatic mollusks that have compressed bodies enclosed within a hinged shell) benefit the health of the River.

Pop-Up Maker Space: Pier 84 at Hudson River Park, 555 12th Ave.; (212) 627-2020; info@fohrp.org; www.hudsonriverpark.eventbrite.com; Sundays, 4:30 pm–6 pm, Now – Sun, Aug. 21; Free.

Calling all Makers! Challenging participants to design and construct solutions to real-world problems.

FURTHER AFIELD

Mario Batali’s Kitchen Gardens: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road, The Bronx; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 1:30 pm to 6 pm, Now – Sun, Nov. 20; Included in All Garden Pass Admission.

Garden beds are filled with plants featured in the favorite recipes of the chefs from Mario Batali’s restaurants. Kids can explore the gardens to solve Mario’s Menu Mystery.

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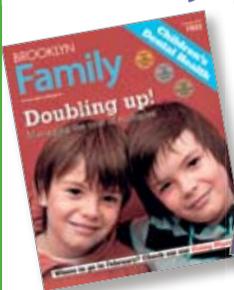
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BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

Don't take a summer break from parenting

Summer is a time when everyone wants a break. We work hard all year and we deserve it! When it gets warm and the days are long, we all expect time at the beach, lighter schedules, and more time with friends.

After working hard to keep your small beings in line all year, you may also want a parenting vacation. This means less structure at home and more flexibility with the rules, for example, you'll say "yes" more often to ice cream and "no" to daily clean up.

While it may seem like the right choice at the moment, the reality is that you'll have to work harder in the longer run. Consider that carefully when you decide to have a summer vacation from parenting.

Here are your options, warts and all:

Take the summer off and pay for it as you go

You don't want to scream at your kids at the family barbecue, but I assure you that's what will happen if you let go of all structure. When you look the other way as your kiddo eats a second dessert, it means that bedtime will end up being at 11:30 pm, instead of the regular 8:30 pm.

You will see that bad behavior starts to happen more often. Also, while you can pretend that your child understands the shift in rules during the summer, it's not the case. It will take an intense amount of work and be a grueling process to transition your kiddo to school-time rules if you let everything go during the summer.

Make a set of summer rules

You acknowledge that the summer has more space for flexibility, but you will create structure that inhibits problem behavior. You'll talk with your kids about the shift in expectations when they are on holiday and that there are adjustments you are making. Maybe you decide to



have dessert every other day rather than just on the weekends, or baths every day instead of every other.

Whatever the change, you talk about it and do it with intention. The road back in September will be bumpy, but not grueling.

Rules change only during vacation

You keep all your regular rules and expectations in place, especially when it comes to routines around treats and bedtime. This signals to your child that the rules are in his best interest. Also, you maintain some daily reading and homework time, so that your small ones keep learning all summer. Doing so helps them see learning as part of life, not something that only exists during school.

When you are on vacation together, you relax the rules a bit and let your children know exactly what you are doing. This plan ensures that the transition back to school

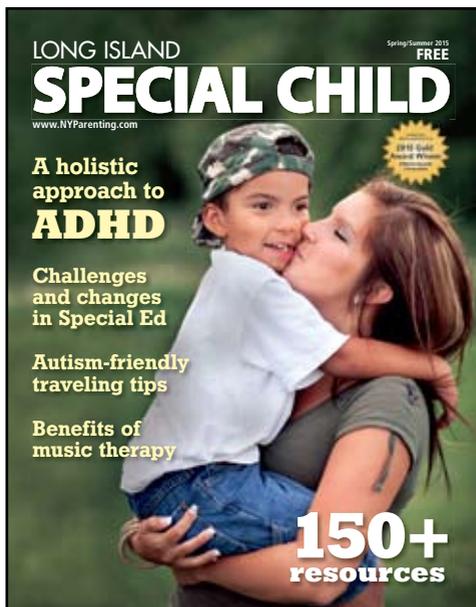
is seamless. Your kiddos learned all summer that structure does not inhibit fun.

My suggestion is to put option three into action. Select family rules that help your small ones thrive and keep them in place all year round. Make small adjustments as seasons change, because dramatic changes are confusing. Keep your children's mind stimulated throughout the summer as their bodies are in motion.

Do what is in your kids' best interests and help them flourish year round!

For a special gift especially for New York Parenting readers please visit: <https://drmarcie.leadpages.co/quick-video-for-ny-parenting/>

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



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